

# what's happening

Maine Medical Center  
Portland, Maine 04102

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Feb. 6, 1980

## Volunteer recognition luncheon honors 25 for 37,000 hours of service to MMC

## Trustees approve new smoking ban

A remarkable 37,000 hours of volunteer service, representing support in many areas and departments of Maine Medical Center, merits a great deal of thanks from all of us. A Volunteer Recognition Luncheon in January honored the 25 volunteers who gave those hours, and hospital officers, administrators and guests extended thanks on behalf of all patients and employees who benefited.

Clearly the volunteer of the day was Isabel Allen who has logged a record 10,000 hours. Mrs. Allen has worked in the medical library since 1967; she maintains, single-handedly, the Medical Library Association Exchange list.

Olive Newnham, a volunteer since 1965, was honored for 7,500 hours; she has delivered flowers and patient mail and, for the past ten years has staffed the Information Desk on week-

ends and holidays.

Isabel Stiles, with 7,000 hours to her credit, has been a volunteer in the Special Care Unit since 1968.

Dick Robinson, a volunteer in Emergency since 1976, and Phyllis Robar, another Medical Library volunteer with three years service were both recognized for 2,500 hours.

MMC President Edward C. Andrews, **VOLUNTEERS**, page 3

The Maine Medical Center Board of Trustees voted last week to support a policy which bans smoking in all but specifically designated areas, hospital wide. The ban affects all patients, employees and visitors.

Beginning February 25, 1980, there will be no smoking in any lobbies, corridors, waiting or patient care areas, classrooms or conference rooms.

Patients will not be allowed to smoke in their rooms unless their physician feels that abrupt smoking withdrawal would be detrimental to their health.

For staff and employees, smoking will be banned at all meetings of two or more people. Individual departments will designate only one area for employee and staff smoking. The designated department area must meet the following criteria: it must be well ventilated; it must be out of the general flow of patients and visitors; it must be accessible to all in the department; it must be an area non-smokers are not required to use.

Approximately one-fourth of the cafeteria and coffee shop will be available as smoking areas.

The Board did not commit to specific date for a second more complete smoking ban, planning to review the results of the new ban after six months. Trustees expressed the hope that successful enactment and enforcement of the new policy might make further action unnecessary.

Members of the Smoking Policy and Education Committee will, over the next several months, sponsor a series of educational sessions and workshops to aid those employees and patients who **SMOKING**, page 3



ISABEL ALLEN, center, has given 10,000 hours of volunteer service to MMC, all in the Medical Library. Chairman of the Board Roger F. Woodman and chief librarian Eleanor C. Cairns congratulate Mrs. Allen following January volunteer recognition luncheon. (A/V Photo)



## Television viewing can prove healthy

Public Cable Television audiences (right now about half of Portland's population) are seeing a variety of health messages on Channel 23.

Running Channel 23 is Health Educational Channel, Inc., a non-profit corporation headed by 15 volunteer trustees. J. Michael Taylor, M.D., Maine Medical Center's Chief of Community Medicine, is president of the Board of Trustees; Martha Vilander of Portland's Department of Health and Social Services is vice president.

In order to attract wider community participation, Channel 23's board has appointed three sub-committees: patient education, professional education and public education. These are studying the needs and resources of their particular areas and will make recommendations for future use of the channel.

Funded by a small grant from the local Simmons Foundation, the sub-committees will each produce a demonstration health program based on the needs cited in their areas.

The demonstration project by the public education sub-committee will target the homemaker group (31% of the viewing audience) and, based on information received, the topic will be weight control. The goal is to assist homemakers in understanding the process of weight control; and to demonstrate strategies to aid them in their personal weight control program.

The approach will be to produce four to five 15 minute programs, each with one major concept. Each will be shown repeatedly during one week with a live call-in question and answer program following the final day's showing.

Currently, Channel 23 is showing automatic health messages and tips. Any health agency can submit messages or suggest topics for messages. Running now, for example, are spots on dental health, nursing services, V.D., environmental health.

MMC employees wishing to submit or suggest messages may send their copy or ideas to the Public Information Department.



**1979 ANNUAL FUND CHAIRMAN** Mrs. Emerson H. Drake reported to the Board of Trustees last week that the Fund had received a total of \$128,687, exceeding the '78 Fund by more than \$2,200. Mrs. Drake, who has chaired MMC's annual fund-raising effort twice, received thanks from the board in the form of a pewter tray engraved with "gratitude and appreciation for her devoted service." Trustee Frederick W. Pape, Jr., is at right. (A/V Photo)

## Employee health unit going to ground floor

The Employee Health Unit, currently located adjacent to the Emergency Department near the orthopedic entrance, will be moved to the ground floor of the Outpatient Department during the week of February 11. The services we provide

will be the same, only the location will change.

There may be some disruption this week and possibly some confusion next week. Should there be any problems, please call Phil Nelson at 2910.

*All At MMC Are Cordially Invited*

*To a Morning Coffee*

*Honoring*

*Agnes E. Flaherty, RN*

*Monday, February 11, from 9 to 10 o'clock*

*Conference Rooms A, B, C*





**NEW UNIT MANAGER Eloise F. Stoffan discusses her new post with Bob Ericson, MMC's first unit manager. (A/V Photo)**

## **VOLUNTEERS,** from page 1

Jr., M.D., presented awards to the volunteers, and Chairman Roger F. Woodman brought words of thanks from the Board of Trustees. Director of Volunteer Services Audrey Gough introduced the awards program which included a special presentation to Mrs. Allen.

Twenty volunteers were recognized for 500 hour service records. They are: Barbara Bolster, currently volunteering in SCU; Katherine Burrows, Coffee Shop; Virginia Camp, Coffee Shop; Carole Christl, volunteer office; Martin Conley, Security office; Beth Dexter, Radiation Therapy waiting room; Anne Douglass, volunteer office.

Margo Foley, president of the Friends Board; Helen Goodrich, chairman of Coffee Shop; Ruth Hay, Flower Box; Audrey Hutchinson, Friends projects; Katherine Hildreth, Coffee Shop; Joan Lewis, Craft Cart chairman; Lucille Mercer, Coffee Shop; Margaret Mercure, Pediatric Clinic.

Anne Newbury, Patient Survey Team; Katherine Nichols, Coffee Shop; Pat Powers, Coffee Shop; Ann Strahan, Pediatrics and Flower Box; Barbara Wolf, Emergency.

## **SMOKING,** from page 1

need help in giving up smoking while they are in the hospital.

The committee plans to recommend that the Associate Vice President for Health Education be charged with developing a program to encourage people to stop smoking. It will further recommend that, insofar as possible, there be specific beds on each unit designated for patients with physicians' orders allowing smoking; that improvements be made in the air ventilating systems of the cafeteria and coffee shop; and that consideration be given to the designation of a smoking lounge in any new facilities planned by the hospital.

A general statement preceding details of the policy as voted by the Board reads: "Maine Medical Center, as a health institution interested in the well-being of its patients, employees, and visitors, has had a policy of discouraging smoking since 1977. It is now the intent of the Center to severely restrict the use of tobacco in this institution. In an attempt to consider the needs of those patients, staff and employees who continue to smoke, (the committee recommends this policy)."

# **Eloise Stoffan is 7th Unit Manager**

The appointment of MMC's seventh unit manager was announced last week by Associate Vice President Robert J. Campbell. Eloise F. Stoffan, P3A unit clerk, will assume her post as evening unit manager next week.

Mrs. Stoffan's appointment will add another evening of unit manager coverage to the system which now includes seven full days and one evening.

A resident of Scarborough, Mrs. Stoffan has been with Maine Medical Center since 1972. She has taught classes and provided orientation for new unit clerks. While working in Cardiac Care, she successfully completed the Cardiac Monitoring Course, and she assisted in the developmental stages of the Ambulatory Surgical Unit.

The unit manager system, implemented at MMC in 1970, has relieved head nurses of a long list of non-clinical tasks that relate generally to needs and requests for support services from hospital Engineering, Central Supply, Materials Management, Laundry, Housekeeping and several other MMC departments. Assumption of these responsibilities by unit managers has allowed head nurses to devote their time to the direct management of patient care and the guidance and direction of nursing personnel.

The system has expanded, first from weekdays into weekends and, since last November, into evenings, providing even greater relief for the nurse administrator who carries hospital-wide patient care responsibility from the non-clinical, often time-consuming, tasks that relate only generally to the care of patients.

## **MOD grant furthers genetic education**

A March of Dimes grant of \$3,750 has been awarded to the Foundation for Blood Research, Scarborough, in support of the laboratory's educational programs in human genetics.

Mrs. Polly Haddow, FBR education director, said the funds will be used to MOD, page 4



# marketplace

**FOR RENT:** One bdrm., LR, kitchenette, stove, refrigerator, disposal, recently remodeled, on bus line, near beach. Lease and security dep. Adult. \$250/mo. heated. Call 799-2511.

**FOR RENT:** 7 rm. house in So. Portland. Parking, on busline, may use wood heat, new bath, kitchen. Available March 1. Call 772-5681 eves. or 799-3702 days.

**FOR RENT:** Apt. on 214 Brackett St., newly sanded wide pine floors, large (new) kitchen, all utils. paid, parking, laundry facilities in basement. 1 bdrm. w/dressing alcove & large closet. Large LR w/exposed brick chimney, bay window. Call 774-6333.

**FOR RENT:** Newly redecorated 4 rm. apt. \$250/mo. & heat. No pets or children. Stove, refrigerator & parking. Available 2/14. Call 773-6175.

**FOR RENT:** Deering Ave., 2 rms. furnished and bath. Heated. 1 adult. \$200/mo. Call 772-8530.

**FOR RENT:** Garrison in Cape Elizabeth Broad Cove area, 4 bdrms., fireplace in LR and family room. No lease. \$500/mo. & utils. Call 800-482-0774 from 9 a.m. to 6 p.m. or 1-603-363-4074 after 6 p.m.

**FOR RENT:** Within walking distance of MMC, 2 large rms. & shower on the first floor, parking, all electric. \$40/wk. & utils. Call 772-9816 or 799-0770.

**FOR SALE:** 1957 Plymouth, new exhaust, battery, engine rebuilt, body in exceptional condition. \$1500. Call 846-4476 days.

**FOR SALE:** Home made afghans. Small table saw with rebuilt motor. 1973 Audi, needs some body work, standard on the floor, 4 brand new snow treads, 90,000 miles, \$400 or best offer. Call 892-6351.

**FOR SALE:** In Portland, 4 bdrm. older home, remodeled LR, kitchen & bath. Hook-up for woodstove. Large lot. \$39,900. Call Mary or Jim at 797-9171.

**FOR SALE:** 5 hp snowblower, \$200. Call 781-4427 eves.

**FOR SALE:** 1978 Chevy pick-up, ½ ton, 4 spd., sunroof, am/fm cassette, new die-hard battery, monroe shocks, push bar, uses regular gas, never plowed. \$5,500 or best offer. Call 854-4132.

**FOR SALE:** Apt. building. 3 units one block from MMC. Some financing by owner allows buyer to purchase property for less than a \$5,000 investment. \$37,500. Call for particulars 772-7247.

**WANTED:** Good home for one all-black puppy. ¾ German Shepherd, ¼ Lab. Paper trained, wormed, very intelligent. Call 929-5837 or 773-0111.

**WANTED:** Used car in good condition. Front wheel drive with good mileage preferred. Call 797-8191.

**WANTED:** Riders to and from Augusta/Gardiner area, 7 am - 4 pm shift. Call 774-1461, ext. 280, ask for Marlene.

**WANTED:** Professional woman seeks person to share small house in Falmouth. Nonsmoker, no pets. Call 781-4338.

**WANTED:** Man seeking roommate for spacious 2 bdrm. East Deering apt. Newly remodeled, w/w carpet, modern kit. and bath. Much storage space. \$140/mo. includes heat and hot water. Sec. dep. Call Rick at 773-3752.

## MOD, from page 3

help finance teaching programs that in 1980 will be expanded to include seminars on human genetics for high school biology teachers in Augusta, Bangor and Presque Isle. Last year, programs in Southern Maine involved teachers who in turn exposed more than 6,500 students to current developments in the study of human genetics, inherited characteristics and disorders.

The March of Dimes — with its historic involvement in research and education in birth defects and the disorders of children — has been a consistent supporter of the FBR activity, first of its kind in the U.S.

# 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.

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# thanks....

Dear Editor:

My husband and I would be grateful if you could please include our note of thanks in your next issue of WHAT'S HAPPENING. Hoping the hospital staff will read our note.

Our son Jason was born two months prematurely with serious complications. He was critical for a time. The doctors and nurses helped us through this ordeal that was so scary to us. They prepared us for the worse if it happened. They loved and cared for Jason as we would, which helped us to gain complete confidence in them.

The NICC unit made us feel welcome and at ease. They explained test results in a way that we could understand the medical terminology. It helped to see the love and concern of the doctors and nurses for the babies in the unit. We felt that Jason was in "good hands".

Jason has been home now for a week. He's eleven weeks old and gained ½ lb. already. He weighs 4 lbs. 9 oz. and is 18 inches long. He's coming along fine.

Special thanks to: Dr. Wilkinson, Dr. Lynch, Dr. Sawyer, Dr. Fowler, Dr. Dibbins, Dr. Serrage and Dr. Fawcett. All Jason's nurses from NICC and IICU and Christine Lekousi and Sandy in room 292, also Purette.

Again thanks to everyone who helped Jason through his rough start in life. We're grateful. We'll never forget all your staff has done.

God Bless,  
Mr. & Mrs. James Welch, Jr.  
& Jason

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