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take one

a publication for the people of University Hospital



'LESS IS BEST' --Registered Dietitian Claire Donovan explains the health advantages of a low sodium diet to UH patient Joan Downey. March is National Nutrition Month. See story inside.

need to know

MEDICAL CENTER EXPANDS SHUTTLEBUS SCHEDULE; CONTINUOUS, ALL-DAY SERVICE OFFERED

The Medical Center on Monday, March 14, will launch an expanded shuttlebus service to provide patients, visitors and employees with easier access to the Medical Center from public transportation.

The Medical Center's shuttlebus to Broadway Station, a Red Line MBTA stop, will run continuously from 6:30 a.m. to 6:45 p.m., Monday through Friday. The expanded service begins with the first run from Broadway to UH on March 14. The bus will make four trips per hour, traffic and weather conditions permitting.

From 6:30 a.m. to 9:15 a.m. and from 4 p.m. to 6:45 p.m., the shuttlebus will stop at UH's main entrance on Evans Way, at the School of Graduate Dentistry, at the Talbot Building and across the street from the Broadway Station in front of the Court Square Press Building in South Boston. From 9:15 a.m. to 4 p.m., the bus will stop only in front of the H Building, 70 East Concord St., to avoid congesting traffic on Evans Way and Stoughton Street.

Upon request, the bus will stop at the Dover MBTA Station and at the entrance to Parking Lot C, when the C-Lot shuttlebus is not in operation. C-Lot passengers ride free from the Medical Center to the parking lot entrance.

Although the shuttlebus will not run evenings, weekends and holidays, no UH employee need ever be stranded without transportation to Broadway station at such times: The Hospital has a van and an after-hours escort service provided by UH Security. However, employees should understand that because of limited resources, UH security officers may not be able to respond immediately to requests for an escort. To use the escort service, call x5012.

The current charge for the shuttlebus service--ten tickets for \$2--will not change. Tickets may be purchased at the UH Cashier's

Office in Vose Hall or a cash fare of 25 cents may be paid on the shuttlebus.

The new program will be evaluated based on usage at the end of six months by the BUMC Plant Services Department, and a recommendation will be made to the Medical Center Executive Committee to continue, modify or discontinue the day-long service.

CLINICAL DIETETICS TO SPONSOR CAMPAIGN IN OBSERVANCE OF NATIONAL NUTRITION MONTH

University Hospital's Department of Clinical Dietetics will conduct a week-long nutrition education campaign March 14 to 18 as part of National Nutrition Month.

The theme "Less is Best" will emphasize the importance of reducing the amount of sugar, fat and sodium in the diet. The Department will exhibit throughout the Hospital posters that will list ways of reducing the sugar, fat and sodium content of diets. The displays also will include information about fad diets, how to design your own diet, and tips on how to adapt recipes to a diet.

The displays will be located in the Evans lobby and outside the entrances to the F-1 and School of Medicine cafeterias. A question-and-answer board for employee use will be posted outside the F-1 cafeteria to enable employees to ask Department staff members questions on subjects not addressed in the displays.

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 Nancy Shea, editor; or Owen J. McNamara, director, Office of Informational Services, DOB-600, x5606.



**HOSPITAL OFFERS EMPLOYEES DENTAL PLAN;
ENROLLMENT DEADLINE IS MARCH 4**

The deadline for enrolling in a dental plan that the Hospital is offering to employees is Friday, March 4. Information about the plan was mailed to UH employees on Feb. 18. The Blue Cross/Blue Shield Dental Service of Massachusetts is underwriting the plan; however, if 70 percent of eligible UH employees do not enroll, Blue Cross/Blue Shield reserves the right to withdraw its sponsorship.

The plan pays 100 percent of the cost of such preventive-care measures as oral exams, x-rays and cleanings, and 80 percent of the cost of such basic restorative procedures as fillings, extractions and root canals.

The dental plan is offered to all full-time employees, except members of the New England Health Care Employee Union District 1199 (who have their own health-care plan), co-op students and temporary employees.

All employees, including those who do not wish to enroll, are urged to return the enrollment slip included in the information package by March 4 to the Personnel Department, Talbot 1.

**ORTHOPEDIC SURGERY STAFF
PUBLISHES TWO NEW BOOKS**

Robert E. Leach, M.D., chairman of the Department of Orthopedic Surgery, is a co-editor of a new book, "Controversies in Orthopedic Surgery," published recently by W.B. Saunders and Company. Ted Risenborough, M.D., of Children's Hospital Medical Center, Boston, and Frank Hoagland, M.D., of the University of California at San Francisco, collaborated with Leach on the work.

A second book by members of the Department of Orthopedic Surgery is titled "The Ankle." Leach, Isadore Yablon, M.D., director of research for the Department, and David Segal, M.D., chairman of the Department of Orthopedic Surgery at Boston City Hospital, co-authored the book.

need to know

**KAREN K. DAY, R.N., M.S.N., APPOINTED
NEW NURSING ADMINISTRATOR**

Karen K. Day, R.N., M.S.N., began her duties as nursing administrator at University Hospital on Monday, Feb. 28. She came to UH



Karen K. Day

from the University of California at San Francisco, where she was associate director of the nursing service and an assistant clinical professor at the University's School of Nursing.

Day received her associate degree in applied science in nursing from Delta College School of Nursing, Michigan, in 1972. She went on to obtain her bachelor of science degree in nursing in 1975 from the University of Michigan School of Nursing. In June 1979, she received her master of science degree in nursing from the University of California, San Francisco.

**UH EMPLOYEE FINDS STAY AS PATIENT PLEASANT;
EXTENDS THANKS TO ALL INVOLVED IN HER CARE**

Ellie Keisala, a UH employee for 12 years in Housekeeping and most recently a patient on C-5 and B-6, has asked Take One to help her express her gratitude to everyone who helped to make her stay at UH as pleasant as possible. Keisala was released last weekend after spending three weeks here as a patient.

Keisala said she was overwhelmed by the care she received at UH, especially from the nurses on C-5 and B-6. She also was cheered

by the thoughtfulness of everyone who dropped in to visit.

"These people are terrific; unfortunately, there are far too many to thank individually," she said. "I love them all and I want to work at UH forever."

**VOLUNTEERS NEEDED
FOR UH BENEFIT PREPARATIONS**

Volunteers are needed to address invitations to the Hospital's Gala Benefit Evening. If you can spare some time between 9 a.m. and 4 p.m. on Saturday, March 12, to help members of the Development Office and the Aid Association prepare the more than 1,500 invitations, please call Debbie Heath of the Development Office at x5590 before Thursday, March 10.

Volunteers will meet on Saturday in the Dean's Conference Room, L-102. Volunteers must bring their employee identification badges with them and use the main entrance of the Hospital. Refreshments will be served.

The \$125-a-plate Gala Benefit Evening, to be held April 15 at the Boston Park Plaza Hotel, is an annual fundraising event of the Hospital. All proceeds go to the Hospital's Annual Fund.

classified

Any Medical Center employee may advertise in the Classified Section of Take One free of charge. To submit a classified advertisement, call Nancy Shea, editor, at x5966 or x5606, or send information to the Office of Informational Services, DOB-600.

HOUSE FOR RENT: 2-bdrm. house for rent, Milton. Quiet, resid. neighborhood near park. Finished basement, enclosed porch. \$550/mo., plus. util. Call Gail, 595-6286 (eves.).