

# what's happening

Maine Medical Center  
Portland, Maine 04102

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## *Volunteers cited for work in storms*

President Andrews sent a special word of thanks last week to MMC Volunteers who helped during the recent storm emergencies.

He said Volunteer Director Elsie Reed reported that a total of 196 MMC Volunteers worked a total of 1,600 hours during the storms, providing extra help for 34 hospital departments.

"Their help was invaluable," President Andrews said, "and it is deeply appreciated."

## **Administration lists new storm policy**

MMC Administrators announced a new storm policy last week in the wake of two major snow, sleet and rain falls that hampered the entire community. The changes will generally insure that quality of patient care remains high during weather emergencies.

Principal change is that the institution will not "close down." Employees will be excused at the discretion of department heads and supervisors, and such decisions will not be based on City Hall's "storm alert" situation. The City's alert system is a device by which the Public Works Department notifies motorists that streets must be cleared for plowing...it has little to do with hospital employees, most of whom leave their cars in one or another of the hospital parking facilities, not on the streets.

Another change: MMC vehicles will not be used to pick up and deliver employees as long as city buses are running. This ties up the four-wheel drives and other units that could be needed in life-

**STORM POLICY**, page 2



GORDON GILES and Betty Bamforth, RN, look over the "miracle" that has made medical history at MMC and made Giles a very happy man. (A/V Photo)

## ***MMC surgeons re-implant lobsterman's right hand, severed by shotgun blast***

An East Boothbay lobsterman and shipyard worker was discharged from MMC last week, 19 days after surgeons re-implanted his right hand, severed by a shotgun blast in a hunting accident.

The surgery was the first of its type in Maine, although similar procedures have been done in Boston and Montreal hospitals.

MMC doctors say Gordon M. Giles, 36, is expected to have what they call "a useful hand, with good but not normal" movement and sensation. Giles underwent more than eight and a half hours of

surgery Jan. 13 - 14 during which his hand and wrist, connected to the forearm by a "skin bridge," was rejoined. The surgery involved the re-connection of 27 ten-

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## **STORM POLICY,** from page 1

threatening emergencies. MMC vehicles will only be used within the ten mile radius of MMC, and for essential personnel.

At the height of the first storm, early this month, MMC's outside telephone circuits were jammed by hundreds of calls to and from the hospital. The situation was such that emergency calls—from physicians, patients and other hospitals—could not get through. The administration requests that employee use of outside lines during serious storms be kept to an absolute minimum.

## ***MMC pay policy for storms or disasters***

During a storm that creates a recognized safety hazard for employees driving to and from MMC, and when public transportation is not available, the following criteria will apply:

1. Employees who are unavoidably late due to traffic tie-ups, impassable roads or parking problems at MMC, will be paid for eight hours of work.
2. Employees who unable to get to MMC and who live outside the 10-mile radius allowed for pick-up by MMC vehicles, will not be paid.
3. Employees who are late because of delayed pick-up by MMC vehicles will be paid for eight hours of work.
4. Nursing personnel who arrive before the start of a scheduled shift and who begin work early at the request of the Head Nurse or Charge Nurse will be paid for all hours worked.
5. Nursing personnel who arrive early, but are not scheduled to work until the start of the shift, will be paid only for the scheduled hours.
6. Employees who are sent home during a storm by the department head or immediate supervisor will be paid for eight hours of work.
7. Employees who leave work early because of convenience to spouses and/or other family members will be paid for worked hours only.

## **HAND,** from page 1

dons, two arteries, two veins and the bones themselves.

Although MMC surgical teams have replaced severed fingers, this is the first time they have attempted an entire hand.

Doctors said the patient will require further reconstructive surgery and much exercise therapy before the hand reaches

its maximum recovery.

Giles told a remarkable story. He said he had been rabbit hunting in a snow storm on Saturday, Jan. 13, near Little River in East Boothbay. About 1:30 pm, he said, he came to a sharp rise—he called it "a banking,"—and he climbed it, using small trees as handholds. Somehow his 12-gauge shotgun fell from his grasp, he said, and discharged when the butt struck something. The charge nearly severed his right hand from the arm.

Giles said he was able to hold his damaged hand and arm together, and managed to re-trace his own tracks in the snow about a mile, back to the spot where he'd left his truck. He then drove, one-handed, another half-mile to a highway, where he flagged a motorist. Giles waited while the other driver went to a telephone and called the Boothbay rescue unit.

Giles was taken to St. Andrews Hospital in Boothbay Harbor, where doctors arranged for him to be rushed to Portland. Circulation was being restored to the severed hand at MMC within six hours after the accident. Another few minutes, the doctors said, and the revascularization would have been impossible.

## **Admitting not 'R&R' area, reminds Pratt**

If you need a place to sit during your afternoon break, please don't use the Admitting Lobby, asks MMC's Director of Patient Accounts Robert Pratt.

Pratt says that a large number of the day's admissions take place between 12:30 and 4 pm, usually filling the lobby to capacity. When employees use the area as a lounge, it creates confusion and often means that people being admitted will have to stand, he says.

## ***Laffin appointed ASU head nurse***

Norma Laffin, RN, former staff nurse on MMC's Ambulatory Surgical Unit, has been promoted to head nurse for the unit. The appointment was announced last week by Assistant Director of Nursing for Ambulatory Care Eleanore Irish, RN.

Miss Laffin spent two years as a nurse on ASU, and before that held positions in Utilization Review, Outpatient department and on R1. She is a graduate of the University of Maine School of Nursing.



**THESE HUNDRED-YEAR OLD** windows in MMC's 4th floor Anesthesia department felt the effects of modernization last week. Carpenters tore out the wooden sashes and cathedral-shaped glass, installing conventional rectangular frames and insulated Thermopanes. And so goes the glory of another era at MMC...

(A/V Photo)



## A chilling experience

# Besides snow and ice, there are other problems facing the winter jogger

You softies may skip this article.

This is for the brave, hardy, maybe masochistic souls who, by choice, venture out into the Maine winter world on a regular basis exclusively to run.

There are some things you should know.

First of all, says Pulmonary Medicine Research Fellow Earl Robinson, MD, don't begin a jogging regime outside in the winter. Better to start under more favorable weather conditions. Then, when winter rolls around, if you wish to continue running outside, you'll know better how your body responds to vigorous exercise, and the adjustment to cold weather will be easier.

"Running in the winter creates a much greater stress on cardiovascular and pulmonary functions," says Dr. Robinson. "Before air reaches your lungs, it must be warmed to body temperature and humidified to 100 percent. When it's very cold, it's that much harder on mucous membranes, and it tends to dry out your mouth and nose. I'd suggest wearing a scarf in front of your face—that way, the air is warmer, and you re-breathe a lot of exhaled moisture."

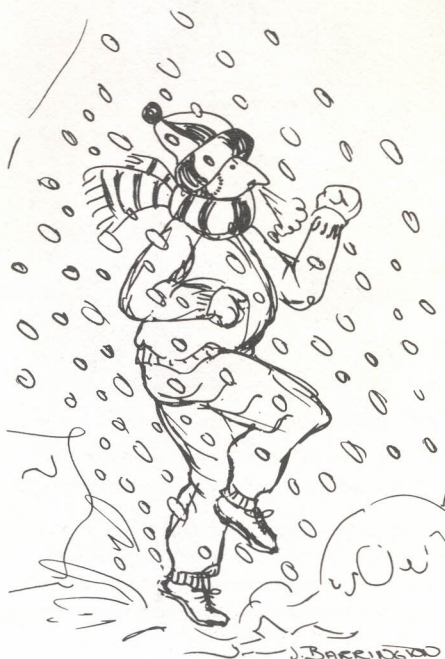
Then there's the question of how much to wear.

"Remember," says Dr. Robinson, "that whenever you run or exercise, your body produces heat, and your temperature rises. You lose a lot of fluid, both through breathing and perspiration. You may not feel like you're sweating in colder weather, because it evaporates more quickly."

To avoid soaking your clothing, he says, you should wear several layers of porous material. The idea is to peel off layers before they wet through...because that's what makes you cold. Wool is great for outdoor exercise—it keeps you warm even when wet. But be sure to wear thin layers, to let moisture out and keep warmth in.

One area to keep covered is the head, since uncovered, 80 percent of the body's heat loss can be through the head, Dr. Robinson said. Also you tend to feel warmer when hands and wrists are covered.

Other pointers: warm up first. "Don't just go out and start running," says Dr.



Robinson. "Exercise inside for five to seven minutes to get your pulse up, get your circulation going."

Wear good shoes. If you don't you're asking for trouble. The winter jogger is just as prone to shin splints, sprains, aches and pains as the fair-weather jogger. And then there are the potential hazards unique to winter: slipping on snow and ice, and being hit by sliding cars. If the sidewalks are obstructed by snow, you're going to have to run in the road. BE CAREFUL.

"There are alternatives to running outdoors," Dr. Robinson said. "The University of Southern Maine's LIFELINE program is one, and many local high school gyms will permit the use of their facilities during off-hours. So you needn't run outside unless you really want to."

## Coming...EAC events

The Employees' Activity Committee members are on the move again and here's some of the events planned for the next couple of months:

There'll be a Valentine's Day Food Sale in the Admitting lobby Wednesday, Feb. 14. It will start at 7:30 am and last until the food is gone. The EAC cookbooks—with more than 300 favorite recipes from employees, staff members, volunteers and friends of MMC—will be on sale at \$3 each. A perfect Valentine gift!

The sixth annual Arts & Crafts exhibit is slated for Thursday, March 15, in the Admitting lobby. Tom Linehan is heading this up, so if you want to be among the exhibitors, speak to Tom about a space reservation.

There'll be an EAC bus trip to the Flower Show on Saturday, March 24. Round trip tickets for the bus are \$9 and reservations may be made with Bev Cookson, cashier, Food Services.

## about people

Roger C. Lambert, president of Portland Savings Bank, was elected to head the Children's Hospital Board at the group's annual meeting held Jan. 17.

Following the merger of the Children's Hospital, the Maine Eye and Ear Infirmary and the Maine General Hospital to form the Maine Medical Center in 1956, the Children's Board retained their identity and continue to meet regularly and to take an active interest in the care of pediatric patients at MMC.

Outpatient Department Manager J. Philip Nelson recently became a graduate of the University of Southern Maine. By taking only night courses, he received his Bachelor of Science degree in Industrial Technology.

## MMC hoopsters down varsity college team

by Mike Bridges, Patient Accounts

MMC's basketball program expanded January 22 when a group of MMC basketball players played Glencove College of Rockland in an independent league game. The outcome: MMC scored the first 12 points of the game and never looked back, winning an 89-61 contest.

The winners were led by a balanced attack. Pete DiFiore had 21 points, David Towle 14, Mark Flaherty 13, Don Nielson 11 and Robbie Haynes 10. Don Forbes, Coach Mike Bridges and Dick Gaudet each chipped in with six points, while Tom Noonan finished out the scoring with two points.

Brig Judy, Glencove's 6'5" center, paced the losers with 20 points.

Plans are in the works to enter MMC in the independent college league next season. The basketball team must return a game to Glencove February 16 at 7 pm at Glencove.





**FEB. 9 IS THE DEADLINE FOR TICKETS** for the Credit Union Annual Meeting. Committee members Peggy Cooper, Dietary; Natalie Roberts, Housekeeping; and Art Stevenson, Unit Manager, check final arrangements for the Feb. 17 meeting. (A/V Photo)

## you should know...

**THAT** the Casco Bay Power Squadron, a unit of the U.S. Power Squadrons, is presenting a ten-week Safe Boating course to be held at the Thornton Heights Methodist Church, Westbrook St., South Portland.

The course begins Tuesday, Feb. 13 at 7:30 pm. Included in the instruction will be Boat Handling, Seamanship, Piloting, Rules of the Road, Compass and Chart Familiarization, Running Lights and Equipment, and Trailer Boating.

The charge for the course will be \$10 to cover the cost of the facilities and course material.

Pre-registration is not necessary.

## marketplace

**FOR SALE:** 1973 Cutlass Supreme, 1 owner. A/C, PB, PS, 41,000 mi. Mint cond. 799-6626.

**WANTED:** Electric blender, electric broom, good cond. Call Marie, 772-8479.

**FOR SALE:** By owner, lg. custom ranch in ex. Cape Elizabeth location. 3 bdrms., 2 full baths, 1st floor family rm., basement game rm., central A/C, oversized 2 car garage & much more. Ex. cond. Low 80's. 799-8355.

**FOR SALE:** Metalbestos chimney flue, 6". Call 839-3239.

**FOR RENT:** Redecorated 1st floor apt., 5 rms., 2 bdrms., 1 bath. Parking. Located in Westgate area. On busline. Handy to shopping center. Ideal for 2 sharing expenses. \$200 mo. & util. Sec. dep. By appt. only. 774-8306.

**FOR SALE:** 1977 Vega Hatchback, 2 dr., standard. 283-3497 after 5 pm.

**FOR SALE:** 1978 E-150 Ford van, 6 cyl., A.T. PB, converted interior. Rusty Jones, rust-proofed. AM/FM 8 track, 4 snow tires. Ex. cond. \$5600. 772-7696.

**ROOMMATE WANTED:** To share 2 bdrm. unfurnished apt. at 14 Munjoy St., Portland. \$175 mo. & util. & heat. Contact Roger Roy, Dietary.

**FOR SALE:** AKC Yorkshire terriers, shots, 3½ mo. old. 772-1335.

## 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.

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**FOR SALE:** Jotul G combination woodstove & fireplace. Heats several rms. 2 yrs. old, ex. cond. Best offer. 772-0890 eves. & weekends.

**FOR SALE:** 1973 Plymouth Satellite Sebring. Good cond. PS, PB, A/C, AM/FM stereo, new radials. \$1000. 799-5459 after 5 pm.

**FOR SALE:** 3-bdrm. ranch in Scarborough with 3-car garage on 2 acres. Family rm. w/fireplace in basement. High 40's. 883-3168.

## Used merchandise sale to be held this month

A used-merchandise sale—similar to one which took place in October—will be held again in the old storeroom Wednesday, Feb. 14 through Wednesday, Feb. 21.

Items featured include beds, chairs, desks, tables, typewriters, adding machines and lamps.

To give everyone a chance to purchase each item, employees will be asked to fill out tickets (available at the old storeroom entrance) for the items they wish to buy. If there is only one of a particular item, bids will be accepted with the tickets. These must be submitted to Heidi Luce, Materials Management, by 12:00 noon, Feb. 28. Tickets will be randomly selected, and employees whose tickets are chosen will be contacted by Wednesday, March 7. All items must be picked up at the storeroom by March 14.

Display hours at the storeroom will be 8:30 to 5 pm, and from 10 to 11 pm. For more information, call 2984.

An itemized list will appear in the next issue of **WHAT'S HAPPENING**.

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