

what's happening

Maine Medical Center
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Health Self-Care is topic at 100 State

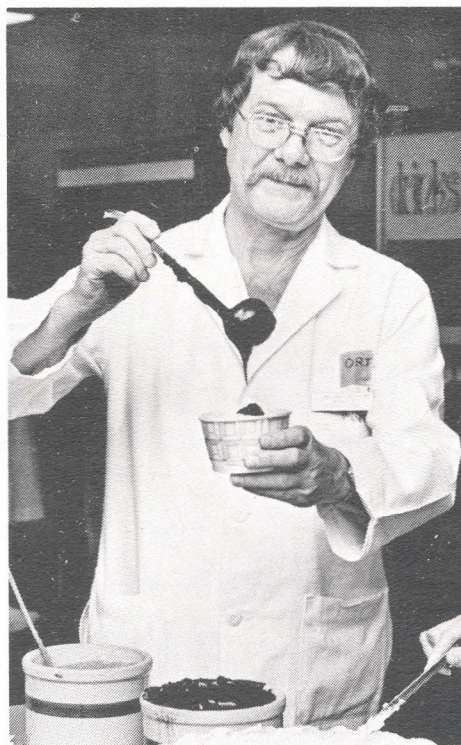
The senior citizens who live in the apartment complex at 100 State Street in Portland feel they have a lot to learn about health, and they're smart enough to spend every Monday evening doing just that. The subject is Health Activation, sometimes called Self-Care, and the 12-week course was designed at the students' request to cover the topics they felt most important.

Eleanore Irish, RN, MPH, Maine Medical Center's Director of Ambulatory Nursing, and Martha Vilander, a health educator with the Portland Health Department, coordinate the program. Irish says the course "offers an approach to health care that emphasizes wellness and focuses on what people can do for themselves while working in partnership with the professionals who serve them."

Topics covered in the classes include high blood pressure, medicare, minor injuries, nutrition, accident prevention, and community resources. The teachers are all volunteer professionals from MMC and the community. For instance, Assoc. Director of Pharmacy William Gousse led a session entitled "Your Medicine Chest" on April 7, discussing what medicines are, how they should be stored and used, the difference between brand-name and generic medicine, and ways to save money.

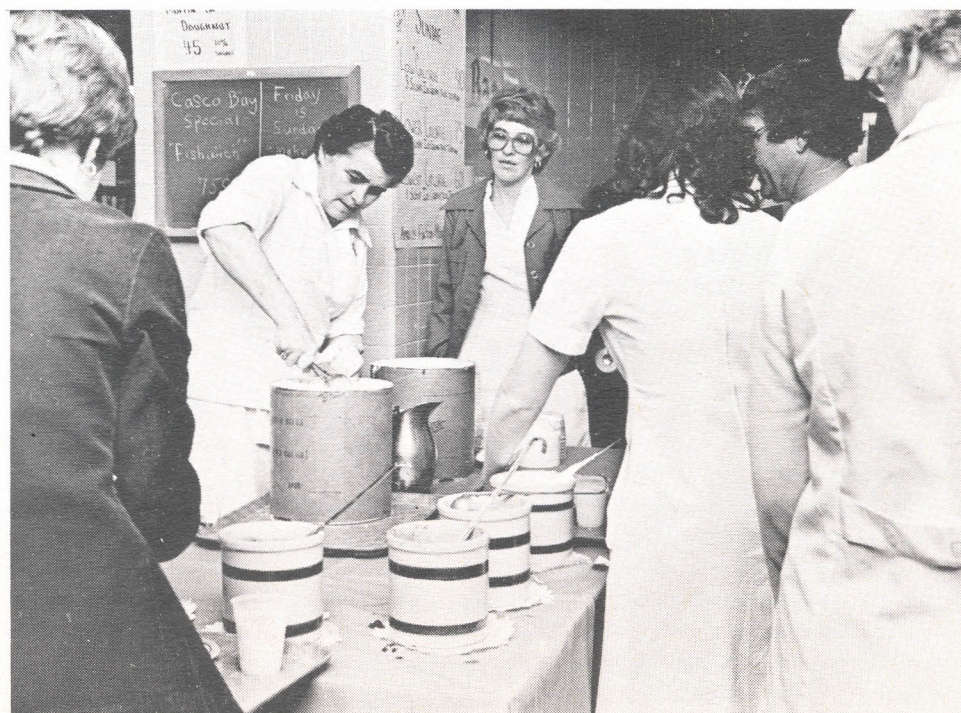
Dietician Jackie Merrill, RD, from MMC's Outpatient Department, has talked about nutrition, diet control, and related subjects. Jan Parmenter, from Blue Cross/Blue Shield of Massachusetts, will soon tell the students just about everything there is to know about Medicare, medical bills, and health-related paperwork in general. Medical emergen-

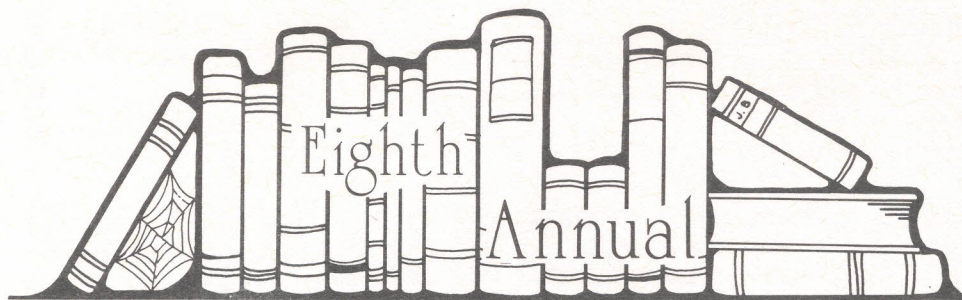
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A Month Of Sundaes

THE TGIF SUNDAE SPECIAL in the MMC Cafeteria is a three-scoop hit. Part of the cafeteria's Food for Fun Month frivolity, the sundaes have disappeared at the rate of over 250 each Friday. According to Director of Food Services Robert Underwood, the entire month has been a great success, with sales up a little and customers smiling a lot. For those who haven't yet succumbed to the temptation of a sundae, you have one more chance this Friday, the 25th. (A/V Photo)





DOWNEAST USED BOOK SALE

What may be the world's largest used book sale will happen May 1, 2, and 3 at the South Portland Armory, all for the benefit of the Maine Medical Center and Mercy Hospital medical libraries. The Eighth Annual Downeast Used Book Sale, sponsored by the Auxiliary to the Cumberland County Medical Society, will feature over 33,000 books of all kinds.

This is not your basic flea-market style sale, either. All the books are categorized and clean, and a full snack bar will be on the premises. The books come from the cellars and attics of Auxiliary members and the general public, church fair book sales, library clean-outs, and the bookshelves of local doctors. There will even be some new books donated by Bookland.

The prices are as varied as the merchandise, ranging from 25¢ to over \$100 for particularly rare or unusual volumes. If you enjoy buying in quantity, Reader's Digest Condensed Book volumes will be sold at "per yard" pricing.

Last year, the total raised by the sale was \$6,900. All the work, from collecting and transporting the books to sorting and pricing them, was volunteered. Now it's up to us to get some good buys and help a very worthy cause. The sale runs from 10 a.m. to 9 p.m. May 1 and 2, and from 10 a.m. to 4 p.m. May 3. See you there!

100 State, from page 1

cies are covered in a session led by Bob Cooney from Portland's Medcu.

The program at 100 State is similar to others Eleanor Irish has coordinated at various sites in Portland, the surrounding area, and even on a Casco Bay Island. All age groups have been involved, and the instructors have always been volunteers. Irish acknowledges that "without the volunteer professionals, this whole concept would be impossible."

The Health Activation program doesn't always end with the final class, Irish points out. From an early program on exercise, a weekly exercise class emerged at 100 State. As a result of Medcu's emergency situation demonstration the City now has a policy to have at each senior citizen meal site at least one person trained in the Heimlich Manuever.

The end result of the Health Activation program and its spinoffs is a group of people who accept major responsibility for their own health, can take positive action to that end, and know what professional resources are available to them. And best of all, they're healthier.

e.a.c. news

... the EAC has voted to give \$434 to the MMC Women's Softball Team. The team will reimburse the money through EAC-sponsored fund-raisers, like the car wash April 12 which cleared \$60.

... discount movie tickets, good at the Maine Mall Cinema, are on sale in the Security Office. The cost is \$2.75, a 75¢ saving over the box office price.

... the EAC is still working on the idea of group purchasing discounts, and is talking with people from Unionmutual's employee organization about their successful programs.

... your input is important on many different projects, and new ideas are always needed. There are rumors of a fund-raising raffle, a roller skating outing, and new trips for the travel club.

Channel 2 will lick those gremlins yet

If you're not happy with the picture quality on your home TV set, or you just can't seem to get that cassette recorder to work properly, you shouldn't feel too bad. MMC's Audio/Visual Resources Department has a very expensive automated playback system for its Channel 2 closed-circuit TV system that simply doesn't want to function, either.

Channel 2 provides MMC patients with health education programming on such subjects as baby care, post-coronary care, preventive medicine, and general hospital information. The system is computerized to allow for automatic operation, and the computer unit is the source of the recent problems.

Director William Cohen says the computer unit tends to do the opposite of what it was programmed to do (or nothing at all), and after a three-month period of band-aid repairs, he has finally convinced the factory to replace it. "It's a lemon," says Cohen, "and I haven't lost faith in the manufacturer. It's just one of those things."

It will still be two or three weeks before the new system will be delivered and installed, and A/V will continue with a limited Channel 2 schedule until then. Cohen says he's grateful for the patience shown by users of the system, and promises to notify them as soon as the new unit is in place.

160 will receive Service Award pins

Some 160 employees whose length of service to Maine Medical Center totals over 1,200 years will receive their award pins on Monday. The April Service Award Coffee will begin at 9:30 a.m. in the Cafeteria Conference Rooms.

Sidney Grant of the MMC Laundry will be the headliner of the day. She has worked here 45 years.

Mrs. Grant, along with employees who have 25 and 20 years service will receive their pins from MMC President Edward C. Andrews, Jr., M.D., following his address to the honorees. Department heads will present pins to employees with 15, 10 and 5 years service.

The coffee will continue until 11 a.m.; all who can drop by to help MMC honor fellow employees are welcome.

Hypnosis may offer hope for smokers

Eighteen months ago, three-pack-a-day smoker Judy Thomas, RN, sat in a comfortable chair in a darkened room and stared at a flashing light, while a steady voice talked about smoking. She hasn't had a cigarette since.

Now an instructor in MMC's Nursing Staff Development office, Judy was given the power to quit by a clinical psychologist in New Hampshire. It wasn't easy, she recalls, but she was able to keep her resistance high as a result of the hypnosis session.

The important thing, according to Judy, is to remember that "it's me; I'm stronger than the urge to smoke." There's no magic involved, but she's still amazed by the control she had, particularly in the "attractive" situations: in a coffee shop, answering the phone, having a cocktail. During the hypnosis, the psychologist helped her examine the attractive situations and devise a way of dealing with them.

Dr. James Bonney, a Portland physician on the MMC staff, has been using hypnosis and self-hypnosis for over a decade, helping patients quit smoking, relieve pain, and just relax. He emphasizes that "nobody can *make* you quit," and echoes Judy Thomas in placing the burden on the patient. "I can't 'put the whammy' on you," he says, "you have to *want* to quit."

The details of technique vary among hypnotists, but there are similarities. Dr. Bonney says he and his patients discuss the reasons they want to quit, then he gives the reasons back to them in the form of suggestions. Judy Thomas recalls that when a certain situation arose and she reached for a cigarette, a thought would come to her that made her stop. Many were related to negative aspects of smoking: a child breathing second-hand smoke, a dirty ashtray, smoke in the eyes.

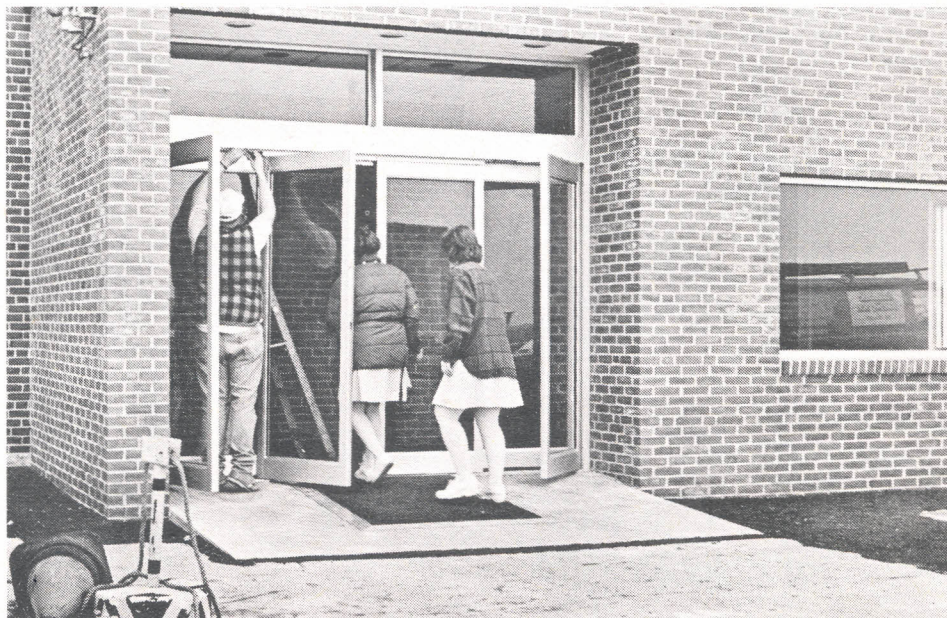
No one is willing to claim that hypnosis works as well for everyone as it did for Judy Thomas, but Dr. Bonney says the only prerequisites are a strong desire to quit, an intelligent mind that is able to concentrate, and a good imagination. He says nine out of ten subjects will show some change, even if only a lowering of consumption. One patient, he remembers, decided two years ago he would only

smoke with a cocktail after dinner, and that's what he's still doing today.

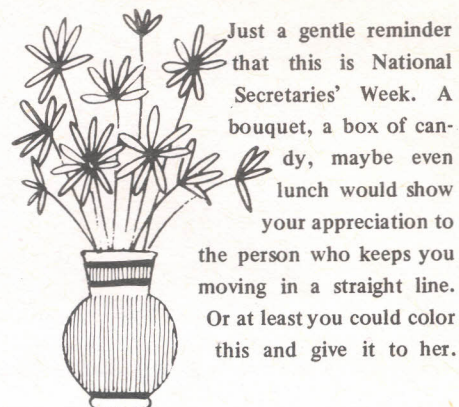
Estimates of the effectiveness of hypnosis range from Dr. Bonney's qualified 90% in screened subjects to a flat 25%, but the controlling factor is the patient. Dr. Bonney suggests that anyone wishing to explore the possibility of hypnosis should consult his own physician for advice and referral. Unfortunately, he says, there are unqualified people practicing hypnosis, and professional referral will avoid problems.

As a final hopeful note, Dr. Bonney says hypnotism has other benefits besides the potential to help a patient quit smoking. The relaxation techniques the patient learns can be used to improve study habits, resist the temptation to eat, and just simply relax to counter stress. Hypnosis may not be for every smoker, but it may be worth some thought.

Food Service
EMPLOYEE OF THE WEEK
is
COLLEEN GALLANT,
Cafe. Cashier



THE NEW ORTHOPEDIC ENTRANCE opened on Friday, April 11. A few minor bugs were worked out over the weekend, and the final touches were applied during the 3 p.m. shift change on Monday. While the 3:00 people were entering, a workman was kind enough to double as doorman. The new entrance replaces the tired and tough wooden vestibule not-so-fondly remembered by those who had to use it. The Emergency Department will probably be lonely now, but we're out of their way and using a brand-new, convenient entrance. Fair trade. (A/V Photo)



thanks....

The Maine Medical Center is pleased to make public acknowledgement of the receipt of the following thoughtful and generous gifts by bequest and trust, which will provide help for many people in the days ahead:

Estate of Mary E. Carians . . . to establish the Lawrence B. Carians Memorial Fund (for Heart Research), \$161,758;

Estate of Helen P. McBride . . . unrestricted, \$3,993;

Alice N. McDowell Trust . . . unrestricted, \$2,167;

Herbert N. Humphrey Trust . . . unrestricted, \$3,646;

marketplace

FOR RENT: 4 room apt. in nice Portland neighborhood, heated, parking, stove and refrigerator, lease, sec. dep. Adults, no pets. \$280/mo. Call 773-6175.

FOR RENT: Pine St. brick townhouse, 2 floors, 3 bdrms., 2 baths, kitchen w/pantry. Includes stove, refrig. & washing machine. Partially furnished. Close to MMC. \$475/mo. includes heat and offstreet parking. Ref., 1 yr. lease, dep. Call 773-8287.

FOR RENT: West & Neal St. apt., 2 rms., bath, kitchen, 1st floor. \$200/mo. includes heat and all utils. Call 773-8287.

FOR SALE: Harvey custom wetsuit, 3/8 nylon 2, neon blue. Farmer John jacket w/hood, zippers at wrist and ankle, booties, size 6. Will fit female 5'5" 112 pounds or less. Like new. Call 799-4274.

FOR SALE: 1978 Pontiac LeMans, new radials, vinyl roof, AM/FM radio. \$3200. Call 772-7371.

FOR SALE: Atlantic airtight stove/fireplace. Used one season. Perfect cond. Call 657-4278.

FOR SALE: 1976 Yellowstone 26' camper. Sleeps 6. Complete bathroom, refrigerator/freezer, stove/oven, heat, hot water. Like new. Asking \$3800. Call Sally Mason at 655-7597.

FOR SALE: Audi-Fox, 47,000 miles, 4 drs., auto, air conditioning, AM/FM, 2 new tires, new battery, poly-gly coat, \$2,200 or best offer. Call Mary Lou Kiley at 773-8516 from 6-9 p.m.

FOR SALE: 1974 Ford Econoline 300 van. Model Fortivan. 16 passenger, eng. size 302 CID, wheel base 123. Uses reg. gas. 31,000 miles. Submit bids to H. Luce, Inv. Mgt. 2868. We reserve the right to reject any and all bids.

FOR SALE: 3 bdrm. So. Portland Cape. 8½% assumable mortgage. Finished basement, close to hospitals and schools. \$55,900. Call Sherry Fullerton at 772-0595.

FOR SALE: In wooded & secluded Freeport neighborhood. 3 bdrm. Dutch Colonial on one acre of land with an addition that includes a studio apt. Call 865-3159 from 5-9 p.m.

FOR SALE: Infant carriers, front or back packs, available in corduroy, denim or chamois. Also baby bunting in quilted fabric. Call 856-6527 eves.

FOR SALE: Roll-a-way bed, single size, used 4 times, \$35. Call 625-8341.

FOR SALE: New double hide-a-bed. 50% off - \$200. Call 829-5077 eves.

WANTED: Housemate to join friendly single man and woman (MMC employees) on small farm in No. Yarmouth. Garden space, large rooms, privacy. Call 829-5077.

WANTED: Professional person to share 2 bdrm. apt. with same. Rent - \$90/mo. and utils. Available May 1. Non smoker preferred. Call Martha at 775-3391 after 6 p.m.

WANTED: Roommate to live with 2 other women on West St. starting May 1. \$115/mo. includes utils. Call 775-1124 after 10 a.m.

WANTED: Will soon be moving to Gray and need female friend to commute to Portland daily Mon. - Fri. My work hours are 7:30 - 4. Willing to drive permanently and split gas or alternate each week with your car. Call 799-5229 after 4 p.m. or 657-3394 after May 3rd.

WANTED: Rider. Leave at 4 p.m. every Tues. for the Boston area. Call 774-8682.

WANTED: Third person to share large apt. near MMC, quiet, private, parking, avail. June 1. Call 773-0703 or 772-0243.

WANTED: Apartment to rent, 1 or 2 bdrms. in nice area near MMC. Up to \$250 & utils. Refs. available. Call Ann at 775-5874 (days).

WANTED: Roommate to share comfortable private home in So. Windham, 1½ miles from Windham H.S. on Route 202. All house and ground privileges. Responsible person. \$180/mo. includes all utils. Call 892-3053.

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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.

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