



A HealthEast Hospital

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THE ALLENTOWN HOSPITAL
PUBLIC RELATIONS DEPARTMENT

the



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SEPTEMBER 4, 1987

NATIONAL GRANDPARENTS DAY — Meet the Founder

September 13 is National Grandparents Day. Gift certificates for grandparents are available for a special grandparenting class, "Update: Grandparenting in the 80s." The class is designed to give grandparents the opportunity to become more involved and more supportive in their role as grandparents.

Marian McQuade, Founder of National Grandparents Day, will speak on "The Importance of Grandparents" during the class on **September 22** from 7 to 9:30 p.m. in the Hospital Auditorium. McQuade will be available to autograph the certificates after the class.

Grandparents are special...

Send your grandparents a gift certificate by calling 778-CARE. If they cannot attend the September 22 class, their certificate will be honored at any one of the upcoming grandparenting classes which are offered every other month.

The fee for this class is \$10 and registration can be made by calling **778-CARE**.

HOSPITAL PICNIC One Week Away

This is your last chance to get tickets for the annual family picnic to be held **Saturday, September 12** from 11 a.m. to 7 p.m. at the Emmaus Community Park. Tickets may be purchased in the Personnel and Home Care offices. The cost is \$3 for adults and \$1 for children three to 10 years old. Children under three are admitted free.

There is something for everyone at this year's picnic. Put your dancing shoes on! Music will be provided throughout the day by deejay Troy N. Thomas (TNT) from WAEB/FM Laser 104.

The adults can enjoy softball, volleyball, bingo and tug-o-war and try your luck at Monte Carlo. Activities for the children include a puppet show, fish pond, face painting, moonwalk and a frog jumping contest. Clowns will be handing out balloons to the children throughout the day.

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HealthCounts THE AUDIT IS COMING . . .

Buckle up! The seat belt audit is coming to employee parking lots sometime soon. Now is a good time for those who do not wear seat belts regularly to start buckling up. Employees wearing their seat belts at the time of the audit will receive a coupon to enter in a drawing. Employees who are missed by the audit may submit an "honor" coupon if they faithfully wear their seat belts.

Winners picked from the drawing will be awarded the following prizes: **first prize** -- a weekend mystery trip for two; **second prize** -- a video cassette recorder; **third prize** -- a 19" portable color television; and **fourth prize** -- a compact disc player. The Wellness Committee hopes that these prizes and the following facts and statistics about seat belts will create a greater incentive for Hospital employees to say "yes" to seat belts.

Belting Up, Is It Really Worth It?

FACTS

Everyone of us can expect to be in a motor vehicle crash once every ten years.

Three out of four crashes happen within 25 miles of the home and **80%** of **serious injury** and **deaths** occur in cars traveling **40 miles per hour or less**.

Half of the 35,000 **people who die** each year in passenger cars, light trucks and vans **could have been saved** if they had been wearing their safety belts. The number of **injuries** would have been **reduced** by a corresponding **65 percent**.

If you are **thrown** from your car your **chances of injury** are nearly **25 times greater** than if you were protected by a safety belt.

Fire or submersion occurs in **less than one-half 1%** of all injury-producing collisions and occupants who are belted in are far more likely to remain conscious and be able to free themselves.



HealthCounts BEGINNER AEROBICS

A low-impact beginner aerobics class, sponsored by **HealthCounts**, will be offered this fall on Tuesdays and Thursdays from 3:45 to 4:30 p.m. This eight-week course, which begins **September 15**, will be instructed by Linda Frey in the School of Nursing, prenatal classroom 916. The registration deadline is September 9.

Another low-impact beginner class will be offered this fall on Tuesdays and Thursdays from 5 to 5:45 p.m. The eight-week course begins on **September 29** and will be instructed by Sharon Holmes in Physical Therapy on the second floor. There is a 25-person class limit and the registration deadline is September 23.

The fee for these classes is \$20. Please call Employee Health at extension 2289 to register.

LEARN TO STAY PHYSICALLY FIT -- DIET AND EXERCISE

WEIGHT CONTROL

If you are interested in the new weight control program, The Psycho/Physical Approach to Weight Control, you should register by September 14.

Sponsored by **HealthCounts**, the eight-week program begins **September 17**. Classes will be held every Thursday from 6:30 to 9 p.m. in Conference Room B.

There is a fee of \$25 for employees and \$45 for the public. For more information or to register, call Employee Health at extension 2289.

Thanks for a Job Well Done!

National Housekeeping Week is September 13 to 19 and the time to give the members of the Hospital's Housekeeping Department recognition for their outstanding work that often goes unnoticed. The department is comprised of 53 employees who work two shifts so that they are available from 7:30 a.m. to 12:30 a.m.

The Housekeeping Department has been working together as a team to give the Hospital a clean and aseptic look. These employees take great pride in making the Hospital's working environment a clean and pleasant one. Their dedication helps all employees work toward the Hospital's main concern -- better patient care.

Important Reminder...

The deadline for filing a 1987 W-4 form to the Personnel Office is **October 1**. If an employee does not complete a form by this date, his or her tax status will automatically be changed to single with no exemptions.

SEPTEMBER BIRTHDAYS

Cynthia Adams
WomanCare, 9/25
Gloria Aronowitz
School of Nsg., 9/17
Maribeth Ballard
Dialysis Center, 9/19
Kathleen Barrette
Dialysis Center, 9/25
Dolores Bednar
Admitting, 9/22
Mary Bennicoff
Pediatrics, 9/20
Frances Bernabucci
5-T, 9/30
Denise Bodish
Psychiatry, 9/19
Gina Borso, ICU, 9/16
Zoe Brooks
Business Office, 9/29
Frances Caruano
Psychiatry, 9/29
Pamela Cisar
5-T, 9/22
Donna Clare
Pool, 9/29
Margaret Colarusso
NICU, 9/18
Gladys Croll
Pediatrics, 9/23
Deborah Defrain
Nursing Admin., 9/29
Brenda Deysher-Mohr
4-T, 9/21
Anne Marie Dolinish-Meltze
Pool, 9/16
Rose Marie Doyle
NICU, 9/21
Nancy Earley
Radiation Therapy, 9/21
Patricia Fegely
MH/MR, 9/20
John Feist
Housekeeping, 9/27
Brenda Fixel
Resp. Therapy, 9/21
Lynn Forbes
Nursery, 9/21
Suzanne Frace
Nursing, 9/21
Gerdi Fuss
School of Nsg., 9/25
Claire Gabel
Nursery, 9/27
Jonelle Gilkeson
Utilization Rev., 9/25
Susan Gorsky
X-ray, 9/25
Mary Green
ASU, 9/23
Eleanor Haas
Nursing Admin., 9/16
Faye Haas, 3-T, 9/22
Lucinda Heimbach
Laboratory, 9/29
Robert Hentosh
Pool, 9/21
Janice Holtzman
School of Nsg., 9/26
Beverly Humphrey
Nursery, 9/28
Vickie Jasper
ICU, 9/23
Richard Kisner
Administration, 9/21
Kathryn Kistler
Laboratory, 9/29
Jodee Koontz
X-ray, 9/18
Barbara Korsak
Emergency Center, 9/17
Margaret Kowatch
Housekeeping, 9/20
Helen Leh
School of Nsg., 9/30
Pauline Lentz
Recovery Room, 9/22
Colleen Levisky
4-T, 9/16
Susan Lorah
Labor & Delivery, 9/26
Judith Lund
Operating Room, 9/30
Rosalie Maehrer
ASU, 9/17
Lisa Marsilio
6-T, 9/17
Geraldynn Matta
Housekeeping, 9/23
Kimberly Meinhart
Psychiatry, 9/23
Andrea Miller
ACCU, 9/23
Chell-Doree Miller
Clinics, 9/27
Carole Moretz
6-T, 9/24
Carlene Moyer
Laboratory, 9/23
Sharon Nächsty
Anesthesia, 9/19
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Seminar on Sexual Assault

"Hue and Cry: A Seminar on Sexual Assault" will be held on **Tuesday, September 22**, from 8 a.m. to 3 p.m. at the Holiday Inn, Bethlehem. Emergency room personnel, pre-hospital emergency personnel, and all employees directly and indirectly involved with the care and support of sexual assault victims would benefit by attending the conference. Participants will be provided with information that will assist them in caring for and supporting these victims.

This conference is sponsored by the Obstetrics and Gynecology Department, the Emergency Center, and *WomanCare of The Allentown Hospital*. For more information or to register, please call 778-CARE.

TUITION ASSISTANCE

Attention continuing education students...

Due to the suspension of the Cedar Crest College credit bank program, The Allentown Hospital has revised its tuition assistance program.

Students will be required to pay full tuition price for classes. The Hospital will reimburse 70 percent of the cost upon completion of all approved courses at Cedar Crest College.

The credit bank will be reinstated in the fall of 1990. If you have further questions, contact Ann Kelby, benefits coordinator, at extension 2430.

WELCOME, NEW EMPLOYEES

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

Blood Bank: Maryclare Plucinsky
Dietary: Robert Henry, Monica Patterson
Home Care: Susan Eroh
Medical Records: Brenda Brobst
NICU: Sharon Vass
Nursing: Judi Gollub-Hiller, Laurie Lux
Nursing Education: Catherine Kirby
Operating Room: Kay Fritch, Judith Wippel
Personnel: Carl Curto

Janice Kokolus, Dietary, was the lucky winner of the perfect attendance drawing for the month of July. She received a \$100 U.S. savings bond for her outstanding attendance record.

Janice has been employed at the Hospital since 1979. **Congratulations, Janice, for your dedication!**

CONGRATULATIONS!

Terri Heigl, R.N., Penny Jacobs, R.N., and Karen Brown, R.N., all Emergency Center nurses on the 3 to 11 p.m. shift, recently passed the National Certified Emergency Nurse exam. Their certification and skills will add to the increased competency of the Emergency Center and will help these nurses to continue to provide a high quality of nursing care.

The following nurses have successfully completed a 13-week graduate nurse orientation program:

4-S -- Michelle Bentz, Bernadette Ann Diehm, Catherine Gober, Daniel DeBlass, Gloria Deegan, Susan Frace and Melissa Hamm; **4-T** -- Karen Aungst, Jeanine Jones, Sonja Mendez, Natalie Mertz, Nancy Hardner, Loran Hind and Ruthann Krause; **5-T** -- Erika Leinberger, Darlene Pail, Patricia Penrose, Karen Smith, Jacqueline Laughlin, Jacqueline Marchese, and Kimberly Reed; **6-T** -- Tammy Stewart, Laura Uding, Karen Witmer, Elizabeth Thomas, Teresa Wargo, and Karen Wiesner.

Sheila Adams, Department of Obstetrics and Gynecology, was the recipient of the first place award in needlecraft competition at the Kutztown Fair. The winning entry was a counted cross-stitch picture of her son Kevin.

Kelli Ripperger, Administration, and her husband, Carl, became the proud parents of a baby boy. Stephen Andrew was born on August 14.

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Birthdays

(cont'd from page four)

Carol Nederostek

X-ray, 9/20

Anita Osika

5-T, 9/23

Carl Pape

Dietary, 9/22

Margaret Parry

Poison Center, 9/17

Eugenia Pearson-Gilbert

ICU, 9/27

Janet Peifley

3-T, 9/18

Donna Reinhard

MH/MR, 9/19

Renee Sansone

Nursery, 9/24

Delia Scurman

Pediatrics, 9/27

Mary Schmehl

School of Nsg., 9/26

Kathleen Sheetz

Business Office, 9/22

Marcy Shive

Pool, 9/29

Alicia Shutack

Educ. Development, 9/28

Lorraine Staruk

Home Care, 9/29

Diane Sterner

Anesthesia, 9/20

Debra Stevens

3-T, 9/21

Susan Steward

School of Nsg., 9/25

Sharon Sulzer

Home Care, 9/28

Elizabeth Szoka

3-T, 9/27

Hugh Vrablic

ICU, 9/23

Teresa Wargo

Nursing, 9/26

Barbara Zimmerman

Home Care, 9/30

Walking for a Good Cause

October is Stroke Awareness Month and the Hospital's Stroke Team is honoring this observance by walking in the fourth annual **Stride for Stroke**. The five-mile walk is a fund-raising event sponsored by the Lehigh Valley Stroke Program, a service which The Allentown Hospital helps support.

You and your family can walk with the Hospital team on Sunday, October 4 at 1 p.m. The walk will take place at Louise W. Moore County Park, located near the intersection of Routes 22 and 33.

Walkers are asked to sign up in four-member teams. Last year the Hospital walkers won second place in **Stride for Stroke**. Winning is determined by the amount of money collected. For more information or to register, call Kay Fenstermaker, Nursing Administration, at extension 2285 or Debbie Lowry, Social Services, at extension 2247.

Picnic

(cont'd from page one)

When you arrive at the park, half of your ticket should be deposited into the drum so that you will be eligible for prizes. The remaining portion should be attached to your clothing. This will entitle you to participate in the fun-filled activities scheduled throughout the day and to enjoy the variety of food provided by the Dietary Department.

Parents are reminded that they are responsible for the supervision of their children at all times. Your cooperation will be appreciated.

Emmaus Community Park is easily reached. See directions listed below.

FROM ALLENTOWN:

Take Cedar Crest Blvd. South (toward Emmaus). When the road ends (MacDonalds on left), turn left. At first traffic light (at Pizza Hut), make a right. At stop sign by West End Beer Distributors, make a right. Follow the road (Pennsylvania Ave.) to fork. Stay straight at fork. Park is on South 14th St.

FROM SOUTH ALLENTOWN:

Take Lehigh St. or Emaus Ave. to Chestnut St. in Emmaus. (Emaus Ave. and Lehigh St. come together at Superior Restaurant in Emmaus where Chestnut St. begins.) Stay on Chestnut St. until you come to the Pizza Hut (10th and Chestnut St.). Make a left. At stop sign at West End Beer Distributors, make a right. Follow the road (Pennsylvania Ave.) to fork. Stay straight at fork. Park is on South 14th St.

IMPORTANT NOTE:

**The last day to use meal tickets
in the Cafeteria is
Monday, September 7.**