

BETTER HEALTH FOR LIFE FROM LEHIGH VALLEY HEALTH NETWORK

Healthy You

Spring 1996

CLASS & LECTURE SCHEDULE



*See our pull-out section for classes
and lectures. Register today!*

Healthy You



Everything's Coming Up Roses!

Gardening Yields Health, Fitness and Nutritional Benefits

Joseph Vincent, M.D., of Allentown gets a lot out of growing his own fruits and vegetables: a bountiful harvest, a vigorous workout and a profound sense of well-being.

Vincent, chief of pulmonary medicine at Lehigh Valley Hospital, has his roots in raising crops. But the activities he now enjoys held little appeal for him as a young boy growing up on a farm, where his family's livelihood hinged on long work days and cooperative weather.

Today, a greenhouse adjoins the home that Vincent shares with his wife Emily. Once content to brighten their garden with flowers, the Vincents now plant enough produce—from asparagus to zucchini—to enjoy fresh salads and other vegetarian dishes all summer long. And there's plenty more for canning and freezing.

It's an ideal activity for a couple who enjoy both a plant-based diet and the fitness benefits of digging, weeding and cultivating the soil.

"What is a lot of hard work has also become our favorite form of exercise," says Vincent, who handles the plowing and planting while his wife harvests and cans the crops. "When February rolls around, I can feel myself getting revved up—I can't wait to get the ground ready for planting."

That psychological boost is one of the many health benefits gardening provides. Studies show it can also reduce a person's risk and promote healing from illness or disease.

As he approaches his 85th birthday, Norman Schaffer of Emmaus is living proof of the restorative power of nature.



"Following major surgery twice in the past 10 years, I returned to working the land," he says. "I believe it was the key to my recovery."

Schaffer learned to value the land as a young boy working summers on his grandparents' farm. He says that his eventual and highly successful career as an industrial engineer—including his role in the development of the Telstar communication satellite—often

put him at odds with his environmental ideals as he saw prime farmland being swallowed up by industrial and housing developments.

When he retired at 65 from Western Electric, Schaffer established an independent engineering firm and encouraged his clients to allocate land for agricultural use amid commercial and residential developments.

At age 70, Schaffer made a bold leap from tending a garden with his wife Ann, behind the couple's home to purchasing four acres of farmland in Lower Milford Township.

Today, as proprietor of Schaffer Truck and Tree Patch, he plants and harvests organically grown fruit, vegetables and evergreens, much of which he sells at a roadside stand and to area restaurants. He also donates produce to local charities that feed the poor and homeless.

Schaffer's enthusiasm for working the land hasn't diminished over time.

"I still marvel at this creation," he says of watching his farm come to life. "For me, it's the best therapy there is."

Plan—And Plant—Accordingly

If the agricultural efforts of Joseph Vincent and Norman Schaffer sound a bit too ambitious for the novice gardener, keep in mind that both began gardening in their backyards on a considerably smaller scale.

Continued on next page

CLASS AND LECTURE HIGHLIGHTS!

Spring forward to better health through Lehigh Valley Hospital's fitness, nutrition, weight management and wellness programs including the following lectures and workshops:

Are Sugar and Fat Substitutes Safe?

focuses on the nutritional value and safety of "food replacements" popping up on supermarket shelves.

Sex Education: What Parents Need to Know

offers practical advice on talking with children about sex at various stages of their development.

Spirit of Women in Sports, featuring

interactive sports clinics and a sports expo, promotes the physical and emotional benefits of sports to girls and women of all ages.

Camp HealthRock mixes fun with learning

for children and includes exercises to music, noncompetitive activities and more!

Chef Mike Presents: Fun Foods from

your Garden, a demonstration of some of the delightful and unusual dishes you can prepare with home-grown vegetables.

Children and Health Care Week

kicks off with a Teddy Bear Clinic where children can bring their "furry friends" for a thorough check-up.

Unmasking the Hidden Hormone

examines the symptoms and treatment of thyroid disorders that affect one in every eight women.



MORE INSIDE



Everything's Coming Up Roses Continued

One of the keys to successful and enjoyable gardening is to select a manageable and suitable space for planting, according to Dave Dunbar, an agent for the Penn State Cooperative Extension in Lehigh County.

"An ideal area for a garden is one that has fertile, well-drained soil and good air movement," he says. "Every gardener should have the soil tested to measure its ph (acidity) level and determine if it needs to be fertilized." Soil testing kits are available at a nominal cost through a county extension or at garden centers.

Dunbar also recommends drawing a plan to scale before planting that outlines the size of the garden and specifies what, where and when to plant.

"Consider the amount of sunshine and space needed for certain plants," he says. "Most vegetables thrive with lots of sunshine (five or more hours a day), so it's best to plant them away from trees and shrubs. Tall crops, such as sweet corn, pole beans or staked tomatoes should be planted together on the side of the garden where they will not shade lower-growing crops. Keep in mind that crops such as corn, melons, cucumbers and pumpkins often yield little but require a lot of space. If you have limited space, you can plant peas, beans and other crops that grow vertically."

Dunbar offers other suggestions for successful gardening:

- ✿ If you are growing plants from seeds, order seeds well in advance of planting time.
- ✿ Plant and space seeds properly to make the garden more attractive, improve air movement and make cultivation and harvesting easier.



- ✿ Tomatoes can be grown in virtually any garden.
- ✿ Once the garden is planted, cultivation can help loosen the soil and allow rain to soak in.
- ✿ During dry periods, water the garden thoroughly at least one morning a week. Thorough watering should wet the soil to a depth of four to six inches.
- ✿ Weed by hand instead of using chemical weed killers.
- ✿ Compost is a natural soil improver that can be created by allowing food and yard waste to decompose in a heap and then turning it frequently.
- ✿ Vegetables harvested at proper maturity provide the best food for serving fresh, freezing or canning. A 25 x 50 foot garden can produce enough vegetables, excluding potatoes and corn, to feed two people for one year. A garden this size requires about one-half hour's work a day.
- ✿ Contact the county extension for more information about planting vegetables, fruits, flowers, grass, herbs, trees and shrubs. Check the blue pages in your phone book for the number of the county extension office. Numerous books and periodicals, including the monthly Organic Gardening magazine, are also an excellent source of practical, how-to information for novice and avid gardeners.

Exercise with an Edge

Your garden may seem like an unusual setting for a vigorous workout, but it can be a practical and refreshing alternative to a day at the gym.

"Few people ever think of gardening in terms of fitness," says Jeffrey P. Restuccio, author of *Fitness the Dynamic Gardening Way*. "But depending on the activity and the energy you expend, gardening can increase your strength and flexibility and burn calories, too."



Gardening also provides an opportunity to interact with the environment in a way that no other fitness activity can, according to Restuccio, a test gardener for Organic Gardening magazine. "It also has an edge over other kinds of exercise because most people will spend more hours at it," he says.

To benefit most from your gardening workout, Restuccio offers the following suggestions:

- ✿ "Warm up" with five minutes of stretching exercises before you begin gardening activities.
- ✿ Don't bend at your waist when digging or planting; bend at your knees, shifting your weight from one knee to the other than both. Use a cushion for added comfort.
- ✿ Alternate your grip when using hand tools.
- ✿ If you want to burn up more calories, wear wrist and leg weights while you are gardening.
- ✿ Use adjustable or long-handled rakes and other tools that will not put a strain on your back.
- ✿ Take "breathers" between gardening chores.

Learn how to prepare nutritious and delicious meals with home-grown vegetables during Lehigh Valley Hospital's spring installment of the "Chef Mike" cooking series. See Healthy You course schedule inside on growing vegetables, fruits, flowers and herbs, call (610) 402-CARE.

Copies of *Fitness the Dynamic Gardening Way* by Jeffrey Restuccio can be reserved through the Woman-Care library at Lehigh Valley Hospital. For information, call (610) 402-CARE.



Poison Prevention Week

Saturday and Sunday
March 16 & 17 and 23 & 24
Free • Whitehall Mall

FREE syrup of ipecac and poison prevention information will be available at a poison education booth staffed by representatives of the Poison Prevention Program of Lehigh Valley Hospital and the Pennsylvania Society of Hospital Pharmacists.

LEARN more about poison-proofing your home and what to do in the event of a poison emergency.

FREE "Mr. Yuk" stickers for labeling potential poisons in your home and poison prevention posters and activity sheets for children will be available.

If you can't attend but would like more information, please call (610) 402-CARE.

HEALTH SCREENINGS

May Daze!

Community Blood Pressure and Cholesterol Screening

1 session.
Saturday, May 18
10 a.m. - 3 p.m.

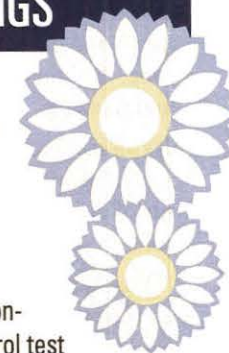
Stop by for a convenient, non-fasting fingerstick cholesterol test that will provide you with your HDL (good cholesterol) and your total cholesterol measurement (Fee \$10). Free blood pressure screenings will also be available. On-site health educators are available. Testing held in MCC Atrium.

These additional FREE blood pressure screenings will be held at the South Mall, Lehigh Street, Allentown.

Tuesday, April 16 — 7:30 a.m. - 1 p.m.

Tuesday, May 14 — 7:30 a.m. - 1 p.m.

Tuesday, June 11 — 7:30 a.m. - 1 p.m.



HEALTHY YOU CLASS & LECTURE SCHEDULE, SPRING 1996

Classes and lectures are held at convenient hospital and community locations. Many are offered free-of-charge while a registration fee is required for others as indicated. To register for programs for which there is a fee, please fill out and mail the registration form inside. Please be sure to include the course code (example **HSP6-01**) on your registration form in the space(s) provided. To register for any of our free classes or for more information, please call (610) 402-CARE.

Class Locations	Abbreviations
Lehigh Valley Hospital, Cedar Crest & I-78	CC
Lehigh Valley Hospital, 17th & Chew	17
School of Nursing, 17th & Chew	SON
Morgan Cancer Center, Cedar Crest & I-78	MCC
1243 S. Cedar Crest Blvd.	1243
1251 S. Cedar Crest Blvd.	1251

Plus many new locations throughout the Lehigh Valley!

FAX **BY FAX:** You can register by fax, with payment by MasterCard or Visa. Fax (610) 402-3020. Use the appropriate registration card inside this brochure.

BY PHONE: You can register for free courses by telephone. Call (610) 402-CARE, Monday-Friday, 8:30 a.m. - 4:30 p.m.

BY MAIL: Use the appropriate registration form inside this brochure.

IN PERSON: You can register in person at the Center for Health Promotion & Disease Prevention, 1243 S. Cedar Crest Blvd., Allentown, PA.

Are Sugar and Fat Substitutes Safe?

1 session.

HSP6-05 Monday, June 17; 7-8:30 p.m. Free

SANDRA BARILLO, M.S., R.D.

Each week, more foods containing "food replacements" hit the supermarket. Learn more about the risks and benefits of these foods, and how to "substitute" fat and sugar in your recipes with ingredients that are already in your cupboard. *Class meets in CC, Auditorium.*

Good Food that's Good for You

What's in the Cart?™ Diabetes Health Program

HSP6-06 1 session. Wednesday, April 10; 10:30 a.m.-12 noon. Free

HSP6-07 1 session. Tuesday, April 16; 7-8:30 p.m. Free
Class meets at Food 4 Less, Lehigh Street, Allentown.

HSP6-08 1 session. Wednesday, April 17; 7-8:30 p.m. Free

HSP6-09 1 session. Tuesday, April 23; 9:30-11 a.m. Free
Class meets at ACME, Lehigh Valley Mall, Whitehall.

Making healthy food selections is essential for managing diabetes. Learn more about all types of foods, including convenience, snack and special occasion foods for individuals with diabetes and their families.

Now that the "Weight is Over"...

SHAPEDOWN® - Child and Adolescent Weight Control Program

9 sessions. \$215.

HSP6-10 Tuesday, April 9; 6:30-8 p.m.

This 9-week program focuses on developing healthy eating habits while building self-esteem and communication skills. Parents participate in this weekly program to strengthen the necessary lifestyle changes. Weekly sessions are conducted by a behaviorist and a dietitian.
Class meets 1243, Lower Level.

Weigh Less-Exercise More: Weight Control Program

9 sessions. \$110.

HSP6-11 Nine Thursdays, beginning April 18; 6:30-8 p.m.

This weight management program mixes nutrition, exercise and motivation for a healthier you! Shape up your attitudes and beliefs and make positive changes in your current eating and exercise patterns.
Class meets at 1243, Lower Level.

Bonus: *One free month of exercise class upon completion of program!*

How to Manage and Relieve Stress

All Stressed-Up

5 sessions. \$55.

HSP6-12 Wednesdays, May 15; 7-9 p.m.

Have you been feeling more "on-edge" and tired than normal? Attend this program to obtain practical strategies and learn techniques to deal with living in a constantly changing world. This ten-hour program is for beginners and those already familiar with stress management.
Class meets 1243, Third Floor.

Specialty Lectures

Update on Depression

1 session.

HSP6-01 Wednesday, March 20; 7-8:30 p.m. Free

FARHAD SHOLEVAR, M.D.

If you've been feeling "blue" lately and it doesn't seem to go away, you might be suffering from some form of clinical depression. Find out about the diagnosis of depression and the treatment alternatives available to help you live a more fulfilling and productive life. *Class meets at CC, Auditorium.*

Exercises to Keep Golfers Swinging

HSP6-02 Monday, March 25; 6:30-8 p.m. Free

HSP6-03 Tuesday, March 26; 10-11:30 a.m. Free

Get in the swing of things with strengthening and stretching exercises for better golf. This movement and education program could keep you on the course instead of on the sidelines with a nagging injury. Bring your golf club! *Class meets at 1243, Lower Level.*

Chef Mike Presents Fun Foods From Your Garden

1 session. \$5.

HSP6-04 Wednesday, May 22; 7-8:30 p.m.

MIKE KRAMLICH, EXECUTIVE CHEF

SANDRA BARILLO, M.S., R.D.

Nothing tastes better than salads made with fresh vegetables and herbs from your garden. There are many more things you can do with home-grown foods that will delight and surprise you. *(The registration fee will help defray the cost of food samples and supplies). Class meets CC, Auditorium.*

PROGRAM HIGHLIGHTS

Spirit of Women IN SPORTS



A Community Project of Cedar Crest College and Lehigh Valley Hospital

Spirit of Women in Sports is a new program designed to encourage girls and women of all ages to participate in and benefit physically and emotionally from an active life in sports. This unique two-day event will be held at Cedar Crest College and includes:

Friday, April 19 at 7 p.m.

Robin Roberts, nationally known TV sports commentator for ESPN and ABC, will address the community at the first annual "Girls and Women's Opportunities for Achievement in Lehigh Valley Sports" (G.O.A.L.S.). Awards will be presented to outstanding female athletes and coaches in the Lehigh Valley. The awards are sponsored by the Women's Sports Foundation.

Saturday, April 20 from 7 a.m. to 12:30 p.m.

Women of all ages can participate in interactive sports clinics and learn lots of new information at the sports expo. You can choose from basketball, field hockey, running, soccer, softball, tennis, volleyball, walking or weight training.

The sports expo will feature information on several sports from biking to tai chi, but also includes health assessments for the whole family. Test your strength and flexibility, have a blood pressure and pulse assessment, learn about the importance of healthy eating habits in your workout routine, hear how sports psychology and mind visualization can improve your performance. Plus, if you're pregnant learn important fitness tips before, during and after pregnancy. As an added bonus, get a five to ten minute massage and explore how you can improve your athletic ability through massage.

Attend the Friday evening event at NO CHARGE.

The cost for Saturday's program is: \$20 (adults) or \$10 (under 18). For more information or to register call (610) 402-CARE.

Event Sponsors

Lehigh Valley Hospital
Cedar Crest College
The Bon-Ton

Participating Sponsor

Alvin H. Butz, Inc.

To register for any of our FREE classes or for more information call: (610) 402-CARE (402-2273)

Stress Map™ Personal Diary Edition

E.M. ORIOLE, M.S.; D.T. JAFFEE, PH.D.; C. SCOTT, PH.D., M.P.H.

1 book. \$14.95

This self-directed workshop and scoring pad will give you a surprising self-portrait, a “snapshot” of the state of your stress health. It is the first stress-assessment tool to integrate all major stressors - medical, psychological and interpersonal. It shows how stress can work for and against you, and provides a visual map of twenty-one areas of your personal stress strengths and weaknesses.

Health Promotion

Health Profile 900

HSP6-13 1 session. \$45.

Overall health is not indicated by just a single measurement. In addition to blood pressure, body composition and TC/HDL cholesterol level, an accurate health profile takes into account your lifestyle practices. For a “complete picture,” schedule an appointment with our staff for several quick tests, a computerized profile and an evaluation of your results.

Individual Body Composition Measurement

HSP6-14 1 session. \$35.

This testing provides you with an important parameter in your total health picture. In this half-hour session, our health educator will perform the test using a bioelectrical impedance analyzer. Together, you will discuss ways to maintain a healthy body composition or begin to make necessary lifestyle changes to improve your overall health.

Individual Nutrition Counseling

HSP6-15

This service is provided by a registered dietitian who will evaluate your current food intake and lifestyle habits. Based on the information you provide, a realistic and nutritionally sound diet will be specifically designed for you including gradual steps toward achieving positive lifelong changes. Call for fee information and to schedule an appointment.

Measurable Results

A Woman's Workshop for Assessing and Improving Your Health

Learn how to improve your chances of living a long and healthy life at this two-part program.

2 sessions. \$15/both sessions.

Monday, May 13: 6:30-9 p.m. & Monday, May 20: 6:30-9 p.m.

Registration deadline is May 9.

First Session: Complete a confidential health risk assessment (comprehensive questionnaire, blood pressure, total cholesterol, HDL screening and body composition testing). Screenings are coordinated by nurses and other qualified health professionals.

Second Session: Receive a detailed personal report about your health status based on the health risk assessment from session one. You can then attend three workshops on achieving a healthier lifestyle.

Refreshments are included both evenings. Space is limited.

Measurable Results is co-sponsored by Lehigh Valley Hospital and Muhlenberg Hospital Center. Class meets in Banko Family Community Center at Muhlenberg Hospital Center.

Fitness For All Ages

Aerobic, Conditioning & Flexibility Classes for Adults

HSP6-16 Fee: Month-to-Month; call for more information.

To achieve optimal health and fitness, register for any of the 80 weekly classes offered morning, noon and night at different Lehigh Valley locations. Adjustable steps, lateral motion slides, stability balls, resistance tubing and hand-weights are incorporated into many of the classes.

Older Adult Exercise and Activity Classes

HSP6-17 Fee: Month-to-Month; call for more information.

Increase your stamina, raise your energy level and make new friends in this special program for older adults. All classes include full-body movements and easy-to-follow strengthening and stretching exercises that can turn back time. Choose from Forever Fit, Stretch to Your Limits and W.O.W! Walking classes led by certified fitness specialists.

Muscle-aneous for Kids ages 7-11

6 sessions. \$24.

HSP6-18 Saturday, April 13; 9-10 a.m.

A health related fitness adventure program exclusively for kids. This jam-packed program is filled with plenty of exercises-to-music, muscles at work and fun activities. While they are having fun, children also learn about their bodies, improve their health and feel good about their physical pursuits. *Class meets at 1243, Lower Level.*

Fitness Without Fear Seminars

1 session. Free

HSP6-19 Wednesday, March 20; 10:30 a.m. -12 noon.

HSP6-20 Monday, March 25; 6:30-8 p.m.

HSP6-21 Monday, April 8; 6:30-8 p.m.

HSP6-22 Wednesday, April 10; 10:30 a.m. -12 noon.

HSP6-23 Monday, May 13; 6:30-8 p.m.

HSP6-24 Monday, June 3; 6:30-8 p.m.

Exercise is for all of us. This interactive program will teach you about the benefits of exercise and how to integrate exercise into your busy lifestyle. You'll learn workout moves that will keep you motivated and injury-free. *Class meets at 1243, Lower Level.*

Walk on the Wild Side Seminar

1 session. \$10.

HSP6-25 Saturday, March 30; 9-10:30 a.m.

Walk this way and learn how you can achieve a healthier lifestyle through this back to basics exercise program. Lace up your sneakers for the Rockport Walking Test and you'll receive a personal computerized walking profile and our “take-home” tips, tactics and techniques.

Class meets at Saucon Valley Community Center, Hellertown, PA.

W.O.W! Walking-Out Workout Club

HSP6-26 \$10. (\$5 for adults 55 and over)

Join Lehigh Valley Hospital's latest movement to shape the future of your health! You can exercise, have fun and earn prizes all at the same time. Call for your registration packet today!

Two locations, join anytime! Programs at South Mall, Lehigh Street, Allentown and Saucon Valley Community Center, Hellertown.

Aikido

HSP6-27 Fee: Month-to-month, call for more information.

Aikido teaches harmony and balance in life. With its focus on energy, centering and meditation, this program is perfect for people who want the confidence and skill of a martial artist along with the serene mind and clear conscience of a yoga practitioner. *Class meets at 1243, Lower Level.*

Yoga

6 week session. \$39.

HSP6-28 Tuesday, March 26; 6:30-7:45 p.m.

HSP6-29 Tuesday, May 7; 6:30-7:45 p.m.

The practice of Yoga can help you increase your knowledge of yourself and the needs of your body and mind in order to achieve good physical and mental health. Improve your flexibility through stretching postures, tension release and toning muscles. *Class meets at 1251, Suite 308.*

CPR Courses

Course A

CSP6-01 Monday, April 22; 7-10 p.m. \$25.

CSP6-02 Monday, May 13; 7-10 p.m. \$25.

Learn one-person adult heart-saver CPR and how to clear the blocked airway of a conscious or unconscious adult. *Class meets at 1243, Third Floor.*

Course C

3-part course \$35.

CSP6-03 Monday, April 1, 8 & 15; 7-10 p.m.

CSP6-04 Monday, June 3, 10 & 17; 7-10 p.m.

Learn adult one- and two-person, child and infant CPR. Mouth to mask ventilation and clearing the blocked airway of conscious and unconscious adults, infants and children is taught. You must attend all three classes and complete written and practical examinations to be eligible for provider status. *Class meets at 1243, Third Floor.*

Course C - Renewal

CSP6-05 Monday, March 18; 7-10 p.m. \$20.

CSP6-06 Monday, May 6; 7-10 p.m. \$20.

CSP6-07 Monday, June 24; 7-10 p.m. \$20.

This course reviews all material covered in Course C. You must have a current Course C card or one that has expired within one month to attend. *Class meets at 1243, Third Floor.*

Course D

CSP6-08 Monday, March 25; 7-10 p.m. \$25.

CSP6-09 Monday, April 29; 7-10 p.m. \$25.

CSP6-10 Monday, May 20; 7-10 p.m. \$25.

Learn infant and child CPR and to clear the blocked airway of a conscious or unconscious infant and child. *Class meets at 1243, Third Floor.*

When You're Ready To Quit Smoking...

Smoke Stoppers® Self-Directed Kit

HSP6-30 \$30.

This structured self-help approach is recommended for people who are motivated to quit smoking but are unable to attend a formal group program. The kit is a great complement to the nicotine patch which can be prescribed by your physician.

Smoking Cessation Hypnosis

1 session. \$30.

HSP6-31 Wednesday, April 17; 7-8 p.m.

Classes meet at CC, President's Room.

HSP6-32 Thursday, June 13; 7-8 p.m.

Classes meet at 1243, 3rd Floor Conference Room.

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

QuitSmart™

5 sessions. \$85.

HSP6-33 Monday, May 6; 7-8 p.m.

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® Cigarette Substitute. The six month success rate averages 61 percent. *Classes meet at 1243, Lower Level.*

Individual Tobacco-Use Cessation Counseling

HSP6-34 Call for fee information and to schedule an appointment.

This program combines the Smoke Stoppers® Self Directed Kit or QuitSmart with a one-on-one format that analyzes the participant's tobacco-use practices and patterns. Although many participants quit smoking during the second week of treatment, continuing support is provided over a three-month period.

Diabetes Education

9 sessions. \$20/session.

The Helwig Diabetes Center of Lehigh Valley Hospital offers a series of educational programs for adults with diabetes. Advance registration and an assessment of the registrant's diabetes education needs are required. A family member or friend may accompany the registrant to class at no extra charge. For more information, call (610) 402-CARE.

- What Is Diabetes?
- High and Low Blood Glucose
- Medicine
- Diabetic Complications
- Special Food Situations
- Foot Care
- Learning the Exchange List
- Coping with Diabetes
- Diabetes and Exercise

Children's Health

Two Career Families: Caring and Coping

WSP6-01 Tuesday, April 9; 7-8 p.m.

MARY STAHL LEVICK, M.D., PEDIATRICIAN

DONALD LEVICK, M.D., PEDIATRICIAN

Doctors Mary Stahl Levick and Don Levick, practicing pediatricians with three children under 8 years old, will discuss their success and failures in balancing family, marriage and career responsibilities.

Class meets at 17, Auditorium.

Interacting with Your Infant

WSP6-02 Thursday, May 16; 7-8 p.m.

SCOTT BRENNER, M.D., PEDIATRICIAN

Learn more about communicating with your baby even before he or she is born. Dr. Brenner will also discuss how to maximize your infant's awareness of his or her environment. He will describe the infant's developmental stages and suggest methods/toys which can be used to stimulate sight and hearing.

Class meets at CC, Classroom 2.

Family Matters: Sex Education - What Parents Need to Know.

WSP6-03 Tuesday, June 4; 7-8 p.m.

ELIZABETH GOFF, M.D., PEDIATRICIAN

Dr. Goff will offer practical advice on how to discuss sex with your children at various stages of development. Discussion will also include how to overcome the discomfort and embarrassment of this topic in order to help children develop into sexually healthy and responsible adults.

Class meets at 17, Auditorium.

Children and Health Care Week

Saturday, March 16, 11 a.m.-3 p.m. Free

A Teddy Bear Clinic highlights Lehigh Valley Hospital's annual observance of Children and Health Care Week. During the clinic, children are invited to bring in their teddy bears for a thorough "checkup" by hospital personnel. The clinic staff will be bandaging "boo-boos," too. The event is designed to take the mystery and fear out of health care for children.

Clinic held at Whitehall Mall, Whitehall.

SuperSitters

Saturday, May 18, 9 a.m. - noon. Free

SuperSitters is a program for adolescents, ages 11 and older, interested in becoming more knowledgeable baby sitters. Instruction in the care of children and first aid will be provided by the staff of the emergency department of Lehigh Valley Hospital. Members of the Allentown Police and Fire Departments will offer tips on personal and home safety. Seating is limited to the first 100 registrants. *Program held at 17, Auditorium.*

Women's Health

Continued Healing of The Inner Child

10 sessions. \$70.

WSP6-04 Tuesdays beginning April 9; 7-9 p.m.

MARCIA FELKAY, M.A., COUNSELOR

If you are stuck in co-dependent relationships or suffer from low self-esteem, join this interactive growth group and learn how to heal your past and regain your personal power in a supportive environment.

Classes meet at SON, Parlor A.

Unmasking the "Hidden" Hormone

WSP6-05 Wednesday, April 17; 7-9 p.m.

CAROL GREENLEE, M.D., ENDOCRINOLOGIST

Approximately one in eight women will develop a thyroid disorder during her lifetime. Learn more about your thyroid, how it may affect your health if it functions improperly, and the symptoms and treatment of common thyroid illnesses. *Class meets at CC, Classroom 2.*

Menopause: Myths, Facts & Sexuality

WSP6-06 Thursday, May 2; 7-8:30 p.m.

KAREN M. MATZ, M.D., OBSTETRICS AND GYNECOLOGY

Pre-menopausal symptoms, estrogen replacement and the effects of menopause on sexuality will be discussed. A question and answer session will follow the presentation. *Class meets at 17, Auditorium.*

Maternity Fitness Programs

The following classes include an educational component that focuses on the prenatal and/or postpartum changes in a woman's body and their effects on exercise.

Prenatal

WSP6-07 \$40. Renewal Fee: \$35.

Women who want to maintain a moderately active fitness regime during pregnancy are encouraged to attend this safe, professionally-supervised exercise class. Physician approval is required for participation and a signed consent form must accompany your registration form.

Postpartum

WSP6-08 \$40. Renewal Fee: \$35. Mini session \$20.

This professionally-instructed exercise class can help women restore muscle tone and strength following pregnancy. New moms can also enjoy playtime with their babies and receive instruction in gentle infant massage techniques. Participants may attend following their postpartum check-up. Women interested in registering for this class can sign up for either the six-week course or our new three-week mini-sessions.

Speaker's Bureau

Lehigh Valley Hospital's Speaker's Bureau schedules presentations on a variety of health care topics to civic, social and church organizations. Topics include:

- Breast Self-Examination
- Cholesterol
- Diabetes
- Careers in Health Care
- Endometriosis
- Epilepsy
- Drug Abuse
- Infertility
- Menopause
- Heart Health
- Pre-menstrual Syndrome
- Sports Medicine
- Nutrition
- Trauma Injury Prevention
- Successful Aging

For more information please call (610) 402-CARE.

Support Groups

Lehigh Valley Hospital offers a variety of support groups for people who share similar experiences, concerns or health conditions.

Through special presentations and facilitated discussions, the groups help people cope with the physical, psychological and spiritual aspects of illnesses such as arthritis, attention deficit disorder, cancer, brain tumors, heart disease, sleep apnea, stroke and reflex sympathetic dystrophy syndrome.

We also sponsor support groups for women experiencing postpartum depression, parent of infants in a neonatal intensive care unit, women and their children who have been exposed to the synthetic hormone DES, people who have received organ transplants and parents of children with congenital or acquired heart disease or defects.

Many of the support groups are tailored to specific audiences, for example, women with breast cancer, men with prostate cancer and adults with diabetes. For more information about the support groups, please call (610) 402-CARE.

CLASS & LECTURE REGISTRATION FORM

Participant's Name _____

Address _____

City _____ State _____ Zip _____

Phone (Home) _____ (Work) _____

Date of Birth _____ Social Security # _____

Are you a Lehigh Valley Hospital employee? ___ Yes ___ No

Selection: please refer to the course schedule for class title, course code and fees. Please print.

class title(s)	course code(s)	fee(s)
_____	_____	_____
_____	_____	_____
_____	_____	_____
_____	_____	_____

Make check payable to: Lehigh Valley Hospital or

Charge to my Credit Card MasterCard Visa

CREDIT CARD ACCOUNT NUMBER

--	--	--	--	--	--	--	--	--	--	--	--	--	--	--

Signature _____ Exp. Date _____

Payment: Total amount enclosed: \$ _____

Ask if you are eligible for class discounts.

Mail or fax this form to:

Lehigh Valley Hospital, Center for Health
Promotion & Disease Prevention
1243 South Cedar Crest Blvd., Allentown, PA 18103
Fax Number (610) 402-3020

Release Statement:

I hereby release Lehigh Valley Hospital, Inc., their agents, employees, representatives and assigns from any and all liability which may or could arise from my participation in the classes indicated above. I understand the nature of the classes and the possible consequences of my participation, including the risk of injury. I further understand that program fees are not refundable or transferable after class start date.

Participant's Signature _____ Date _____



Childbirth And Parenting Education

"From Pregnancy to Parenthood"

Because babies don't come with instructions, we offer the next best thing - prepared childbirth and parenting education programs sponsored by Lehigh Valley Hospital WomanCare.

Through these programs, we can provide you with timely, accurate information about what to expect when you're expecting and after your baby is born. We can also help expectant and new moms meet the physical demands of pregnancy and delivery through our prenatal and postpartum fitness programs.

From our Prepared Childbirth (Lamaze) Series to our new and expanded "New Moms Network," all of our classes have been carefully designed to address and meet your needs at this special time in your life. For more information about the classes, schedules or fees, place a checkmark in the boxes next to the programs of greatest interest to you, complete the form below and mail the entire panel to us. You can also call (610) 402-CARE weekdays between 8:30 a.m. and 4:30 p.m. Because class size is limited, please register as early as possible.

Becoming a Family...Before Lamaze

1 session. Free

Join other parents-to-be for this free, introductory program to help you begin your exciting journey toward parenthood. Our guest speakers will cover "what happens now that you are pregnant," including physical and emotional changes, various diagnostic tests, and nutritional and overall health needs to "what to expect when you deliver" at Lehigh Valley Hospital. Special sessions, refreshments and door prizes are included.

FOR MORE INFORMATION ON CHILDBIRTH AND PARENTING EDUCATION PLEASE CHECK THE CLASSES OR PROGRAMS THAT INTEREST YOU.

Name _____

Address _____

City _____ State _____ Zip _____

Daytime Phone _____ Due Date _____

Physician _____

- | | |
|--|---|
| <input type="checkbox"/> Becoming a Family... Before Lamaze | <input type="checkbox"/> Prenatal Maternity Fitness Program |
| <input type="checkbox"/> Prepared Childbirth (Lamaze) Series | <input type="checkbox"/> Postpartum Maternity Fitness Program |
| <input type="checkbox"/> One-Day Lamaze | <input type="checkbox"/> Healthy Beginnings Parenting Newborn Series |
| <input type="checkbox"/> Healthy Beginnings Labor and Delivery Series | <input type="checkbox"/> Our First |
| <input type="checkbox"/> Refresher Classes | <input type="checkbox"/> New Moms Network |
| <input type="checkbox"/> Sibling Classes | <input type="checkbox"/> Your Incredible Infant |
| <input type="checkbox"/> Breastfeeding Classes | <input type="checkbox"/> Maternity Tours |
| <input type="checkbox"/> Newborn Care Class | <input type="checkbox"/> Infant/Child CPR |

Mail this checklist & completed form to:

Lehigh Valley Hospital

Attn: WomanCare, 17th & Chew, P.O. Box 7017

Allentown, Pennsylvania 18105-7017



Prepared Childbirth (Lamaze) Series

6 week course. \$60.

This course helps couples prepare for labor and delivery and new parenthood and includes information about relaxation and Lamaze breathing techniques, medications, Cesarean birth and caring for your baby in the first weeks after delivery. This series is also offered in three Saturday sessions.

One-Day Lamaze

\$95 per couple; "Our First" members receive a \$5 discount.

This one-day childbirth preparation program is ideal for couples who are unable to commit to a six-week series because of busy or unpredictable schedules. Participants will be expected to read and review materials provided to them several weeks before the class begins. Advance registration and payment must be received eight weeks prior to start of class. Continental breakfast and lunch are included in the course fee.

Healthy Beginnings Labor and Delivery Series

4 Sessions. \$20.

Information about labor and delivery including relaxation and breathing techniques, medications and Cesarean birth is outlined in this four-part daytime course which is offered every month.

Refresher Classes

\$30.

We offer refresher classes to parents who are expecting another child and have already attended a prepared (Lamaze) program. The classes cover relaxation and breathing techniques, issues regarding siblings and Vaginal Birth After Cesarean (VBAC).

Sibling Classes

\$10 per child; \$15 for two or more children.

These classes help brothers and sisters prepare for the arrival of their new sibling. Separate sessions are offered for children in different age groups. Parents are expected to attend with their children.

Breastfeeding Classes

1 session. \$10.

This class provides expectant parents with a better understanding of breastfeeding and its benefits to babies. The services of a certified lactation consultant are available to women who deliver at Lehigh Valley Hospital.

Newborn Care Class

1 session. \$10.

This session is offered monthly and provides expectant parents with information about infant feeding, safety, immediate health problems, newborn and well child care and resources available to them. **Grandparents** are welcome to attend.

Prenatal and Postpartum Maternity Fitness Programs

Please refer to schedule of Fitness Programs.



For Expectant Parents Who Aren't Quite Sure What to Expect

Healthy Beginnings Parenting Newborn Series

4 Sessions. \$20.

This four-part daytime course is offered every other month and provides expectant parents with information about infant feeding, safety, immediate health problems, newborn and well child care and resources available to them.

New Moms Network (Support group for new moms)

Free

- April 4 - When to Call the Doctor
- April 18 - Calming the Crying Infant
- May 2 - Infant Growth & Development
- May 16 - Your Infant & Sleep
- May 30 - Changes in Parents' Role
- June 13 - Feeding Your New Baby
- June 27 - When to Call the Doctor

INFORMATION • IDEAS • SUPPORT • SHARING

Experience all this and more with other new moms and bring your baby along to explore the changes in you and your little one as your parenthood progresses. The new moms network meets during the day every other Thursday. Register by calling (610) 402-CARE at least two weeks before the scheduled session.

Your Incredible Infant

1 session. \$10.

- May 30
- Sept. 19

It won't be all that long before your infant begins to emerge as an adventurous little person. So you may be unprepared for the fast and furious growth and developmental changes during the second six months of your child's life. Join us for this session which will address any concerns you may have about infant feeding, teething, safety, changes in behavior, sleep patterns, health, separation anxiety, learning and motor and social skills.

Maternity Tours

Free

We invite expectant parents and their family members to tour the maternity unit at Lehigh Valley Hospital and learn more about its services and facilities for women, infants and children.

Adult tours are held Mondays and Saturdays except holidays. Tours for children who are awaiting the arrival of a new sibling are offered several times a month throughout the year. Registration is required in advance.

Infant/Child CPR

\$20 per person; \$30 per couple.

Safety information and instruction in emergency care of infants and children are provided to expectant parents during this class. Hands-on practice is central to the successful completion of the course which meets American Heart Association standards.

Our First Free

Our First is a special program of Lehigh Valley Hospital for first-time parents. The program helps couples prepare for the physical, emotional and lifestyle changes that come with having a baby. Membership in the program is free. The benefits to new and expectant parents include an informative monthly newsletter; discounts on a wide range of products and services from area merchants; and access to the Storkline, a telephone information line.

DUAL CAREER COUPLES

As parents and pediatricians, Drs. Donald and Mary (Stahl) Levick often find themselves adjusting their schedules to accommodate their children, their patients and each other. But it's an arrangement that seems to suit and work for the Allentown couple.

Advance planning is one of the ways the Levicks make the most of their time at home with daughter Rachel, 7; and sons, Nathan, 6; and Aaron, 5 and at work on the inpatient pediatric unit at Lehigh Valley Hospital and in the offices of ABC Pediatrics in Allentown and Coopersburg.

"With children, there's always an element of unpredictability, so we have contingency plans," Mary says. "If I'm not at the bus stop when our kids get home from school, they report directly to our neighbor's house."

The Levicks point to the benefits of involving children in the planning process.

"Rachel checks the days on the school's cafeteria menu when she wants to bring her lunch with her," Mary says. "She also carries a change purse and keeps track of how much money she needs."

"This is one way of teaching our daughter about self-reliance," Don says. "And it's one less thing to worry about in the morning when the kids are getting ready for school and we're on our way to work."

As working parents, the Levicks routinely reconsider their priorities.

"I always ask myself how many balls I can keep in the air," Don says, whether he is assuming multiple responsibilities or enjoying the acrobatic and oddly appropriate hobby of juggling; an activity he regards as "a metaphor for my life."

"You have to decide what's important to you," Mary agrees. "For example, keeping up with the lawn is not a priority for us. Sometimes, we end up paying the kids a penny a piece for every dandelion they pick."



"We've learned not to sweat the small stuff," Don says. "If a child insists on wearing mismatched clothes to school, why argue the point?"

"I'd rather conserve my time and energy for more important things."

"Some things are worth letting go of," Mary agrees.

"I gave up golf because I felt I could put those five hours to better use," Don says. While he finds that he still needs

"time away from everything"—for exercising or "surfing the net"—he also values the time he can spend with his family.

The Levicks admit that, between their parental and professional roles, they occasionally short-change each other.

"Sometimes, we actually have to schedule time to be together," Mary says. "It's one way of keeping the romance alive even if it may be lacking in spontaneity."

Still, the Levicks realize that their experiences as working parents are not unique.

"A lot of people seem to be looking for validation when they talk with us about the challenges of juggling families and careers," Don says. "We try to reassure them—and remind ourselves—that it's okay not to be perfect all the time."

Drs. Donald and Mary Stahl Levick will share more of their experiences and strategies as working parents at a community program this spring at Lehigh Valley Hospital. For more information, see the Healthy You course schedule inside.

The hospital also invites working parents to share their techniques for saving time, money and energy between raising children and managing careers by calling (610) 402-CARE. The information will be compiled in a special hospital publication for working parents.

MARRIED

With Kids & Careers



EXERCISE FOR

Older Adults

Adding Luster to the Golden Years

In his 37 years of medical practice, James Clifford, M.D. has encouraged many of his patients to adopt healthier lifestyles.

A family physician with Emmaus Medical Associates and a member of Lehigh Valley Hospital's medical staff, he's also quick to admit that it's easier to give advice than to follow it.

After undergoing back surgery three years ago, Clifford, then 63, put off his surgeon's recommendations to start exercising regularly until he began experiencing pain and tingling in his back and knee. When his symptoms persisted despite daily stretching and flexibility exercises, Clifford's neurologist referred him for outpatient rehabilitation at Affinity, a program of Lehigh Valley Hospital and Good Shepherd. After completing the program, Clifford began regular workouts at a fitness center where he continues to build his strength and endurance with free weights, rowing machines and other fitness equipment.

"I do feel better," Clifford says of the cumulative effects of his fitness efforts. His patients have also been quick to comment about his noticeable, 25-pound weight loss in the past eight months and his new, firm physique. "I only hope it will inspire them to lead healthier, active lives," he says.

Based on his experience and the recommendations of fitness specialists, Clifford offers the following guidelines on exercise for older adults:

- It's never too late to start exercising. But the longer you wait, the more you put yourself at risk of health problems.
- Get your doctor's okay before you begin an exercise program. Walking is generally a good way to start and it's easy enough to do. Just make sure you wear a pair of comfortable, flexible and lightweight walking shoes.
- Structure your program by scheduling a specific time to exercise. It's a commitment worth making and keeping.

- Encourage a friend to join you in exercising or join an exercise group or health club. If you think you will be uncomfortable exercising around younger people, join a program for people in your own age group. It's helpful and encouraging to be in the company of other people who share your fitness interests and goals.
- Don't be discouraged if you don't see immediate results. Keep in mind that regular exercise can reduce your risk of heart disease, cancer, high blood pressure, depression, bone fractures and diabetes. In short, exercise can add years to your life and life to your years.

To receive a free "fact sheet" on walking for heart health, weight loss and overall fitness, call (610) 402-CARE. For more information about exercise and activity classes for older adults, plus aerobic and conditioning classes and indoor walking programs for people of all ages, see the Healthy You course schedule inside.



CAMP HEALTHROCK

A Place Right Out of History!

3 five-day sessions. Fee: \$100.
July 15-19; ages 7-9.
July 29-Aug. 2; ages 10-12.
Aug. 19-23; ages 7-9.

This summer, Lehigh Valley Hospital provides the perfect antidote for the summertime blues: Camp HealthRock—a five day adventure featuring plenty for kids to yabba-dabba-doo including activities that mix fun with learning in the areas of fitness, nutrition and safety.

In cooperation with Lehigh County Parks and Recreation Department, this year's camp will be held at the Lockridge Furnace Park in Alburtis, PA and on the Cedar Crest Campus of Lehigh Valley Hospital.



Miles for Matt

SATURDAY, JUNE 15

Competitive and casual runners and walkers, in teams of up to 10 members, are invited to participate in Miles for Matt, an eight-hour T.A.C. sanctioned relay race. The race was established in memory of Matthew J. Worman, an avid and talented runner who died of lymphoma at the age of 34. Proceeds from Miles for Matt will benefit the National Bone Marrow Donor Registry and the John and Dorothy Morgan Cancer Center. For more information, please call (610) 402-CARE.

Race held at Moravian College Track, Bethlehem.

*Register today for classes and lectures.
Call (610) 402-CARE*

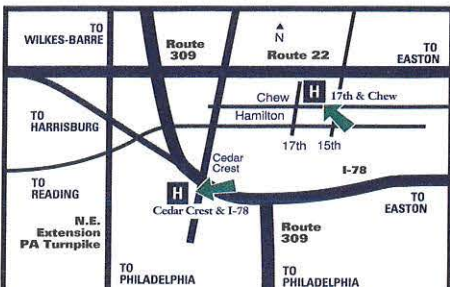
- **For Class & Lecture Registration ...** Let Lehigh Valley Hospital help you keep healthy and fit. We offer a wide variety of classes and support groups. Spring programs begin soon.
- **For Help in Finding a Doctor ...** Choosing a doctor is more than getting a name and address. Find a physician who meets your needs quickly, easily and professionally by calling Lehigh Valley Hospital's free Physician Referral Service.
- **For Health Care Information ...** Do you have a question or concern you'd like addressed immediately? Call Lehigh Valley Hospital's careline. Our representative is ready to provide you with personalized information.

P.O. Box 689
Allentown, PA 18105-1556

LEHIGH VALLEY
HOSPITAL AND
HEALTH NETWORK

Non-Profit Org.
U.S. Postage
PAID
Permit #1922
Allentown, PA

*****CAR-RT-SORT
ARCH 96 **C075



If you have received an extra copy of this publication, please share it with a colleague or friend. If the mailing information is incorrect, please call us at (610) 402-CARE (402-2273).

Healthy You is published four times a year by Lehigh Valley Hospital and the Lehigh Valley Health Network. Its goal is to provide its readers with information and education that will help them to enjoy healthier lives. Information appearing in this publication is not intended for self-diagnosis and/or treatment. If you have a health problem, please contact your primary care physician or call (610) 402-CARE for further assistance. Any comments concerning this publication may be sent to: HEALTHY YOU, Marketing, Planning and Public Affairs, 1243 S. Cedar Crest Blvd., Suite 3115, Allentown, PA 18103 or you may call (610) 402-CARE.