

update

Vol. 3 No. 1

January 7, 1980

LEHIGH SAC ELECTIONS

On Wednesday evening, January 9, an election will be held to fill 8 positions on the Lehigh County Sub Area Council (SAC) of the Health Systems Council (HSC) of Eastern Pennsylvania. The election will be held at Seegers Union Building, Muhlenberg College (see map) from 7:00 P.M. to 9:00 P.M.

To be eligible to vote, you must have filled out a membership card for the HSC, which were distributed by your department head and the Health Systems Council. Deadline for membership was Friday, December 28, 1979.

Of the 8 positions which are being filled, 7 are consumer positions and 1 is a provider position. In the consumer category, 5 positions are for 3-year terms in the following categories: person over 65 years of age; person 35-44 years of age; public official; person with income less than \$15,000; and person with less than 12 years of education, and 2 positions are for 1 year as a consumer at large. The provider position is an indirect provider for a 3-year term.

The Lehigh SAC, chaired by Dr. David Prager, Chief of Hematology and Medical Oncology at A&SHHC and Allentown Hospital, makes recommendations on all large hospital projects and changes in beds and services. Last year, this Council voted to recommend the addition of a second cardiac catheterization room here at the Center, and against recommending the proposed general services building. The general services building is designed to house the departments of housekeeping, engineering and maintenance, and materials management, and by so doing free up needed space for ancillary and support services in the main building.

This year, several important hospital projects will be reviewed by the SAC. If you have filled out a membership card, it is very important that you vote for the candidates you feel most qualified to make decisions for our health care system. Information on the candidates who are running will be distributed by your department head.

NOTICE

Paychecks dated January 11, 1980 will be \$10.00 smaller. The reason? — The annual deduction for Occupational Privilege Tax.

• • •

Personal Day/ Holiday Change

Effective January 1, 1980, Good Friday and your Birthday will no longer be designated holidays. Instead, two personal days have been added as benefits, giving each employee with under five years of service four personal days and six designated holidays. The remaining designated holidays are New Years Day, Memorial Day, Independence Day, Labor Day, Thanksgiving Day, and Christmas.

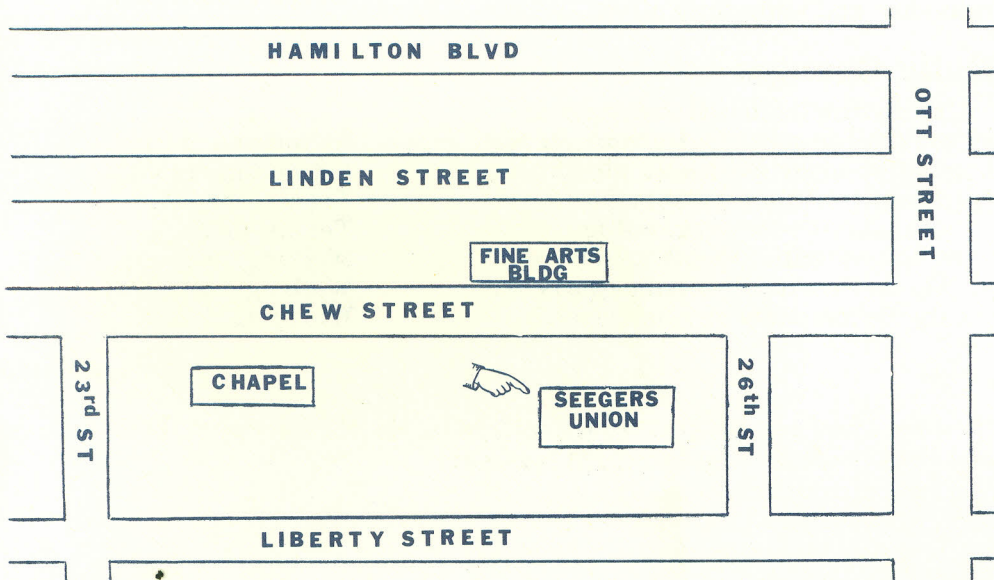
In the calendar year in which the employee's fifth anniversary falls, a fifth personal day is given.

• • •

BOARD CHANGES

Abram Samuels, Vice Chairman of the Board of Directors, The Allentown Hospital Association, has been named to replace **Michael P. Zarella**, who resigned from the A&SHHC Board of Directors in December.

Mr. Samuels, who has been on the AHA Board since June, 1977, will remain on the A&SHHC Board until the summer annual meeting.





To Dietary

Rosemarie Yannes

To Educational Development/ Employee Health

Gloria Grazio

To Housekeeping

Marie Eidam

To Nursing Services

Kathryn Anderko

Bruce Donaghy

Sue Ann Fegan

on call

Appearing on "On Call: A Valley Health Series" on WLVT-TV, Channel 39, will be:

January 7, 7:30 P.M.

January 12, 2:30 P.M. — "What's a Pshychiatrist?" - Ellis Levy, M.D., and Betty Karron, M.D., both psychiatrists, discuss this often misunderstood field of practice. The program features an interesting dramatization of a psychotherapy session with actor John Deyle of the Broadway play "Annie."

January 14, 7:30 P.M.

January 19, 2:30 P.M. — "On Call Magazine: Edition #1" - This new once a month edition of "On Call" features a magazine format with in-depth looks at health issues. Care for the severely mentally and physically retarded is examined, as well as short segments on exercise, cooking and how to live with stress. Feature editors are Judith McDonald, M.D., General Health Editor; Jeffrey Burtaine, M.D., Fitness Editor; John Turoczi, Ed.D., Stress Editor and Charlie Versagli, Food Editor.



TO BE FIT . . . EXERCISE!

Fidget, wiggle, rock . . . , but don't sit still! Everytime you move you use muscles and using muscles burns calories. Mild to moderate exercise can do wonders—helping to tone your muscles and body tissues as you shed those excess stores of fat. This doesn't mean that you should do strenuous exercising by any means. If you are overweight, strenuous exercise could be too much of a strain to your system and do you more harm than good. Instead, you should try to do a little bit of mild to moderate exercise—ideally—on a *daily* basis. Try walking after dinner, or taking the stairs instead of the elevator at work. Who knows, you might even get up to walking to work, or taking a stroll at lunch time.

When Should I Exercise?

Adults who have been away from a regular physical activity regimen should begin to think of a pleasurable activity and then set aside the necessary time for the activity and **DO IT FAITHFULLY!** — everyday if possible, but *no less* than four times a week. Remember a physical exam and a clean bill of health should precede any vigorous exercise program.

Exercise—What Kind?

The best exercises are those which are done for prolonged, steady periods. Your body must build up gradually to the point at which it can withstand longer and longer exercise periods.

Some examples of recommended exercises are:

- taking extended walks (at least 20 minutes)
- jogging (at least 15 minutes)
- bicycling (at least 20 minutes)
- running
- swimming
- rowing
- any type of aerobic exercise

Benefits of Exercise

When you do proper exercises (aerobics), your lungs can take in and process more air with less effort each time. Your *heart* becomes more efficient and stronger. Your *circulation* is greatly improved and you feel refreshed and more fully alive.

Daily Changes

Unfortunately, the mechanizations of modern life serve to decrease the number of opportunities for physical exertion. Not only are the majority of occupations sedentary, but leisure-time activities are also. Television, movies and spectator sports occupy the majority of most people's

leisure time rather than active sports and exercise.

Be less efficient to get in shape! Go out of your way a little every day.

-park in the last spot away from the grocery store

-take the stairs rather than the elevator

-park far enough from work or appointments so that it takes 10 minutes to walk there

-when carrying items at home, take several trips instead of one

Calories Burned Per Hour

Job Activities:

Answering telephone	50
Bed-making	300
Brushing teeth or hair	100
Driving automobile	50
Dusting furniture	150
Filing (office)	200
Gardening	250
Ironing	150
Mopping floors	200
Shoveling	500
Sweeping floors	150
Taking dictation	50
Typing	50
Walking upstairs & downstairs	800
Writing	50

Recreation:

Bowling	250
Cycling slowly	300
Cycling strenuously	600
Dancing, slow step	350
Dancing, fast step	600
Hiking	400
Jogging	600
Painting	150
Swimming, leisurely	400
Swimming, rapidly	800
Tennis, singles	450
Tennis, doubles	350
Walking, leisurely	200
Walking, fast	300
Watching T.V.	25

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

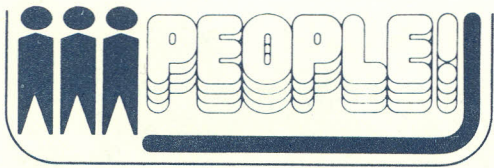
Gale Schmidt — Editor

Jim Higgins — Associate Editor

Janet Laudenslager — Staff Assistant

Jack Dittbrenner — Photography

Darla Molnar — Photography



Donald Jones, R.N., has been promoted to Nursing Supervisor for Evening Shift. A graduate of the Allentown Hospital School of Nursing, he had been Head Nurse on the 3:00 P.M. - 11:00 P.M. shift since April, 1978, and prior to that, he was ICU Charge Nurse.

Trish Cerula has been named Assistant Director of Medical Records. Formerly Transcription Supervisor here since August, 1979, Trish has previous work experience that includes Medical Audit Analyst at Allentown Osteopathic Hospital, and Assistant Administrator of Medical Records at Hazleton State General Hospital.

Peter Miller has been hired as the Center's new Chief Accountant. Pete is a graduate of St. Francis College, Loretto, Pennsylvania, with a B.S. in Accounting. His prior experience includes work as Auditor-Accountant for Abington Memorial Hospital, Abington, Pennsylvania. As Chief Accountant, Pete will be responsible for all general accounting functions, including general ledger, payroll, and accounts payable.

Taking over as Housekeeping Supervisor, is **Bryan Stone**, a graduate of Rider College, Lawrenceville, New Jersey, with a B.S. in Management and Organizational Behavior. Bryan replaces John Horoski, who accepted a position with the Allentown and Sacred Heart Computer Center.

Joyce Fleischer, Associate Director of Personnel Services, has assumed the new title of **Personnel Manager**.

Vaughn Gower, Manager of Accounting Services, has assumed the new title of **Financial Manager**.

Two members of the Hospital Center's Management Team have been tapped for representation on two Hospital Association of Pennsylvania (HAP) committees. **Gary Steinberg**, Associate Administrator, has been elected to the Committee on Health Care Information Systems, an eleven member group, which will develop a data collection program for HAP.

Richard Cipoletti, Assistant Administrator for Human Resources, has been appointed to HAP's Advisory Committee on Management Services. The committee will sponsor and endorse management services and programs available to HAP member organizations.



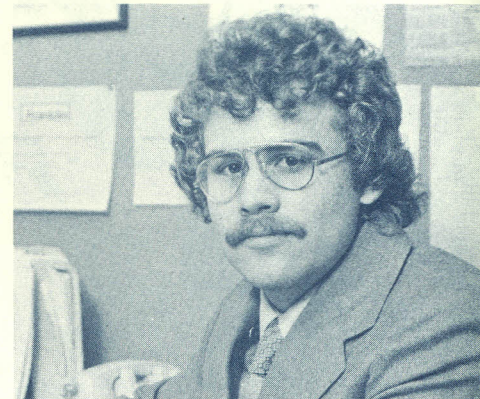
DONALD JONES



TRISH CERULA



PETER MILLER



BRYAN STONE



JOHN SALVENTI

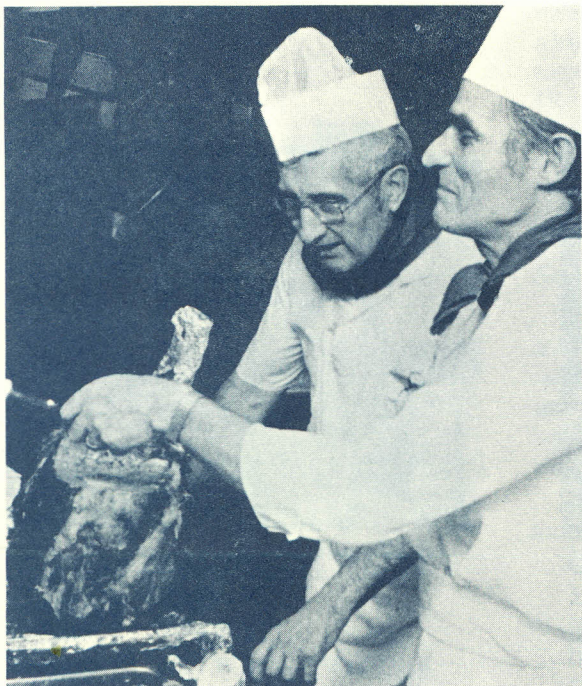
Legionnaire's Disease Update — **Gary L. Lattimer, M.D.**, of the Hospital Center Infectious Disease Section, and A&SHHC pathologists **Raymond Rachman, M.D.**, and **Michael Scarlato, M.D.**, have published an article on "Legionnaire's Disease Pneumonia: Histopathologic Features and Comparison with Microbial and Chemical Pneumonias," which appeared in the September-October, 1979 issue of *Annals of Clinical and Laboratory Science*. The article deals with the differences between Legionnaire's Disease Pneumonia and other types of pneumonia.

Laboratory staffers **John Salvanti, Ph.D.**, Microbiologist, and **Barbara Reichwein**, Medical Technologist, have been elected President and Treasurer, respectively, of The Lehigh Valley Association for Clinical Microbiology and Immunology.

The 75 member organization, which is open to anyone interested in clinical microbiology and immunology, meets monthly.

For further information, contact Dr. Salvanti at Extension 2139.

Christmas Dinner, 1979 — What a feast! Over 1,100 employees enjoyed a superb dinner prepared by the talented Dietary staff. Below, Chef Kuno Stadelman (right) and Assistant Chef Joe Beam, carve into one of the 14 steamship rounds (over 1,000 lbs. of beef!) which were consumed. At top right, the end of the long wait, as Hospital Center employees enter into the Dining Room. The wait was well worth it, as department heads heap the tantalizing selections onto their plates (bottom right).



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

BOARD OF DIRECTORS

Richard Fleming
President

James E. McCambridge, Jr.
Vice-President

James C. Lanshe, Esq.
Secretary

J. Walton St. Clair, Jr.
Treasurer

Frank B. Andrews

W. Richard Covert, D.D.S.

Henry H. Dent

Michael J. Egan

John J. McCartney

Orlando R. Pozzuoli

Msg. Dennis A. Rigney

Abram Samuels

Hon. Henry V. Scheirer

Alan H. Schragger, M.D.

Morton I. Silverman, M.D.

Earl K. Sipes, M.D.

Ellwyn D. Spiker
Administrator

Non Profit
U.S. Postage Paid
Permit No. 1922
Allentown, Pa.
18105