

what's happening

Maine Medical Center
Portland, Maine 04102

Vol. 12, No. 5

September 10, 1980

New waste proposal is full of energy

A proposed construction project at the Maine Medical Center, now being reviewed by regulatory agencies, will when built save the hospital \$30,000 per year in waste disposal costs, provide energy savings equivalent to 124,800 gallons of oil a year, and reduce the hospital's 7,000 pounds of daily waste to a few pounds of sterile ash. The project is a waste disposal incinerator.

The incinerator would burn the hospital's waste, eliminating the need to truck it away, and turn the resulting energy into steam for heating the MMC complex. As a major energy-saving project, the incinerator installation is eligible for up to 40% federal funding through the Energy Conservation Project Grants portion of the National Energy Conservation Policy Act of 1978. The projected savings of 124,800 gallons is a sizable portion of the hospital's annual consumption of about 900,000 gallons.

The enormous amount of waste generated daily at MMC is mostly paper, some 5,800 pounds of it, from offices, sterile supplies, and other sources. At present, this waste is hauled by a private contractor to the waste baler at Regional Waste Systems. An additional 100 pounds of "pathological" wastes, such as tissues and specimens, is now sterilized and destroyed on-site, and some 20 pounds of "sharps" (needles) are destroyed and trucked away each day.

An incinerator of the type proposed is considered to be the most cost-effective way of expanding steam-generating capacity, in addition to its other benefits. It will be tied into existing hospital boiler systems, and will lend itself to any

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PATIENTS FROM R4 enjoyed three outdoor barbecues this summer, like this one in late August outside the SMRTI entrance. The Rehabilitation patients were treated to the events by the Rehab. staff with the assistance of MMC Volunteers. (A/V Photo)

41 good reasons to give the United Way

There are over 2200 independent and autonomous United Ways in the United States, each supporting varying services and raising differing amounts of money. While each is different, however, they all have one thing in common: funding priorities are determined by a review of requesting agencies by volunteer panels of local people. This provides a funding system that is directly accountable to the contributors, and truly reflective of the needs of the particular community.

Agencies requesting funding from United Way must be tax-exempt organizations (501 [c] [3]) and

demonstrate that they are providing needed community services. All requests are reviewed by the volunteer panels, who allocate the funds available, plan for future community needs, and generally keep on top of the agencies' needs and those of the people they serve.

Who gives to United Way? Nationally, some 5.2% of all funds come from bequests, another 5.2% from foundations, 5.3% from corporations, and — most importantly — 84.4% from individuals. Most give general gifts, although donations earmarked for specific United Way agencies are not discouraged.

The services supported by United Way are many, spanning the range of

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future expansions or alterations. The waste load at Regional Waste Systems will be reduced by nearly 1,600 tons per year, and the same waste once buried will be generating useful heat.

The Maine Health Systems Agency and the state Health Planning Office have already approved the project, and now the Maine Department of Environmental Protection and the federal Environmental Protection Agency are reviewing the proposal. The manufacturer of the incinerator, Environmental Control Products of Charlotte, North Carolina, says its systems surpass EPA standards for air quality, and hospitals in three other states have already installed them.

An application for federal matching funds from the federal Department of Energy has been forwarded by the Maine Office of Energy Resources, which acts as a clearinghouse for all federal energy funds coming into the state. Construction would start when final approval is obtained, and the incinerator would be operational within nine months.



CANDYSTRIPERS WERE EVERYWHERE this summer, and completed their final week at the end of August. Tania Merette, shown here helping a customer in the Coffee Shop, also spent some time in the Playroom on Pediatrics this summer. (A/V Photo)

Terminal cancer topic of upcoming PBS show

On September 15, the Public Broadcasting Service will rebroadcast *Joan Robinson: One Woman's Story*. The 2½-hour documentary film, which explores the last 22 months of life of a woman dying of cancer, drew an estimated 4.5 million viewers when first shown in January.

The film was produced for WGBY in Springfield, Massachusetts, by Red Cloud Productions, an independent film-making group. It is designed to bring to the American people the experience of living with terminal cancer by examining Joan Robinson's feelings, and those of her husband, her friends, and the medical personnel who treated her.

The National Cancer Institute, while not directly connected with the film, is making itself available to viewers who have questions about cancer. Its Cancer Information Service (CIS) offices will be open during and after the program to answer questions and provide up-to-date, accurate information. In Maine, the number is 1-800-225-7034.

Funding for *Joan Robinson* was provided by the Corporation for

Public Broadcasting, the Massachusetts Foundation for the Humanities and Public Policy, the Rockefeller Foundation, the National Endowment for the Humanities, Public Television Stations, Damon Runyon-Walter Winchell Cancer Fund, General Mills Foundation, and the Rubin Family Foundation Fund.

MMC Tag Sale set for September 19

An employee tag sale will be held September 19 at Vaughan Hall, from 9 AM to 4 PM, and here are the rules:

- * A Maine Medical Center Photo ID will be required for admission to the building, and Security will control the number of people in the building at any one time.
- * A receipt will be issued for each item purchased, and the number on the receipt will match the number on the item.
- * Items are not considered sold until paid for by cash or personal check, and a receipt must be presented when the item is removed from the building.
- * All items must be removed from Vaughan Hall by Wednesday, September 24.

**The
Michael G. Waddle
and
David Fournier
Memorial Lectures on Hypothermia
and Cold Water Immersion**

**Thursday, September 11
Maine Medical Center
Classrooms 3 & 4**

8 AM - 10 AM for interested physicians
and other health professionals

8 PM for emergency medical personnel
and the general public

**Food Service
EMPLOYEE OF THE WEEK**

is

**Mary O' Malley
Dietary Aide**

The time has come to "Fall in Line"

There is a bond that links all men and women in the world so closely and intimately that every difference of color, religious belief, and cultural heritage is insignificant beside it.

The life stream of blood that runs in the veins of every member of the human race proves that the family of man is a reality.

— from a Red Cross publication

Once in a while, an opportunity comes to each of us to do something so helpful, so vital, and so human, it's hard to pass it up. That opportunity comes to Maine Medical Center again on September 19, when the Red Cross brings its blood donor program to the hospital for the Fall blood drive. The bloodline will be here from 7:30 AM to 4:30 PM on that day, and according to Blood Drive Coordinator Bill Gousse of the MMC Pharmacy, they're looking for about 200 pints.

The demand for blood in the Northeast Region, says Gousse, "has never been higher. Something on the order of 2,000 pints *per day* are needed, and in light of that, a 200-pint, one-day goal at a hospital that employs some 2900 people is small indeed. We've averaged 130 pints during past blood drives," he continues, "and we've never even come close to the 200-pint goal."

Departmental recruiters will be taking names of prospective donors willing to "Fall in Line" up until the 19th, and recruiting tables will be in the Admitting Lobby during the week of September 15. The recruiters are: Pharmacy, Bill Gousse; Pulmonary Medicine, Cliff Hoover; Housekeeping, Nat Roberts; Tumor Registry, Alice Rose; Personnel, Jim DeGrandpre, Elizabeth Carriolo; R3, Sue Langlois; Out-Patient Dept., Wendy Hayworth, Patty Borcharding; Dietary, Bev Cookson; Administration, Julie Wooden; Radiology, Kathy Tremblay, Denis Coppinger, Mary Duffy; Blood Bank, Irene Dempsey; OR, Cathy Blake; Emergency, Bob Lapham; Security, Jim Fraser; CSD, Rita Nielsen; Lab, Eileen Wyatt; Engineering, Larry Johnson; Technician, Sue Carr.

The gift of life goes many places

When you donate blood, it's a multi-purpose gift, because each pint of blood you give can help as many as four people. It generally takes six to eight minutes for a pint of your blood to flow into the collection bag that also contains a preservative and anti-coagulant solution,

and what happens next is an incredible journey covering many miles and sometimes many years.

What enters the collection bag is called whole blood, needed by patients suffering a tremendous and sudden blood loss, in cases such as multiple trauma from accidents. Most of the time, however, blood is separated into its component parts: red cells, platelets, plasma, and plasma derivatives.

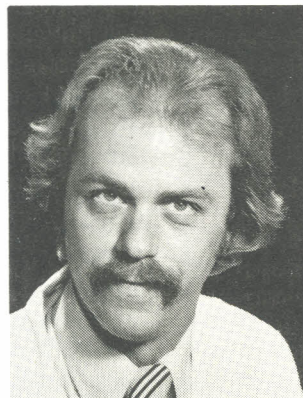
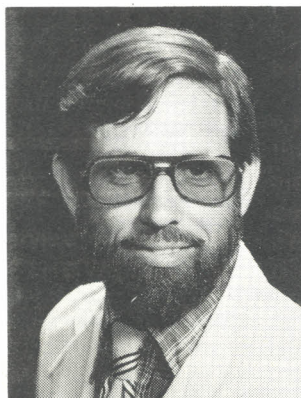
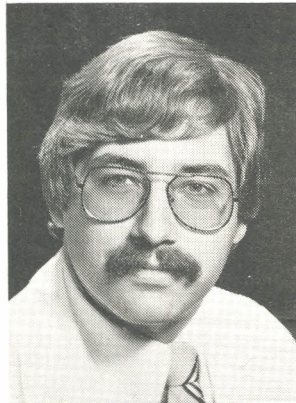
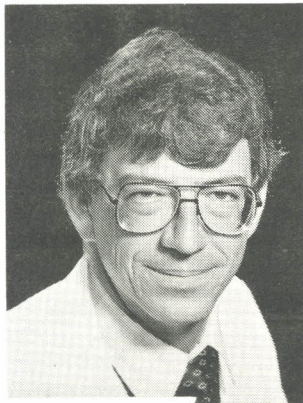
First, the donated blood is typed as A, B, O, or AB, and either Rh positive or Rh negative. At the same time, it is tested for transmissible diseases such as hepatitis and syphilis. Then, all blood not being distributed as whole blood is centrifuged into its component parts.

The first separation is to break the blood into plasma and red cells. The red cells may be used immediately, or frozen and stored for many years. An anemic patient, particularly one with heart, liver, or kidney problems, needs only red cells, because the additional fluid provided by whole blood might overload the patient's circulatory system.

Much of the plasma is frozen immediately, and is especially useful in treating patients who develop excessive bleeding during major surgery. The same coagulation properties make a derivative of fresh frozen plasma — cryoprecipitated antihemophilic factor — useful for treating hemophiliacs, or "bleeders."

The rest of the plasma is processed into four major derivatives: plasma protein fraction, serum albumin, immune serum globulin, and antihemophilic factor (AHF). Serum albumin and plasma protein fraction are both used in the treatment of shock. Immune serum globulin helps protect people exposed to infectious hepatitis, and AHF is a further purification of the cryoprecipitated antihemophilic factor. AHF may be stored at ordinary refrigerator temperatures, allowing a hemophiliac to travel with ready access to vital medication.

Platelets are another component of whole plasma, used in concentrated form to control bleeding in patients whose bone marrow produces too few platelets. This condition may result from leukemia, or because cancer treatments such as radiation therapy or chemotherapy have suppressed normal production of platelets.



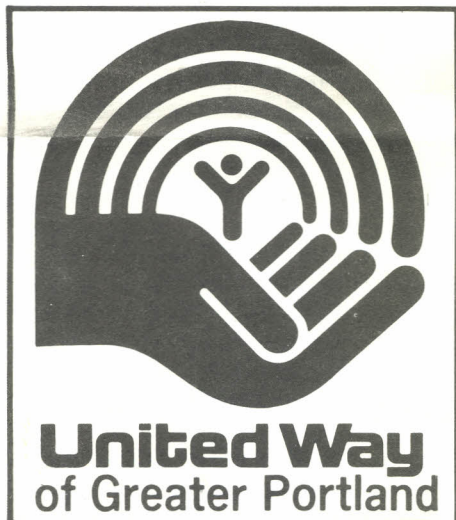
1980 Physician Assistant Residents in Emergency Medicine

From left, top: Sue Ellen Britt, Robert Giggey, and Robert Hazard. Bottom, Steve Katona and Cary Stratford. (A/V Photos)

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community, social, personal, and cultural agencies. There are 41 United Way agencies in Greater Portland, and somewhere on the list every one of us should find at least one reason to give generously. Take a look at the agencies you will be supporting with your contributions, and please give serious consideration to a United Way pledge:

Arthritis Foundation, Big Brothers & Big Sisters, Boy Scouts, Boys' Club, Camp Fire Girls, Hitinowa Council, Catherine Morrill Day Nursery, Center for Community Dental



Health, Cerebral Palsy Center, Community Alcoholism Services, Community Counseling Center, Community Health Services, Diocesan Camping Center, East End Children's Workshop, Freeport Community Services, Girl Scouts, Goodwill of Maine, Gorham Child Development Center, Holy Innocents Home-maker Services, Ingraham Volunteers, Jewish Community Center, Little Brothers Association, Maine Medical Center Dental Clinic, National Council on Aging, National Council on Crime & Delinquency,

National Recreation and Park Association, National Urban League, Northeast Hearing & Speech Center, Peaks Island Child Care Center, People's Regional Opportunity Program, Pine Tree Legal Assistance, Red Cross, Greater Portland Chapter, Regional Transportation Program, St. Elizabeth's Child Development Center, Salvation Army, Southern Coastal Family Planning, United Way of Greater Portland, Westbrook Dental Clinic, Yarmouth Dental Clinic, YMCA, YWCA, and Shalom House.

In addition, the following agencies are receiving funds this year on a grant basis: Cumberland County Child Abuse and Neglect Council, Parents Anonymous, Hospice of Maine, and the Foster Grandparents Program.

Marketplace

FOR RENT: Apt. to sublet from 15th of Oct. — May 1st. Heated, parking. \$200/mo. Call 797-3186.

FOR RENT: 3 room furnished apt., seasonal rental, beautiful contemporary deck house. Ex. waterfront location in Pine Point, Scarborough. W&D included. \$350/mo., heat & utilities included, no pets, sec. dep. req. Call 883-4777.

FOR RENT: Oceanside, Pine Point apart., furnished, 1 BR. Avail. Sept. Call 775-3391 eves.

FOR RENT: Year round home on Higgins Beach, 2 BR, LR w/fireplace, DR, eat-in kitchen, glassed-in porch, oil-fired hot water heat, completely furnished, 1 car garage. Call collect 203-354-3278 before 9 AM and after 6 PM. Or call 203-355-0966 and leave word for Mrs. Spedding to return call.

FOR RENT: Beautifully renovated 1 BR. apart., garden space, yard, garage, Morrill's Corner area. Avail. Oct. Call 797-3688.

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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: 15" snow tires for VW. \$20/pair. Call 781-4775.

FOR SALE: 1976 Fiat 128 station wagon, low mileage, well maintained, \$2,395. Call 799-7779 after 6 PM.

FOR SALE: 1971 Mercedes Benz 280-S, automatic, 6 cyl., AM/FM, white & blue interior, good cond. Must sell, going back to school. \$4,700. Call 775-0092 eves.

FOR SALE: Sheet metal stove used once. Also, approx. 1/4 cord of mixed wood, \$30. Call 772-3143.

FOR SALE: 1969 Buick, ex. running cond., lots of rust. Call 799-7505 after 6 PM.

FOR SALE: Sony AM/FM receiver-cassette recorder, direct-drive turntable, 1 pair 3-way speakers. \$500. Call 799-4340.

FOR SALE: 1975 VW Rabbit, 4 door, 4 speed manual, AM/FM stereo cassette, 5 new steel belted radials, ex. running cond. Call 775-1139 between 5 PM-11 PM keep trying.

FOR SALE: 1974 Buick LeSabre, A.T., PB, new sticker, new snow tires. \$500. Call 799-1092 after 4 PM.

ROOMMATE WANTED: To share 2 BR apt. at Deering Pines complex, non-smoker preferred. If interested call 797-0570 after 5 PM.

ROOMMATE WANTED: To share house in Freeport, non-smoker preferred. Call 865-3042 after 6 PM.

ROOMMATE WANTED: 1 person to share 3 BR apt. \$125/mo., util. included. Write Apt. #2, 17 Dow St., Portland.

WANTED: Someone to clean a physician's office at a fairly reasonable price. Call 774-3297.

YARD SALE: Moving and having sale on Sat. 9/13 and Sun. 9/14. Furniture, washer, canoe, tools, books, misc. 209 Cottage Rd., So. Portland.

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