

what's happening

Maine Medical Center
Portland, Maine 04102

Vol. 10, No. 30

Feb. 21, 1979



STEAM BILLOWS formed a cloud-like cover over the MMC complex last week as record low temperatures put hospital heating systems to the test. More than 4,000 gallons of oil are burned every 24 hours during these cold winter days. Despite the addition of the Engineering Services Building, oil-burning is about the same as last year, thanks to the new computerized environmental control system, cutting energy costs by 10 to 20 percent. An interesting fact: MMC uses fuel year-round, burning some 3,500 gallons per day in the summer, for air-conditioning and sterilization. (A/V Photo)

Winter's dilemma: how to survive a cold snap and an energy crunch

BRRRRRRR!

If this seems like the coldest winter yet, it's probably because there have been so many cold days in a row. Here are some things you can do to keep warm and keep heating costs at least within reason:

1. Limit electric heater use to temporary spot heating. It is the most costly form of heat.
2. Close off and don't heat unoccupied rooms.
3. Keep the radiators or registers clear of obstructions to allow heat to circulate, i.e., furniture, rugs, etc. Don't close floor length drapes over heating units.
4. Add a shield of metal or aluminum foil behind radiators to reflect heat into the room.
5. Open south side draperies and shades on sunny winter days. Keep north side drapes or shades drawn if practical.
6. Humidify the air—higher moisture content provides comfort at a lower temperature.
7. If you use electric heat, consider adding a heat pump or converting to gas or oil.
8. Keep fireplace damper shut when not in use. Keep it partially closed during use if draw is adequate.
9. Plan fires so they go out before you go to bed, then damper won't have to be open all night.
10. Keep doors to the outside firmly shut and properly weather-stripped.
11. Insulate and caulk around windows and doors. A 1/8" gap around a door can cost \$14 a year.
12. For comfort with cooler indoor temperatures, use the best insulation of all, warm clothing; wool and cotton are best.

Former OBS-GYN chief recognized for long service

Dr. Eugene C. McCann, who retired last fall from his private practice of Obstetrics-Gynecology, was presented a Maine Medical Center chair with an inscribed plaque at the February meeting of the MMC Medical Staff.

The presentation by the Medical Staff was a highlight of the meeting, and was accompanied by the remarks of his associate, Dr. Eben T. Bennett.

Dr. McCann's long association with the hospital began in Nov., 1946. He served as chief of GYN service from 1955 to 1960, and
DR. McCANN, page 2

DR. McCANN, from page 1

chief of OBS-GYN until 1968.

Dr. McCann will remain an active consultant to the MMC OBS-GYN department.

15 RN's to receive course certificates

Certificates will be awarded to 13 nurses Friday, March 2, for completion of specialty nursing courses sponsored by MMC's Department of Nursing.

A four-week course in Coronary Intensive Care Nursing—which began Feb. 5—attracted seven nurses currently employed in the areas of cardiovascular or critical care. The program was planned to promote greater individual assumption of responsibility and accountability, particularly in life support settings, and to provide the participant with the opportunity to acquire knowledge for assessing, planning and implementing nursing care to patients with acute cardiac and related disorders.

Eight nurses will complete studies March 2 in Critical Care Nursing. The present course is one of a continuing series of critical care nursing programs offered registered nurses by the MMC Department of Nursing over the past

several years.

Registered nurses currently employed in the areas of intensive care, coronary care, recovery, emergency, neurology and dialysis have participated.

Also a four-week program, the Critical Care course assists nurses in acquiring knowledge sufficient for the planning, delivery and direction of others in the nursing care of patients with complex and critical nursing needs.

The Coronary and Critical Care courses—taught by Staff Development Instructors Paula Durgin and Judy Thomas, respectively—are taught jointly for the first two weeks, branching off into specialties during the last half.

Continuing education units have been granted by the Maine State Nurses' Association for both courses.

Graduates of the Coronary Care course include: Doreen Sutton, RN, Jane Stockwood, RN, Resa Peterson, RN, Joan Smaha, RN, and Laurie Tardif, RN, MMC; Judy Andrews, RN, York Hospital; and Nancy Fink, RN, H.D. Goodall Hospital.

Graduates of the Critical Care course include: Marcy Clark, RN, Mary McNeil, RN, Nancy Thibodeau, RN, Janet LePage, RN, Donna Baleyko, RN, and Cindy Pratt, RN, MMC; Fred Roig, RN, Togus V.A. Hospital; and Kim Wyatt,

RN, Osteopathic Hospital.

Graduation ceremonies for both courses will be held at 10:30 am, in the R8 classroom.

USM Nursing dean appointed

A new dean for the School of Nursing at the University of Southern Maine was announced by its Board of Trustees recently.

Dr. Audrey J. Conley, who comes to USM from her position as dean of the College of Nursing and director of Nursing at Downstate Medical Center, State University of New York, will begin her duties as dean July 1. She also will hold the rank of professor of Nursing.

Dean Conley's appointment was made following an extensive nationwide search. She replaces acting dean Judith Stone.

The University of Southern Maine's School of Nursing sends approximately 220 juniors and seniors per year to Maine Medical Center for their clinical training.

2 community programs looking for volunteers

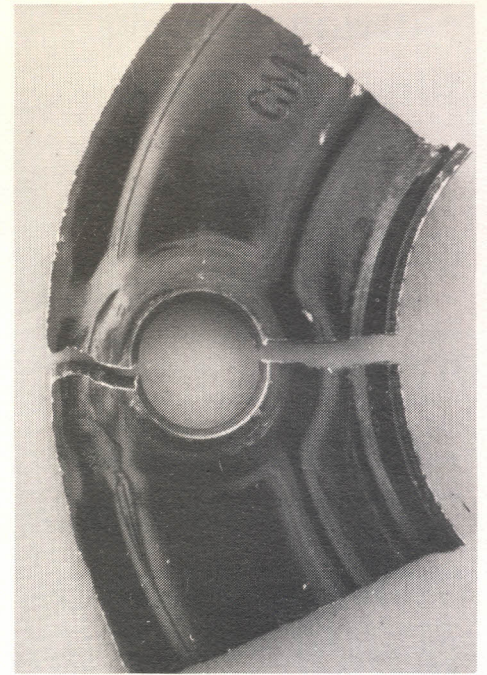
Ingraham Volunteers, Inc., needs volunteer counselors to man the new 24-hour TTY (telephone/teletype) HOTLINE for the deaf. They now operate a vocal relay, counseling and information HOTLINE during business hours, but there is an urgent need to expand this service to 24 hours a day, seven days a week. You can participate in developing this program by being a volunteer counselor covering evening, night or weekend shifts on the TTY HOTLINE. A 12-hour training course will familiarize you with local resources, unique needs of the deaf and Ingraham Volunteer procedures. Then you will begin covering one TTY HOTLINE shift per week from your own home.

The training course begins Feb. 24, so if you are interested, call the Ingraham HOTLINE, 773-5516, and tell the Volunteer to have a TTY Volunteer application sent to you.

Volunteers are needed for Portland's Family Crisis Shelter, to participate in developing community resources, assisting staff, planning activities, community outreach work and fund raising. An interview and orientation are required. For more information, call 773-5516.



DISCUSSING PLANS FOR THE OBSERVANCE of Ash Wednesday are from left, Dr. John N. Simpson, director of Pastoral Services, The Rev. Philip Cyr, MMC's Roman Catholic chaplain, and The Rev. Arlyn Barnard, pastor of Portland's Trinity Episcopal Church and MMC chaplain. Those wishing to participate in the Feb. 28 service may come to the Chapel at 7:30 am, 1 pm or 8 pm for The Imposition of Ashes. Patients may request the service by notifying the Chaplain's office, 2951, or arranging it through the nurse. (A/V Photo)



Matthew Day finds himself in a bit of a jam...not too easily solved...but solved, nevertheless. (A/V Photos)

An unusual 'rescue'

Five-year old Cornish boy finds lug-nut hole one size too small

Five-year old Matthew Day of Cornish had a problem recently, but he couldn't put his finger on it.

Actually the problem was what he put his finger IN. It was the lug-nut hole of a car wheel in his backyard. It had been sitting around there for some time, and in true five-year old fashion, he couldn't resist the temptation any longer: would his finger fit the hole, and even more interesting, would it come out again?

It did, and of course, it wouldn't.

And there he was, like the little Dutch boy whose finger plugged up the dike, minus the heroics. Matthew got plenty of attention, though, first from Mom, who had no luck with it...

...and then from the Cornish Rescue Unit, who couldn't budge it either.

So they headed off to Maine Medical Center, one man carrying Matthew, and two men carrying the wheel.

When they got to the hospital, Matthew and the wheel were brought into Emergency on a stretcher, where they were met by the resident team of experts. They tried some fancy medical mumbo-jumbo, but still couldn't get the finger out of the hole.

By now four hours had gone by. Not only was Matthew getting a little tired of the whole (hole?) thing, but his little finger was cut, and puffy as a sausage...and could be seriously damaged if circulation wasn't restored soon.

Help came by way of Emergency department Director Frank Lawrence, MD, who called upon his expertise as a home-

owner rather than a physician.

He sent the rescue unit, lights flashing and siren wailing, to the nearest Rent-All for a high-powered saw. It cost \$6 and came in a red box.

First, Dr. Lawrence cut away the bulk of the wheel, leaving only a workable chunk. Then he called MMC Electronics Engineer Frank Magnarelli, who rigged up a vise to hold the piece steady while it was being sawed.

Dr. Lawrence cut to within 1/16 inch of the finger on both sides, frequently cooling the metal as it heated up. A hacksaw finished the job. Matthew's finger was free.

'Back pain' seminar slated next week

Interested medical and non-medical personnel are invited to attend a one-hour seminar, sponsored by MMC's Department of Nursing, on low back pain and prevention of muscle strain.

The program—taught by MMC Regis-

tered Physical Therapist Lise Wilson—will go beyond the usual lifting techniques, covering such things as treatment, exercise, and when patients should turn to physical therapy for back problems.

The session will be held twice to give everyone interested a chance to attend: Feb. 27, 3:45 to 4:45 pm, Classroom 2; and Feb. 28, 7:45 to 8:45 pm, Cafeteria Conference Rooms A & B.

For more information, contact Nancy Garber, Nursing Staff Development, 2397.

Thanks...

John Christianson, recent CICU patient, wishes to express his gratitude for the "great care" he received at MMC. "The caring went beyond the call of duty," he said.

CORRECTION

Peter C. Barnard, director of Development, was not president of the Greater Portland Interfaith Hospital Chaplaincy Board, as reported in a caption in the Feb. 14 issue of WH. He was given the set of pewter cups in appreciation of his contributions to the Board. The Rev. Richard S. Hasty has been president of the Board.

Last week's WH carried a list of employees who successfully completed a recent BLS course. These names were inadvertently omitted: Elizabeth Kean, Penny Paris, Karen Fletcher and Mary Bowne.

Nursing to show film, 'The Detour'

The Department of Nursing will present "The Detour," a 13 minute film, Thursday, Feb. 22, from 7:45 to 8:15 am, Classroom 2; and from 3:45 to 4:15 pm, Classroom 3.

By means of a subjective camera, the viewer is able to see through the eyes of an old dying woman. The viewer sees the world from her hospital bed to feel her unspoken reactions to the parade of hospital personnel who try to keep her alive.

All interested employees are welcome.

marketplace

FOR SALE: Cast iron 26" Franklin fireplace, w/boot, damper, screen and steak grill. Ex. cond., used 2 winters, \$125. Call 797-2211 eves. & weekends.

FOR SALE: Kenmore microwave oven, larger size, touch control, used very little, \$250. Tires, two 8.75 x 16.5 6-ply, used one year, \$30. Call 799-8895.

WANTED TO RENT: 1 bdrm. apt., MMC area. 775-0567, after 5 pm.

FOR SALE: 1974 Audi 100 LS, silver gray, 53,000 mi., new auto trans. new exhaust, new tires, \$1800. 774-9245 after 6 pm.

FOR RENT: 4 or 5 bdrm., development-type house, LR, DR, kitchen, 1½ baths, fireplace, playrm. Near Deering H.S. Bus available. 773-3456 between 6 and 11 pm.

FOR SALE: Sony multi-band radio, AM/FM/SW & police. Orig. \$260, ex. cond. for \$160, or best offer. 797-9498 after 6 pm.

HOUSE FOR SALE: Cape Eliz. Replica of N.Y. World's Fair house. Luxury ranch w/ skylights, central A-C, custom kitchen, full DR, 1st floor family room, LR w/fireplace, basement gameroom, 3 bdrms., 2 full baths and much more. Call 799-8355.

QUALITY PAINTING and handyman services. Reasonable prices. 772-6223 or 775-2086.

FOR SALE: Snowshoes, Kabir Kovba brand. Alaskan 10 x 60, \$50, Bear Paw 10 x 36, \$40, Huron Trapper 16 x 42, \$35. Faber brand, Bear Paw 12 x 26, \$30. 688-2220 evenings.

HOUSEMATE WANTED: For home in Cape Elizabeth, pleasant, simple, quiet house, inc. friendship w/sheepdog. \$100 mo. & util. Until July or longer. 799-4462.

FOR SALE: 1974 Datsun pickup w/body cap, rebuilt carburator, new gas tank. High mileage w/a little rust, but runs very well. Uses little gas. Contact Bob Miller, Security, days, or Owen Nichols, 998-4635 after 6 pm.

FOR SALE: 1973 International truck, ½ ton, 3 sp., power steering, AM/FM, runs good. New sticker, \$1700 firm. Contact Michele, PR, or at 799-3651 after 6.

WANTED: Good home for 4 mo. old female Great Dane. Call Mr. Norris, Engineering, or 799-5223.

FOR SALE: 2 uniform tops, sizes lg. and extra lg. Colored. 2 uniform dresses, sizes 16 & 18. Reasonable. Contact Jean, Anes., or call 727-3016.

FEMALE ROOMMATE WANTED: For Apt. within walking distance of MMC. \$140 mo. Needed by March 1. See Sue on R4.

CARPOOL WANTED: Interested in carpooling days 7-3:30 from Freeport to MMC, 2-3 days per week. Call Charlie evenings at 865-4023.

ROOMMATE WANTED: To share 4 bdrm. house near MMC w/2 working women. \$160 mo., inc. all util., washer/dryer. 774-7470.

WANTED: New RN employee looking for apt. or rm. to rent. Pref. 1 mi. of MMC, or in So. Portland area. Contact Anita Jordan, 767-3492, evenings.

FOR RENT: Unfurn. Deering Ave. apt., pleasant 3 rms. & bath. Stove, refrig. Heated. \$195. Adults. 772-8530.

FOR SALE: Skis, boot & poles. All for \$100. Contact Craig, Personnel, or at 772-2465.

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

Director of Public Relations

Joseph H. Cobb

Editor

Marjorie W. Harris

Editorial Assistant

Michele V. Carpentier

Contributors to this issue:

George A. Drew, Print Shop

Henry J. Guidod, Jr., Print Shop

David R. Higgins, A/V Resources

Judy MacKenzie, A/V Resources

Charlotte Hurd, A/V Resources

FOR RENT: 6 rm. apt., Grant St., \$160 mo. & sec. dep. 772-1705.

WILL DO: Babysitting in my home. Portland area, weekdays. Can give references. 774-9370.

FOR SALE: Homemade Winnie-the-Poohs, Clowns and Raggedy Ann and Andy dolls. Made to order. Contact Lynn, Outpatient records.

FOR SALE: Delco AM radio from 1978 GMC truck, new in April. \$25. Contact Dick Drew, Pharmacy.

FOR SALE: '48 Chevy pickup, runs, inspected, body needs some work. Also '69 Plymouth, 4 dr., minor surface rust but good body, new sticker. 772-4832.

career planning

U.S.M. — "Ethical Issues for the Health Care Professional" — tuition: \$55.00. Eight Thursday evenings beginning March 6 to April 26, 1979 at 7:00 to 9:00 p.m. Room 502, Luther Bonney Hall. Portland Campus. For more information call 780-4040.

SMVTI — "Basic Arrhythmia Recognition" (Adult Education) Monday and Wednesday, 6:30 — 9:30 p.m. Beginning March 5 to April 9, 1979. Tuition: \$40.00.

SMVTI — "Mental Health Concepts for the Health Care Worker" (Adult Education) Wednesdays, 6:30 — 9:30 p.m. March 7 to April 4, 1979.

For further information on SMVTI Adult Education Division courses call 799-7303.

what's happening
Maine Medical Center
Portland, Maine 04102

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