

A HealthEast Hospital

THE ALLENTOWN HOSPITAL PUBLIC RELATIONS DEPARTMENT

PUBLISHED FOR EMPLOYEES BY:



FRIDAY MARCH 6, 1987

Dial 99 to **Get Out!**

Beginning March 16, to dial an outside line from The Allentown Hospital, you will have to add an extra Dial 99 to get the dial tone.

This change affects everyone using Hospital telephones, including our patients. Special directions have been printed for each patient room and will be posted on March 16.

We have outgrown our telephone lines. room for new phone numbers or for those areas that need additional numbers, we are making this change.

So remember, DIAL 99 TO GET AN OUTSIDE LINE!

Thanks, Mr.Yuk!

Poison Prevention Week is March 15-21, and the Lehigh Valley Poison Center is celebrating Mr. Yuk's 10th Birthday in the Lehigh Valley. Mr. Yuk is the poison warning symbol that says "No!" to little children who cannot read labels on common, yet dangerous products in the home.

Help Mr. Yuk Celebrate

For 10 years, Mr. Yuk has helped save children's lives in the Lehigh Valley by teaching and warning them about poisons.

The Lehigh Valley Poison Center invites you to help Mr. Yuk celebrate by bringing your children to his birthday party Saturday, March 21 from 1:30 to 3 p.m.

Children ages 3 through 12 years old will best enjoy the educational activities and displays at the

Continuous activities will take place inside Agricultural Hall at the Allentown Fairgrounds, where the party will be held.

A bean bag toss, a craft table, a movie, a poisonous plant display, and participative activities

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High blood pressure, or hypertension, is called the silent killer because there are no symptoms. Someone with hypertension can feel absolutely fine and still have blood pressure which is high enough to cause a stroke or heart attack.

Here are some tips which will help keep your blood pressure down and avoid the risk of other serious ailments associated with hypertension.

Controlling your blood pressure

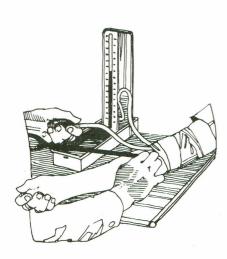
Weight control is one of the most important ways to regulate your blood pressure. High blood pressure is twice as common in heavy people.

A low-fat diet will lower the cholesterol buildup in the arteries so that the blood can flow freely, avoiding pressure on the artery walls. Exercise is also important because it increases the work your heart muscles must perform.

- * Switch to foods with more calcium and less cholesterol. In countries where salt is used sparingly, high blood pressure is rare.
- * Avoid table salt and foods that taste salty. If you really miss salt, try one of the new salt substitutes on the market, or experiment with herbs and spices.
- * Begin a regular program of aerobic exercise. To really get your pressure down, perform the physical activity for 20 minutes, three to four times a week.
- * Keep your alcohol and coffee consumption at a moderate level.
- * Always check with your doctor before making any changes in your diet or activity, and women should also check with their doctor before taking birth control pills as they have been found to raise blood pressure.
- * The most important step you can take in controlling blood pressure is to have it checked often.

We're Fighting

for Your Life!



WEIGHT
WATCHERS
AT WORK
PROGRAM

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

Monday, March 16 3:30 p.m. School of Nursing Room 1907
Tuesday, March 17 5 p.m. School of Nursing Room 1911

Registration forms must be completed and payment submitted to the Employee Health Office by March 13. A minimum \$20 payment is made at the time of registration. Employees may arrange to pay the rest through payroll deduction. Each employee is entitled to one introductory offer -- a \$15 refund if the person attends seven of the eight classes. To register, call the Employee Health Office, extension 2289.

SMOKING CESSATION CLASSES

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

TOTIONING CIMES.		
Thursday, March 12	l p.m.	TAH Auditorium
Tuesday, March 16	5 p.m.	LVHC Board Room
Tuesday, March 24	5 p.m.	TAH Auditorium
Tuesday, March 31	l p.m.	LVHC Auditorium
Tuesday, April 7	5 p.m.	TAH Auditorium
Tuesday, April 21	7 p.m.	LVHC Anesthesia
		Conference Rm.
Thursday, April 30	7 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.

Women's Lectures Offered

WomanCare of The Allentown Hospital, a new, comprehensive health resource for women of all ages in the Greater Lehigh Valley, will offer the following free educational programs for women only.

Elizabeth DelPezzo, Ph.D., Department of Psychiatry, will present the first lecture on Thursday, March 12 from 7 to 8 p.m. in the School of Nursing Auditorium. The lecture is entitled "Working Women: The Juggling Act." Light refreshments will be provided.

On Monday, March 23, Maureen Sawyer, M.S.W., director of Social Service, will present the next lecture. To be held from 12 to 1 p.m. in Room 1911 of the School of Nursing, the topic is "Understanding Your Aging Parents." Bring a brown bag lunch. The room will be open at 11:30 a.m. and a beverage will be provided!

Call the WomanCare hotline, $778\mbox{--}3800\,,$ to register.

PLAN Ahead

This is your last chance to get your tickets for the St. Patrick's Day Dance on Friday, March 13. Sponsored by the Recreation Committee, the cost is \$7.50, which includes snacks, beer and soda.

Tickets can be purchased from any committee member or in the Personnel Office.

The following program is being co-sponsored by the Comprehensive Community Cancer Center and the Greater Lehigh Valley Oncology Nursing Society:

March 19 -- New Developments in Oncology Nursing

Sheraton Jetport 8 a.m. - 4:30 p.m.

The following lectures are also being offered by the Comprehensive Community Cancer Center in the Hospital Auditorium. All interested nurses are invited to attend. Each lecture has been approved by the Pennsylvania Nurses Association for 1.2 contact hours.

March 19 Nursing Management of Breast Cancer 3 to 4 p.m.
Speaker: Joy DuGan, R.N.

March 24 Nursing Management of Leukemia 3:30 to 4:30 p.m.
Speaker: Sandra Smith, R.N.

March 31 Radiation Therapy: Nursing Implications 2 to 3 p.m.

Speaker: Victoria Leach, R.N.

There are only a few spaces left for the Recreation Committee's carefree weekend in New York on Saturday, March 28. Cost per person, based on double occupancy, is \$60, which includes round-trip bus fare, hotel accommodations and a continental breakfast.

Call Carl Reynolds, extension 2229, to make your reservations. Reservation deadline is March 12.

Nancy Andrews, Personnel, was the lucky winner of the perfect attendance drawing for the month of January. She received a \$100 savings bond.

Nancy has been employed at the Hospital since 1981 and has not had a single absence.

Congratulations, Nancy!

Basketball for a Great Cause

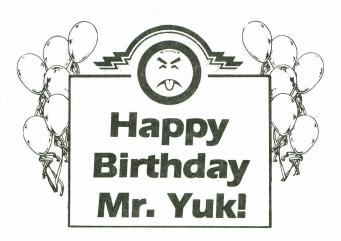
Look forward to seeing members of the administration play in the basketball game between The Allentown Hospital and WAEB radio station on Wednesday, March 18 at 7 p.m.

Darryl Lippman, president; David Buchmueller, HealthEast president; Paul Nurick, executive vice president; and Michael O'Boyle, vice president of finance, will be joining the Hospital's basketball team.

Door prizes will be awarded at half time to several lucky ticket holders. First prize will be a two-day trip for two to New York City; second prize will be a \$20 gift certificate at one of the area record stores; third prize will be a tool kit; and, fourth prize will be a first aid kit. There will be other door prizes, including pen and pencil sets.

Tickets for the game, which will be held at Trexler Middle School, are now on sale for \$1 each. Contact Scott Stahlnecker, Materials Management coordinator, at extension 2229, to purchase tickets.

The money raised will help the Lehigh Valley Poison Center to continue educating children and parents about poison control and also to coordinate poison centers and programs at 19 other member hospitals in eastern Pennsylvania.



Mr. Yuk (cont'd from page one) such as the "poisonous look-a-likes" game are some of the events scheduled for the party.

Parents are invited to stay with their children and guide them so that they can be sure to participate in all the activities and see all the displays.

For free admission call for tickets at 778-CARE, or pick them up at your local participating pharmacy.

* To help parents teach their children poison prevention at home, copies of the "Every 30 Seconds a Child is Poisoned... Quality Time Activities To Help You Teach Poison Prevention" booklet will also be available at the Lehigh Valley Poison Center (778-CARE).

MARCH BIRTHDAYS

Ramon Aguila Dietary, 3/28 Sabrina Amato Pharmacy, 3/29 Louise Andersen Laboratory, 3/17 Lisa Anthony Laboratory, 3/21 Catherine Bachert Dialysis Center, 3/25 Lisa Bachman ASU, 3/16 Joy Bankos Psychiatry, 3/26 Gina Becker Heart Station, 3/28 Mary Beechan Anesthesia, 3/27 Linda Blose Labor & Delivery, 3/26 Amy Bogert 4-s, 3/16**Bric Borger** Pharmacy, 3/16 Jet Bortz ASU, 3/23 Mildred Boyle 4-s, 3/16Barbara Burritsch Housekeeping, 3/30 Jeanne Butler Laboratory, 3/19 Michael Carol Dental Clinic, 3/18 Lisa Comstock, 4-S, 3/25 Catherine Craig School of Nursing, 3/28 Eileen Cranstoun School of Nursing, 3/23 Susan Cummings Pharmacy, 3/25 Nadine Derrickson Labor & Delivery, 3/24 Margaret Dorney Anesthesia, 3/23 Kimberly Downing Laboratory, 3/28 Irene Dreher Central Supply, 3/23 Carol Faust Dietary, 3/23 Kay Fenstermaker Nursing Admin., 3/27 Carol Follweiler Resp. Therapy, 3/31

Jyl Francis Labor & Delivery, 3/20 Myra Freeman Dietary, 3/31 Susan Gaspar Cancer Center, 3/31 Victoria Geiger Labor & Delivery, 3/22 Patricia Gerber Laboratory, 3/17 Loretta Granger Anesthesia, 3/29 Colleen Gruber Nursery, 3/18 Kathleen Gruber Home Care, 3/30 Jane Halpin Psychiatry, 3/24 Diane Halstead Laboratory, 3/21 Donna Hordendorf Nursery, 3/26 Joann Kaplan 5-T, 3/27Jane Kistler Respiratory Therapy, 3/26 Donna Laub Laboratory Admin., 3/23 Michele Lauchnor Dietary, 3/16 Kathleen Lenert MH/MR, 3/24 Margaret Lester Dietary, 3/20 Tina Lowe Pool, 3/25 Deborah Mankos Nsg. Education, 3/31 Randy Meitzler Dietary, 3/16 Joanne Mengel Pool, 3/16 Margaret Molesky MH/MR, 3/16 Mary Moser Patient Accounts, 3/26 Elizabeth Moyer Patient Accounts, 3/30 Carol Mutchler Educ. Development, 3/16 Regina Nichols, ICU, 3/28 Diane O'Sullivan Cancer Center, 3/29 Adele Parker 3-T, 3/17(continued on page eight)

HOTLINE QUESTIONS (Call the Hotline –

(Call the Hotline — Extension 2999)

- Q: I would like to know why the Recreation Committee always schedules its special events on the same weekends; so the people on the opposite weekend cannot attend.
- A: Every effort is made to alternate weekends on scheduled events such as picnics. Your comment will be addressed at the next Recreation Committee meeting.
- Q: What is the policy regarding employee utilization of the Health Office and Emergency Center?
- A: Any employee who is injured at work should be sent to the Employee Health Office or to the Emergency Center if the Employee Health Office is closed. In potential Workers' Compensation cases, payment of medical bills and/or lost work time may not be covered unless the employee is treated initially in Employee Health or the Emergency Center.

If an employee becomes ill at work or a previous non-emergency medical condition worsens in severity as the day progresses, the department head or immediate supervisor has the authority to grant the employee permission to go home. It is not necessary to make the employee report to Employee Health or the Emergency Center for an excuse to go home.

The Employee Health Office and the Emergency Center should not be used as replacements for the family physician. For example, if an employee is suffering from cold and flu symptoms, symptomatic treatment, like aspirin, decongestants, cough medicine, etc., may be obtained from the Employee Health Office to help the employee get through the day. The family physician must be consulted for physician treatment, not the Employee Health physician.

Likewise, the use of the Emergency Center should not be abused. The Emergency Center is to be utilized for emergencies only. Cold/flu symptoms and chronic minor problems do not constitute an emergency and should be treated by the family physician. Employees who report to Employee Health with these symptoms will not be referred to the Emergency Center.

- Q: Is it possible to have fresh hot pretzels for the 3 to 11 p.m. shift?
- A: On the days we have pretzels available, they will be freshly baked at 4 p.m.

Important Tax Information

Because of the Tax Reform Act of 1986, several changes have been made in the tax law that could affect your taxes for 1987. To make sure that your employer withholds the correct amount of taxes from your pay, you must fill out a new W-4 form.

Even though the form includes instructions on how to complete it, they may seem very complicated. To help employees learn how to fill out the W-4 form, the Personnel Department offers some advice. If you plan to complete the form yourself, attend one of the inservice meetings to be held throughout March in the Auditorium. Or, if someone else is preparing your income tax forms, you should ask him or her to fill the W-4 out or to help you.

Ask your department head for a schedule of the dates and times of the inservice education programs or pick one up in the Personnel Office.

WELCOME, NEW EMPLOYEES

The following employees are welcomed to The Allentown Hospital Family:

Dietary: Maryann Merkel, Melissa Parrott

Home Care: Lynne Moller

Housekeeping: Thomas Andrews, Kari Baer,

Kathy Briggs

Laboratory: Joyce Chapin, Nancy Halpin Nursing: George Boldissar, Donna Burkert,

Diane Hakler, Patricia Horvath,

Rosemary Nourse, Maryrose Ricciardi, Jill

Stoelzl

Nursing Administration: Jean Rohal

Pharmacy: Jodi Nemeth

Speech Pathology: Denise Wolst, Mary

Williams

X-ray: Elizabeth Schaefer

Birthdays (cont'd from page six)

Wanda Perich ICU, 3/18 Craig Poliner, Pool, 3/20 Carol Priest Medical Records, 3/16 Patricia Rehm Laboratory, 3/18 Sally Roessler Administration, 3/29 Gwendolyn Rosser School of Nursing, 3/19 Cathy Rutman Pediatrics, 3/21 Michael Sechler Operating Room, 3/27 Marie Seyfried School of Nursing, 3/20 Sally Sherman, Pool, 3/21 Linda Slivka, Pool, 3/31 Donna Sperling Admitting, 3/19 Annette Stefko, 4-T, 3/30 Holly Stowell, X-ray, 3/18 Joanne Troxell Personnel, 3/31 Jean Vitacco, ACCU, 3/18 Jean Wagner Social Service, 3/20 Patricia Warnagiris Psychiatry, 3/23 Coleen Whitsett Pool, 3/26 Diane Williams Business Office, 3/30 Jane Ziegler Dietary, 3/24