

what's happening

Maine Medical Center
Portland, Maine 04102

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Surgical Symposium to open next week

The Twelfth Annual Surgical Symposium -- a major teaching event at Maine Medical Center -- is set for March 27 and 28. Sponsored by the MMC Surgical Department, the symposium will be attended by surgeons from a wide area of Maine and Northern New England.

Highlight of the two-day program will be the 11th annual Isaac M. Weber, M.D., Surgical Lecture, given this year by James H. Foster, M.D., Professor and Chairman of the Department of Surgery at the University of Connecticut. Dr. Foster will speak on "Primary Liver Tumors" at 4:30 p.m. Friday, day one of the symposium.

Richard C. Britton, M.D., Chief of MMC's Department of Surgery will preside over the symposium events which begin with registration at 8:30 a.m. Friday in Classrooms 3 and 4. Friday is a day-long session including technical presentations by several MMC staff members and chiefs of services, delivery of senior papers, and a problem case clinic.

A reception and dinner is set for Friday evening at the Red Coach Grille.

Saturday morning features a symposium on colorectal cancer, sponsored by the Maine Division of the American Cancer Society and the Maine Cancer Research and Education Foundation. Walter Goldfarb, M.D., will preside.

Guest panelist is Malcolm C. Veidenheimer, M.D., Chief of the Section of Colorectal Surgery at the Lahey Clinic.

Other symposium presentors include: Eugene Grabowski, M.D., Joel Johnson, M.D., Ferris Ray, M.D., Michael Curci, M.D., H. Randall Deming, M.D., Richard Dillihunt, M.D., Andrew Packard, M.D., Douglas Howell, M.D., Stuart Gilbert, M.D., Daniel Hayes, M.D., Newell Augur, M.D., William Herbert, M.D., Frederick Radke, M.D., Henry Perry, M.D.

Those who give get the greatest reward

Each year, the Red Cross collects about 600 pints of blood during its blood drives at Maine Medical Center. This is a good percentage, according to MMC Blood Bank Director and Medical Director of the Portland Red Cross Blood Program Joseph F. Stocks, M.D., but far from enough. "If we could raise that to 1,000 units, or just 100 more for each of the four annual drives," he says, "we'd go a long ways toward winning the constant battle to 'keep the shelves full.'"

Asked why MMC's contribution is less than adequate, Dr. Stocks cites a number of reasons, but one in particular. "People working in a health care institution feel, correctly, that they're giving a great deal as it is," he notes, "and to then ask them to give blood

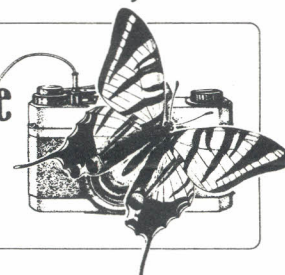
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MMC'S SURGICAL VASCULAR LAB TESTED ITS 1,000TH PATIENT this month, and Vascular Lab Nurse Kathy Giobbi, RN, welcomed her with a corsage. The Vascular Lab is a diagnostic service for inpatients and outpatients, used to assist physicians in the screening and diagnosis of vascular disease. It has been open for a year. (A/V Photo)

March 18, 1981

**MMC
Employee
Photo
Contest**



Ready, aim, fire! Photo contest is on

With a great clicking of shutters and flashing of bulbs, the 1981 MMC Employee Photo Contest has begun! This is a chance for all employees, volunteers, and medical staff members to have their best work judged competitively by a blue ribbon panel of experts from the Greater Portland community. The winning photos will be professionally mounted, and prominently displayed on the bulletin board across from the Richards elevators.

The contest is sponsored by the Employee Activity Committee, in cooperation with the Public Information Department and the Audio/Visual Resources Department. Five Portland-area professionals have volunteered their time to judge the contest: Charles H. Merrill, Chief Photographer for the Guy Gannett newspapers; David Hayden, Production Manager for the New England Group advertising agency; Rose Morosco, Photography Instructor in the Art Department at the University of Southern Maine; Richard Griffin, Technical Promotions Manager with E. C. Jordan Co., Inc.; and Mason Philip Smith, professional photographer.

To allow the greatest possible participation, photos may be entered into any or all of three divisions: color, black & white, and instant. This ensures that all camera owners have a chance to win, because the 60-second polaroid photo will be judged against its peers, and not against a professionally-finished color print. The instant camera has

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earned a reputation as a versatile and acceptable photographic tool (witness Andy Warhol), and entries in this division could well turn out to be the most interesting of all.

Within each of the three divisions, entries will be judged in three categories: people, pets, and wildlife; scenic; and open. Basically, this is a "people, places and things" arrangement. The first category includes portraits, people engaging in activities, snapshots of pets, wild animal photos, livestock shots, and anything else that has people or animals as a primary subject.

"Scenic" photos include travel and nature shots. Landscapes, cityscapes, seashores, or what-have-you, if it has a scenic subject, may be entered in this category. The "open" category covers everything not included in the first two. This is the place for still lifes, technical photography, sports subjects, abstract and experimental photos, and any other conceivable subject.

This division/category set-up will produce nine separate entry slots, and any entrant may enter a photo in any or all of the nine slots. However, each entrant may submit only one photo in each slot. For example, an entrant may submit one portrait in the Color/People, pets, and wildlife slot, one sunset in the Color/Scenic slot,

one black & white photo of a tree in the Black & White/Scenic slot, one polaroid photo of a bowl of fruit in the Instant/Open slot, and so on, up to a possible nine entries per person.

Entry is simple. Just write your name, department, and telephone extension, the title of your photo (if any), and the division/category in which you wish to enter it, on a piece of paper. Then attach the paper to the back of the unmounted, unframed photo (masking tape is recommended) and take it to the Security Office, which is open 24 hours a day, or to the A/V Department window, which is open 8 AM - 5 PM. A \$1.00 entry fee must accompany the entry, but the single dollar covers as many photos as you submit.

The fee of \$1.00 per entrant will partially cover the expense of providing prizes to the nine first place winners, the nine second place winners, and the nine third place winners. Prizes will be announced next week.

Full rules for the contest appeared in last week's *What's Happening*, and are also available on flyers which have been distributed throughout the hospital. The rules are also posted on the bulletin board on the ground floor near the Pharmacy.

Deadline is April 24, so grab your camera, load it up, and give us your best shot!

MMC chartered thirty years ago

This week marks the 30th anniversary of the Maine Medical Center charter. On March 21, 1951 a Certificate of Organization of a Corporation was accepted by the Secretary of the State of Maine, and the hospital -- on paper and in the person of seven trustees -- became an entity.



The simple act of signing a charter certificate came after long years of careful study, discussion and planning by trustees, physicians and staff representing Maine General Hospital (organized in 1868), Maine Eye and Ear Infirmary (1886) and The Children's Hospital (1908). Their goal, simply stated, was to improve the delivery of health care to the community by effectively and efficiently combining the resources of the three institutions while eliminating duplication of efforts as well.

Following the first step of incorporation, came five full years of further planning, searches for funding, and finally renovation and construction around the "old" Maine General building.

This summer Maine Medical Center will observe another significant anniversary. It was 25 years ago -- in July 1956 -- that patients, staff and services of the three hospitals came together at the newly dedicated Maine Medical Center.

RN seminar series considers the law

The MMC Department of Nursing's *RN Professional Seminar Series* continues this month with: "Legal Issues in Nursing Practice." Speaking at the March 30 session will be William Julavits, General Counsel for MMC, and panelists will be Rebecca Blanchard, RN, Head Nurse, R2; Tina Bolduc, RN, NICC; Virginia Roberts, RN, SCU; and Nancy Sheldon, RN, CEN, Assistant Head Nurse, ER.

The Seminar is scheduled for 4-5:30 PM, Monday, March 30, in Classrooms 3&4. The MSNA has approved two CEARPs for the program.

It's the simple things that count

Calorie reduction need not involve constant adding of numbers or total elimination of favorite foods. For a start, why not...

... hard boil, soft boil, or poach your eggs? Every time you do that instead of frying them, you save 30-40 calories per egg.

... try less sugar in your coffee or tea? A teaspoon of sugar has about 20 calories, so two teaspoons per cup, in three cups a day, adds 120 calories to your daily intake.

... eliminate half & half in your coffee or tea? It contains about 40 calories per tablespoon.

... switch from chocolate milk to white milk? Chocolate milk has over 50 more calories per eight ounces.

... opt for a 132-calorie portion of baked potato or a 63-calorie portion of mashed potato instead of a 233-calorie portion of french fries?

... buy tuna canned in water instead of oil, for a calorie savings of over 50% (127 per small can vs. 288 per small can)?

If these changes and the resulting savings sound like small-time, consider this: during the course of a single day, if you poached 2 eggs for breakfast instead of frying them, eliminated a teaspoon of sugar and a tablespoon of half & half from two cups of coffee, had for lunch a tuna sandwich made from tuna in water instead of oil, had white milk instead of chocolate with the sandwich, and had mashed potato instead of french fries for supper, these simple changes would save you about 560 calories for that day, a *substantial* figure.

Children will help others avoid poison

Of the 10,000 accidental poisoning cases handled by the Maine Poison Control Center last year, over 60% involved young children. The task of educating children to avoid dangerous substances remains the largest problem facing Poison Control officials. MPCC Supervisor Bruce Campbell, R.Ph., plans to observe National Poison Prevention Week, March 15-21, by developing a means to warn Maine's children of dangerous substances -- and he intends to have the children help him do it.

In several areas of the country, programs using warning stickers for poisonous products are showing favorable results. The stickers are attached to any container holding potentially dangerous substances, and children are taught to avoid anything with this sticker on it. The two largest programs -- Officer Ugg and Mr. Yuk -- are unavailable in Maine, and Campbell would like to develop a poison alert logo for the Maine Poison Control Center, to be distributed throughout the state.

Since children are the target of the poison alert stickers, it makes sense

to have children help in developing the idea. Campbell has contacted art teachers and elementary school superintendents across the state, asking them to have their students think of names and characters for Maine's sticker. The chosen idea or ideas will be turned over to a professional artist for final rendering, and the stickers printed for distribution.

OPD series covers refugee health care

The Outpatient Department Continuing Education Committee invites Maine Medical Center health care personnel to the March program of its *Community Resources* series. The series of monthly educational sessions takes an in-depth look at health/social resources available to and for various segments of the population.

The topic for March is "Community Resources for Cuban and Indonesian Immigrants." Donna Roy, Director of the Refugee Placement Program in Portland, is scheduled to speak. The session is scheduled for 8:30 - 9:30 AM, Wednesday, March 25, in the R1 Conference Room. The MSNA has approved one CEARP for the program.



FOUR FAMILY NURSE ASSOCIATES AT MAINE MEDICAL CENTER recently passed their national certifying exams. Shown above: left, Karen Saucier, RN, FNA (top), and Susan Fielding, RN, FNA; and (right) Patricia Dunovan, RN, FNA. Not present was Mary Stinchfield, RN, FNA. The Family Nurse Associate concept is an extended nursing role, providing a registered nurse with the additional skills necessary to allow her to function as an associate of the physician in the provision and management of health care. MMC now has six FNAs, working in Employee Health and the Adult Medical Clinics. Certification exams are administered by the American Nurses Association. (A/V Photo)

BLOOD, from page 1 _____ seems to many of them to be an excessive demand." That doesn't change the fact that, as Dr. Stocks points out, "we're the leaders. The community, our patients, and other area businesses look to us as a model of dedication."

MMC is a particularly high consumer of blood and blood products, by virtue of its status as a tertiary care facility. "The biggest volume users of blood are cancer patients, open heart surgery patients, renal transplant patients, and the elderly," says Dr. Stocks, "and MMC is a major referral center for all those patients." In his mind, we have an undeniable responsibility to do our part, and even more than our part, to keep blood supplies up.

Blood drive officials hear many reasons for not contributing, and answer them as best they can. Among the most common are:

It's inconvenient. Dr. Stocks replies that the drive comes right to the hospital in order to make it as convenient as possible, and sets up scheduling in order to best fit donating into an individual's day.

It takes too much time. The average time required to give blood, according to the Red Cross, is 45 minutes to 1 hour, from the time the donor walks through the door until the time he or she finishes at the snack bar.

It's unpleasant. "Yes," Dr. Stocks says, "it does hurt a little. But just a little, and for the best possible cause."

Someone else will do it. Don't count on it. National statistics show that only 3% of the population gives blood, and supplies of this perishable commodity are always just barely adequate.

Blood donation is a civic responsibility, as far as Dr. Stocks is concerned, no different from the responsibility to pay taxes, vote, and keep your lawn mowed. "Blood is, in reality, a national resource, and each of us must share the responsibility for managing that resource."

One thing Dr. Stocks hears on occasion is "why should I give? -- there's nothing in it for me." Perhaps, he says, "those of us who use the blood every day haven't done a good job educating others. Those who look for a reward should see the difference a pint of blood can make in a patient's health, or live with the prospect that it is entirely possible a person may die someday for a lack of blood." The Red Cross refers to blood as the 'gift of life' for a very good reason, and the gift of life is its own reward.

Nursing Educational Sessions Offered

● *Patient Adherence (or Non-Adherence) to Health Recommendations*, Nancy Garber, RN.

March 24, 1981 10:30-11:30 AM
Family Practice Unit

● *Functional Levels of the Spinal Cord Injured*, B. Cairbre McCann, M.D.

March 24, 1981 4-5 PM
R1 Conf. Room

● *OPD Community Resources Series: "Cuban and Indonesian Immigrants Community Resources and An Overview of Common Cultural Health Beliefs,"* Donna Roy (Submitted to MSNA for CEARPs)

March 25, 1981 8:30-9:30 AM
R1 Conf. Room

● *Back Injuries and Spinal Cord Trauma*, Thomas Martin, M.D.

March 26, 1981 3:30-4:30 PM
R1 Conf. Room

Marketplace

FOR RENT: Sunny 2 room apt., 2nd floor, Woodfords area. Storage space, stove, refrig., heated, includes elec. \$205/mo. plus sec. dep. and refs. Prefer single person who works days. Call 772-7021.

FOR RENT: Efficiency apt., Western Prom area, 2 blocks from MMC. \$215/mo. includes utils. Call 773-8287, leave message.

FOR RENT: Avail. now. 4 room apt., residential area of Portland. 2 BR, bath with tub & shower. Heated, HW, stove, refrig., off-street parking. 6-month lease. Sec. dep. Adults only, no pets. Ideal for 2 single people. \$290/mo. Call 773-6175.

FOR RENT: Furnished or unfurnished 2 room apt., bath, clean, quiet bldg., non-smoker preferred. Call 773-0123 or 773-0133.

FOR RENT: Spacious modern 2 BR apt., Westbrook, 1st floor of 2 family home. Carpeted, disposal, stove, refrig., basement with w/d hookup, parking, back yard. Quiet adults, no pets. Avail. April 1. \$250/mo. plus utils., sec. dep. and refs. Call 856-6273 after 5:30 PM.

FOR RENT: 3 room apt. in So. Portland. Heated, w/w carpet, private entrance, parking. \$285/mo. Call 781-2501.

FOR RENT: Newly decorated 4 room apt. in West End. Ideal for hospital employee. \$360/mo. includes heat. Call 774-7571, keep trying.

FOR RENT: Quiet, large, sunny 5 room apt. Next to MMC. Washer and dryer avail., appliances, disposal. Adults, no children. \$350/mo. plus sec. dep. Call 772-6847 after 5 PM.

FOUND: Man's gold Helbros calendar wristwatch, expandable band; woman's gold Varavel wristwatch. May be picked up on ASU.

FOR SALE: Maytag upright freezer, 12 cubic feet, ex. cond., used 6 months. \$200. Call 772-3343.

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

FOR SALE: 45"x30" steelcase secretary's desk and stenographer chair, ex. cond., best offer. Call 775-3064.

FOR SALE: Home-raised Zebra Finches. Nice singers, disease free, parents on premises. Call 892-3094.

FOR SALE: Small Frigidaire Frost Free refrig., \$100 or best offer; one large gas range-oven, 5 burners, grill, rotisserie. Call 892-3094.

FOR SALE: Woodstove - Portland Stove Foundry "Morning Glow." Used 1 year. Stove pipe included. \$200. Call 642-4254.

FOR SALE: 1971 Datsun 510, good running cond. New brake work, battery, and snow tires this winter. Automatic transmission. \$950. Call Jan or Dave at 892-3637 after 6 PM.

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.

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FOR SALE: 17 ft. fiberglass Daysailor, 2 sails, 4 hp. Merc. motor, and trailer. \$2,800. Call 799-7979 evens.

FOR SALE: 3 BR ranch in So. Portland, 1 bath, family room, gas heat. \$58,500. Call 799-0314.

FOR SALE: Two F78-14 summer tires, \$15/each; two F78-14 snow tires, \$20/each. Call 775-1250.

FOR SALE: 1979 Pinto, 4 cyl., 4 speed, 10,000 miles, radial tires, rustproofed. Emerald Green with gold pinstriping. Ex. cond. Many other extras. \$3,675 or best offer. Call 775-1250.

FOR SALE: Reginald 101 wood stove with floor mat and stove pipe. \$190. Call 774-1562 evens.

FOR SALE: 1974 Chevy pick-up truck, ex. mechanical cond. \$950. Call 839-3172.

FOR SALE: Bassinette, \$25; baby clothes. Call 773-7911.

WANTED: Wooden wardrobe for girl's bedroom with no closet. Call 774-5745 days or 774-7559 evens.

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.

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Portland, Maine 04102

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**MURPHY'S LAW OF
THERMODYNAMICS**

Things get worse under pressure.