



FRIDAY
DECEMBER 12, 1986

HOLIDAY DINNER

For a special treat, do not miss the Holiday Dinner on Thursday, December 18. The scheduled dinner times are as follows:

10:45 a.m. - 1:15 p.m.

4 - 6:15 p.m.

2 - 3:30 a.m. (December 19)

The ticket you receive in today's paycheck must be deposited in the drum in the Cafeteria prior to December 18. This will serve as your raffle entry to win many fantastic prizes.

The Holiday Dinner Menu is listed on page four.

Poinsettia and Bake Sale

TODAY

The annual Junior Aides poinsettia sale takes place from 10 a.m. to 6:30 p.m. today in the Hospital Lobby.

A variety of poinsettias, decorated pine trees, terra cotta planters and white mums will be for sale. An assortment of cookies and other goodies will also be available for purchase.

If you placed an advanced order for the plants, please remember to pick them up today.

PAYCHECK DISTRIBUTION

Since payroll falls on the Friday after Christmas the following procedures have been established to minimize employee pay difficulties:

All supervisors responsible for picking up checks from Payroll are to do so at 3 p.m. on Wednesday, December 24 in order to pay the day and evening employees who are working. For those employees not working, checks can be picked up in Payroll between 4 p.m. and 6:15 p.m. Employees are not to come to Payroll before 4 p.m. if they are off.

Anyone that has not picked up his/her check by Thursday morning will be able to pick it up in the Patient Accounts Office between 8:30 a.m. and 3 p.m. on Thursday (Christmas Day).



HealthCounts THE BACK SCHOOL

Back pain affects 65-80% of the population and is the second most common reason for employee absenteeism. Employees at the Hospital can be educated on back care and prevention of injury at the Physical Therapy Department's Back School Program.

The program consists of three sessions covering back anatomy and treatment of back pain; a lab demonstration of the importance of posture, lifting techniques and activities of daily living; and an individual screening of posture, flexibility and strength to determine potential problem areas.

The next Back School is scheduled for January 6 in the Physical Therapy Department. Employees who are interested in the program should call extension 2240 to register.

NEW FLU VACCINE

The Employee Health Department is sponsoring a second Flu Vaccine Program. The program is designed specifically for individuals under 35 years of age who received the vaccine (the standard trivalent vaccine) offered at the Hospital in September and October. The new vaccine is called the supplemental monovalent flu vaccine and is highly recommended for health care workers.

The cost of the supplemental vaccine is \$3. Call Employee Health at extension 2289 for information about the vaccine program or to make an appointment.

COURSE SCHEDULE

Weight Watchers At Work Program

Weight Watchers sessions will be offered at the following times and locations:

Monday, January 5	4:00-5:00 p.m.	LVHC Board Room
Wednesday, January 7	7:30-8:30 p.m.	LVHC Classroom I
Thursday, January 8	12:00-1:00 p.m.	LVHC Classroom II
Thursday, January 15	7:30-8:30 a.m.	TAH Caf. Conf. Rm.

Call the Employee Health Office at extension 2289 to register for one of the above eight-week courses.

Smoking Cessation Classes

Hypnosis sessions will be offered by Kenneth Graham, Ph.D., at the following times:

Wednesday, January 14	5 p.m.	TAH Auditorium
Tuesday, January 27	1 p.m.	TAH Auditorium
Tuesday, February 10	5 p.m.	TAH Auditorium

Call the Employee Health Office at extension 2289 to register for one of these sessions.

Women's Health Lecture

Mario Candal, M.D., Department of Obstetrics/Gynecology, will present the next Maternal and Children's Center lecture on **Wednesday, December 17** at 7 p.m. in the Hospital Auditorium.

The lecture, which is free and open to the public, is entitled "Traveling and Other Safety Precautions for your Unborn Baby."

To make reservations, call 778-CARE.

HealthEast Video

Employees can view the December "HealthEast Rounds" videotape during continuous showings in the Hospital Auditorium on the following dates:

Monday, December 15 7:00 a.m. - 3:00 p.m.

Tuesday, December 16 3:00 p.m. - 11:00 p.m.

Wednesday, December 17 11:00 p.m. - 7:00 a.m. (Dec. 18)

This 15-minute video is intended to update all employees as to the latest developments in the HealthEast system. Also featured in this edition are scenes from the new child care service, the relocation of the Home Care Department, the Hospital's Dietary Department, and the Neonatal Intensive Care Unit.

Health Insurance

As of January 1, the Hospital will be offering health insurance (hospital, surgical and major medical) coverage to part-time employees scheduled 32 or more hours per pay period. Thereafter, enrollment will be limited to once a year (each January). Also, cancellation of insurance can only take place at that time. The premium for this insurance is expected to increase as hospital costs increase.

To sign up, stop by the Personnel Department and complete an enrollment card. The first premium is due January 3.

NICU Contest Deadline

Anyone creating handmade knit or crocheted booties for the NICU Booties for Babies contest should remember that the deadline is **December 15**.

Booties may be dropped off in the Volunteer Office between 9 a.m. and 4 p.m. Entries will be judged by the NICU nurses on the basis of creativity and technique. Gift certificates to local yarn shops will be awarded as prizes.

Entries from hospital employees, volunteers, patients and community members are welcome. Patients and staff at Slate Belt Medical Center, who also participated in last year's contest, have donated 26 pairs of booties to the Hospital.

The booties, which help conserve preemies' body heat and energy, will decorate a Christmas tree in the Hospital Lobby before they are donated to the unit.

HOLIDAY DINNER MENU

The Allentown Hospital's original
boneless chicken breast velvete'
(Succulent chicken breast served over smoked ham and
fresh asparagus spears, covered with melted mozzarella
cheese and a bit of white wine sauce, if you so desire.)
Deep fried fantail shrimp
(snappy cocktail sauce)
Broiled fillet of flounder
(crabmeat imperial stuffing/tartar sauce)
Prime filet mignon
(sauteed mushrooms and shallots/grilled to perfection)
Baked Idaho potato
(sour cream/chives)
Dutch style filling/gravy
Buttered golden corn
Tossed salad/assorted dressings
Crispy coleslaw
Fruited ambrosia salad
Fresh fruit cup
Red and green jello
Home style fruit cake
Fudge brownies
Assorted cookies
Assorted pies
Home style napoleons
Cheesecake tart/blueberry, cherry
Assorted fresh fruits
Mints and nuts
Coffee, tea, milk, soda

And lots more items too numerous to mention --

C O M E E N J O Y !!!

Christmas Loans

Because of the great response concerning low-interest Christmas loans, the HealthEast Federal Credit Union has temporarily expanded its operating hours to include Tuesday, Wednesday and Friday from 8:30 a.m. to 4:30 p.m. These hours will remain in effect until the Christmas loan promotion is over on January 15, 1987.

The credit union is offering a 9.9% A.P.R. Christmas loan not to exceed 12 months up to \$1,000, with the added convenience of payroll deduction. Call the office at 776-8404 to see if you qualify.

Due to the Christmas holiday, the deadline for information for the December 24 *Stethescoop* will be Tuesday, December 16. Anyone with information to include in the next edition of *Stethescoop* should bring it to Public Relations.

United Way Pledge Totals

Employees at the Hospital have raised \$22,414.70 in pledges for the United Way campaign, surpassing the original goal of \$16,500. A total of 851 employees donated and pledges are still coming in.

Employees who are full-time and donated a minimum of \$1 per pay (\$26), or if part-time, a minimum of \$.50 per pay (\$13), qualified to enter the drawing for days off with pay. At this time, the following employees have won a day off with pay:

The fourth week's winners are: Hugh Vrablic, ICU; Janie Davis, 5-T; Frank Ballo, Personnel; Victoria LaPorte, Admitting; Susan Cassium, Medical Records; Sally Zemlansky, Home Care; Thomas Miller, Social Services; Barbara Schneck, Laboratory; William McGowan, Personnel; and Curt Saeger, Engineering.

The fifth week's winners are: Kathleen Ray, Poison Center; Chad Carver, Library; Beverly Humphrey, Nursery; Janice Petruccelli, Pediatrics; Judith Braun, School of Nursing; Norman Weaver, Central Supply; Marion Choke, School of Nursing; Patricia Oren, Cancer Center; Ellen Warmkessel, Pediatrics; and Barbara Korsak, Emergency Center.

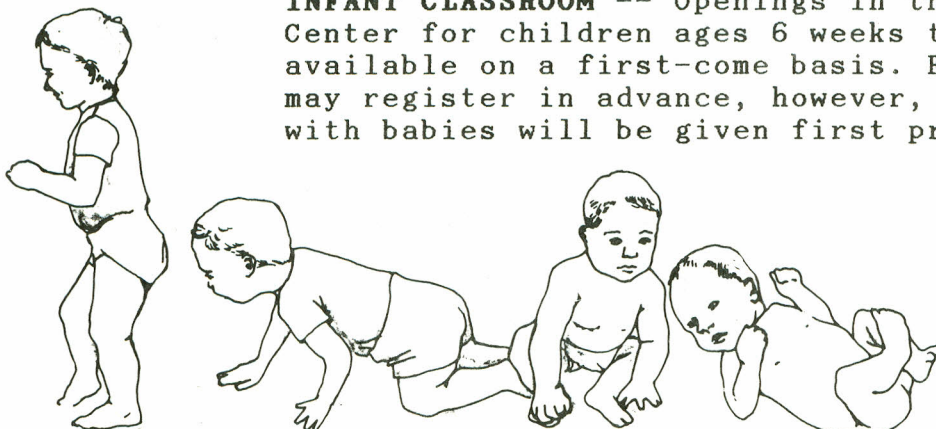
A total of 20 meal books and 20 pairs of movie tickets were also awarded as prizes. A complete listing of all the winners is posted outside the Cafeteria.

CHILD CARE UPDATE

EXTENDED HOURS -- Some parents have again expressed interest in having the Magic Years Learning Center open longer in the evening to accommodate their 12-hour shifts. If you need child care beyond the hours of 6:30 a.m. to 6 p.m., please contact Debbie Terfinko, center director, at extension 2949.

PARENTS ADVISORY BOARD -- The next Child Care Parents Advisory Board meeting will be held on January 9. Topics of discussion will include fund raisers and parental concern. If parents would like any specific concerns addressed, please contact any committee member listed in the last issue of the *Stethescoop*.

INFANT CLASSROOM -- Openings in the Child Care Center for children ages 6 weeks to 18 months are available on a first-come basis. Expectant mothers may register in advance, however, new employees with babies will be given first priority.



Tips for a Safe Holiday

As the new year approaches, we all look forward to the traditional festivities. While preparing for the holidays, keep safety and security in mind at work and in the home. Here are a few suggestions to make your holiday season safer:

SHOPPING -- Since most shopping is done in the evening and it gets dark earlier now, take extra security precautions. If possible, do not shop alone. Lock your car, and park it in a well-lit area. Keep any purchases or valuables out of sight in the trunk.

DECORATIONS -- Be aware of fire hazards. Do not overload electrical outlets. Avoid light-duty cords (they can overheat) and keep them out of the way (so no one trips over them). Check strings of lights for worn insulation, especially with artificial trees -- a short can cause a fire.

PARTIES -- If you are a host, consider where your guests will park. Do not inconvenience your neighbors. Remind guests to lock and park their cars in well-lit areas. Make arrangements in advance for anyone who drinks a bit extra -- do not let them drive.

TRAVELING -- Make sure that your home is secure if you visit friends or relatives. Do not leave Christmas tree lights on during your absence.

FIREPLACES -- When did you last have your chimney cleaned? Use fireplace screens, and let the fire go out before you go to bed. Make sure fireplace ashes are cold before you dump them.

BABY-SITTERS -- Baby-sitters are in great demand during the holiday season, so make arrangements early. Make sure that yours knows how to reach you and has somebody nearby to contact in an emergency. Leave a list of key numbers like fire, police, and the family doctor -- and strict instructions about opening the door while you are out.

Thanks to Lorrie Heyer in the Executive Office and our security guards for sharing this with us.
Have a HAPPY HOLIDAY and a HAPPY NEW YEAR ... SAFELY!

HOTLINE QUESTIONS

(Call the hotline —
Extension 2999)

Q: Would it be possible to provide frozen yogurt on the night shift (11 p.m. to 7 a.m.)?

A: The Cafeteria will provide frozen yogurt one night (11 p.m. to 7 a.m.) per month effective December 1986.

DECEMBER BIRTHDAYS

Michael Ande
 Psychiatry, 12/20
Antoinette Bernardi
 4-T, 12/28
Robert Brown
 Engineering, 12/16
Donna Christman
 Anesthesia, 12/21
Maria Claudio
 Clinics, 12/25
Pamela Clauss
 Emergency Center, 12/22
Theresa Cole
 Pool, 12/29
Anna Cunningham
 Nursing Admin., 12/19
Virginia Daddona
 4-T, 12/20
Mary Diehl
 6-T, 12/21
Scott Diehl
 Dietary 12/25
Nanette Drumbore
 NICU, 12/16
Elizabeth Dum
 Psychiatry, 12/18
Holly Engle
 Home Care, 12/18
Holly Erdley
 Dietary, 12/21
Arlene Evans
 Medical Records, 12/22
Deborah Feden
 4-S, 12/22
Patricia Frailey
 Laboratory, 12/31
James Giardina
 Pharmacy, 12/16
Gregg Guscott
 Pool, 12/23
Lynette Hersh
 Heart Station, 12/28
Lorrie Heyer
 Administration, 12/16
Edith Jones
 Medical Records, 12/22
Elizabeth Kemler
 Pool, 12/28
Martha Kissinger
 Resp. Therapy, 12/31
Barbara Kresge
 Laboratory, 12/17
Kathleen Kromer
 3-T, 12/16
Nancy Long
 5-T, 12/19
Beverly Mack
 NICU, 12/29
Irene Mantz
 Central Supply, 12/16
Jayne Mayes
 4-T, 12/21
Margaret McGinley
 Operating Room, 12/27
Ann McHugh
 ACCU, 12/27
David Melvin
 Operating Room, 12/20
Carol Midei
 Nsg. Education, 12/18
Susan Miller
 Home Care, 12/27
Pearl Mosser
 X-ray, 12/18
Linda Myers
 4-S, 12/17
David Nadig
 Laboratory, 12/21
Shelley Penchick
 Operating Room, 12/23
Jeanne Phillips
 Home Care, 12/16
Michelle Phillips
 Nursery, 12/27
Kathryn Pisciotta
 Pool, 12/16
Debra Pomichter
 Nursing Admin., 12/22
Carol Reed-Chromiak
 Nursing Admin., 12/21
Mary Reitz
 Business Office, 12/18
Chandra Sacks
 Dietary, 12/27
Frances Schankowitz
 Medical Records, 12/18
Constance Seidel
 Operating Room, 12/22
Deborah Spagnuolo
 Dialysis Center, 12/16
Leanne Stendell
 NICU, 12/21
Jean Strong
 Emergency Center, 12/19
Barbara Weidman
 Utilization Review, 12/29
Gerald Willingham
 Engineering, 12/27
Larry Wonderly
 Housekeeping, 12/19
Susan York
 4-S, 12/29

WELCOME, NEW EMPLOYEES

The following employees are welcomed to The Allentown Hospital Family:

Accounting: Christine Hantow, John Zsitek

Housekeeping: Manuel Morales

Nursing: Mary Newberry, Dale Wallace

Pharmacy: Rose Bendekeovits

Psychiatry: Melissa Noll

LETTERS FROM OUR PATIENTS

The nursing staff and anesthesia personnel were excellent. I felt my doctors and the Hospital staff knew what was in my best interest, and I left it all up to them.

My stay was made as pleasant as possible. I consider this the best hospital I have been treated at.

-- Michelle Grim

5-T patient

Phillipsburg, N.J.

The nurses were excellent. They answered questions, were concerned and were always there when you needed them. Pam and Donna in the Nursery, Kim in Labor and Delivery and Lucy in Maternity all went above and beyond the call of duty. They helped make the birth of my baby a beautiful experience.

-- Becky Fisher

3-T patient

Perkasie

What I liked best about the Hospital was the concern, friendliness and courtesy of the professional and nonprofessional staff.

I also delivered a child at this Hospital in 1982 prior to the new wing addition. At that time I felt the staff did a good job and was very helpful. However, I am very impressed with the increased degree of professional care, along with the cooperation of infant and patient care.

-- Donna Benza

3-T patient

Bethlehem

The best features about the Hospital were the excellent care of the nursing staff and the quality of care my newborn received.

How lucky I feel to have The Allentown Hospital's Maternal and Children's Center available. The nurses were always courteous and extremely helpful.

Thank you!

-- Karen Holt

HealthEast employee

Wescosville