

the



FRIDAY  
JANUARY 9, 1987

## **New Year/ New Beginnings**

"New Year/New Beginnings" is the theme of the all-day extravaganza to encourage and assist employees of Lehigh Valley Hospital Center and The Allentown Hospital in adopting healthy lifestyles through New Year's resolutions. The event -- sponsored by HealthCounts, a wellness program of HealthEast -- will take place in the cafeterias of both hospitals on January 14.

That day, each employee making a New Year's resolution will fill out a card specifying his/her goal, and attach it to one of the hundreds of helium-filled balloons decorating the cafeterias. A total of 1,500 balloons from both institutions will be released outside the hospitals simultaneously at 4 p.m. Employees whose cards are found and returned will be eligible to receive prizes through a lottery-style drawing.

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## **Perfect Attendance Rewarded**

Beginning in January, The Allentown Hospital will hold a monthly drawing for full-time employees with perfect attendance for the last 12 months.

The first drawing will be in the Cafeteria the afternoon of Wednesday, January 14. There are 113 eligible employees with perfect attendance from January through December 1986 for this drawing. A \$100 U.S. savings bond will be awarded.

All nonmanagement, full-time employees are eligible. Employees must have 12 consecutive months of perfect attendance as a full-time employee. Absence is defined as time away from work **other than** vacation, holidays, funeral leave or an excused absence due to low census or department utilization.

Once an absence is recorded, the employee's name will be removed from the drawing. It will be added again when twelve months of perfect attendance is achieved.

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 **HealthCounts**  
**COURSE**  
**SCHEDULE**

**Weight Watchers At Work Program**

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

- Monday, January 12**      3:30 p.m.      TAH School of Nsg. Room 1907
- Tuesday, January 13**    5:00 p.m.      TAH School of Nsg. Room 1911
- Thursday, January 15**   7:30 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 17**        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.

**New Year**

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A part of each card will be for employees to request free wellness counseling from the HealthEast Wellness Center.

Music will be provided during the lunch hours by disc jockeys from radio station WAEB, who will be broadcasting live from the cafeterias. During the dinner hours, other deejays will play recorded music.

**Psychiatry**  
**Topic of**  
**TV Show**

On **Tuesday, January 13** at 3:30 p.m. and again at 7:30 p.m., members of the Hospital's Department of Psychiatry will be featured guests on a WLVT-TV show. To appear on the public television show "Manager's Chat" (channel 39) will be John Mitchell, M.D., chairman, Department of Psychiatry; Elizabeth DelPezzo, Ph.D., director, adult psychiatric services; and Jeffrey Knauss, Ed.D., director, child/adolescent psychiatric services. They will discuss the Hospital's full range of psychiatric services and present information on dealing with troubled teens.

**HealthEast**  
**Video**

The December "HealthEast Rounds" which features, among other Hospital services, the new child care center, Home Care, Dietary and the Neonatal Intensive Care Unit, will be shown again during continuous showings in the Hospital Auditorium on the following dates:

- Monday, January 19**            7:00 a.m.- 3:00 p.m.
- Tuesday, January 20**        3:00 p.m.-11:00 p.m.
- Thursday, January 22**       11:00 p.m.- 7:00 a.m. (Jan. 23)

"HealthEast Rounds" is produced every other month. A new edition will be available in February.

## HEALTH FUND

The following is a schedule of the dates the Personnel Office must have receipts for employees to receive reimbursement in their Health Fund:

### TURN IN TO PERSONNEL BY

12/19/86  
1/30/87  
2/27/87  
3/27/87  
4/24/87  
5/22/87

### RECEIVE REIMBURSEMENT

1/9/87  
2/20/87  
3/20/87  
4/17/87  
5/15/87  
6/12/87

### TURN IN TO PERSONNEL BY

6/19/87  
7/17/87  
8/28/87  
9/25/87  
10/23/87  
11/20/87

### RECEIVE REIMBURSEMENT

7/10/87  
8/7/87  
9/18/87  
10/16/87  
11/13/87  
12/11/87

**REMINDER:** All bills submitted to the Personnel Office must indicate they have been paid in order to receive reimbursement.

## DENTAL INSURANCE ENROLLMENT

The Personnel Department is currently holding an "open enrollment" for all employees of the Hospital who want to sign up for dental insurance through the Prudential Insurance Company. Any eligible employee may sign up by completing an enrollment form in the Personnel Department. By the same token, any employee currently in the dental insurance plan who wishes to make changes and/or cancel the insurance may do so. A form must be completed by those employees as well. Any new enrollments, changes or deletions to be effective January 1 must be turned in to the Personnel Department by **January 15**. Before you make your final decision, please read on and note the cost increases you will have. Personnel will not accept phone messages -- the appropriate forms must be completed.

### Dental plan coverage

The dental insurance plan allows for 100% coverage for diagnostic and preventive services (examinations, x-rays, cleaning, fluoride treatments); 75% coverage for restorative services (oral surgery, fillings, periodontics and endodontics); 50% coverage for prosthodontic services (dentures, crowns). There is a \$50 deductible for restorative and prosthodontic services. For employees who originally

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## Understanding Your Teenager

Most parents of teenagers are often confused, and sometimes upset, by their child's behavior. But, parents are also concerned and want to know if their child's actions are normal for someone his or her age or if the teenager's behavior is a sign of a serious problem.

According to staff members at Valley Youth House in Allentown, there are healthy as well as unhealthy ways which adolescents use to act out the frustration and stress they face.

### Healthy behaviors

- o clothing/  
physical appearance
- o music
- o language
- o food
- o recreational activities
- o talking back to parents
- o testing limits
- o testing values
- o experimentation with  
drugs/alcohol

### Unhealthy behaviors

- o suicide
- o withdrawal
- o extreme rebellion
- o poor hygiene
- o drug/alcohol abuse
- o anorexia nervosa/  
bulimia
- o obesity
- o prostitution
- o stealing
- o pathological lying
- o fire setting
- o violent assault
- o running away
- o pregnancy
- o juvenile delinquency

### To learn more about your teenager ...

The Allentown Hospital's Counseling Program for employees and Valley Youth House will offer the second in a series of four mini-courses on parenting of teenagers. The course, entitled "What's the Matter with Kids Today? -- Acting-Out Behavior in Adolescence," will address the concerns and questions of parents with teenagers. Classes feature lectures, case examples, group discussions and exercises.

A preview of the mini-course will be held Tuesday, **January 13** from noon to 12:45 p.m. and will be repeated at 5 to 5:45 p.m. in the Hospital's Cafeteria Conference Room. There is no fee for the preview session.

### Mini-course schedule

The mini-course about adolescent behavior will consist of four sessions to be held on consecutive Thursdays in the Operating Room Conference Room from 7 to 8:30 p.m. Sessions are scheduled for **January 22, January 29, February 5** and **February 12**. The course fee is \$5 per person. Employees and their family members may attend the course.

For more information on the preview session or the mini-course, call Educational Development at extension 2430.

## EXERCISING FOR TWO

The Allentown Hospital is sponsoring an exercise class for pregnant women. The class, held at the Hospital, provides a safe, professionally supervised exercise class for women who are pregnant or who have recently given birth.

All participants must have a physician's approval before taking the class.

The next series of classes begins Monday, **January 26** and Tuesday, **January 27**. The classes are offered twice a week for six weeks. The Monday/Wednesday classes meet from 9:30 to 10:30 a.m. and the Tuesday/Thursday classes meet from 7 to 8 p.m.

The class has been designed for women who want moderately active exercises. Each participant receives a workbook to use at home. The fee is \$30 for first-time participants and \$22 for repeat participants. For more information, call 778-CARE.

## Dental Enrollment

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elected the Health Fund instead of dental insurance, there is a one-year waiting period for prosthodontic services.

### Insurance rates

At this time, the premium rates are as follows: individual -- \$13.19 per month; family -- \$34.63 per month. There may possibly be a substantial increase sometime in March 1987.

If the premium should increase, anyone remaining in the dental insurance program, or any new enrollees, will be subject to an automatic increase in 1987. This new deduction will remain in effect through December 1987.

## ATTENTION! Skiers

Did you know the 1986 Hospital-sponsored Dorney Park and Wildwater Kingdom cards will also provide you with substantial savings at Big Boulder or Jack Frost Ski Resorts? If you did not receive a 1986 card or may have misplaced it, you can obtain a 1986/1987 card and enjoy the savings by calling:

### Big Boulder

Linda Mickles -- 717-772-0102

### Jack Frost

Mark Coleman -- 717-443-8425

Locally -- 395-2000

**NOTICE:** The Allentown Hospital will again sponsor the 1987 Family Discount Card program at Dorney Park and Wildwater Kingdom. The cards should be available to employees prior to the April 18 opening. Watch future issues of *Stethescoop* for more information on this savings benefit.

## HOTLINE QUESTIONS

(Call the Hotline —  
Extension 2999)

- Q: I would like to know if it would be possible for a microwave to be put in the Cafeteria so employees who bring their food from home do not have to walk down to the ground floor snack bar to heat their food.
- A: There are microwaves at many locations throughout the Hospital which can be used to heat food. Based on their locations, it does not seem to be necessary to add another microwave in the Cafeteria.
- Q: I would like to know why employees do not get paid every week?
- A: The biweekly pay period was selected in recognition of the substantial expense and time consumption required to process the payroll for the large number of employees we have. It is considered the fairest and most equitable method of payment and it is utilized by most hospitals today.
- Q: I am calling about the parking situation. I think it is really nice for the Hospital to supply parking for the visitors and patients (during the Fair); however, the lot was only a quarter to a half full. Meanwhile, employees had problems getting parking places. I think they should do something like counting how many spaces they need for patients and visitors and opening the lot up to the Hospital employees. This is the lot that is right across the street in the Fairgrounds.
- A: The current parking arrangements are being reviewed in light of additional parking availability on Liberty Street. This matter was addressed at the recent inservice programs held by Mr. Lippman and Mr. Seabourne. We will keep you posted through *Stethescoop* as changes are made.
- Q: What is the policy on "seconds" for coffee and tea?
- A: Coffee is the only beverage for which we provide free "seconds."

## WELCOME, NEW EMPLOYEES

The following employees are welcomed to The Allentown Hospital Family:

**Accounting:** Denise Baldwin, Joseph Montesano  
**Dietary:** Mike Kemp, Kelli Lopsonzski  
**Laboratory:** Kimberly Walker  
**Nursing:** Tina Ferrey  
**Pharmacy:** Stephen Mertz

# JANUARY BIRTHDAYS

**Nannette Ackerman**  
 Home Care, 1/27  
**Edward Alex**  
 Patient Accounts, 1/22  
**Donald Barkey**  
 Pharmacy, 1/26  
**Cindy Becker**  
 Cancer Center, 1/26  
**Susan Bergey**  
 Laboratory, 1/17  
**Kathleen Bleiler**  
 6-T, 1/23  
**Maron Burke**  
 Pool, 1/25  
**Milagros Castro**  
 Pool, 1/19  
**Byung Cho**  
 Housekeeping, 1/28  
**Marion Choke**  
 School of Nursing, 1/31  
**Elizabeth Christ**  
 MH/MR, 1/21  
**Elizabeth Christman**  
 School of Nursing, 1/26  
**Sandra Conrad**  
 Business Office, 1/30  
**Vicki Curry**  
 MH/MR, 1/16  
**Bertha Daniels**  
 Operating Room, 1/20  
**Wendy Dennison**  
 School of Nursing, 1/18  
**Pamela Deysher-Blacker**  
 Pediatrics, 1/31  
**Sally Dietz**  
 Business Office, 1/27  
**Sandra Druist**  
 Laboratory, 1/26  
**Deborah Falcaro**  
 Psychiatry, 1/22  
**Ann Fatzinger**  
 Operating Room, 1/28  
**Kathy Fusselman**  
 Physical Therapy, 1/28  
**Richard Gehman**  
 Engineering, 1/27  
**Barbara German**  
 Admitting, 1/26  
**Marla Gieringer**  
 Home Care, 1/24  
**Deborah Gilbert**  
 Home Care, 1/24  
**Judy Graessel**  
 Dietary, 1/21  
**Andrew Helman**  
 Engineering, 1/25  
**Joanne Horwath**  
 Admitting, 1/30  
**Carol Jones**  
 Pool, 1/29  
**Susan Jones**  
 Pediatrics, 1/26  
**Tina Kametz**  
 Dialysis Center, 1/22  
**Linda Kehler**  
 MH/MR, 1/24  
**Michele Kershner**  
 School of Nursing, 1/27  
**Janice Kiefer**  
 Employee Health, 1/24  
**Tari Kovacs**  
 Pool, 1/25  
**Michael Kowalishen**  
 Patient Accounts, 1/19  
**Robin Kressley**  
 NICU, 1/31  
**Susan Lauer**  
 Medical Records, 1/17  
**Patsy Lehr**  
 Nsg. Education, 1/17  
**Karen Lerch**  
 Dietary, 1/17  
**Dorothy Mack**  
 Pool, 1/21  
**Lisa Martin**  
 NICU, 1/31  
**Alice Miller**  
 4-S, 1/22  
**Beth Newell**  
 Pool, 1/28  
**Helen Perkins**  
 Pediatrics, 1/26  
**Pamela Prisaznik**  
 NICU, 1/18  
**Judith Pritchard**  
 Psychiatry, 1/22  
**Rose Ann Rago**  
 Nursing Admin., 1/29  
**M. Sofia Raikin**  
 ACCU, 1/26  
**Carolyn Rees**  
 Pool, 1/27  
**Maryellen Riga**  
 Housekeeping, 1/25  
**Ella Rios**  
 Pool, 1/16  
**Eileen Schneider**  
 Home Care, 1/28

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## CONGRATULATIONS!

Jane Laudenslager, R.N., Bev Casciano, R.N., and Beth Newell, R.N., Hospital childbirth educators, recently were certified by the Council of Childbirth Education Specialists. Jane completed Level II of the certification process and Bev and Beth completed Level I.

Along with other registered nurses and physical therapists in the field of childbirth education, they participated in a three-day program designed as an update on the principles and practices of family-centered childbirth. At The Allentown Hospital, the three instructors teach expectant parents classes, sibling classes and other childbirth education classes.

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Michele Ferguson, D.M.D., Dental Clinic, and her husband, Mark Minetola, D.M.D., are the proud parents of a baby girl. Monica was born on November 18.

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Kathryn Jean Kalinoski, Psychiatry, became engaged to Benedict Gress, an employee of PP&L, on Christmas Day.

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## Attendance Rewarded

(cont'd from page one)

"Savings bonds can be beneficial when saving for your child's education or even your own retirement," said Thomas G. Seabourne, Hospital vice president for Human Resources. The current interest rate for U.S. savings bonds is 6.06%. Federal income taxes for the bond will be taken out of the winner's paycheck a pay or two after receipt of the bond.

The drawings will occur on the second Wednesday of every month. A staff member from Personnel will draw the name.

## Birthdays

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**Claire Scully**  
Business Office, 1/25  
**Helen Seifert**  
Nsg. Education, 1/31  
**Stephen Shellhammer**  
Purchasing, 1/16  
**Mary Shelly**  
NICU, 1/27  
**Eileen Smith**  
Home Care, 1/20  
**Sandra Smith**  
Cancer Center, 1/20  
**Pauline Spirko**  
Pharmacy, 1/20  
**Anna Stegura**  
Housekeeping, 1/18

**Patricia Stein**  
4-T, 1/18  
**Brenda Stofflet**  
Pharmacy, 1/21  
**Marie Teders**  
NICU, 1/26  
**Elizabeth Thomas**  
4-S, 1/22  
**Patricia Ustynoski**  
X-ray, 1/20  
**LuAnne Zemplansky**  
Accounting, 1/22  
**Kim Zsitek**  
Pool, 1/21