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Take One

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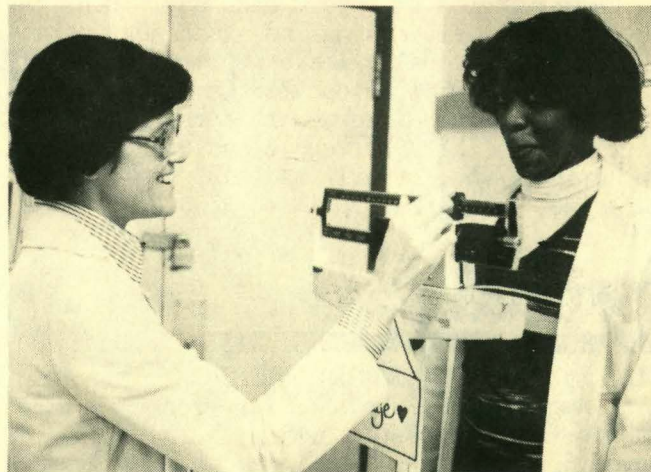
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take one

a publication for the people of University Hospital



WEIGHT-WATCHING--Mattie Terry, M.S., R.D., looks a bit apprehensive as Chief Dietician Sally Logan adjusts physicians' scales placed outside F-1 cafeteria for Nutrition Week. See story inside.

short takes

28.4 GRAMS OF PREVENTION BEING WORTH .5 KILOGRAMS OF CURE, YOU SHOULD GET READY

The metric system is inching into our lives--or, as the attuned might say, it's approaching 25.4 millimeters by 25.4 millimeters.

The UH ad hoc committee on metrication, chaired by Herbert Klein, administrator for plant services, is working to determine the amount of conversion that will be necessary for all UH departments to operate on the metric system.

The committee is asking department heads and administrators to prepare an inventory of common office procedures that require the use of measurement and submit a list to the committee by March 15. For example, the committee wants to know if a department often orders paper stock at 8½ x 11 inches, which in the future will be ordered as 21.94 centimeter stock. After receiving the lists, the committee will be aware of the problems it will encounter as the conversion proceeds.

Full metric conversion is not imminent, although many industries already indicate weights in both the metric and English systems, just as some highways note distances in speed in both measures.

MBTA PASSES FOR APRIL READY FOR UH COMMUTERS

The MBTA Pass Program, which offers several advantages for daily commuters, will begin for UH employees on April 1.

Employees who applied for the passes by Tuesday, March 7, should pick them up and pay for them at the B-4 cashier's office between 8 a.m. and 4:30 p.m. on the last four business days of this month, March 28 to March 31. Employees who apply for the passes after March 7 will be applying for the month of May. After the passes have been applied for, they will be provided each month by the MBTA as long as they are regularly picked up and paid for on the last four days of each month.

John E. Landers, Jr., director of Employee Relations, said that the pass program allows

riders to avoid the daily scramble for change, provides discounts at various recreational activities around the city of Boston, and makes riding the MBTA system less expensive the more it is used.

CITY DEVELOPS \$10-MILLION PLAN FOR 2 NEW STREETS IN SOUTH END

The Boston Redevelopment Authority is currently working on a \$10,000,000 plan that includes construction of an arterial street and a crosstown street to ease South End traffic.

Plans call for the arterial street to run parallel to Columbus avenue, and will possibly include parts of Columbus avenue or Tremont street. At Jackson Square the planned street runs to the Roxbury Crossing area, where it connects with the crosstown street. The crosstown street then continues parallel to Ruggles street, eventually connecting with the Southeast Expressway at Massachusetts avenue.

The new streets will decrease traffic on Columbus avenue and Tremont street and will permit the consolidation of Sterling, Windsor, Weston, Madison, Reading, Island and Southampton streets. Ruggles street will be closed as a through street.

FILM ON RESPIRATORY THERAPY SHOT AT UH TO BE SHOWN

A 15-minute film documentary shot at UH involving a team of Respiratory Therapy staff members will be shown at the Keefer Auditorium on Thursday, March 16, every hour from 10 a.m. to 6 p.m. The documentary depicts how one patient, with the assistance of UH Respiratory Therapy personnel, was able to make the transition from hospitalization to home environment, maintaining his independence and self-esteem although disabled by his disease. According to Sherill Salisbury, technical director of Respiratory Therapy, "The film demonstrates how a well-developed, supervised home-care program can be an alternative to chronic-care placement."



Take one is published for the employees of University Hospital every second Thursday by the Office of Informational Services, Boston University Medical Center. For copy submission or information, please contact Owen J. McNamara, publications manager, P-300, x5606.

short takes

NATIONAL NUTRITION WEEK PUTS STRESS ON YEAR-ROUND AWARENESS

A flurry of posters and a festival of films about food and diet brought home the point Monday that National Nutrition Week is upon us. But UH dieticians who are behind the five-day information blitz say that their real aim is to make nutrition awareness a year-round concern for the entire Hospital staff.

Sally Logan, M.S., R.D., chief dietician, and Mattie Terry, M.S., R.D., educational coordinator, are taking a number of steps to get across their message of the importance of good nutrition to good health. Slick posters from such organizations as the National Dairy Council and signs created by students working with the dietary staff point up a variety of relationships between nutrition and health. One, for example, shows that of the ten leading causes of death, six are related to diet. Another contrasts the various food choices available in the cafeteria by calorie count. Physicians' scales are discreetly placed in a room adjacent to the cafeteria for those who wish to weigh themselves in privacy before making their luncheon choices. At a table inside the cafeteria, a tray of ersatz food making up a sample meal sits on a table, challenging UH staff members to estimate the number of calories it represents; those who correctly compute the count win a free lunch.

Films on nutrition assessment and support that were supplied to the Hospital by two supply firms were shown Tuesday and Thursday in the D-8 Amphitheatre and E-410.

Logan said that a bibliography of the best nutrition texts would be made available to all house officers and medical students by week's end.

Logan made the point that the Hospital has registered dieticians in a variety of departments. Logan and Terry, along with Jill Emery, R.D., Chris O'Hare, M.S., R.D., and Lillian Licwinko, R.D., make up the clinical dietetics group. D. Patricia Harney, M.S., R.D., and Sara Blackburn, M.S., R.D., are with the clinical nutrition unit. Helen

Rasmussen, M.S., R.D., works in the metabolic unit, while Alice White, M.S., R.D., covers the Evans Medical Clinic. Harney is assigned to the dialysis unit, as well as clinical nutrition.

DIETARY GUIDELINES SUGGESTED AFTER MAJOR STUDY BY SENATE

The U.S. Senate's select committee on nutrition and human needs, following a study of American eating habits and numerous hearings, last year endorsed dietary goals that serve as a practical guide to better food choices and eating habits. The guidelines suggest the following changes in food selection and preparation:

- Increase consumption of fruits, vegetables and whole grains;
- Decrease consumption of meat; increase consumption of poultry and fish;
- Decrease consumption of foods high in fat, and partially substitute polyunsaturated fat for saturated fat;
- Substitute nonfat milk for whole milk;
- Decrease consumption of butterfat, eggs and other high cholesterol sources;
- Decrease consumption of sugar and foods high in sugar content;
- Decrease consumption of salt and foods high in salt content.

SECURITY'S STEDMAN, NO POLLYANNA, HAS HIS OPTIMISM DOCUMENTED

With the approach of spring and such associated blessings as lush grass, warm sun and lilac blooms, it becomes easier each day to believe in the perfectibility of man. And, in the wake of a nasty winter and no end of even nastier news items, UH Security Director Edwin Stedman comes forward to assert that mankind and womankind indeed are showing a certain benevolence.

To support this cheering trend, Stedman cites three events in the DOB within the past week:

--An employee cashed her paycheck, put the cash in her wallet, and then misplaced the wallet. It was found by the UH housekeeping staff and returned to her;

--A radiology patient lost his wallet when he was getting out of his car in the DOB garage. The

wallet was found by Security personnel and returned;

--A UH physician left his attache case in the Lemon Tree coffee shop. It was picked up shortly thereafter by a Lemon Tree worker and turned over to the Security Department, which returned it.

IMMUNIZATION AGAINST PNEUMONIA AVAILABLE AT EMPLOYEE HEALTH SERVICE

Immunization against pneumococcal pneumonia is being offered at the Employee Health Service, H-1, from 8 a.m. to 4 p.m. weekdays. The cost for immunization is \$5.

Health Service Director Constance C. Cornog, M.D., says that immunization is particularly important for people over 60 years of age and for those with chronic diseases, diabetes, emphysema, chronic bronchitis, chronic renal or heart problems or metabolic disorders.

BLUEBIRD NOTES

The Benefits Q&A column in the Feb. 23 issue of Take One, discussing the Credit Union, said that the Medical Center's Bluebird returns from Charles River Campus at 1 p.m. each day. Paul Marcin, UH Plant Services business manager, points out that the bus actually leaves "promptly at 12:45" from the Credit Union, 718 Commonwealth Ave.

Marcin also told Take One that there is now bus service from Lot C between 6 and 6:30 p.m. The bus driver, who formerly had his evening meal at that time, now dines from 8 to 8:30 p.m.

classified

QUINCY SUMMER SUBLET

May 1 -- August 31. Furnished five-room apartment in a three-family house. Parking, MBTA, \$205./mo. Call evenings 472-6515.

AIR CONDITIONERS FOR SALE

Carrier-8,500 BTUs, \$175. and an Emerson Quiet Cool-15,000 BTUs, \$225. Used three seasons. Call evenings 472-3963.