

# update

Vol. 3 No. 5

March 3, 1980

## Wellness: its on the way!

**Are you overweight?  
Do you eat properly?  
Do you have a lot of stress on the  
job or in your personal life?  
Are you out of shape?  
Do you get enough exercise?  
Have you tried to do something  
about it?**

If your answer is yes to any of these questions, you'll definitely be interested in something new coming to A&SHHC, the Wellness Center.

### **What is the Wellness Center?**

The Wellness Center will be a facility on the A&SHHC campus where members can participate in programs designed to increase their level of wellness. The program will be supported by the Hospital Center and the Dorothy Rider Pool Health Care Trust.

### **What is wellness?**

Wellness is a state of being as healthy as you possibly can. It means taking responsibility for yourself by adopting a style of life which maximizes your health and happiness. For some it means weight loss, for others, dealing with "on the job" stress. Every person is different so you will have to define what wellness means to you.

### **What programs will be offered by the Wellness Center?**

Initially, the program will include six areas: stress management, physical fitness, smoking cessation, weight reduction, nutrition, and high blood pressure management. However, the programs offered may expand or change depending upon the needs of the participants. A minimal charge will be made for the programs.

### **Who will run the Wellness Center?**

Jeffrey Burtaine, M.D., is the director of the Wellness Center. Dr. Burtaine has been studying the concept of wellness and developing a proposal for the Wellness Center for a year and a half with the aid of funding from the Dorothy Rider Pool Health Care Trust. He is a family practitioner and the Fitness Editor for the *On Call Magazine* on WLVT-TV, Channel 39.

### **When will the Wellness Center**

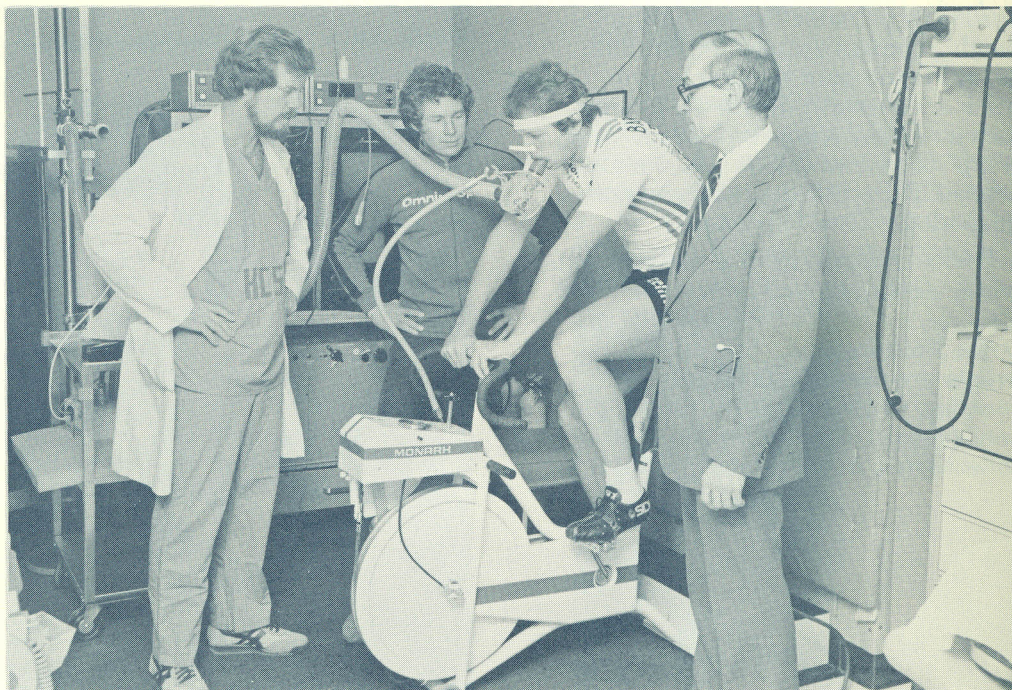
### **programs start?**

This fall.

### **Who can join the Wellness Center?**

The first phase of the project will involve an initial study group of 150 employees. If successful, the program will be expanded to include all interested employees, staff members, and volunteers. Future potential plans include offering the program to schools, industry, and the community at large.

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**New A&SHHC Lab Trains Olympic Bicyclists** - Fogelsville's Leigh Barczewski, U.S. National Bicycle Sprint Champion since 1976, warms up in the new Fitness and Human Performance Lab under the watchful eyes of Dr. John Galgon, Lab Director (far right), and Dr. Tom Dickson, team physician and A&SHHC Orthopedic Surgeon (far left). Looking on is team coach Jack Simes.

According to Dr. Dickson, the lab is equipped with the best equipment available to do performance evaluation of bicyclists and other athletes. One test utilized is the VO2 MAX, which measures the level of oxygen intake of an individual during peak exercise. Dr. Dickson has been using the lab for training of Barczewski and other U.S. Team cyclists, including Pam Dollar (only woman on the team); Bruce Donaghey (ex-A&SHHC Emergency Room employee and member of the U.S. World Team); Tom Kelley, and Jim Albord, in preparation for the Summer Olympics and other World Bicycle Championship events.

**More on the Lab inside!**





- To Housekeeping**  
Patricia Mast
- To Library**  
Joan Boyce
- To Nursing Service**  
Bonnie Brown
- To Radiology**  
Patricia Souerwine
- To Social Service**  
Vincent Rossi

## May Daze 1980

May 16, 17 and 18, mark the dates for the 5th annual Auxiliary run festival. People involved with May Daze are working hard to insure another successful event. You can help too! If you can sew, we need aprons to be made for an "apron booth", contact Alma Pfeiffer, 797-8916. Plastic pots for plants are needed, especially in the 5"-6" size; contact Peggy Kline, 965-2013. "Cool Whip" containers with lids are also needed. Drop off any that you may have at the Tree Top Shop.

Books (paperback and hardbound), white elephants, and collectables are also needed and can be dropped off at the Volunteer Station. Also, people are needed for May Daze coverage in these areas: food, amusements, garden, books, and collectables; contact Peggy Kline.



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

## on call

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

**March 3, 7:30 P.M.**

**March 8, 2:30 P.M. — "Aging" -**  
Until recently, little interest and knowledge existed in regard to the aged. Guests Herbert Hyman, M.D., Chief of Gastroenterology at A&SHHC and Allentown Hospital, and David Bausch discuss the elderly's situation in a society which must plan for a rapid rise in our aged population. Frank viewpoints from local elderly people are also featured.

**March 10, 7:30 P.M.**

**March 15, 2:30 P.M. — On Call Magazine - Edition #3 -** This monthly edition of "On Call" probes behind the scenes on autopsies and focuses on why and when they may or may not be necessary. In other segments, the Magazine editors — Jeff Burtaine, M.D., John Turoczy, Ed.D., Charlie Versaggi, and Judy McDonald, M.D. — offer tips on fast food nutrition and exercises for the elderly.



**Backgammon Tournament - Tuesday, March 18, 7:30 P.M. -**  
A&SHHC Cafeteria. \$1.00 registration, prizes and refreshments available - sign up now in the cafeteria.

**Penn National Raceway - March 10 -** only a few seats available. If you want to go, get your money to Public Relations as soon as possible.

**Raft Trip - April 19 & 20 -** A second trip, down Pine Creek in Potter County, has been added for Sunday, April 20. Only 50 can go, so sign up and get your money - \$21.00 per person - to Janet in Public Relations quick!

**Lehigh Valley Mall Cinema Tickets -** are available in Public Relations. \$2.40 per ticket good for any show, any time.

**Thanks to all who make our last Bake Sale a super success!**



Catherine M. Hautman, of Allentown, recently visited the Hospital Center to dedicate the original Cardiac Catheterization Room in memory of her husband, Herbert E. Hautman, and their parents, Mr. & Mrs. Henry S. Hautman, and Mr. & Mrs. Calvin R. Crouse.

A simple ceremony, hosted by Dr. Hugh Gallagher, Chief of the Cardiac Catheterization Laboratory, Dr. Pieter Knibbe, and Bonnie Dryfoos, Chief Technician, included a tour and explanation of the lab for Mrs. Hautman and her family.



# New fitness lab for every body

The unique aspect of the Fitness and Human Performance Laboratory is its versatility. Located on the 2nd floor (across from Pulmonary Function), the laboratory provides the ideal environment to evaluate patients for various problems including shortness of breath, to assess and develop training programs for athletes, and to determine the level of fitness of anyone who's interested, particularly if they wish to develop and outline an exercise program.

It is also unique because it's the only one in the region. Directed by John P. Galgon, M.D., Medical Director of the Pulmonary Lab, with technical support from Vic Stonebraker, Technical Director of Pulmonary Function, and Gary Haas, Senior Pulmonary Technologist, the lab has been developing rapidly over the past year and is now fully functional.

Its capabilities are impressive, as is some of the equipment used in evaluation of an individual.

For exercising, a treadmill and a stationary bike are used. For gathering physiological data, the lab uses a three-channel exercise EKG unit (for continuous recording of cardiac activity); two Bechman analyzers, which measure carbon dioxide and oxygen percentage of air exhaled; an ear-oximeter, which measures the amount of oxygen in the arteries; a volume measuring device and a recorder for all information gathered from the equipment.

According to Dr. Galgon, while most of the testing is done by non-invasive methods, certain patients require a catheter, inserted into an artery, to sample blood at selected intervals for appropriate blood oxygenation. Also, because of increased demands made on the cardio-vascular system during exercise, the possibility of any cardiac irregularities of rhythm can be determined during the various testing performed.

For the aspiring athlete, the lab can assess an individual's present level of fitness and follow that person's progress during the exercise program by reevaluation after a period of time.

"It's the only objective way to do it," Dr. Galgon says, and in order to further refine the lab's equipment and methodology for determining performance/fitness, Dr. Galgon is looking for volunteers, and anyone interested should contact Vic Stonebraker, 821-2191. A program will be set up and follow through is, of course, necessary. According to Dr. Galgon, the lab will also work with referring physicians in relation to exercise programs and evaluation of patients with symptoms of shortness of breath.

## NURSING NOW

"Group Dynamics" will be the topic of Program #3, March 12, in the six-part series, Nursing Now. Valentina Fischer Harrell, Ph.D., Assistant Professor, Department of Nursing at Teachers College, Columbia University, N.Y., is the featured speaker. The program will be held in the A&SHHC Auditorium, 7:00 P.M. to 10:00 P.M. To register, contact the Nursing Office.

## Wellness . . .

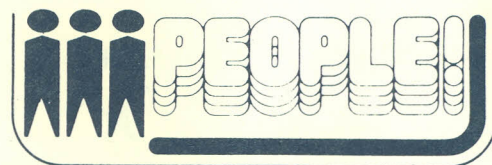
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### How can I express my interest in the program?

In approximately six weeks, a survey to assess interest in the program will be distributed. It is important to get a good response to this to make the program successful. So if you think that at any time you would be interested in any part of the program, please respond positively to the survey.

### How can I get more information about the program?

1. Watch UPDATE for more information about the program and a listing of the employee advisory committee.
2. Attend departmental meetings where further info will be presented.
3. Watch the walls.



**Vince Rossi** is the new medical social worker in Utilization Review/Discharge Planning/Social Service. Vince is a graduate of St. Mary's College, Kentucky, with a B.A. in Psychology and Philosophy, and also holds a Masters Degree in Theology.

Vince has extensive experience in crisis counseling, working through Sacred Heart Church, Lancaster and Holy Infancy Church, Bethlehem.

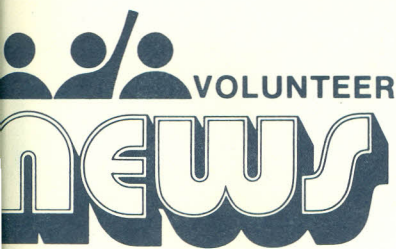
**Linda Balliet**, Medical Transcriptionist, has been certified by the American Association for Medical Transcription. Linda began at the Hospital Center in January, 1975, as a medical transcriptionist trainee.



## Spanish tapes

Available in the Hospital Center library are audio tapes from a recent "Spanish for Health Care Personnel" course that was recently conducted here. The 41 tapes were donated by Isabel Yu, instructor for the course, and may be used by any interested employee.





## Volunteering

Did you know that some people volunteer on alternate weeks, on a substitute basis, just during the school year, for two hours at a time? Come in and talk to us; we appreciate any time you can share. Currently, the largest segment of people volunteering are active in jobs, family, and other community activities.

Volunteers are especially needed during the afternoon and early evening hours. Dinner is on us! Be a host or hostess, or help on a nursing unit. We have openings in the Pharmacy or Volunteer Station, too! Senior Citizens ride the Lanta bus free during "off hours."

P.S. Are you a volunteer who would be willing to train new volunteers? — We need your expertise. Contact (Mrs.) Linda J. Leddy, Director of Volunteer Services, at 821-3130.

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

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## New awards system

The awards system for volunteers is being reorganized. Gone will be the colored plastic bars, and in their place will be a small pin, awarded immediately at the cumulation of 250 hours of service. Years will not be a factor. Volunteers will be responsible for informing Volunteer Services Department personnel that they have accumulated the required number of hours in order to receive an award. Pins will be presented to the volunteers where they work so that the department can honor their volunteers.

A large five year pin, being introduced this year, will be given to those volunteers who have accumulated 500 or more hours and five years of service. These pins will be presented each year at the annual awards program.

## Awards dinner

Volunteers and Department Heads mark your calendar for the evening of Tuesday, April 15. The Five Year Annual Awards Dinner is being held to honor all Volunteers at the Lehigh Country Club. A champagne punch cocktail hour will be held from 6:00 P.M. to 7:00 P.M., when dinner will be served.

Following dinner, the new five year pin will be presented to those volunteers who have accumulated 500 or more hours and five years of service.

The evening will be complete when Abram Samuels, member of the A&SHHC Board of Directors and noted Allentown entertainer, will fete the group with song and piano accompaniment. Invitations will be sent early in March, so please watch for them.

## Health insurance change

Effective this past January 1, the Hospital Center's group health insurance (Blue Cross/Blue Shield) contract number was changed from 07429 to 15211. New identification cards have been distributed to eligible employees. Please destroy old cards.

If you are eligible for this insurance, and did not receive your new card, please contact the Personnel Department, Extension 3100.

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