

what's happening

Maine Medical Center
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MMC Psychiatrist to Study in England

Laurence D. Herst, M.D., Chief Resident in Psychiatry at Maine Medical, is leaving the hospital in June. He's going to England to study for a year in the field of psycho-geriatrics, a relatively little-known specialty in this country. Psycho-geriatrics involves the mental health problems of the elderly. Dr. Herst will study at the Exe Vail Hospital in Exeter, England, working at the hospital and in the community, under the direction of geriatric specialists.

Why England? Dr. Herst explains that the English are much more advanced in care of the elderly. The senior population in Britain is cared for by teams of specialists including psychiatrists, social workers, and geriatricians. Just as children have special medical needs, so do people at the other end of the age spectrum, and the geriatrician is the elderly patient's equivalent of the pediatrician.

The key to the English system, according to Dr. Herst, is the avoidance
GERIATRICS, page 2

Joint Commission Set to Survey MMC

A Joint Commission on the Accreditation of Hospitals survey team will visit Maine Medical Center on May 29 and 30 and June 2. The purpose of the survey is to determine whether the hospital is in compliance with nationally established standards of quality and performance in patient care and will therefore retain its accreditation.

MMC has been fully JCAH accredited since 1954. Seeking accreditation is a voluntary process reflecting a hospital's commitment to continuing evaluation and improvement of its performance in all areas of patient care. The JCAH is a private, non-profit organization created by and made up of health care professionals. Formed in 1951, it is governed by representatives of the American College of Surgeons, the American College of Physicians, the American Dental Association, the American Hospital Association and the American Medical Association.

The idea of voluntary accreditation -
JCAH, page 4

New main lobby is open for business

Maine Medical's new main lobby is open. The renovation and redecoration project was made possible by a generous gift from Bath Iron Works, and they will be honored later this summer in official opening ceremonies.

The new lobby is both attractive and functional. The re-design and the commitment to the community it symbolizes didn't just happen, though; it's part of a continuing planning process, intended to make MMC a pleasant, functional place with consistent design and optimum traffic flow.

The new main lobby embodies these concepts. The first thing a person will see upon entering the hospital is the Information Desk. It's more prominent now, but also is out of the general traffic flow. Likewise, a person coming down the main corridor will have the information desk in sight, providing a target for people needing directions.

There is more room in the new lobby for both traffic and seating. Part of the seating area now occupies what used to be the entrance foyer, and the new chairs are more comfortable as well. Overall, the lobby is more pleasant and inviting. The colors are brighter, there is much more natural light, and the ceiling is new, creating a warmer atmosphere.

Materials used in the lobby were selected with durability and ease of maintenance in mind, so they will contribute to a clean, long-lasting beauty. Carpet and wall treatments will lead into the hospital from the lobby, providing a psychological boost to traffic flow.

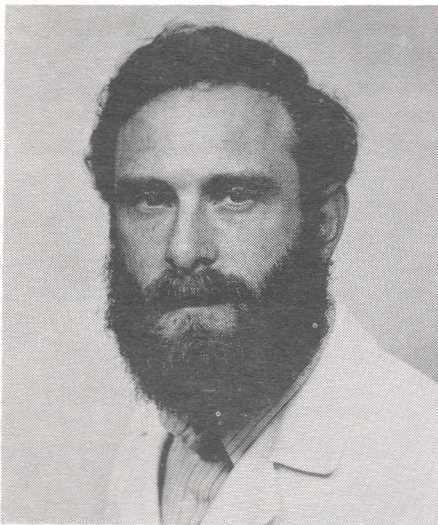
Associate Vice President Reynold R. Welch says the new lobby is "a positive indication of our commitment to making Maine Medical accessible to all members of the community and making it a comfortable, pleasant place for patients, visitors, and employees."

GERIATRICS, from page 1 of institutionalization. The geriatric teams in England set up regular visiting hours in private homes, community centers, and nursing homes. A person hospitalized for an acute problem is followed by the team when they leave the hospital, limiting hospital stays and providing better overall care.

The home-centered, preventive care practiced in England is far cheaper in the long run than relying on hospitals and long-term care facilities, says Dr. Herst. The disorientation and displacement suffered by a hospitalized elderly patient are avoided, and the patient is more independent.

Elderly patients have a special set of psychological problems, and these are often overlooked. The most common is depression, a particularly troublesome feeling for the elderly patient. Loss of a spouse, retirement, marital stress, or financial difficulties can all contribute. Furthermore, mental and physical ills are often interrelated, and Herst feels that proper treatment of the mind may prevent disease of the body.

Dr. Herst hopes to return to Portland and work to set up a British-style system of elderly health care here. "We'll be starting from scratch," he



Laurence D. Herst, M.D.

says, "it's a new frontier." There may be a problem with funding, in light of the current troubles in the federal Title 20 program, though. Dr. Herst feels his biggest problem will be to establish elderly home care as a priority.

Dr. Herst, 33, is finishing his final year of a four-year residency program here. He graduated from Stanford and Georgetown Universities and served in the Peace Corps in the Phillipines before coming to Maine. His wife and daughter will accompany him to England.



MMC VOLUNTEER Anne Norris runs the Information Desk in the Bramhall lobby, surrounded by carpenters and the marks of construction in progress. Mrs. Norris and other Information Desk volunteers have held the fort right through the reconstruction, lending order to the transition. (A/V Photo)



R1 PATIENT GLADYS HOOD enjoys her going-away party last Thursday. Mrs. Hood was celebrating the end of a five-month hospital stay, and saying good-bye to some special people she'd come to know well. With Mrs. Hood are her husband Vernal and Dale Halsey, R.N. (A/V Photo)

**Food Service
EMPLOYEE OF THE WEEK**

is

**MERLE USHER,
Cook**

Belliveau Retires

Ed Belliveau, who is retiring from the MMC Carpentry Shop on May 30, will be honored at a retirement coffee on Friday, May 23. It will be held at 2:30 p.m. in the Engineering Services Building conference room.

Family is key to good health, say experts

Most of us learned our health habits and skills while we were growing up within a family organization. We learned our mental health skills there, too, such as how to negotiate power, how to deal with intimacy, and how to feel and be autonomous. Some of us learned these well, others less well. But chances are what we learned then is how we function now.

The organization of the healthy family is the subject for the next episode of "Here's to Your Health," PBS's consumer self-care series, to be telecast in Maine Tuesday, May 27, at 7:30 p.m. on UHF Channel 26.

Special guest Dr. Jerry M. Lewis, director of research at the Timberlawn Psychiatric Hospital in Dallas, joins narrator Cyd Charisse for an enlightening new look at how mental and emotional health is developed and sustained. Lewis, widely respected for his research and writings on family relations, explains the characteristics of the archetypal "healthy family," and suggests ways families can create a healthier environment.

The experts say a family begins with two people, a husband and a wife. The way in which power, intimacy and authority are shared between husband and wife is considered to determine the emotional development of all family members.

A special feature of the program will be a quiz designed to assist viewers in evaluating their own family's health. Virginia Satir, an expert on family relations, will join series co-host Dr. Anne Race to discuss therapy techniques which help families better understand and meet their physical and emotional needs. Epidemiologist Dr. Leonard Syme of the University of California at Berkeley, reports on startling new research which connects longevity with close family and social ties.

EAC Roller Skating

The Employee Activity Committee is sponsoring a Family Night Roller Skating Party Thursday, June 5, from 7 PM to 9 PM. The party will be at the Happy Wheels rollerdrome on Warren Avenue in Portland. Admission is \$1.50 with children 6 and under admitted free. Skate rentals are 50¢.

Reservations are limited, in the interests of safety. If you'd like to attend, contact Sally Nason in the Chaplain's office (x 2951).

UHF Viewing Tips

If you'd like to watch the PBS-TV "Here's to Your Health" series we've been previewing, and you're wondering how to get UHF Channel 26, here's how:

If your set was made after 1964, it has UHF capability. On some sets, the VHF dial has a "U" between "13" and "2". The dial is turned to "U" and the UHF dial to the desired station. Some sets are different, so check with your dealer if you have questions. Cable TV subscribers need only push the right button.

Some reception tips:

★ *If you have separate UHF antenna terminals on the back of your set, make sure your indoor or outdoor antenna is attached to them.*

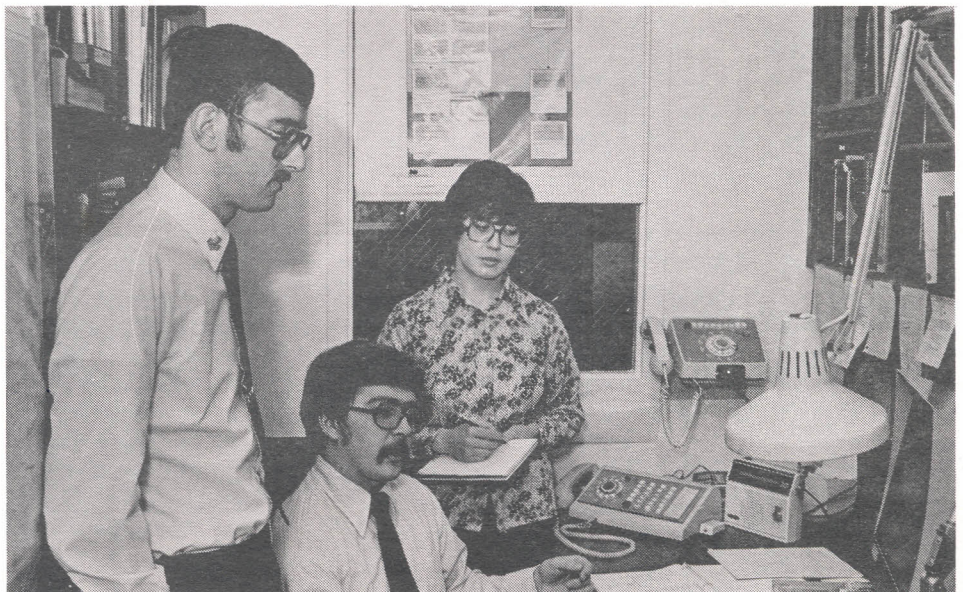
★ *Outdoor antennas are far superior to indoor antennas.*

★ *The best indoor antenna is called a "two-bay bow tie."*

★ *Pole antennas, the kind built-in on most sets, receive UHF best when at their shortest length.*

155.280 Calling

As of Thursday, May 15, the REMIS emergency communications center in Maine Medical's Emergency Department is in direct radio contact with the U.S. Coast Guard. New crystals, for frequency 155.280 mhz, were installed at REMIS and on all USCG cutters and helicopters based at South Portland. In the past, the Coast Guard could only talk to REMIS through a third-party relay.



U.S. COAST GUARD officials discuss the new radio link with REMIS personnel at Maine Medical. (A/V Photo)

Quadraplegics show athletic prowess

Two former MMC rehabilitation patients distinguished themselves earlier this month at the New England Regional Wheelchair Games at Boston University. Doug Arbo, a computer programmer, and Stan Googin, an accountant, are both quadraplegics as the result of accidental injuries, and each spent nearly two months being rehabilitated at MMC.

Arbo took third place in three events: discus, shot put, and table tennis. Googin captured second place in table tennis, which qualifies him to compete in the National games in Illinois at the end of the month. If he survives that competition, the next stop will be the International Para-Olympics at Arnhem, Holland, June 21 to July 5.

Former MMC rehab patients and handicapped members of the community interested in athletic competition meet every Wednesday night at the University of Southern Maine's Portland campus gym to train in their events. Training is conducted by volunteer professionals, including MMC senior Physical Therapist Nancy Stearns, P.T., and Medical Rehabilitation Chief B. Caibre McCann, M.D.

The Portland group is called the Maine Spokes, and is an affiliate of the National Wheelchair Athletic Association, sponsor of the National Wheelchair Games. The International Para-Olympics is sponsored by the International Wheelchair Athletic Association, and is generally held in the same year and same country as the regular Olympics.

JCAH, from page 1
 recognition of the need to evaluate and improve the care of hospital patients - dates back to 1913 when the American College of Surgeons organized a program of standardization. JCAH is an outgrowth of that organization and currently has accreditation programs for hospitals, long term care facilities, psychiatric facilities and ambulatory health care.

A JCAH survey team generally includes a physician, a nurse, a hospital administrator, and a laboratory technologist; they will apply a checklist of standards to some 24 areas or departments. After surveying and evaluating MMC, the team will consult with personnel in all departments surveyed.

A perfect compliance score is rarely possible; hospitals must comply substantially, however, and indicate a willingness to work toward compliance in all areas. A 100 per cent grade from JCAH is next to impossible, since standards are in a continuing state of change to keep consistent with current knowledge, techniques and government regulations.

The Emergency Department waiting room needs toys suitable for small children. Anyone wishing to donate may leave the items at the Volunteer Office.

About People

The Maine Affiliate of the American Heart Foundation has awarded a summer fellowship for a ten-week research project to Betsy Berkovich, a Medical Technology student at MMC. The grant was awarded for continuing research in newborn low density lipoprotein levels and their correlation with Type II Hyperlipoproteinemia. Ms. Berkovich will be working at the Foundation for Blood Research, in Scarborough, under the advisement of Dr. Thomas Brewster and Dr. Gail Hudson.

Marketplace

FOR RENT: Avail. June 1, 4 room apt., carpeted, near MMC, shed, parking, sec. dep., \$240/mo. & utils. Call 892-6085.

FOR RENT: 2 room Deering St. apt., newly refinished, sunny, frpl., Victorian House. \$250/mo. includes utils. Call 775-3265, keep trying.

FOR RENT: Baxter Blvd. home, minutes from in-town, avail. July & Aug. Refs. and personal interview. \$600/mo. & utils. Call 774-2244.

FOR RENT: In Waynflete School area, efficiency apt. w/modern kitchen & bath in nice old brick home. \$225/mo includes all utils. Refs. and sec. dep. Call 773-5222 or 773-0602.

FOR RENT: Longfellow Sq. area, exceptional first floor 3 rm. apt., w/w carpet, heat, hot water, secure bldg. \$250/mo. Call 797-3681.

FOR RENT: Longfellow Sq. area, attractive, sunny, 2nd floor 2 rm. apt, heated, hot water, secure bldg. \$225/mo. Call 797-3681.

FOR SALE: Peugeot 10-speed bike w/7" frame, ex. cond., \$100. Call 767-3986.

FOR SALE: 5 Armstrong Infant Incubators. Great for terrariums or for raising chickens. Please submit bids to Materials Management, 2984. Bids close Fri., May 23, 1980.

FOR SALE: Portable typewriter, \$25. Ski rack \$25. Fisher Skiis, bindings & poles, \$70. Hart skiis & poles, \$25. Dress form, \$15. Call 797-3344 eves. and weekends.

FOR SALE: 1974 VW bug, ex. cond., 1 year old exhaust system, new brakes, 55,000 miles. \$1,950. Call Mike at 772-0595.

FOR SALE: 16 cu. ft., frost-free refrig., 4 yrs. old, \$150. Call 854-2176 eves.

FOR SALE: 1975 Honda 750, ex. cond., call Randy at 883-6407.

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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: Used truck cap in good cond., walk-in door, insulated, 36" high. \$425 or best offer. Call 727-5228 after 5 p.m.

FOR SALE: 400 cc Kawasaki, red w/gold stripes, low mileage, good first bike. \$700 or best offer. Call Lucian at 772-2933.

FOR SALE: Avion 23' self-contained camper trailer, aluminum body w/birth interior. \$2,150. Call 865-3229 after 5 and on weekends.

FOR SALE: 1979 Ford F-150 truck, 4-wheel drive, dark blue, 4 speed, 6 cyl., 9,000 miles. Asking \$5,500. Call Glenn at 774-5791 from 8:30 - 5.

FOR SALE: Seal Point, Siamese kitten, female, 7 wks. old, unregistered, house broken. \$30. Call 642-2644 after 3 p.m.

FOR SUBLET: W. Prom., 3 room apt. in a lovely Victorian Bldg., water view, all utils. included. \$360/mo, June - Aug. Call 774-4125 before 9 or after 5.

WANTED: Sailors. Hard workers, eager to help w/spring maintenance & crewing on good size sailboat in exchange for all the sailing experience you can help me acquire. Call 773-2743 (keep trying).

WANTED: Professional male seeks roommate to share 2 bdrm. apt., 10 miles from Portland. \$130/mo. includes heat. Call 892-2820 eves.

WANTED: To rent wetsuit, women's small, a few weekends this Spring. Call Sandy at 773-1245 eves.

WANTED: Home for Muffin. Small beagle-terrier cross, 2 yrs. old, spayed female. Call 892-3094.

WANTED: 2 large fiber rugs. Call 797-3344 eves. & weekends.

WANTED: Parachute without strings, also park bench. Call Steve Rohman after 5 p.m. at 839-4776.

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