

# what's happening

Maine Medical Center  
Portland, Maine 04102

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## Clinics try to get patients "buckled up"

A car safety seat is as "integral and important to the health and well being of a child as immunization against disease," and the major cause of death in children -- auto accidents -- is the target of a new program in Maine Medical Center's Prenatal and Pediatric Clinics. Through a generous grant from the Visiting Board of the Children's Hospital, approved infant carriers are now available to eligible families who are clinic patients. The only cost is a small refundable deposit.

Organizers of the program see it as a logical extension of the care provided in the clinics. Patients in the Prenatal Clinic are exposed to the concept of car safety early in the sessions, so that by the time their baby is born and ready to go home, parents have had a chance to obtain a seat. Maternity patients are urged to watch "Car Safety -- Don't Risk Your Child's Life" on Channel 2, MMC's closed circuit patient education channel, and patients in the Pediatric Clinic are also exposed to car seat education efforts.

At stake in the educational effort here at MMC and nationwide are the lives of nearly 4,000 children every year. That many are killed in automobile accidents annually, and another 100,000 require hospitalization for injuries, according to the American Academy of Pediatrics. The auto accident is responsible for more deaths of children between the ages of one and fourteen than any other accident or disease, says the National Safety Council, while the National Highway Traffic Safety Administration estimates the use of car seats can reduce deaths by 90% and injuries by 80%.

According to all available figures, the non-use of child car seats is widespread. It is estimated that nearly half of all infants traveling in the front

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IN MMC'S PEDIATRIC CLINIC, Judith Sanborn, RN, and Elizabeth Libby strap a sleepy Therese Libby into the model car seat on display in the clinic. The Pediatric and Prenatal Clinics have approved car seats available to eligible clinic patients. (A/V Photo)

## MANAGEMENT OF THE ALCOHOLIC PATIENT

*A 12-Hour Educational Series for Physicians and Nurses*

"Addiction Medicine: State of the Art • Physician-Nurse Team Interaction • Diagnosis and Identification • Family Role in Diagnosis and Treatment • Medical Consequences and Complications of Chronic Abuse • The Systems Approach to Treatment • Treatment Resources in Southern Maine."

**TUESDAYS and WEDNESDAYS,  
OCTOBER 14 - NOVEMBER 17, 1981**

Merry Manor, South Portland

Deering Health Center, Saco

Details and Registration: Southern Maine Association of Co-operating Hospitals, tel. 283-0126.

**SEATS**, from page 1 —————  
seats of automobiles are in the lap of an adult, instead of a car seat, and that 40 percent of the children killed in car crashes each year are riding in the back seat, unrestrained. Organizers of MMC's program would like to see every baby born here leave the hospital in a proper car seat and every young patient come and go in one.

Professionals here and elsewhere rely on the documented, frightening facts to sell parents on the idea of car seats. Most adults feel they are perfectly capable of holding a baby safely on their laps, but here are the sobering details of a head-on collision at only 20 miles per hour with a baby being held by its mother: The forward inertia of the impact gives a 15-pound infant an effective weight of 300 pounds, so the baby is torn from its mother's arms and hurled against the dashboard. The mother's 115 pound body, which now weighs over 2,000 pounds, is on

the same trajectory, with obvious results.

The word used to describe deaths by automobile accidents is "preventable," and engaged in the effort to prevent those deaths is a variety of professionals and volunteers. At MMC, the educational effort involves nurses, attending physicians, resident physicians, and others. Eligible patients wishing to take part in the program are instructed in the use of the seats and then referred to Woodfords Congregational Church where distribution of the seats is handled by volunteers.

Another group in Southern Maine -- the Southern Maine Association for Child Transportation Safety -- rents car seats for a low monthly fee, without regard to financial status. SNACTS is composed of volunteers who purchase the seats through fund raising activities and staff the program themselves.

The grant to finance MMC's car seat program is only the latest of many

projects undertaken by the Visiting Board of the Children's Hospital. The auxiliary group was founded in 1910 to aid the Children's Hospital, one of the parent institutions of the Maine Medical Center. They have, in recent years, completely refurbished the Pediatric Unit nursing station, the Playroom and the parent's waiting room, and more recently made a substantial contribution to the Maine Poison Control Center.

## Carpool participants should keep up hope

Fifteen months after its inception, the Maine Medical Center Carpool Project has 125 registrants. Those who have registered but have not yet received a match should not despair, because registrants are added regularly. As new people sign up, *all* names are reviewed for possible matches.

All MMC employees are invited to participate in the program, and signing up is easy: just request an application form from the Public Information Department, fill it out, and return it. Forms for the Greater Portland Rideshare Program are also available from Public Information.

If you are currently registered in the program and have changed jobs, hours, address, or other important information, please contact the Public Information Office at 871-2196 so your information may be updated.

## Dinner books are now for sale by the EAC

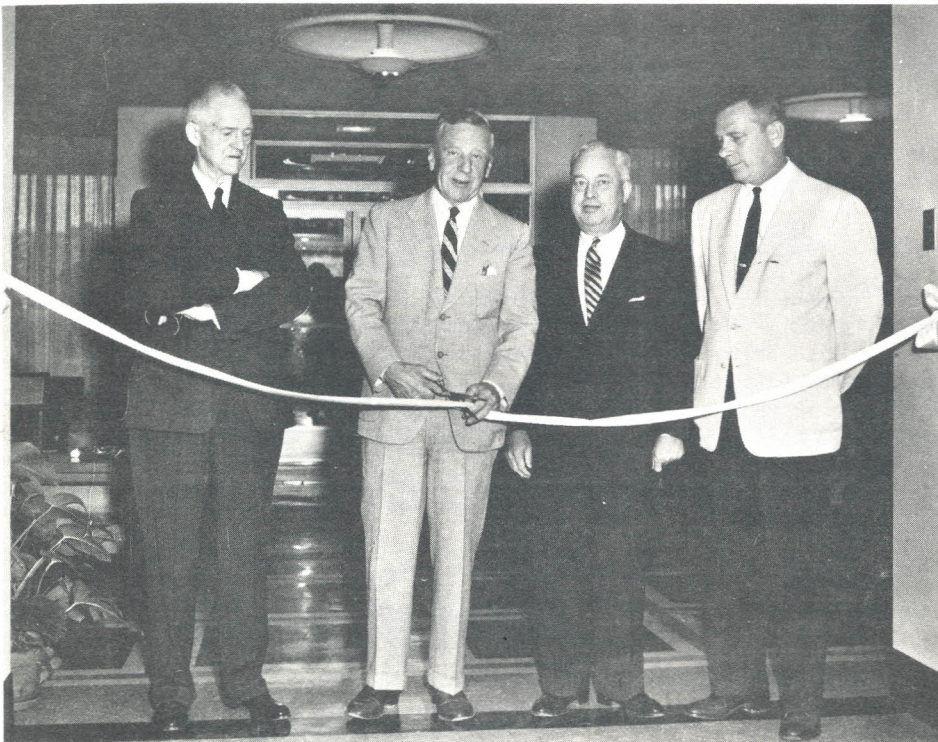
The Employee Activity Committee now has Dinner Books for various area restaurants. These are not part of the Employee Discount Program, but the EAC is making them available for the convenience of employees. The offer is: when you buy dinner for two at a participating restaurant, the lowest priced of the two meals is free. The book costs \$20.00 and contains 18 coupons.

Participating restaurants are: Baker's Table, Cascade Inn, Press Room, Grizzly Bear, Westcustogo Inn, Downtown Holiday Inn, Chebeague Inn, Crescent Beach Inn, Gabbiano's, Village Cove Inn, Spurwink Country Kitchen, Chappie's, Homewood Inn, The Landing, Squire Morgan's, Boone's, The Downeaster, and the Kennebunkport Inn.

The Dinner Books may be obtained from Gladys Posnick, 2824 or 2106.

## Corporator's Meeting Looks to Past and Future

Twenty-five years ago this year, the Maine Medical Center was formed by the physical merger of Maine General Hospital, Maine Eye and Ear Infirmary, and Children's Hospital. The three institutions had joined together in 1951, and the transition was completed in 1956. MMC's Board of Corporators meets in annual session today, and will observe the hospital's 25th Anniversary. In addition to an update on Phase One of the Facilities Master Plan, Corporators will hear trustees and administrators speak about the past and the future of MMC.



**CUTTING THE RIBBON AT THE 1956 dedication ceremonies at Maine Medical Center was MMC President Phillips M. Payson. With him were the Presidents of MMC's three parent institutions. From left: Leon V. Walker, President, Maine Eye and Ear Infirmary; Rolland E. Irish, President, Maine General Hospital; and John E. Palmer, President, Children's Hospital.**

(MMC Archive Photo)

## Panel to focus on personal health care

"A Cycle of Personal Health Care" is the program topic of the Friends of Maine Medical Center annual meeting, Friday, October 9. The public is invited to attend.

Costas T. Lambrew, M.D., Associate Vice President for Health Affairs, and a panel of health care professionals will follow an individual from health, through illness, convalescence, and back to health. Discussion will deal with the cycle as it affects the patient and the patient's entire family as well. The emphasis will be on the importance of helping the individual to be an active advocate for his or her own health -- and to become the primary person responsible for a higher quality of life through increased health awareness.

The meeting begins at 10 AM in classrooms 3 and 4 at the hospital. Coffee will be served at 9:30 AM.

Edward C. Andrews, Jr., M.D., President of MMC, will greet members and guests. Friends president Mrs. George W. Foley of Cape Elizabeth will direct the meeting. Program chairman is Mrs. Lyle Clevenger, also of Cape Elizabeth.

An auxiliary group established in 1959, the Friends assume responsibility for several Maine Medical Center programs including "Preview for Parents," a program held for approximately 165 expectant mothers and fathers each month to acquaint them with the hospital and staff involved in caring for their new baby. Friends also staff the four Red Cross Bloodmobile drives held each year in the hospital, and they provide more than 3,000 "Friendly Dragon" hand puppets given annually to young pediatric patients.

## BC/BS enrollment now open at MMC

The last open enrollment period to be offered by Blue Cross/Blue Shield runs from October 1 to October 30. All MMC employees scheduled to work twenty or more hours per week who have not already signed up may now enroll themselves and/or their dependents without providing evidence of good health.

MMC's Group Health Insurance has recently been upgraded and for those who enroll in the open enrollment period, coverage will be effective November 1. For more information, contact the Employee Benefits Office at 2973.

## United Way 1981: A GREATER GOAL FOR A GREATER NEED

The United Way campaign of 1981, more than any campaign before it, becomes a study in people needing people. Cutbacks in federal and state funding are placing severe strains on many helping agencies, but there have been no cutbacks in the needs of people and the demands on the 37 United Way agencies in the Greater Portland area. Two of every three people in our community benefit from services of the United Way, and all of us who can must keep that help coming. Last year MMC employees met and then surpassed the hospital's campaign goal.



The challenge this year is a higher goal to meet a greater need. The campaign kicks off this week with Judith T. Stone, RN, vice president for Nursing (right) as chairperson and Lynn Breckenridge, Employment Manager as cochairperson working with hospital coordinators and solicitors towards a \$46,000 goal. Over the next several weeks we all will have a chance to learn how United Way agencies work, and we will realize -- once again -- that we are the ones who can help keep them working so well. (A/V Photo)

## Please Note

There will be no October meeting of the MMC medical staff. The next meeting will be Thursday, November 12.

The Employee Activity Committee will hold a bake sale in the Admitting Lobby Friday, October 23.

## Nursing students may now apply for help

The Scholarship and Loan Committee of the Department of Nursing will be accepting applications for scholarship aid after October 7, 1981. Any MMC employee enrolled in an accredited nursing program may apply. Details may be obtained from the Secretary to the Vice President for Nursing. Deadline for application is November 2, 1981.

# Marketplace

**FOR RENT:** 1 rm. studio apt., Waynflete School area, walking distance to MMC. Kitchenette, stove, refrig., bath w/ shower. \$230/mo. includes all utils. Refs. and sec. dep. Call 773-0602.

**FOR RENT:** 3 rooms and bath, furnished. All utils., exceptionally clean. \$325/mo. Near MMC. Call 772-8860 after 6 PM.

**FOR RENT:** 2 rooms and bath, furnished. All utils., exceptionally clean. \$300/mo. Near MMC. Call 772-8860 after 6 PM.

**FOR RENT:** 2 bdrm., fully furnished condo apt. on beach at Saco. LR w/frpl, DR and kitchen. Elec. heat, parking plus closed-in garage. Avail. thru June 15, 1982. \$500/mo. plus utils. \$500 sec. dep. No pets and no smokers. Write or call for appt. to see apt: 166 Hickory Rd., Weston, MA., 02193, office: (617) 274-7100, x 2810 or home: (617) 237-1440, eves.

**FOR RENT:** Douglas St., 2 bdrm. apt. \$250 plus utils. and heat. Sec. dep. required. Call 772-5724.

**FOR SALE:** Woodstove, Upland 207, black cast iron, screen for open burning. Back flue. Ex. cond., used 2 seasons. \$500. Call 799-6520.

**FOR SALE:** Darkroom equipment; B&W enlarger, easel, and trays. Best offer for all or individual. Call 934-4998 mornings.

**FOR SALE:** Leather jacket, ex. cond. Small 11-12. \$40. Call 772-5103.

**FOR SALE:** Sears portable dryer, gold. Ex. cond., \$100. Call 282-3279.

**FOR SALE:** 1971 Detroit mobile home with knockout master bdrm. and enclosed porch. Financing avail. Call 282-3279.

**FOR SALE:** 19" Zenith portable b/w TV. Ex. cond. Best offer over \$75. Call 775-1113.

**FOR SALE:** 1970 Chevy Nova, 6 cyl., new tires, new battery, runs great. \$750 or best offer. Call 772-0908, eves. and weekends.

**FOR SALE:** Motorized elec. invalid chair. Back of seat slowly raises up while front goes down, easing patient to standing position. Also reverses to sitting position. Originally \$700. Will sell for \$200. Call 854-4247.

**FOR SALE:** Reginald 101 woodstove w/stove pipe and floor mat. Ex. cond. \$195. Call 774-1562.

**FOR SALE:** Two-stone Opal ring valued at \$60. Will take best offer. Also, rabbit coat, size med. \$15. Call 774-1558 after 4 PM.

**FOR SALE:** Atlantic 228 combination woodstove w/screen, \$275. Negotiable. Fireplace heating tubes w/2 speed fan, \$30. Bean's Hollofil II queen size comforter, \$50. Call 766-5044 between 6:30 PM and 9 PM.

**PAINTING:** Owen's Complete Interior Painting Service. Any size job. Quality work, lowest price. Please call Owen at 773-5275 after 5 PM.

**ROOMMATE WANTED:** Female looking for roommate to find and share 2 BR apt. within 10 miles of MMC. Nonsmoker preferred. Call between 5-11 p.m. 799-3452. Keep trying.

**ROOMMATE WANTED:** Seeking non-smoking, mature, responsible professional person M/F to share house in quiet neighborhood. Sec. dep. and refs. Call 797-9312.

**ROOMMATE WANTED:** To share spacious home by ocean in Cape Elizabeth. Call 767-2431 from 5-7 PM for details.

**ROOMMATE WANTED:** To share 2 BR apt. on Crescent St., Portland. 2 min. walk to MMC. \$40/wk. Call 775-5549.

**WANTED TO RENT:** 2 BR apt. or willing to share with M/F on Western Prom. Write G.M. Simpson, 181 Western Prom, Portland, Me. 04102, or leave note at MMC Admitting Dept.

**BABYSITTING:** Will care for infant in my home, refs. avail. Call 846-5011.

## 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 the Editor, Public Information Office, MMC, Portland, Me., 04102. Barbara Burns, Editor.

Contributors to this issue:

Wayne L. Clark, Public Information  
Cary Johnson, Public Information  
Charlotte Hurd, A/V Resources  
Judy MacKenzie, A/V Resources  
Bonnie Scarpelli, A/V Resources  
Leigh Whittemore, A/V Resources  
George A. Drew, Print Shop  
Henry J. Guiod, Jr., Print Shop  
Jim Stewart, Print Shop

**YARD SALE:** Color TV's, bureaus, box springs and mattresses and much more. Sat. and Sun., Oct. 10 & 11, 66 W. Grand Ave., Old Orchard Beach. Rain date Oct. 17 & 18. For more information, call 934-9862.

## New Employees

**CARDIOGRAPHY:** Coleen Michael

**CHEMISTRY:** Joan Sprague

**COFFEE SHOP:** Louise Pelletier

**DATA MANAGEMENT:** Edwin Edson

**ENGINEERING:** Richard Littlefield

**FOOD SERVICE:** Anna Benoit

**HEMATOLOGY:** Sandra Velzel

**HOUSEKEEPING:** Kathryn Ferrante

**MEDICAL RECORDS:** Lyn Goguen

**NURSING:** Lynn Beressi, Elaine Blackburn, Kathleen Concannon, Helen Crosby, Lenora Enman, Sharon Foley, Bonnie Heulitt, Rupert Hilderbrandt, Patricia Johnson, Renee Labossier-Broisman, Susan Lawrence, Barbara Lennox, Sandra Lindsay, Anna Marotto, Barbara Mealand, Theresa Nicholas, Anne Palmer, Ellen Rivotto, Sheila Sewall, Erin Smith, Linda Stuart, Cynthia Thibeault, Jacqueline White, Roberta Willis

**PHLEBOTOMY:** Penny Fayan

**PSYCHIATRY:** David Hill

**PULMONARY MEDICINE:** John Murray, Lisa O'Rourke

**SCHOOL OF MEDICAL TECHNOLOGY:** Victoria Stanley, Donna Wrigley

**SOCIAL SERVICE:** Sam Beal

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### BARTH'S DISTINCTION

*There are two types of people: those who divide people into two types, and those who don't.*