

update

Vol. 2 No. 5

March 2, 1979

NATIONAL NUTRITION WEEK - MARCH 4-11



Providing nutrition counseling to patients is only one of many services provided by the dietitians. Here, Kathy Remo (left) discusses the menu with Madeline Cunningham.

"Set the Pace, Take the Foodway in Good Nutrition," is this year's theme for National Nutrition Week, sponsored by the American Dietetic Association. Kathy Remo, one of the Center's dietitians, is in charge of Nutrition Week publicity for the Lehigh Valley Dietetic Association. According to Kathy, several activities are planned for the community including proclamations by both the mayors of Allentown and Bethlehem, special displays in area schools, libraries, restaurants, grocery and book stores, and several radio and television spots.

National Nutrition Week will also sponsor events at the Center including distribution of tray tents and flyers on patient meal trays, and setting up of displays outside the cafeteria and library to promote sound nutritional practices for "setting the pace" and keeping physically fit with a balanced diet.

While National Nutrition Week emphasizes the importance of eating properly, the Center's dietitians, Isabel Shearman, Donna Baron, Kathy Remo, and Margaret Fitzgerald work hard all year promoting the need for a well balanced diet for health and physical fitness. Their responsibilities include interpreting the physicians written diet order into satisfactory and acceptable meal plans for patients, consulting with patients regarding food acceptance, and offering suitable food substitutions to maintain optimal nutrition. The dietitians are also involved in patient education concerning diet modification and provide inservice education for nursing service and resident medical staff.

FAST FOOD

IT'S OK TO HAVE IT YOUR WAY!

"If you think you deserve a break today and crave a big juicy whopper, fries or maybe a pizza, go ahead, indulge. You needn't feel guilty for eating junk food." According to Kathy Remo of the Center's Dietary Department, there is no such thing as junk food. Kathy believes that most of the meals you'll buy at the leading fast food restaurants are, in fact, nutritious.

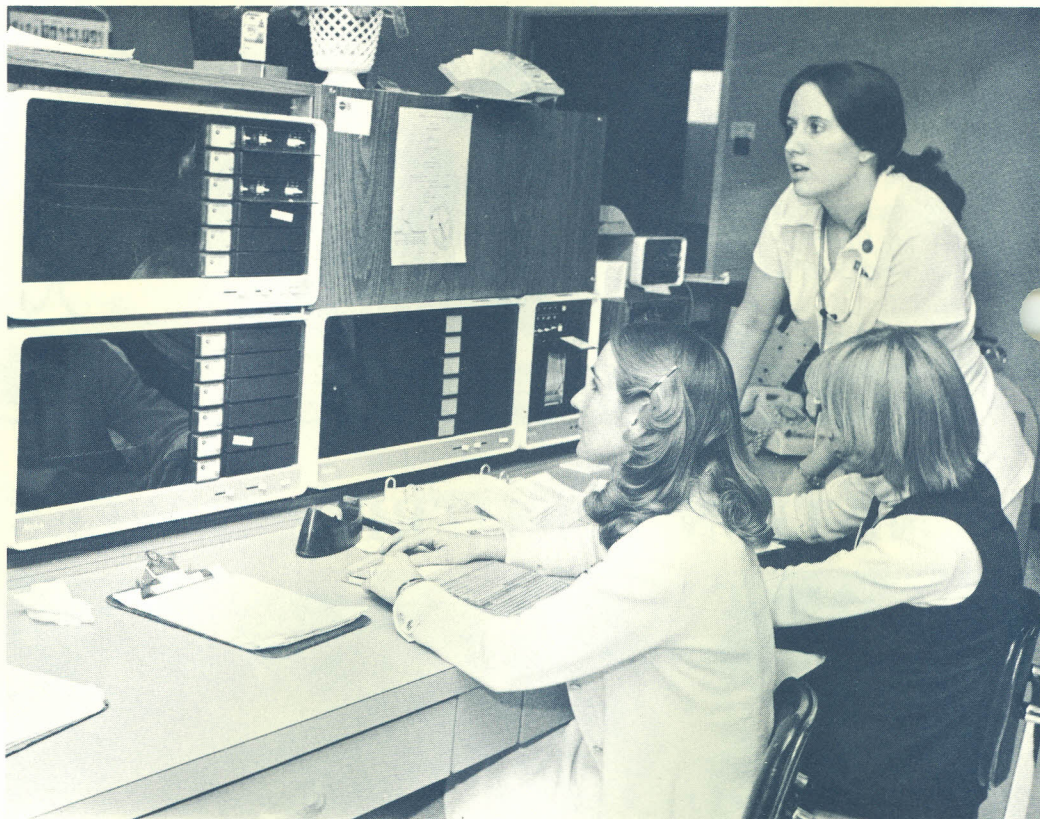
If you notice you are getting a slight bulge in the tummy, you don't have to stop visiting that nearby "Burger Master"; simply cut out the extras. An increase in body weight may be the first sign of an "energy crisis," meaning your caloric intake is exceeding your body's energy consumption. Try ordering a plain burger (14 grams protein, 600 calories). Leave out the french fries (3 grams protein, 180 calories), and order a diet soda or coffee instead of a milk shake (9 grams protein, 315 calories).

Since man cannot live on burgers alone, Kathy also suggests that you eat three meals a day, which include servings from the four food groups: 1) milk and milk products; 2) meats or high protein alternates (eggs, dried beans, peas); 3) fruits and vegetables; and 4) breads and cereals. If you skip a meal, you will tend to consume too many calories at one sitting.

(Continued on page 3)



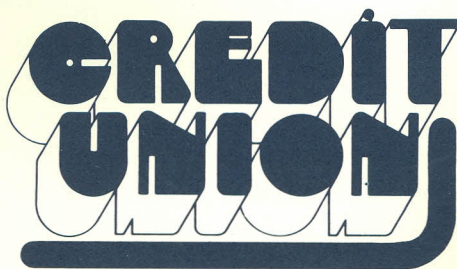
- To Engineering**
John Lehr
- To Escort**
G. Scott Williams
- To Housekeeping**
Milton Brown
Carl Kresge
Joseph Rudzik
- To Nursing Services**
Catherine Tricano
- To O.R.**
Claudia Hall
- To Pharmacy**
Linda Fetherolf
- To Security**
William Huber, Jr.
- To X-Ray**
Marguerite Schaffer



New SCU - On February 19, the Progressive Care Unit was officially renamed the Special Care Unit. Major changes to the unit include telemetry monitoring on 4 of the 16 beds, and "hard wire" monitoring (including pressure monitoring) in use on the remaining 12 beds. Also, within the unit, 4 semi-private rooms have been renovated, creating 2 4-bed units. Observing the new equipment are (left to right) Toni Houser, LPN, Debbie Minder, U.C., and Cindy Stevens, R.N.

PUT SOME QUIETUDE IN YOUR DAY

All employees are invited to join in for a little quietude and shared prayer on Mondays at 12:15 - 12:30 P.M., in the Meditation Room. For more information, contact Shelly Grovatt, R.N., at 2075, or Loretta Hartman, Unit Clerk, at 3146.



Members! Don't forget Tuesday, March 13, at 2:00 P.M., in the Auditorium for the ASHHC Federal Credit Union Annual Meeting.

Elections will be held to fill vacancies on the credit union staff created during the year. Please attend and vote. Also, quarterly statements are now available and can be picked up at the Credit Union Office on Wednesdays and Fridays, from 12:00 Noon to 4:30 P.M. Statements will be mailed to members if not picked up by March 16.

Child Care Expenses



If someone cares for your children while you work, you may have a tax credit of up to \$800 coming to you. Check your tax instructions for details.

Prepared as a public service by the Internal Revenue Service.



Gale Schmidt — Editor
Jim Higgins — Associate Editor
Janet Dech — Staff Assistant
Jack Dittbrenner — Photography
Darla Molnar — Photography
Pete Gallo — Art



John Reges, Director of Materials Management, above, has been elected Chairman of the Executive Committee of the recently organized Northeastern Pennsylvania Chapter of the American Society of Hospital Purchasing and Materials Management.

Mildred Nicholson, Buyer, above, is on the Public Relations Committee of the 24 hospital member organization, which provides an exchange of purchasing ideas and cooperation between member hospitals.

Isabel Shearman, Floyd Christman, Deborah Bolecz, and Margaret Fitzgerald, all of Dietary, have completed a six-week course in applied food service sanitation for managers and supervisors.

The philosophy behind the course, given by the National Institute for the Food Service Industry, is to teach the basic facts of food sanitation and the prevention of food borne illness. At present, certification by NIFI is voluntary, but in the future, all food service management will have to be certified for employment in the industry. The NIFI is a non-profit educational foundation created by restaurant and other food service executives.

William Hoffert, Cardio-Pulmonary Technologist, has passed the written requirements for certification by the National Society of Cardio-Pulmonary Technologists. The exam tests general knowledge of cardiac and pulmonary anatomy, physiology and general science. Bill has been at the Center since September, 1975.

COLON-RECTAL SPECIALIST TO SPEAK

The "Visiting Professor of Surgery" lecture program, sponsored by the Department of Surgery, Allentown Hospital and the Allentown and Sacred Heart Hospital Center, will present Victor W. Fazio, M.D., on Friday, March 9, in the Hospital Center Auditorium.

Dr. Fazio, Chairman, Department of Colon and Rectal Surgery, Cleveland Clinic Foundation, Cleveland, Ohio, will utilize case presentations of Colon-Rectum Diseases at 7:00 A.M., and discuss Inflammatory Disease of the Bowel at noon. Both presentations are approved for one hour Category I Credit.

The program is sponsored by the Pennsylvania Society of Colon and Rectal Surgery and the Dorothy Rider Pool Health Care Trust.

SOFTBALL LEAGUE

Players are being sought for the formation of a **men's intra-hospital softball league** and a **women's softball team**. A meeting will be held on Tuesday, March 6, at 5:00 P.M., in Classroom I for the men's league. All interested players are invited to attend. Women interested in softball should contact Joanne Macko, Laboratory, 2050.

Based on the success and fun last summer's league provided, this season should be a ball!

For further information, contact Jim Higgins, Public Relations, at 3084.

FLOAT TRIP

An exciting raft trip through the **Pennsylvania Grand Canyon** is being planned for April 14 and 15. The length of the trip (dependent on the weather and water conditions) is either 16 miles or 26 miles, and a weekend package rate is offered and includes 2 nights lodging, breakfast Saturday and Sunday, and dinner Saturday night, lunch on the trip, and raft. Price is approximately \$40-45 per person. Raft trip alone, including lunch, is approximately \$20 per person.

For further information, contact Steve Harding, SPD, at 2026, or Jim Higgins, at 3084.

Fast Food (Continued)

Exercise is an absolute necessity for maintaining a healthy body. Patterned exercise will not increase your appetite. If you find you are putting on weight while practicing a healthy diet and exercise plan, have no fear. A scale is not always the best measurement for weight. Muscle tissue weighs more than fatty tissue. Use a tape measure and you may find that an inch or two have disappeared.

Want to learn more about good nutrition? Contact the Cooperative Extension Service, Miss Betty Heimbach, Lehigh County Home Economist, Courthouse, Allentown, PA 18101, or call (215) 434-9471-x301.

on call

Appearing on "On Call: A Community Health Series" on WLVT-TV, Channel 39:

March 5, 7:30 P.M.

March 10, 3:00 P.M. - "A Look at the Handicapped" - The program examines the lives of two Lehigh Valley residents who have overcome their handicaps to live useful, productive lives. **(Sara Jane Best, Payroll, is featured in the program).**

March 12, 7:30 P.M.

March 17, 3:00 P.M. - "Trauma and Emergency Medical Care" - Donald H. Gaylor, M.D., Chief of Surgery at the Hospital Center and Allentown Hospital, and Michael Rhodes, M.D., Traumatology Coordinator at the Hospital Center. Accidents are the leading cause of death for those between the ages of 1-37. Actual footage of helicopter transport and emergency medical care will be shown.

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NURSING SEMINAR BEGINS

The role of the professional registered nurse will become more defined for participants in "Sexuality - Expanding Your Role." Offered by the Department of Nursing Services, the three-part program begins on March 28, at 7:00 P.M., in the Hospital Center Auditorium, with "Sexual Responses - Female Surgical Interventions", featuring Marion Kayhart, Ph.D., Chairperson, Department of Biology, Cedar Crest College, and Bruce Viechnicki, M.D., Department of Obstetrics and Gynecology, Allentown Hospital.

On April 4, at 7:00 P.M., "Ostomies, Drugs and Rehabilitation" will be discussed by Carol Balcavage, R.N., ET, Christopher Rock, B.S., R.Ph., Hospital Center Pharmacist, and Theresa Engelmann, R.N., Rehabilitation Nursing Coordinator, Good Shepherd Rehabilitation Hospital.

"Sexual Dysfunction and Deviant Sexual Behavior" will be presented on April 18, at 7:00 P.M., with Marion Shapiro, Psy.D., Coordinator of Education and Training, Van Hammett Psychiatric Clinic, Hahnemann Hospital, and Michael Ascher, Psy.D., Department of Psychology, Temple University.

Deadline for registration is March 21, and anyone interested in attending can contact the Department of Nursing Services, at 821-3110.

MAY DAZE '79

Rides, fun, food, music, antique cars, soccer, and more, much more.
Where? May Daze '79! When? Saturday, May 19, only 79 more days!

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