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Take One

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Take one: March 1988

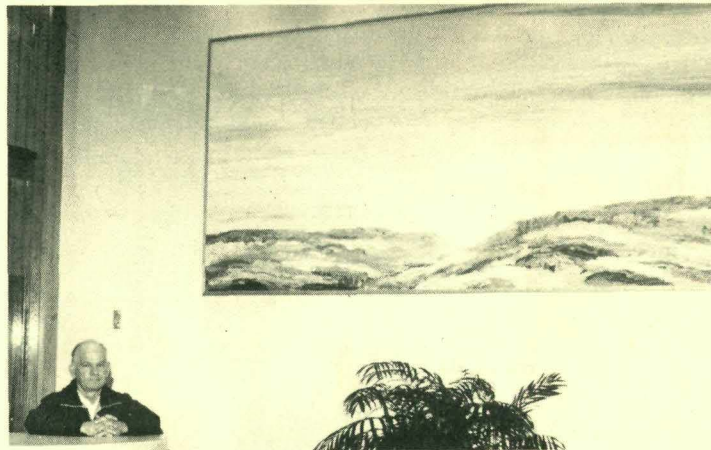
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take one

a publication for the people of the University Hospital



By the sea— Security officer Richard Sicard stands near the pastel-colored seascape, entitled "Heaven on Earth; Cape Cod," which hangs in the Doctors Office Building Lobby. The painting is by David Kupferman, whose late father, a former painter and teacher at the Massachusetts College of Art, had been a patient at the Hospital. (Photo by David Keough)

The University Hospital to serve as host site for April 22 video teleconference on aging

The University Hospital will be the Boston host site for a national teleconference entitled "Aging in America: Dignity or Despair?" that will be aired live on Friday, April 22, from 1 to 4 p.m. in the Keefer Auditorium. Viewing of the program will be enhanced by the Auditorium's new large-screen video projection system.

R. Knight Steel, M.D., chief of UH's Section of Geriatric Medicine and director of the Home Medical Service, is among the panel of 18 experts who will discuss a variety of topics related to the current and future well-being of senior citizens in this country.

The panelists will address a broad range of medical, social, financial and family issues, including funding for home care of the elderly, continuity of care, the physical and emotional stresses experienced by care-givers, and the needs of an aging workforce and expanding retiree population.

ABC-TV newsman Ted Koppel will serve as the moderator for the program, which is co-sponsored at UH by the Section of Geriatrics and the Office of Training and Development. Attendance at "Aging in America: Dignity or Despair?" is free to all members of the Medical Center community. For those who cannot attend the live conference, the program will be videotaped and made available to staff.

Continuing education credits for physicians, nurses, social workers and health-care executives will be offered for the program. For further information, or to register for the conference, call Training and Development at x8576.

Weight Watchers classes to be offered at Boston University Medical Center

The Weight Watchers Quick-Loss Program again will be offered to Medical Center employees beginning Wednesday, April 6, from noon to 1 p.m. The class, which costs \$82 for a 10-week session, will be held in Room 1403 of the Instructional Building. For further information, call x8030.

Fenway Community Health Center sponsors conference on women and AIDS

The Fenway Community Health Center will hold its second conference on women and AIDS on Saturday, April 9, from 8:30 a.m. to 5:30 p.m. at Suffolk University, located at 55 Temple Street. The conference, which is entitled "Our Communities Respond," will address the growing problem of HIV infection among women. The conference will feature workshop sessions and roundtable discussions. For further information, contact the Health Center at 267-1538 or 267-3422.

Ready, set, shoot—Huntington's Disease Hoopathon to be held April 28-29

The ninth annual 24-hour "Hoopathon for Huntington's Disease" will be held this year from 8 a.m. on April 28 to 8 a.m. on April 29 in the Solomon Carter Fuller Mental Health Center's gymnasium.

The Hoopathon, which is sponsored by the Massachusetts Chapter of the Huntington's Disease Society of America at Boston University Medical Center to raise funds for research on Huntington's disease, raised \$22,000 last year.

Volunteers are needed to shoot baskets, retrieve balls or to provide assistance in running the event, according to May Long, executive director of the Massachusetts Chapter of the Society. Medical Center faculty, staff and students are encouraged to participate by shooting baskets (either individually or in four-person teams), or by sponsoring a shooter or a team.

Hoopathon prizes include a weekend trip for two to Montreal for the shooter who raises the most money; an autographed Celtics basketball for the shooter who sinks the most baskets from the free-throw line in 15 minutes; a \$150 gift certificate to Zayre for each member of the highest-scoring team; and a drawing for gift certificates for dinner at Rebecca's, Saint Cloud or the Museum of Fine Arts. All participants will receive free tee-shirts. For more information about the Hoopathon, please call May Long at x8333.

Human Resources offers discounts on City Books, Museum of Science passes

The spring issue of the "City Book," which features discounts to various Boston attractions, restaurants and activities, is available to employees through the Human Resources Department for \$1.

The Department also is offering discounted passes to Boston's Museum of Science for \$1 per person (the regular price is \$5 for adults and \$3 for children). Passes are limited to two per person. The "City Books" and Museum passes can be obtained at Human Resources in Talbot 1.

Take One is published for the employees of The University Hospital every second Friday by the Office of Publication Services, Boston University Medical Center. For copy submission or information, please contact Erica Saperstein, editor; or Owen J. McNamara, director, Office of Publication Services, DOB-600, x8482.





Tying one on— Staff members of the Hospital's Computer Center recently held their Sixth Annual Tie Swap, during which a record number of ties (62) changed hands. Pete Gouger (second from right), a systems analyst in the department, was recognized for his more than nine years at UH with a wall hanging made of—what else?—ties. Gouger will retire at the end of March. (Photo by Lucy Milne)

Employee Health Service to sponsor wellness programs for Medical Center employees

The Medical Center's Employee Health Service will hold three wellness programs for employees in the coming months: a seven-week smoking cessation program that will begin on April 12; a two-day cholesterol screening program that will be held in May; and a two-day blood pressure screening that will be offered in June.

The upcoming "Freedom From Smoking" program is being sponsored in conjunction with the American Lung Association and the Respiratory Care Department at UH. Sessions will be held on Tuesdays from noon to 1 p.m. in rooms 301 and 303 of the School of Medicine's Instructional Building. Employees are eligible to attend this program for a reduced rate of \$35. For further details, call x8400.

Brown-Bag Lunch to focus on conflict

March's Supervisors' Brown-Bag Luncheon will focus on "Raising Conflict Issues." The program will be held on Tuesday, March 22, from noon to 1 p.m. in the Shapiro Conference Room.

According to Training Manager Lynn Gaertner, participants will view a short videotape, discuss a case study on conflict and practice raising a difficult issue for discussion. All supervisors are welcome to the lunch, and registration is not necessary. Please call x8576 for information.

Child Care Project update— two weeks left to buy raffle tickets

Only two weeks are left in which to purchase raffle tickets to support the Hospital's Child Care Project, which is working toward establishing an on-site day-care center at UH. Prizes for the drawing, which will be held on Thursday, March 31, include a VCR, a color television set and a microwave oven. Tickets are on sale for \$1 each, or six tickets for \$5. For information, call Eunice Johnson at x7177.

The goal of establishing a day-care center is one aspect of the Hospital's increasing emphasis on providing child-care opportunities for UH employees. One source for child-care information and assistance is the Hospital's Child Care Resource and Referral Office. Since the Office was established last June, more than 50 employees have taken advantage of its child-care search service.

Some employees, explains Child Care Coordinator Peggy Kociubes, come to her for basic information on finding child care: What is available? What is affordable? How do I know if the care is of high quality? Other employees, she notes, need assistance in finding child care near their homes, or near the Hospital.

Bridging a gap

"Often, I continue to work with parents after child-care placement," notes Kociubes. "Issues come up for parents even though they have found child care with which they are comfortable. Sometimes there can be problems with communication, with expectations or with values. Part of my mission is to bridge the gap between parents and child-care providers."

To help parents to learn about child-care and parenting issues, the Office has developed a library that features a variety of books and magazines that can help them to improve or to learn new parenting skills. The library also features a videotape entitled "How to Find and Evaluate High-Quality Child Care," which is accompanied by worksheets that can be used by employees and their spouses.

The Office also has sponsored several lunch-time parenting seminars on such topics as child care, stress, personal time management, and communicating effectively in families. Further support for employees has been provided by the Office's free *Parent to Parent* newsletter, which offers information on managing work and family, lists available classes on child-care issues, and features a classified ads section for selling/buying used baby furniture, clothing, books, etc.

According to Kociubes, nearly 200 employees thus far have utilized the resources of the Child Care Resource and Referral Office in some way. The Office, which is open Monday, Wednesday and Thursday from 9 a.m. to 2 p.m., is located in Talbot 205. To find out more about available services, please call x8584.

April Luncheon Lecture

Next month's Friday Luncheon Lecture, entitled "When You Need a Lawyer," will be held on Friday, April 1, from noon to 1 p.m. in Talbot 206. The speaker will be Steve Ballin of Ballin and Levine of Boston, who will discuss how to determine if you need a lawyer, how to find the right lawyer for your needs, and the costs and procedures you can expect. Call Training Coordinator Marcia Lowry at x8576 for information.

Classified

Roommate wanted— for two-bedroom apartment in Oak Square, Brighton (first floor of a two-family house). Washer/dryer, dishwasher/disposal, ample on-street parking. Available May 1. Rent is \$330 per month, plus utilities. Call Denise at x4876.

Condo for sale— South Boston. Spacious, one-bedroom, bi-level unit. Central A/C, modern eat-in kitchen with dishwasher/disposal, living room with deck, 1 1/2 baths, wall-to-wall carpeting. Minutes to BUMC; price is \$145,000. Call Susan, x6681, between 7 a.m. and 3:30 p.m.

Live-in personal-care attendant— needed for 22-year-old, physically handicapped man in Quincy, starting April 5. Former artist-musician, Boston University graduate, Fulbright Award recipient. Presently in a wheelchair, will soon begin outpatient therapy at a nearby hospital. Modern apartment with swimming pool, tennis court, near the Red Line. Private room and board, salary negotiable. Preference given to non-smokers, classical-music listeners and experienced attendants (or someone who is goal oriented toward health care). Call Maura at 739-1902.