

# update

Vol. 3 No. 20

October 13, 1980

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## The Good Shepherd Issue

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### **Why has the Good Shepherd Rehabilitation Hospital requested to move to the A&SHHC Campus?**

The Good Shepherd Hospital thoroughly studied the rehabilitation needs of the area and how Good Shepherd could best meet those needs. The study showed that locating the rehabilitation hospital next to an acute care hospital like A&SHHC would offer the following benefits to the community:

- improve patient care by facilitating a multidisciplinary team approach
- reduce costs to patients by reducing length of total stay made possible by early intervention of rehabilitation care
- minimize discomfort faced by patients being transferred between facilities for special services
- increase medical back-up and support that would be available to patients in the rehabilitation facility
- permit the development of needed regional rehabilitation programs, such as a spinal cord injury program, that could not be supported either by a rehab or an acute care hospital separately

### **Why should it be located at A&SHHC instead of where it is or one of the other hospitals?**

About 50% of Good Shepherd's rehabilitation patients come from

A&SHHC. In addition, a review of charts has shown that many future patients will increasingly come from A&SHHC.

Studies were made of other locations for the rehab hospital. Of the Allentown acute care hospitals, A&SHHC is the only one with enough land to develop a new rehabilitation facility.

### **What Good Shepherd Services would be moved to A&SHHC?**

Only the rehabilitation hospital would be moved. The Good Shepherd Home and nursing facilities will remain at 6th and St. John Streets.

### **Would Good Shepherd become a part of A&SHHC?**

No. The Good Shepherd Rehabilitation Hospital wishes only to lease land to build a facility. Good Shepherd would remain a separate entity with its own administration and medical staff. There would, however, be services that are shared between the two hospitals to avoid duplication and keep costs down. In some cases, these shared services, such as laboratory services, would be located at A&SHHC, and in some cases, such as outpatient physical therapy, they would be located at Good Shepherd.

### **Why does the A&SHHC Board of Directors decide whether or not Good Shepherd can move?**

The non-profit code of the State of Pennsylvania requires that two-thirds of the voting directors approve the lease or sale of land. It is the opinion of A&SHHC's attorneys, that the decision requires **only** a vote of the Board. This opinion is not held by the Sacred Heart Hospital Board who feel that a change in the litigation agreement must be made.

### **Why did the Sacred Heart class of A&SHHC Directors vote against the project?**

The Good Shepherd Rehabilitation Hospital has become caught in the governance struggle between Allentown Hospital and Sacred Heart Hospital. When the results of the Good Shepherd studies were presented to the A&SHHC Board in January of 1980, the A&SHHC Directors reviewed them and voted to welcome the Good Shepherd Hospital to the A&SHHC campus. Since that time, negotiations between Allentown Hospital and Sacred Heart Hospital came to a halt and Allentown Hospital put in their modernization proposal. Sacred Heart wrote a letter to the Hospital Center's attorney and stated that they would preserve a **status quo** (no change) at A&SHHC until the situation was resolved.

Unfortunately, it is the Good Shepherd Hospital and the rehabilitation needs of the community that may suffer.



## The Center Welcomes

**To Admitting**  
Colleen Yons

**To Business Office**  
Joanne Pratley

**To Dietary**  
Sherry Steltz  
Eva Tihansky

**To Housekeeping**  
Kimberly Baker  
Ignacio Mederos  
Tina Mann  
Judith McFarland  
Kim South

**To Mailroom/Messenger/Escort**  
Annette Frisch  
Lori Kemmerer

**To Microsurgical Teaching Laboratory**  
Stewart Beyerle

**To Nursing Service**  
Denise Davis  
M. Dolores Dougherty  
Vivian Hall  
Carol Loyle  
Carolyn Madonna  
Emilie Peters  
Mary Sabo  
Howard Snyder

**To Pastoral Care**  
Rhonda Laub

**To Physical Therapy**  
Karen Graffman

**To SPD**  
Scott Chlebove  
Erika Jakaboski

**To Television**  
Steve Plarr



Gale Schmidt — Editor  
Jim Higgins — Associate Editor  
Janet Laudenslager — Staff Assistant  
Jack Dittbrenner — Photography  
Darla Molnar — Photography

## What is the United Way?

It's a Boy Scout Troop learning about the natural wonders that still exist in our crowded, fast-moving society. It's a Counselor using knowledge and experience to try to keep a family from the emotional problems that go with splitting up. It's the skill and experience in the operating rooms of our local hospitals. Your United Way can be a course in bi-lingual learning at the Spanish-oriented societies or a group of children romping in one of our county playgrounds. Your United Way provides homemaking services for the people served by the Girls' Clubs and a way out of the darkness for the visually handicapped. United Way helps United Cerebral Palsy to extend a needed healing, helping hand. And it also provides THE way through the love and generosity of the Salvation Army.

The United Way is 50 social, health and welfare agencies throughout Lehigh County working together with the cooperation of Labor and Management to achieve a common goal--the provision of at least minimal operating expenses so that all of these agencies may serve all of the community .. all of us.

The United Way is **you**. Things **do** get done the United Way. Won't you help them to get done by responding with a big "YES" when our hospital volunteers ask if you will help--the United Way.

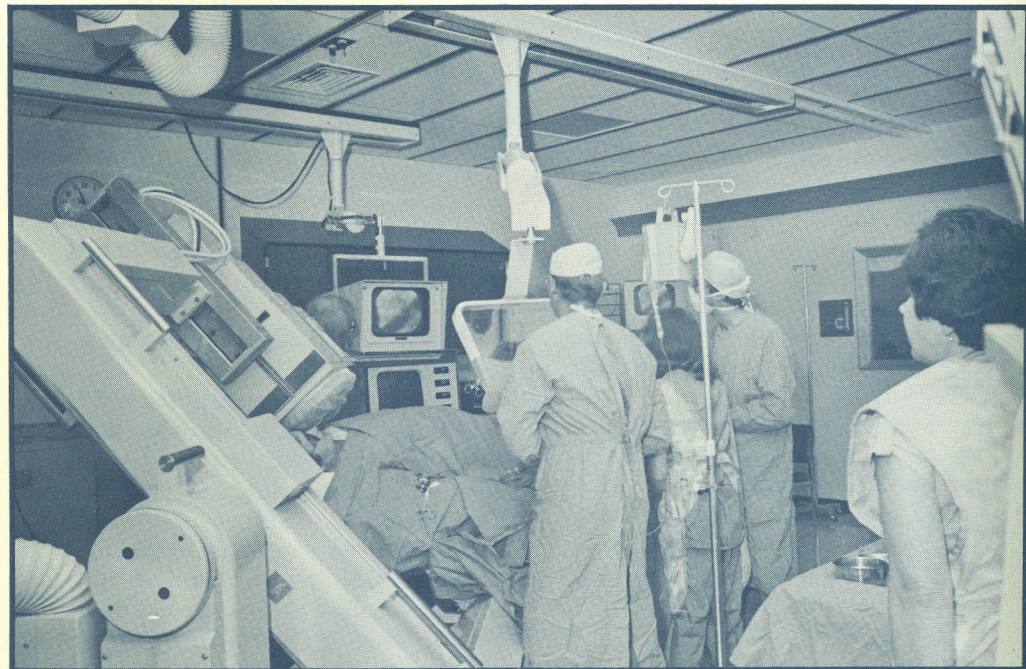
Our goal for 1981 is \$2.2 million. Of course it's a lot of money, but it's a big job that must be done. The United Way in Lehigh County has always meant People-helping People. Please do **your** Fair Share--the United Way.

Campaign Chairman for the Hospital Center is Jim Higgins, Public Relations.

Contribution cards have been distributed throughout the Hospital Center, and if you need more information concerning the United Way, contact Jim at 3084.

## Notice

The Nutritional Support Service Office has been relocated. The office is now located in 7C01. The phone numbers remain the same, Extensions 3282 and 2587.



**Second Cardiac Catheterization Laboratory opens** -- Designed to handle the existing volume of catheterizations more appropriately and safely, the Hospital Center's new Cath Lab is fully operational.

According to lab supervisor Bonnie Dryfoos, the lab is one of three in the country equipped with the most modern technology available.

Diagnostic studies can be performed in a minimum amount of time with a minimum exposure of x-rays to patient and staff.

The older lab will still be utilized, and with both rooms functional, our role as the Cardiac Center for the Eastern Region continues.

# Wellness Center News

by Judy Stavisky, Director of Research & Promotion, A&SHHC Wellness Center

## The Choice Was Up to Chance

There have been many questions raised by employees about how the members of the Wellness pilot program were chosen. For those of you who are up on your statistics, the selection was a stratified random sample. For the majority of us who aren't, it worked as follows:

First, the stratified part -- There are more women who work at A&SHHC than men. As you might also guess, more women signed up for the Wellness project than men. Therefore, to get an equal percentage of both men and women, the sexes were divided and an equal percentage, not number in each group, were picked -- again resulting in more women than men. What is important to remember out of all this is that your chance of being drawn was equal regardless of sex.

Second, the random part -- Random means purely by chance and that's exactly what it was. Dr. Jeff Burtaine and the Wellness Center staff placed all the applications in a cardboard box. They were shuffled and tumbled, mixed and scrambled. The staff then put on blindfolds (just to be sure) and drew the first 150 applications out of the box. Applications were mixed up again between draws. 150 applicants were chosen as active participants. Another 300 applications were drawn to place people in the three comparison groups: A, B, and C.

That's the good news. Now, the bad news. Because so many people applied, your chances of being in the comparison groups were substantially greater. However, if you are in one of the comparison groups, don't be dismayed. Members of the comparison groups will receive **free** enrollment in the Wellness Center this spring and a **free** Wellness Center t-shirt sporting the new Wellness logo. This is to thank those in the comparison groups for their help during the study phase.

If you are interested in seeing the list of employees chosen for the participant and comparison groups, it's on display at the Wellness Center -- feel free to drop in.

## Why all the Tests?

Remember that the Wellness Center pilot program is a research project and as such members of the pilot and comparison groups must have some testing such as blood tests and exercise tests for before and after comparisons.

The blood test is being done because the Wellness Center is interested in

checking your cholesterol and high density lipoprotein (HDL). Cholesterol and HDL are associated with heart disease when these tests register in an abnormal range. In conjunction with the Department of Public Health Nursing, the employee health office is drawing the bloods and is including these tests as part of your mandatory blood work required by A&SHHC (so once your blood is drawn this counts for A&SHHC's requirement and you won't have to be stuck a second time later in the year). However, the hospital does not routinely include HDL's in its blood work (the Wellness Center does) so even if you've had your blood drawn by the Hospital in the last three months, we would urge you to give a second sample to check on your HDL.

The exercise test, performed at the Wellness Center, will give you an indication of your muscle strength and flexibility.

## You Can Start Your Own Wellness Plan!

The nice thing about wellness is that you can, in many cases, do it yourself.

Tom Ferguson, M.D., editor of **Medical Self Care**, suggests a few ideas that have helped some people to initiate their own wellness plan.

Dr. Ferguson offers the following:

"If you are a smoker and the idea of a regular running program appeals to you, you might find yourself quitting cigarettes about the time you get up to three or four miles a day."

"If you have a problem with weight control, and you've always been intrigued by meditation, a daily meditation session might be more useful than a whole stack of books."

Try to start your wellness plan by building on your strengths. A goal that enriches your life is more likely to be successful than a goal that deprives you of something.



Cycling away at the new Wellness is Carol Balcavage, R.N., Enterostomal Therapist. Susan D'Annibale, Wellness Center Program Coordinator, tests Carol's cardiovascular endurance as she pedals the stationary bike.

**Amelia M. DalMaso, B.S.N.**, has been named Administrative Supervisor for Nurse Staffing and Triage.

Amelia graduated from the Sacred Heart Hospital School of Nursing, received her B.S.N. from Columbia University Teachers College, and holds a Master's Degree in Nursing Administration from the University of Washington School of Nursing.

She has prior nursing experience as a Home Health Nurse in Mount Vernon, Washington, and as a Nursing Instructor at Skagit Valley College in Oak Harbor, Washington.

She is also retired from the United States Navy Nurse Corps, where she served as Surgical Unit Supervisor, Senior Nurse, and in instructor positions.

Amelia will have her office on 3B, in the Triage Office.

**Rae Bates, R.N.**, has been hired as Head Nurse on 4A, replacing Sue Peeples. Rae is a graduate of Anniston Memorial Hospital School of Nursing, Jacksonville State University, Alabama. She has had nursing experience at Georgia Baptist Medical Center, Atlanta, as Utilization Review Coordinator, and as a Charge Nurse at Parkway Medical Center, Decatur, Alabama.

**Stella Unger**, who retired from her position as a Nursing Assistant in the Recovery Room in July, 1980, recently called the UPDATE office with a request that we're happy to pass on: "Please pass on my sincerest thanks to everyone involved in my retirement party--the Recovery Room and ICU staff, Volunteers, Housekeeping, Engineering, and everyone! The album is beautiful, and will always bring back the fondest memories of my days at the Hospital Center. Again, a hearty thank you!"

**Stuart Jones, M.D.**, Chief of Nuclear Cardiology at A&SHHC, and **Margaret S. Erbe, RCT**, Heart Station, attended the American Cardiology Technologist Association seminar in State College, PA.

Dr. Jones was a principle speaker discussing "Nuclear Cardiology for the EKG Technician," and Meg served as a committee member for coordinating activities for the seminar.

**Indru T. Khubchandani, M.D.**, staff colon/rectal surgeon, was elected Director General of the International Society of University Colon and Rectal Surgeons at their annual September meeting in Melbourne, Australia.

In this position, he will be responsible for all activities in the organization.



*DalMaso*



*Bates*

While at the meeting, Dr. Khubchandani presented a paper on "Preserving the Rectum during Colitis Surgery."

Also attending was **Francis Kleckner, M.D.**, Gastroenterologist, who presented a paper on "Azulfidine," a commonly used drug for treatment of colitis.

Dr. Khubchandani was also appointed to the faculty of an American College of Surgeons post-graduate course on Colon and Rectal Surgery to be held in Atlanta, Georgia, October 19-24, during their annual Clinical Conference. Also at the conference, he will be speaking on "Creating Stomal and Rectal Continence," and on "Advances in Anorectal Surgery."

**Harry W. Stephens, M.D.**, Staff Neurosurgeon, has recently returned from Vienna, Austria, where he attended the 5th International Symposium on Microsurgical Anastomoses for Cerebral Ischemia.

Dr. Stephens presented papers on "Intercranial Vascular Pressure

Measurements," "New Medications for Stroke," "Indications for Shunting other than Cerebral Vascular Ischemia," and "A Review of 250 Shunts performed at a Community Hospital (A&SHHC)."

Two other papers which were written by **Murray J. Miller, M.D.**, Internist, **Russell H. Jenkins, M.D.**, Internist, and Dr. Stephens were also presented at the symposium: "Microsurgical Anastomoses Extracranial to Intracranial in stable, but disabled, stroke patients;" and "Protective extracerebral/intracerebral microsurgical anastomoses prior to coronary artery bypass graft in a patient with carotid occlusive disease."

**Karen Knibbe, R.N.**, Nurse Administrator for the Clinical Oncology Program, was part of a panel discussing Cancer Treatment Centers at a "Continuity of Nursing Care for the Person with Cancer" program at the Johns Hopkins Medical Institution, Baltimore, recently.



**Pastoral Care growing** - Chaplain Stanley Smith, far left, pastor of the Allentown Baptist Church, has joined (left to right) Chaplains Wendy Bausman, Carl Schmoyer, Charles Naugle, and Edward Connolly in providing coverage 24 hours a day, 7 days per week.

## Attention vacation goers

The A&SHHC Recreation Committee is sponsoring a "Bermuda Adventure" from Friday, April 3, to Monday, April 6, 1981. The trip includes:

- Roundtrip Jet Air Transportation direct to beautiful Bermuda from Philadelphia. Optional transportation is available to the Philadelphia Airport.
- Accommodations at the deluxe Princess Hotel, Golf and Beach Club in Hamilton, the beautiful capital of Bermuda and the center of all the fun!
- Full English Breakfasts each morning.
- Gourmet Dinners each evening.
- One hour open bar Cocktail Party.
- Complimentary Traditional English Tea daily.
- Roundtrip transfers in Bermuda between the airport and the hotel.
- All baggage handling at airport and hotel, with bags delivered directly to the hotel room (no tipping).
- Pre-registration at the hotel (no waiting).
- All gratuities to porters and bellmen at the hotel.
- All gratuities to Dining Room personnel.
- All tips to pool attendants.
- And more!

The cost of this exciting "Bermuda Adventure" is \$419.00. There are only 25 seats available, and reservations will be taken on a first-come, first-serve basis with \$100 deposit. The deadline for reservations is Monday, December 15, 1980. For more information, contact Janet Laudenslager in Public Relations, Extension 3084.

## Attention Rollerskaters!

Due to the great turnout and terrific time at the rollerskating party on September 23, the A&SHHC Recreation Committee is sponsoring a Halloween Skating Party on Tuesday, October 28, 1980, at Route 100 in Macungie, from 7:00-10:00 P.M. Everyone is invited to dress up for the occasion and join the fun. Tickets are only \$1.25 (skate rentals are available at Route 100 for 75¢), and are available in Public Relations. We hope to see you there!



*Because of a little extra concern by Cindy Kohler, R.N., (left) and Jeanette Curran, R.N., Kenny Zuber was able to get to the fair and "Listen to the Music!"*

## A special night out

by Debra Goodman, Public Relations Intern

Little things mean a lot to 19 year old Kenny Zuber, a quadriplegic patient on 6B. Kenny has been here at A&SHHC for over 3 months. 6B nurses Cindy Kohler, R.N., and Jeanette Curran, R.N., knew that Kenny was bored with hospital routine, so they arranged to break up some of the monotony by taking Kenny out for an evening. This one night out seemed like a little thing for the nurses to do, but for Kenny, it was much more.

Jeanette and Cindy knew Kenny liked the Doobie Brothers from seeing tapes in his room, so when they heard the group would be at the Allentown Fair on September 1, they arranged to take him.

Getting Kenny to the concert did not present any major problems because of the many helpful people they met along the way. A&SHHC security, along with a waiting visitor, helped Kenny get into Jeanette's car, and fair parking attendants helped him out. A guard, his ears stuffed with cotton in anticipation of the concert, at first stopped Kenny from entering the back gate with his free pass, as arranged with fair officials by Hospital Center Public Relations. Another fair employee came to Kenny's rescue and permitted Kenny and his nurses to enter for free.

During the concert, Kenny especially enjoyed every glimpse he could get of the band. People standing in front of Kenny stepped aside to give him a better view, but for Kenny, the highlight of the concert came when two men held him up for 2 songs so he could see the stage.

Kenny described the concert as "energetic." He said the music lifted his spirits and gave him the opportunity to get "rowdy."

Kenny believes that because of his paralysis, little accomplishments mean a lot. Being able to leave the hospital for an evening was one of these accomplishments. Cindy's and Jeanette's thoughtfulness helped him to enjoy one of life's little things.

# on call

Coming up during the month of October on "On Call: A Valley Health Series," on WLVT-TV, Channel 39, with Shelley Brown, Host, and Headley S. White, Jr., M.D., co-host, will be:

**October 13, 7:30 P.M., October 18, 3:00 P.M. - Trauma** - Michael Rhodes, M.D., Trauma Coordinator at A&SHHC, and A.J. Heightman, Executive Director of the Eastern Pennsylvania Emergency Medical Services Council, will discuss the effects of trauma and the career possibilities of Paramedics and Emergency Medical Technicians.

**October 20, 7:30 P.M., October 25, 3:00 P.M. - Colo-rectal Cancer** - Indru T. Khubchandani, M.D., colon/rectal surgeon, and W. Davey Smith, M.D., discuss the prevention and treatment of this disease. An actual colon operation will be featured.

**October 27, 7:30 P.M., November 1, 3:00 P.M. - Parenting** - This "live" show with guests Elizabeth Cascario, Ed.D., and Haydn Collins, M.D., will offer advice on the disciplinary problems facing many parents. Viewers are encouraged to phone in their questions which will be answered over the air by calling 867-4677.

## "Trauma Week" scheduled October 12-19

The week of October 12 through 19 has been designated by Governor Richard Thornburg as "Pennsylvania TRAUMA WEEK." The purpose of Trauma Week will be to educate the residents of Pennsylvania on the devastating effects of Trauma, emphasize that Trauma is an epidemic in our society, and that Trauma:

- **Kills** more than 100,000 Americans (4,500 Pennsylvanians) each year.
- **Kills** more Americans each year than the entire Vietnam conflict.
- Is the **leading cause of death** for those under age 45.
- Is the **third leading killer** of Americans, ranking behind only cardiovascular disease and cancer.
- **Disables** over 11 million Americans (300,000 Pennsylvanians) each year.
- **Permanently disables** over 10,000 Pennsylvanians annually.
- **Costs over \$60 Billion** each year in medical expenses, insurance and lost productivity.

As a regional trauma center for the Lehigh Valley area, A&SHHC has treated trauma victims since its opening.

## "Trauma" T-Shirts

The Eastern Pennsylvania EMS Council has recently ordered specially designed Trauma T-Shirts to develop public awareness of the meaning of Trauma. The front of the shirt exclaims "Trauma: Sudden unexpected injury kills"; while the back says "Emergency Medical Systems Help Save Trauma Victims."

The Kelly green shirts with white lettering sell for \$6.00 (\$1.00 of which is donated to the Eastern Pennsylvania Unit of the American Trauma Society). To order one, contact Public Relations, Extension 3084.

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## Did you know....

The Hospital Center was recently designated by the F.B.I. as the medical facility to which Presidential candidate John Anderson and former President Gerald Ford would be taken if necessary during their recent travels in the Lehigh Valley area? Luckily, we were not needed.

Allentown and Sacred Heart Hospital Center  
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Allentown, PA 18105

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