

what's happening

Maine Medical Center
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(A/V Photo)

Cafeteria customers go for 'Steak-Ums,' salad bar, but dislike plastic 'silver'

The Cafeteria's Comment Book—available with a pencil near the entrance for the past several months—indicates MMC customers like the salad bar, Steak-Ums, the soup bar and the new vegetarian items.

They don't like plastic "silver," (there hasn't been enough stainless to go around, but there will be) the price of fruit (it's kept the same year 'round despite market increases in winter) and crowding at noon (come earlier or later).

Not from the Comment Book, but from experience, came several things the Cafeteria itself doesn't like: soup customers who take the stock but not the broth, customers who build 75-cent salads in 35-cent plates; and customers who put ice in one paper cup and their coke or Tab in another, who use a paper

plate to catch the overflow from an over-filled salad dish, or who use a handful of napkins when one or two is plenty.

Chief Steward John Romano said last week: "It's their cafeteria. We try to accommodate, and to have things that people want, but we have to break even... to make the place pay for itself. If there's waste, it affects everybody. If there's little waste, and we break even, the quality stays up. ♥"

John said the lunch-time count—between 11:30 a.m. and 1:30 p.m., has reached the thousand mark, which means every seat is used three times in the two-hour lunch period. Most are employees, but many are patient visitors, and despite the change to 1 p.m. for visitors, there are still many "outside" customers.

"The mailmen and firemen are still coming," John said, "and they're still welcome. And so are the senior citizens who ride the bus up from Franklin Towers every noon."

After all, John says, "It's the only place in town where you can get a Thanksgiving dinner in July" (every third Thursday) or a hot turkey sandwich (every third Friday).

Turkey in either form is a long-term favorite of MMC Cafeteria customers, but is rivaled by macaroni and cheese, the famous fish casserole, one of the recently instituted vegetarian dishes, the zucchini casserole, and still more recently and definitely, the beef-and-cheese "steak ums." The monstrous submarine sandwich, sold by the inch, is another favorite, along with the new quarter pound hamburgers, instituted by popular

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Make an appointment today to give blood at the fall drawing Monday

There's a FRIEND of Maine Medical Center sitting at a table in the Admitting Lobby as you read this, and she's waiting for you.

She's waiting for you to sign up as a donor in the Fall Blood Drive to help swell the total of much-needed blood from hospital employees. Much of this blood is used within our own institution for open-heart surgery patients, accident victims and others, and much goes to other hospitals and patients throughout the state.

The drawing will be conducted by the Red Cross Blood Services Blood-mobile crew who will be in the NDF all day Monday, Sept. 10. You may make an appointment with the FRIEND at the admitting lobby today.

There are no problems and no pain—except maybe two pin-pricks—when they take a blood sample from your ear to test your hemoglobin, and when the phlebotomist actually begins to draw your blood. There's no discomfort, embarrassment or otherwise, and hardly anyone faints.

Hospital holding furniture auction

This is the week the hospital is selling chairs, lamps, desks, cabinets and a whole assortment of furniture of one kind or another.

Beginning yesterday, Tuesday, employees were invited to come to the old kitchen-storeroom area and browse, and to make bids on items they wish to buy. Display hours today, Thursday and Friday are from 8:30 a.m. to 4:30 p.m., and from 10 p.m. to 11 p.m.

Bids will be registered on tickets that are available at the Copy Center window. The items—except for those that have price tags—will go to the highest bidders on Wednesday afternoon, Sept. 12. All items must be paid for and picked up by Friday, Sept. 14.

Heidi Luce, Materials Management, has details at 2868.

And afterward, the Red Cross will insist that you sit for ten minutes and rest, and the FRIENDS will insist that you enjoy some of their goodies... juice, coffee, tea, coke and a wide assortment of breads, cookies and crackers, much of it supplied by the MMC Kitchen and the Dietary Department.

So make an appointment today, and come to NDF 3-4 next Monday. You'll see a lot of FRIENDS there.

More Britons want private care now

In Britain, where the government provides free medical treatment for everyone, many citizens are nonetheless paying for the privilege of being able to get treatment more quickly, choose their own physicians and hospitals, obtain a private room and other amenities.

Here's what's happening, according to Jonathan Spivak of the Wall Street Journal's London bureau:

The massive tax-supported National Health Service still provides the bulk of health services, but the Electrical and Trades Union has just negotiated a complete package of private health care benefits for its 45,000 members.

An automobile association will soon offer its 5.3 million members a new health insurance plan guaranteeing private medical care whenever admission to a national Health Service hospital takes more than six weeks.

IBM has just purchased private health insurance for its entire British work force of 15,000.

There are eight private health insurance plans operating in Britain and their membership is 2.5 million—almost 15 times as many as when NHS started 30 years ago.

Spivak noted that these startling jumps in Britain's private health care sector do not necessarily mean the demise of the National Health Service, but the move now under way there might "offer some

lesson to U.S. and other politicians bent on enlarging Government's role in furnishing health care."

Increasingly, he said, NHS services are being directed to the acutely ill, and patients with less serious medical problems must wait two years for hip replacements, and children are waiting three years for tonsillectomies. Nationally, some 750,000 patients are on waiting lists for "elective" surgery.

MMC Library named in regional program

The MMC medical library is one of three in Maine that would serve as resources for other hospitals and colleges under a plan advanced by the New England Regional Library Service at the Countway Library, Harvard University.

The plan calls for the MMC library and similar facilities at Jackson Laboratory, Bar Harbor, and the Veterans' Facility at Togus, to provide medical books and copies of journal articles at the request of health and educational institution throughout the state.

Miss Eleanor Cairns, MMC librarian, said the move is an effort to maintain service despite cutbacks in government library subsidies. In effect, the plan puts interlibrary loans and information services on a pay-as-you-go basis.

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demand of former customers of another well-known restaurant.

John says there are two major improvements in sight, to be instituted this fall...a juice bar, with five or six fruit juices, as alternatives to coffee, tea, milk or carbonated drinks, and an expansion in the breakfast menu to include a "special"...pancakes, toasted bagels or French toast. Cafeteria breakfast buffs will soon enjoy a new muffin variety, bran, in addition to the current list.

John says all customer complaints are answered, and that no suggestions go unnoticed. Some are a little hard to figure out, he says, like the note from one customer: "Very good institutional food," it said.

Or...one they found the other day: "Nurses are wonderful."

John's favorite, written in ink, read: "The pencil is gone."

Hospital leaders welcome first students in physician assistant resident program

President Andrews and other MMC leaders were on hand yesterday morning to welcome six physician assistant residents, the first of three annual classes to train here in a new program supported by a Robert Wood Johnson Foundation grant.

The occasion was a "welcome breakfast" in the MMC conference rooms, the first item on a year-long training schedule for the six residents. The program, directed by Frank H. Lawrence, M.D., Emergency Department Chief, is one of three in the nation, and the only one of its kind in the East. It will prepare the physician assistant residents to work in an emergency room, and with appropriate physician backup, to provide emergency services in medically under-served areas.

He will be assisted by Robert J. Lapham, P.A., one of the first physician assistants in Maine and an employee of the MMC Emergency Department. Lapham said many physician assistants already are employed throughout Maine. He described them as "skilled persons qualified by academic and practical training to provide the patient services under the supervision of a physician."

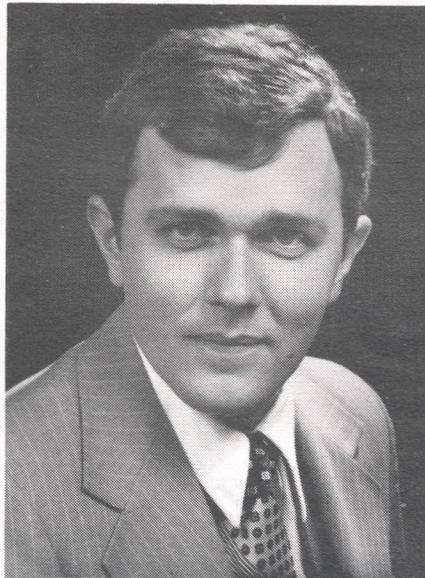
The training program will involve the MMC Emergency Department and emergency facilities of other hospitals throughout Maine.

Besides Dr. Andrews, the welcoming group at yesterday's breakfast included Dr. Turner Bledsoe, Vice President for Health Affairs; Dr. Costas Lambrew, Associate Vice President for Health Education; Dr. Lawrence; Robert Lapham, P.A.-C, Michael B. Sheldon, P.A.-C, Donald E. Nicoll, Vice President, Public Affairs and Planning; Nancy Hancock, Development Office; Elliott J. Berv, Vice President for Human Resources; Jean Atherton, R.N., head nurse, Emergency Department; and several attending physicians from the MMC Emergency Department.

The new P.A. residents are Geoffrey Beckett, P.A.-C, Flint Michigan; John Cassidy, P.A.-C, Proctorsville, Vt.; Joseph Conrad, P.A., Durham, N.C.; Richard Mudd, P.A., Lexington, Ky.; Kenneth Nadeau, P.A., Madawaska, Maine; and Carl Toney, Durham, N.C.

The first three-weeks' program includes lectures and presentations on a number of technical subjects and full days of classes, and for six hours a night for six nights, the P.A. residents will ride with the MEDCU ambulance crews.

Swan assumes duties as Housekeeping head



MICHAEL SWAN

Michael Swan, once a deck officer aboard the Portland-based U.S. Coast Guard Cutter DUANE, returned to Portland last week to assume new duties as MMC's director of Housekeeping Services.

The Auburn, Mass., native and Assumption College graduate served for three and a half years in the Coast Guard after completion of an officer candidate training program at Yorktown, Va. It was while he was assigned to the Duane that his daughter Amy, now 7, was born at MMC.

After his Coast Guard service, Swan joined the Hospital Division of Service-master Industries, Inc., and worked at Memorial Hospital, Worcester. He went to Framingham Union Hospital in 1976, and came to MMC to head the Housekeeping department on August 20.

Mike, his wife Sue, daughter Amy and son Mike, Jr., live in North Yarmouth.

10-week Yoga class schedule to start

A Yoga class sponsored by the EAC, starts Sept. 12 and will run for ten consecutive weeks. The sessions will be held from 7 to 8:15 p.m. in the Radiotherapy waiting room.

A registration fee of \$20 will be collected at the first class. It is recommended that participants wear loose clothing and bring a small mat to supplement the larger mat which will be provided. For further info, contact the instructor, Pat Packard, at 839-6928.

Running injuries med staff topic

At a time when there's a generous delegation of MMC people in every major road race, and when USM's "Lifeline" roster looks like who's who in the MMC cafeteria, the topic of "Sports Medicine... Running Injuries" has been selected for the Medical Staff scientific session Sept. 13.

The speaker will be Michael A. Robinson, D.P.M., staff podiatrist with Sports Medicine Resources, Boston. The session will be held at 6 p.m., in the NDF classrooms.

Dinner will be at 7 in the cafeteria, followed by the annual meeting and election of officers.

HEW backs renewed health commitment

Challenging the American people to practice better health habits, HEW has issued a report calling for a "renewed national commitment to efforts designed to prevent disease and promote health."

The result of a two-year study under the direction of Public Health Service Surgeon General Julius Richmond, M.D., the report recommends periodic screening for high blood pressure and cancer, elimination of cigarette smoking, moderate exercise, moderate dietary changes to cut intake of excess calories, fat, salt and sugar, and reduction of alcohol misuse.

E.A.C. plans events for winter season

Members of the Employees' Activities Committee—still talking about the "great bean-hole beans" they had last Saturday at Gerry Mundy's Sebago Lake home—met Wednesday and laid out plans for the winter season.

Chairman Art Stevenson said the discussion included today's EAC Bake Sale in the Admitting Lobby and plans for a number of projects. They include the annual Boston shopping trip during the first week of December, the possibility of installing a music system in the cafeteria, purchasing Red Sox tickets well in advance of the 1980 season, and the annual Arts and Crafts show in March.

Art issued a general invitation for MMC employees to attend meetings and become part of the "EAC Action." He said anyone who wants to start a common-interest group or club will be most welcome, along with those who'd like to help with established projects.

The group meets today and every other Wednesday at 3 p.m. in the Engineering Conference Room.

New spending limit proposal surfaces

Although the sun seems to have set on President Carter's hospital cost limitations proposal, another limitation bill has been submitted to two House committees for joint consideration.

Introduced at the request of the Department of HEW, the measure would establish, beginning in 1980, an annual national limit on capital expenditures by short-term hospitals of \$3 billion, adjusted upward each year for price increases and possibly for population changes.

The bill also would establish limits on the number of short-term hospital beds for each health service area, such as four short-term beds for each 1,000 persons. No hearings have been scheduled.

Pat Camire, RN, assistant head nurse of CICU and Kathy Giobbi, RN, staff nurse in CICU, have been certified as Critical Care Registered Nurses. The two nurses were trained in critical care nursing and passed a four-hour exam.

DR. JAMES R. SWANBECK, a June graduate of the MMC Family Practice Residency, has established a practice in Norway and has joined the staff of Stephens Memorial Hospital.

marketplace

FOR RENT: 2 bdrm. apt. avail. Sept. 15. Eat-in kit, DR, TV rm., LR w/frpl. Parking for 2 cars, 10 min. from MMC. \$260/mo. plus oil heat, utils. and snow removal. Sec. dep. & ref. Call Carol Romano in OPD or at 774-5681.

FOR RENT: 3 bdrm. house for 10 months. 7 Queens Drive, Scarborough. \$300/mo. plus utils. Call 883-6136 early a.m. or after 6 p.m. Ask for Francis.

FOR RENT: 1 bdrm. modern apt. at the beach. Utils. included in rent. Avail. Sept. 1. Call Cathy in OT Dept.

FOR SALE: Meeting House Hill area, 3 bdrm. home, kit, LR, DR, den w/wood stove, 1 bath, hardwood floors. \$39,900. Call Dan Soule at 767-3495.

FOR SALE: Young 2 bdrm. ranch, South Portland. Large country kitchen, daylight basement, vinyl siding, all-electric, fenced yard. \$36,900. Call 774-2735.

FOR SALE: Bottle gas stove, 2 yrs. old, \$50. Call 799-7956 after 5 p.m.

FOR SALE: 1974 Plymouth Valiant, 40,000 miles. Power steering and power brakes, automatic, vinyl roof. Asking \$1,995. Call after 5, 773-3649.

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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 Relations Dept., MMC, Portland, Me., 04102.

Contributors to this issue:

Susan Hosmer, Public Relations
Charlotte Hurd, A/V Resources
Judy MacKenzie, A/V Resources
Bonnie Scarpelli, A/V Resources
George A. Drew, Print Shop
Henry J. Guiod, Jr., Print Shop

FOR SALE: 1979 Viking XL hard top tent camper. Many extras, heater, 3 burner stove, spare tire and cover. Used 3 weeks. Call 799-5248 after 4 p.m.

FOR SALE: Alpha Romeo Spider, 1977, 19,000 miles, ex. cond. \$7,850. Call 773-8056.

FOR SALE: Anderson Perma-Shield Awning Casement Window; Terra Tone. \$100.00. Call Bruce Martell in Anesthesiology or at 657-2104.

FOR SALE: Zenith portable stereo, \$75. Magic Chef electric stove, \$150. Two F78-14 snow tires, \$40. Call 799-4720 after 5 p.m.

FOR SALE: 1971 20 ft. Starcraft camper trailer, self-contained unit, ex. cond. \$3200. Call 854-5866 days or 892-6963 nights.

FOR SALE: 1978 Ford Explorer ½ ton pick-up with cap. Good cond., must sell, asking \$4,000. Call 892-6963 nights.

FOR SALE: 1975 Suzuki motorcycle 75 cc, 80 miles/gal, 600 miles, will include cover and helmet. \$600. Call 799-4255 after 6 p.m.

WANTED: Cheap, small, used piano. Call 892-8122.

TO GIVE AWAY: Snow-white cat, house trained, spayed, well behaved. Call 773-2743, keep trying.

ROOMMATE WANTED: Responsible female wanted to share furnished apt. near MMC. Heat, hot water and elec. included. \$30/week and \$50 sec. dep. Call Cathy at 773-9045.

WANTED: To share driving from Biddeford to MMC. 7 am - 3 pm shift. Call 284-6851.

APPLES! Celebrate the coming of fall with our old-time varieties - Early Macs, Gravensteins, Miltons. Cheese, jams, maple syrup, honey. Royal River Orchards, new location on Rte. 100, Upper Gloucester, 2½ miles south of the Auburn exit of the Me. Turnpike.

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