

UPDATE

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NATIONAL NUTRITION WEEK

THE FIFTH ANNUAL NATIONAL NUTRITION WEEK CAMPAIGN, sponsored by the American Dietetic Association, will be held March 6-12, and the theme is "Nutrition: Foodway to Fun and Fitness."

Many activities are being planned here at the Center to make patients, employees, and visitors more aware of the role of nutrition in fitness and health. Posters will be displayed throughout the hospital and special tray covers will be distributed to the patients. Fact sheets on different aspects of nutrition and a booklet on Food & Fitness will be distributed in the cafeteria everyday along with table tents explaining the role of the dietitian.

The study of specials in the cafeteria, including calorie counts and nutritional analysis, will be repeated again this year where we'll all find out that the things we like the best are the most fattening and least nutritious!

This is also the time to give a special thanks to the Center's Registered Dietitians, Rosemary Newhart and Judy Holaska, for the fine job they do all year. Let's all help celebrate and focus on our health to be fit and have fun.

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PAGE SYSTEM

FROM TIME TO TIME, we've all experienced problems entering the paging system. The reason for this is that we are approaching its maximum utilization. Therefore, in order to cut down on the waiting time to reach the operator and decrease the paging load, we need the cooperation of all hospital personnel.

If you need to contact a physician or hospital personnel on page, make a point to call the office first. Often a doctor will be in the office or the office personnel can tell you where to locate the person you wish to reach.

Routine messages can be left at the office or the answering service. If the call is necessary and the office has been contacted, then use the page system. Centrex operators will be asking if you have followed this procedure.

Also, please remember that the person you page may be busy at the time. Allow at least 10-15 minutes for your call to be returned. Holding for parties on the system also ties up a needed line for long periods of time; unless it is an outside call, leave a number or message (Centrex does have a message center) and let the party you are paging return your call.

Following these guidelines will help a great deal in decreasing the time you have to wait on the paging system and will allow your call to be returned as quickly as possible. Thank you for your help!

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QUILT TO BE RAFFLED AT FESTIVAL ON DISPLAY

THE SPRING THEME QUILT, which will be featured at the Auxiliary Lawn Festival "May Daze" to be held Saturday, May 21, 1977, on the Hospital Center grounds, will be on display at various times in the Main Lobby beginning next week. The quilt is a full-size original quilt, handmade by Creative Quilting in Bethlehem. Chances for the quilt will be available at the display and in the Gift Shop for a dollar a piece and the winning ticket will be drawn at the festival.

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## ENTEROSTOMAL THERAPIST

CAROL BALCAVAGE, R.N., E.T., previously Head Nurse on 4B, has now had over a month of experience here at the Center and at the other Allentown Hospitals as the area's new Enterostomal Therapist. In order to qualify for this position, Mrs. Balcavage completed a six-week course at the Cleveland Clinic. Enterostomal therapists care for the physical, psychological, and social rehabilitation needs of the ostomy patient.

In addition to seeing hospital inpatients, Mrs. Balcavage is in charge of the Stoma Education Center, a clinic for ostomy patients located at Allentown Hospital. The clinic is open every Wednesday from 1-4:30 P.M., by appointment. She can be reached through the page operator.

We wish her well in her new position!

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## SYMPOSIUM '77

MARCH 19, 1977, is the scheduled date for the second program of the Symposium '77 series. "Facial Injuries" will be presented by members of the Hospital Center's Department of Plastic and Reconstructive Surgery, Benjamin Weinberger, D.D.S., Chief of the Division of Oral Surgery at the Center, and Michael Stamatakis, M.D., Chief of Radiology, Sacred Heart Hospital.

Registration is \$10 for any person except Hospital Center employees who may attend free of charge. The \$10 registration fee covers coffee breaks and lunch. Interested personnel may register by contacting the Educational Development Office, at Extension 2026.

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## AUXILIARY FUNDS DONATED

THE HOSPITAL CENTER AUXILIARY voted at its February 15 meeting, to donate over \$21,000 for the purchase of several pieces of much needed equipment here at the Center. Mrs. Donald Bachman, President of the Auxiliary, stated that the funds will be used to purchase the following items:

(1) a spectrometer-scaler for use in the Nuclear Medicine Department, which will be used to increase the rapidity with which procedures can be performed and automate some procedures involved in quality control now done by hand;

(2) a 4-Channel EKG Stress Monitor to be used in the Cardiopulmonary Stress Lab of the Heart Station, which will add significantly to the sensitivity of the testing apparatus;

(3) a Respiration Unit or Ventilator used to supplement the present equipment which has been under great demand; and

(4) a skin stapler to be used in skin grafting as a replacement for sutures, thus allowing the procedures to be done quickly and save anesthesia time.

We would like to thank the members of the Auxiliary for their continuing support of the Hospital. We appreciate their commitment.

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#### PRESENTATIONS

SAMUEL M. LERNER, M.D., Chief of the Department of Anesthesia, has been asked to give a presentation, May 2, on "Practical Management of Airway Problems: Endotracheal Intubation," during the 3-week Training Program for Emergency Physicians co-sponsored by the College of Physicians of Philadelphia and the six Philadelphia area medical schools.

Linda R. Simrell, MT (ASCP), Education Coordinator of the Center's School of Medical Technology presented "Objectives for Pre-Clinical Medical Technologists" at a Seminar for Instructors and Educators in the Clinical Laboratory Sciences given by the Pennsylvania Society for Medical Technology at St. Luke's Hospital in Bethlehem.

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#### MUNOPCO PRESENTS

THE MUNICIPAL OPERA THEATER COMPANY, under the sponsorship of the Allentown Recreation Commission, will present "Girl Crazy" on March 17, 18, and 19. Group rates are available for Hospital Center Employees.

For information, call Ralph Bragg, at Extension 2185.

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