

the



FRIDAY
JANUARY 8, 1988

Huston Takes Office

The Hospital Family would like to extend a warm welcome to Samuel R. Huston, newly-appointed president, The Allentown Hospital-Lehigh Valley Hospital Center, and to his executive assistant, Gina Jones.

Mr. Huston recently moved his office to The Allentown Hospital after spending more than a year on-site at Lehigh Valley Hospital Center as president.

Mr. Huston's office is located on the first floor and he can be contacted by calling Gina at extension 8100.

Transitional Care Unit To Open

The new transitional care unit (TCU), which is currently being constructed, is scheduled to open during February. Details of an employee open house will be announced in the near future.

The TCU will offer a new service to patients at The Allentown Hospital. The 12-bed unit will provide a setting for patients who need a higher level of care than found in a regular medical or surgical unit, yet not necessarily the same level of care required in the intensive care setting.

Jack Schwab, R.N., will be the head nurse of the TCU. He will be responsible for coordinating the clinical care of the unit's patients. He is currently the Hospital's evening nurse supervisor.

This is your last chance to submit an entry for the contest to name the new employee newsletter to be formed by merging *Stethescoop* and *Weekly*. The winner will receive a \$100 gift certificate to Hess's.

Submit your proposed name in writing by Friday, January 15 to Public Relations. Please include your name and department. (See page eight for an important survey about the content of the new newsletter.)



The Weight Watchers At Work Program will again be offered as part of the **HealthCounts** Weight Control Program. This program has been adapted to fit the lifestyle of working people with hectic schedules.

The At Work program is based on Weight Watchers Quick Start Plus Program. For those of you who are new to the program, some of the topics for discussion include:

Coping with Coffee Breaks and Candy Machines
Brown Bagging with Panache (flair)
Beating the Five O'Clock Syndrome
Stress Management Techniques
Maintaining Motivation

Class times

This eight-week program will be conducted at Lehigh Valley Hospital Center on three separate dates. The first session will start on Monday, January 11 from 4 to 5 p.m. The second session starts on Wednesday, January 13 from 7:30 to 8:30 p.m. A third session will begin on Friday, January 15 from noon to 1 p.m.

DIET AND EXERCISE

How to join

The fee for the eight-week course is \$58.50. As a special offer to all employees who are registering for the first time, you will receive a \$15 refund if you attend seven of the eight sessions. A minimum \$20 payment must be made at the time of registration.

You may also bring a "significant other" (one person who is not an employee) to the program. The significant other must pay the \$58.50 fee in full at the time of registration and he or she is not eligible for the \$15 refund. All checks should be made payable to Weight Watchers. Since this is a **HealthCounts** program, employees are also eligible to receive \$2 per pound lost.

To register or for more information, call the Wellness Center at 821-2150. A minimum of 15 people is needed to form each class.

Important note...

The Wellness Center has received several requests to offer early classes. When previously advertised, there was never enough interest to run morning classes. If you are interested in specific days and times to participate in any of the **HealthCounts** programs, call the Employee Health office at extension 2289 with your suggestions.

Spring Conference Announced

WomanCare of The Allentown Hospital and the Women's Alliance of Lehigh University will co-sponsor a 1988 women's health conference entitled **"Charting Your Course for a Healthy Lifestyle."** The conference will be held on Saturday, March 12 from 9 a.m. to 4 p.m. at Lehigh's University Center.

The keynote speaker will be Denice Ferko-Adams, nutrition consultant, Lehigh Coalition for Cancer Control. Other speakers will include Cindy Adams, coordinator, *WomanCare of The Allentown Hospital*; Stephen K. Klasko, M.D., Department of Obstetrics and Gynecology, The Allentown Hospital; Lynn Woodhouse, Ed.D., assistant professor, health education, East Stroudsburg University; Karen Hicks, founder and president, Dalkon Shield Information Network, Bethlehem.

Participants will be able to choose three of 24 available workshops. Each workshop will focus on a different topic lasting for one hour. Topics for discussion will include eating disorders, self-esteem, birth control, stress management, exercise, nutrition and mother/daughter relationships.

For more information regarding the conference, call *WomanCare* at (215) 778-3800. *WomanCare* -- where women are special.

WomanCare Programs Offered

The challenge women face today in their personal and professional lives when meeting the demands of family, jobs and a multitude of other responsibilities often results in a woman's needs being forgotten, causing stress and frustration for the woman.

That is why *WomanCare of The Allentown Hospital* is offering **"Time For Me: Stress, Self and Society,"** a stress management course designed especially for women.

The course will focus on showing women how to be comfortable with themselves and more relaxed in their daily lives. Specific topics to be covered include society's expectations of women, improving self-image and self-esteem, improving communication skills, relaxation techniques and developmental (life) stages of women.

Instructors for the five-session course include Donna Wilson, O.T.R./L., director of adjunctive therapies, S. Lee Khoury, A.C.S.W., supervisor of psychiatric social services and Patti Lehr, R.N., M.S.N., clinical nurse specialist for psychiatry. All are on staff at The Allentown Hospital.

The course is scheduled for Tuesday evenings from 7 to 8 on April 19, April 26, May 3, May 10 and May 17 in the Hospital Auditorium. A \$30 fee includes all course materials.

Registration will be limited. To register or for more information call *WomanCare* at 778-3800.

(continued on page four)

A Warm Christmas for NICU Babies

Preemie babies in the Forrest G. Moyer, M.D., Neonatal Intensive Care Unit (NICU) were warmer this Christmas, thanks to contributions to the Hospital's Blankets for Babies contest. The contest, sponsored by the NICU Parent Support Group, is the third annual needlework contest benefitting the NICU.

Shirley Trout, Phillipsburg, NJ, won **first place** for her winning entry. She received a \$25 gift certificate from Sophia Klein's yarn shop, Allentown.

The **second place** \$20 certificate donated by The Needlepoint Studio, Emmaus, was won by Antonio Cavallucci, Allentown.

Jean Benko, Allentown, won the **third place** \$15 gift certificate from Art to Wear, Allentown.

Fourth place went to Kathleen Schuler, Wescosville, who won a \$10 certificate donated by the NICU Parent Support Group.

The blankets decorated the Hospital Lobby Christmas tree which had decorations made by Pediatrics staff and patients and the NICU Parent Support Group. The decorations followed the "Pediatrics: A Beary Nice Place for Children" theme and contained pictures of NICU graduates.

ATTENTION, Skiers!

On **January 28** the Hospital's Recreation Committee will sponsor a one-day ski excursion to Little Gap Ski Area. The price is \$22 per person, which includes transportation and lift ticket. Lessons and rentals are available for beginners at a special price.

For more information, contact Tom Donatelli at extension 2374 or Ann Kelby at extension 2279.

WomanCare

(cont'd from page three)

WomanCare of The Allentown Hospital will sponsor a program entitled "**Post Holiday Depression: Beating the Blues**" on Tuesday, January 12 at noon and Thursday, January 14 at 7 p.m. Both lectures will be held in Room 1911 of the School of Nursing.

The guest speaker will be Patti Lehr, R.N., M.S.N., clinical nurse specialist, Psychiatry. She will discuss how to differentiate between depression and post holiday blues and coping skills for dealing with the blues.

A free parenting lecture, sponsored by the Pediatrics Department, entitled "**Rashes in Children**" will be held on Wednesday, January 20 at 7 p.m. in the Hospital Auditorium.

The guest speakers are Forrest G. Moyer, M.D., Department of Pediatrics, and Alan Schragger, M.D., dermatologist, Department of Medicine.

For more information or to register for these free programs, call *WomanCare* at **778-3800**.

New Employee INCENTIVE PROGRAM

In order to better retain and recruit staff members for such areas as clinical laboratories, nuclear medicine, nursing, pharmacy, radiology, radiation therapy, and respiratory therapy, The Allentown Hospital-Lehigh Valley Hospital Center has implemented a new employee recruitment incentive program.

Since November 1, a signing bonus for newly-hired staff members in these areas has been offered. The new program offers each new full-time employee in one of these positions a \$500 signing bonus. After one year of employment at the Hospital, these employees will receive an additional \$800 retention bonus.

Another feature of the new incentive program is a \$500 bounty to any employee providing Personnel with the name of a person who has the skills to fill a critical shortage position and who is later hired for this position.

The recruitment bonus and bounty programs are effective through July 31, 1988.

HealthEast Annual Report

HealthEast employees can be proud of the hard work they perform each day. This dedication and hard work is illustrated in the HealthEast Annual Report for fiscal year 1987.

Public Relations will distribute annual report brochures to employees on **Wednesday, January 20**. All interested employees are urged to pick up their copy outside of the Cafeteria between 9 a.m. and 3 p.m. If unable to obtain a copy, please stop by the Public Relations office.

The HealthEast annual report video will be shown continuously **Thursday, January 21** in the Hospital Auditorium from 7:30 to 11:30 a.m. and 1:30 to 3 p.m. It will also be available for viewing in the Auditorium from 3 p.m. through 7 a.m. (January 22).

Viewers of the annual report can expect to see a review of accomplishments at all four HealthEast hospitals, including renovation and construction projects, dedicated health professionals at work, and most importantly, patient success stories.

The patient successes of the past year could not have been possible without the highly skilled and caring HealthEast hospital staff members.

CONGRATULATIONS!

Karen Brown, R.N., Nancy Schneck, R.N., Terri Heigl, R.N., and Connie Husowitz, R.N., Emergency Center nurses, have successfully passed the American Heart Association's Advanced Cardiac Life Support course. This ACLS certification enhances the already high quality of nursing care in the Emergency Center to an even higher and more competent level of nursing care, according to Dave Salatino, R.N., Emergency Center nurse manager.

JANUARY BIRTHDAYS

Nannette Ackerman
Home Care, 1/27

Edward Alex
Patient Accounts, 1/22

Cindy Becker
Cancer Center, 1/26

Susan Bergey
Laboratory, 1/17

Kathleen Bleiler
TCU, 1/23

Jami Breisch
Heart Station, 1/18

Maron Burke
Pool, 1/25

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

Pamela Deysher-Blacker
Pediatrics, 1/31

Bernadette Diehm
5-T, 1/29

Sally Dietz
Business Office, 1/27

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
Housekeeping, 1/21

Carolyn Harlan
Operating Room, 1/31

Andrew Helman
Engineering, 1/25

Joanne Horwath
Admitting, 1/30

Carol Jones
Pool, 1/29

Susan Jones
Pool, 1/26

Mercedes Jurkiewicz
Operating Room, 1/16

Tina Kametz
Operating Room, 1/22

Linda Kehler
MH/MR, 1/24

Michele Kershner
Nursing Education, 1/27

Janice Kiefer
Employee Health, 1/24

Michael Klatchak
Accounting, 1/17

Michael Kowalishen
Patient Accounts, 1/19

Robin Kressley
NICU, 1/31

Susan Lauer
Medical Records, 1/17

Patsy Lehr
Nursing Education, 1/17

Dorothy Mack
Pool, 1/21

Lisa Martin
NICU, 1/31

Susan Mohr
Central Supply, 1/19

Beth Newell
Pool, 1/28

Linda Petrine
Nursing Education, 1/27

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

Pauline Rickert
Pharmacy, 1/31

Maryellen Riga
Housekeeping, 1/25

Ella Rios
Pool, 1/16

Linda Schappell
Speech Therapy, 1/25

(continued on page seven)

CPR Certification Course Offered

The Educational Development Department is offering a cardiopulmonary resuscitation (CPR) certification course to interested employees. The program consists of two parts. The first part, which is the theory of CPR, is scheduled for January 20 from 1 to 3 p.m. The second part, which is the mannequin practice and testing, is scheduled for January 25 from 10 a.m. to noon or January 27 from 1 to 3 p.m. All classes will be held in the Hospital Auditorium.

It is necessary to attend both sessions to receive certification. Call Educational Development at extension 2430 before January 18 to register.

Recertification

CPR recertification is only offered twice a year -- in February and September. All employees who are due for recertification from January to June should contact Educational Development, extension 2430. Pre-registration is required for the sessions in order to assure adequate instructor coverage.

HealthEast Benefits . . . AN UPDATE

As announced in the last issue of *Stethescoop*, employee health and dental benefits will continue to be self-insured. Starting January 1, administration for the plan is provided by Spectrum Administrators. New cards and a copy of the new form will be sent out to all employees in the near future.

Health coverage and policies will remain basically the same as the health benefits employees had received before. Employees can now call a local number with any questions they have regarding their health benefits. Spectrum Administrators can be reached at extension 9810.

Birthdays

(cont'd from page six)

Eileen Schneider
Home Care, 1/28
Claire Scully
Business Office, 1/25
Mary Shelly
NICU, 1/27
Sandra Smith
Cancer Center, 1/20
Pauline Spirko
Pharmacy, 1/20

Anna Stegura
Housekeeping, 1/18
Patricia Stein
4-T, 1/18
Elizabeth Thomas
4-S, 1/22
Paul Trinkle
Purchasing, 1/23
Teresa White
Pool, 1/26

Have a Happy, Healthy New Year!

READERSHIP SURVEY

The merger of The Allentown Hospital and Lehigh Valley Hospital Center has prompted plans to merge the employee newsletters -- *Weekly* and *Stethescoop* -- to provide expanded, in-depth coverage.

Before we begin distributing the "merged" newsletter, we would like to know what you, the readers, want it to include. Please take a few minutes to complete the following survey and return it to the Public Relations Department.

1. Do you regularly read *Stethescoop*? Yes _____ No _____

2. How often would you like to receive an employee newsletter?
Weekly _____ Biweekly _____

3. Please check the sections listed below you would most like to have included in the new newsletter.
 - _____ Educational events
 - _____ Pictures
 - _____ Employees' birthdays
 - _____ Notes from patients
 - _____ Articles featuring departments in the Hospital
 - _____ Recreation Committee news
 - _____ Employee's engagement, weddings, births of children
 - _____ List of new employees
 - _____ Question and answer column on matters of policy affecting employees
 - _____ **HealthCounts** information
 - _____ Classified ads (items for sale, apartments for rent)
 - _____ List of employees marking anniversaries of service with the Hospitals
 - _____ Other, please list

Please return to the Public Relations Department by January 15.