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'Cause For Celebration' Nets \$15,610

HealthEast recently was awarded \$15,610 in prize money and was named the top winner in Macy's "Cause for Celebration" promotion.

The prize money and other awards from Macy's will be divided equally between Hospice and Friends of Nursing (FON). In addition, the FON organizations at each component will be awarded a percentage of the prize money and other awards based on their ticket sales.

Below is the final awards distribution:

Hospice - \$7,380

FON: TAH-LVHC - \$6,194

FON: GHMH - \$1,470

FON: SBN&RC - \$566.

At an awards ceremony and reception held at the Hotel Bethlehem, HealthEast was awarded the \$5,000 top prize for bringing the most ticket holders to the benefit. Second place and a \$3,000 prize went to St. Luke's Hospital and the Lions Club took home the \$2,000 third prize.

In addition, HealthEast was awarded \$3,610, which represents \$3 for each ticket holder in attendance (995) and HealthEast's share of the door sales. HealthEast also received \$7,000 for selling 1,400 tickets at \$5 each.

Susan Hoffman, director, corporate and foundation relations, Development (HealthEast) and chairperson of the HealthEast "Cause for Celebration" Committee, offers the following observations on the successful event:

"Macy's 'Cause for Celebration' was a wonderful, well-executed, funfilled promotion. This clever fundraising vehicle gave every Lehigh Valley non-profit organization a chance to participate in raising funds in a fresh and exciting way.

"From our standpoint, the event was successful on all levels. It was fun, well-organized and assisted us in raising much needed dollars for Hospice and Friends of Nursing."

Congratulations to the Macy's "Cause for Celebration" Committee which includes: Maryann Bulishak (Hospice), Andrea Geshan (FON: TAH—LVHC), Carol Howard (FON: GHMH), Hazel Kramer (TAH—LVHC), Linda Leddy (TAH—LVHC), Beth Martin (HealthEast), Margaret McDonnell (FON: TAH—LVHC) and Nancy Wandschneider (FON: SBN&RC).

Budget Challenges Explained

The recently approved hospital budget for fiscal year '90 (FY90) — which runs from July 1989 through June 1990 — challenges TAH—LVHC departments to operate more efficiently than we did in FY89. As is the case with hospitals all over the country, choices regarding obtaining new equipment or adding personnel must be made since our resources are limited.

Though the hospital will report an excess of revenues over expenses this year (the amount available for new programs and services), this amount decreases annually and many outside factors will continue to threaten our ability to be financially successful in the future. Vaughn Gower, senior vice president and chief financial officer for TAH—

LVHC, describes our present fiscal circumstances as "strong compared to others but declining and very fragile."

According to Gower, several trends will affect successful financial operations of the hospital.

TAH—LVHC continues to experience a decline in revenues from the patient care we provide. At the same time, the costs to the hospital to give this care are increasing each year.

We will earn less from patient care this year, as will most hospitals nationwide, because our largest customer, the federal government, is paying us about the same as last year.

This trend began four years ago when the Medicare program started paying hospitals predetermined rates for more than 460 medical proce-

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Board Of Directors

EDITOR'S NOTE: This is the sixth installment in an ongoing CheckUp feature which provides brief biographical sketches of community leaders who volunteer their time and talents to serve on our Boards of Directors.

Edward Donley HealthEast

Edward Donley, chairman of the Executive Committee of the Board for Air Products and Chemicals Inc., has been a HealthEast Board member since 1982. He currently serves on the Compensation and Professional Development, Executive and Finance committees.

Donley earned a bachelor's degree in mechanical engineering from Lawrence Institute of Technology and completed the Advanced Management Program at Harvard Business School. He was chairman and chief executive officer of Air Products and Chemicals Inc. before retiring in 1986

Donley is a member of the Board of Directors of American Standard Inc., Cooper Tire & Rubber Company, Mellon Bank Corporation and Pennsylvania Power & Light Company. In 1988, he was named chairman of the National Aeronautics and Space Administration's Commercial Programs Advisory Committee. He also is a member of the Allentown-Lehigh County Chamber of Commerce and active in the Minsi Trails Council of

CheckUp is a biweekly publication of the Communications Department of HealthEast. To submit an article or for additional information, call ext. 7915.

Our mission is your health. HealthEast, a not-for-profit regional health care system, is more than 8,000 professionals, employees and volunteers working to provide you with quality, compre-

hensive health services.

Equal Opportunity Employer M/F/H/V



Alfred Douglass III

the Boy Scouts of America and the Allentown Public Library.

"I serve on the HealthEast Board because I strongly believe that the organization's mission of providing high-quality health care for the citizens of the Lehigh Valley is extremely important

"The United States is facing the toughest economic world competition that we have experienced in our nation's history. One of the factors which will affect our world competitiveness, and thus our economic and political well being, will be the physical health of our people. HealthEast is meeting this critical need at the local level," observes Donley.

Alfred E. Douglass III TAH—LVHC

Alfred E. Douglass III, vice president, Merrill Lynch Pierce Fenner &



Edward Donley

Smith, Inc., has been a board member for the past eight years. He currently sits on the Finance, Executive and Medical Staff Development committees. He is also chairman of the Health-East Trust Fund Board of Directors.

He is chairman of the Marquis Society of Lafayette College and a trustee of the Allentown Art Museum. Douglass received a bachelor's degree in economics from Lafayette College.

"In 1960, I was in a terrible automobile accident. Thanks to the excellent care which was given to me by the doctors and nurses at The Allentown Hospital site, I recovered completely. Serving on the Board of Directors gives me the opportunity to say thank you and give something back to this health care system which saved my life," says Douglass.

Swimming Available At Annual Picnic



TAH—LVHC and HealthEast annual picnic is fast approaching. The picnic will be held on Saturday, Aug. 5, from 11 a.m. to 7 p.m., rain or shine, at Emmaus Community Park.

Please note there will be an admission fee for the pool, which will be open for employee use. There will be no charge for children under age 3; \$2 admission fee for swimmers ages 3 to 19; \$2.50 for those over the age of 19; and senior citizens will be admitted at half price or \$1.25.

The shuttle service will be available from TAH and LVHC sites to the park for those who do not drive. Deadline for reserving the shuttle will be Friday, July 21. Call Human Resources at ext. 2977 to make your reservations.

Nurse Wins WomanCare Award

"The word *can't* is not in my vocabulary," is the philosophy of Linda Woodin, R.N., M.S.N., C.C.R.N., recent winner of the first employee *WomanCare* of the Year Award.

The award will be presented annually to an employee in recognition of her success in overcoming a major health challenge and incorporating it into her everyday life.

Woodin, also a recent Friends of Nursing award winner, is the project director and clinical nurse specialist for the Pain Management Program of the Neurosciences Regional Resource Center at TAH—LVHC.

She is no stranger to pain. It has been her constant companion since childhood. She was born with a chronic cartilage condition that causes the growth of extra cartilage in her joints, resulting in pain, limited joint flexibility and the need for frequent surgeries to remove the extra cartilage.

"I spent much of my childhood needing casts, crutches and braces. From the time I was 2 years old I wanted to be a nurse, probably because I spent so much of my time in hospital environments," she recalls.

Every step she takes is painful, and she says the pain increases with each passing year. At age 36, she now faces a new challenge as her condition has the possibility of becoming malignant. "I was devastated when I learned I might get cancer," she recalls. "With every ache and pain, I wondered if this was a sign of the cancer starting to invade my body.

"Finally, I decided I cannot live my life in this shadow. I try to live life to the fullest and keep everything in perspective. Worrying every day about what might happen will not change anything," she says.

Professionally, Woodin is dedicated to the specialized care of patients in pain. "I like helping people and I feel I relate well to the patients," she explains. "Patients in pain need to know they are believed. Pain, by definition, occurs wherever and whenever patients perceive it. I try to teach patients to gain control of their pain. We cannot alter the pain, but we can change how it is perceived by the patient."



Linda Woodin, R.N.

A veteran of no less than 14 surgeries and countless hours of painful rehabilitation, Woodin credits her parents, her physicians and her faith with her ability to overcome a life of constant pain.

"I have learned to adapt. I never let my condition stand in my way. For example, my own personal rule is that pain is not a legitimate reason for me to call in sick. I will limp or I will sit before I will miss work. I simply refuse to allow myself to be a slave to pain."

Woodin has her bad days, but she puts them quickly behind her. "My faith is very strong," she explains. Active in her church, Faith Evangelical Free Church in Trexlertown, Woodin feels her work with pain patients is her ministry. "I believe this is what God intended me to do," she says simply.

WomanCare of the Year Awards are also presented annually to a national figure and community member for similar achievements. This year's national winner was Academy Award winner Patricia Neal in recognition of her recovery from a severe stroke.

Margaret Kozacki, a 41-year-old housewife from Lower Macungie Township, won the community award. Despite suffering from multiple sclerosis, she is very active in community and church activities.

The awards are presented by WomanCare, a program of TAH—LVHC.



Liz Fulmer, WomanCare (TAH—LVHC), offers an Allen High School student the chance to measure his stress level using bio dots, which, when placed on the hand, change color to indicate how much stress the person is feeling. (Word is, Liz was a little stressed herself after administering the test to hundreds of students during a recent educational health fair at the school.)

Making The Rounds

Staff members of the CNS Unit (LVHC) took part in the annual meeting of the American Association of Neuroscience Nurses (AANN), held Washington, D.C. Veronica Garstka, R.N., CCRN, and Valerie Salvati, R.N., both staff nurses, presented a poster session and Ellie Franges, R.N., CNRN, CCRN, head nurse, presented two papers. In addition, Franges was named chairperson of the AANN's Continuing Education Committee and will be program chairperson for the September mid-annual meeting of AANN.

Susan Hoffman, director of corporate and foundation relations, Development (HealthEast), has been selected to join The Board of Associates for Muhlenberg College. The Board of Associates is an organization of business professionals and civic leaders committed to fostering community understanding and support of Muhlenberg College.

Ronald De Lorenzo, administrative director, CCCC (TAH—LVHC), has been selected for promotion to Commander in the U.S. Naval Reserve. He has 17 years of active and reserve service in the U.S. Navy. He is a member of a Rapid Support Team based at the Naval Air Station in Willow Grove. TAH—LVHC, in accordance with the Veterans Reemployment Act, supports the National Guard and U.S. Naval Reserve, allowing all eligible employees a military leave of absence for annual reserve training.

Rose Haas, R.N., director, Employee Health (TAH—LVHC), was guest speaker at The American Occupational Health Conference national meeting.

Mary Ellen Beideman, R.N., M.S.N., C.I.C., director, Infection Control (TAH—LVHC), made a presentation to 92 employee health nurses from hospitals across Pennsylvania at an April conference sponsored by the Pennsylvania Association of Hospital Employee Health Professionals, Eastern Division.

Terry Capuano, R.N., M.S.N., nursing administrator, and Mary Kinneman, R.N., M.S.N., vice president, Nursing Services (TAH—LVHC), co-authored an article that appeared in the May edition of *Nursing '89*.

Carol Mutchler, R.N., B.S.N., M.Ed., instructor, Human Resource Development (TAH), recently received her master of education degree in health education from Penn State University.

What's Cookin'?

Mark your calendar for the following coming attractions at LVHC site cafeteria:

Thursday, July 20 — Omelet Day: a large variety of ingredients will be available for "custom" omelets. Egg Beaters will also be available on request.

Friday, July 21 — The Great Kabob Cook-Off: your choice of either beef tenderloin or fresh seafood kabobs cooked over a charcoal grill.

Educational Happenings

Wednesday, July 5

TAH — "Ambulatory Infusion Pumps;" 10 to 11 a.m.; OR conference room. This inservice addresses the purpose, usage and mechanics of the pharmicia CADD-I and CADD-PAC pumps, which are used for patient-controlled analgesia. In addition, drugs utilized with the pumps as well as nursing management and patient education will be discussed. Pennsylvania Nursing Association will award 1.2 contact hours for this course. No registration necessary. For further information, contact the Comprehen-

sive Community Cancer Center at ext. 2582.

TAH — New Employee Orientation; 8 a.m. to 4:30 p.m.; auditorium TAH — Stroke Team; 9 to 10 a.m.; caf-

eteria conference room

Thursday, July 6

TAH — Tour TAH site; 1 to 2 p.m.; lobby

LVHC — Tour LVHC site; 2:30 to 3:30 p.m.; lobby

Wednesday, July 12

TAH — Stroke Team; 9 to 10 a.m.; cafeteria conference room









Anderson Wing Construction On Target

Completion of the 30-bed cardio-thoracic unit in the Anderson Wing at LVHC site is forecasted for mid to late July, and occupancy can start as early as September, reports Glenn Schneider, director of TAH—LVHC Engineering.

The unit's 10 monitored step-down beds and 20 medical/surgical beds will be used for care of post-open heart surgery patients. The unit is located across from the Open Heart Unit (OHU) on the second floor of the Anderson Wing. This strategic location will eliminate the need to transfer patients several times throughout the hospital before discharge.

Following open-heart surgery, patients typically spend 24 to 36 hours in the OHU and are then transferred to the Special Care Unit of 4C. Once the new beds are open, patients will be sent directly to the step-down unit from OHU. The remainder of the open-heart patient's stay will be in the medical/surgical unit adjacent to the step-down beds.

Engineering personnel are busy putting the final finishes on the unit's floor and ceiling and are preparing for state inspection on Aug. 18.



Uncle Sam Can Help You

Now that Uncle Sam's taxes are completed for another year, employees are encouraged to take advantage of a tax-saving opportunity by purchasing U.S. Savings Bonds on the payroll savings plan. Participation may lessen an employee's tax burden for next year.

Employees can save on income taxes because the interest earned from the bonds is exempt from state and local taxes. Federal income tax is deferred, which means you will not need to pay the federal government tax on the interest until the bond is cashed.

Bonds can be purchased in a variety of amounts. Bonds of \$100, \$200, \$500 and \$1,000 are available in the plan and the cost is 50 percent of the face value. That means you only pay \$50 when you purchase a bond that will be worth \$100 when it "matures."

Bonds have changed in recent years. Beginning in 1982, bonds have earned a variable rate of interest that is adjusted every six months and a 6 percent minimum yield is guaranteed if held for six months.

The projected rate on bonds for the period of May through November 1989 is between 7 and 8 percent.

HealthEast employees who wish to sign up for savings bonds must fill out the "HealthEast Payroll Deduction Authorization" form and the "U.S. Savings Bond Payroll Authorization" card that can be obtained through Human Resources (HealthEast) at ext. 7936.

TAH—LVHC employees may sign up by calling Human Resources at ext. 2279 to request an authorization card.

Special Thanks To...



First aid services for MayFair were provided by volunteers from TAH—LVHC. Helpers included (from left): Sharon Repko, R.N., head nurse, Adult Psychology (TAH); Debra Butz, R.N., head nurse, Recovery Room (TAH); Sue Durbach, R.N., nurse recruiter (TAH—LVHC), Sheryl Repischak, R.N., administrative assistant (TAH—LVHC) and David Salatino, R.N., head nurse, Emergency Department (TAH).



Some of the "patients" in the MayFair first aid tent required special care. Debra Butz, R.N., bead nurse, Recovery Room (TAH), was called upon to provide a cool drink of water for an overheated canine festival participant.

Weigh To Go! Employees Lose 723 Pounds

Congratulations to the 138 employees who officially completed the "Lean On Me" weight loss competition at TAH site and recorded a total of 723 lost pounds.

Prize winners included:

Top Female Point Winner — Susan Souerwine, NICU; member of Large Gestational Age team; 434 points out of possible 525; lost 10 pounds and dropped 4.5 points body fat;

Top Male Point Winner — Ian Gertner, M.D., NICU; member of Small Gestational Age team; 509 points out of possible 525; lost 23.5 pounds and dropped 6.1 points body fat;

First Place Team — Small Gestational Age, NICU; Denise Kovacs Keeler, captain, Ian Gertner, M.D., Lisa Kutz, Sharon Smetzer and Louise Andrescavage; 1838 points out of possible 2,625; lost 40 pounds and dropped 20 points body fat;

Second Place Team — Large Gestational Age, NICU; Susan Souerwine, captain, Lenny Golub, M.D., Cathy Hall, Carol Wimer and Dianne Ketterer; 1,753 points out of possible 2,625; lost 48 pounds and dropped 15 points body fat;

Third Place Team (Tie) — Weight Busters I, TCU; Brenda Deysher-Mohr, captain, Cathy Kratzer, Lynn Grischott, Sharon Steager and Joanie Schmidt; 1,434 points out of possible 2,625; lost 38 pounds and dropped 10 points body fat; and

Slim and Sexies, 6N; Linda Trella, captain, Missy Noll, Michele Kline, Pat Warnagiris and Jane Halpin; 1,434 points out of possible 2,625; lost 23 pounds and dropped 5 points body fat;

Goal Weight Winners — Kathleen Gruber, Home Care; Linda Smith, OR; Maggie Schwoyer, Adjunctive Therapy; Brenda Deysher-Mohr, TCU; and Deb Andrews, TCU.

HealthCounts, in conjunction with the Lehigh Coalition for Cancer Control, sponsored the event. The Food and Nutrition Department, along with TAH—LVHC Wellness Commit-

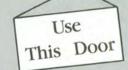


Jane Nester, employee health promotion coordinator, awards Ian Gertner, M.D. and Denise Kovacs Keeler prizes for their success in the recent "Lean On Me" weight loss competition.

tee, assisted with competition events. A similar program is being planned for LVHC site employees next year.

Watch future issues of *CheckUp* for information on the "Lean On Me" weigh-ins and reunion to be held in

September and an upcoming follow-up nutrition lecture series being co-sponsored by HealthCounts and Food and Nutrition Services. The lecture series will be offered at TAH site in August.



For Safety Sake - Please Use This Door

Those "Please Use This Door" signs that you see on the doors while walking through LVHC site are there for a very important reason. The signs were placed to remind you to use the door that opens toward you. This will help eliminate the chance of striking a person in the doorway.

Do You Have Nyctalopia?

Nyctalopia refers to night blindness — or some degree of trouble in the speed of dark adaptation. Manifestations may be difficulty in driving a car at night, especially on dark country roads or after passing cars with bright headlights. Other symptoms include: difficulty in trying to find a seat when entering a dark theater or difficulty in seeing on entering a room at night with the only illumination coming from a television set.

To register for testing, please call 778-1150. "Normal" volunteers are also wanted.

Principal investigators of the "Nyctalopia Research Project" are D.F. Dimick, M.D. (endocrinology and metabolism) and H. Buchanan IV, M.D. (ophthalmology). This project has been approved by TAH—LVHC Research Committee and has received funding from the Dorothy Rider Pool Health Care Trust.

Need Help? Call The Hotline - Ext. 2999

Question: I work at LVHC site and the first floor is extremely busy at all times. I think that the vending machines were very inappropriately placed there. It also gets very congested when the vendor is there to fill the machines. Could the machines be moved from this area?

Answer: All alternatives for placement of vending machines will be explored as renovations begin. However, space constraints that apply to the entire hospital also apply to the vending areas. Unfortunately, there is no alternative vending machine location that would be less congested or more convenient for visitors.

Question: I work on 48 (TAH). I have a suggestion for the computer system. There should be a prep system so we could update the system with patient changes. For example, if there is a change in a patient's diet, up-date the computer and everyone who works from the system will know. Also, by doing this, we could immediately add it to the patient's chart.

Answer: It is always rewarding to us when people think of ways that Information Services (HealthEast) can improve their productivity. This employee should discuss her suggestion with her department manager. If they feel it would have benefits for the department and hospital, the next step is to complete an Information Services Request for Service form and have her vice president sign it. Someone from the Information Services Customer Service Department can answer any specific questions they may have about the request form and how to complete it. The Information Services Customer Service Department phone number is 776-8307. Thank you for your suggestion.

Question: I am not an R.N., so why is it mandatory for me (as an employee) to take Cardiopulmonary Resuscitation (CPR)?

Answer: Hospital guidelines that stipulate who should be certified in CPR are based on standards established by the Joint Commission of Accreditation of Healthcare Organizations. Those standards indicate that all employees who have direct patient contact should be CPR certified. Please check with your supervisor or department head for further clarification.

Question: I am a nurse on 4S (TAH). I was going to the cafeteria at exactly 12 minutes after 6 p.m. and the doors were closed. Why do they close the cafeteria early all the time? It is very inconvenient.

Answer: The cafeteria has been instructed to keep the doors open until the designated 6:15 p.m. closing time. However, please keep in mind

that not everyone's watch is completely synchronized with the hospital clocks and that the cafeteria closes promptly at designated times. Employees are reminded to please plan to arrive at the cafeteria early enough to avoid inconvenience caused by a watch running slowly.

The Hotline is a service for employees at TAH—LVHC and Health-East who have questions or concerns.

Callers are asked to leave their messages on a tape machine. Employees do not have to state their names, but they should make reference to the specific site involved in the questions. To reach the Hotline, call ext. 2999.

LVHC Site Expands Services To Women

LVHC site has opened a new room for female inpatients needing gynecologic examinations. The room, which is located on 7B, has been in use since the beginning of January. It has been wallpapered and decorated by *WomanCare*, a program of TAH—LVHC.

According to Debbie Stroh, R.N., associate head nurse, 7B, the new room makes women feel more comfortable. "Previously, all examinations were performed in the Emergency Room. Now women have more privacy and can go to a place which has a very warm atmosphere and available reading materials. The physicians also prefer this room because they have a definite area for examinations," explains Stroh.

The nurses who presently work on 7B were inserviced on how to assist physicians with various procedures.

Since the room opened, an average 15 women per month have received examinations in the newly refurbished room.

Hospital Bids Dr. Moyer Fond Farewell

TAH site recently bid a fond farewell to long-time physician and friend Forrest G. Moyer, M.D. Dr. Moyer retired on May 26, after a 40-year career in pediatrics.

Dr. Moyer was given a luncheon by the Clinics staff at TAH site on the day of his retirement. At this event, he received a caricature of himself and a cake which read "No More Clinic, More Time For Photos." One of his favorite hobbies is photography, particularly nature photography.

"I have many wonderful memories as I think back over my 40-year career. I am really going to miss my co-workers and patients," says Dr. Moyer.

He served as the chief of Pediatrics at TAH site from 1951 to 1975 and as pediatric educational coordinator from 1981 until retiring. In 1984, the Neonatal Intensive Care Unit was named after him for "dedicating his entire professional life to the treatment of children in the Lehigh Valley."

Dr. Moyer received his medical degree from Temple University School of Medicine and his undergraduate degree from Muhlenberg College.

"It still is too early to tell how I like being retired. I am, however, going to enjoy the time to travel with my wife, Dorothy; farm; garden, and of course, take pictures," smiles Dr. Moyer.

Budget (from page one)

dures. Under this system of diagnosisrelated groups (DRGs), hospitals receive a fixed payment for a procedure, regardless of whether or not the cost to provide the service matches the payment.

"The government's intention is to force us to operate more efficiently and, therefore to provide adequate care with less," says Gower. "This requires hospitals to find ways to make choices about adding personnel and buying new equipment."

In some patient care instances, the hospital's costs exceed the payment received and money is lost by the hospital. This lost money must be made up by increasing our payments from non-government customers like Blue Cross and private insurance companies. However, these payors customarily negotiate discount contracts with the hospital so that they rarely pay the full price for medical services.

According to Gower, higher salaries for nurses and allied health professionals also result in increased operating costs. As the shortages of these employees become more acute, the salaries also will continue to rise. Also, the costs of supplies increase each year placing an added burden on our financial operations.

Implementing the universal precautions to protect health care workers from exposure to infectious blood and body fluids has cost the hospital hundreds of thousands of dollars which otherwise would add to our operating revenues.

The continued escalation of malpractice insurance premiums for our care-givers is an ongoing cost which is paid by the hospital and over which there is little control.

The result of trying to balance what we pay to others with what we are paid for caring for our patients is, simply, that all expenditures must be closely examined and sometimes good projects cannot be implemented because of scarce resources.

"Unlike most other hospitals, we are still ahead of red ink," notes Gower, "but staying there is becoming more difficult each year."





Briefly Speaking

Summer Chaplains Assigned To Hospital

A total of 13 summer chaplains will be working in the Department of Pastoral Care at TAH—LVHC from May 30 through Aug. 19. Five of these chaplains will be assigned to TAH site and eight will be assigned to LVHC site.

These summer chaplains will be providing all aspects of pastoral care including 24-hour "on-call" coverage, ministry in clinical areas, pre-op visits, bereavement counseling, ministry to staff and other duties.

The chaplains are participating in a program of clinical pastoral education as part of their theological education. They represent a variety of religious traditions including Christian Fellowship, Lutheran, United Methodist, Moravian and Roman Catholic. Their program is part of the hospital's educational mission and is designed to provide supportive pastoral services to patients, families and staff.

CPR Recertification Classes Restructured

The scheduling of cardiopulmonary resuscitation recertification (CPR) will be expanded beginning this month. Sessions of 27 continuous hours have been scheduled each month. Employees needing to be recertified may come anytime during the 27-hour period. The first expanded session will be held Wednesday, July 26, starting at 7 a.m. and continuing until 10 a.m., Thursday, July 27. July's session will be held at LVHC site in the nursing learning lab on the second floor of the General Services Building.

August's session, which will be held Wednesday, Aug. 23 starting at 7 a.m. and continuing through until 10 a.m., Thursday, Aug. 24, will be at TAH site in the Pediatrics classroom on the fifth floor.

Those attending are expected to come prepared to perform CPR and complete the written test. Study guides are available at each area and also from Human Resource Development by calling ext. 8320 (LVHC) or 2430 (TAH).

WomanCare Plans 'Sandwich Generation' Lecture

If you are taking on the dual responsibility of caring for both your own family as well as your aging parents, you are not alone. Share your concerns and learn about resources available to you by attending "The Sandwich Generation: Caring For Your Aging Parents."

The free lecture will be offered on Tuesday, July 11 at noon and again at 7 p.m. in TAH site auditorium. The guest speaker will be Ann Pierre, M.S.W., Social Services (TAH—LVHC).

The lecture is sponsored by *WomanCare*, a program of TAH—LVHC. To make reservations or for more information, call *WomanCare* at 778-3800.

Seats Available For Trip To Virginia

TAH site Recreation Committee is sponsoring a bus trip to Williamsburg and Busch Gardens from Oct. 13 to 15. For more information and to register, call Joann Haros, Operating Room (TAH) at ext. 2231.

Enlargement July Film Special At LVHC Site

The film special for July at LVHC site is 5 X 7 enlargement. Regular price is \$1.55. Sale price is only 79 cents.