

what's happening

Maine Medical Center
Portland, Maine 04102

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Study will determine child care needs

How many working parents are there at Maine Medical Center, and how many of them use day care services? Given the choice, what type of child care setting would they prefer, for what hours, and what would be the most convenient location? A newly-formed MMC Child Care Center Study Committee is looking for the answers to these and other questions, in an attempt to determine what services, if any, might be offered to employees at the hospital.

All pay envelopes tomorrow will contain a questionnaire from the committee, which was charged by MMC President Edward C. Andrews, Jr., M.D., with exploring the specific child care needs of employees, assessing resources currently available in the community, and studying the options for the provision of services. The committee will submit its final report to Dr. Andrews in January.

In the past, several attempts have been made to examine the need for day care services for hospital employees, but these efforts have not gone beyond the initial stages. MMC has a diverse group of employees, working many shifts, and careful planning will be essential if the proper options are to be chosen. The Child Care Center Study Committee is composed of representatives from Personnel, the Planning Office, the Development Office, Nursing, Mental Health, the Medical Staff, Administration, and interested people from the community.

The committee is interested in ideas and feedback from all interested employees, and is hoping for a good response to the questionnaire. Receptacles for the completed forms will be located in the cafeteria and in the Personnel Office.



CANDY STRIPERS AND JUNIOR VOLUNTEERS are helping out in many areas at MMC this summer. Flower Cart workers Cindy Ricci (left) and Jennifer Serbin, in photo at left, deliver flowers to patient rooms, and Junior Volunteer Greg McNally helps CSD employee Rita Hughes package supplies. (A/V Photo)



THERE ARE NO CARS IN THIS PICTURE, and that's because Security has kept them moving to prevent tie-ups at the new Bramhall entrance to MMC. The entrance is serving its intended purpose, quick drop-off and pick-up of passengers, and Security Chief William Burnham is grateful to all MMC employees and visitors for their cooperation in keeping the traffic flowing. Sgt. Scott Mullen, shown here, is one of the Security officers assigned to entrance duties. (A/V Photo)

Car Seats are more than just convenient

A few weeks ago, we suggested that a car seat might make traveling with a child somewhat easier and safer. Since then, we've come across some further interesting, and sobering, arguments for the use of car seats for safety's sake. Auto accidents, it seems, kill more children under the age of 14 each year than any other accident or disease. The death toll stands at over 2,000 annually, with an additional 90,000 receiving injuries serious enough to require hospitalization.

So many children are hurt simply because they are not properly restrained. It is estimated that over 40% of infants traveling in the front seats of automobiles are in the lap of an adult, instead of in a car seat. Some 40% of toddlers and pre-teenagers ride in the front seat, where the chances of fatal injury in the event of a crash are three times greater than in the back seat. Still, 40% of the children killed in car accidents each year were riding in the back seat, unrestrained.

The most frightening revelation of all is what happens to an infant riding in its mother's lap during a crash. In the forward inertia of a 20-mph head-on collision, a 15-pound infant suddenly weighs 300 pounds. Since 300 pounds is more than most people can lift, let alone hold onto if it's being pulled from their arms, the infant is thrown against the dashboard. The mother's 115-pound body, which now weighs over 2,000 pounds, is on the same trajectory, with obvious results.

These facts are from a recent issue of the American Academy of Pediatrics' *News and Comment*. The Academy, composed of people who know all too well the results of failure to restrain child passengers in automobiles, is in the forefront of efforts to improve auto safety for children and adults. A car seat, easy to use and relatively inexpensive, is a step available right now to everyone.

Please Note

In a photograph caption a few weeks ago, we reported that the new bicycle racks at the bottom of the Parking Ramp were under 24-hour supervision. We should have said that the ramp attendant's booth is unmanned between the hours of 1 AM and 6 AM, and Security Chief William Burnham advises that bicycles should not be left in the racks during those hours.



THE GROUND FLOOR CORRIDOR OF THE 1870 MAINE GENERAL BUILDING has a new look these days, having been tiled from end to end. The entire job -- down the hall, around corners into recesses, around fixtures -- took over 3,000 individual tiles. Tile installer Sanford F. Fuller, Sr., is shown above nearing the end of the road. (A/V Photo).

Research is looking at Lipoproteins

Threads of evidence provided by clinicians and laboratory researchers around the world are suggesting that a decreased oxygen level in the blood, a condition known as hypoxia, might be intimately related to the development of atherosclerosis, or hardening of the arteries. Peter W. Rand, M.D., Director of Research at the Maine Medical Center and his colleagues, have been awarded a Grant-In-Aid from the Maine Affiliate of the American Heart Association to investigate this possible relationship.

Hypoxia in both animals and man has been shown to increase the total amount of cholesterol in the blood, but what its effect is on the relative amounts and compositions of the lipoproteins which carry cholesterol has not been defined. It is now recognized that it is these lipoproteins, or their constituents, and not cholesterol by itself, which predict the likelihood of atherosclerosis.

One cause of hypoxia is smoking. It has been proved that smoking lowers the ability of blood to carry oxygen, alters the levels of lipoproteins in the blood and increases the risk of coronary heart disease. The research project at MMC would attempt to demon-

strate the direct relationship between hypoxia, whatever its cause, and changes in the levels of lipoproteins.

Researchers will use four groups of rabbits in their experiments, creating hypoxia by placing two of the groups in low pressure chambers which will simulate conditions at an altitude of 15,000 feet. One of the hypoxia groups will be fed a normal diet while the other will eat a ration supplemented with cholesterol. Two other groups will be held at normal atmospheric conditions, one on a regular diet and the other on a cholesterol-added diet. Through the course of the experiment small samples of blood will be drawn from the ear veins of the rabbits to be tested for lipoprotein compositions.

Dr. Rand is hopeful that the project will provide information which will "lead to a more complete understanding of atherosclerosis and perhaps eventually contribute to its prevention and control".

**FOOD SERVICE
EMPLOYEE OF THE WEEK**

is

**MAXINE CUMMINGS
DIETARY AIDE**

Thanks...

To the Entire O.R. Staff

During the past few weeks we have been aware of how busy the entire O.R. staff has been. With an enormous elective load plus an especially busy emergency schedule along with hot uncomfortable weather, we marvel at your industry and pleasant personalities. It is a real privilege to work with such dedicated people.

Our office thanks you kindly for all your extra efforts and we hope things will settle down to a less hectic pace soon.

Sincerely,

Drs. Sager, Ray, Dillihunt, McAfee

About People

Delvyn C. Case, Jr., M.D., Assistant Director of Hematology at Maine Medical Center, presented a paper at the Eighteenth Congress of the International Society of Hematology in Montreal August 16-22, 1980. Dr. Case's paper dealt with long term results with combination chemotherapy of non-Hodgkin's lymphomas. In Dr. Case's series, 65% of patients continue in complete remission more than three and one half years after discontinuation of treatment.

Women's team takes honors all around

The MMC Women's Softball Team just keeps on rolling. After finishing the season in fourth place, six of the team's members were nominated to the Portland All-Star Team: Jo McNair, R.N., pitcher; Elizabeth Lawson, G.N., catcher; Jeannie Ross, R.N., third base; Sue Chandler, M.T., outfield; Maggie Guthrie, outfield; and Sandie Hoey, R.N., utility. McNair and Lawson were selected for the team. What's more, MMC Coach Art Piteau was named Coach of the Year in voting by his colleagues.

Not content to stay idle until the league playoffs, the women's team finished 2nd last week in the Mountain View Invitational Tournament in South Portland. Sponsored by the city, the tournament featured the top teams from both cities. The MMC women were edged out by Ye Olde Coin Center, but they had the satisfaction of beating the number one team in South Portland, from Shaw's.

Education is topic of career newsletter

The fall issue of the Personnel Department's *Career Development Newsletter* will be out shortly, and education is the major topic. Maine Medical Center offers a liberal educational reimbursement program, available to permanent, full-time employees. The requirements are that you receive prior approval from your superiors indicating that the course is related to your present position or a logical future position, and that you receive a grade of at least "C-" (or "pass" if the course is pass/fail). There are some limitations on the total amount available during a year and on the percentage of reimbursement. Details will be in the newsletter.

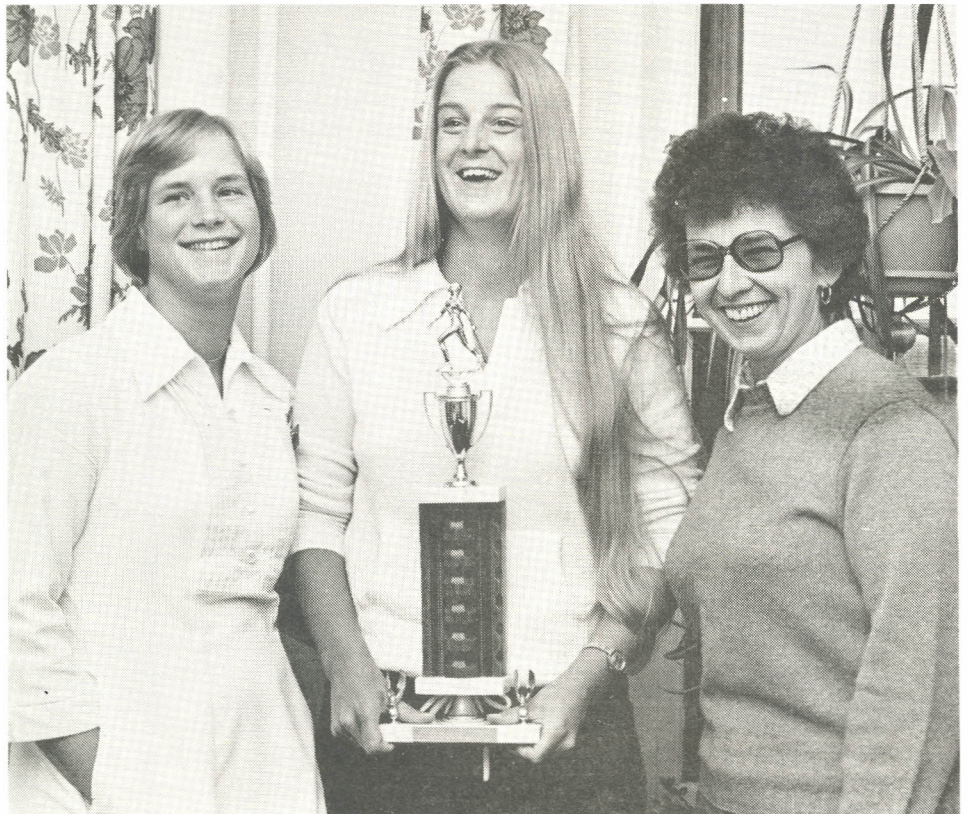
Career Counselor Lynn Breckinridge is available to discuss career options and appropriate courses, and she has catalogues from various schools. Some of the courses and programs available in the area this fall:

- Several schools are offering business courses, including Casco Bay College, Westbrook College, and Husson.
- The University of New Hampshire

offers a Bachelors Degree in Health Administration through evening and weekend coursework.

- The University of Southern Maine has a wide range of both evening and day degree courses, plus a number of special CED courses in various business, secretarial, and medical subjects. These include: "Anatomy and Physiology", "Medical Office Procedures", and "Modern Secretarial Procedures".
- The USM School of Nursing continues to offer Telelecture courses for continuing education for nursing, on topics such as: "Enteral & Parenteral therapy", "Immunology Update", "The Teen-Age Parent", "Perspective on Colostomy Care", "Emergency Room Nursing", "Epilepsy", and "Environmental Health Concerns".
- MMC's own educational programs, and occupations pursued at MMC, will be the topic of the hospital's career day fair, *Directions in Health Careers*, to be held in October.

Lynn Breckinridge may be reached in Personnel at 871-2973, for information on the full range of career development opportunities available to MMC employees.



MMC WOMEN'S SOFTBALL TEAM All-Stars Elizabeth Lawson, G.N. (left), and Jo McNair, R.N. (center), and team manager MaryAnn Ogonowski, R.N., are delighted with the trophy won by the team in the Mountain View Invitational Tournament in South Portland last week. The team took second place in the tournament. (A/V Photo)

Marketplace

FOR RENT: Furnished home in Raymond on Rt. 302, 4 rms., bath; avail. now through 6/20; no pets, sec. dep. and ref. required., \$250/mo. plus utils. Call 655-4647.

FOR RENT: House with 2 BRs, LR w/frpl., dining room, kitchen, glassed-in porch, completely furnished, 1 car garage. Call 203-354-3278 before 9 AM or after 6 PM, or call 203-355-0966 and leave message.

FOR RENT: 3 lg. rooms and bath, heat, hot water, stove, refrig., parking, 2 mins. from MMC. \$240/mo. and deposit. Call 772-2529 after 3:30 PM.

FOR RENT: Oceanside Pine St. apt., furnished, 1 BR, avail. Sept. Call 775-3391 eves.

FOR RENT: House near Jordans Beach, 4 BRs, 1½ baths, washer/dryer; avail. Labor day thru first week of June, \$400/mo. plus utils. Call 883-4972.

FOR RENT: 1 BR garden apt., 151 Pine St., ceramic tile bath. Call 773-0123 or 998-2373.

FOR RENT: 3-4 BR home, 10 min. from MMC, dishwasher, disposal, LR w/frpl., fenced in back yard. Call 781-3713.

FOR RENT: 12' x 24' furnished room, hide-a-way bed, private shower, washer/dryer, cooking facilities, 1 mi. from MMC, off street parking, ref. req. Call 772-0596 or 773-4204.

FOR RENT: Fully furnished year-round cottage at OOB, 6 rooms, 2 zone baseboard heat, close to beach, parking, no pets, refs., \$275/mo. 18 Atlantic Ave. and 48 Atlantic Ave.

ROOMMATE WANTED: To share house expenses, \$180/mo. plus utils. Contact Debbie at 929-4767.

ROOMMATE WANTED: Female to share spacious single home near USM, modern appliances, washer, dryer, etc. \$65/wk. includes utils. Call 772-8176 or 772-2921 eves.

FOR SALE: 1972 Jeep Wagoneer, new sticker, new battery and shocks, paneled interior, high mileage, \$800 or BO. Call 799-2677 after 5 P.M.

FOR SALE: 1979 Jeep Cherokee, 4,000 miles, no off-road driving, Polyglycoat/Rusty Jones, mag wheels, roof-rack, Amzoil bearings and engine, average 16-20 mpg., AM/FM stereo cassette, CB with whip antenna. Price is negotiable, call 774-4442 or 799-2393 after 6 PM.

FOR SALE: Pioneer Supertuner in-dash stereo, 8-track, 30 watt power amp., and 2 Pioneer TS-X6 high power speakers, clear powerful sound, \$200. Call 774-0742 after 4 PM.

FOR SALE: House in Cape Elizabeth, Sherwood Forest, vinyl siding, 6 room ranch, 3 BRs, finished room in basement, \$82,500. Call 767-3815 or 282-4161.

FOR SALE: Dr.'s bag, 12" x 17", good cond., \$35. Call 799-7979.

FOR SALE: 17 ft. fiberglass Day Sailer, 2 sails, motor, trailer, good cond., \$2,700. Call 799-7979.

FOR SALE: 1966 Rambler Ambassador, needs work, have parts. \$100. Call 797-2349 after 4 PM.

ROOMMATE WANTED: Woman to share large apt. near USM law building, non-smoker; avail. Sept. 7, terms negotiable. Call Martha at 775-3391.

FOR SALE: Schwinn bicycle, 10 spd., lady's, ex. cond. Call Regina Clewley at 781-3519.

WANTED: Someone to care for 9 mo. old, part-time starting Sept. 1, Country Gardens area in So. Port. Call 774-9314 after 6 PM and keep trying.

WANTED: Babysitter needed, preferably in my own home, starting Sept. 8, 3 month-old child. For more info., please call Louise at 773-2253.

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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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WANTED: 1 BR. apt. in MMC area. Must be on first floor. Please call Dr. Stephen Madigan at 846-4618.

WANTED: Binoculars, military surplus, good cond. is a necessity. Call 772-3968 after 3 PM.

WANTED: Babysitter in my home, for one day a week, alternating Thurs. and Fri., for 2 yr. old child, in Westbrook area. Call 797-4362.

New Employees

CARDIOLOGY: Elizabeth Siddons

ENGINEERING SERVICES: Robert DiMauro

FOOD SERVICE: Eleanor DePrez, Katherine Doctor, Kenneth Graffam, Mary Leighton, Mark Lewis

HOUSEKEEPING: Margaret Coyne

NEWBORN NURSERY: Sherry Littlefield

NURSING: Carol Dubrawski, Carol O'Brien, Christine Sangillo

OPERATING ROOM: Janice Littlefield

PARKING: Armand Perry

POISON CONTROL: Anne Chipperfield

RADIOLOGY: Katherine Gibbons

Morphology

JACOB'S LAW

To err is human -- to blame it on someone else is even more human.

BOCKLAGE'S LAW

He who laughs last -- probably didn't get the joke.

MUIR'S LAW

When we try to pick out anything by itself, we find it hitched to everything else in the universe.

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NON-PROFIT ORG.
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