

Mammography Screening Key to Early Breast Cancer Detection

Advancements in the detection of breast cancer at The Allentown Hospital's Diagnostic Center can help save more women's lives. The Senographe 500T, a mammography machine and the only one of its kind in the Lehigh Valley, now provides accurate and detailed pictures so that malignancies the size of a grain of sand may be found. A mammography is the x-ray examination used to detect breast cancer.

Because of the fine detail of the Senographe's pictures, distortions of the normal anatomy, calcium deposits and other small malignancies can be more readily picked up. "You see things an examiner can't feel," says Renae Barndt, x-ray technician. More importantly, the Senographe performs this with a very low radiation dosage that is automatically timed to produce the best possible picture — neither too light nor too dark. Patients do not undergo unnecessary radiation exposure because the picture needs to be retaken.

The Allentown Hospital is screening 25 patients a day.

The Senographe 500T is a free-standing unit that does nothing but mammography. The patient can sit during the exam rather than lying on a table. The actual exam time is shorter, also, usually less than 10 minutes.

The unit is located in the new Allentown Medical Center adjacent to the Hospital. Because of its location outside the Hospital, women are assured of more comfort and less waiting time when they arrive for an exam.

The accuracy of the Senographe's pictures is significant since mammography is vital to breast cancer detection. Walter Dex, M.D., chairman of the Hospital's Radiology Department, says that mammography is "one of the few cancer screening tests that works."

Only through early detection can breast cancer survival rates improve

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Hospital Program Follows Patients Home

Jeremiah and Gladys are home for the holidays.



Thanks, Home Care.

Gladys and Jeremiah Silfies won't have to spend this Christmas in the hospital. Although they've both been hospitalized recently, they are able to receive the expert care they need during their convalescence — in the comfort and privacy of their own home.

Each week, a nurse from the Home Care Program of The Allentown Hospital checks their vital signs, observes their circulation and ambulation and assesses their nutritional progress. A Home Care health aide lends assistance with bathing and personal care. Plus, Gladys and Jeremiah are taught how to take care of each others' special health needs.

The Home Care Program provides the continuity of professional care for patients who no longer need to be hospitalized. The Silfies are grateful that, with Home Care's help, they can take care of themselves with more confidence. They know, too, that Home Care is one reason they'll be spending Christmas together this year, in the home they love.



HOME CARE PROGRAM

Taking the hospital to the patient.

778-2385

 **The Allentown Hospital**
A HealthEast Hospital

(Related information on page 2)



Holiday Warmth and Cheer is being spread by employees of The Allentown Hospital. Staff members are reaching out to their patients in need during the holidays. Above, Sue Miller, R.N., Home Care Department, delivers one of twenty food baskets for patients on Home Care who had few resources to enjoy a real Thanksgiving dinner. Mr. and Mrs. Harvey Kern, of Laurys Station, were surprised and pleased with the food assortment that the Hospital's Dietary Department assembled for them. During the Christmas season, the Emergency Center staff has planned a similar program preparing food gifts for the homeless people who will be patients during December. At the same time, the nursing staff will donate hats, gloves, mittens, scarfs and socks to children of needy families served by The Allentown Hospital.

Happy
Holidays



Mammography Screening Key to Early Breast Cancer Detection

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dramatically. If a breast malignancy is found before it can be felt through self-breast examination, the five-year survival rate increases from 55% to 90%. Often when a lump is felt through self-breast exam, it means it may be several years old.

Since one out of eleven women develops breast cancer, the American

Cancer Society makes the following recommendations about mammography exams. Women between 35 and 40 should have a baseline reference mammography. Annual or biannual mammography exams are recommended for women 40 to 49 while an annual mammography is recommended for women over 50.

HealthCounts

Smoking Cessation Program

Maybe you or someone you know quit smoking or adopted a smoker trying to quit during the Great American Smokeout. Part of the HealthEast Hospitals' new program, **HealthCounts**, like the Smokeout, is an incentive program. Employees are encouraged, through raffles and cash bonuses, to quit smoking. Non-smokers are eligible to enter their own raffles if they have never smoked or have been smoke-free for at least six weeks.

So far, 115 employees have expressed an interest in the smoking cessation program. **HealthCounts** counselors are working with these people to help them determine why they smoke. They discuss past cessation efforts and why they may have failed. Health-related behaviors that may contribute to the smoking habit, such as stress, depression or nervousness, are explored.

An individual smoking cessation plan is formulated and could include a free eight-week behavior modification program, free hypnosis classes with a hypnotherapist and other programs available through the American Cancer Society and the American Lung Association.

As a result of counseling, 45 employees have made a contract to quit smoking. Their names will be posted on Hospital bulletin boards as a reminder to stick with the program.

Participants check in with their counselors periodically to discuss progress and problem areas. When an individual reports being smoke-free for six weeks, he or she receives a \$100 bonus.

Individual and group sessions will be held every few months to assist the new non-smokers in maintaining a smoke-free lifestyle.



On November 21, colleges, hospitals and various places of business across the nation observed the Great American Smokeout. The Allentown Hospital, in conjunction with the Smokeout and a new **HealthCounts** program, encouraged its employees and volunteers to participate. Smokers were asked to quit smoking for the day and non-smokers were asked to adopt a smoker. Above, Joy Du Gan, Comprehensive Community Cancer Center, tells John Del Villagio, Respiratory Therapy chief, to "smell flowers, not smoke." Flowers with a similar message attached were delivered to every Hospital department.

Some Tips To Help You Kick The Habit

- Develop strong personal reasons, in addition to your health and obligations to others. For example, think of all the time you waste on cigarette breaks. Or all the money you have already spent on cigarettes.
- Set a target date for quitting—your birthday, your anniversary, holiday or vacation. Make the date sacred and do not change it!
- Ask a friend or spouse to quit with you. Make a bet with that person, set aside your cigarette money every day, and forfeit it if you smoke.
- Stop buying cigarettes by the carton. Wait until one pack is empty before buying another, and stop carrying cigarettes with you at home or at work. Make them hard to get to.
- Do not empty your ashtrays. This will remind you of how many cigarettes you have smoked that day.
- Visit your dentist and have your teeth cleaned. Brush your teeth and use mouthwash frequently to maintain a "clean-mouth" feeling.
- You do not have to gain weight if you quit smoking! If the urge to nibble hits you, keep several low-calorie snacks on hand, such as carrot sticks, celery, fruit, and sugarless gum or mints.
- If you are in a situation where you will be tempted to smoke (such as a cocktail party), try to associate with the non-smokers.
- Don't think of **never** smoking again. Think of quitting in terms of one day at a time. Tell yourself you will not smoke **today**. Then, stick to it.
- Don't allow yourself to think that "just one" will not hurt. It will!



Lawrence W. Bardawil, M.D., Department of Medicine, Division of Internal Medicine, Section of Gastroenterology, earned his medical degree at Tufts University School of Medicine in Boston. He served an internship and residency in internal medicine at the University of Illinois. Board certified in internal medicine, Bardawil recently completed a fellowship in gastroenterology at Rush Presbyterian St. Luke's Hospital, Chicago. He is in group practice with Drs. Michael F. Ufberg and Charles M. Brooks, 3131 College Heights Blvd. Allentown.



Joy M. Brown, M.D., Department of Obstetrics and Gynecology, is a graduate of Biscayne College, Florida. Brown received her medical degree from the University of South Florida. She served her internship and residency in obstetrics and gynecology at The Allentown Hospital. She is a junior fellow of the American College of Obstetrics and Gynecology. Brown is in group practice with Gregory M. Lang, M.D., at the Allentown Medical Center, 17th and Gordon Streets, Allentown.



Raj Chowdary, M.D., Department of Surgery, Division of Plastic Surgery, is board certified in general surgery. A graduate of A.M.A.L. College in India, Chowdary received his medical degree from Andhra Medical School. Later he was awarded a fellowship in surgery at Liverpool University's Royal College of Surgeons in England. Chowdary completed residencies in general surgery at Bronx Lebanon Hospital Center and in plastic surgery at Columbia Presbyterian Medical Center, both in New York City. A member of the American Society of Plastic and Reconstructive Surgery, Chowdary is in group practice with Plastic Surgeons, P.C., 1210 S. Cedar Crest Blvd., Allentown.



Ellen Field-Munves, M.D., Department of Medicine, Division of Internal Medicine, is a specialist in adult and pediatric rheumatology. Field-Munves received her medical degree from Hahnemann University, where she also served a fellowship in rheumatology. She later completed an internship and residency at Cleveland Clinic Foundation. Field-Munves was a research clinical fellow in rheumatology and immunology at Brigham and Women's Affiliated Hospitals of Harvard University Medical School. She formerly served on the staff of St. Christopher's Hospital for Children in Philadelphia, where she currently teaches for Jefferson Medical College. Field-Munves has a private practice at 421 Chew St., Allentown, and also shares offices with her husband, Jonathan W. Munves, M.D., at 623 W. Union Blvd., Bethlehem.



Paul Guillard, M.D., Department of Medicine, Division of Internal Medicine, is board certified in internal medicine. He graduated from Gettysburg College and received his medical degree from Jefferson Medical College, Philadelphia. Guillard was an intern at The HealthEast Hospitals, where he recently served as a chief medical resident. Guillard is in group practice with Drs. Joseph A. Candio, Larry B. Feldman and Robert J. Kovacs at 1210 S. Cedar Crest Blvd., Allentown.

and Dental Staff



Thomas P. Lenns, M.D., Department of Medicine, Division of Internal Medicine, received his bachelor's degree from Wilkes College. He earned a medical degree from Hahnemann University. Lenns was an intern and resident in internal medicine at St. Luke's Hospital, Bethlehem, where he also served as chief medical resident. He is board certified in internal medicine. Lenns is in group practice with Nancy Urankar, M.D., in Coopersburg.



Donald L. Levick, M.D., Department of Pediatrics, graduated from LaSalle University. He received his medical degree from the Medical College of Pennsylvania in Philadelphia. He served residencies in pediatrics at St. Christopher's Hospital for Children, also in Philadelphia. Levick is a junior fellow of the American College of Pediatrics. He is in group practice with Pasquale J. Fugazzotto, M.D., and Elmer C. Long, M.D., Allentown Medical Center, 17th and Gordon Streets, Allentown.



Richard M. Lieberman, M.D., Department of Surgery, Division of Urology, is in the practice of adult and pediatric urology. Lieberman completed a urology residency at Temple University Hospital and the Medical College of Pennsylvania, Philadelphia. He is a graduate of Rensselaer Polytechnical Institute, Troy, N.Y., and earned his doctorate from Temple University School of Medicine. Lieberman has special training in pediatric urology from St. Christopher's Hospital for Children, Philadelphia. He has experience in the treatment of male sexual dysfunction, male infertility, and urological cancers. Lieberman is in a group practice called Allen Urological Association, 1111 N. 19th St., Allentown.



Thomas J. Martin, M.D., Department of Medicine, Renal Section, received his bachelor's and medical degrees from Case Western Reserve, Cleveland, Ohio. He served internships at New York City's Montefiore Hospital and Bronx Lebanon Hospital. Martin completed a residency at Harlem Hospital and a fellowship at New York Hospital, also in New York City. Martin is board certified in internal medicine and nephrology. He is in a private practice in Easton with Robert Pursell, M.D.



Steven Scott, M.D., Department of Medicine, Division of Internal Medicine, is a graduate of Muhlenberg College. He earned his medical degree at Jefferson Medical College, Philadelphia. He served both his internship and residency at The HealthEast Hospitals. Scott has a private practice in internal medicine at the Allentown Medical Center, 17th and Gordon Streets, Allentown.

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Hospital Groups Provi



Beanies for Babies will be distributed to critically-ill, premature infants in the Hospital's Forrest G. Moyer Neonatal Intensive Care Unit (NICU) thanks to the efforts of the unit's parents support group. The hats are worn by the babies to keep body heat from escaping. Energy not used by the preemies to keep warm can help build body weight. Graduates of The Allentown Hospital NICU have weighed as little as 1 pound, 2 ounces at birth.

At birth, Susan Nastasee, above, weighed 2 pounds, 2 ounces. She is modeling a donated beanie for NICU graduate Sarah Bauman, 3, and NICU nurse Elizabeth Miller, R.N. Over 265 knit or crocheted hats were donated and entered in the beanie contest. The support group, which was founded by parents whose children have been in the NICU, decorated a Christmas tree in the Hospital Lobby before donating the hats. First-, second- and third-prize contest winners were chosen including: Maryann Nowakowski, Mount Holly, N.J.; Janice Mayer, Allentown, a Hospital NICU social worker; and Carol Wilkerson, Quakertown, a Hospital Delivery Room nurse. Receiving honorable mentions were: Dorothy Hoppes, Slatington; Linda Blose, Lehighton; Lynette Ufkin, Catasauqua; and Mary Lynn Moser, Macungie. The contest started with a beanie design from Jean's Yarn Shop, Allentown.

Patients with a variety of medical problems can find help through an expanding network of support groups at The Allentown Hospital.

From dialysis patients to cancer patients to the hearing impaired, those with medical problems and their families find mutual support by sharing their experiences with others.

"It helps to talk with people that really understand your problems and feel the same way," says Susan Kichline, 23, of Wind Gap, a member of the Peritoneal and Home Hemodialysis Support Group.

The dialysis support group, founded in 1983, operates like most support groups. The monthly meetings begin with some type of informational pre-

sentation on a topic of interest. This is followed by a social hour during which members share common concerns and problems.

While members agree that the information is important, it is the social hour that they stress as most valuable.

"It really works well when you know that somebody's been there with you," says Allentown resident Cecile Gratkowski, 43, a support group member.

Like anyone with a specific medical problem, home dialysis patients must learn to adapt to their new lifestyle. Because their kidneys no longer function, waste products must be removed artificially.

Usually, this waste removal, or

dialysis, is performed in a hospital setting with a kidney machine. This procedure requires four to six hospital treatments, two to three times a week.

Instead, members of this group dialyze at home. They feel it gives them more independence and allows them to live a more normal life.

"It's a wonderful thing," says Gratkowski. Like most dialysis patients, she leads an active life in spite of her kidney failure. She works part-time as a rehabilitation counselor at The Lehigh Valley Association of the Blind and Visually Impaired, does volunteer work, and loves to travel.

This independence, though, does not come without difficulties.

de Emotional Support

In order to do home dialysis, a catheter, or tube, is surgically inserted into the abdomen. Then a bag filled with two liters of a waste-removing solution is emptied into the abdomen through this catheter. The patient can then roll up the bag and wear it on a belt.

Four hours later, the patient lowers the bag and drains the abdomen of the solution. This procedure is done four times daily.

"It's an adjustment," Gratkowski says, but added that the support group "normalizes the whole process."

Home dialysis patients have to adjust to weight gain from the waste-removing fluid, dietary and fluid restrictions, me-

chanical problems while doing the dialysis, danger of infection, and the need to dialyze daily.

Members feel that the group offers social, personal and emotional support to handle these problems more effectively. Sometimes this means a group "complaining" social hour. At other times, it might be one patient telling a new patient how he/she managed a day trip or vacation. Sometimes support is found in just knowing that they are not isolated with their problems.

"The information we get at the meetings, from the speakers and when we talk to one another is great — you can't buy it," says John Malitch, 57, a

retiree from Whitehall.

"It helps them to hear about things from another patient rather than from us," says Lisa Taylor, ACSW, a social worker at The Allentown Hospital.

Taylor, along with Cindy Lynch, renal dietitian, initiated the support group two years ago. They still coordinate the group, bringing in speakers on topics such as diet, travel vocational rehabilitation, and sexuality. Taylor said that group members are now more involved in selecting topics for discussion. They also have an annual picnic and Christmas party.

Valarie A. Basheda,
Public Relations Intern

Support Groups at The Allentown Hospital

Peritoneal Dialysis and Home Hemodialysis Support Group

For home dialysis patients and their families. Meetings held once a month. For further information, contact Lisa Taylor, ACSW, renal social worker at The Allentown Hospital at 776-8999.

Neonatal Intensive Care Unit (NICU) Parents Support Group

For parents of babies in the Neonatal Intensive Care Unit. Organized by parents whose children have "graduated" from the unit. Sponsors semi-monthly educational meetings and parent-to-parent time. For further information, contact Dona Bauman at 967-2785.

Lehigh Valley Stroke Club

For stroke patients and their families. Meets the first Wednesday of each month. Co-sponsored by The Allentown Hospital, Lehigh Valley Hospital Center, Sacred Heart Hospital, and the Lehigh Valley Stroke Program. For further information, contact Lisa Maher, chief physical therapist at The Allentown Hospital, 778-2440.

Make Today Count

For patients with a serious illness and their families. Meets the second Tuesday of each month. Sponsored by the Comprehensive Community Cancer Center at The Allentown Hospital and Lehigh Valley Hospital Center. For further information, contact the Cancer Center at 778-2582.

The Arthritis Club

For arthritis patients and their families. Meets the second Wednesday of each month, except summer months. Co-sponsored by the Arthritis and Rheumatism Society of Lehigh Valley (ARSOLV). For further information, contact Rosalie Maehrer, R.N., at 778-2594, or Outpatient Services at 778-2444.

Asthma and Allergy Support Group

For parents of children with asthma and allergies, their children, and adults with asthma or allergies. Meets the third Wednesday of each month. Contact Sue Jones, L.P.N., at 432-1731.

La Leche League

For mothers who want to nurse their babies. A non-profit and informational support group run by certified and trained leaders. For further information, contact Carla Richebacher, R.N., at 434-7798.

Self-Help for Hard of Hearing People

For the hearing impaired and interested people. Sponsored by a volunteer international organization dedicated to the welfare and interest of those who cannot hear well. Meets the last Saturday of each month. For further information, contact Doug Widowson at 439-1196.

Share

For parents who have lost a baby through miscarriage, stillbirth, or early infant death. Meets the fourth Thursday of each month. For further information, contact Faye Magitz at 966-3891 or Kathy Kuhn at 285-6144.

Making the Rounds

Lorraine Fenstermacher, president of The Allentown Hospital Auxiliary, presented a \$60,000-check to Hospital president **Darryl Lippman** during the recent Italian Night Dinner. The amount was part of the \$200,000 pledge the auxiliary has made towards the purchase of new Intensive Care Unit monitoring equipment.

Darryl R. Lippman, Hospital president, and **Robert E. McNabb**, chairman, Board of Directors, participated in the seventh annual meeting and conference of the Hospital Trustee Association of Pennsylvania in Hershey. The theme of this year's meeting was "Working Together: Trustees, Management, Physicians."

Sze-ya Yeh, M.D., chairman, Department of Obstetrics and Gynecology, was elected to serve on the Board of Directors of the Pennsylvania Perinatal Association. The statewide perinatal association has over 300 members. **Leonard Golub, M.D.**, staff neonatologist, was also elected to the association's board.

Peter Keblish, M.D., orthopedic surgeon, was recently elected president of the Pennsylvania Orthopedic Society at its annual meeting in Philadelphia. He held various positions in the organization and most recently served as vice president. The society is the representative state society for some 500 orthopedic surgeons and serves as a link to other national and state organizations such as the American Academy of Orthopedic Surgeons and the Pennsylvania Medical Society.

Henry Fetterman, M.D., Department of Obstetrics and Gynecology, was elected secretary of the Board of Directors of the Keystone Peer Review Organization (KePRO). He was also named chairman of the organization's professional review committee. **Robert Wasko, M.D.**, serves as the urology representative on the same KePRO committee. KePRO is the statewide organization that is contracted by the federal government to review all Medicare cases and evaluate the quality of care given under prospective payment. A fully-owned subsidiary of the Pennsylvania Medical Society, KePRO will conduct the review for the next two years.

Alexander Listwa, D.O., Department of Obstetrics and Gynecology, presented a lecture, "New Methods of Treating Abnormal Pap Smears." The program was part of the Maternal and Children's Center Lecture Series. **Pasquale Fugazzotto, M.D.**, and **Donald Levick, M.D.**, pediatricians, presented "Sleep Disorders in Children" as part of the series.

Physicians from The Allentown Hospital and the Lehigh Valley Hospital Center recently became the only physicians in Pennsylvania to join a national program to battle cancer of the prostate. HealthEast physicians in the study are: urologists **Edward M. Mullin Jr., M.D.**, **John S. Jaffe, M.D.**, and **Arthur E. Fetzer, M.D.**, of Urologic Associates of Allentown; **Robert Wasko, M.D.**, and **Paul A. Church, M.D.**, of Allen Urological Associates; **Joseph Pascal, M.D.**, and **Bruce Silverberg, M.D.**, and oncologists **David Prager, M.D.**, and **Lloyd E. Barron, M.D.**, of Hematology-Oncology Associates. The National Prostatic Cancer Treatment Group is a grant-supported program of the National Cancer Institute.

Joseph Pascal, M.D., urologist; **John Stasik, M.D.**, colon-rectal surgeon; **Betsy Clark, R.N., E.T.**, (enterostomal therapist), Home Care; and **Deborah Rodzvic, R.N., M.S.N.**, oncology nurse educator, Comprehensive Community Cancer center, were speakers at the "Living with an Ostomy" conference. Workshops were held to provide up-to-date information to people with ostomies and to their families and friends. An ostomy is a surgical procedure which is performed, sometimes only temporarily, to allow for an alternate means of waste elimination. Ostomies are necessary in patients with certain cancers, obstructions or other digestive disorders.

Joseph Greybush, M.D., obstetrics and gynecology, **Ann Andres, R.N.**, head nurse, Labor and Delivery, and **Fran Triolo, R.N.**, prenatal education coordinator, will appear on Twin

County's "Community Spotlight" show. To be aired December 27 at 9 p.m. on Channel 4, the show will feature a segment about "Birthing Options at The Allentown Hospital."

Diane C. Halstead, Ph.D., A.B.M.M., director of immunology and microbiology, HealthEast Clinical Laboratories, participated in the visiting professor program in Microbiology-Virology at the Autonomous University of Guadalajara in Mexico. Dr. Halstead was recently promoted to visiting associate professor of Microbiology and Immunology at The Medical College of Pennsylvania in Philadelphia. She is certified by the American Board of Medical Microbiology (ABMM).

Bonnie Smith, R.N., director, Out-patient Services, authored an article for the September/October issue of *Special Care in Dentistry*. Entitled "Saving a dental residency: a joint commitment," the article describes a study done by the Hospital's administration and Dental Department. The article outlines steps taken to assure the viability of the Hospital's Dental Residency Program in a financially uncertain health care environment. As highlighted in the article, the Dental Program provides enriched educational opportunities for graduates of dental schools. The program enables people of various ages and income levels to receive dental care with special emphasis on elderly and handicapped patients.

Maureen Sawyer, A.C.S.W., director of Social Services, presented a workshop with Marie Weissman, director of social services at Lehigh Valley Hospital Center. They presented the topic "Discharge Planning Before Hospitalization" at the American Hospital Association's annual Discharge Planning Symposium in Philadelphia.

Deborah Rodzvic, R.N., M.S.N., oncology nurse educator, Comprehensive Community Cancer Center, was the program co-chairperson for a conference sponsored by the Greater Lehigh Valley Chapter of the Oncology Nursing Society. **Jane Ziegler, R.D.**, chief clinical dietitian, was a speaker at the symposium, entitled "Nursing Management of the Side Effects of Cancer and its Treatment"

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Psychiatry and Nursing Management Added To Staff

Michael Buxbaum, M.D., recently joined the staff of the Psychiatry Department at The Allentown Hospital. As a staff psychiatrist, he will work directly with patients and give advice to other Hospital departments at The HealthEast Hospitals on dealing with medical patients also experiencing emotional problems.

Buxbaum provides counseling services at Cedar Crest College as part of HealthEast's Liaison Psychiatry Program. He is a psychiatry instructor at Jefferson Medical College, Philadelphia.



Born in Czechoslovakia, Dr. Buxbaum escaped to England following the invasion of the Soviet Union in 1968. He graduated from Hastings College of Further Education in Sussex, England, and received his medical degree from St. Mary's Hospital Medical School, University of London.

After completing medical and surgical internships, he emigrated to the United States and entered a three-year residency in general psychiatry at Jefferson Medical College.

Buxbaum served as a staff psychiatrist at Sacred Heart Medical Center,

Chester, and Coatesville Veterans Administration Medical Center's outpatient clinic in Philadelphia. He is a member of the American Psychiatric Association and Pennsylvania Psychiatric Society.

Janet Kreller, R.N., has been named associate clinical director of Nursing. Kreller is responsible for the management of four major nursing units, including Intensive Care (ICU), Acute Coronary Care (ACCU), Psychiatry and Renal.

According to Barbara Sherman, R.N., Hospital vice-president, the appointment is part of a reorganization of the nursing staff begun in July. Sherman said the purpose of the reorganization is to decentralize the nursing staff's management system and thereby allow more decision-making authority at a level closer to patient care.

A native of Allentown, Kreller was vice president for patient services at Allentown Osteopathic Medical Center from 1980 to this past April. Prior to



that, she was director of nursing service at Coatesville Hospital, 1976-80, and assistant director of nursing, Milton S. Hershey Medical Center, 1974-76.

Kreller had served on The Allentown Hospital staff from 1963-71, first as staff

nurse and later as head nurse for medical-surgical units, including neurosurgery.

A graduate of Abington Memorial Hospital School of Nursing, she received her bachelor's degree in nursing from Cedar Crest College. She also holds a master's degree in nursing administration from the University of Pennsylvania, Philadelphia.

John L. Schwab, R.N., has been named a nursing supervisor at The Allentown Hospital. Schwab is responsible for the management of all nursing personnel during the Hospital's evening shift (3-11 p.m.)



A graduate of Bethlehem Catholic High School, he received a bachelor's degree in management and biology from Moravian College in 1979 and an associate degree in nursing from Northampton County Area Community College in 1982.

Schwab, a native of Bethlehem, previously served on the nursing staff at Sacred Heart Hospital, Allentown, where he was a charge nurse and staff nurse in the hospital's coronary care units.

During high school and college, he worked at Muhlenberg Hospital Center, Bethlehem, serving as orderly, orthopedic technician and psychiatric aide.

Making the Rounds (Continued from page 8)

Lisa Taylor, A.C.S.W., renal social worker, has been elected vice president of the Pennsylvania State Chapter of the National Association of Social Workers for the 1985-87 term.

Sandra Zengion, R.N.C., received her certification as a neonatal intensive care nurse through the Nurses' Association of the American College of Obstetricians and Gynecologists. She is a nurse in the Hospital's Forrest G. Moyer Neonatal Intensive Care Unit.

Charlotte Cruse, R.N., instructor, Educational Development, spoke to a group of 30 Brownies at Redeemer

Lutheran Church, Allentown, about seat belt usage. She is a member of the Hospital's Seat Belt Committee.

Eric Aleman, Housekeeping, was awarded a first place blue ribbon at the recent Lehigh Valley Ceramic Association competition for his lifelike Indian chief statue.

Marilyn R. Leaver, obstetrics technician and a resident of Slatington, has been elected to a one-year term as president of the Upper Lehigh Grapevine Chemical People. The Grapevine is a two-year-old community action task force against drug and alcohol abuse

among Slatington area youth. Speaking as someone concerned about youth and drug abuse, Leaver says she recognizes the "need for a long-term drug and alcohol treatment center in Allentown to serve the Lehigh Valley." Leaver was featured in a *Morning Call*, *Neighbors* Section article.

The Public Relations Department won first place for print advertising from the Hospital Association of Pennsylvania's Public Relations Society for the "Satisfaction Guaranteed" newspaper ads.



Maternal and Children's Center

New Class for Adoptive Parents Starts

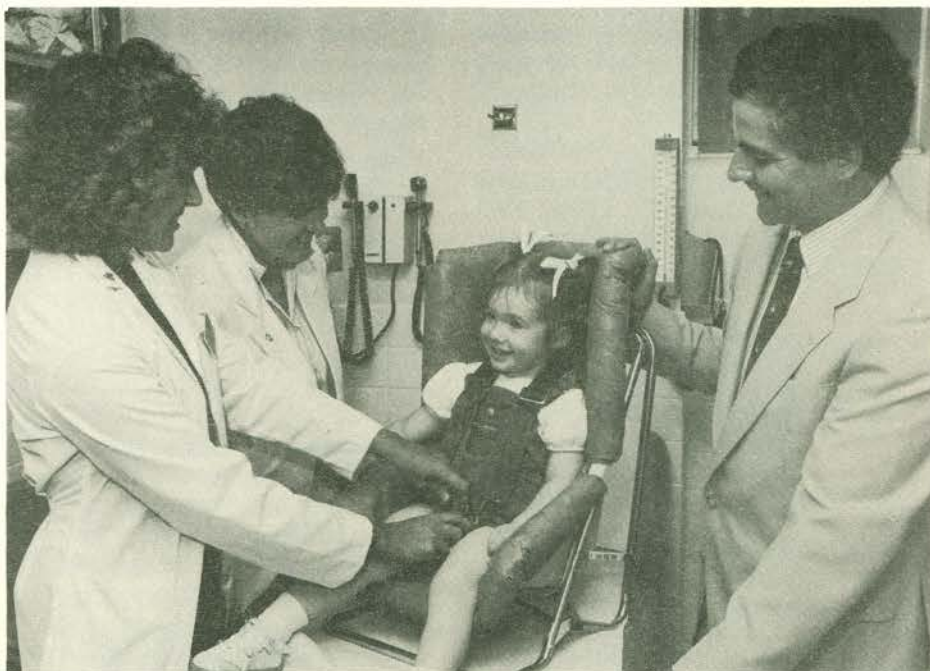
The first class in the Lehigh Valley for parents adopting a child was held at The Allentown Hospital.

The three-week class was developed for parents who have adopted or are working toward adoption. "Adoptive couples need to learn some basics of newborn or child care as well as the psychological, legal and financial aspects of adoption," says Fran Triolo, R.N., class instructor and coordinator of prenatal education at The Allentown Hospital.

During the three, once-a-week classes, Triolo encourages couples to pursue their adoption goals and prepares them for being parents. She discusses how to baby-proof a household, what a parent can expect in growth and development of the child, and from which community agencies and sources they can receive assistance.

Among specific concerns of adoptive parents, she addresses how the parents should decide if a child should be told he or she was adopted. Visits from parents who adopted a newborn and another couple who adopted a child several months old are included.

Triolo, an educator at the Hospital for 12 years, said the class is an attempt to be supportive in all aspects of maternal and child health. The Hospital also offers an education series which includes expectant parents, early pregnancy, caesarean birth, sibling and newborn classes.



Making a Child's Ride Safe is Fran Triolo, R.N., (left), prenatal education coordinator, as she explains the proper use of car seats to former Allentown Exchange Club president John R. Greisamer, Esq. Aiding in the demonstration is toddler car seat occupant, Alexandra E. Edwards, 2, and her mother, Marion Edwards (Hospital Nursing Department).

The next adoptive couples class begins January 7 and at six-week intervals thereafter. The cost is \$25 per couple.

For more information or to register, call Triolo at 778-2903.

Car Seats Made Available

Thanks to a \$1,000 donation from The Exchange Club of Allentown, the Hospital was able to purchase 50 car

seats. The Hospital rents car seats to mothers who deliver babies at The Allentown Hospital and to any parent or caretaker in the community. Education about car seat usage is done in prenatal classes, during the mother's hospitalization or when the seat is picked up. For car seat information, call Fran Triolo, 778-2903, or the Public Relations Office, 778-2581



New Medical and Dental Staff (Continued from page 5)

Syed Subzposh, M.D., Department of Medicine, Section of Cardiology, received his medical degree from J.N.L. Medical College, Aligarh University, India. He was a resident in internal medicine at both J.N.L. and B.R.D. Medical Colleges. He also served a residency at Long Island College Hospital, Brooklyn, N.Y., where he was named chief resident and later received a fellowship in cardiology. He is in group practice with Khindri Cardiovascular Associates, 1040 S. Cedar Crest Blvd., Allentown.

CONTRIBUTIONS TO THE ALLENTOWN HOSPITAL

THE ALLENTOWN HOSPITAL ACKNOWLEDGES WITH DEEP APPRECIATION
THE FOLLOWING CONTRIBUTIONS:

MEMORIAL CONTRIBUTIONS

- In memory of Madeline Bernabucci*
Mr. and Mrs. James T. Handfest
Mr. and Mrs. Albert Lakits
The family of JoAnne Leach
Neighbors and friends of North
11th Street
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CARE CLUB

“There are points in your life when a general belief or concept becomes very focused and crystal clear, because it is demonstrated through a personal experience. In this case, I am referring to ‘customer kindness’ as related to the service professions...

But a recent stay at The Allentown Hospital brought the real impact of this to me in a very personal way. Over a week’s time, perhaps ten different nurses attended to my care. Each and every one was kind, patient and truly empathetic. Not a callous or unpleasant one amongst them. While their efficiency was very commendable, it was their human caring that was so very appreciated. I’d like to say thank you to all of the people who are in service professions because they care. It’s the little things in life that mean so much.

Caryn Rogosky
“The Spice of Life” Restaurant
(5-T Patient)

The nurses in the infants’ intensive care unit were very helpful and seemed to really care about our baby’s progress. The nurses I had in the Labor and Delivery Section while recuperating were very nice and quick to respond to any request or questions I asked of them. I am very pleased with the care my baby and I received while in the hospital.

Connie Kenny
Kutztown

My son was admitted unexpectedly and came out of the whole experience with a good attitude about his stay. He’s only four and seems to have handled it well — thanks to your personnel.

Sharyn Brase
(Mother of John Thomas Brase)
Bethlehem

Public Relations Department
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3850 Hillview Road
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