

CheckUp

this week

Friday, March 8, 1996

TO DEPARTMENT HEADS — Please post. Copy as needed and share with your staff. Notify Rob Stevens by e-mail or call ext. 3011 with any breaking news you want to include in the next issue of *CheckUp This Week*.

• BREAKING NEWS •

■ Lehigh Valley Hospice, including its offices in Tamaqua, Stroudsburg and Mt. Pocono, has been accredited by JCAHO for three years. Hospice scored 95 of a possible 100 percent in the recent accreditation process.

■ Construction in the main entrance semi-circle at CC next week will limit access to cars. Please do not park in the loop. The work will improve lighting in the crosswalk areas, and a spotlight will be installed to illuminate the LVH sign on the building.

■ Muhlenberg Hospital Center has begun sending laboratory specimens to Lehigh Valley Health Network Laboratory, effective March 4. According to David Beckwith, vice president, this development results in lower costs for Muhlenberg and increased support for sophisticated laboratory testing for LVH.

■ In preparation for removal of the East Wing at 17, its occupants will move to the following locations at 17: the *library* to the ground floor in the former medical

records area; the *morgue* to the former site of hazardous waste storage; *TSU storage* to the ground floor space previously occupied by the carpenter shop; the *linen room* to the ground floor in former mail room; the *laundry* to the old electrical shop; and *general services* to the sub-basement space currently occupied by engineering. *Engineering* is moving into the warehouse.

■ Spectrum Pharmacy opened a branch at 17 on March 4. It is located on the first floor, adjacent to the inpatient pharmacy. Business hours are 8:30 a.m.-5 p.m., Monday - Friday. For more information, call ext. 2780.

• COMING UP •

■ *Healthy You*, LVHHN's health education tabloid, will be delivered March 13 with The Morning Call and Express-Times. The publication contains articles and class schedules. LVHHN employees get a discount on classes. For information or registration, call 402-CARE.

■ In celebration of Children and Health Care Week (March 17-23), the department of pediatrics is sponsoring two events:

• Art Contest for Children

Prizes will be awarded for age groups 4-6, 7-9 and 10-14. For judging information call ext. 0245 or page 1231.

• Teddy Bear Clinic

March 16 11 a.m.-3 p.m.
Whitehall Mall

Attention Parents: Teach your children the benefits of good health. Kids should bring a stuffed animal/doll for "checkup" by hospital staffers.

■ Attention Golfers!

LVHHN Golf League is being formed! The organizational meeting is March 14, 4:30 p.m., 1243 SCC building, Conference Room 3221. The league will golf Thursday evenings at the Olde Homestead Golf Course, Rte. 309 north. Membership is limited to 40 players. All skill levels are welcome. For information call ext. 0627 or 0629.

■ Kidsfest

- Sunday, March 10

This celebration of and for children will be held from 12 - 5 p.m. at Muhlenberg College Field House. There will be hands-on exhibit booths of cultural, educational and safety related topics. Admission is \$2. The center for health promotion and disease prevention and the pediatrics department of Lehigh Valley Hospital will participate.

■ Recreation Committee's Spring Bazaar

- March 14 6-8:30 p.m.
- March 15 7 a.m.-3 p.m.

C, Anderson Wing Lobby
All crafts are made by LVHHN employees, and all proceeds benefit the recreation committee.

■ Spring Fling

- March 15

Tickets are on sale now. See bulletin board or e-mail for details.

■ DATE CHANGE: New date is March 21 for the JCAHO Teleconference: "Restraint and Seclusion: A New Approach for Hospitals"

- 1-2:30 p.m. Auditorium, CC

■ Art Show & Auction

- March 29

Sponsored by the Professional Nurse Council of LVH. Call ext. 1704 for more information. Tickets \$10. Preview 6:30 p.m. Auction 7:30 p.m.

■ MS Walk

- Sunday, April 14

Choose a 6- or 9-mile route beginning at Muhlenberg College and winding through the beautiful Lehigh Parkway. LVHHN team walkers will receive a t-shirt featuring the hospital logo. Prizes for top achievers will be awarded by both LVHHN and the MS Society. To register call ext. 9830.

■ Partners in Prevention

LVHHN, in cooperation with PennCARESM partner Muhlenberg Hospital Center, will offer health promotion classes on the Muhlenberg Hospital Center campus. The series is called *Partners in Prevention* and two classes are planned for the spring.

- April 10

"Weigh Less—Exercise More," is a nine-week weight management program mixing nutrition, exercise and motivation.

- May 13 & 20

"Measurable Results: A Woman's Workshop for Assessing and Improving Health," is a two session workshop. Call 402-CARE for details.

■ Spirit of Women in Sports

- April 19-20

Cedar Crest College

WomanCare has announced a first-of-its kind event to focus on sports and fitness opportunities for women. This two day event will feature a keynote speaker, sports clinics and a health expo. Call 402-CARE or see *CheckUp This Month* for details.

■ Explorer Post Fund Raiser

Lehigh Valley Hospital's Explorer Post is selling "Human-I-Tee" t-shirts to raise funds for educational programs and environmental organizations. Prices range from \$10 to \$14 and come in child and adult sizes. Watch for posters displaying styles and ordering details next week in the cafeterias.