

what's happening

Maine Medical Center
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Discount prices for employees, retirees

Maine Medical Center employees and retirees will receive discounts -- ranging from 10% to nearly 50% -- from several local area merchants. A hard-working hospital committee has assembled a list of area merchants willing to offer discounts on merchandise and services. The program kicks off on December 1.

The idea of employee discounts has been around MMC for a while, and the Employee Activity Committee has offered some, notably discount tickets for the Maine Mall Cinemas. The new program was developed after the committee -- Art Stevenson representing the Employee Activity Committee, Phil St. Jacques of Engineering; and Jill Johnson, Mary Lou Kiley and Cheryl Libby of the Personnel Department -- studied programs run by other large employers, put together a list of likely businesses, and contacted them with the idea. Many businesses, Libby reports, particularly those in highly competitive situations, are eager to offer substantial discounts in hopes of reaching a buying public of 3,000 plus.

To date, the list of participating companies looks like this:

Sherwin Williams Company, in Portland and South Portland, is offering 20% off all paint products, brushes, and applicators, and 15% off all sundries. Carpets and wallcoverings are available at varying discounts. If an item is on sale, the lower of the sale price or the discount price (off the regular price) will apply.

Portland Glass Company will sell all its products to MMC employees and retirees at its established wholesale prices. The offer is good at the company's Portland, South Portland, Raymond, and Westbrook locations.

Pearle Optical, at its Portland, South Portland, and Lewiston Vision Centers, **DISCOUNTS**, page 3



NEITHER SLUSH NOR ICE nor freezing weather keeps MMC joggers from their commitment to fitness. Ted Hollidge, left, Director of Engineering Services, and Steve Caron, Psychiatric Social Worker, pass the hospital on the last lap of their lunchtime run. (A/V Photo)

Taking it easy is key to safe fitness

Which is more dangerous, high school football or high school women's gymnastics? The chances of serious injury are about equal, according to Dr. Douglas Brown, M.D., a Portland orthopedic surgeon with a strong interest and background in sports medicine. At some point in their careers, most professional athletes are likely to suffer the most common of sports injuries -- knee injury -- but Dr. Brown says that the recreational jogger or racquetball player runs a high risk of the same problems in the absence of proper training.

With active sports participation growing at a phenomenal rate, sports injuries are becoming commonplace outside the professional athletic world. "There are no new injuries," says Dr.

Brown, "only more of them." An estimated 30 million people in the United States run for fun and fitness, millions play racquetball regularly, and participation in other active sports is growing at a similar pace. "In our school systems, some 20 million children are playing sports, and doing so at an unprecedented level of intensity."

Injuries are an inevitable part of sports, according to Dr. Brown, but a large percentage of those suffered by recreational athletes, on the order of 60%-70%, are a direct result of exceeding one's limitations. Overdoing it, particularly when starting fresh on an exercise program, accounts for most injuries in participation sports, and means that most are avoidable.

The most common advice from all medical and athletic professionals for those starting an exercise program is

FITNESS, page 2

FITNESS, from page 1

to start with a trip to the doctor, a practice generally recommended for those over 35, with a diagnosed heart problem, or with any reservations about their health. If the doctor is concerned about the presence of latent heart trouble, a stress test may be in order.

"Moderation," says Dr. Brown, "is the key to preventing injuries. If you try to do it all at once, you *will* hurt yourself." For a running program, most experts suggest starting with a 15 minute walk/run. The objective is the period of time, not any specific distance. You run until you're out of breath, then walk until rested, run again, walk again, etc., stopping at the end of 15 minutes. Slowly, you can work up to running the entire 15 minutes, and then concentrate on distance if you like.

Daily exercise, for the person in search of general fitness, is generally held to be unnecessary. Three or four times a week is sufficient, and Dr. Brown recommends alternating a day with exercise with a day of rest, to give muscles a chance to loosen up. While exercising, a good rule of thumb for pacing yourself is to never get so out of breath or fatigued that you can't carry on a normal conversation. You should also recognize when you've reached your "peak" of condition, and then exercise primarily to maintain that peak as opposed to continually striving higher and higher.

Dr. Brown's specialty is orthopedic surgery, and he says the musculo-skeletal system is where most sports injuries are sustained. Most of these, particularly for the recreational athlete, are due to a failure to warm-up before exercise and warm-down after. The most important part of a warm-up is stretching. "There are many detailed warm-up programs," Dr. Brown explains, "but the purpose of all of them is very simple: you should move all the major joints of your body through a full range of motions." One product of this activity is a slight elevation in the heart rate, and the generation of body heat. This heat should be maintained until the start of the actual exertion, which is where the aptly-named "warm-up suit" comes in.

Warming-down is just as important. Just like a distance runner stays in motion at the end of a race while his heartbeat slows down, the recreational athlete should come to a *gradual* halt. Again, cooling down too quickly may be prevented by a warm-up suit. After an exercise that does not use all the muscles, such as running, the



THE CHRISTMAS FAIR has just one week and a half left to go -- so those who like to have their holiday shopping benefit MMC had best make a list and visit the Fair in the Admitting Lobby. Presented by the Women's Board of Maine General Hospital, the Fair is on from 9 AM to 5 PM Monday through Friday, and 11:30 AM to 2 PM Saturday. (A/V Photo)

Immuno Lab needs test volunteers

The Immunology Lab at Maine Medical Center is conducting investigations in several aspects of cancer research.

The lab staff would like to test MMC employees who have had moderate to strong TB skin tests. The results of these tests will be used to evaluate present methods being used in our Breast Cancer Studies.

The lab is also asking for women without history of Breast Disease to serve as controls in the study. Testing could indicate a predisposition for the disease.

Interested parties are asked to call Carol Bagley at 871-2854 for more information.

unused muscles should be stretched to avoid tightening.

No strenuous exercise should be done on a full stomach, because the blood you need to supply your body's increased oxygen demands will be busy in the gastro-intestinal tract. To avoid other stomach-related problems, don't drink a lot of cold water (or any other cold liquid) after exercising until you cool down, unless you fancy a painful set of cramps.

Next week, we'll look at proper equipment, clothing, and mental attitude, and how each can make sports safer and more enjoyable.

Brennan names MMC VP and corporator to SHCC

Maine Governor Joseph Brennan has appointed Maine Medical Center Vice President for Planning and Public Affairs Donald E. Nicoll to the Maine Statewide Health Coordinating Council (SHCC). Nicoll will represent health care providers on the Council, and another appointee, MMC Corporator Mrs. Myron Friedman of Bridgton, will represent consumers.

SHCC is a statewide health planning and advisory body, which reviews and recommends revisions to the State Health Plan and the Health Systems Plan, and reviews the budget and activities of the Maine Health Systems Agency, (MHSA). Of the 29 members of the Council, the majority must by law be consumers of health care, and 1/3 must be health care providers. 17 members are appointed by the Governor, and the Veteran's Administration sends one representative from Togus.

Raffle, raffle

Tickets for the Employee Activity Committee Christmas Raffle are available now from any member of the EAC. There will be three prizes: Savings Bonds worth \$500, \$200, and \$100. Winners will be drawn at THE Christmas Party on December 16.

DISCOUNTS, from page 1 _____ offers a 20% discount to MMC employees and retirees.

Century Tire Company, on St. John Street in Portland, offers a 10% discount on tires and parts.

Inness Photo Service will take 10% off the price of all photofinishing services and photographic supplies at its Ocean Street, South Portland store.

The Portland Stage Company is offering a 10% discount on its annual subscription rate. The season starts in October and consists of six plays.

Maine Professional Opticians of Augusta and Portland, with participating stores at 221 Eastern Ave. in Augusta and 15 Wakefield St. in Rochester, N.H. (Edmondson Opticians) and in Bangor (Bangor Optical Center) offers a 20% discount on all eyecare needs, including accessories and repairs. The discount may also be applied to sale prices.

Noyes Tire Company, with locations at 191 Marginal Way, Portland; Route 1, Falmouth; and Western Avenue, South Portland, will offer 10% discounts on Kelly, Cooper, Michelin, and Kleber tires and on Noyes retreads and batteries. When Noyes sale prices run lower than would the discounted price, purchases will be billed at the sale price.

McKinney's Tire Center, 509 Westbrook St., South Portland, offers a 10% discount on all parts except tires. Tires are discounted 5% off fleet prices. Most repairs are discounted 10% and include: oil change, filter and lube, alignments, road and tow service, front discs, rear drum, lower ball joints installed.

The above discounts are available over-the-counter upon presentation of a photo ID card from MMC.

McDonald's offers a major discount which operates differently. McDonald's has assembled coupon books, containing one coupon each for a quarter pounder, a regular order of fries, a McChicken sandwich, a cheeseburger, and a Filet-O-Fish sandwich. One coupon book costs \$2.00, and represents dining worth \$3.70. Coupon books will be sold in the Security Office and can be redeemed at seven Greater Portland McDonald's.

MMC employees and retirees are also eligible for membership in *Walt Disney's Magic Kingdom Club*. Membership entitles cardholders to discounts on ticket books at Walt Disney World and Disneyland. Also included are special vacation and tour packages, discounts at over 400 Howard Johnson

'81 holiday schedule

The Maine Medical Center Personnel Department announces the official holiday schedule for 1981:

New Year's Day - Thursday, January 1.

Washington's Birthday - Monday, February 16.

Patriot's Day - Monday, April 20.

Memorial Day - Monday, May 25.

Independence Day - Friday, July 3.

Labor Day - Monday, September 7.

Veteran's Day - Wednesday, November 11.

Thanksgiving Day - Thursday, November 26.

Christmas Day - Friday, December 25.

Personal Day.

One other religious holiday may be substituted for Christmas Day if desired, once departmental approval is secured. The Personal Day is a floating holiday which may be used to observe birthdays, anniversaries, etc., or may be used to extend a weekend. However, the Personal Day may not be used to extend any of the official holidays.

FOOD SERVICES EMPLOYEE OF THE WEEK

is

MICHAEL SUDDUTH
Dietary Aide

locations across the U.S., and discounts at Cypress Gardens in Florida. Cards will be available in the near future; check with EAC president Joyce DeCesere at x2672.

The Hertz Corporation will give discounts up to 30% on time and mileage rates on car rentals. The 30%, for example, applies when cars are returned to the same renting location; it's a 20% discount for cars dropped off at different renting locations. Discounts vary in some states, Canada, and other continents. Hertz does not accept cash transactions, and an MMC computer identification sticker must be applied to the back of whatever credit card will be used; stickers will be available from the Security Office, Personnel reception desk, or any member of the EAC.

Eventually, a booklet including the details of all available discounts will be printed for employees and will be included in future orientation materials. The EAC will be in charge of the program once it gets under way. Check the employee information bulletin board for further discount details.



THE SEASON'S first snowfall created this scene, captured on film by Medical Photographer Ella Hudson of A/V Resources.

PBS continues series on man and medicine

The Body in Question, PBS's unique series on health and the human body, featuring Dr. Jonathan Miller's personal overview of medicine, continues with:

"Balancing Act" The human body's complex set of preventive, reactive, and repair mechanisms is examined by Dr. Miller, using classic metaphors of fountains, steam engines, and mechanical governors. He demonstrates that life is a continual battle against disintegration, a perilous moment in a universe that is continually running down. (Tuesday, December 2, 9 PM, Channel 26.)

"Brute Machine" Dr. Miller traces the tortuous birth of his pet subject, neurology, from Aristotle to Descartes to Sherrington. The "mind-body" problem, the translation of ideas to action, is addressed using analogies ranging from gunpowder to electronics. In one illustration, with British actor Dudley Moore at the piano, he and his guest discuss the neurological implications of piano playing. (Tuesday, December 9, 9 PM, Channel 26.)

Marketplace

FREE: Chestnut brown quarter horse. Needs home before winter. Call Wendy at 854-9527 after 5 PM.

FOR RENT: New 1 bdrm. apt., heat, lights, stove and refrig. \$300/mo. Also have room to board horse. Riding ring, trails, pasture, horse board \$90/mo. including everything or \$60/mo. with your labor. Call 727-3846.

FOR RENT: Apt. 1 mile from MMC, 1 BR, LR, kitchen with elec. stove and refrig., bath, 2 closets. \$230/mo. includes all utils. Call 854-5959 eves.

FOR RENT: Deering St., 1 BR apt. in Victorian house, hardwood floors, fireplace, \$260/mo. includes all utils. Call 775-3265.

FOR RENT: Western Prom area, 2 BR apt., storage area, hardwood floors, stove, refrig., parking, heat and hot water, \$400/mo. plus sec. dep. No pets. Call 774-4919 after 6 PM.

FOR RENT: Western Prom area, town house style apt., one large BR, study, large finished ski loft area, spiral staircase, fireplace, wood burning stove hook-up, marble sink, brass lighting fixtures, private deck, large yard, near schools and free swimming pool. \$450/mo. plus sec. dep. Heat and all utils. included. Call 774-4919 after 6 PM.

FOR RENT: 1 BR apt. near MMC, new appliances, w/w carpet, heated, all utils. \$250/mo. Call 773-9662 after 6 PM.

ROOMMATE WANTED: Female to share 2 BR apt. \$160/mo. includes utils. (control own heat), parking, laundry. On bus line. Close to MMC. Call 774-7681 eves. after 6. Keep trying.

FOR SALE: Remington Model 870 Wingmaster 12-gauge pump action shotgun. Brand new, never been fired. Call 799-6647.

FOR SALE: Four animal carriers for cat or small dog, good quality. \$15/each. Call 773-7979.

FOR SALE: New 14k gold wedding band set, 4mm mens and 6mm ladies. Original cost \$375, will sell for \$200. Call 773-7979.

FOR SALE: 1974 Mustang II Ghia, automatic, V-6, radial tires, a/c, AM/FM stereo, low mileage. \$2050. Call 846-5443 after 6 PM.

FOR SALE: Honeywell Preview Series slide projector, model 600, accepts round and straight trays, preview screen/editor, remote control, 4 round trays. Good working condition. Call Phyllis at 767-3726 after 6 PM.

FOR SALE: 1978 Suzuki GS 550, ex. cond., \$1100. A lot of motorcycle for the price. Call Kevin at 799-4656 after 5 PM.

FOR SALE: Polaris snowmobile suit, never worn, men's medium. \$100 or best offer. Call 774-2207 after 5 PM.

FOR SALE: Technics SU 7000-700 amplifier, 55 watts per channel, 1½-years-old, ex. cond. \$225, negotiable. Call 774-8843 after 3:30 PM.

FOR SALE: Book of Knowledge, 20 vols., 9 annuals 1964-1970, \$50. Grolier Encyclopedia, 10 vols., \$25. Popular Science Encyclopedia, 10 vols., \$25. Illustrated Animal Life Encyclopedia, 16 vols., \$25. Call 775-3623 after 4 PM.

FOR SALE: 1974 Plymouth Scamp 2 door hardtop, 6 cyl., automatic, 51,000 miles, rustproofed. Call 773-5413 after 5 PM.

WANTED: Female roommate to share 7 room home in Buxton, 25 min. from Portland. Call 929-4767.

WANTED: Female to share 3 BR townhouse apt. with 2 females. \$150/mo. includes heat and hot water. Call 797-4882 after 5:30 PM.

WANTED: Someone interested in playing tennis with intermediate player. Call 774-8843 after 3:30 PM.

WANTED: Child's mini-hot wheels in good cond. Call 772-5103.

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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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Nurses to learn about Orthopedic conditions

The Maine Medical Center Department of Nursing is sponsoring a series of classes on the care of patients with orthopedic conditions. Orthopedic surgeons on the MMC medical staff are conducting the sessions, offered the last Thursday of each month (except in December, due to holiday schedules). Each class will deal with the specifics of a certain condition, including diagnosis, management, and implications for nursing care.

The planning committee for the series includes Rebecca Blanchard, RN, Head Nurse on R2; Assistant Head Nurse Pat Gulian, RN; and Evening Assistant Head Nurse Carla Sandstrom, RN. Kathy Kaulakis, RN, Staff Development, and John Barrett, M.D., serve as consultants to the planning committee.

All nursing personnel at MMC are invited to attend the classes, and application for CEARPs will be made to the Maine State Nurses Association for each session. The next class is scheduled for December 18, when John Godsoe, M.D., will discuss hip fractures. For more information, contact Kathy Kaulakis, RN, Staff Development, at 2397.

Thanks...

To all my friends at MMC may I express heartfelt thanks for your caring and concern.

Please know that your thoughtfulness is greatly appreciated.

Jane Evans

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