

what's happening

Maine Medical Center
Portland, Maine 04102

Vol. 13, No. 1

August 5, 1981

20 MMC residents to practice in Maine

Twenty-seven physicians and two dentists completed their postgraduate training at Maine Medical Center in June, after spending varying amounts of time in the hospital's training programs. Twenty, or 69 percent of these recently trained residents, have entered practice in the State of Maine. Two have begun practice elsewhere; four have entered public service, including programs with the National Health Service Corps and medical help programs in the Marshall Islands and South America; and three have entered advanced training programs elsewhere. Of the three physicians who have gone on to advanced training, two intend to return to Maine to practice in two years as does one of the physicians who has entered public service.

"If we consider those who will return in two years, 23 out of 29, or 79 percent of this year's graduates, will have entered practice in Maine," says Costas T. Lambrew, Associate Vice President for Health Education. "In the past, well over 50 percent of all Maine Medical Center-trained resident physicians have remained in the State of Maine to practice. The decision by the large majority of this year's resident graduates to practice in Maine reflects a continuation of this trend, again documenting the important role of Maine Medical Center and its programs in the development of health manpower for the State of Maine," Dr. Lambrew says.

Another five physicians left the residency training programs prior to completion, one to return to the private practice of pediatrics elsewhere and four others to continue their postgraduate medical education in other institutions.

The 32 physicians and two dentists

RESIDENTS, page 3



CHRISTOPHER HANCOCK, right, and Jeremy Whitcomb learn about the Poison Control Center from its Supervisor Bruce Campbell. The boys donated some of their hard-earned money to the Center. (A/V Photo)

Carnival's a hit and PCC benefits

Two young entrepreneurs from Cape Elizabeth dropped by last week to make a donation to Maine's Poison Control Center. Christopher Hancock and Jeremy Whitcomb, both 8, ran a neighborhood carnival on July 25, and said they chose to give a major portion of the proceeds to a worthy cause.

The carnival featured ten (count 'em: 10) games, a magic show and a grand drawing for a jumbo sundae at a well known local emporium. Games included a penny toss, an apple dunk, and the baseball throw. The run-away favorite was the water balloon toss; it cost 5¢ a toss, and the target was

Christopher's dad.

Poison Control Supervisor Bruce Campbell greeted Christopher and Jeremy when they arrived to present their gift. He had a few minutes to describe the operations of the Center and let each boy pick a potential hazard to learn about; they opted for liquid bleach and poison ivy.

The boys staged the carnival with the help of some other neighborhood pals, and a parent or two. Their gift to the Poison Control Center was an impressive \$50. Christopher is the son of Bob and Nancy Hancock; Jeremy, the son of Chris and Nancy Whitcomb. Christopher's mother is the Grant Officer for MMC's Development Office.

1) CO ← 2) MMW ← 3) LC ← 4) NHH ← 5) IF

NOTE

Fletcher, Lieberman assigned new duties

Assistant Vice Presidents Karen O. Fletcher and David I. Lieberman have assumed new duties within the hospital and have been named Associate Vice Presidents. The appointments became effective August 1.

Mrs. Fletcher becomes Associate Vice President for Clinical Support, and has charge of support services to Anesthesia, Community Medicine, Critical Care, Dentistry, Emergency, Family Practice, Laboratory Medicine, Medical Research, Medical Records, Medicine, Obstetrics/Gynecology, Ophthalmology, Outpatient Department, Pediatrics, Psychiatry, Radiology, Rehab Medicine, Surgery, and Tumor Registry.

Mr. Lieberman, becomes Associate Vice President for Administrative Services and has charge of Communications, Disaster Planning, Food Services, Housekeeping, Material Management, Pastoral Services, Pharmacy, Security and Parking, Unit Managers, and Volunteers.

Mrs. Fletcher came to Maine Medical Center as an administrative assistant in March of 1977. A graduate

of Smith College, she had been an economist with the U.S. Department of Labor, and a foreign service officer with the State Department before entering a master's degree program in business administration at Boston University. She served a clinical assignment as an administrator in the Division of Surgery at Boston's University Hospital as part of her master's program.

Mr. Lieberman joined MMC as an assistant administrator in February, 1977, after serving as assistant vice president for Methodist Hospital of Philadelphia. A graduate of Temple University, he also completed an administrative residency at Methodist Hospital, and internships with the Philadelphia Department of Health. He holds a master's degree in Health Care Administration from George Washington University.

Mrs. Fletcher and Mr. Lieberman will report to Executive Vice President and Treasurer Donald L. McDowell who announced the appointments last week. The organizational change allocates most of the responsibility formerly held by Associate Vice President Robert J. Campbell whose resignation became effective August 1.

Good news for weight weary men and women

If you think you're overweight, think again! The "official" height/weight charts, the stern, unyielding commandments with which you have been lashed for years, are being thrown out the window. This radical revolt against a gospel that has stood unchanged since 1959 is the result of a new study by the same group that conducted the first one, the Society of Actuaries, in concert with the Association of Life Insurance Medical Directors of America.

The "Build and Blood Pressure Study" raises the desirable weights of men and women by ten pounds or more over the old figures. Metropolitan Life Insurance Company, responsible for the 1959 charts, will soon issue new ones reflecting the conclusions not only of the BBPS but also of other recent studies indicating that being underweight might be as unhealthy as being overweight, and that moderate overweight might even be a sign of health.

The 1959 charts were controversial since their release, and it is likely the new ones will also be challenged. However, the new ones are bound to appeal to the moderately overweight, with changes like:

*the desirable weight for a 6-foot man at age 40 has been raised from 145-154 to 165-174, a 20-pound jump.

*a 50-year old woman standing 5'5" may, according to the old charts, weigh between 115 and 124 pounds. The new charts raise that to 124-134 pounds.

The data turned up by the study indicate that men of all ages weigh more on the average than they did in 1959, while women over 30 weigh less. Officials connected with the actuarial study and others have expressed concern that women in particular may have spent the past 20 years dieting themselves into an unhealthy state in an attempt to meet the now-disparaged guidelines.

About People

Anthony Salvo, M.D., has been elected President of the Maine Radiological Society.

Stuart G. Gilbert, M.D., has been elected President-elect of the American Cancer Society, Maine Division, Cumberland County Unit.



A RECORD-SETTING MOTHER AND CHILD will be leaving Maine Medical Center shortly. Delores J. Ellsworth of Belfast has captured the record for the longest antepartum stay at MMC, a total of 13 weeks. MMC has become a statewide referral center for high risk pregnancies, and this one ended happily on July 15 with the birth of Jason Robert, 6 lbs., 9 oz.. Mrs. Ellsworth has nothing but praise for the P4D nursing staff and her two doctors: Attending Physician Harry A. Bennert, M.D., and OB/GYN Resident Thomas L. Cooper, M.D. (A/V Photo)

Hutchison takes post in MMC Coffee Shop

Verle Hutchison has taken on duties as Manager of the MMC Coffee Shop, which is operated by the Women's Board of Maine General Hospital. A native Mainer, Hutchison is a graduate of the Southern Maine Vocational Technical Institute's Culinary Arts program.

Hutchison was Assistant Chef in MMC's Dietary Department a few years ago, and has worked as a chef at Bowdoin College and a resort inn in the Rockport area. He describes his new position as a "working manager," and the duties include cooking as well as buying, scheduling, bookkeeping, and supervising the staff.

The major changes Hutchison is contemplating include a wide variety of "scratch cooking" items on the menu, from soup to desserts, and an extended luncheon special menu.



NEW COFFEE SHOP MANAGER Verle Hutchison demonstrates the fine art of flipping a hamburger, for the benefit of employee Carole Christl.

RESIDENTS, from page 1

leaving Maine Medical Center's programs this year represented 25 different health professions schools. Maine Medical Center annually draws graduate physicians from medical schools throughout the country because of its reputation for delivery of high quality health care and excellence in training. These resident physicians play an integral role in complementing the ability of the attending medical staff to deliver the highest possible quality in medical care to the residents of Greater Portland and the State of Maine. Thirty-six new resident physicians began their training at Maine Medical Center in June and there are now 101 residents at various stages of training.

Maine Medical Center is the major teaching hospital and tertiary health care center for the State of Maine and has approved residency programs in Anesthesiology, Dentistry, Family Practice, Medicine, Obstetrics and Gynecology, Pediatrics, Psychiatry, Radiology, and Surgery. The hospital's role as a teaching hospital attracts a great number of practicing professionals to the area and creates a scientific and medical community that reinforces its standing as a major referral center and community health care facility. Patients, hospital, resident physicians and dentists, as well as undergraduate health professions students benefit equally from this role.



A VETERAN JUNIOR VOLUNTEER and a first-timer work together in Central Services, performing a variety of tasks. Julie Dibiase, left, has over 300 volunteer hours to her credit, accumulated over the course of three and a half summers. Melissa Faucher is putting in her first -- but hopefully not last -- summer of junior volunteer work. (A/V Photo)

**The number to beat
on August 28
is 200**

Marketplace

FOR RENT: 1st floor apt., Waterville St., 4 rooms. \$57/wk. includes all utils. Call Lynn at 775-2112 eves.

FOR RENT: 1 BR apt., short walk from MMC. Modern K, bath, heated, parking. \$275/mo. plus sec. dep. Call 797-8518 or 774-7555.

FOR RENT: Condominium unit at Evergreen Valley. Kitchen facilities, sleeps 4. Avail. week of 8/30/81. Call 774-2549.

FOR RENT: Winter rental at OOB, avail. Sept. thru June. Furnished, 3 BR, heat, hot water, electricity. \$275/mo. Call 934-4564.

FOR RENT: 2 attractive 1 BR apts., 2 blocks from MMC. \$250 and \$300/mo. Call 773-8287.

FOR SALE: 1 medium size beige office desk w/chair; 2 beige file cabinets, 4 drawers each. \$500 or best offer. Call 797-8367.

FOR SALE: Boy's orange Schwinn 10-speed bicycle. 19" frame, ex. cond. \$125. Call 799-4320.

FOR SALE: Fuego-5 free-standing wood-burning stove. Used 2 winters. \$500. Call 883-6896.

FOR SALE: Sounddraftsman 2212 graphic equalizer, impeccable cond. Includes vinyl (walnut colored) cabinet, instructions, test record, carton, etc. Cost \$400 will sell for \$225. Solid walnut handmade cabinet avail. for \$25 extra. Call David at 772-3225 from 6 PM to 9 PM.

FOR SALE: 1974 Chevy Luv pick-up, rebuilt engine, many new parts, ex. body, astro cap. Call 846-5367 mornings after 8.

ROOMMATE WANTED: Share country living, non-smoker. Call 773-8502 eves.

ROOMMATE WANTED: Professional male or female to share spacious and luxurious Western Prom apt. with RN. Call Dianna at 772-1144.

BABYSITTING: Pediatrics nurse will sit in her Portland home, Rosemont area. Full or part-time. \$1.25 per hour. Call Ginny at 772-3620 after 6 PM.

WANTED: Mature sitter to care for my 17 mo. old in my home, midafternoon to early evening 2 times/wk., occasional weekend. Call Judy at 773-4197.

WOOD CUTTING: Professional cutting and splitting of firewood. Tree felling. Fast, efficient, reliable. Call Jay Condon at 775-5411, x497.

YARD SALE: August 8 and 9, weather permitting, begins at 10 AM. 15 Stanley St., So. Portland. Moving, must sell.

New Employees

ANESTHESIA: Christopher Wiley

CARDIAC CATHETERIZATION: Thomas Bazluke

CENTRAL SERVICE: James Hoban, Richard St. Michel

ENGINEERING: Randall Austin

FAMILY PRACTICE: Kelley Richardson

HOUSEKEEPING: John Edavettal, Daniel Flaherty, Ellen Shaw, Pamela Vasso

NURSING: Kathleen Bennett, Daniel Bergeron, Deborah Bowen, Janice Charek, Debra Churchill, Gretchen Dyer, Elizabeth French, Susan Gertz, Paula Giles, Edith Gribbon, Constance Jackson, Lori Langlois, Marcia Lynch, Kathleen Lytle, Priscille Marcille, Lois Mudgett, Carmen Roy, Lisa Shinay, Barbara Staples, Ruth Ann Stocklen, Judy Wone

PSYCHIATRY: Helen Van Gorden

PULMONARY MEDICINE: Michael Deangelo, Marie Suchan, Jean Trafton

**FOOD SERVICE
EMPLOYEE OF THE WEEK**

is

**LARRY STODDARD
DIETARY AIDE**

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
Kim Bartlett, 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. Guidod, Jr., Print Shop

About People

The Maine Society of Radiologic Technologists, District 5, has elected the following MMC employees to offices: Celia Bouchard, RTT, President; Gayle Sawyer, RTT, BS, Vice President; Cindy Burns, RTT, Treasurer.

Donald L. McDowell, Maine Medical Center Executive Vice President and Treasurer, has been elected to the Board of Directors of the Portland Chapter of the American Red Cross.

Thanks...

We wish to thank all MMC people for their flowers and cards following our mother's death.

Butch Harmon
Ralph W. O'Brien

Please Note

Effective August 6, 1981, Peter Bates, M.D. and Neal Friedman, M.D., will be changing radio pager numbers. Dr. Bates will carry the 355 and Dr. Friedman the 170.

Morphology

TRUMAN'S LAW

If you cannot convince them, confuse them.

NON-RECIPROCAL LAWS OF EXPECTATIONS

Negative expectations yield negative results.

Positive expectations yield negative results.

what's happening Maine Medical Center
Portland, Maine 04102

NON-PROFIT ORG.
U. S. POSTAGE
PAID
Portland, Maine
PERMIT NO. 35