

what's

Maine Medical Center
Portland, Maine 04102

happening

Vol. 12, No. 18

December 3, 1980

It's ho-ho-holiday party time again

Plans are moving along for the 1980 Holiday Reception for MMC employees and retirees. The date is the traditional third Tuesday -- December 16, and there are festivities in store for people working on all shifts. The first reception will be 6:30 to 8:30 AM, and the second will be from 2 to 7 PM.

Doorprizes, a delicious menu, smashing ice sculptures, and exciting entertainment are in the care of a hard-working hospital-wide committee, according to Mary Lou Kiley, Director of Personnel Services. Tempting details will be revealed next week, she says.

Setting the scene for the party, of course, will be the cafeteria windows, once again decorated by the talented artists who seem to work throughout the hospital. Several departments have already signed up for the annual window decorating competition. There are windows enough for about 18 departments in all to enter the competition, and decorate a Christmas window.

Deadline for reserving a window is Friday, December 12. All interested in lending their talents to the spirit of competition and Christmas, should sign up soon. Prizes will be awarded in three categories: most artistic, most creative, and most unique. The rules are reasonable, and veterans of past contests agree that the actual decorating (which must be done between 6 and 9 PM on Monday, Dec. 15) is more than half the fun: most departments are represented by a cheering section as well as by their artists, and the Food Services crew provides refreshments during the decorating hours.

Windows are reserved on a first-come, first-served basis, and there can be just one window per department. Those who wish to join the fun, and maybe win a prize, should call Debbie at ext. 2824 to sign up and get information on supplies.



GINGERBREAD VILLAGE, as edible as it is charming, will be raffled off on Dec. 5 to benefit the Southern Maine Chapter, Emergency Department Nurses Association. Displaying the masterpiece are Maggie Vickerson, RN, CEN, of MMC, left, and Ann Marie Cady, RN, CEN of OHM, its creator. Raffle tickets are available from Karen Dean, RN, CEN. (AVV Photo)

Athletes must protect both body and mind

Proper clothing and equipment is a prerequisite for safe participation in any active sport. For indoor and warm-weather sports, loose-fitting shorts and a short-sleeved shirt that doesn't restrict movement are the standard garb. These should be worn over an athletic supporter for men, and a comfortable brassiere for women. The winter sports participant requires warmer clothing, as well as special gear -- such as earmuffs -- to prevent frostbite. Winter clothing shouldn't be too warm, though, or you'll overheat and risk a chill when you stop to rest. Those who run or bicycle at night should make sure reflective clothing is part of their wardrobe.

The basis of sports clothing is the sneaker, shoe, or boot. "Most running

shoes," says Portland orthopedic surgeon and sports medicine specialist Douglas Brown, M.D., "are good, because the manufacturers have become very sophisticated in design and construction due to the growing popularity of running." Finding the right style or brand for your own foot is difficult, however. "When you find the right shoe," he says, "stick with it, even to the point of buying a couple more pair and putting them away."

It may be that your feet won't be comfortable in any style shoe, due to natural irregularities. If so, there's still hope, says Dr. Brown. "It's a relatively simple matter to fit a shoe with special supports, to compensate for an ill fit. There are a very few people," he continues, "very few, who will not be able to run or indulge in other strenuous exercise, because of incorrect foot

ATHLETES, page 2

ATHLETES, from page 1

problems or malalignments in the lower body." He stresses, however, that this is extremely rare.

Feet, legs, and knees aren't the only injury-prone body parts, either. For racquetball, squash, and handball, a good pair of court shoes is essential, but so is a pair of eyeguards. Many ophthalmologists are reporting an astronomical increase in eye injuries, from contact with a ball or racquet. A racquetball is a dangerous projectile travelling at speeds up to 100 mph, and the swing required to produce that speed makes a racquet a formidable weapon. Each sport has its own safety needs, such as a helmet for bicycling, and ignoring these needs is an open invitation to injury.

Dr. Brown cautions that anybody participating in a sport should expect to experience some degree of pain. "Discomfort is a part of athletics," he says, "and everyone will experience some 'normal' pain." When you're definitely hurt, you'll know it, because the pain will be persistent, refusing to go away with rest, and may get worse. Of course, excruciating pain, interfering with normal activities, is an obvious sign of a problem.

Out of his particular field, but also a very real danger to recreational athletes, according to Dr. Brown, is the

potential for psychological "addiction" to exercise. The 'new body' that appears as a result of fitness, the increased self-esteem, and the so-called 'rush' from intense physical exertion can, it seems, result in the need to exercise, and to exercise harder and harder and more and more frequently." This has been observed primarily in runners, especially in those who have experienced the "fifteen-mile high," the often-described feeling of "freedom" that comes about after running a long distance.

The danger of this dependency, likened by some to an addiction to drugs or alcohol in its severity, is the potential for overdoing it. Refusing to rest a strained muscle, striving to attain greater and greater distances, and putting inordinate amounts of spare time into exercise place a heavy burden on the runner's physical and emotional health. Part of this phenomenon, what Dr. Brown calls "mileage mania," causes many injuries in people trying to exceed their normal distance and pace.

The bottom line for the prevention of sports injuries is common sense. Starting slow, building gradually, warming-up and warming down, and having the right equipment will prevent the majority of injuries. Proper conditioning, in the final analysis, is its own reward.

Holiday Blood Drive set for December 19

The Annual Christmas Blood Drive will be held Friday, December 19, 7:30 AM - 4:30 PM, in Classrooms 3&4. "Tis the Season for Giving," and all employees are encouraged to join their colleagues as decorations on the blood drive tree. You can put your name on an ornament and hang it on the Christmas tree when you sign up in the Admitting Lobby during the week of December 15. Departmental recruiters will be making the rounds starting the week of December 8.

Notice to all Registered Nurses

Registered Nurses must show a 1981 license to practice nursing in Maine to their Head Nurse/designee prior to December 24, 1980. Judith T. Stone, RN, Vice President for Nursing, notes that to work even one day without having the recorded current license would be in violation of the State of Maine law regulating the practice of nursing.

Please Note

The Out-Patient Department Continuing Education Committee invites MMC health care personnel to the December program of its "Community Resources" series. Alice Lord, a Child Protective Worker with the Maine Department of Human Services, will discuss "Protective Services for Children."

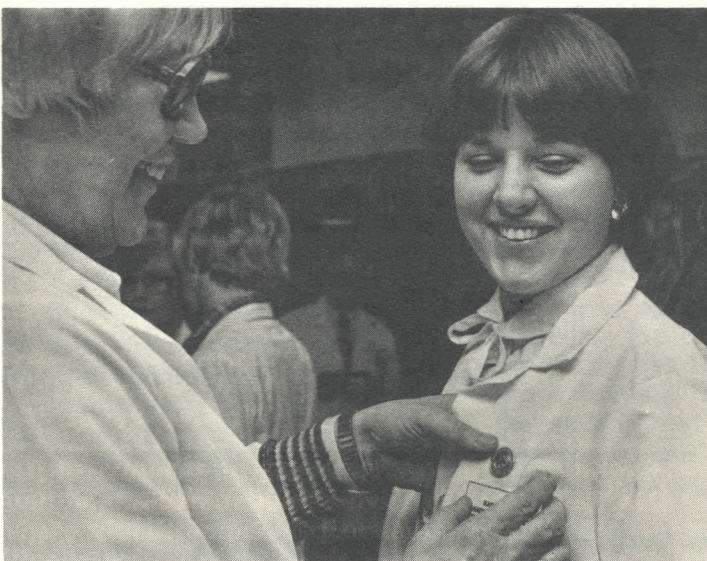
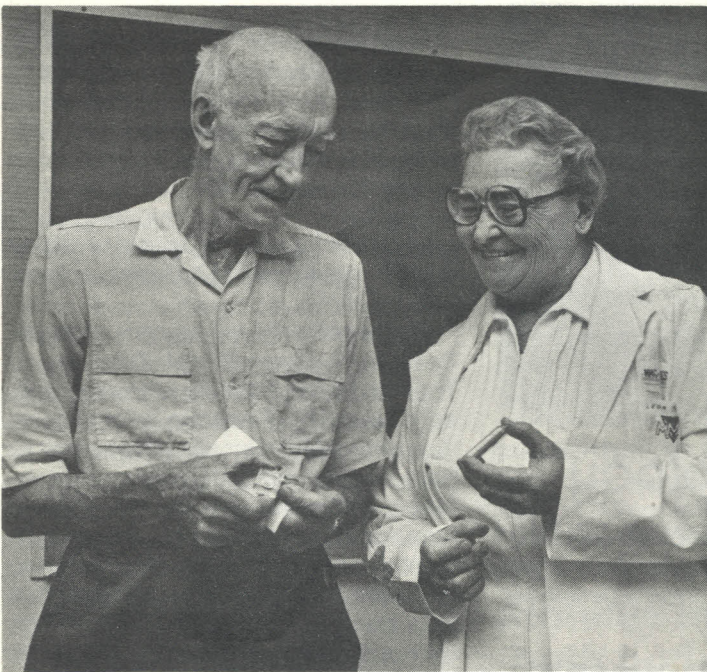
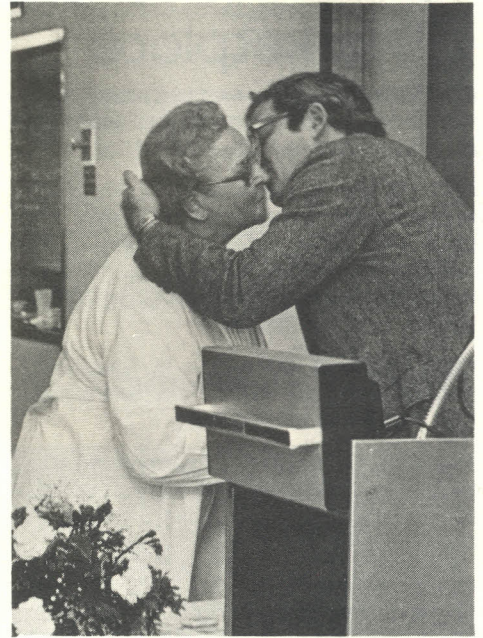
The session is scheduled for Wednesday, December 17, from 8:30 AM to 9:30 AM in Classroom 2. CEARPs have been requested from the Maine State Nurses Association. Coffee will be served.

Keep that holiday bankroll secure

Christmas is coming, and with it Christmas shopping. The holiday season usually means that MMC employees are carrying larger than usual amounts of money for after-work shopping, and Security Chief William Burnham advises everyone to deposit their extra cash, Christmas Club checks, and other valuables with Security while on duty. Employees lose money every year, he says, and Security is more than happy to place your money in their safe, give you a receipt, and return it to you at any time you present the receipt.



HOUSEKEEPING AIDE SYLVIA FINKELSTEIN retired recently from the Housekeeping Department with nine years service to Maine Medical to her credit. She is seen here with Director of Housekeeping Michael Swan and Supervisor Leola Vinal. (A/V Photo)



157 MAINE MEDICAL CENTER EMPLOYEES were honored last week for length of service to the hospital, at a special Monday morning coffee. MMC Vice President and Treasurer Donald L. McDowell, who said he felt like "the new kid on the block" comparing his three months of service with the long records of those he was addressing, suggested that after this public recognition, the recipients take some time to reflect privately. "Only each one of you truly knows what you've accomplished during your years here," he said, "so take some time to honor yourself -- you deserve it." Top left, 40-year veteran Eleanor Gee, Food Services, is pinned by Food Services Director Robert Underwood while Mr. McDowell looks on. Top right, McDowell congratulates Leda Regina, Anesthesia, for her 35 years of service. Above left, Dietary Aide Howard Russell, another 35-year veteran, compares his award with Leda Regina's. Above right, Medical Records Director Edith Harris pins a 10-year award on Data Abstractor Sandra Perry, Medical Records. Left, Out-Patient Department Head Nurse Alyce Greene does the honors for Family Nurse Practitioner Karen Saucier, a 5-year employee.

Marketplace

FOR RENT: Room to rent in Cumberland Foreside, bath, kitchenette, magnificent view. \$50/wk. Call 781-4455.

FOR RENT: 6 room apt., completely redecorated, 2 min. walk to MMC, 1½ tiled bath with shower, 3 fireplaces, cabinet kitchen with disposal, garage. \$420/mo. plus partial heat. Call 773-5574.

FOR RENT: 3 BR home in Standish, garage, partially furnished. \$400/mo. Call 775-2845 after 6 PM.

FOR RENT: Upstairs of 2 family home in Falmouth, pleasantly furnished. \$225/mo. plus utils., sec. dep. No children. Call 781-4280 and keep trying.

FOR RENT: West St. apt., 2-3 BR, LR, dining alcove, new kitchen, large bath, hardwood floors, heat and hot water, nearby parking avail., lease and sec. dep., no dogs. \$440/mo. Avail. Dec. 1. Call 772-1582.

FOR RENT: Room avail., m/f, kitchen facilities, Falmouth. Call 781-3226.

FOR RENT: 4 room apt., 1st floor, carpeted, stove, refrig., parking, storage shed, no dogs, 4 blocks from MMC. \$240/mo. plus utils. and sec. dep. Call 892-6085.

FOR SALE: Kodak Carousel 650H slide projector with remote control (forward/reverse) and 2 carousel slide trays, \$125. White wedding gown, size 10/12. Cost over \$125 new, will sell for \$50. Call 865-6140 after 5 PM, keep trying.

FOR SALE: Deluxe fireplace screen (mesh curtain), antique brass with iron rack for logs. Cash and carry for \$50. Call Bert at 773-8146.

FOR SALE: AGFA 35 mm camera, leather case and owners manual, good cond., \$50. Call David at 772-3225 after 6 PM.

FOR SALE: Wheel chair, never used, blue, removable sides. \$250. Call 799-4921 from 8-10 AM or 8-11 PM.

FOR SALE: Rossignol ST650 skis, 200 cm, look-nevada bindings, very good cond., \$125; Hanson exhibition boots, flow liner, very good cond., size #3 (8-10), \$85. Call David at 772-3225 after 6 PM.

FOR SALE: 2 sheepskin car seat covers, fits all models, ex. cond. \$40. Call 1-783-2227.

SERVICES: Complete interior painting service. Any size job, top notch quality work. Lowest prices in town. Call 1-284-8367 ask for Owen Knox.

WANTED: Babysitter, in my home, 10:45 PM to 8 AM. Would consider changing to evening shift. Call 883-3660.

New Employees

CENTRAL SERVICE: Felicitas Bay

FOOD SERVICE: Raelene Gardner

HOUSEKEEPING: David Ciazzo, Olivia Legaspi, William Roberts

NURSING: Elizabeth Campbell, Cynthia Clough, Barbara Dews, Cynthia Fagan, Terri Gray, Joy LeBlanc, Susan Porth, Andrea Tetreau, Karen Wadman, Christine Willett.

PARKING: Timothy Riley

PATIENT ACCOUNTS: Laura Barter, Madeleine Borduas

PHARMACY: Philip Grear

PULMONARY MEDICINE: Carol Belknap

RADIOLOGY: Janet Mangion

SURGERY: Anne Johnson

Morphology

THE CARDINAL CONUNDRUM

An optimist believes we live in the best of all possible worlds, a pessimist fears this is true.

FARNSDICK'S COROLLARY TO THE FIFTH COROLLARY

After things have gone from bad to worse, the cycle will repeat itself.

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
Ella Hudson, A/V Resources
Charlotte Hurd, A/V Resources
Judy MacKenzie, A/V Resources
Bonnie Scarpelli, A/V Resources
George A. Drew, Print Shop
Henry J. Guidod, Jr., Print Shop

Orientation schedule to suit all employees

All Maine Medical Center employees take part in a standard orientation program when they come to the hospital. This program has always been scheduled on Monday mornings, but many part-time, evening, and night employees have been unable to attend due to commitments to home, school, or work.

In an attempt to remedy this problem, Personnel Department Director of Training Susan A. Williams has developed a series of afternoon orientations. It is important for all employees to have an opportunity to attend an orientation, because as a matter of legal responsibility and hospital policy, MMC wants to provide basic information to all employees regarding compensation and benefits, insurance and health services, and hospital safety programs.

The afternoon orientation programs are identical to the morning sessions, except for a more flexible arrangement of topics to suit the particular employee group. They are scheduled at the rate of one each month. An extra afternoon orientation is also scheduled for June, to accommodate the influx of summer employees.

Thanks...

I would like to take this moment to say thanks to all my friends for their thoughtfulness and gifts during my hospital stay. Everyone has been just great. Thanks to you all.

Ruth Beaupre
Housekeeping

what's
happening

Maine Medical Center
Portland, Maine 04102

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