

# CheckUp

Vol. 7, No. 19

October 14, 1994

## Lehigh Valley Hospital To Showcase New Facilities

**Open House: Oct. 15, 1994**

Lehigh Valley Hospital will showcase its newly-renovated and relocated facilities at 17th & Chew during an open house, Saturday, Oct. 15 from 1-4 pm.

Earlier in the week, advance previews of the new facilities were held for employees, volunteers and members of the medical staff, board of trustees and board of associates.

Hospital personnel and their families are also invited to the weekend reception and tour.

The new look and layout of the hospital result from multiple construction projects initiated during the past year. The structural and operational changes coincide with the development of a master facility plan that will be implemented over the remainder of the decade.

According to Elliot J. Sussman, MD, the primary objective of the cumulative projects is to streamline the hospital's delivery of healthcare services.

"In a more efficiently designed, cost-effective and patient-focused hospital, we will be in a better position to respond to ongoing and anticipated changes in the delivery of healthcare, including the shift toward outpatient services and procedures," he says.

Service areas that will be highlighted during the open house include:

### **Lehigh Valley Transitional Skilled Unit**

The transitional skilled unit will serve medically stable patients who no longer require

acute hospital care but are not well enough to be discharged home or transferred to a traditional nursing home. Scheduled for occupancy in early 1995, the unit will provide nursing and rehabilitative services for elderly and disabled patients. Transitional skilled care is a cost-effective alternative to acute care since the intensity of around-the-clock care is less than acute inpatient care.

### **Rehabilitative Services**

Rehabilitative Services including physical and occupational therapies, promote healing and recovery from illness, injury or surgery. Services range from electrical stimulation and gait training to strengthening exercises and simulated home activities. A kitchen, bedroom and even a washer and dryer occupy part of the treatment area to help patients practice daily living activities before their discharge home. Rehabilitative services were specifically relocated next to the transitional skilled unit to facilitate the care of the unit's elderly and disabled patients.

### **Mother-Baby Unit**

The Mother-Baby Unit offers a unique approach to the care of new mothers and their babies: one nurse per shift is assigned to the care of both the mother and her baby, responsibilities that were previously shared by different nurses. One of the many advantages to this approach is improved communication between patients and staff. Painted and papered in shades of plum, gray and cream and furnished in cherry wood, the new unit features accommodations for 24 patients, predominantly in single rooms. The unit also includes a nursery next to the nurse's station, convenient for the staff to monitor infants and for mothers to look in on their children. This arrangement supports the concept of mother-baby nursing since most infant care takes place in the mother's room.

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### **Labor/Delivery/Recovery Suites**

Much like the Mother-Baby Unit, the new Labor/Delivery/Recovery (LDR) suites have been designed with patient comfort in mind. Recessed lighting and cabinets (for concealing monitoring equipment) lend a homey atmosphere to the suites, which are adjoined by a storage area equipped with a portable equipment and supply cart. The cart is wheeled into the room for use during labor and delivery and returned to the storage area afterward to restore the suite to its original home-like appearance. The layout and location of the LDR suites and the Mother-Baby Unit were influenced by obstetric patients who generally prefer separate facilities for labor/delivery/recovery and postpartum (mother-baby) care. By providing these services at two different locations, the hospital expects to achieve a higher level of patient satisfaction.

### **Ambulatory Surgery Unit**

Beginning in late 1994, all outpatient surgical procedures at Lehigh Valley Hospital will be performed at the 17th & Chew site. The new Ambulatory Surgery Unit will include seven operating rooms, a cystoscopy suite and a urodynamic examination room. The introduction of valet parking for ambulatory patients will coincide with the opening of the new unit.

### **Outpatient Pediatrics**

Outpatient Pediatrics provides primary and specialized care to children and their families, many without the means to pay for healthcare services. Among the patients referred to Outpatient Pediatrics are children who need special care for breathing, balance, bone or other medical problems. Care is provided by pediatricians in the following sub-specialties: pulmonology (breathing), rheumatology (bone joints), neurology (headaches or balance), endocrinology (diabetes), allergy, cardiology (heart), behavioral pediatrics and genetics (hereditary conditions).

### **Dental Department**

The new Dental Department is more than double its original size, with previously separate clinical and administrative functions

consolidated at its new location. Featuring the latest technology in four treatment rooms, the department primarily serves patients with special healthcare needs, including pre-operative, diabetic, cancer and psychiatric patients. The department also provides services to patients who are uninsured and unable to afford dental care.

### **Center for Women's Medicine/ WomanCare**

The Center for Women's Medicine and the adjoining WomanCare offices and library provide clinical and educational services to women at every stage of their lives. The Center is staffed by physicians and nurses specializing in obstetrics (childbirth care) and gynecology (women's health) including sub-specialists in perinatology, reproductive endocrinology and infertility and gynecologic oncology. Additionally, counselors and educators are available to provide information and guidance in areas ranging from genetics to menopause. Each physician in the Center for Women's Medicine is involved in multifaceted activities: caring for patients, teaching resident physicians and medical students and participating in medical research.

Components of the Center for Women's Medicine include:

#### **• Perinatal Testing**

Fetal and maternal monitoring and genetic counseling and testing, including amniocentesis, are available to women who experience complications at the start or during the course of pregnancy. Services are provided by sub-specialists in perinatology (high-risk pregnancy) and specially-trained nurses.

#### **• Urodynamic Room**

Various diagnostic studies of the bladder including cystoscopy, a method of visualizing the bladder for testing and evaluation, are performed in the Urodynamic Room under the direction of a urogynecologist.

#### **• Gynecologic Oncology**

Women with medical conditions affecting the cervix, uterus or ovaries may be referred to specialist in gynecologic oncology (reproductive cancer treatment) based at the Center for Women's Medicine. The Center is equipped

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CheckUp is a biweekly employee publication of Lehigh Valley Hospital, Public Relations, 1243 S. Cedar Crest Blvd., Allentown, PA 18103. Interoffice mail submissions should be addressed to 1243SCC-PR. For additional information, call extension 3000. Lehigh Valley Hospital is an equal opportunity employer. M/F/D/V



## *Initial Choice Plus Enrollment Concludes - Coverage Begins This Month*

Choice Plus, Lehigh Valley Health Network's new managed care, point-of-service plan, took effect on Oct. 1 after a well-received enrollment and orientation period. Nearly 1,600 employees (with 2,500 dependents) enrolled in Choice Plus, representing 40 percent of the eligible LVHN population. Mary Kay Gooch, Administrator, Human Resources, attributes the positive response to a number of factors ranging from a well-designed, carefully researched benefits program to helpful information sessions and booklets.

She also credits the programs success to the cooperation of many people including Spectrum Administrators, Lehigh Valley Physician Hospital Organization, physicians and the Human Resources Department for their contributions along the way.

"I think that employees discovered that there are advantages to enrolling," Gooch adds. "The plan offers a comprehensive collection of benefits. It is particularly advantageous for employees with young children given that immunizations are covered and well-baby visits are an eligible service. Coverage for routine periodic exams and OB/GYN exams appealed to others."

She is also pleased to report that everyone was accepted by their first choice Primary Care Physician for the initial enrollment period. As a result of the number of Choice Plus enrollees, however, the following practices are unable to accept new patients at this time: ABC Pediatrics; McGorry, Newmann; Peds Limited; and David W. Whitson, MD.

During these early weeks of the plan, Choice Plus enrollees are reminded to:

- Coordinate your care through your primary care physician.
- Pay for your prescriptions at Walter's and the hospital pharmacy and submit bills to Spectrum Administrators for reimbursement. Spectrum Administrators will pay

for 100 percent minus your \$10 co-pay.

- Use the pink copy of your enrollment form as your temporary ID card. New cards will be sent out within four - six weeks.

Anticipating that enrollees will have a variety of questions regarding their coverage during this initial period, Gooch reports that several information resources may be accessed.

- Information about specific benefits and/or participating doctors can be found in the original information packets distributed this summer prior to the employee meetings.
- A Member Services Office, run by Spectrum Administrators, has been established especially for Choice Plus enrollees. The telephone number is 402-7480; office hours are 8 a.m. - 5 p.m., Monday - Friday. This office will answer calls regarding benefits verification/inquiries, the referral process or primary care physician arrangements.
- The office managers or participating physicians have attended informational sessions about Choice Plus and have reference manuals to help answer your questions related to the plan.
- To make changes regarding coverage (e.g., change a name, add a new dependent) contact your benefits counselor in Human Resources.
- A summary plan description for employee handbooks will be distributed in the future.

Now that Choice Plus is underway, Gooch looks forward to receiving feedback from enrollees. "We will collect data and track the calls that come in to Member Services," she says. "We want to hear what employees like and explore how we can expand benefits coverage and improve the process. Through these efforts, I expect that Choice Plus will be successful in meeting the healthcare needs of our employees." ■



# Bulletin Board

## Family Health Fair Planned

A family health fair for new, expectant and "experienced" parents will be held Saturday, Oct. 15 from 11 a.m. - 3 p.m. at K-Mart in the Mountainville Shopping Center, 1502 S. 4th Street, Allentown. The fair will feature everything from free fingerprinting and blood pressure screening to pre-natal education and halloween safety bags. Because Lehigh Valley Hospital's observance of Child Health Month coincides with the March of Dimes' Campaign for Healthier Babies, both organizations are co-sponsoring the event. Other participating organizations include the Allentown Health Bureau, the Pennsylvania State Department of Health, District 18 Kiwanis and the Allentown and South Whitehall Police Departments.

## Flu Vaccine for Employees

Employee Health will administer the flu vaccine, free to hospital employees and volunteers, during "open hours" at both sites. The revised schedule is as follows:

### Fourth Floor, Morgan Cancer Center, CC& I-78

Mondays	7-8 a.m. & 1:30-4 p.m.
Tuesdays	7-8 a.m. & Noon-3 p.m.
Wednesdays	7-8:30 a.m.
Thursdays	7-8 a.m. & 12:30-4 p.m.
Fridays	7-8:30 a.m.

### Medical Clinic Room #11, 17 & Chew

Tuesdays	7-10 a.m.
Wednesdays	1-4 p.m.
Thursdays	7-10 a.m.
Fridays	2-3:30 p.m.

## Hospital To Host Senior Health Fair

Nearly 30 hospital departments will provide health screenings and presentations on age-related illnesses at a Senior Health Fair, Saturday, Oct. 29 from 9 a.m. -2 p.m. in the Anderson Wing. The fair is sponsored by the Geriatric Interest Network, a group of hospital employees who participate in volunteer activities to benefit older adults. During the fair, participants will have the opportunity to participate in blood pressure, cholesterol, oral cancer, grip strength, nutrition and sleep apnea screenings and a computerized cancer risk assessment. Seniors are also encouraged to bring both prescription and over-the-

counter medications with them for evaluation by a pharmacist. In addition, they will be invited to tour the Operating Room, sample nutritious snacks, hear a presentation by hospital personnel on fraudulent activities directed toward older adults and obtain written materials on a variety of topics including arthritis, heart disease, diabetes, stroke and pain management. For more information, please call ext. 7370.

## FREE Flu Shots

Area senior citizens, age 60 and over, are also eligible to receive free flu shots on the following dates and locations from 10 a.m. - 4 p.m. The free vaccines are being provided by Lehigh Valley Health Services and Health Spectrum. For more information, please call ext. 7450.

Oct. 18 Macungie Memorial Hall  
Macungie Park, Poplar Street

Oct. 20 Eastern Salisbury Firehouse  
1000 E. Emmaus Ave, Allentown

Oct. 25 Diamond Fire Co. Bingo Hall  
110 Main Street, Walnutport

## LVH Auxiliary Hosting Jewelry Sale

Golden Image Jewelry, including bracelets, earrings, watches, pins and pendants in 14k gold and sterling silver, will be featured at a pre-holiday sale, Tuesday, Nov. 1 and Wednesday, Nov. 2 from 7 a.m.-4 p.m. in the Anderson Wing lobby. The sale will be hosted by the Lehigh Valley Hospital Auxiliary.

## Winter Weekend Adventure Planned

Set aside your snow shovel and get out your skis for a weekend adventure in Holiday/Hunter Mountain, New York, sponsored by the Lehigh Valley Hospital Recreation Committee. The snow-making capital of the world, Hunter Mountain has a 1,600 foot vertical drop, three mountains, 15 lifts and tows and 47 slopes and trails.

Nearby Holiday Mountain has a 400 foot vertical drop, three lifts, 15 slopes and trails and is perfect for beginners. In addition to skiing, guests can enjoy horseback and sleigh



# Bulletin Board

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riding, snowmobiling and paintball/skirmish as well as a serpentine slide with tubes and sleds to an indoor pool and jacuzzi. Cost per person is \$214 (based on double occupancy in the Granit Hotel Mountain Resort; less if three or four share a room.) The cost includes two breakfast buffets, two smorgasbord dinners, discounted lift tickets and nightly entertainment. A down payment of \$50, payable only by check to Lehigh Valley Hospital Recreation Committee, is due by October 28. For more information and to register, please call Jill Biszek, public relations, ext. 3002.

## Committee Updates Meeting Schedule

The Recreation Committee has updated its meeting schedule for the remainder of the year. Dates and locations of the monthly meetings, which are held from 12:15-1:30 p.m., are as follows:

- Oct. 25 Conference Room 6, 4th floor  
Morgan Cancer Center
- Nov. 22 School of Nursing, Parlor A, 17
- Dec. 27 President's Room, CC

## Halloween In Store

Halloween is almost here, and the Tree Top Shop, CC&I-78, is brimming with decorative pumpkins, witches, scarecrows, skeletons, masks and more. The shop has also added a great selection of Mickey Mouse and Nurse's Indiglo watches. Be sure to shop early for best selection.

## Country Dance Lessons

Instructor Con Gallagher offers lessons in Country/Western couple and line dancing, Mondays from 5 - 6:30 p.m. in the Physical Therapy Department, CC&I-78. Cost per person is \$5.

## "Hospital Heroes"

John Cassis will present "Hospital Heroes," the 4th annual Medallion Lecture sponsored by the Professional Nurse Council, on Thursday, Oct. 20 from 10:15 - 11:15 a.m. in the auditorium, 17th & Chew and 1:15-2:15 p.m. in the auditorium, CC&I-78. A nationally-recognized motivational speaker, Cassis routinely dispenses his wit and wisdom in pre-game "pep talks" to the Chicago Bears. All hospital personnel are invited to attend.

## Preceptor Recognition Reception

Nurses who completed the hospital-sponsored preceptor course during 1993-94 will be honored at a special recognition reception on Thursday, Oct. 20 at Hotel Bethlehem. Eligible nurses who did not receive an invitation and are interested in attending should call their nurse manager ASAP.

## Holiday Bazaar

The creative craftwork of talented hospital employees will be featured at the Recreation Committee's annual Holiday Bazaar in the main lobby, CC&I-78.

Thursday, Nov. 10: 6-8:30 p.m.

Friday, Nov. 11: 7 a.m.-3 p.m.

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## Open House (*from page 2*)

with the latest technologies for testing and treatment including laser treatment to vaporize abnormal tissue and LEEP, a procedure for removing pre-cancerous cells from the cervix.

## Outpatient Diagnostic Testing

Outpatient Diagnostic Testing, ranging from echocardiography to respiratory therapy, is now performed at one convenient location at 17th & Chew. Other outpatient studies offered at this location include EKG/Stress Testing, pulmonary function screening, audiography and EMG.

Because the open house coincides with the hospital's 95th anniversary, the event will have a festive feel with refreshments, complimentary gifts, balloons for children and door prizes. Guests will also be eligible to receive 20 percent off baby items in The Alcove Shop. ■



# Healthy You!

## *Health Promotion*

### **The Ergonomics Of It All**

Ergonomics deals with how people relate to their physical work areas on the job and at home. At this program, you'll have the opportunity to complete a computerized "Personal Ergonomics Profile" to learn what activity is best-suited to you and how to increase your well-being and productivity.

Speakers: Albert V. Fala, Occupational Hygienist

Greg Salem, Exercise Physiologist

Wednesday, Nov. 2 7 - 8:30 p.m.  
Auditorium, CC

### **"What's In The Cart?: SHOPSMART (SM) - Heart Health Program**

Heart healthy foods will be highlighted on group tours of the Giant Food Store, Cedar Crest and Tilghman Streets, Allentown. A registered dietitian will lead the tours and discuss how you can adjust your diet to improve your heart health and overall wellness.

Wednesday, Oct. 19 7-8:30 p.m.  
Tuesday, Nov. 15 7-8:30 p.m.

### **"What's In The Cart?: SHOPSMART" (SM) - Diabetes Education Program**

Healthy foods for people with diabetes will be highlighted on group tours of the Giant Food Store, 3015 West Emmaus Ave., Allentown. The tours will be led by a registered dietitian who will discuss the importance of sound nutrition for managing diabetes.

Tuesday, Oct. 25 7-8:30 p.m.  
Wednesday, Nov. 9 7-8:30 p.m.

### **Stand Up To Osteoporosis!**

Osteoporosis, which affects over 25 million Americans, is known as "The Silent Thief" because it progresses without any symptoms or pain. But, through minor lifestyle changes, including a healthier diet and regular exer-

cise, you can dramatically reduce your chances of developing this disease. Learn how during this two-part program.

### **Tuesday, Oct. 18 & 25**

1:30-3 p.m., WC

Fee:

\$15

### **Living Well Into Your 90s**

As we age, we experience many physical changes that affect our energy level. In this two-part course, you can learn how changes in your diet and daily activities can add luster to your golden years.

### **Thursday, Oct. 27 & Nov. 3**

1:30-3 p.m WC

Fee: \$15

## *Smoking Cessation*

### **QuitSmart (TM)**

Developed at Duke University, this five-part program helps people to quit smoking and control the urge to start again through self hypnosis and the Better Quit (R) Cigarette Substitute. The six-month success rate averages 61 percent.

Oct. 24 & 31 and Nov. 7, 10, & 14  
Nov. 28 and Dec. 5, 12, 15 & 19 MCC  
Regular Fee: \$85

Discounted Fee: \$75 with a physician referral

### **Smoking Cessation Hypnosis**

This program is ideal for people who are trying to quit smoking for the first time or after many unsuccessful attempts. Led by a certified hypnotherapist and psychologist, hypnosis may be used in conjunction with other programs to help ensure personal success.

Friday, Oct. 21 2-3 p.m.  
Conference Dining Room, CC

Thursday, Nov. 17 4-5 p.m.  
Parlor A, SON

Thursday, Nov. 17 7-8 p.m.  
Classroom 3, CC

Regular Fee: \$30

Discounted Fee: \$25 with a physician referral

# Healthy You!

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## *WomanCare*

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### **Choices In Infertility**

Treatment options for infertility beyond Serophene and Clomid, including the use of Pergonal and Metrodin and the In-Vitro Fertilization (IVF) procedure, will be outlined at this lecture.

Speaker: Bruce Rose, PhD, MD,  
Reproductive Endocrinologist

**Tuesday, Oct. 25**

Noon-1 pm & 7-8 p.m., Auditorium, 17

### **How An Under-Achiever Achieves**

Hidden within all of us is a desire to try something new, exciting and perhaps even daring. Meet a woman who used her life experiences to tap her creativity and become a noted novelist and screenwriter.

Speaker: Jody Carr Sussman

**Tuesday, Nov. 1**

Noon-1 p.m. & 7-8 p.m., Auditorium, 17

## *Children's Health*

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### **The Adoption Alternative**

Adoptive parents, adoption agency representatives and private adoption coordinators will participate in this facilitated panel discussion of why people choose adoption, options within the adoption process, and the formalities and costs of this process. Interracial adoptions, adoption by the biological parents of other children, legal concerns and other issues will also be addressed.

**Wednesday, Oct. 19 7-9 p.m.**

Auditorium, 17

## *Cancer Prevention & Education*

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### **Ovarian Cancer: Let's Improve Our Odds**

An overview of ovarian cancer, including risk factors, early signs, and diagnosis and treatment, will be presented, with a tour of the John and Dorothy Morgan Cancer Center following the lecture.

Speakers: Sergio Perticucci, MD,  
Gynecologic Oncology  
Peter Schwartz, MD, Director, Gynecologic  
Oncology Service, Yale University School of  
Medicine

**Wednesday, Oct. 19 7-9 p.m.**

Auditorium, CC

### **Breast Cancer: Facing The Fear**

Timely information about breast cancer risk factors, prevention and early detection and an update on The National Cancer Center Institute's Breast Cancer Prevention Trial will be presented.

Speaker: Elisabeth Crago, MSN, RN,  
Nurse Research Coordinator, Breast Cancer  
Prevention Trial, Morgan Cancer Center

**Tuesday, Oct. 25 7-9 p.m.**

Conference Room 1A/B, MCC

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Class Locations	Abbreviations
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Lehigh Valley Hospital, Cedar Crest & I-78	CC
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Lehigh Valley Hospital 17th & Chew	17
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School of Nursing 17th & Chew	SON
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Morgan Cancer Center, Cedar Crest & I-78	MCC
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Wellness Center, Fish Hatchery Road	WC
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**For more information and  
to register for any of these  
programs, please call  
(610) 402-CARE.**



## HR Development Information

### Hospital Orientation

The next hospital orientation will begin at 8 a.m. at CC&I-78 on Monday, Oct. 17. An optional tour of both sites will be held on Wednesday, Oct. 19 beginning at 1 p.m. at 17th & Chew and 2:30 p.m. at CC&I-78. Reservations are required for the tour. To register, call ext. 1211.

### CPR Certification

CPR Certification will be held in two parts and attendance is required at both. Part I will be held Friday, Nov. 4 from 9 a.m. to noon in room 900, School of Nursing, 17th & Chew. Part II will be held Friday, Nov. 11 from 9 a.m. to noon, also in room 900, School of Nursing. To register, complete and return the appropriate form located on the monthly HRD calendar, outside room 1914, School of Nursing, 17th & Chew, or outside the AV Services area at CC&I-78.

### CPR Recertification

CPR Recertification will be held in the 24-hour period beginning at 10 a.m. on Wednesday, Oct. 26 at 17th & Chew, Pediatric Classroom, Fifth Floor.

### Symposia Reminder

The Human Resource Department has announced the next topics of the Regional Symposium Series which will be held in the auditorium at CC&I-78.

■ *Cancer Update 1994: Ovarian Cancer* will be held Friday, Oct. 21. Topics will include: "The Diagnosis of Early Carcinoma of the Ovary," "Surgical Treatment of Ovarian Carcinoma," "Radiation Therapy for Ovarian Carcinoma," "Chemotherapy for Ovarian Carcinoma," and "Nursing Care of the Woman Experiencing Ovarian Cancer."

■ *Provider Responsibilities in Managed Care ... Do You Follow the Rules or Write the Rules?* will be held Saturday, Nov. 5. Topics will include:

"Provider Responsibilities to the Community in Establishing Managed Care Relationships," "Critical Success Requirements for Integrated Delivery Systems," "Strategic Joint Ventures with Plans and Insurers," "Impact of Organized HMO Delivery Systems on Private Practice Physicians," and "Physician's Perspective on Health Care Reform."

■ *Clinical Applications of Tumor Markers* will be held Friday, Nov. 18. Topics will include: "Overview of Tumor Markers," "Cathepsin D as a Prognostic Indicator for Breast Cancer Patients," "Use of Tumor Markers in Gynecologic Oncology," "Application of PSA and Urological Tumor Markers," "Clinical Applications of Tumor Markers in Breast Malignancy," "Use of Tumor Markers in the Diagnosis of Colon/Rectal Disease," and "Isotopic Labelled Tumor Markers in Diagnosis and Treatment."

For more information and to register, please call ext. 1210. ■

### AHA Teleconferences Available

Issues relevant to healthcare providers are addressed in American Hospital Association teleconferences available through HR Development. The cost per program is \$600 which can be split among interested departments. The teleconferences are usually approved for CEUs by a professional organization. For more information, please call Jack Dunleavy at ext. 1211 or via E-mail.

**Oct. 27** Strategies for Aligning with Other Organizations for Community Networks (AONE)

**Nov. 17** Governance Models for Newly-Emerging Health Networks

**Dec. 15** Reporting Performance Information to the Public ■



# MARKETPLACE

## Items for Sale

Kimball Swinger 700 Organ - The Entertainer III, bench included. Excellent condition. \$300.00. Call 797-8325.

Full size sleeper sofa, beige & muted pastels, very comfortable mattress. \$150.00 OBO. Call 966-2797.

Air Hockey Table \$60, Sears Stepper \$50, metal wardrobe \$30. Call 481-0415.

Free: 2 Parakeets with cage. Call 767-2183.

Coffee table and end tables - walnut - w/enclosed storage. \$250 OBO. 2 contemporary walnut base lamps - \$50. Call 481-9450, leave message.

Sleeper sofa & love seat - blue - used 2 yrs. - Best offer. Call 261-2169 after 5 p.m.

Queen sized BR set. Headboard, frame and triple dresser, includes large mirror with shelves. Colonial style. \$210. Slate blue recliner, great condition \$125. (paid \$379.). Call 432-6936.

Alpine skis - hardly used. \$80. Call 767-1701.

Black lace cocktail dress, short sleeves, full skirt size 12. \$25. Call 776-1619.

26 inch boys/mens bicycle, 10-speed Shogun - hardly ever used \$85 OBO. Call 432-6732.

Nintendo System with many games, best offer. Call 967-1703.

Fisher-Price baby bathtub \$5. Fisher-Price school bus \$5. Booster seat with belt. Call 253-9756.

Old Mill wood stove, 2 doors, w/screen. Good condition. \$250. Call 799-2614.

Claw-footed bathtub. Red. FREE - you transport. Good condition. Call 965-8186.

Kitchen cabinets, dark oak, sinkboard in very good condition. Includes sink and countertop. Asking \$600. Call 837-0623.

High chairs - two Century high chairs. Good condition \$20 each. Call 791-3822.

Wooden rocker w/burnt orange cushions \$50. Dog cage - w/tray-36Lx21Wx28H \$30. Call 395-8480.

Piano - upright Opera Piano Co. Good cond. - Great for beginner - \$75 OBO. 2 salon-style hairdryers w/chair - good cond. \$40 for 2. Call 767-8443.

Pianola player piano, manual or electric operation, includes 20 rolls and bench, good condition. Asking \$1500. Call 797-3083.

Baby items - Century 4 in 1 infant car seat/stroller \$75. Graco Seville stroller \$75. Jenny Lind white cradle \$45. Jenny Lind white crib \$75. Snuggly Legacy soft baby carrier \$25. Graco battery-powered swing \$50. All like new, some never used. Infant girl clothes (3-9 mo.). Call 298-3355.

Beautiful Broyhill Cherry dining room table with 6 chairs lighted hutch and server. \$1,300. Call 760-0708 after 5:30 p.m.

Bicycle - boys BMX super mon-goose - nice condition - new tires, tubes, brake pads. \$100. Call 266-3595.

Sewing machine w/wood cabinet - "Brother" machine - w/attachments, good cond. \$45. Filing cabinet - metal, 2-drawer w/lock \$30. Call 767-8443.

Trumpet - Buescher "Aristocrat". Excellent condition. Great for student. Comes with case, \$150 OBO. Call 285-2198.

1979 Fleetwood 23' Terry Travel Trailer sleeps 6, GVWR 5000 lbs, A/C outlet, full bath, gas/elec/ref, full awning, new rubber roof, new tires. Mint condition, \$3,500. Call 865-1969.

Tony Little Stepper, w/video, hardly used, new \$125 asking \$90, OBO. Call 481-9322.

Chest freezer, 17.5 cu. ft., good condition. \$100, OBO. Call 282-4576.

Bunnies - baby purebred Netherland Dwarfs. Home raised with lots of love & care. Pedigree papers incl. \$25. All necessary accessories also available for a perfect one stop Christmas pre-

sent! Call 965-8763.

## Vehicles for Sale

1986 Ford F150, XLT, Lariat, great condition, w/cap and hitch. V8, PS, PB, PW, newly charged AC, AM/FM stereo, 2 month old rear tires; (blue & grey) asking \$5,100. Call 481-9322.

1989 Subaru GL Sedan front wheel drive, 5-speed, AC, loaded w/options, excellent condition. Great gas mileage! \$4,250. Call 717-788-5504.

1984 Mercury Marquis, brown, 2-DR, excellent condition, garage-kept. 1 owner, 93K. \$2,100. Call 282-2256.

1987 Dodge Lancer fully loaded - new brake job done in the spring—new tires replaced in November—90K. Asking \$2,000 OBO. Call 826-8935.

'89 Camaro, t-top, V6, red, loaded, stick, good condition \$4,200. Call 264-3890.

86 Chevrolet Cavalier (gold) 4 DR, like new, 23K \$5,500. Call 820-9442.

1984 VW GTI - 2 DR, black, sunroof, recently inspected, new battery, 4 new tires. Asking \$1,500, OBO. Call 398-1609.

1988 Mustang GT 5.0, red, t-tops, full power 5-speed 73K \$6,200. OBO. 1993 Suzuki GSXR - 750 white/blue never down, 4,200 miles. \$6,200 OBO other extras. Call 767-3140.

1984 Nissan Stanza hatchback - blue PB, PS, 5-speed, 117K, good condition \$1,500 OBO. Call 767-1223.

1993 Chev. Hi Top Tiara Conversion Van, V-8, tow package, security system, television, 10K, loaded - mint condition \$25,000 firm. Call 865-1969.

1983, Chevy Cavalier Wagon, blue, auto, 65K, new steering rack, new muffler, no rust, very good condition \$1,495. Call 821-9574.

80 Plymouth Horizon, 59K, one owner, automatic, AC, good condition, \$400 OBO. Call 398-9843.

1989 Chev. Cavalier, 2 DR, 4 cyl, FI, AT, PS, AC, AM/FM/CASS, 59K, clean \$4,850. Call 767-0334.

1984 Audi 5000S, PS, PB, AC, charcoal gray, automatic, AM/FM Stereo-Cass., moonroof, 4 DR. Needs inspection. Asking \$2,500. Call 439-8970 after 5 p.m., leave message.

1990 Mazda Miata convertible, blue, excellent condition (garage kept) pop out AM/FM stereo, black front end mask \$9,900. Call 285-2544, leave message.

'91 Cavalier, 30K. Very good condition, 2 DR, 5 speed. Black with grey interior. Call 967-6865.

## Real Estate for Sale

West Bethlehem twin on corner lot. 3 BR LR/DR combo. 1st floor laundry. Basement family room, modern kitchen, modern oak bath, low taxes, lg rear deck. Home warranty. Sell assist on closing cost. Neutral decor, move right in for only \$74,500. Call 882-2525 after 3:30 p.m.

Always on the go! — Then this outstanding townhouse is just for you. Easy to maintain, very little yard work to worry about. 3-5 BR's, new kitchen & baths, gorgeous woodwork! Excellent value at \$142,900. Call 366-3434.

Row House for Sale — Located just 5 min. from LVH, near Mack Blvd. Totally remodeled, new windows, new heating system, brick exterior, new kitchen, 14x28 living room, 1 car garage, full basement & attic, 3 BR. Asking \$52,900. Call 435-9480.

Allentown — West end 4 BR, 2½ bath, 2 car garage in secluded cul de sac. Close to hosp. low maintenance lawn. Unique house. Call 285-2729.

Time share — 1 wk./year in Las Vegas, Nevada. Near MGM Grand at the Jockey Club Resort. Sleeps four. Five star resort. Located on Main strip. Resort exchangeable through Interval International. \$4000/with assumable low balance of \$129/month. Call 437-2542.



Cream puff – no work necessary – move right in! 3 BR, LR, DR, KIT, det garage, insulated tilt win, new roof, water htr, upgraded elec, bath & kit, lots of closets, W/D, AC, and window treatments included. Asking \$57,500. Call 821-8068.

All brick 3 BR twin faces Lehigh Parkway. Hardwood floors, family room w/woodstove, covered patio & large shaded yard w/pool. \$84,900. Call 791-4945 after 6 pm.

### Real Estate for Rent

Room for rent – Cross Timbers - \$300/mo. Includes all utilities W/D, full household privileges, swimming pool 5 mins. from Hospital. Call 398-7508.

Vacation Condo – Kissimmee Florida - completely furnished, 2 BR, 2 BA, full kitchen, LR/DR, screened porch. Four miles from Disney. 7 nights in 1995. For rates call 967-3436.

### Wanted

Child care needed for 18 month old and 4 year old. 2:30 pm-4:45

pm. 1-2 days per week. Your home or mine. Schnecksville. References please Call 799-4818.

2-3 bedroom home in Catasauqua, Coplay or Bath area for rent or rent w/option. Single preferred or ½ twin. Call 791-4540 after 6 p.m.

Snowblower 6-12 HP Call 797-9740.

Childcare – Deaf Educ. Teacher and mother of two can provide care in my Northampton home two days a week. Meals provided. Call 262-4467.

Nanny – PT 3 days per week. Until May, FT 5 days per week in my Orefield home. 2 boys - ages 1 and 3. Resp., loving, mature non-smoker. Recent refs. a must. Needs own transportation. \$6 per hour. Call 398-0739.

Queen-sized light wood BR set with good storage space. Call 432-6936.

## Marketplace Submission

Send to Marketplace, Public Relations, 1243SCC.

### Check Category

- ☐ Items for Sale
- ☐ Vehicles for Sale
- ☐ Real Estate for Sale
- ☐ Real Estate for Rent
- ☐ Wanted

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Home Phone (will appear in ad) \_\_\_\_\_

Submitted by \_\_\_\_\_

Department \_\_\_\_\_

Daytime Ext. \_\_\_\_\_

*Marketplace* is provided as a free service to employees of Lehigh Valley Hospital and is published in the first edition of *CheckUp* each month. All submissions must be on the attached form and must include the employee's name, department and a daytime telephone number. Submissions without this information will be discarded. **Only employees, volunteers and staff physicians may submit items for publication.** *Marketplace* ads may be run for only two consecutive months, and must be submitted for each edition of *Marketplace*. We reserve the right to reject, revise or edit submissions and publication does not constitute an endorsement of product or service. Deadline for submissions is the last day of the month preceding publication.



# Senior Health Fair

Saturday, October 29

9 a.m. - 2 p.m.

Lehigh Valley Hospital

Cedar Crest & I-78

Classroom 1

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Blood Pressure Screening - Free

Cholesterol Screening - only \$5

Computerized Cancer Risk Assessment

Foot Screening - Free

Free Grip Strength Test

Medicare Information

Nutrition Screening - Free

Operating Room Tours

Sleep Apnea Questionnaire

PUMPKIN JUDGING CONTEST

&

DOOR PRIZES!

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*Health Professionals will be available  
to answer your questions.*