

the



FRIDAY
NOVEMBER 14, 1986

BOOTIES FOR BABIES CONTEST

It is time to get your knitting needles clicking for the Forrest G. Moyer, M.D. Neonatal Intensive Care Unit (NICU) Booties for Babies knitting and crocheting contest.

The contest, which is sponsored by the NICU Parent Support Group, is open to anyone who would like to knit or crochet booties to help preemies survive those critical first weeks of life. Graduates of the Hospital's NICU have weighed as little as 1 pound, 2 ounces at birth.

"The booties serve a two-fold purpose," said Sharon Smetzer, R.N., head nurse of the 20-bed NICU. "Most importantly, the booties help keep the little ones warm, conserving energy that they can use to grow," she said. "They also serve as a morale booster for the parents. With all the machines and wires required to monitor premature and ill children, the booties will keep them looking like babies," Sharon said.

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Hospital Approaches United Way Goal

Not all the United Way campaign pledge cards were returned in this year's Hospital donor drive, but after just one week, the Hospital surpassed its goal of \$16,500. The Hospital's employee pledge total registered over \$18,000.

Ten lucky people won days off with pay in the first week's drawing. To qualify, the employees, if full-time, donated a minimum of \$1 per pay, or \$26, and if part-time, a minimum of \$.50 per pay, or \$13.

The winners are: **Pamela Deysher-Blacker**, Pediatrics; **Susan York 4-S**; **Cynthia Freed**, X-ray; **Joanmarie Boyle**, 4-S; **Shin-Min Lo**, Radiation Therapy; **Kelliann Ripperger**, Administration; **Lisa Leonzi**, 4-S; **Karen Bilger**, X-ray; **William McCarthy**, Laboratory; and **Ann Butch**, Pediatrics.

Ten meal books and 10 pairs of movie tickets were also awarded as prizes. A complete listing of all the lucky winners is posted outside the Cafeteria.



HealthCounts
WEIGHT
CONTROL
PROGRAM

The Weight Watchers At Work Program will be offered as part of the **HealthCounts** Weight Control Program. This program has been adapted to fit the lifestyle of working people with hectic schedules. It fits the needs of busy people who often tend to eat poorly.

Dieters meet regularly with other dieters who share similar problems. Through these meetings, participants acquire the support and encouragement needed to attain successful weight loss.

Class schedule

The first Weight Watchers classes will start the week of **November 17** and meet every Monday for eight weeks at 3:30 p.m. A second session starts on **November 18** and meets every Tuesday at 5 p.m. These classes will be held in Room 1911 of the School of Nursing.

A third session will begin **Thursday, January 15** from 7:30 to 8:30 a.m. in the Cafeteria Conference Room. A minimum of 15 employees is needed to offer the class.

How to join

The fee for the eight-week course is \$56, \$15 of which is refunded if the person attends seven of the eight classes. A minimum \$20 payment is made at the time of registration. Employees may arrange to pay the balance through payroll deduction. To register, call the Employee Health Office, extension 2289.

THE BACK
SCHOOL

The **HealthCounts** Back School is one way for employees to learn more about back problems. The Back School includes sessions on anatomy, mechanics of exercise, posture and proper lifting techniques. People who come to the Back School learn about what causes back pain and how it can be prevented. They learn exercise regimens to help increase strength and flexibility of the spine.

The next series of classes for the Back School will be **January 6, 8, 13 and 15**. If interested, call the Physical Therapy Department at extension 2240.

SMOKING
CESSATION
CLASSES

Smoking cessation by hypnosis sessions will again be offered by Kenneth Graham, Ph.D., at the following times:

Thursday, November 20 5-6:30 p.m. Classroom I (LVHC)
Tuesday, November 25 7-8:30 p.m. TAH Auditorium
Thursday, December 11 7-8:30 p.m. TAH Auditorium

Hospital employees may attend the class with one "significant other" free of charge. The sessions are open to the public at the fee of \$20. Call the Employee Health Office at extension 2289 to register.

Reaching Out to Needy Patients

You can be part of helping some needy people enjoy a Thanksgiving meal by donating items to the Home Care Department's food drive. You have until November 21 to bring your contribution to the Volunteer Office.

Dietary staff members will box the food in servings and place a turkey breast in each one. Home Care staff members deliver the meals. Donations for the baskets should be canned foods like vegetables, soups, fruits, and especially low sodium products; boxed items like rice, stuffing and pasta; or other non-perishable items.



This Thanksgiving why not help our Home Care patients who are either too sick or who cannot afford a holiday meal this year? Home Care's goal is to deliver over 20 baskets.

If you have any questions, call Home Care at extension 2385.

Booties for Babies

(cont'd from page one)

The NICU holiday knitting and crocheting contest started last year with Beanies for Babies. Lehigh Valley residents, patients and staff at Slate Belt Medical Center, Bangor, and participants as far away as new Jersey, made over 300 beanies for the contest.

The booties will be collected starting December 1 through December 15 in the Volunteer Office between 9 a.m. and 4 p.m.

NICU nurses will serve as judges to select the contest winners. Various yarn shops in the Lehigh Valley will donate gift certificates for the the \$25 first prize, \$15 second prize, \$10 third prize and the four \$5 honorable mentions. There will be a limit of three pairs of booties per person for the judging, but entrants are welcome to donate as many as they want to the NICU.

The booties will decorate a Christmas tree, which will be in the Hospital Lobby from December 15 through January 5, when they will be donated to the NICU.

For more contest details, call Public Relations, extension 2581. Patterns are available at the Information Desk in the Hospital Lobby.

CHILD CARE NEWS

The Parents Advisory Committee of Magic Years Child Care Center, 224 N. 17th St., has elected its first slate of officers. The officers, who will serve a one-year term, are:

Elizabeth DelPezzo, Psychiatry
President

Maureen Sawyer, Social Services
First Vice President

Joan Schultes, Utilization Review
Second Vice President

Kim Seidel, HealthEast Human Resources
Secretary

Glenda Bonano, Operating Room
Treasurer

Watch the next issue of *Stethescoop* for a complete listing of the Parents Advisory Committee members.

Center still enrolling students

The Magic Years Learning Center still has openings available in various classes. Any employee interested in placing a child in the Hospital-sponsored center, should contact Director Debby Terfinko, extension 2949. The center hours are Monday through Friday 6:15 a.m. to 6:30 p.m.

POINSETTIA SALE

The Junior Aides of the Hospital are joining with Segan's Bloomin' Haus for the annual poinsettia sale on **December 12**. Full-bloom, red, white, or pink poinsettias in a 6-1/2 inch pot may be purchased for \$6.95 and a red, double-branch poinsettia with 10 or more full blooms will sell for \$11. Hanging baskets in two sizes of red or a red and white combination of poinsettias will be sold for \$18.50 for 25 blooms, and \$25 for 35 or more blooms.

Also available will be a variety of other plants, including a 4-inch potted holly plant selling for \$4.25; a decorated pine tree in a 5-inch pot for \$5.95; and terra cotta planters for \$5.95 in the shape of a dog, snail, or turtle, planted with green foliage and decorated with a plaid taffeta bow.

A new item for sale this year will be a 6-1/2 pot of white mums, wrapped in a blue foil for the celebration of Hanakkah or in red foil for the celebration of Christmas. The mums are priced at \$6.95.

Advance orders for any of the plants may be placed in the Volunteer Office, the Alcove Gift Shop or with any Junior Aides member no later than Friday, November 21.

The sale will run from 10 a.m. to 6:30 p.m. in the Hospital Lobby. An assortment of cookies and other goodies will also be available for purchase.

DECEMBER BIRTHDAYS

Beth Adams
 Purchasing, 12/13
Denise Bartholomew
 Admitting, 12/12
Patricia Behler
 ICU, 12/5
Nancy Beidler
 MH/MR, 12/6
Sylvia Beidler
 Operating Room, 12/14
Richard Benjamin
 Purchasing, 12/5
Christine Messina Boyer
 Public Relations, 12/13
Linda Breidigan
 Nursery, 12/11
Christina Bryner
 Laboratory, 12/12
Susan Butz
 Medical Records, 12/6
Bonnie Callaghan
 Pool, 12/2
Susan Cassium
 Medical Records, 12/3
Dian Compton
 Nursing Admin., 12/6
Linda Coy
 ICU, 12/3
Mary DeLury
 ACCU, 12/3
Catherine Desht
 Housekeeping, 12/6
Andrew Dolinger
 Purchasing, 12/1
Sandra Evans
 5-T, 12/12
Stacy Fisher
 4-S, 12/12
Betty Folajtar
 Emergency Center, 12/2
Jill Geosits
 Computer Services, 12/13
Sarah Gifford
 Labor & Delivery, 12/13
Julia Gogle
 Labor & Delivery, 12/11
Denise Jones
 3-T, 12/9
Kenneth Jones
 Engineering, 12/13
Cynthia Klingaman
 3-T, 12/4
Robin Koch
 Home Care, 12/2
Joyce Kopenhaver
 Pool, 12/2
Frances Kriebel
 Labor & Delivery, 12/11
Mary Kunkel
 5-T, 12/9
Marilyn Leaver
 Labor & Delivery, 12/10
Christina Maehrer
 Admitting, 12/15
Patricia Marks
 Purchasing, 12/13
Marjorie McQuilken
 Home Care, 12/15
Ann Marie Menkewicz
 Pool, 12/4
Carolyn Miller
 Home Care, 12/12
Helen Moon
 Pool, 12/3
Irene Moyer
 Psychiatry, 12/8
Margaret Music
 Personnel, 12/15
Patricia Nebinger
 Psychiatry, 12/5
Donna Neely
 6-T, 12/15
Marilyn Ohmacht
 4-T, 12/8
Nannette Pavlik
 Medical Records, 12/7
Jay Marian Pike
 Psychiatry, 12/3
Lynn Rawhouser
 Laboratory, 12/11
Donna Reese
 Dietary, 12/8
Margaret Reiss
 Utilization Review, 12/5
Luis Robles
 Purchasing, 12/13
Linda Rute
 Heart Station, 12/4
Curt Saeger
 Engineering, 12/4
Michael Schadt
 Laboratory, 12/4
Lorraine Schultz
 MH/MR, 12/2
James Sheeran
 MH/MR, 12/10
Nancy Shuman
 Laboratory, 12/4
Margaret Siff
 Dietary, 12/6
Sharon Simpson
 Operating Room, 12/8
 (continued on page seven)

PLAN AHEAD

The Allentown Hospital Auxiliary Alcove Shop is holding the second of their three month-long sales for Hospital personnel.

November's sale features discounts on all gift items and jewelry. All sale discounts will be 20%. December's sale will offer a combination of stuffed animals and gift items.

The following workshop is being sponsored by the Comprehensive Community Cancer Center:

**November 17-18 Chemotherapy:
In Theory and Practice**
For nurses.
Hospital Auditorium
8 a.m. - 5 p.m.

William J. Phelan, M.D., Department of Pediatrics, will present the next Maternal and Children's Center lecture on **Wednesday, November 19** at 7 p.m. in the Hospital Auditorium.

The lecture, which is free and open to the public, is entitled "Little People Fitness and Exercise: Massages, Flexes and Stretches for Children Up to One Year Old." Robin Netwall, a dance choreographer coach for the Parkettes International Gym Team, will assist Dr. Phelan.

To make reservations, call 778-CARE.

The Lehigh Valley Arthritis Club's bake sale will be **November 19** in the Hospital Lobby, 8:30 a.m. to 12:30 p.m.

The Arthritis Club supports patients and families from the Hospital's Arthritis Clinic.

Mark your calendar for the Holiday Dinner to be held on **Thursday, December 18** in the Cafeteria. Watch future issues of *Stethescoop* of more information.

Birthdays

(continued from page five)

Sharon Smetzer

NICU, 12/10

Rosalee Soete

6-T, 12/4

Cathyann Stoffey

Pool, 12/7

Janette Tough

ASU, 12/9

Joann Ummarino

MH/MR, 12/13

Mary Urban

Dialysis Ctr., 12/3

Janet Valente

Central Supply, 12/13

Shirley Wagner

ICU, 12/2

Dorothy Wehr

6-T, 12/11

Karen Weik

Dietary, 12/7

Mary Whitsett

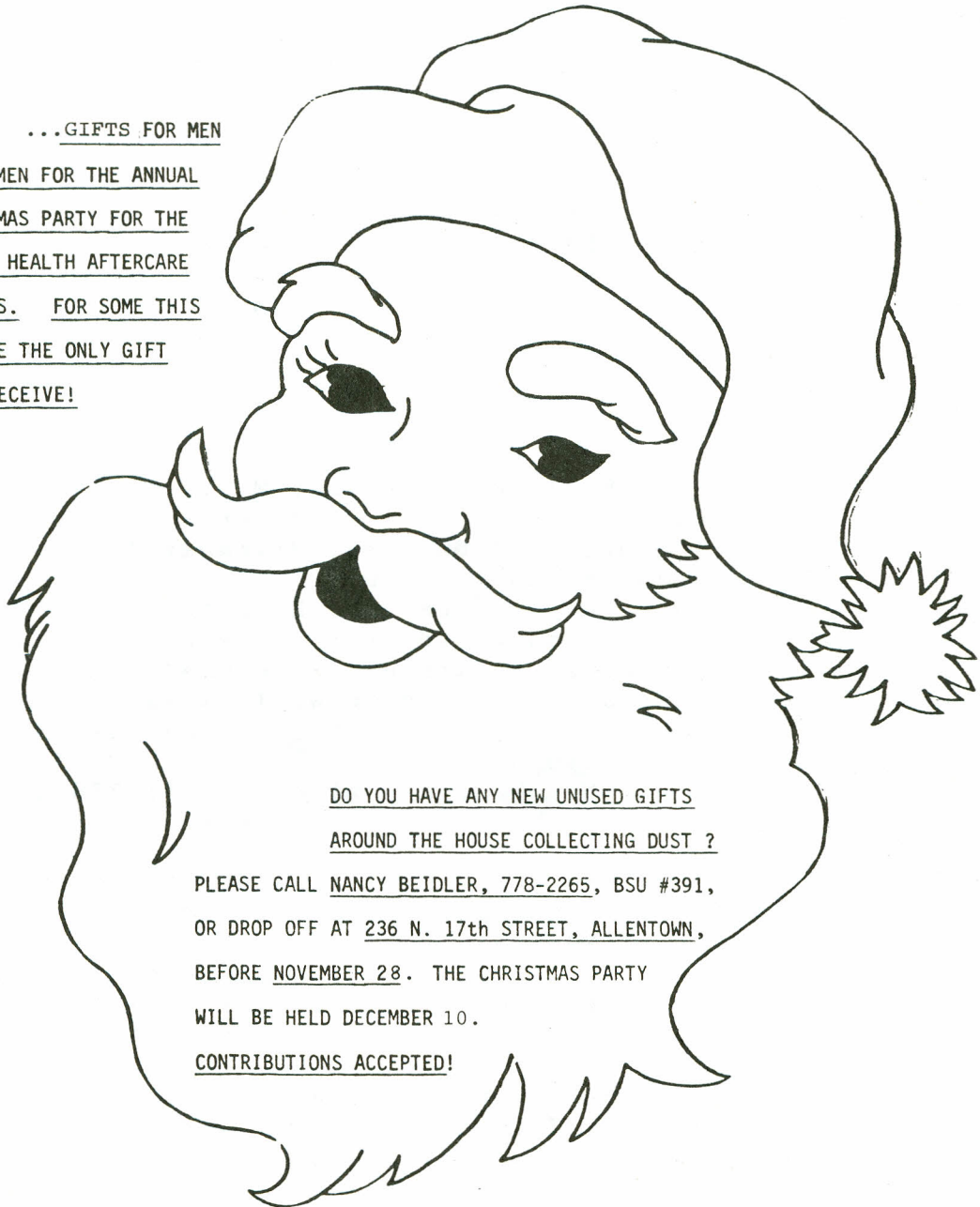
X-ray, 12/11

Patricia Wirth

5-T, 12/9

IN DESPERATE NEED

...GIFTS FOR MEN
AND WOMEN FOR THE ANNUAL
CHRISTMAS PARTY FOR THE
MENTAL HEALTH AFTERCARE
CLIENTS. FOR SOME THIS
WILL BE THE ONLY GIFT
THEY RECEIVE!



DO YOU HAVE ANY NEW UNUSED GIFTS
AROUND THE HOUSE COLLECTING DUST ?

PLEASE CALL NANCY BEIDLER, 778-2265, BSU #391,
OR DROP OFF AT 236 N. 17th STREET, ALLENTOWN,
BEFORE NOVEMBER 28. THE CHRISTMAS PARTY
WILL BE HELD DECEMBER 10.

CONTRIBUTIONS ACCEPTED!

Due to the Thanksgiving holiday, the deadline for information for the November 26 *Stethescoop* will be Tuesday, November 18. Anyone with information to include in the next edition of *Stethescoop* should bring it to Public Relations.