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UPDATE

1980-1981
1982-1983

MERRY CHRISTMAS!

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DIRECTOR OF MEDICAL EDUCATION TO RETIRE

FREDERICK D. FISTER, M.D., Director of Medical Education at the Hospital Center and the Allentown Hospital, will be retiring on December 31, 1977.

A native of Kutztown, Dr. Fister was educated at Lafayette College in Easton and received his Medical Degree from the University of Pennsylvania. Dr. Fister spent 25 years in General Practice in Trexlertown, as well as serving as a Flight and Wing Surgeon with the U.S. Air Force during the Korean War.

A member of the staff at Allentown Hospital since 1937, Dr. Fister was appointed Medical Director there in 1961, and Director of Medical Education in 1965. He has held that position here at the Center since its opening.

During his sixteen years as Director of Medical Education, Dr. Fister's inspiration provided the stimulus for our medical education programs. His dedication to their survival and insistence on commitment from others resulted in the success and quality of the residency programs in the Allentown affiliated hospitals today. His hospitality and warmth is well remembered by many staff members who first came to Allentown as interns.

Dr. Fister's plans include activity on many boards throughout the state, as Chairman of the Commission for Continuing Education of the Pennsylvania Medical Society; member and executive committee member of the Counsel for Education and Science and the Pennsylvania Association for Medical Education; Chairman of LVAHEC and Physician-Consultant for the Home Care Program, in addition to working on his 71-acre farm in Upper Macungie.

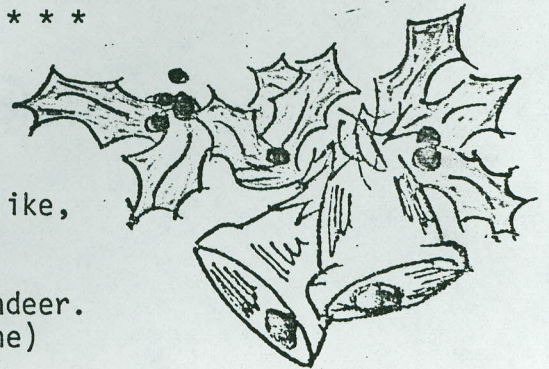
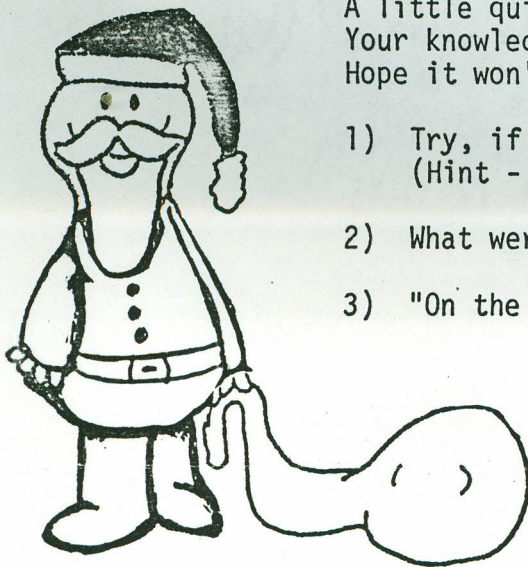
CHRISTMAS TRIVIA

JUST IN TIME FOR your holiday pleasure,
A little quiz for you to measure,
Your knowledge of Santa, carols and the like,
Hope it won't keep you up all night.

- 1) Try, if you can, to name Santa's Reindeer.
(Hint - 8, excluding the red-nosed one)
- 2) What were the gifts of the Three Kings? (Extra credit: Name the Kings)
- 3) "On the 10th Day of Christmas" what did my true love give to me?
- 4) Who wrote "The Night Before Christmas?"
- 5) Do you know why people stand when Handel's Messiah is sung?
- 6) Mistletoe, long famous for the custom of kissing, is famous for many other ancient customs. Can you name two?
- 7) Who stole Christmas?
 - a) the Russians b) the Grinch c) the C.I.A. d) Scrooge
- 8) "Silent Night," originally composed by Austrians Franz Xaver Gruber and Rev. Josef Mohr, was arranged for what instrument?

MIDNIGHT MASS

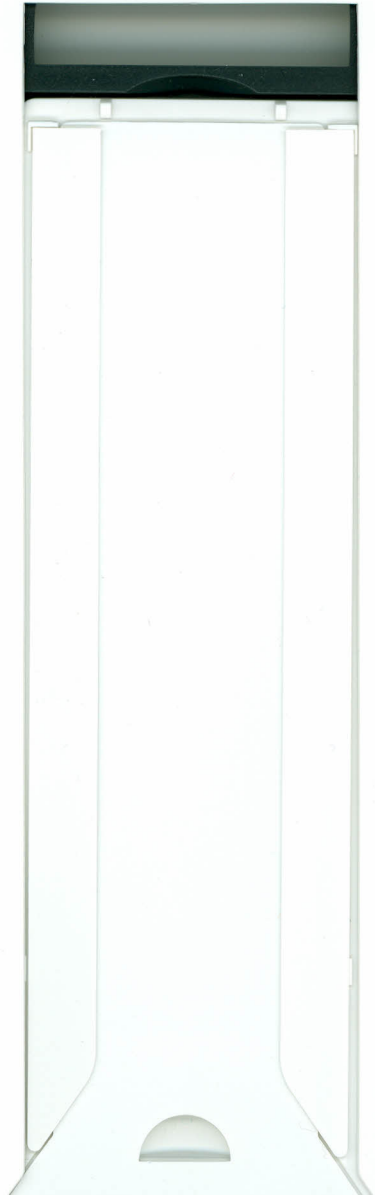
A MIDNIGHT MASS will be celebrated on Christmas in the Hospital Center Auditorium. All



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MIDNIGHT MASS

A MIDNIGHT MASS will be celebrated on Christmas in the Hospital Center Auditorium. All employees and volunteers are welcome to attend, together with their families. The mass will be preceded by Christmas Carols, beginning at 11:30 P.M., on Christmas Eve.



MEDICAL STAFF LOUNGE

THE MEDICAL STAFF LOUNGE, which was located on the first floor, has been undergoing a number of changes in the past few weeks. It has become the offices of William P. Schaudé, Assistant to the Administrator, Extension 3082; Jean Pundiak, Research Associate, Extension 2180; and Claire Potter, R.N., Administrative Assistant in Nursing for Special Projects, Extension 2180.

Plans call for the Staff Lounge to be relocated to the 2nd floor in the area of the Vascular Lab.

FROM THE VOLUNTEER DEPARTMENT

A WARM, HOLIDAY FEELING was created when the Hospital Center was visited by the Center's Auxiliary Choral Group on December 20. The group, headed by Mrs. Marie Kollar, provided an afternoon of delightful entertainment.

On Christmas Eve, carolers from the Fredericksville Mennonite Church, guided by Auxiliary members Bob and Millie Roush, will treat the Center to Christmas Carols beginning at 7:00 P.M. On Christmas Day, members of Temple Beth El will again donate their time and services as they have in the past four years. Their generosity will allow our regular volunteers to enjoy the holiday with their families.

ANSWERS 1) Dasher, Dancer, Prancer, Comet, Cupid, Donner, Vixen, Blitzen and Rudolph. 2) Balthazar-Myrrh; Melchior-Gold; Caspar-Frankincense. 3) 10 Lords a leaping. 4) Clement C. Moore. 5) History has it that an awestruck King George II of England, upon hearing the Messiah for the first time, stood up. His subjects did likewise and the tradition has been upheld to this day. 6) Prevention of toothache and cure for epilepsy. 7) b. Grinch 8) Guitar.

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A REMINDER ABOUT YOUR MAJOR MEDICAL COVERAGE

THE HOSPITAL CENTER provides Major Medical Insurance Coverage to all full-time permanent employees. This coverage supplements your basic Blue Cross and Blue Shield benefits.

Joyce Fleischer, Assistant Director of Personnel Services, explained that after your Blue Cross and Blue Shield policy has paid benefits and the \$100 deductible has been applied, Major Medical will pay 80% (50% for psychiatric care) of all expenses which are covered during each calendar year.

A few examples of the types of services Major Medical covers are private duty nurses; x-ray, radium and radioactive isotope therapy; anesthetics; physiotherapy, prescription drugs; doctor's visits; ambulance services; and many more. Remember, these services are only in addition to and not in place of your regular Blue Cross/Blue Shield Benefits.

Claim forms are available in the Personnel Department. If you have any questions on your coverage, please contact Personnel, Extension 3100.

CHRISTMAS DINNER

THE 4TH ANNUAL HOSPITAL CHRISTMAS DINNER and Breakfast, held on Wednesday, December 14, and Thursday, December 15, was, as in past years, an overwhelming success! The delicious feast, prepared by our expert Dietary Department, provided a great example of their many culinary talents.

Planned by Gerald Miller, Director of Food Services, the dinner featured many tempting delights including Roast Round of Beef, expertly carved to order by our Chef, Mr. Kuno Stadelmann, and our Second Chef, Mr. Joe Beam.

Special thanks to Carol Hosfeld, Dietary, who gave up many hours of sleep to come in at 2:00 A.M., and began cooking the roasts, and to all the members of Administration who again so adeptly served to more than 1,100 people!

NEW DIETITIAN ARRIVES

THE HOSPITAL CENTER WELCOMES Kathleen Remo, Registered Dietitian, in the Food Services Department.

A native of Pittsburgh, Mrs. Remo holds a M.Ed. in Nutrition from Penn State University. She completed her internship at Beth Israel Hospital in Boston, and also gained experience as a therapeutic dietitian at Dover General Hospital, Dover, Delaware. Mrs. Remo's duties will include patient education and instructions in relation to nutritional and dietary needs.

Mrs. Remo replaces Judy Holaska, R.D., who has joined the Oncology Rehabilitation Team as the Nutritionist. Ms. Holaska will be working closely with the Oncology Nurse and Social Worker.

