

what's happening

Maine Medical Center
Portland, Maine 04102

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MMC friends on list of "most influential"

The *Maine Times* recently profiled the ten people it considers to be the most influential in the State of Maine. In introducing the special section, the editors noted that the list is open to debate, but that "each of the people profiled has an effect on our daily lives, whether we notice it or not."

The list is of interest to Maine Medical Center because of the ten people selected, six serve on the Board of Corporators of the hospital, and three of the six are Trustees:

James L. Moody, Jr., President of Hannaford Bros., is currently serving as Chairman of the Board of Maine Medical Center. Hannaford Bros. is the largest independent food distributor in Northern New England, and operates its own stores under the names of Shop 'n Save, Sampson's, and Wellby Super Drug. Mr. Moody is also a Trustee of Bates College and a Director of L. C. Andrew, Inc.

John M. Daigle, President of Casco-Northern Corporation, is a Trustee of Maine Medical Center, and has been active on the Board's Finance Committee. Casco-Northern is the largest banking organization in Maine, with major banks at both ends of the state. Mr. Daigle served as finance chairman of the Maine Management and Cost Survey Committee, chaired by James Longley before he became governor, and has also been active in the United Way and the Portland Symphony Orchestra.

John R. DiMatteo, President and General Manager of Guy Gannett Publishing Company, is a Trustee of MMC, active on the Board's Audit Committee. Guy Gannett Publishing Company owns five newspapers, five radio stations, and two TV stations, in Maine and other states, and Mr. DiMatteo oversees their operation. He also serves on the boards of Westbrook College



DR. P. D. ATRICK'S CLINIC is a neat place for "patients" to play: hospital furniture and equipment become familiar and not at all frightening for youngsters who visit the "clinic". (More pictures on page 3.)

and Maine Savings Bank.

Leon A. Gorman, President of L. L. Bean's, is a corporator of Maine Medical Center. He is also a director of the Pine Tree Council, Boy Scouts of America, a trustee of Outward Bound, and an advisory trustee of the Maine Audubon Society. Mr. Gorman also serves on the Boards of Central Maine Power Company, Depositor's Corporation, and the Greater Portland Chamber of Commerce.

Leonard M. Nelson, a partner in the Portland law firm of Bernstein, Shur, Sawyer, and Nelson, is a corporator of Maine Medical Center. Mr. Nelson is heavily involved in the arts, architecture, and small business. He was the first President of the Portland Symphony Orchestra and the second Chairman of the Maine Arts and Humanities Commission.

Charles E. Stickney, Jr., co-owner of
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Any photo can win, but only if entered

The family cat, the beautiful sunset, the cute little child, the city street, the friendly robin, the girl next door, the bubbling stream, the prize-winning rose, the vacation beach, the tie-breaking run, the misty morning, the seagull, the moon, the snow-covered hills -- WHAT HAVE YOU?

Whatever you have for a favorite photo, there's a place for it in the 1981 MMC Employee Photo Contest. A black and white print, a color print, or a 60-second snapshot of any imaginable subject -- from a live model to a stormy sky to a pile of paper clips -- is eligible for the contest.

And the odds of winning are excellent! With three divisions, and three categories within each division, there will be a total of 27 winners! In the
CONTEST, page 2

Salt of the earth is best left there

As tasty as it is, there is no denying that too much salt is dangerous in the diet. That innocent-looking shaker contains the seeds of a widespread and potentially fatal ailment -- high blood pressure -- and it is a fact that most of us consume too much sodium. But how to go from the national average of 6 to 18 grams of sodium per day to the recommended 1.1 to 3.3 grams per day?

* As a start, leave the salt shaker alone. Experience shows that food is entirely palatable without added salt, and in fact tastes far better. You truly won't miss it after a while.

* Stop using salt in recipes, or at least cut it down. Only in a very, very few cases does salt perform any function in a recipe other than the addition of sodium (the taste of which will most likely be masked anyway).

* Don't add salt to water to make it boil faster. It doesn't work.

* Use unsalted butter instead of salted butter. This virtually eliminates sodium, and the taste is just as good.

* Avoid processed foods high in sodium. The worst of these include ketchup, soy sauce, gravy mixes, cream of asparagus soup (and most other canned soups), chocolate pudding mix, and pancake mix. The sodium content of most foods is listed on the package.

* Avoid obviously salty foods.

Just taking the shaker off the table will bring the sodium content of most diets much closer to the ideal. If you insist on counting, a thousand milligrams is one gram, and if you get much higher in a day than 3 grams, you should find more places to reduce your intake.

Please Note

The Chemistry Lab is in need of volunteers to help establish normal ranges for the new SMA 17 analyzer. Volunteers must fast overnight and will have 15 ml. of blood drawn in the laboratory anytime after 7:30 AM Monday through Friday. Needed are male and female employees of all ages who are in good health. For more information, call 2711.

CONTEST, from page 1

color division, for instance, there will be a first, second, and third place in the "people, pets, and wildlife" category, a first, second, and third place in the "scenic" category, and a first, second, and third place in the "open" category. Likewise for the other two divisions.

The winners will receive recognition, and then some. The Employee Activity Committee will award \$15 gift certificates to the first place winners, \$10 certificates to the second place winners, and \$5 certificates to the third place winners. The certificates will be for merchandise at a local photo shop.

The nine first place photos will be mounted and displayed in the case opposite the Richards elevators on the ground floor, and they will be followed by the nine second place winners and the nine third place winners, as well as any special citations.

Time is passing quickly, with only a month to go, so let's have your best. Rules for the contest are posted throughout the hospital, and entries may be dropped off at the A/V Department's production window between 8 AM and 5 PM. Those unable to make the drop during those hours may use the drop box in the Security Office.

Please place your entry or entries in a sealed envelope, or fasten them together in some other way, to ensure they stay together in the sorting process.

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Deering Ice Cream, is a corporator of Maine Medical Center. He owns Deering with his wife, Anita, also named in the list of ten, and they have built Deering from a relatively small wholesale operation to a retail business operating 24 stores in New England. Mr. Stickney also serves on the boards of the Salvation Army and Westbrook College.

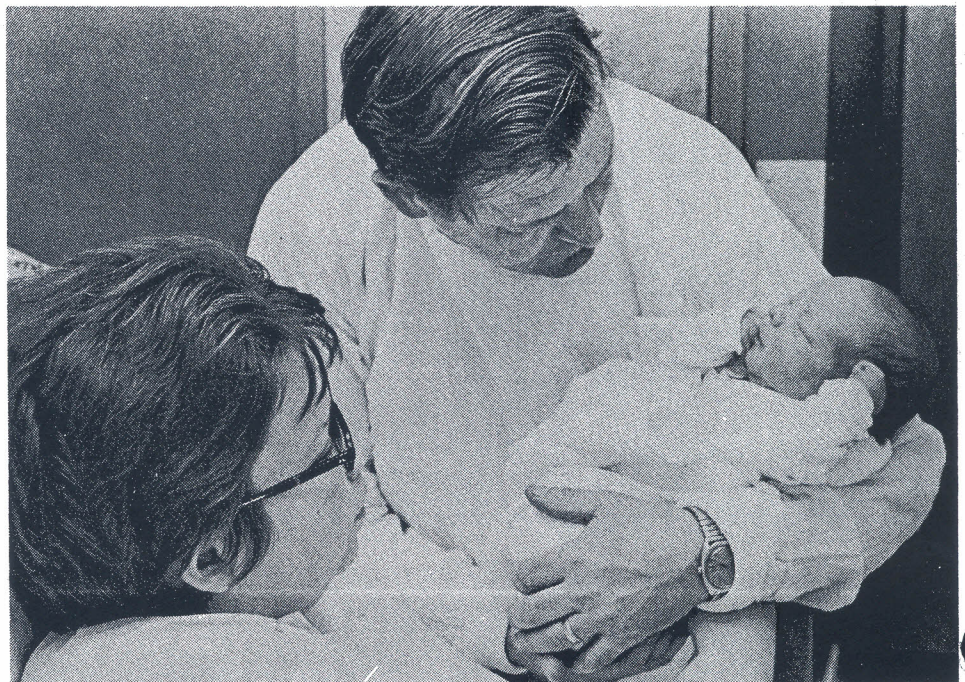
Also on the list, in addition to Anita Stickney, were William Haggett, President of Bath Iron Works, Severin Beliveau, a prominent lawyer and lobbyist, and Vincent McKusick, chief justice of the Maine Supreme Court.

One thing all ten people have in common is a commitment to public service. *Maine Times* Editor Peter Cox, in an accompanying editorial, points out that "they want to repay a society which has allowed them the opportunity to fulfill the scope of their talents... they are asked to serve [on civic boards] because of their talents and influence, and they accept because they feel an obligation to society." Maine Medical Center is proud to list them on its them on its governing boards.

FOOD SERVICE EMPLOYEE OF THE WEEK

is

**KENNETH GRAFFAM
DIETARY AIDE**



BORN ON ST. PATRICK'S DAY at MMC, Donald gets acquainted with his parents, Charlene and Donald. Waiting at home in Pownal is big sister Melinda who was also born here on St. Patrick's Day in 1976. The family's last name is, naturally, Irish. (A/V Photo)

MHA and NEHA offer courses

The Research and Education Trust of the Maine Hospital Association, in cooperation with the New England Hospital Assembly, Inc., is offering a series of six management programs for Maine health care personnel. The sessions begin April 23, and will be held at the Downtown Holiday Inn in Portland.

The programs offered are: *Time Management*, *Survival Skills for Managers*, *Human Relations and Management Skills for Secretaries*, *Nursing and the Law: Standard of Care and Treatment Dilemmas*, *Assertiveness: A Positive Approach to Management*, and *Management Concepts and Practical Techniques for New Managers*.

For information on program content and exact dates and times, contact Susan Williams, Director of Training, Personnel, 2824.

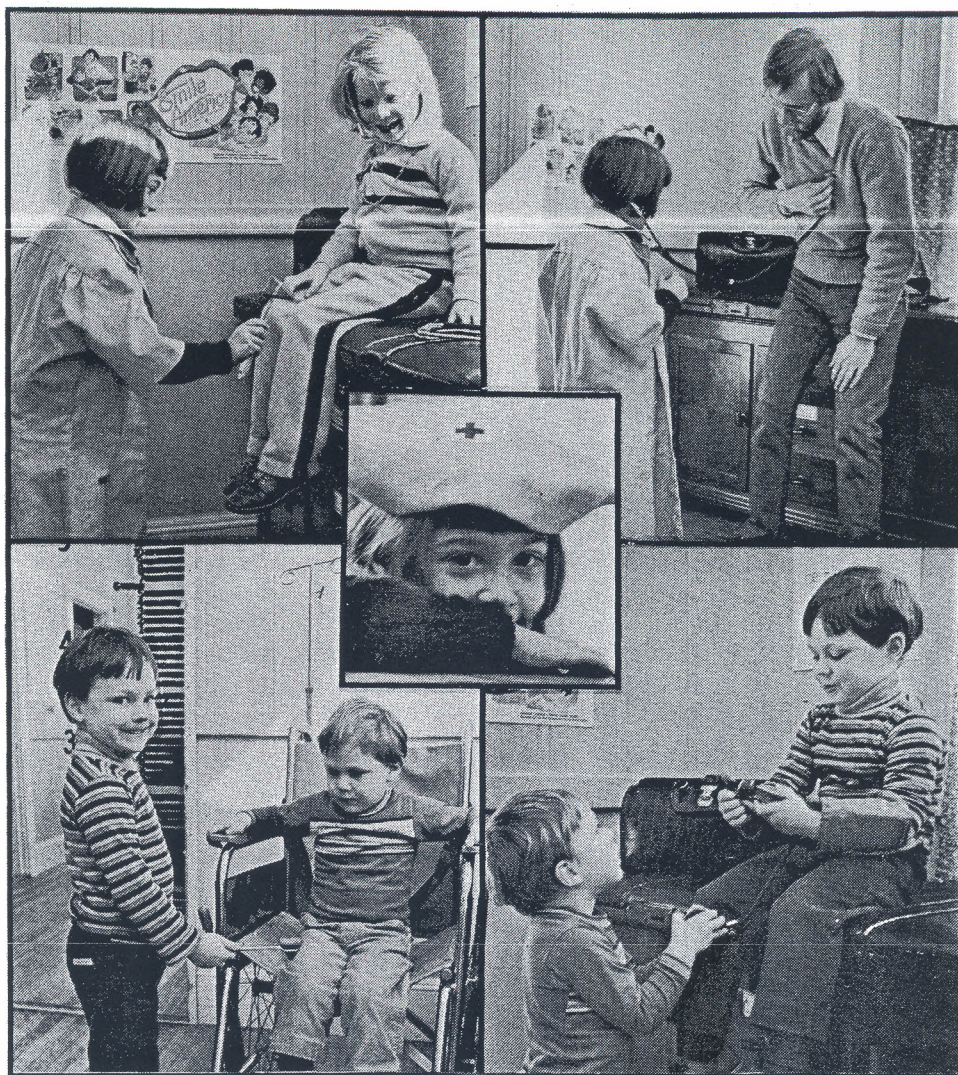
Library News

The Maine Medical Center Library is conducting a survey regarding its staff hours. Currently, the Library is staffed from 7:30 AM - 11 PM, Monday through Friday. The survey assumes the Library will adjust its hours to be open 7:30 AM - 9 PM, Monday through Friday. Library users are asked to let the staff know which other additional hours they would find useful. Director Robin Rand says it only takes a few minutes to come in and complete the survey, and asks for the help of Library users in the staff's efforts to serve them better.

In response to several requests, the Library has designated a "new book shelf" directly behind the Reference section. As new books are processed, they will be placed on this shelf for two weeks prior to going into circulation. During this time, Library users may peruse the books and place a hold on them if they desire. When the book is ready to circulate, the user will be notified.

EAC News

The Employee Activity Committee's Spring Trip to Boston is set for Saturday, May 2. The price is \$12.00, and reservations are limited. Tickets must be paid for by April 1. The bus will leave the Bramhall entrance at 8 AM, and leave Quincy Market at 6 PM. Contact Beverly Cookson in the Cafeteria for details and tickets.



WITH HELP FROM The Friends of MMC and from Parkview Hospital, one room of the Children's Museum of Portland has become a "clinic" where children may try on gowns and masks, take their own blood pressure or listen to their heart beats. The museum is open 10-4, Tues. - Fri., and noon - 4 weekends at 746 Stevens Ave. (A/V Photos)

Recovery Room nurses to meet in Portland

The Maine Society of Post Anesthesia Room Nurses will hold an all day seminar entitled, "PAR Update, 1981," on Saturday, April 11, 1981, at The Red Coach Grill, 155 Riverside St., Exit 8 of the Maine Turnpike.

The morning program will begin with *Neurological Evaluation of the Patient in Recovery Room*, by Thomas Mehalic, M.D., neurosurgeon, from Portland; followed by *Nursing Care of the Vascular Patient*, by Kathy Giobbi, RN, vascular lab nurse at MMC; and a presentation on *Documentation* by William Julavits, attorney at MMC. The morning will close with a report on the American Society of PAR Nurses, by Margaret Bailey, RN, Recovery Room Head Nurse at MMMC, Waterville.

The afternoon session will include a

report on *Blood Gases*, by Norman Wilson, M.D., anesthesiologist at MMC; a workshop on *Anesthetic Agents* with Donald Klopp, M.D., Chief of Anesthesia at MMC, and a presentation by Donald Cady, Director of the Medical Crisis Unit, Portland, and Ann Cady, RN, CEN, on *Pre-hospital Care of the Trauma Patient*. Kate Sewall, M.D., anesthesiologist at MMC, will present *Care of the Caesarean Section Patient*, and Victoria Fitzgerald Field, Consultant/Counselor, will speak on *Stress*.

Sandra Fairweather, RN, President of the Maine Society of PAR Nurses, is chairman for the all day seminar. Previous registration is required for the program, and CEU's have been applied for. Further information can be obtained by writing The Maine Society of PAR Nurses, P.O. Box 2274, So. Portland, Maine, 04106.

Professional Continuing Education Offered

- *RN Professional Seminar: Legal Issues in Nursing Practice*, Speaker: William Julavits. Panel: Rebecca Blanchard, RN, Tina Bolduc, RN, Virginia Roberts, RN, Nancy Sheldon, RN, CEN.
March 30, 1981 4-5:30 PM Classroom 3&4
 - *Introduction to Electronic Fetal Monitoring*, Donald McCrann, Jr., M.D.
March 30, 1981 7-9 PM Classroom 2
 - *Oncology Series: Nursing Responsibilities for the Patient Receiving Chemotherapy*, Phyllis Bastone, RN, Ethel Murphy, RN
March 31, 1981 4-5:30 PM R1 Conf. Room
 - *Bladder Management of the Spinal Cord Injured Patient*, John Dyhrberg, M.D.
April 1, 1981 4-5 PM R1 Conf. Room
 - *Kidney Transplantation*, Donald Leeber, M.D.
April 1, 1981 2-3:30 PM Classroom 2
- For further information, please call Staff Development, 2397 or 2321.

Marketplace

FOR RENT: 2 BR apt., Western Prom, 1½ bath, LR, DR, laundry room, garage, 3 frpl. \$600/mo. includes electricity. Call 772-9044.

FOR RENT: 5 room apt., Western Prom, frpl., hardwood floors. No pets, no children. \$365/mo. heated plus sec. dep. and refs. Call 774-8480 or 780-4241.

FOR RENT: 2nd floor apt. near Woodfords Corner, 2 BR. \$280/mo. plus utils. Call 774-7136.

FOR RENT: Spacious, 3 BR apt., Danforth St., newly renovated. Appliances, laundry, parking, yard. \$425/mo. plus utils. Avail. April 1. No pets. Call 781-5159.

FOR RENT: Studio apt., ceramic tile bath, complete kitchen, heated, hot water, non-smoker preferred. For appt. call 773-0123.

FOR SALE: One warm-stage apparatus, electrically heated, thermostatically controlled. One ocular and one stage micrometer. Both flawless. Case provided. Prices on all items negotiable. Call 797-5584.

FOR SALE: 1975 Toyota Celica 5 spd., 63,000 miles, very good cond. \$2,200 or best offer. Call 773-8894.

FOR SALE: Refrigerator/freezer, 12 cu. ft., Gibson. \$150. Call 799-0235.

FOR SALE: 1976 Chevy Impala 4 door Sedan, ex. cond., low mileage. Call 799-0257.

FOR SALE: 1974 Mustang II, 4 speed, power steering, disc brakes, vinyl hard top, ex. cond. Call 883-9280 after 5 PM.

FOR SALE: 1979 Scout II, 11,000 miles, V8, many extras, like new. \$6,000. Call 883-3057 after 5 PM.

FOR SALE: Microscope package, ideal for Med. Techs. Includes Spencer-American Optical binocular medical microscope. Perfect cond., sells new for \$850 (does not have build in light source). Also, stereoscopic dissecting microscope w/wood carrying case, American-made, only one owner. Also, extension-type demonstration microscope ocular eyepiece, with manually operated pointer. Comes with fitted fabric-lined case, and fits most microscopes with removable eyepieces. Original cost \$110. Total package price \$146. Will not be sold separately. Carrying case for medical microscope \$7 extra. Call 797-5584.

FOR SALE: Truck cap. 36" ceiling, panelled inside, walk-in door, sliding front window, insulated. \$325. Call 727-5228 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 the Editor, Public Information Office, MMC, Portland, Me., 04102. Barbara Burns, Editor.

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FOR SALE: 8-foot pram, fiberglass, two rowing positions, used one season, ex. cond. Call 865-3060.

FOR SALE: 1971 fiberglass O'Day 23 Sailer with pop top, main, jib, genoa, spinnaker, bow pulpit, sink unit, icebox, camper top, Johnson motor, dinghy table. Sleeps 5, many extras incl. trailer, ex. cond. \$9,000. Call 283-3451 after 7 PM.

FOR SALE: Ethan Allen bedroom set, antique alabaster white with antique blue. Canopy bed with frame, 48" six drawer double dresser with mirror, 30" 3 drawer chest with upper bookcase, 34" corner desk with upper bookcase, desk chair, 30" shutter door cabinet with upper bookcase. \$850. Call 283-3451 after 7 PM.

FOR SALE: 20.8 cubic ft. G.E. refriger., harvest gold, large top freezer, ex. cond. \$300. Call 797-6074.

ROOMMATE WANTED: Seeking 1 or 2 females to share apt. in Portland area. Call 774-6891.

ROOMMATE WANTED: Woman seeking to share apt. with quiet lady, near MMC, preferably non-smoker. Call 774-1254 after 6 PM.

ROOMMATE WANTED: Young woman seeks same to share sunny 2 BR apt. on Western Prom. \$180/mo. heated. Call Lindsay at 774-9891.

New Employees

AUDIO/VISUAL: Leigh Whittemore

CSD: Timothy West

HOUSEKEEPING: Terri Portas

NURSING: Erma Anderson, Cynthia Bishop, Elizabeth Darling, Jenny DeForeest, Ralph Duquette, Carol Steele

PURCHASING: Gerald Gaskins

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