

what's happening

Maine Medical Center
Portland, Maine 04102

Vol. 11, No. 31

March 5, 1980

Smokers with quitting jitters to find kits and kindness in Employee Health

Smokers who used the quiz printed last week to help analyze their habits will have found their high scores falling in one of two groups. Group One smokers will generally have an easier time quitting, if they so desire, but they will have to find a substitute for smoking. Group Two, and they are the majority, will have a tougher time and will have to go beyond the substitute solution.

Here are some hints for the categories in both groups:

If "stimulation" was the high score, you'll need a substitute that will give you a lift. Go walking, swimming, jogging. Chew gum.

If you had a high score for "handling" you should keep a rough stone or a coin or keys for those moments when you feel like smoking.

If "relaxation" was your high score, and you really smoke just to feel good (as opposed to smoking to keep from feeling bad) you really should

find quitting easy.

If "help for tension" was your high score, and you grab for a cigarette at the first sign of trouble, you should wait to quit during a safe time, like your vacation. But try, before quitting, to get through a tense situation without smoking — just to prove to yourself that you can do it.

A high "craving" score really means you should gear up to quit "cold turkey" **SMOKE**, page 4

Credit Union gives members good news

Jeannette Fournier, Mercy Hospital, president of the Medical Services Federal Credit Union, has announced that 6½% quarterly-compounded dividends will be paid on savings, retroactive to January 1980. The announcement of the increase — from 6% — came at the organization's 24th Annual Meeting held at the Italian Heritage Center in Portland on February 23.

Fournier told the 385 people in attendance that "the higher dividend rate is expected to attract more savings" in the member-owned plan, which would increase the Credit Union's lending capabilities. Dividends totaling \$150,295 were paid to members in 1979, she reported.

Manager Edward W. DeLorme reported total assets of \$3,006,104 and a membership of 4,009, a gain of 359 in 1979.

Elizabeth O'Donnell, Mercy Hospital, was elected to a three-year term on the Board of Directors. Marjorie W. Harris and Paul Reny were re-elected to Board membership. Elected to serve on the MSFCU Credit Committee were Natalie Roberts, Marlene Valeriani, and Roxanna Hassell, all of MMC. Stanley Sanborn, Mercy Hospital, and Sharon Belanger, National Medical Care, are presently completing two-year terms.

Officers elected for a one-year term include Jeannette Fournier, president; Arthur Stevenson, MMC, vice president; Marjorie Harris, secretary; and Paul Reny, Mercy, treasurer. Other MSFCU directors are Mary Fraser and Peggy Cooper, MMC; Owen Boisvert, Mercy; and Norman Boucher.



"I QUIT KITS" are available to all MMC smokers who need help in kicking the habit. Joyce Coburn, RN, left, who is the Employee Health Unit person to contact for help, explains content of the kits to Betty Whited, Health Education, and Wayne Clark, Public Information. (A/V Photo)

Save the date and plan to celebrate

Maine Medical Center's 32nd annual Honors Night will be celebrated Tuesday, April 8 at the Holiday Inn. Some 1,400 employees will be invited.

The tradition, of long standing, is to honor MMC employees for long and loyal service. Everyone who will have completed at least five years of service as of July 31, 1980, and all retirees will receive invitations to the special night of gourmet dining and good entertainment.

Invitations will be out soon, and we'll be hearing more about the menu and the program for the evening.

Scholarship open for genetics work

The Maine Association for Human Genetics is offering a \$500 scholarship to the winner of a competitive review of papers submitted by Maine college and university students. The papers must be original reports of studies in mammalian genetics performed by the entrant.

The award will be paid directly to the institution designated by the winner, to defray a part of tuition costs for the Fall 1980 semester. The entry deadline is April 15, and papers should be directed to Dr. Laurent J. Beauregard, Genetics Program, Eastern Maine Medical Center, Bangor, Maine. The winner will be announced by May 15.

The winner and several other entrants will be invited to present their papers at the Fifth Annual Maine Biomedical Symposium, to be held at the University of Maine at Orono June 12 - 15. The scholarship will be awarded following the presentations.

Food Service Department

EMPLOYEE OF THE WEEK

is

WARREN SANBORN,

Baker

Inflation catches up with Cafeteria: some prices go up to help meet costs

What happened to the five-cent cigar and penny candy? The same thing that happened to the 5¢, 10¢, and now the 15¢ cup of coffee. Beginning next week, a small cup of coffee in the MMC Cafeteria will cost 20¢; a large cup will cost 30¢.

The Department of Food Services is feeling the pressure of inflation like everyone else, and simply can't hold the line much longer. Director Bob Underwood points to double-digit inflation and rising labor costs as principle factors in a price rise that will affect most items in the cafeteria.

Because Food Services buys in bulk on a contract basis, it can more or less control costs for up to a year at a time. One reason for the widespread increases this month is that a half-dozen contracts are up for renewal. As an example of what this means to Food Services' purchasing dollar, the dairy products contract is expected to rise by as much as 35%, the paper products contract by some 20%, and coffee will cost at least 10% more this year.

Ideally, the cafeteria would charge a retail price roughly twice the cost of the raw materials, in order to cover labor costs and overhead expenses for heat, lights, and equipment. It is policy for the cafeteria to recover its costs, and when the costs go up, so must prices. For instance, the materials for the large homemade cookies that sell for 25¢ used to cost 12.5¢, but now cost 19.5¢. The cafeteria will absorb some of the difference, but the price will still rise to 35¢.

There is another problem for the cafeteria, one not visible until the bottom line is reached. Underwood calls it "cost without income." This includes things like napkins and condiments used by brown baggers, and the cups of hot water used by those who bring their own tea. (Believe it or not, a cup of hot water costs the cafeteria about a nickel.)

In many cases, it's the innocuous items that have the greatest impact on prices.

Some rough (very rough!) figuring shows that in a small cup of coffee, the coffee cost is only about 4¢. But the cup holding it costs 2¢, and the average drinker will put in about 12¢ worth of cream and sugar. And this doesn't take into account the electricity to heat the water, the labor to brew the coffee, and personnel costs.

Bob Underwood doesn't like the price increase any more than the rest of us, but says there's little choice. "When costs are too high," he explains, "you can either cut services or raise prices." Since service is the reason the cafeteria exists and operates 20 hours a day in the first place, it didn't make sense to cut back there.

During the period of price increase, the items going up will be stickered, giving customers advance knowledge to prevent surprises at the register. Not all prices will be increasing equally, and Underwood expects some people to modify their eating habits somewhat.

Even with the increase, cafeteria prices will still be equal to or lower than those of surrounding restaurants, for the most part. Underwood realizes that he has a "captive clientele," and intends to hold prices down as much as possible, given runaway inflation. As always, the cafeteria welcomes suggestions and comments, particularly those concerning ways to cut costs and improve the menu.

Come to a coffee for Sandra Brown

Sandra Blaisdell Brown will be resigning as supervisor of the EEG Lab at the end of this week. Sandra trained in EEG at Maine Medical Center in 1966 and became a Registered EEG Technician in 1977. She is presently treasurer of the New England Society of EEG Technicians, and has organized and hosted numerous

meetings and seminars sponsored by MMC.

Sandra is looking forward to a "short retirement" in South Freeport. Beverly Schmidt will assume the post of supervisor in the EEG Lab. A coffee will be given in Sandra's honor from 2-3 p.m. in the Lab on Thursday. All are welcome.

Exercise an important weapon against "obesity epidemic," say the experts

Exercise shares the spotlight with diet during National Nutrition Week at MMC. Dietetic Technician Linda Schneider has written this exercise overview for us, and added some interesting statistics:

Obesity is reaching epidemic proportions in the United States today. As a matter of fact, statistics show that one out of every five persons is overweight. Although some of this can be attributed to overeating, the lack of exercise plays a heavy role.

There are two types of exercise: isometric (which deals with muscle contraction and involves minimum movement) and isotonic (which involves general movement and can include all parts of the body). Isotonic is generally considered the better, more effective form of exercise.

The President's Council on Physical Fitness states that, to maintain any kind of fitness, one must exercise regularly, and for a minimum of half an hour a day. Some of the benefits afforded by regular exercise are: 1) your heart works more efficiently; 2) your heart pumps blood with less effort; 3) you develop valuable collateral circulation; 4) you look better and are more relaxed.

And, of course, exercising burns up calories; basal metabolism builds up during and after exercise and provides a very effective way of guarding against the advance of additional calories.

Following are a few examples of the caloric content of some food items and the number of minutes you have to spend running to burn up those calories:

A doughnut — 151 calories, 8 minutes running; strawberry shortcake — 400 calories, 21 minutes; a large apple — 101

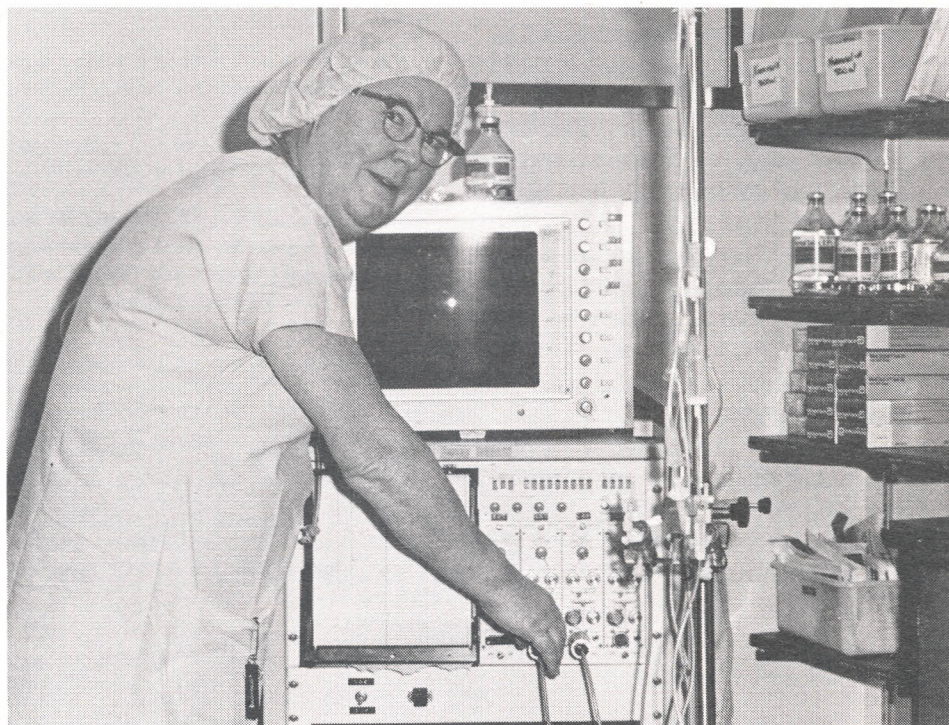
calories, 5 minutes; orange juice (8 oz.) — 120 calories, 6 minutes; T-bone steak — 235 calories, 12 minutes; cheese pizza (average slice) — 180 calories, 9 minutes; beer (8 oz. glass) — 114 calories, 6 minutes; chocolate milk shake — 421 calories, 22 minutes.

Chances are, that quick list did not include your favorite food. Remember, you can call the Nutrition Hotline (x 2616) every Monday in March, between 1 and 2 p.m., for just such information.

President declares poison control week

President Carter has declared the week of March 17 National Poison Control Week, and the Poison Control Center at MMC is gearing up for the event. Under the center's direction, some 20 Maine JayCee chapters are conducting a public awareness campaign, distributing over 50,000 pieces of literature and going door-to-door in Portland with safety checklists.

The Poison Control Center is growing rapidly, now handling calls at the rate of 10,000 a year. Director Leo Millette, doctor of Pharmacy, says that the center is also "moving into a resource agency capacity, providing advice and basic research on occupational and environmental toxins." As Poison Control Week draws nearer, we'll be taking a closer look at the center's expanding roles.



ANESTHESIOLOGY MARKS HELEN OULTON BLACK DAY

Friday marks the end of 37 years service to Maine General and MMC for Helen Oulton Black, CRNA. In her honor Donald W. Klopp, M.D., Acting Chief, and the entire department are observing Thursday as Helen Oulton Black Day. They're even wearing lapel pins in honor of The Day. Mrs. Black graduated from Maine General in 1939, did two years of private duty, then worked in Emergency, and completed the anesthesia course in 1947. She was a founder and the first president of the Maine Association of Nurse Anesthetists. All are invited to a gala dinner in Mrs. Black's honor, March 21 at the Italian Heritage Center. For details and to RSVP, please call 2526. (A/V Photo)

Boston Red Sox trip open for reservations

It's almost time for Red Sox baseball, and the Employee Activities Committee has really been on the ball, booking two trips to Fenway Park. The first game, Texas at Boston, is on April 19; then comes Kansas City, on May 10.

An unbeatable package deal, including bus fare and ticket to the game is just \$15 per trip. The bus will leave Bramhall at 9 a.m. on the day of the game, and return directly after the game.

Reservations are being taken now. Call Kay Pellechia in Security at 2124.

"Webber Day" dates and plans announced

The Department of Surgery has announced the 1980 "Webber Day" dates and program. The 11th annual Surgical Symposium at Maine Medical Center will be Friday and Saturday, March 28 and 29. This year, the day will be preceded by another day-long seminar, a Breast Cancer Symposium on Thursday, March 27, sponsored by the Maine Cancer Society.

The breast cancer symposium will deal with current management of mammary cancer, advances in diagnostic techniques, status of estrogen receptors in planning therapy, and controversies in management. CME credits given will total seven hours.

The scientific program of the Surgical Symposium will be in honor of the late Louis Asali, M.D.

The Webber Surgical Lecturer, speaking on Friday, March 23, will be Mark Ravitch, M.D., Professor of Surgery at the University of Pittsburgh. The Friday session includes a problem case luncheon and a reception and dinner for participants. Friday CMEs total eight hours.

Saturday's program features a Symposium on Trauma. This will use the "Pinehurst" format of step-wise actual case presentation. Panel members will comment throughout. Saturday CMEs total three hours.

Detailed program information and registration forms will be available shortly through MMC's Department of Surgery. Deadline for reservations is March 12. For further information, call 2515.

marketplace

FOR RENT: Old Orchard, 3 min. from beach, 2 bdrm. duplex w/parking. Adults, lease, no pets, ref. & sec. dep. req. \$55/wk. plus utils. Call 934-9671 after 5 p.m.

FOR RENT: 2 rms., kit. & bath, unfurnished, carpeted, all electric, 10 miles from MMC in So. Windham. \$200/mo. & deposit. Call 892-6972 or 892-6085.

FOR RENT: 1 bdrm., newly redecorated, new appliances, all utils. Walking distance to MMC. \$250/mo. Call 773-9662 after 5 p.m.

FOR RENT: 4 rms. & bath, stove, refrigerator & parking. Walking distance to MMC. \$250/mo. & elec. heat. No pets, no children. Call 773-6175.

FOR SALE: 3 bdrm. colonial house, Meeting House Hill, So. Portland. Panelled family room, fully insulated, aluminum siding. Dead end street. Call 799-5368.

FOR SALE: 1972 Volvo station wagon. \$600 or best offer. Also, new loom, offered at \$100 off wholesale. Call 767-2315 eves.

FOR SALE: 1979 Chevy Luv - many extras, must sell \$5,500. Call 772-7696.

WANTED: Ride, 3-11 shift, 2 eves. a week from Lewiston to MMC. Call 783-9440.

WANTED: Good home for a 4 year old AKC registered female St. Bernard. She's had all shots, has been spayed and is good with children. Call 773-1633 after 3:30 p.m.

WANTED: Male seeking quiet responsible roommate for spacious, comfortable 2 bdrm. E. Deering apt. Modern throughout, ex. location, parking. \$140/mo. & \$100 sec. dep. Call 773-3752.

WANTED: Babysitter for 8 yr. old girl whose mother works 11-7 shift at MMC Sun. - Thurs. Will bring to your house. Call 854-5957.

what's happening

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.

Contributors to this issue:

Barbara Burns, Editor
Wayne L. Clark, Public Information
Susan Hosmer, Public Information
Ella Hudson, A/V Resources
Charlotte Hurd, A/V Resources
Judy MacKenzie, A/V Resources
Bonnie Scarpelli, A/V Resources
George A. Drew, Print Shop
Henry J. Guidod, Jr., Print Shop

SMOKE, from page 1

and struggle through. You might wait until you have a cold or the flu and cigarettes don't taste so good.

If you had a high score for "habit" you have to figure out what triggers your reach for a cigarette, like the ringing of the phone or getting into your car. Put your cigarettes out of reach so that you break the habit pattern.

These are just a few of the simplest answers to questions that can be very complicated, depending on the smoker and the type of habit. The Smoking Policy and Education Committee and the Employee Health Unit are making many more answers - and moral support - available to all employees who wish to quit smoking, or who simply want to ask advice on an approach to quitting. The unit will be dispensing "I Quit Kits" to people who want to kick the habit.

Developed by the American Cancer Society, the kits are designed to help smokers stop over a seven-day period. Timing of the effort to stop is left to the individual. Joyce Coburn, RN, is the one to see in the Employee Health Unit. She's prepared to listen to smokers' problems and to dispense a lot of sympathetic support along with the "I Quit Kits". Smokers who are facing up to quitting should call Mrs. Coburn at 2911 and arrange to talk.

you should know

Dr. Anneliese Andrews in Anesthesia can now be reached on radio page 625.

what's happening Maine Medical Center
Portland, Maine 04102

NON-PROFIT ORG.
U. S. POSTAGE
PAID
Portland, Maine
PERMIT NO. 35