



A HealthEast Hospital

PUBLISHED FOR EMPLOYEES BY:

THE ALLENTOWN HOSPITAL
PUBLIC RELATIONS DEPARTMENT



FRIDAY
MARCH 20, 1987

A Beary Nice Place For Children

March 23-27 is Children and Hospitals Week. Pediatrics will sponsor special events all week to help young children feel more comfortable with Hospital surroundings and to be less fearful of hospitalization. A new Pediatrics theme will be featured.

Bears Arrive in Porsche

Get involved with Children and Hospitals Week by attending the kickoff of "Pediatrics at The Allentown Hospital, A Beary Nice Place For Children."

Employees are invited to gather for the arrival of teddy bears donated by various merchants. Come to the Hospital Lobby on **Monday, March 23** at 3:30 p.m. The bears will arrive in a red convertible Porsche from Knopf Pontiac, a sponsor of the bear theme.

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HealthEast Federal Credit Union Annual Meeting

**Thursday, March 26, 1987
2 p.m.**

**The Allentown Hospital Cafeteria
Members are encouraged to attend.**

CELEBRATE WITH MR. YUK

Today is your last chance to get tickets for Mr. Yuk's birthday party, which will culminate Poison Prevention Week activities. The party will be held Saturday, March 21 from 1:30 to 3 p.m. inside Agricultural Hall at the Allentown Fairgrounds. To get tickets call 778-CARE or pick them up at your local participating pharmacy.

Also, for parents who wish to teach their children poison prevention at home, copies of the booklet "Every 30 Seconds a Child is Poisoned...Quality Time Activities to Help You Teach Poison Prevention" are available by calling 778-CARE.



HealthCounts SMOKING SUCCESS STORY

The **HealthCounts** smoking cessation program is helping more than just Hospital employees. The program is having an effect on their families as well. Denny Sweeney, director of operations at JanBridge, Inc. in Philadelphia and the husband of a Hospital employee, had smoked for 20 years. He had wanted to quit for a long time, but had not been able to until he took one of the **HealthCounts** program's smoking cessation classes.

His wife claims that his firm decision to stop smoking was made on his own. "I just happened to mention that the Hospital was having classes and he said 'sign me up.'"

Quitting is not hard for Denny now because he no longer gets the urge. Denny emphasizes that, during the hypnosis session, the ability to relax and to concentrate on what the doctor is saying are the keys to benefiting from the experience. "I'm normally a hyperactive person, but Dr. Graham really helped me to relax."

Denny gives a lot of credit to his wife and daughter for encouraging him to stay away from cigarettes. He says, "They are the primary reason I decided to quit smoking and they are very encouraging in helping me stick with it." He also gets a lot of support from his co-workers.

Although Denny has gained 10 pounds since he quit, he does not feel weight gain will be a problem. Whereas other smoking cessation methods suggest chewing gum or sucking on a lollipop whenever the mood for a cigarette strikes, the hypnosis method completely removes the urge to smoke. "I'm amazed that it worked so well. I have already encouraged a number of people to sign up for one of these sessions," he says.

Smoking Cessation Classes

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

Tuesday, March 24	5 p.m.	TAH Auditorium
Tuesday, March 31	1 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

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

Employee Picnic

Based on the overwhelming majority of responses from the employee picnic survey, the Hospital's fifth annual Employee Picnic will be held on **September 12** at Emmaus Community Park. Watch for more information in future issues of *Stethescoop*.

WomanCare Lecture

WomanCare of The Allentown Hospital, a new comprehensive health resource for women of all ages in the Greater Lehigh Valley, will offer a free educational program for women only. Maureen Sawyer, M.S.W., director of Social Service, will present a lecture entitled "Understanding Your Aging Parents" on **Monday, March 23** at noon in Room 1911 of the School of Nursing.

The presentation will focus on the effect of aging parents on their children. Related issues will be discussed such as the fear of something happening to the aging parent and the problems the middle-aged child faces when his or her aging parent(s) moves in with him, especially when the middle-aged child has children of his or her own. The options and services available to children to help care for aging parents, such as counseling and informal family networks, will also be presented. Much of the hour will be devoted to the sharing of personal experiences.

The lecture room will open at 11:30 a.m. Bring a brown bag lunch. A beverage will be provided.

Call the WomanCare hotline, 778-3800, to register.

Hawaiian Day in the Cafeteria

Wish you were vacationing on an island instead of battling the messy, cold weather? The Dietary Department will try to provide you with the next best thing.

Come join your friends and co-workers on **Tuesday, March 31** in the Cafeteria for Hawaiian Day. The succulent entrees listed below, in addition to the polynesian atmosphere, will definitely get rid of the winter blahs.

Chicken Vegetable Soup

Chicken Princess

(chunk white chicken meat/oriental vegetables)

Sweet 'n Sour Pork

(pork cubes/pineapple tidbits/sweet 'n sour sauce)

Fish Luau

(white meat fish with sweet 'n sour dressing)

Hawaiian Ham Kabob

Noodles Polynesian

(bathed in cream sauce/baked in oven/covered with crumbs, butter and Parmesan cheese)

South Sea Style Rice

(yellow rice/peas/pimentos/parsley)

Pineapple Upside Down Cake

Peanut Butter/Banana Sandwiches

Don't forget to mark your calendars!

CONGRATULATIONS!

Scott Levan, Dietary cook, and his wife, Mary Ann, became the proud parents of a bouncing baby boy. Eric Alan was born on March 8.

Understanding Your Teenager

Adolescence is a time of rapid physical and intellectual growth. During this time teenagers are trying to understand who they are and what others think about them. For these reasons, peer groups are important to them.

Sometimes the beliefs and values held by peer groups are unacceptable to parents. Parents have the most difficulty when teenagers behave according to peer group beliefs because, as the teens say, "All my friends do it."

Family activities may become a "nuisance" for the adolescent and an arena for conflict with parents. The need for acceptance into their circle of friends preoccupies adolescents and this causes concern for parents.

Mini-course offered

The Counseling Program for employees and Valley Youth House will be offering a mini-course called "Adolescent Peer Groups: The Second Family." It will deal with the issue of peer pressure and how parents can successfully intervene and give support to their adolescents.

The course will be held at The Allentown Hospital and Lehigh Valley Hospital Center at the following times:

The Allentown Hospital

Time: 7:30 p.m. - 9 p.m.
Location: OR Conference Room
Dates: April 21, 28, and May 5, 12
Cost: \$5 per person for entire series
To register, call Educational Development at extension 2430.

Lehigh Valley Hospital Center

Time: 11:30 a.m. - 1 p.m.
Location: Anesthesia Conference Room
Dates: April 1, 8, 15, 22
Cost: \$5 per person for entire series
To register, call LVHC Educational Development at extension 8320.

A sneak preview of the mini-course will be held at The Allentown Hospital on April 8 from noon to 12:45 p.m. in the Cafeteria Conference Room. Please bring your own lunch.

To register for this free mini-course preview call extension 2430. Courses are open to employees, spouses and friends.

Telephone number change...

Effective immediately, employees wishing to contact LESRA representative Thelma Shipe can do so by calling extension 2589.



Reservations are no longer being accepted for the Recreation Committee's "get away weekend in New York." However, do not fret -- due to the overwhelming response, another bus will be pulling into our parking lot in the near future. Call Carl Reynolds, extension 2229, for more details.

WALKING FOR HEALTHY BABIES

Each spring more than a million people across the United States participate in a unique fund-raising event -- the March of Dimes walk-a-thon. On **Sunday, April 26** hikers from the Lehigh Valley, will register at Dorney Park at 8 a.m. and, under the banner of WalkAmerica, will begin their 25-kilometer trek promptly at 9 a.m.

Participants raise funds by asking sponsors to pledge any amount, from dimes to dollars, for each kilometer completed. Since the main goal of the March of Dimes is to prevent and save babies from birth defects, the money raised will fund research, medical service, and public and professional health education programs.

What WalkAmerica is all about

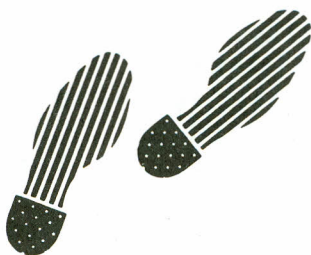
For firsthand information on WalkAmerica, you can see a short video presentation called "A Walk for Love." It focuses on the Lehigh Valley and demonstrates the importance of WalkAmerica and the March of Dimes. The Hospital has scheduled continuous showings of the videotape in the Cafeteria Conference Room on the following dates: **March 30 and 31** from 9 to 10:30 a.m., **April 1** from 9 to 10 a.m., **April 2** from 9:30 to 10:30 a.m., and **April 3** from 9 to 10:30 a.m.



The walk-a-thon is important to babies at the Hospital and throughout the Lehigh Valley. The Neonatal Intensive Care Unit (NICU) benefits from funds contributed by the March of Dimes.

The walk is also a fun and healthy form of exercise. Why not get a group together and participate? Remember, you are not required to walk the entire distance and there will be stopping points with snacks and restrooms. And no matter how far you go, you will be helping thousands of babies across America.

Sponsor sheets for pledges are available by calling Public Relations at extension 2581 or at the showings of the March of Dimes video.



APRIL BIRTHDAYS

Patricia Atno
Dental Clinic, 4/2

Kathleen Baker
ICU, 4/1

Dorothea Barczy
School of Nursing, 4/9

Renae Barndt
X-ray, 4/15

Joseph Bazzarri
Laboratory Admin., 4/9

Judith Berrier, 6-T, 4/7

Joy Bollinger
Nursery, 4/15

Hector Bonano
Housekeeping, 4/3

Evelyn Bowers
4-T, 4/9

Cynthia Burkhardt
Pool, 4/15

Malcolm Burridge
Recovery Room, 4/1

Fern Buss
Heart Station, 4/15

Josephine Cannariato
Laboratory, 4/14

Donna Carle, ASU, 4/10

Lauri Centolanza
Laboratory, 4/13

Michele Cherry
Social Service, 4/6

David Christian
Psychiatry, 4/6

Sally Christman
Dietary, 4/11

Mary Cope
School of Nursing, 4/10

Elizabeth Crone
Business Office, 4/3

Linda Davanzo
Pharmacy, 4/11

Patricia Demko
4-T, 4/2

Stephanie Dietrich
Pool, 4/6

Kathleen Erickson
4-S, 4/10

Dorothy Fabian
Housekeeping, 4/8

Lizabeth Fox
Psychiatry, 4/6

Joan Glazerman
Cancer Center, 4/6

Renee Gombert
Labor & Delivery, 4/2

Nancy Good
4-S, 4/11

Tari Granitz
Dietary, 4/15

Georgette Guth
Operating Room, 4/3

Diane Hakler
Pool, 4/1

Linda Hardiman
Laboratory, 4/11

Paulette Hawkey
4-T, 4/9

Veronica Heckman
Pool, 4/11

Linda Hoskins
Pool, 4/14

Thomas Iapose
Dietary, 4/5

Robert James Jr.
Dietary, 4/8

Diane Kennedy
NICU, 4/13

Patricia Keppel
4-S, 4/14

Vickie Klausen
5-T, 4/1

Hazel Kramer
Volunteer Office, 4/1

Thomas Lambert
Dental Clinic, 4/15

Sandra Laudenslager
6-T, 4/3

Marilyn Leiby
Home Care, 4/9

Janet Lieberman
Anesthesia, 4/15

Shih-Min Lo
Radiation Therapy, 4/9

Joann Lutte
X-ray, 4/14

Dawn Mazzuca, 4-S, 4/1

Judith McDonald
X-ray, 4/1

Wendy McNelis
Nursery, 4/15

D. Elizabeth Miller
Pool, 4/4

Carol Morrow
Psychiatry, 4/4

Tina Mundy, ASU, 4/11

Richard Nester
Housekeeping, 4/12

Debra Newhard
Business Office, 4/11

(continued on page nine)



Effective April 2, there will be a new location for Thursday paycheck pickup.

Employees entitled to pick up their paycheck on Thursdays should report to **Room 3414 on the third floor**, located directly above Payroll, between 3 and 5 p.m. Paychecks had previously been picked up in the Personnel Office.

Picture identification tags will be required to properly identify yourself.

HOTLINE QUESTIONS

(Call the Hotline —
Extension 2999)

Q: A question was asked, ostensibly by a supervisor, regarding vacations.

A: The answer to that question can be provided by the manager of that supervisor or by direct contact with Ann Kelby, benefits manager, in the Personnel Office.

Q: Why is the piped-in music discontinued for part of the morning?

A: The music station is automatically terminated at 5 a.m. and commences at 7 a.m. every day in order to provide listeners time to hear religious programs.

Q: It has been noted that smoking by some employees occurs in some lounges, bathrooms and locker rooms which disturbs those of us who work near those areas. Can something be done about that?

A: We would like to remind all employees that smoking is limited to the Smoking Lounge on the first floor. We have been quite pleased with the overall compliance with this important health, wellness and safety policy and do expect all employees to comply. In short, compliance with the smoking policy is everyone's responsibility and we expect all employees to comply with the policy.

WELCOME, NEW EMPLOYEES

The following employees are welcomed to **The Allentown Hospital Family**:

Business Office: Zoe Brooks

Educational Development: Alicia Shutack

Home Care: Sharon Sulzer

Housekeeping: Pamela Baker

Laboratory Administration: Andrew Massakowski

Nursing: Elaine Sloane, Deborah Varney

Radiology: Collette Ritter

School of Nursing: Barbara Drobnicki, Linda Sterner

Speech Therapy: Marion Piccolomini

PLAN AHEAD

The Allentown Hospital Auxiliary's Alcove Gift Shop is holding an Easter sale for Hospital personnel. Effective immediately, all stuffed animals and gifts (no candy) will be discounted 20%.

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

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.

Now that spring has finally arrived, it is time to think warm thoughts and get ready for planting flowers.

The Auxiliary and the Junior Aides of The Allentown Hospital are preparing for their annual "Geranium and Spring Bedding Plant Sale" on **Friday, May 15** in the Lobby from 10 a.m. to 6 p.m.

There are a number of beautiful plants to choose from including geraniums, begonias, impatiens, fuchsias, and a variety of hanging baskets.

Employees are urged to support the Hospital by participating in this important fund-raiser. Order forms can be picked up in the Volunteer Office. The deadline for ordering is April 1.

A Special Thank You

This year's bowl-a-thon for Big Brothers and Big Sisters of the Lehigh Valley was a big success. Hospital employees and families and friends contributed to raise \$68,000 for the fund-raiser.

The Hospital had five teams of bowlers including: **Carl Reynolds** and **Scott Stahlnecker**, Material Management; **Karen Hauck**, Central Supply; **Susan Keller**, Business Office; **Kerri Puskar**, Public Relations; **Jane Perron**, Pediatrics; **Loretta Gable**, Housekeeping, and **Janette Tough**, ASU.

Richard Kern, Gregg Reinsmith (who had this year's top score of 180), Ann Reinsmith, Jen Fenstermacher, Matthew Reinsmith, Brian Puskar, Michael Drabuschak, Ginger Schurawlow, Bob Moyer, Donna Kristman, Brenda Repaker, Nancy Daubenspeck, Steve Wesloski, Karen Gensey and Patty Baker also helped to surpass this year's goal of \$65,000.

Thanks to all the Hospital's bowlers, who together raised about \$1,300 in pledges. Susan Keller gathered the most pledges -- \$168.48 worth. Special thanks to those Hospital employees who sponsored the team members.

LETTER FROM OUR PATIENTS

Since I am a nurse employed in Labor and Delivery, I was not apprehensive. I knew many of the staff on 5-T and I did not anticipate any problems. It was my first major surgery, but I had full confidence in my doctor and in the nursing staff. The friendliness, smiles and concern from everyone reflected the great nursing care.

Joanne Jacob (5-T patient)

The care I had was exceptional. The nurses really seemed to care and really were helpful. The organization of the Ambulatory Surgical Unit is a credit to the Hospital. I was very concerned about the operation and your staff made it as easy to accept as was possible under the circumstances. Keep up the good work.

Michael Benioff (ASU patient)
Allentown

I was hospitalized the week of the heavy snow storms and bitter cold weather. The Hospital was short-handed since many employees were not able to come into work due to the weather. The nursing staff performed excellently and should be commended.

Jacobs Kins (6-T patient)
Allentown

Birthdays

(cont'd from page six)

Jane Perron Pediatrics, 4/4	Luann Shuman Pediatrics, 4/8
Jacquelyn Puschock 3-T, 4/7	Harriet Simpson Pool, 4/8
Kerri Puskar Public Relations, 4/13	Gregory Snyder Pharmacy, 4/12
Raymond Quinones Engineering, 4/4	Ruby Solt Nursery, 4/6
Candace Rakow Nursing Admin., 4/5	Mary Susko , Pool, 4/9
Lynn Reitbauer Psychiatry, 4/7	Dolores Swartzentruber Nursing Admin., 4/15
Christiane Reppert Laboratory, 4/13	Mary Thrapp , ICU, 4/8
Kathleen Reppert Pool, 4/13	Elaine Toth Physical Therapy, 4/3
Collette Lynn Ritter X-ray, 4/8	Ardell Trengse 6-T, 4/5
Nancy Roe Pediatrics, 4/5	C. Norman Weaver Engineering, 4/14
David Salatino Emergency Center, 4/9	Karen Wiesner Pool, 4/9
Helene Scheirer ACCU, 4/11	Rose Wirth Housekeeping, 4/2
Richard Schmalzried 4-S, 4/10	Doris Wolford Pool, 4/1
	Patricia Zocco Heart Station, 4/4

HOSPICE VOLUNTEERS NEEDED

Lehigh Valley Hospice invites you to consider becoming a volunteer. For those of you who have not had the experience of giving some of your free time to an organization, you will not regret your choice. There are a variety of volunteer roles available, although meeting the needs of patients and families is of the utmost concern.

Would you like to commit yourself to volunteering three to six hours a week? To accommodate your busy schedule, flexible hours are available from 8 a.m. to midnight seven days a week.

A 24-hour training course is conducted twice yearly for interested applicants. Registered nurses may waive attendance at the course.

For further information or to complete an application, contact Maryann Bulishak at 433-5766 between 9 a.m. and 4 p.m.

Pediatrics

(cont'd from page one)

After children and Hospital employees greet the bears, a ribbon-cutting ceremony will be held on Pediatrics at 4 p.m. Members of the Junior Aides and merchants who donated the bears will be honored guests. For health reasons and because of the limited space on Pediatrics, the ceremony will be for invited guests only.



"Hello Hospital" Programs

On Wednesday, March 25 and Thursday, March 26, preschool classes will be attending "Hello Hospital," an introduction to the Hospital.

Employees are encouraged to bring their children to a family-centered "Hello Hospital" on Thursday, March 26 from 6:30 to 8:30 p.m. in the Auditorium.

Children should bring a favorite doll or teddy bear for preoperative teaching and play during the program. Reservations for "Hello Hospital" will be taken on a first-come, first-served basis and can be made by calling 778-CARE.

Pediatrics Staff Appreciation Day

On Friday, March 27, special thanks will be given to the Pediatrics staff.