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1988-06

Connections: June 1988

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CONNECTIONS

The monthly newspaper of The University Hospital • June 1988



The University Hospital

- Food services at UH: What's on the table now and what's due next fall

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ROAD TO RECOVERY—Staff physical therapist Judy Coates assists patient Thomas Collins during Physical Therapy open house.

- Celebrate: Weeklong festivities honor UH's birthday and employees

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- U-Help Fund's unique way to give patients a lift: a case in point

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The University Hospital
88 East Newton Street
Boston, Massachusetts 02118

UH, city agency launch unique plan for homeless elders

The University Hospital launched an innovative program last month designed to temporarily house a portion of Boston's estimated 300 to 500 homeless elderly. On May 6, UH President J. Scott Abercrombie Jr., M.D., signed a unique agreement with the Boston Housing Authority to lease six or more units of temporary, rent-free housing to homeless elders in ill health. In doing so, UH became the first hospital in the Commonwealth, and perhaps the nation, to provide such housing for the elderly.

The units, located at Washington Manor at 1701 Washington Street in the South End, are available to people 60 years of age and older who have been displaced from their homes and suffer from ill health. Residents can remain

in the units for up to 45 days and extensions of up to 15 days will be granted as needed.

The program is an expansion of the Elders Living at Home (ELAH) program, a nationwide model program in which UH's Home Medical Service (HMS) is involved. Anna Bissonnette, R.N., ELAH director and HMS associate director, said, "The relationship between poverty, homelessness and poor health cannot be exaggerated. I hope this is just the beginning of future attempts to integrate hospitals into the service of frail and homeless elders in the community."

UH's mission

At an afternoon press conference which took place at Washington Manor, Hospital of-

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SURGEONS AT WORK—The long-awaited move into the Hospital's new surgical facilities was accomplished in one weekend.

4-day shift into ORs, other units, completes move into Atrium

The University Hospital's core facility, the Atrium Pavilion, is now fully occupied. The recent move into the building's operating rooms, recovery room, surgical intensive care, cardiothoracic and progressive care units marked the full occupancy of the ultra-modern Atrium Pavilion. The Atrium Pavilion houses nearly two-thirds of the Hospital's 379 beds, including a 16-bed surgical intensive care unit (SICU).

In the 23 years that he's been employed by the University Hospital, Al Busa, assistant administrator of Plant Services, has helped coordinate moves into four buildings. In all those years, however, Busa said he can't remember one that went so well.

"More effort was put into this move than the move into any of the other buildings," he said, while hailing the "tremendous effort" of the nurses and the many others who participated.

In one week

The most recent move into the operating room and special care units, which occupy 50,000 square feet of space, took only four days to complete from Friday, April 29, to Monday, May 2. On May 23, the

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Broadway Shuttle fee being dropped; vehicles upgraded

Beginning July 5, the shuttle bus service provided by the Medical Center Parking Services office will be a "new, improved" version, according to Donald R. Giller, BUMC director of Marketing/Public Affairs. On and after that date, both the Lot C and Broadway shuttles will be serviced by more "comfortable" vehicles, Giller said. In addition, the 25-cent fee for the Broadway shuttle service will be eliminated "to encourage greater use of public transportation," he noted. The changes are being made in

response to suggestions from employees and staff.

The Lot C shuttle service operates Monday through Friday from 6:30 to 9:30 a.m. and 3:30 to 6:30 p.m. Pickup and discharge points are at the Boston University Goldman School of Graduate Dentistry entrance, in front of the University Hospital's Atrium Pavilion, at the end of Evans Way near the School of Medicine and at the side of the Talbot Building. The Parking Services office cur-

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Dining at UH: Elaine's a new option, F-1 expands fare; Dining Pavilion on the way

When UH's Dining Pavilion opens in the Atrium Pavilion at the end of the year, it will serve 1,000 staff and employees daily—double the number currently served at the Preston Family Building (F-1) cafeteria, according to Marsha Baron-Berg, vice president for clinical operations. The Dining Pavilion, which will seat up to 325 persons at one sitting, will replace the F-1 cafeteria.

The new Dining Pavilion, currently under construction on the Atrium's second level, is slated to open in December, Baron-Berg said. The facility

of soups, deli sandwiches, salads and home-baked muffins as well as other breakfast foods, desserts and fresh-ground coffee. Daily soup-and-sandwich specials are currently offered and various salad specials will be offered this summer.

Owner Elaine Podradchik, who also operates the Hospital's two gift shops, said future plans for Elaine's Cafe include a menu of a wide range of hot foods.

Open Monday through Friday, 6:30 a.m. to 3 p.m., Elaine's Cafe is designed

F-1 cafeteria

The F-1 cafeteria is open to all Hospital staff and employees seven days a week. A hot breakfast is served Monday through Friday from 7 to 9 a.m. A continental-style breakfast is served Monday through Friday from 7 to 10:30 a.m. and 8 to 10:30 a.m., Saturday and Sunday. Lunch is served from 11 to 2 p.m. and dinner from 4 to 7 p.m. Menu items, which include hot and cold specials, fried foods, deli and grilled sandwiches, a salad bar, desserts and frozen yogurt, are available at prices lower than those at Elaine's Cafe or the Atrium Bistro. In addition to a continental-style breakfast, a recent addition to the F-1 cafeteria menu features such hot food items as breakfast sandwiches, croissants, pancakes, French toast, quiche, bacon and sausage.

A "Treat Yourself Right" lunch, which will feature a variety of low-calorie foods, will be offered daily beginning this month, said Baron-Berg. Other lunch-time foods include hot and cold menu items.

Vending machines, located in the rear of the cafeteria, offer beverages, snacks and other food selections round-the-clock for those frequenting the cafeteria during its off-hours. ■

Broadway

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rently is exploring the possibility of erecting several shelters in Lot C as specific pickup and drop off points as well as additional drop off points, as a means of improving the shuttle's running time.

The Broadway shuttle service operates Monday through Friday from 6:30 to 9:30 a.m. (last pickup at Broadway) and 3:30 to 6:30 p.m. (last pickup at BUMC.) Stops at the Medical Center are at the School of Dentistry and Atrium Pavilion entrances as well as at the end of the Evans Way near the School of Medicine and at the side of the Talbot Building. During evening hours when the shuttle services do not operate, Giller noted, an escort service is available to all Medi-

Where have all the vendors gone?

Over the last month, Hospital employees may have noted the disappearance of some food vendors from their usual spots on East Newton Street. Several persons have asked *Connections* to report on the matter, saying they had heard the Hospital was involved in the affair.

According to Marsha Baron-Berg, a UH vice president for clinical operations, the situation was the result of City of Boston action. All food vendors are required by the City to be licensed. Upon a recent visit to the Medical Center on unrelated business, city officials found upon inquiry that the majority of the vendors who have been doing business on East Newton Street lacked the adequate licenses, and those vendors lacking appropriate licensure were asked to leave. In addition, the city officials observed, the vendors were stationing themselves in inappropriate parking spaces, removing handicapped and other parking spaces from circulation.

Simultaneously, a major City of Boston sewer replacement and modernization project on East Newton Street required the cordoning off of parts of the street, including many of the spaces where the vendors had been parking. The sewer project is expected to take several months to complete. ■

cal Center personnel. The service can be utilized by calling x6667 and is designed to escort employees or students to the Broadway station or their vehicles parked in a BUMC lot. Giller said Medical Center representatives currently are working with the MBTA in an attempt to improve the availability of public transportation in and around BUMC.

Hospital employees and staff are entitled to 25-percent discounts on all MBTA passes. Passes can be purchased through the cashier's office.

Bus stop moved

The MBTA bus stop on East Newton Street has moved to the front of the Atrium Pavilion. Previously, the stop was located adjacent to the Health Services Building entrance on East Newton Street. ■



THINGS TO COME—Artist's drawing depicts new UH Dining Pavilion, now under construction. Architect is Hoskins Scott Taylor and Partners, Inc. of Boston.

will feature private dining, buffet service, a larger serving area and expanded hours. The Dining Pavilion also will house several function rooms for catered parties or meetings. "The Pavilion will offer overall improved service," she said. "We're going to continue to be creative in our offerings."

In the meantime, however, UH employees, staff and visitors can find a variety of mealtime choices and price ranges at several Hospital eating places: The Atrium Bistro, located on the second level of the Atrium building; the F-1 cafeteria, located on the first floor of the Preston Family Building; and the recently opened Elaine's Cafe, located on the ground level of the Doctors Office Building.

Eat-in, take-out at Elaine's
Elaine's Cafe, the Medical Center's newest dining facility, opened in March. Formerly the site of the Lemon Tree Cafe, the DOB facility offers a menu

Atrium move

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Gundersen Eye Center operating room service was relocated to the new building.

"The weekend was the grand finale of what we'd been doing for the last month and a half," Busa said. His primary role in the move was supervisory, coordinating the outside contractor hired as well as a host of details.

As with the move into the patient units in February, months of planning and countless meetings ensured success. What started out as monthly meetings with the "user team," a group of 15 people from the various departments affected, evolved into bi-weekly meetings as the date of the move neared, Busa said.

"Everyone was absolutely amazed that it went so smoothly," said Joan Russo, R.N., M.S., senior nursing director. The nine operating rooms, which operated on a limited schedule the day before the move, were "back in full swing" by the day after the move, Russo reported.

Calling the move a "group effort," Busa worked alongside Director of Maintenance Philip Kenney. Busa said Kenney was "integral" because of the experience he gained previously at New England Baptist Hospital, his former place of employment. ■



GIVE ME YOUR TIRED—University Hospital's Sue Bose, R.N., Preston 5 soothes the tired feet of an unidentified walker during Project Bread's 20-mile Walk for Hunger in May. UH nurses, for the third year, participated in the event by either walking or assisting at a Hospital first-aid station located along the route.

Confronting AIDS in the workplace: Education and precautions are key tactics

As members of the Hospital's Infection Control Committee, nurse epidemiologists Tricia McLaughlin, R.N., and Cathy Korn, R.N., are responsible for educating new and current employees on infectious diseases, including the acquired immune deficiency syndrome (AIDS) virus.

Since last fall, both McLaughlin and Korn, who also are alternate members of the Hospital's recently established AIDS Task Force, have held open half-hour forums in Keefer Auditorium, where they have utilized a question-and-answer format to get employees to air their concerns about AIDS. To reach an even broader audience, the pair plans to air an educational video on the Hospital's monitors in all patient units.

Universal precaution stressed

In their sessions, McLaughlin and Korn emphasize the concept of "universal precaution." "Universal precaution is the assumption that everyone is infected—not only with AIDS, but with some transmissible disease," said William E. Hauser, M.D., also a member of the AIDS Task Force, a group of representatives from various Hospital departments that meets monthly to establish rules and regulations as well as procedures for AIDS. Devised by the Centers for Disease Control in Atlanta, Ga., about a year ago, the "universal precaution" philosophy was implemented into McLaughlin and Korn's AIDS curriculum this past fall.

McLaughlin and Korn began educating employees on AIDS about three years ago.

As more information became available on the virus, the two continually updated their curriculum. The primary difference between the curriculum of three years ago and the one in place now, McLaughlin said, is that employees practiced precautionary measures only

with patients considered "high-risk." Today, McLaughlin said, health-care providers utilize universal precaution with all patients.

Level of caution uniform

"The goal of our education is that the same level of caution is used for all patients," she said. Some of the precautions staff and employees are urged to take include wearing gloves and, in some cases, face masks, as well as utilizing needle boxes in patient rooms. "The degree of caution we health-care providers practice in taking care of patients must be uniform. We can't afford to be inconsistent in our level of caution."

McLaughlin said people who come to work at a hospital need to be provided with information—correct information—about AIDS. AIDS, a virus which attacks the body's immune system, is spread primarily through sexual contact and the sharing of contaminated

needles among intravenous drug users, and not through casual contact, as studies have shown many people believe.

"AIDS is something on people's minds when they



Korn and McLaughlin plan meeting on AIDS.

come to work at a hospital," McLaughlin said. Misconceptions and misinformation can cause anxiety in employees and this can be transmitted to patients. "The best way to avoid problems is to confront the situation with information," she added. ■

Chobanian, UH hypertension chief, takes helm at BUSM

Aram V. Chobanian, M.D., head of the Hospital's Section on Hypertension, replaced Boston University School of Medicine Dean John I. Sandson as dean of the School when Sandson retired as dean in late April. Internationally known for his research on hypertension, Chobanian is director of the University's Cardiovascular Institute and is director of the National Research and Demonstration Center in Hypertension, which is funded by the National Heart, Lung and Blood Institute, and is the only such center in the country. He also serves as chairman of the Joint National Committee of the National Institutes of

Health on the Detection, Evaluation and Treatment of Hypertension.

A professor of medicine and pharmacology, Chobanian has been on the BUSM faculty since 1962 and has been a professor since 1971. He received his B.A. from Brown University in 1951 and his M.D. from Harvard Medical School in 1955. After graduating from medical school, Chobanian served an internship at UH, where he became chief medical resident. Sandson will continue on the School's faculty as dean emeritus and a professor of medicine. ■

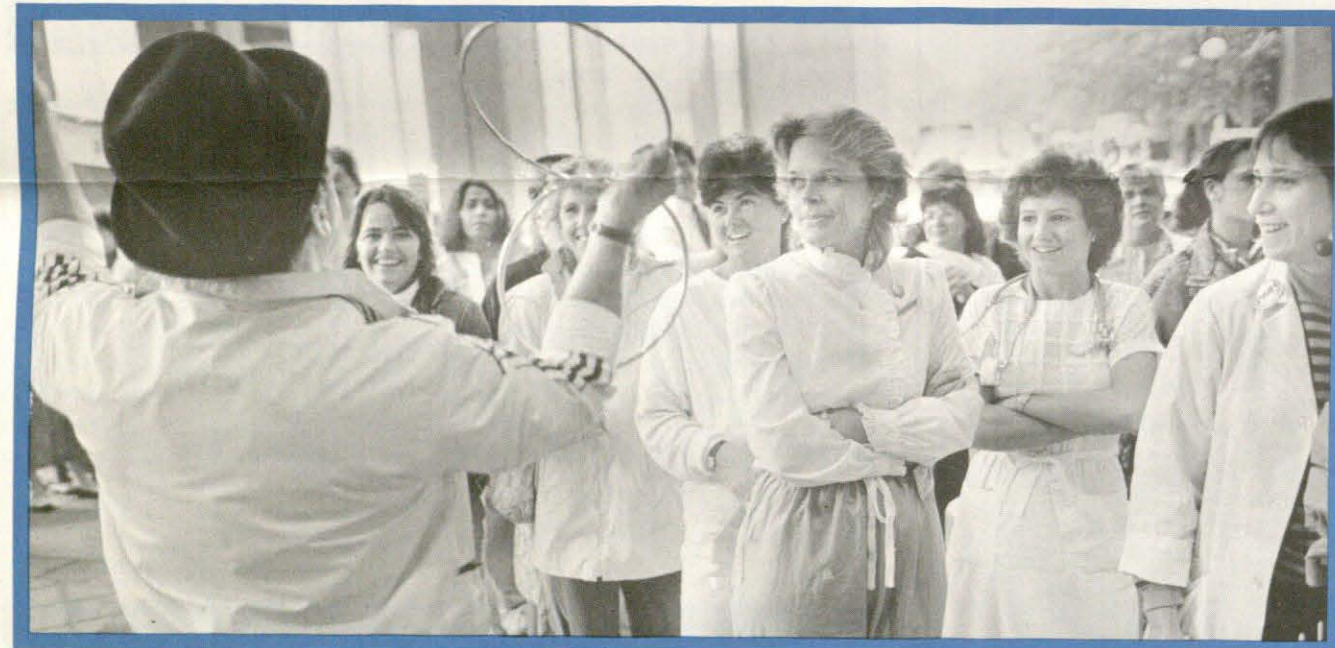
Hospital honors its own in special Employee Week/Charter Day festivities

A week of festivities celebrating both the University Hospital's employees and the Hospital's founding in 1855 was held last month during Employee Recognition Week, May 16 to 20. The festivities were highlighted by an additional celebration of the Hospital's 133rd "birthday" on Charter Day, Thursday, May 19. The kick-off event for the week's festivities was a special brunch on May 16, held in the

School of Medicine's Hiebert Lounge, at which more than 50 Hospital employees were honored for five years of service. Later that day, 10- and 15-year employees were recognized at a luncheon in the Hiebert Lounge; that evening, current retirees were the guests of honor at a dinner at the St. Botolph Club on Commonwealth Avenue, Boston. All employees of 20 years or more were featured in a special photo display in the Atrium

Pavilion during the month of May. Among the many special classes, film presentations and other events held during the week was an Oriental cooking class on Tuesday, May 17. Hospital staff and employees were given the opportunity to participate in the mouth-watering class taught by Carolyn Schaefer of Joyce Chen Unlimited. Also during the week, departmental open houses enabled UHers to tour the

workplaces of their fellow employees. On Charter Day, the day that UH—then called Massachusetts Homeopathic Hospital—received its charter from the Commonwealth of Massachusetts in 1855, UHers helped bury a time capsule on the Atrium Plaza. The capsule contained mementos of the Atrium Pavilion's grand opening last fall as well as artifacts of the 1980s. The lunch-time celebration featured live music and performances by local artists. Free tee-shirts and refreshments were given out to staff and employees who attended. Special film presentations that day included the award-winning Nursing Department film, "A Sense of Value." ■



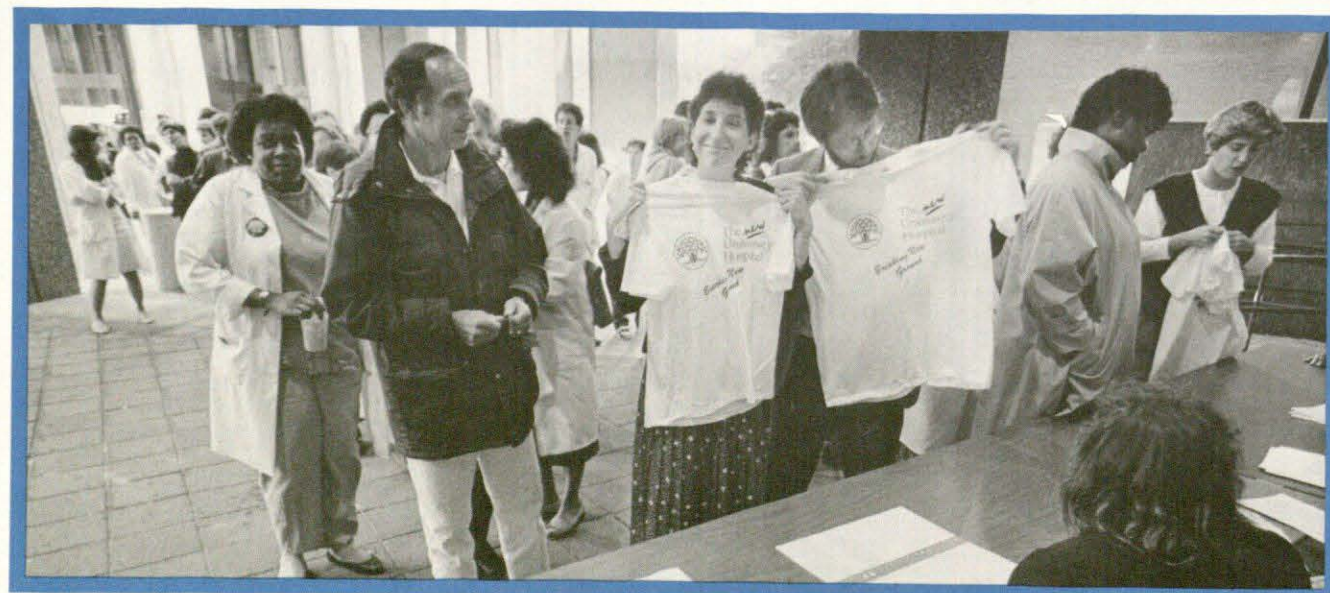
WATCH MY HANDS—A Boston magician on roller skates performs at Charter Day activities on the Atrium Plaza before a group of staff and employees lined up to receive complimentary University Hospital tee-shirts.



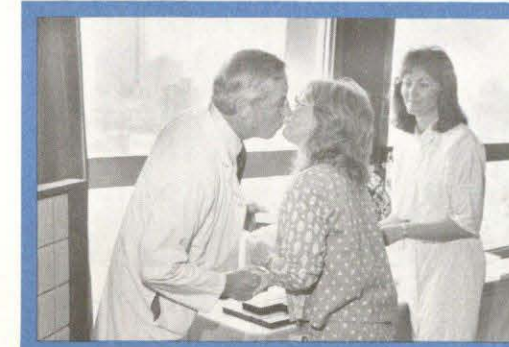
ENTERTAINING THE CHARTER CROWD—A group from the New England Conservatory of Music performs on Atrium Plaza.



INTO THE CAPSULE—UH President J. Scott Abercrombie Jr., M.D., places the Hospital's original 1855 charter into a time capsule, along with mementos of the Atrium Pavilion's grand opening and artifacts of the 1980's. Capsule will be opened again on the Hospital's 175th anniversary, on May 19, 2030.



THE PRIDE WILL SHOW—Administrative resident Amy Prashker, (middle left), and David Browne of Planning, (middle right), size up their new University Hospital tee-shirts.



AN APPRECIATIVE KISS—Cardiology nurse Colleen K. Kloster, R.N., administrative coordinator of patient affairs, is warmly greeted and thanked for 15 years of service to the UH by Thomas J. Ryan, M.D., chief of cardiology, at a luncheon for 10- and 15-year employees. Looking on is employee relations representative Diane Sprague.



WORK THAT LEG—Martha Cullen, senior physical therapist, demonstrates to Edward Fischer, M.D., the proper usage of a leg-rehabilitation machine during a Department of Physical Therapy open house on May 17.



THE ART OF ORIENTAL COOKING—Carolyn Schaefer of Joyce Chen Unlimited prepares recipes for a hungry group of staff and employees during one of many Employee Recognition Week activities held from May 16 to May 20.

Photo winners announced

The winners of UH's first employee photo contest, "A Day in the Life of the University Hospital," were announced on Charter Day.

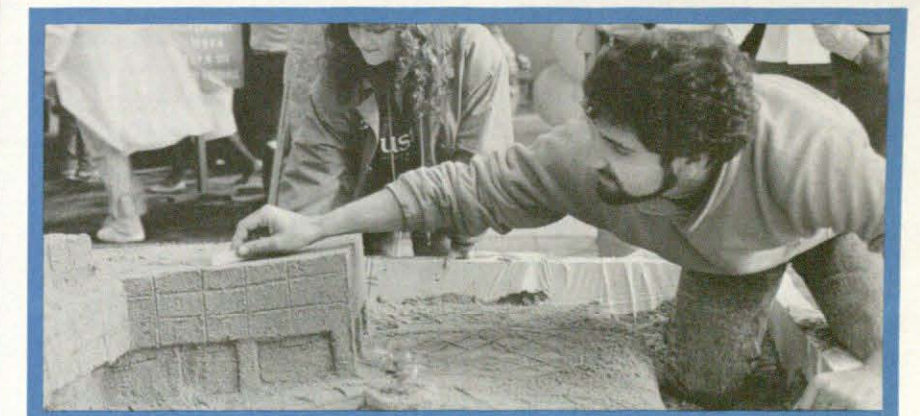
Mary Jo Baryza of Rehabilitation Medicine won first place and a weekend trip for two to Nantucket, Mass., for her entry "Ready for Takeoff."

Other winners and their prizes included: Howard Cutler, Fiscal, second place, two-day stay in Martha's Vineyard; Susan Boiani, Physical Therapy, third place, weekend for two at The Four Seasons Hotel in Boston; Shelley Davis-Wheeler, Gundersen Eye Center, first honorable mention, dinner for two at Cherrystones; Patricia Rando, Gundersen Eye Center, second honorable mention, dinner for two at Cory's. All photos were on display in the Atrium Pavilion through the end of May.

Judging the contest were four professional photographers whose work is featured often in Boston University Medical Center publications. The judges were Gustav Freedman, Bradford Herzog, Lou Jones and Dominic Scenci Jr. ■



THANKS TO ALL—Vice President of Human Resources Susan Hancox welcomes employees and staff to Charter Day, 1988, the Hospital's celebration of its 133rd birthday.



SAND ARTIST—Boston sand sculptor Michael Cucurullo and assistant Lisa Cohen create a replica of the Atrium Pavilion using three tons of sand.



GRAND-PRIZE WINNING PHOTOGRAPH—Mary Jo Baryza of Rehabilitation Medicine won a weekend trip for two to Nantucket and dinner in Boston for her first-place photo "Ready for Takeoff" in UH's first-ever employee photograph contest "A Day in the Life of the University Hospital."

Employee dollars help ease patients' financial burden during times of real need

When Staszek Kaziow left his native Poland for the United States in the summer of 1986, he had no idea that he would be returning home more than 15 months later as a quadriplegic. What should have been a happy reunion with his sister in New Hampshire turned into tragedy when he was seriously injured during a diving accident almost one year to the date that he first came to this country.

After a brief hospitalization in New Hampshire, Kaziow was brought to the University Hospital, where he spent almost four months at the New England Regional Spinal Cord Injury Center. When the time came for Kaziow to make the journey home, his doctor told him that he could not make it alone. With barely enough funds to pay for his own transportation, the patient was in a quandary.

Kaziow's plight was brought to the attention of John Nissenbaum, the coordinator of the U-Help Fund, which is administered by the UH Development Office. Through dollars donated by Hospital employees, the Fund provides financial assistance to patients, like Kaziow, who are in need. Shortly after Kaziow's case was heard by the seven-person committee that appropriates the funds, Kaziow received the word: He would be making the trip home with his primary nurse of several months, Donna Angeley, R.N., at his side.



A LIGHT MOMENT is shared between Angeley (left) and former New England Regional Spinal Cord Center patient Kaziow.

Doing well at home

"I think he felt better knowing someone was flying over with him," Angeley said. "The U-Help Fund has been very helpful." Kaziow and Angeley, along with Kaziow's sister, made the 14-hour trek to Warsaw safely. Since taking the trip last Thanksgiving, Angeley has received several letters from her patient's English-speaking daughter, who reports that her father is doing well in a facility close to home.

Kaziow is only one of a number of patients who have been helped through the generosity of UH staff and employees. The Fund has paid for hotel expenses for patients' families as well as for clothes, medication and rent for patients who could not afford them.

Part of Employee Giving

The U-Help Fund is part of the Employee Giving Campaign, kicked off each fall for the benefit of both the Fund and the United Way. Employees can donate either by pledge or payroll deduction. In 1987, 992 employees contributed, amounting to the UH Development Office. The gifts and pledges received totalled \$67,826.26 exceeding those received in 1986 by nine percent.

To obtain more information on either the U-Help Fund or the Employee Giving Campaign, please call x8990. ■



STAY OUT OF F-5—Gov. Michael Dukakis gave a valuable assist to the staff and former patients of UH's New England Regional Spinal Cord Injury Center recently by proclaiming June as "Spinal Cord Injury Month." The NERSCIC staff members and some former patients have been active in attempting to educate the public to the dangers that could lead to spinal cord injuries, under the theme, "Don't spend the summer with us." Heading the UH delegation at the signing in Dukakis's State House office were J. Scott Abercrombie Jr., M.D., UH president, and Murray M. Freed, M.D., director of the Center and UH chief of rehabilitation medicine.

Security staffer recruited to New England Patriots

Former security guard Dan Stokes has been recruited to play football with the New England Patriots. A 1988 Northeastern University graduate, the New Jersey native was signed as a free agent with the football club in late April. Stokes came to the University Hospital this past January as a NU co-op student. He was featured in last month's *Connections*' "You Said It" column.

Former security supervisor Glen Gershman will travel to Atlanta, Ga., this month to undergo six months of training for his new job with the State Department. Although Gershman was not informed by the federal government of where he will be assigned once training is completed, he said he might be sent overseas to guard foreign embassies. A 1984 NU graduate, Gershman, 26, came to the Hospital in October 1983 as a college co-op student. ■



POINTS OF PRIDE

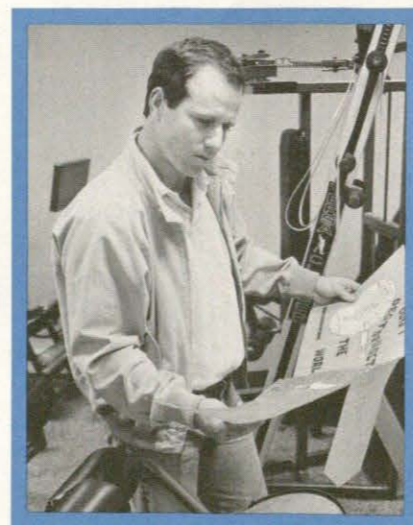
Did you know that the University Hospital was the first hospital in the world to use diuretics in the treatment of patients?

UH homeless plan

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officials and civic leaders gathered to announce the plan. Saying that the University Hospital was "doing its mission," a proud Abercrombie said he saw the program as a "continuation" of the top-notch health care provided to the community by UH. "We're glad to be part of this experiment," he said.

On hand for the signing was Boston Commissioner of Elderly Affairs Diane Payne, who expressed her gratitude to Bissonnette and the many others who made the event possible. "This is no surprise to me that this is happening in this neighborhood. I'm excited and happy. I look forward to many more of these openings," she said. ■



RED SOX SECOND BASEMAN Marty Barrett, serving as a judge, ponders two finalist entries in a Boston-wide anti-drug poster contest for 4th-graders sponsored by the University Hospital Department of Pharmacy in conjunction with the Boston Public Schools. An awards ceremony honoring the young winners and featuring Lt. Gov. Evelyn Murphy and former Celtic M.L. Carr was held after *Connections* presstime on May 31; coverage of that event will be featured in the July issue.



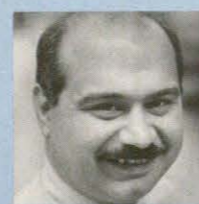
PEGGY CENCI AWARD WINNER—Sara Coleman, R.N., presents emergency room nurse technician Tiney Williamson (right) with the second annual Peggy Cenci Award during events commemorating National Nurses Week, May 2 to 6. The award is given to the UH nurse who best epitomizes the late University Hospital nurse's caring qualities and respected clinical expertise.



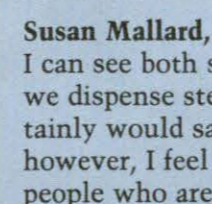
YOU SAID IT

This month's question:

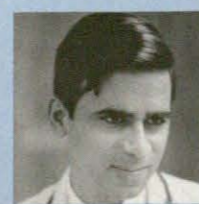
Do you favor Boston Mayor Raymond L. Flynn's proposed needle-exchange program for drug users, as a means of curbing the spread of AIDS?



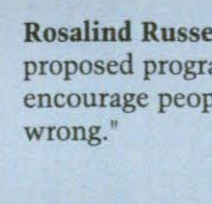
Larry Mini, Materials Management: "No, I don't. I think it will encourage people to use drugs rather than help stop the spread of AIDS. The guarantee of a needle exchange wouldn't necessarily stop needle sharing."



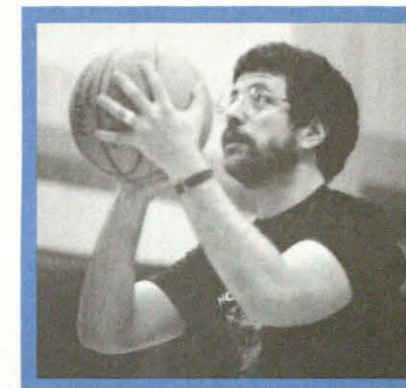
Susan Mallard, Human Resources: "Actually, I can see both sides of the issue. Obviously if we dispense sterile syringes to addicts, it certainly would save lives. On the other hand, however, I feel we're aiding and abetting people who are breaking the law."



Basim Baddigam, M.D., Laboratory Medicine: "I don't have any positive feelings about the proposed program. I think it would actually encourage people to use drugs. Even if the addicts do use new needles, once they run out, they'll just end up sharing them with one another."



Rosalind Russell, Dietary: "I'm for the proposed program to stop AIDS, but it does encourage people to use drugs and that's wrong."



LOOK OUT, BIRD—

Sanford Auerbach, M.D., director of behavioral neurology and associate professor of neurology and psychiatry at the Boston University School of Medicine, shot an impressive 106 baskets in 15 minutes during the 9th Annual Hoop-a-thon, held in the Solomon Carter Fuller Gymnasium on April 28. The event, which UHers participate in yearly, raised \$20,000 to help in the fight against Huntington's disease.

CLASSIFIED

Study participants wanted:

The Boston University Goldman School of Graduate Dentistry is looking for participants for a toothpaste study. All those interested must be at least 18 years old, have a minimum of 20 teeth and have not had a cleaning in a while. Free cleaning and \$50 to all participants. Contact Caryn Glaser at the School, x4676.

Apartment to share:

North Quincy, close to MBTA and Expressway. Clean, hardwood floors, living and dining rooms, pantry. \$335/month. Nonsmoker. Call 328-5804 or 969-7027.

Baby items for sale:

Crib with mattress, brown, good condition, \$75. Swing, excellent condition, removable seat, \$30. Seat, \$5. Call Julianne, x4880. ■



SHOOT THE RAPIDS in Maine from Friday through Sunday, July 29 to 31, during a Penobscot Whitewater Raft Tour sponsored by the UH Human Resources Department. Weekend includes transportation via motor coach, rafting, two nights lodging, four meals, tour escort services, taxes and gratuities. Cost is \$219, quad, and \$239, double occupancy. For information and reservations, call Diane Sprague, x8562. Human Resources also is offering discount specials for Canobie Lake Park and Water Country, both in New Hampshire. In addition, City Books are available for \$1.

COMING UP

The following is a selection of upcoming activities for June. A more comprehensive listing focusing on medical lectures and rounds is published weekly in the Medical Center's *This Week* calendar. If you would like an event listed in next month's *Coming Up* calendar, send the information in writing to *Connections* editor Cynthia Paradis, DOB-915.

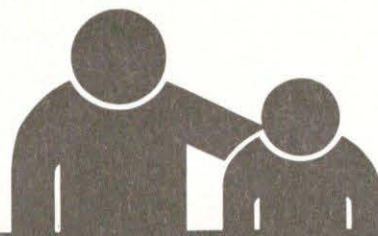
• **Friday, June 10:** Professionalism in the Office, 8:30 a.m. to 4:15 p.m., Talbot 206. Training and Development workshop focusing on organizational culture, professional behavior, communication, time management and self-development.

• **Wednesday, June 15:** Editing and Formatting Part III, 9 to 10:30 a.m., Talbot 206. Training and Development workshop will review and apply advanced Wang word processing functions.

• **Wednesdays and Thursdays, June 22, 23, 29 and 30:** Effective Writing for Managers and Supervisors, 8:30 a.m. to noon, Atrium A/B Conference Room, second floor, Atrium building. Four-part Training and Development workshop focusing in-depth on how to plan, write and edit effectively. Individual and small-group exercises planned. Limited to 24 participants.

• **Thursday and Friday, June 23-24:** Free blood pressure screenings, 9:30 a.m. to 4 p.m., H-2 bridge. Sponsored by Employee Health Services for all BUMC staff and employees.

• **Tuesday and Wednesday, June 28-29:** Free cholesterol screenings, 9:30 a.m. to 4 p.m., H-2 bridge. By appointment only, call x8400. Will schedule more clinics if necessary. Sponsored by Employee Health Services for all BUMC staff and employees. ■



IN THE SPOTLIGHT

Gordon Gaul: A self-help advocate at UH and at home

The Spotlight Award winner for June, Gordon Gaul of Respiratory Therapy, begins his workday at 4:30 a.m. When his eight hours at UH are completed, he packs up and heads for his "second job"—his volunteer work in the Dorchester community.

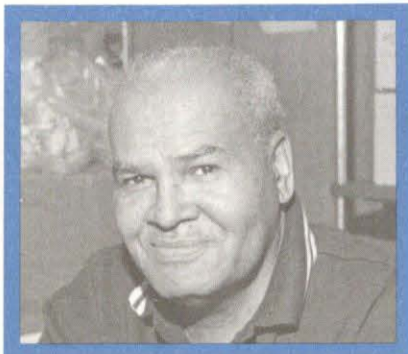
A 15-year member of that Boston neighborhood's Area Planning Action Council (APAC) and a seven-year member of Action for Boston Community Development (ABCD), Gaul, 64, also is a member of five ABCD subcommittees and Dorchester's Meeting House Hill Civic Association.

Gordon Gaul is a man committed to helping others. His philosophy is simple: "If you give a person assistance, he'll pull himself up." Here at UH, Gaul, a 20-year employee this November, is co-chairman of the Hospital's Child Care Project, which is working toward the construction of an on-site day-care center for children of employees. In March, Gaul helped to coordinate a raffle that netted \$2,900 for the Project. In addition, he also sits on the Hospital's Affirmative Action Committee.

Gaul said he enjoys both his Hospital and community work. In fact, he said the two are intertwined. As the president of APAC, which provides employment and training, food-surplus distribution, housing and youth-oriented programs to people in need living in Dorchester, Gaul serves as that organization's spokesman to his fellow UH employees, many of whom are Dorchester residents.

"I believe that the more people know (about the organization's services), the more they'll take advantage of what's available to them." While APAC offers assistance in a multitude of areas, including emergency fuel assistance and food-pantry programs, its primary focus is on helping youths and working parents, Gaul said.

Offering year-round after-school and day-care services, APAC also employs about 700 inner-city youths a year through a special summer job program. In addition, the organization accommodates more



Gordon Gaul

than 250 Head Start preschoolers each year at four sites in Dorchester.

Since he is the father of seven sons, it is not surprising that Gaul is involved in an organization that dedicates itself to youth. "Children are our future; we have to look out for them," he said. The love of children apparently runs in Gaul's family. His wife, Bessi, operates a day-care center in Dorchester. "My wife always asks me when I'm going to give up all my activities," Gaul said. With a chuckle, he makes it clear he never will.

A reception honoring Gaul will be held on June 29, at 3 p.m., in the Atrium's C and D conference rooms.

If you would like to nominate a fellow employee for the award, please call Gloria Shapiro, R.N., M.S., C.S., Nursing, x7500. All nominees must have been employed at UH for at least one year. ■



THE SECOND ANNUAL OFFICE SUPPORT STAFF WEEK was sponsored by the Hospital's Department of Training and Development from April 25 to 29. Pictured here at a special breakfast on April 27 in the Robert Wilkins Board Room (Evans 113) are from left to right, Mary Willis, Laboratory Medicine; Helen O'Meara and Yvonne Sanders, Rehabilitation Medicine; Jennifer Matthews and Jacqueline Holcome, Nursing; and Karen Wenger, Human Resources.

TODAY'S PARENTS

By Peggy Kociubes

Editor's note: Peggy Kociubes is the child care coordinator for the University Hospital staff and employees. For more information or to submit future column suggestions, please contact her at the Child Care Office, Talbot 205, x8584.

Many people won't be surprised to learn that stress in women's lives stems generally more from home than from the workplace. Rosalind Barnett, M.D., and Grace Baruch, M.D., of the Wellesley Center for Research on Women have studied the issue and found that women who stay at home with children are most prone to depression and stress-related illnesses.

Barnett said she finds that women who juggle many roles enjoy "a high degree of stimulation and challenge along with general feelings of competence and self-esteem." For those who juggle numerous roles and know the disadvantages of not having enough time and feeling overwhelmed, Barnett offers the following advice: "Women who want to lead emotionally, intellectually-fulfilling lives must plan ahead."

Planning ahead

With that thought in mind, last month's **Today's Parent** asked our readers their tips on making the morning exodus less nightmarish. Here are your responses:

1. Get up 15 minutes earlier than normal: This gives you time for yourself.
2. Prepare lunches the previous night.

3. Delegate morning jobs on a regular basis (i.e. feeding the dog or washing the breakfast dishes).

4. Choose clothes for yourself and the children the previous night.

5. Set the breakfast table the previous night.

6. Keep a small petty cash fund for easy accessibility when the children need quick change for school.

7. Keep a calendar in the kitchen and check it each night.

8. Give each child his/her alarm clock.

9. Play loud music 10 minutes after the alarm clock should have sounded.

Today's Parent would like to know your thoughts about communicating small concerns about your child's care to your child care provider. Please send your responses to the Child Care Office, Talbot 205. ■

CORRECTION—The telephone extension printed in the article on the household radon testing service available from the Radiation Protection Office in last month's **Connections** was incorrect. The correct extension is x7052. We apologize for any confusion this may have caused.

Connections, the monthly newspaper of the University Hospital, is published by the Office of Publication Services, Boston University Medical Center, Owen McNamara, director. Staff Editor, Cynthia Paradis; Designer, Deborah Brown; Staff Artist, Catherine LeBlanc. Photographs for this issue by Bradford F. Herzog, Michael McGovern, David Keough and Dominic Scenci Jr., Educational Media, and Action Photography.

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The deadline for copy for **Connections** is at noon on the second Monday of each month. Story and photo suggestions for **Connections** should be addressed to Paradis in care of the Office of Publication Services, DOB 915, or call x8482. The Office of Publication Services is part of the Department of Marketing Communications/Public Affairs, Donald R. Giller, director. Copyright © The University Hospital, Inc. 1988 all rights reserved.