

what's happening

Maine Medical Center
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Dr. John Randall is Family Practice Chief

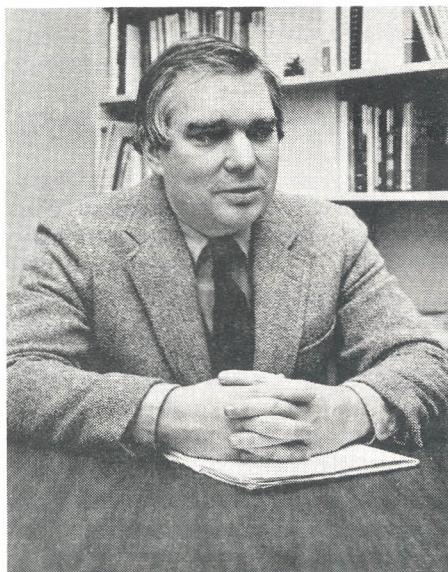
Maine Medical Center's new Chief of Family Practice is John Lear Randall, M.D., from Lancaster General Hospital in Lancaster, Pennsylvania. He will be coming to MMC in June, according to Vice President for Health Affairs Turner Bledsoe, M.D.. Dr. Randall is Director of Community Medicine and Associate Director of the Family and Community Medicine Program at Lancaster General.

Dr. Randall has spent most of his life in the Northeast, from Pennsylvania to Vermont and across the border to Montreal. "I have the Northeast in my blood," he says, "and I'm looking forward to living and working in Maine." The Pennsylvania native, his wife, and three children are currently house-hunting in the Portland area.

The new Chief of Family Practice sees the program as an integral part of the hospital's operation, even though the unit itself is physically separated from the hospital. Dr. Randall observes that "in a day of cost containment, ambulatory approaches to medical problems need to be explored. Family Practice has been defined in theory -- the job now is to make it work." In addition to his work with the Family Practice Unit, Dr. Randall says he will work on the attending staff in Pediatrics here, and consult in Infectious Diseases.

MMC's Family Practice Unit is heavily involved in the training of residents, and Dr. Randall is no stranger to the teaching side of medical practice. Presently, he is an Associate Professor of Family and Community Medicine and Associate Professor of Pediatrics at Temple University School of Medicine, a Clinical Lecturer of Pediatrics at the Milton S. Hershey Medical Center at Pennsylvania State University, and a Clinical Affiliate at Children's Hospital of Philadelphia. He has also held teach-

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JOHN L. RANDALL, M.D., recently named Chief of Family Practice at Maine Medical Center. The Family Practice Unit is located on Congress Street near Portland's East End, and has a sister unit, the Casco Bay Health Center, on Peaks Island.

Film's the thing in photo contest

Shutterbugs will be happy to hear of the 1981 MMC Employee Photo Contest. All employees, volunteers, and medical staff members are invited to enter the contest, which is open to color, black & white, and instant photos. Whatever the subject, whatever the camera, whoever the photographer, there's a place in the contest for the finished product.

The Employee Activity Committee will award prizes and certificates to the winners of the contest, and the nine first place entries will be displayed in the case across from the Richard's elevators on the ground floor. The judging will be done by five professionals from the Greater Portland area. Complete rules for the contest are inside this issue.

Spring for a Pint II: Blood drive returns

It's time to spring for another pint of live-saving blood, a commodity which is presently in short supply in Maine and across the country. The need for blood and blood products is rising almost daily, and the only way the Red Cross has of obtaining blood is through voluntary donations.

The Maine Medical Center Spring blood drive is scheduled for Friday, March 20, 7:30 AM - 4:30 PM, in NDF Classrooms 3&4. Departmental recruiters will be signing up donors during the two weeks prior to the blood drive, and a sign-up table will be in the Admittng Lobby the week of March 16.

Blood Donor Recruitment Committee Chairman Bill Gousse, Pharmacy, reminds all employees that if they're not scheduled to work March 20, or if for some other reason they can't donate during that day, they can go directly to the Maine Red Cross office and donate there. The office is at 524 Forest Avenue in Portland, and is open 10:30 AM - 6 PM Monday, Wednesday, and Friday, and 12:30 - 8 PM Tuesday and Thursday.

Departmental recruiters for the blood drive are: Cliff Hoover, Pulmonary Medicine; Jim DeGrandpre, Personnel; Nat Roberts, Housekeeping; Alice Rose, Tumor Registry; Sue Langlois, R4; Wendy Heyworth, Outpatient Department; Bev Cookson, Dietary; Jean Scott, Radiology; Julie Wooden, Internal Auditing; Patty Borcharding, Outpatient Department; Elizabeth Carriuolo, Personnel.

Denise Coppinger, Radiology; Irene Dempsey, Blood Bank; Bob Lapham, ER; Jim Fraser, Security; Eileen Wyatt, Lab; Mary Duffy, Radiology; Larry Johnson, Engineering; Cathy Blake, OR; Rita Nielsen, CSD; Carole Parcher, Nursing; Ethel Murphy, Nursing; Sue Carr, Data Management.

Don't give it up, just cut it down

The secret to losing weight, and staying with the program, is simply: "don't punish yourself." You can say goodbye to your favorite foods, eat foods you don't like, go without food, and ultimately ruin your nutritional health and go off your diet. Greater, and longer lasting, benefits can be had by simple, painless omissions and alterations in your present diet.

Ronald M. Deutsch, author of a popular book on food and nutrition, compiled a chart showing the annual weight loss that would result from such partial omissions in the diet. As an example, he cites the woman who, every morning scrambles two eggs for breakfast. If, just one day a week, she had only one egg, she could lose a pound and a half over a year's time, all else being equal. Likewise for the man who gives up one of his two beers just one night a week; his annual loss would be two and a half pounds.

The cumulative effect of a number of these changes can be quite dramatic, and result in a weight loss *without* deprivation.

<i>If you give up</i>	<i>You could lose</i>
1 pat butter/day	5 lbs/year
1 doughnut/week	2 lbs/year
1 glass soda/week	1 lb/year
1/2 serving french fries twice a week	3 lbs/year
1 slice bread/day	6 lbs/year
1 oz. cheese/week	1 1/2 lbs/year

Thanks...

SPEED-O-GRAM TO GOD
ADDRESS: HEAVEN

Do you have a moment, God? STOP Am a recent releasee of Richards 7th STOP You made a whole "first team" of nurses there STOP Caring, patience with grateful patients first class STOP You sure did show them how to give extra large "doses of love" STOP Please keep your protective eye on them, God STOP Thanks, Heavenly Father STOP

SIGNED One of your grateful sparrows on the mend.

FOOD SERVICES
EMPLOYEE OF THE WEEK

is

RICK GRASSI
DIETARY AIDE

Future facilities needs documented

The MMC Board of Trustees has received a report from its long range facilities planning consultants that projects a need for major expansion of the hospital for 1990 and beyond. According to Martha and Elliott Rothman, planners and architects, MMC should add 124 beds and 18 bassinets in the next ten years and should replace and expand its operating suite and intensive care units. The 8 cm thick report also documents the need for renovation of 105 beds, expanded support and ancillary service space, and a new auditorium and related education space.

The consultants found that MMC could meet the space demands on existing hospital owned property, either by expanding in the direction of the parking ramp or by using the Bramhall parking lot.

No decisions on the long range plan have been made, but if all of the identified needs were met today construction costs would exceed \$120 million.

MMC President Edward C. Andrews, Jr., M.D., told the Board that the hospital will undertake an intensive review of the report with members of the staff

and interested community and state leaders. That review will test the report's assumptions, determine priorities, and develop recommendations for the first stage of the long range plan. Dr. Andrews said he hoped those recommendations would be ready for the Board by the end of April.

What's Happening will provide more details in future issues.

Experts answer your nutrition questions

Q. ARE YOU GOING TO PUT UP THE CALORIES/POTASSIUM, ETC., INFORMATION LIKE YOU DID LAST YEAR?

A. Throughout the month of March, you will see the breakdown of approximately 50 different items sold in the Cafeteria. This breakdown will cover cost, calories, carbohydrate, protein, fat, and fiber. During the second week we will feature one recipe each day which could be used with low calorie, low cholesterol, low sodium, high fiber, or vegetarian diets. The recipe will be posted and will indicate the breakdown of nutrients.

Q. HOW MANY CALORIES DO I GET FROM 3 BEERS A NIGHT?

A. 3 cans (12 oz.) beer = 450 calories.
3 cans (12 oz.) light beer = 300 calories.



DIETICIANS IN MAINE MEDICAL CENTER'S NUTRITION SERVICES Department prepare information for use during National Nutrition Month. Activities include posting of nutritional information near various offerings in the MMC Cafeteria, answering employee questions about nutrition, and developing special menu items -- complete with recipes and nutritional breakdown. From left, Kathleen Halpin, MS, RD, Joanne Maddock, RD (standing), Lynn Williamson, RD, and Kathleen Spizzuoco. (A/V Photo)

Board opposes city service fee proposal

MMC's Board of Trustees expressed sympathy for Portland's financial crisis and offered to work with city officials to find a solution, but said they could not support proposed legislation that would allow the City to levy a tax-like "service charge" for police, fire and public works services on tax exempt institutions like the hospital. The trustees adopted a resolution on the tax issue at their February 26 meeting.

The Board noted several objections to the service charge proposal, including the added burden it would place on private pay and privately insured patients, the problem of working out an equitable adjustment for free service the hospital provides for indigent Portland residents and the legal question of whether the city can levy a tax on a tax exempt organization by simply calling it a service charge.

The service charge proposal, which would cost the hospital \$183,000 a year at present tax and valuation rates, is part of a legislative package designed to provide some relief to the city in the face of substantial deficits.

HEC 23 sets healthy schedule for March

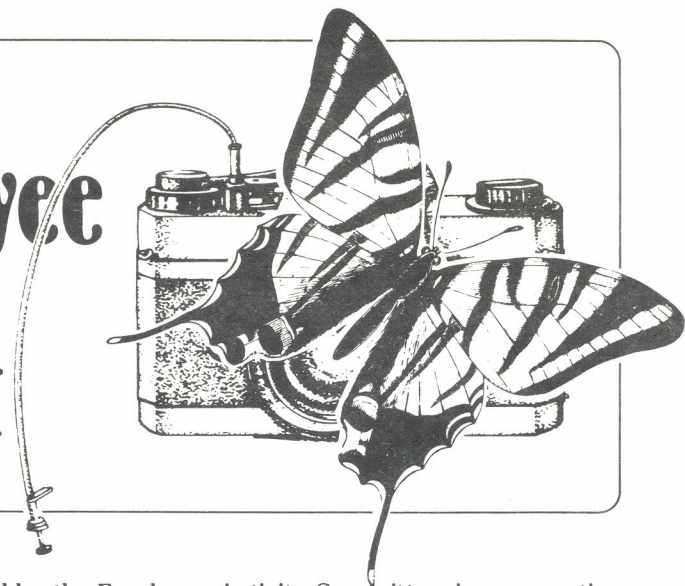
March is "Tune In & Trim Down Month" on Health Education Channel 23 of the Public Cable TV system. Watch Monday through Friday, at Noon and 7 PM, for alternating broadcasts of *Body Image*, *Help Yourself to Better Health*, *Changing Your Habits*, and *Read the Label, Set a Better Table*. For exact scheduling check the TV listings.

Viewers will have a chance to ask questions of Catherine Viollette of the Cooperative Extension Service and nutritionist Dr. Patricia Wolman, on a live call-in program at 7 PM, March 26.

Please Note

An event of some medical importance has taken place in the MMC Library: three books have sprouted legs and walked away. If you're hiding these fugitives, or recognize them on the street, please return them to the Library: Bell, *Increased Intracranial Pressure in Children*. 1978 (Major Problems in Clinical Pediatrics, Vol. 8) Brooks, *Diseases of the Exocrine Pancreas*. 1980 (Major Problems in Internal Medicine, Vol. 20) Hurst, *The Heart*; Update I. 1979.

MMC Employee Photo Contest



¶ The contest is sponsored by the Employee Activity Committee, in cooperation with the Departments of Audio/Visual Resources and Public Information.

¶ All part-time and full-time employees are eligible, as well as volunteers and members of the Medical Staff.

¶ Entries may be made in three divisions: Color, Black & White, and Instant (Polaroid-type).

¶ In each division, there will be three categories, 1) people, pets, and wildlife, 2) scenic, and 3) open.

¶ Entries shall be in the form of prints (no slides). The prints shall be unmounted and unframed.

¶ Each entrant may enter prints in as many divisions and categories as desired (a possible nine), but only one print in each.

¶ The following information shall be attached to the back of the print on a separate piece of paper: title of print (if any), entrant's name, department, and telephone number, and division/category. No name or other information is to be visible on the front of the print.

¶ Prints shall be submitted to the Audio/Visual Resources Department or the Security Office before Midnight, April 24, 1981.

¶ Each entrant shall submit, with his or her entry or entries, a single \$1.00 entry fee. This is to defray the costs of prizes.

¶ Entries will be judged by a panel of experts from the Greater Portland community.

¶ All possible care will be exercised in handling entries, and they will be returned after the contest. However, the sponsors cannot be held liable for damage or loss.

¶ Winners will be announced May 13, 1981. First, Second, and Third places will be named in each category within the three divisions. The judges may also award special citations if they so desire.

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ing posts at Philadelphia General Hospital and the University of Pennsylvania.

Dr. Randall did his undergraduate work at Princeton University, and holds a medical degree from McGill University, Montreal, Quebec. He served a rotating internship at Pennsylvania Hospital, and a residency at the University of Vermont, where he served one year as Chief Resident in Pediatrics. Dr. Randall received a two-year National Institute of Health Fellowship in Infectious

Diseases at the Wistar Institute of Biology and Anatomy in Philadelphia and Children's Hospital of Philadelphia.

While in the Navy, Dr. Randall was a Staff Pediatrician and subsequently Chief of Pediatrics at the U.S. Naval Hospital in Charleston, South Carolina. He has since held staff appointments at Philadelphia General Hospital, Children's Hospital of Philadelphia and most recently at Lancaster General Hospital. Also, Dr. Randall has worked as a consultant to the State of Pennsylvania.

Nursing educational programs for next week

Nursing Through the Life Cycle: Module I -- Infancy-Childhood, Jeanne St. Amand, RN, MS
March 17, 1981 4-6 PM Classrooms 3&4

PRE-REGISTRATION IS REQUIRED

Nursing Assessment of the Patient Undergoing Hemodialysis and Peritoneal Dialysis, Irene Eaton, RN
March 18, 1981 2-3:30 PM R8 Conf. Room

For further information, please call Staff Development, 2397 or 2321.

Marketplace

BABYSITTING: Will babysit in my home, Gorham. Call 839-6276 after 5 PM.

FOR RENT: Waynelete School area, 3 room apt. in nice old brick house. \$315/mo. includes all utils. Refs. & sec. dep. Call 773-0602 eves. or 773-5222 bet. 8:30 AM and 4 PM.

FOR RENT: Sunny 2 room apt., Woodfords area, 2nd floor. Storage space, stove, refrig. Heat included, one cat allowed. Prefer single person who works days. Avail. April 1. \$205/mo. plus sec. dep. and refs. Call Shirley at 767-3133 eves.

FOR RENT: Vaughan St. apt., third floor, 4 rooms, bath, frpl., appliances, laundry, parking. No pets, refs. req. \$350/mo. plus heat (elect.). Call 773-4486 eves.

FOR RENT: Deering St., 1 room efficiency, parking, heated. \$185/mo. Call 774-5332.

FOR SALE: Baby swing-a-matic, ex. cond., \$15; Wooden toilet training seat, \$10. Call 772-5103.

FOR SALE: 1979 Mercury Cougar XR7, white with vinyl roof, ex. cond., 17,000 miles. \$4,500. Call Anna at 772-0479 after 5 PM.

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

FOR SALE: AKC Springer Spaniel puppies, black and white, liver and white, male and female, intelligent, eager to please, champion stock. Call 772-1705.

FOR SALE: 10 speed bike, CCM, 2-yrs. old, \$50. Call 883-6820 after 5 PM.

FOR SALE: 45" x 30" steelcase secretary's desk and stenographer chair, ex. cond., best offer. Call 775-6034.

FOR SALE: Green 1977 Beacon 10-speed bike, good cond., minor brake and gear adjustments needed, used 1 summer. \$75 or best offer. Call Richard at 871-2276.

FOR SALE: Volvo parts from 1973 wagon, 5 doors, 2 seats, carbs., manifold and head, wheels, glass, fuel pump, drive shaft, and many other parts. Call 637-2415 eves.

FOR SALE: Wooster Hellion speedboat, fiberglass, 2 seater, 15 horse power Evinrude outboard motor. \$550 or best offer. Call 767-2479.

FOR SALE: 1971 VW Beetle, 75,000 miles, good cond., new tires, needs muffler, \$950 firm. Call Dave at 774-5618 days or 772-8684 eves.

FOR SALE: Sofa, deco style, 8 months old, blue and rust. \$300 or best offer. Call 773-2875.

FOR SALE: Chappee coal stove, 5 months old, still under guarantee. \$550. Call 773-2875.

FOR SALE: 1979 Harley Davidson Sportster 1,000 cc. 7,000 miles, new tires, drag pipes, oil cooler, king-queen seat, eagle sissy bar, new air cleaner, new tank. Best offer. Call 892-3046 mornings, late evenings.

FOR SALE: Peugeot 10-speed bicycle. 17" frame, 24" wheels. Ex. cond. \$100. Call 767-3986.

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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HOUSESITTING: Will take care of your house and pets. We have ex. refs. and are avail. at your convenience. Call 773-5413 eves. or 775-4131 ext. 260 days.

LOST: Silver rose pin. Contact Betty McDonough.

RIDE WANTED: 18-year old male student wants ride to Albany, N.Y., on Thurs., Fri., or Sat., March 12, 13, or 14. Call 781-2717 after 6 PM.

RIDE WANTED: Interested in sharing ride with someone in the Cornish area, working 8 AM to 5 PM, Mon. thru Friday. Call 625-8289 eves.

ROOMMATE WANTED: To share 3 BR house in Pownal. \$125/mo. plus utils. Adult, 1 child okay. Call 688-2272 eves.

WANTED: Furnished or partially furnished apt. or house in Portland area for retired couple. April thru Sept. Call 799-3119.

WANTED: 2 bicycles, one for 12-year old girl and one for 8-year old boy. Call 775-3064.

WANTED: Car body; Vega, Monza, Sunbird, or Sky Hawk. Must be in very good cond. Call 892-4771 after 5 PM.

FOR SALE: 1964 Ford F-250 pickup, 6 cyl., 3 spd., ex. mech. cond., new sticker, \$500. Call 637-2415 eves.

FOR SALE: Home raised Zebra Finches, nice singers, disease free, parents on premises. Call Carol Ballard at 892-3094.

FOR SALE: Small Frigidaire frost-free refrig. \$100 or best offer. One large gas range-oven, 4 burners, grill, rotisserie, one oven. Call 892-3094.

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CHEIT'S LAMENT

If you help a friend in need, he is sure to remember you -- the next time he's in need.