

# update

Vol. 2 No. 18

September 3, 1979



# celebrate

dance to the music!

Three great bands, lots of fun, food and drink are what's in store for party goers at the Hospital Center's upcoming 5th Birthday Party, Saturday, September 29, at Agricultural Hall.

The dress will be casual, the good times many, and the excitement high when things get underway at 8:00 P.M.

For your listening and dancing pleasure, the Big Band Sounds and Disco beat of the **Matt Gillespie Orchestra** will get you out of your seats! And if that isn't enough, the rocking sounds of **Mammoth Wail** will have everybody gettin down, gettin funky! And for you laid back folk, the super country rock of **R D 1** will give you a knee slapping good time! And that's not all! D.J. **Jerry Deane of Phase 5** will be on hand spinning oldies and requests!

Door prizes, dance contests, continuous slide shows, and boom-bas (call Sandi McCormack, 3038, for more information) are only a small sample of what'll be going on at the Big Bash. All this and more for a very reasonable \$7.50 per person. Invitations are in the mail to all Hospital Center employees, Medical Staff, Volunteers, Auxiliary members, Board members, and involved community members.

Excitement and enthusiasm are growing, so plan now for Saturday, September 29! We'll see you there!!

## PULMONARY SEMINAR

"Pulmonary - New Areas," a program designed to disseminate scientific knowledge among area technical staff, will be presented in the Hospital Center Auditorium on September 15. Emphasis is placed on patient care facilities and services that the Hospital Center can provide.

The program will feature Robert J. Burns, M.D., Pulmonary Specialist from Geisinger Medical Center, discussing sleep apnea.

Other topics to be covered include "Pulmonary Rehabilitation and Stress Testing" by John P. Galgon, M.D., Chief of A&SHHC Respiratory Therapy/Pulmonary Function; "Pneumoconiosis" by John A. Kibelstis, M.D., Medical Director of the Pulmonary and Respiratory Departments at Allentown Hospital; and "Legionnaire Disease - Three Years After" by Gary L. Lattimer, M.D., Chief of Infectious Diseases at the Hospital Center.

A panel discussion at the end of the seminar will feature Drs. Burns and Galgon, and Victor Stonebraker, R.Put., Technical Director of Pulmonary Function at A&SHHC.

Category I credit has been applied for through the National Society of Cardio-Pulmonary Technologists, the American Lung Association, and the American Association of Respiratory Therapists.

Registration is at 8:00 A.M. The \$10.00 registration fee includes coffee breaks and lunch. Contact Bill Hoffert, Extension 2191, for further information.





# FIRE EDUCATION PROGRAM REVISED

Every year, representatives from the Western Salisbury and Allentown Fire Companies conduct fire programs at the Hospital Center. Two different programs have been held — a winter general fire prevention class and a fire extinguisher practice session held during the summer.

In order to reach all employees, these two programs have now been combined into a three-hour program which will be held during the fall. All personnel will be required to attend at least once in a three year period.

The program will be held on:

Tuesday, September 25,	12:00 Noon - 3:00 P.M., Classrooms I and II 7:30 P.M. - 10: 30 P.M., Auditorium
Wednesday, September 26,	9:00 A.M. - 12:00 Noon, Auditorium 3:00 P.M. - 6:00 P.M., Auditorium
Thursday, September 27,	7:30 A.M. - 10:30 A.M., Auditorium 12:00 Noon - 3:00 P.M., Classrooms I and II
Friday, September 28,	7:30 A.M. - 10:30 A.M., Classrooms I and II 12:00 Noon - 3:00 P.M., Classrooms I and II

## To Centrex

Patricia Brack

## To Housekeeping

Lois Frantz

Belua Garrett

William Jones

Joan Johnson

## To Laboratory

Katherine Flouras

Mary Kelley

Michael Mihalik

Susan Todd

## To Medical Records

Sandra Lakanal

Marcia Reiss

## To Nursing

Rebecca Caffrey

Theodora Reardon

Barbara Reimer

Brent Wagner

## To SPD

Edward Bond

Robert White

## To Surgery

Joni Landis

## To UR/DP/Social Service

Mary Nothelfer

Carol Steager

## CPR RECERTIFICATION

For people who have been certified in Cardiopulmonary Resuscitation, recertification is required each year.

Recertification sessions have been scheduled on:

Monday, September 17, 10:00 A.M. - 12:00 Noon, Classroom I

Wednesday, September 19, 2:00 P.M. - 4:00 P.M., Classroom I

Friday, September 21, 9:00 A.M. - 11:00 A.M., Classroom I; 2:00 P.M. - 4:00 P.M., Classroom I

These sessions will consist of manikin practice, review, and testing. To register for any session, contact Educational Development, Extension 2026.

## NUTRI-NOTES

### Protein

To the average consumer, "protein" means "meat." But protein is found in animal products as well as some plant sources.

Protein is a Greek work meaning primary or holding first place. This describes protein's important role in human nutrition.

Protein is a vital part of every cell and tissue. It is required for building and maintaining our bodies as well as for growth.

### Site of Protein in the Body

Adipose tissue - 47%

Blood - 10%

Skeletal muscles - 47%

Skeleton - 18%

Skin - 9%

Miscellaneous (hair, nails) - 12%

Total - 20% of body weight of lean individual

### Protein Quality

Proteins from animal sources such as meat, fish, poultry, eggs, milk and most cheese, contain all the essential amino acids (building blocks of protein) in the amount and proportions needed by the body. These are *complete proteins*.

Proteins from plant sources such as dried beans and pea, peanut butter, nuts, bread, cereal, corn and rice, lack one or more essential amino acids. These are *incomplete proteins*.

### Where Protein Comes From

Food Group	% Protein	% U.S. Intake
Bread & Cereal	10%	20%
Meat & Fish	20%	45%
Legumes	25%	5%
Cheese	25%	25%
Milk	3.5%	25%

(Continued on back page)

# Update

Gale Schmidt — Editor

Jim Higgins — Associate Editor

Janet Laudenslager — Staff Assistant

Jack Dittbrenner — Photography

Darla Molnar — Photography



## MEDICAL STAFF APPOINTMENTS

-Donald E. Barilla, M.D. - Chief, Endocrinology/Metabolism  
 -David P. Carney, M.D. - Assistant Chief, Department of Medicine  
 -William DeFeo, D.P.M. - Chief, Podiatry  
 -George W. Hartzell, Jr., M.D. - Associate Chief, Division of General Surgery  
 -Ronald A. Lutz, M.D. - Acting Director, Emergency Medicine Division  
 -Joseph J. Prorok, M.D. - Associate Chief, Surgical Oncology Division  
 -Luther V. Rhodes, III, M.D. - Chief, Infectious Diseases  
 -Charles J. Scagliotti, M.D. - Associate Chief, Division of Vascular Surgery

## CHANGES IN DIETARY

**Gerald F. Miller**, (Left) **A&SHHC Food Service Director** since July, 1974, will be leaving that position to accept a promotion within the M. W. Wood Company. **Theodore "Ted" Tobia**, Director of Dietary Services at Sacred Heart Hospital, will be replacing Jerry.

In his new job as Group Manager, Jerry will supervise budgets, personnel and client relations, and food quality at M. W. Wood locations throughout Eastern Pennsylvania.

Prior to his service here, he was Food Service Director at Lehigh University and Kutztown State College.

Jerry is a graduate of Penn State University, with a degree in Hotel and Restaurant Administration.

Prior to his 5 years of service at Sacred Heart Hospital, Ted was Food Service Manager at Mt. Trexler Skilled Nursing Unit in Limeport. He held assistant food service manager positions at Lehigh University, Sacred Heart Hospital, and Kutztown State College.

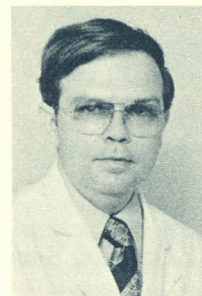
**Richard C. Cipoletti**, Assistant Administrator for Human Resources, and **Richard F. Manges**, Assistant Administrator for Financial and Administrative Services, have been admitted to the American College of Hospital Administrators as nominees. Admission into the college is granted only after a rigorous examination of the nominees credentials has insured his fulfillment of well-defined standards of academic preparation, personal character, and professional competence.

The ACHA is a professional society of health services administrators formed in 1933.

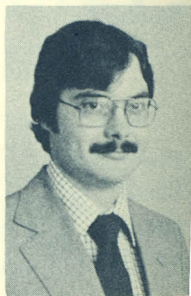


Pat Cerula

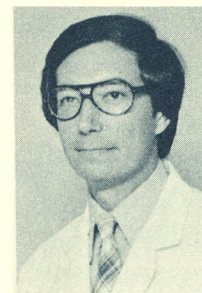
**Patricia Cerula** has been appointed Transcription Supervisor of Medical Records, replacing Linda Heintzelman. Pat was previously employed as a Health Record Analyst at Allentown Osteopathic Hospital, and as Assistant Director of



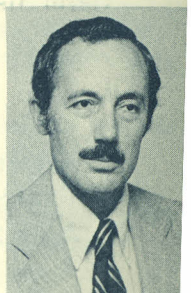
Barilla



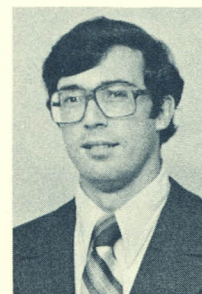
Carney



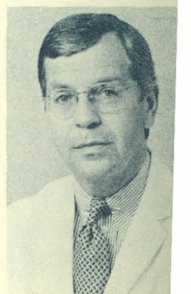
DeFeo



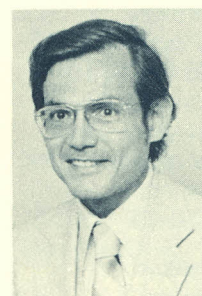
Hartzell



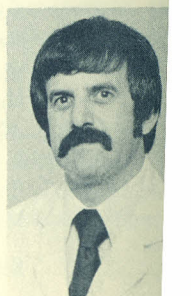
Lutz



Prorok



Rhodes



Scagliotti



# PROTEIN *(Continued)*

**Need Extra Protein?** (During pregnancy, surgery, convalescence.)

- Add non-fat dry milk to skim milk or meat loaves, omelets, puddings, soups and gravies.
- Liberal use of dried beans, peas, breads and cereals will increase dietary protein, provided calories need not be restricted.
- Use more milk, eggs and cheese.

## **Meaty Morsel**

Proteins are readily toughened by heat. Use a low temperature to cook meats, eggs, milk and cheese to prevent this toughening which may impair use by the body.

## **How Much Protein Do I Need?**

	Age	Protein-grams
Children	1-3	23
	4-6	30
	7-10	36
Males	11-14	44
	15-18	54
	19-22	54
	23-50	56
	51+	56
Females	11-14	44
	15-18	48
	19-22	46
	23-50	46
	51+	46
Pregnant		+30
Lactating		+30

(Source: The Pennsylvania State University, the U.S. Department of Agriculture and the Lehigh County Extension Service.)

Allentown and Sacred Heart Hospital Center  
1200 S. Cedar Crest Blvd.  
Allentown, Pa 18105

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*Administrator*

# EXECUTIVE HOUSEKEEPERS WEEK — SEPT. 9 - 15

How would you like to be responsible for the cleaning and maintenance of 310,000 sq. ft. of hospital floor space? It's a big task, to be sure and we are fortunate to have a special group of personnel who are capable of doing the job.

It's through the efforts of the 62 full- and part-time men and women who work 7 days a week, 2 shifts per day, to help prevent the spread of bacteria and maintain the attractive appearance of the Hospital Center.

The theme for Executive Housekeepers Week, "Housekeeping Personnel - The Image Makers" will be promoted during the week of September 9 - 15, by a special display set up in the hallway leading to the cafeteria.

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