

CheckUp

Vol. 8, No. 1

January 13, 1995

New Ambulatory Surgery Unit Opens, Consolidates Services

Lehigh Valley Hospital has marked another milestone in its site and facilities plans: the completion of a new Ambulatory Surgery Unit at 17th & Chew and the consolidation of all outpatient surgical services at this location.

Occupying 28,000 sq. feet, the unit provides preoperative testing and teaching along with surgery and recovery in adjacent areas on the second floor of the hospital.

Previously, outpatient surgery patients had to travel to different areas of the hospital for preadmission bloodwork, X-rays and patient education. The new unit features four presurgery preparation areas where these services are brought to the patient.

On the day of surgery, the patient arrives at the central registration desk and is escorted to one of 24 private rooms to prepare for the procedure. Following surgery and an initial recovery period, the patient returns to the same room to complete recovery and await discharge. Outpatient surgery patients receive free valet parking when arriving for tests and surgery.

Ambulatory surgery is a national trend which reduces the cost of healthcare by avoiding lengthy hospital stays. Patients also recuperate more quickly at home.

Last year nearly 8,800 outpatient surgeries were performed at Lehigh Valley Hospital, seven percent more than in 1993. During that period, inpatient procedures declined by the same amount. It is estimated that the

unit's surgeons and staff will treat as many as 10,000 to 12,000 outpatients per year. Outpatient surgeries include procedures such as hernia repairs, tonsillectomies, breast biopsies, carpal tunnel, knee, cosmetic and eye surgeries, and laparoscopic and diagnostic urology procedures.

The nearby surgery suite houses eight operating rooms. Seven original rooms have been renovated and have had new equipment installed. One new operating room has been added to accommodate the increase in procedures. A urodynamics testing room, where continence and sexual function problems are diagnosed, and two minor procedure rooms have also been built. In addition, lounges, offices, conference rooms and dictation cubicles for physicians and staff have been remodeled and, in many cases, enlarged.

More than 100 surgeons and 95 professional and support staff will provide patient care in the new unit.

Phone extensions for the new unit are as follows:

ASU Station	3400
Reception/Registration Area	3410
Fax	3413
P.A.P. Station	3420
Barbara Frantz	3432/page 907-5490
Virginia Kovalovich	3433/page 1052
Lenora Kroll	3434
Cindy Hertzog	3425

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By, For and About Women

Community Partnership Plans Conference

A coalition of area healthcare organizations, colleges, community services agencies and businesses is planning a unique program to highlight and advance the roles and achievements of women.

Featuring nationally-known speakers and a wide variety of workshops, *Spirit of Women 1995* will be held Thursday and Friday, March 23 and 24 at the Holiday Inn, Bethlehem.

Initiated and coordinated by Lehigh Valley Hospital WomanCare, the conference is being planned by and for women who work in and outside the home.

"The conference will focus on health, work and family issues that affect our lives," says Dorothy Gulbenkian Blaney, president of Cedar Crest College and honorary chairperson of the event. "It is an ideal opportunity for women of all ages and backgrounds to gain new insights and share personal and professional experiences with their peers."

Blaney outlined plans for the program at a media conference on Thursday, Jan. 12. Joining WomanCare as a major sponsor of *Spirit of Women 1995* is the Bon-Ton which will also present special awards to women for achievements in the areas of work, family and health. In addition, Carol Landis Chevrolet-Geo, Hellertown, is serving as a principal sponsor of the event.

A reception and dinner will launch the conference on Thursday evening, March 23, followed by a keynote address by Bernadine Healy, MD, former director of the National Institutes of Health (NIH). Dr. Healy launched the NIH Women's Health Initiative, a \$625 million initiative to study the causes, prevention and cures of diseases that affect women.

On Friday, March 24, keynote speakers will include Patricia Russell-McCloud, JD, an

attorney and president of Russell-McCloud Associates, a motivational speaking and professional training association; Maria Hinojosa, an award-winning journalist and news correspondent for National Public Radio specializing in urban and inner city issues; and Liz Curtis Higgs, a veteran radio personality who helps her audiences find humor in their everyday lives.

Friday's program will also feature workshops on topics ranging from body image and conflict resolution to financial fitness and holistic medicine. Among the area speakers who will present "breakout sessions" are Marsha Felsten, director of human resources at Victoria Vogue, Inc., Bethlehem, and Kathy Calabrese, director of the women's center and child care center at Lehigh University. Felsten will address gender gaps in communication and the mutual benefits of "speaking the same language"; Calabrese will lead a panel discussion on personal fulfillment with women of diverse heritages, backgrounds and careers.

To encourage as many women as possible to attend, the *Spirit of Women* Steering Committee has limited the cost of the program to \$40 for Thursday evening's reception dinner and keynote address; \$40 for Friday's breakfast, lunch, workshops and keynote addresses; or \$75 for the complete programs on both days. Students (with identification) and seniors (55 and over) can attend both days for \$70. Scholarships are also available for college students and women with economic need.

Registration for *Spirit of Women 1995* is now under way. Because seating is limited, early registration is recommended.

For more information and to register, please call Lehigh Valley Hospital at (610) 402-CARE.

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Benefits Update On Retirement Planning

(Fidelity Investments and their Asset Manager Funds, represented by Tacy Macgill Biggs, are featured in this issue of CheckUp.)

According to Tacy Macgill Biggs, planning and investing for your retirement is one of the most important decisions you can make in your lifetime. With the right tools and information, you can make your own best investment and asset allocation decisions.

The Fidelity FundMatch SM Workbook was designed to help you with this process. Based upon your answers to 12 easy questions, it helps you to identify the investment strategy that is best for you and suggests steps for implementing your asset allocation plan.

Asset allocation spreads your investment across different asset classes or "baskets." There are three main asset classes to choose from — stocks, bonds and short-term instruments— each with distinctly different features and risk levels. The workbook provides a concise review of these classes and a comparison of their investment risk.

One way to get diversification across asset classes through a single investment is with an asset allocation fund. Fidelity offers a family of asset allocation mutual funds with three distinct approaches to diversifying your investment. Each fund seeks to achieve its individual goal by investing in different mixes of stocks, bonds and short-term instruments. The funds include:

- **Fidelity Asset Manager Income** seeks high current income, but also considers the potential for capital appreciation.
- **Fidelity Asset ManagerTM** seeks high total return with reduced risk over the long term.
- **Fidelity Asset Manager Growth** seeks to maximize total return over the long term.

In addition to analyzing your situation and understanding how much risk you feel comfortable with, Biggs says that it also is important to make your investment decision, take action and review your objectives and situation once a year.

"Once you make your decision, build your plan— and if your objectives and circumstances don't change, stick to your investment strategy," she advises. "Although it is important to remain committed to your strategy, you should still review your objectives and situation annually to ensure that they haven't changed," she cautions.

To request a copy of the FundMatch Workbook or for more information about Fidelity's asset manager funds, contact Biggs at 1-800-405-6084.

If you have questions after completing the workbook, retirement specialists are available Monday through Friday 8 am - 8 pm at 1-800-343-0860.

ALERT Partnership Adopts New Name, Logo



ALERT Partnership For A Drug-Free Valley announces that it has adopted a new, abbreviated name: ALERT Partnership. The partnership's new name reflects its

increasing involvement with issues that directly relate to alcohol and other drug abuse such as crime prevention, violence and underage tobacco use. In addition to approving the name change, the Board of Directors has also adopted a new logo which features the tag line, "Building Safe, Drug-Free Communities Together." The name and logo changes take effect immediately.

Healthy You - For Resolutions Worth Keeping

Like many other people at the beginning of the new year, you may have made a resolution to lose weight, get in shape, quit smoking or, in some way, improve your physical and emotional health. Now, with the guidance of qualified instructors and the support of people who share your goals, you have a much better chance of achieving them.

To promote a "Healthy You," Lehigh Valley Hospital is offering classes on a variety of health-related topics at convenient hospital locations (refer to chart below.) Many are offered free-of-charge while a registration fee is required for others as indicated.

For more information or to register for any Healthy You classes or programs, many of which are offered at a reduced fee for hospital employees, please call (610) 402-CARE.

In the event of inclement weather, classes may have to be cancelled or postponed. Cancellations will be announced the day of the class on radio stations in the Lehigh Valley. You will be notified of rescheduling information by mail or phone.

Class Locations	Abbreviations
Lehigh Valley Hospital, Cedar Crest & I-78	CC
Lehigh Valley Hospital, 17th & Chew	17
School of Nursing, 17th & Chew	SON
Morgan Cancer Center, Cedar Crest & I-78	MCC
Wellness Center, Fish Hatchery Road 1243 S. Cedar Crest Blvd.	WC 1243

Health Promotion

Health Profile 900

Overall health is not just indicated by a single measurement. In addition to your blood pressure, body composition and cholesterol level, an accurate health profile takes into account your lifestyle practices. For a "complete picture," schedule an appointment with our staff for several quick tests, a computerized profile and an evaluation of your results.

HW5-01

Fee: \$30

"What's In The Cart?": Heart Health Program

Heart healthy foods will be highlighted on a group tour at the *Giant Food Store*, Cedar Crest Blvd. and Tilghman Streets, Allentown. A registered dietitian will lead the tour and discuss how you can adjust your diet to improve your heart health and overall wellness.

HW5-03

Wednesday, Feb. 15

7-8:30 pm

"What's In The Cart?": Cancer Prevention Education Program

Low-fat, high-fiber foods will be highlighted on a group tour at the *Giant Food Store*, 3015 West Emaus Ave., Allentown. The tour will be led by a registered dietitian who will discuss the importance of sound nutrition for reducing your risk of cancer.

HW5-06

Thursday, Feb. 23

9:30-11 am

Nutrition And Weight Control

Think Light! (TM) Lowfat Living

Nutritious eating made easy is the focus of this program to help you achieve better health and lose weight through a reduction in your total fat intake. A complete package of shopping lists, menus and recipes is also provided for your convenience.

Ten Tuesdays, beginning Jan. 31 7-8 pm,
Classroom 2, CC **HW5-09**

Ten Thursdays, beginning Feb. 2
10:30-11:30 am, Classroom 2, CC **HW5-10**

Regular fee: \$140

Discounted fee: \$130 with a physician referral

L.E.A.R.N. Weight Control

If you want to lose weight and keep it off, L.E.A.R.N. can help you achieve your goals through changes in Lifestyle, Exercise, Attitudes, Relationships and Nutrition. **HW5-11**

Ten Wednesdays, beginning Feb. 8 7-8 pm
Conference Room A, 17

Regular fee: \$110

Discounted fee: \$95 with a physician referral

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Healthy You *(from page 4)*

R.E.W.A.R.D.S. Adult Weight Maintenance Program

Adults who have completed a weight control program and know the basics of sound nutrition and weight management are ready for R.E.W.A.R.D.S. Learn how to maintain your commitment to healthier eating, regular exercise and positive thinking. The program begins Jan. 17 in Classroom 2, CC.

HW5-12

Third Tuesday, every month 7-8:30 pm, CC

Regular fee: \$45 for four months

Discounted fee: \$40 for four months with a physician referral

SHAPEDOWN Child And Adolescent Weight Control Program

Through SHAPEDOWN, children and adolescents ages 8 - 14 can learn to develop healthy eating and exercise habits while building self-esteem and communication skills. Led by a behaviorist and dietitian, the program encourages parents to participate to help their children make these lifestyle changes.

HW5-13

Eleven Mondays, beginning Jan. 23

6:30-8 pm, Classroom 2, CC

Regular fee: \$250

Discounted fee: \$225 with a physician referral

ADVANCED SHAPEDOWN (R) Child And Adolescent Weight Maintenance

Young people who have completed SHAPEDOWN are invited to participate in this advanced maintenance program for continuing healthy eating and exercise habits.

HW5-14

Five Wednesdays, beginning January 25

6:30-8 pm, Classroom 2, CC

Regular fee: \$60

Discounted fee: \$55 with a physician referral

Stress Management

All Stressed-Up And Nowhere To Go

If you have been more on-edge and tired than usual, this program can provide you with practical advice and techniques for managing job and family responsibilities and relieving stress in the process.

Five Wednesdays, beginning Jan. 25

7-9 pm, President's Room, CC **HW5-15**

Five Wednesdays, beginning March 8

7-9 pm, President's Room, CC **HW5-16**

Regular fee: \$55

Discounted fee: \$50 with a physician referral

Smoking Cessation

QuitSmart

Developed at Duke University, this five-part program helps people to quit smoking and control the urge to start again through self-hypnosis and the Better Quit Cigarette Substitute. The six-month success rate averages 61 percent. Call for locations.

Jan. 30 and Feb. 6, 13, 16 & 20 7-8 pm

HW5-25

March 6, 13, 20, 23 & 27 7-8 pm **HW5-26**

Regular Fee: \$85

Discounted Fee: \$75 with a physician referral

Smoking Cessation Hypnosis

People who are trying to quit smoking for the first time or after many unsuccessful attempts are ideal candidates for this program. Led by a certified hypnotherapist and psychologist, hypnosis may be used in conjunction with other programs to help ensure personal success.

Tuesday, Jan. 17 7-8 pm, Classroom 3, CC

HW5-28

Friday, Feb. 17 2-3 pm, Parlor A, SON

HW5-29

Regular Fee: \$30

Discounted Fee: \$25 with a physician referral

WomanCare

Women And Heart Disease

It's a myth that heart disease is exclusive to men; women are equally at risk of developing coronary conditions. Learn what lifestyle changes you can make to keep your heart healthy and strong. **WW5-01**

Speaker: Audrey Lichtenwalner, RN, Diagnostic Cardiology

Tuesday, Feb. 7 Noon-1 pm & 7-8 pm,
Auditorium, 17

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Healthy You (from page 5)

Migraine Treatment In The '90s

New medications and non-medical treatments are making it easier to manage and minimize migraines. This lecture will focus on therapeutic approaches that can put an end to those pounding headaches. **WW5-02**

Speaker: Christopher Wohlberg, MD, PhD,
Neurosciences

Thursday, Feb. 16 Noon-1 pm & 7-8 pm,
Classroom 3, CC

Children's Health

How Can I Help My Child Learn To Listen?

Parents of infants, toddlers and adolescents can spend a lot of time trying to encourage appropriate behavior in their children. Proven strategies for parents faced with this challenge will be outlined at this lecture.

WW5-11

Speaker: John Hentosh, MD, Pediatrics
Wednesday, Jan. 25 7-8 pm, Auditorium, 17

Is Fever A Sign Of Disease?

A warm forehead may be a sign that your child is sick. But, how do you know if your child's fever may mean something more serious? This lecture can help parents learn how to tell the difference and what to do in either situation.

WW5-12

Speaker: Oscar Morffi, MD, Pediatrics
Wednesday, Feb. 15 7-8 pm, Auditorium, 17

Cancer Education And Prevention

Family Caregiver Course

This course is designed to address the needs of caregivers and cancer patients being cared for at home. The course, which is supported by the PA Department of Health Cancer Control Program, can help caregivers and patients meet their physical and psychosocial needs, access community resources and develop problem-solving skills. **OW5-09**

Wednesday, Feb. 8, 15 & 22, 1:30-3:30 pm
Conference Room 4, MCC

CPR Courses

Course A

Participants in this course receive instruction in one-person adult heart-saver CPR and in clearing the blocked airway of a conscious or unconscious adult. **CW5-01**

Monday, April 3
7-10 pm, Third Floor, 1243

Fee: \$20

Course C

Participants in this three-part course learn how to administer adult one and two person, child, and infant CPR. Instruction is also provided in the use of mouth to mask ventilation and in clearing the airway of conscious and unconscious adults, infants and children. Participants must attend all three classes to be eligible for provider status.

Monday, Feb. 13, 20 & 27 **CW5-03**

Monday, March 13, 20 & 27 **CW5-04**
7-10 pm, Third Floor, 1243

Fee: \$30

Course C - Renewal

This course reviews all of the material covered in Course C. Participants must have a current Course C card or one that has expired within one month to attend.

Monday, March 6 **CW5-07**
7-10 pm, Third Floor, 1243

Fee: \$15

Course D (Infant and Child CPR)

Participants in this course learn how to administer infant and child CPR and to clear the blocked airway of a conscious or unconscious adult.

Monday, Feb. 6 **CW5-09**

Monday, May 1 **CW5-10**
7-10 pm, Third Floor, 1243

Fee: \$20

(Instruction in Infant and Child CPR is also provided in Childbirth and Parenting Education Programs. Call for information.)

About Our People

Certification Achievements

Congratulations to the following individuals on their recent achievements in their respective fields:

...Betty Burian, RN, Joann Geslak, RN, Craig Lavery, RN and Mary Olewine, RN (17th & Chew) for passing the certification exam and earning the status of Certified Nurse, Operating Room.

...Bala Carver, MD, Medical Director for Transfusion and Medicine and HLA, for full certification by the American Board of Histocompatibility and Immunogenetics (ABHI). A total of 45 physicians took this certification examination nationwide, conducted for the first time by the Directors of Transplantation Laboratory. Dr. Carver was one of 32 physicians to pass this rigorous board certification examination and become an ABHI diplomate.

...Richard Tramontina Cook, Jr, MD for certification by the American Board of Emergency Medicine and achieving added

subspecialty qualifications in Pediatric Emergency Medicine.

...Denise Strauss, RD, for becoming a certified dietary manager.

Respiratory Therapist Recognized

Congratulations to Linda Cornman, RRT, for recognition by the Respiratory Care Department's reward and recognition committee for her clinical expertise with a critically ill pediatric patient.

Tarantino Participates on Workshop Faculty

Anthony Tarantino, Paralegal/Systems Coordinator in Legal Services/Risk Management, recently participated as a faculty member at a national workshop sponsored by MMI Companies, of Chicago, IL, regarding risk management software applications for incident reporting. His participation was invited due to the expertise he has exhibited in using this system at Lehigh Valley Hospital.



For youngsters who spent part of their lives as patients in the Neonatal Intensive Care Unit, coming back to the hospital wasn't all that difficult considering it was for a Christmas party. It was also a great opportunity for



the children to "catch up" with other NICU alumni and, of course, visit Santa. The party was hosted by members of the NICU parent support group.

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About Our People *(from page 7)*



Employees of Lehigh Valley Hospital were making spirits bright during the past holiday season through a series of special programs and events. Through its "Mitts for Kids" program, the Professional Nurse Council's Community Outreach Committee collected more than seven hundred new pairs of mittens and gloves for distribution (by Santa) to students at Central Elementary School. (top photos) The outreach committee also sponsored an Adopt-a-Family program that served to illustrate the true meaning of the season. In all, 50 departments, including the staff of the cancer center, (above) participated in the program, providing gifts for needy area families. Employees themselves were in for a special treat at the annual hospital Holiday Dinner (above right) which was served by members of the management team (at right).



Bulletin Board

Mayfair Project To Merge Medicine With Performing Arts

The human side of healthcare will be interpreted by the staff and volunteers of area hospitals in a unique performance piece at Mayfair '95. Hospital personnel, with or without stage experience, are invited to learn more about the project and how they can participate at either of two introductory sessions at 7 pm on Wednesday, Jan 18 at Muhlenberg College's Center for the Arts recital hall or at 7:30 am on Thursday, Jan. 19 at the Comfort Suites in Allentown. In addition, workshops will be held January 19 at CC & I-78, January 20 at Allentown Osteopathic Medical Center and Sacred Heart Hospital and January 21 at 17th & Chew.

Each year, Mayfair brings a visiting artist to the Lehigh Valley to work with community members in creating and performing a new theater or dance work for the festival. In 1995, Stuart Pimsler Dance and Theater, a company based in Columbus, Ohio, will create a new work addressing the feelings and experiences of healthcare providers in the Lehigh Valley. Ellen Cooper, diabetes nurse educator at Lehigh Valley Hospital and a dance enthusiast, will serve as volunteer coordinator for the project which is supported by grants from the Rider-Pool Foundation among others.

At the introductory sessions and workshops, Pimsler and his staff will answer questions about the project, recruit potential participants and work with project planners to flesh out the latter phases of the project. The artists will return in early May for a series of movement and theater workshops and rehearsals for performances on May 26 and 27 at Mayfair. For more information and to register, please call Public Relations at ext. 3001.

Health Spectrum Pharmacy Expands Services

Please note the following service enhancements from Health Spectrum Pharmacy:

- Expanded hours. Spectrum will be open Monday-Friday, 7:30 am to 5:30 pm.
- Refills through E-mail. Refills can be ordered by selecting LVH forms from the E-mail bulletin board, then selecting prescription refills. Refills received by 12 noon will be available for pickup by 3 pm.
- Contact lenses. Spectrum will offer contact lenses to employees at savings of up to 65% off the regular price.
- Drop-Off slot. A mail slot will be installed, by mid-month, near the front door for dropping off new prescriptions *only* when the store is closed.

Nursing Society Seeking Members

Applications for membership are now being accepted by the Kutztown Nursing Honor Society, an organization that promotes nursing scholarship, leadership, creativity and commitment to the nursing profession. Eligibility for membership is based on outstanding contributions to nursing in one or more of the following areas: education, practice, research, administration or publication. Nurses interested in applying for membership can obtain applications by writing Barbara Kolitsko, RN, BSN, at 5160 Sickel Road, Emmaus, PA 18049. In order to be considered for induction in 1995, nurses must complete and return the membership application by February 15.

Gift Shop Annual Sale

Stop by the lobby at 17th & Chew for the Alcove Gift Shop's annual sale on Friday, Jan. 27 from 9 am - 2 pm. Don't miss out on the chance to do some after-holiday spending at discount prices!

Bloodmobile Visit

Lehigh Valley Hospital has arranged with Miller Memorial Blood Center to have a bloodmobile on Monday, Feb. 13 from 7:30 -10:30 am in Room 900 on the ground floor of the School of Nursing. Any employee interested in donating may sign the registration form posted in their department or contact Employee Health at ext. 8869 to schedule an appointment.

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HR Development Information

Hospital Orientation

The next hospital orientation will begin at 8 am at CC&I-78 on Monday, Jan. 16. An optional tour of both sites will be held on Wednesday, Jan. 18 beginning at 1 pm at 17th & Chew and 2:30 pm at CC&I-78. Reservations are required for the tour. To register, call ext. 1211.

CPR Certification

CPR Certification will be held in two parts and attendance is required at both. Part I will be held Friday, March 17 from 9 am to noon in Room 900, School of Nursing (17th & Chew). Part II will be held Friday, March 24 from 9 am to noon, same location. To register, complete and return the appropriate form located on the monthly HRD calendar, outside Room 900, School of Nursing (17th & Chew) and the AV Services area (CC&I-78).

CPR Recertification

CPR Recertification will be held in the 24-hour period beginning at 10 am on Wednesday, Jan. 25 at the Nursing Learning Lab, 2nd floor, GSB (CC&I-78).

Symposia Reminder

The Human Resource Department has announced the next topics of the Regional Symposium Series to be held in the auditorium at CC&I-78.

- *Endocrinology Update* will be held Saturday, Jan. 14. Topics will include: "Androgen Dependent Syndromes: Understanding Acne, Hirsutism and Virilism," "Osteoporosis: Current Treatment Methods," "Thyroiditis: Hashimoto's Subacute, Postpartum and Reidel's," "Role of Insulin Resistance in Human Disease" and "Your Hypertensive Patient: Finding and Treating Those with Endocrine Etiologies."
- *Sixth Annual Symposium in Geriatrics* will be held Saturday, Jan. 28. Topics will include: "Overview of Geriatrics," "Medication Issues in the Elderly Related to Compliance, Pharmacokinetics and Pharmacodynamics," "NEXUS for Geriatric Planning: A Demonstration of the Continuum of Care," "Management of Ocular Disease in the Elderly" and "Urinary Incontinence."
- *Second Annual Current Trends in Cancer Care* will be held Saturday, Feb. 11. Topics will include: "Current Treatment of Breast Cancer," "Current Treatment of Prostate Cancer," "Cancer Pain Control: AHCPR Guidelines," and "Cancer Pain: Impact on Quality of Life."

For more information and to register, please call ext. 1210.

Bulletin Board *(from page 9)*

Loss Support Group Meeting Schedule Announced

Interested individuals are encouraged to attend meetings of the Survivors of Sudden and Traumatic Loss Support Group, held on the fourth Tuesday of each month from 7-8:30 pm, in Room 115 at First Presbyterian Church, Cedar Crest Blvd. and Tilghman St., Allentown (enter church on Cedar Crest Blvd. side). The group is co-sponsored by Lehigh Valley Hospital and First Presbyterian Church. For more information, contact Karen Peterson, RN at ext. 8260.

Literacy Center to Offer Free English Classes

The Adult Literacy Center of the Lehigh Valley will offer free classes in English as a second language this winter. Both morning and evening classes are offered for adults of varying ability. Enrollment is open and on a first come, first served basis. For a list of instructional sites, class schedules and registration information, contact the center at 435-0680 between 8:30 am and 4:30 pm. For other information about how this service may benefit employees, contact Gwen Rosser via E-mail.

Items for Sale

Acoustic Guitars (2), great for beginners, \$60 each. Call 740-0746.

"Realistic" 200 Channel programmable scanner, like new. \$150 OBO. Adult men's 10 spd. Schwinn bike and boy's sidewalk bike. \$50 for both. Call 434-1795.

White leather jacket, medium, like new. Orig. price \$140, asking \$75. Call 435-4676.

36 gallon, octagon shaped aquarium w/base that opens for storage. Many other accessories included. Orig. price, \$375, selling for \$180 - OBO. Call 767-7439.

Pingpong table - regulation size. Folds up for easy storage. \$100 - OBO. Call 767-7439.

Sears regulation air hockey table. Good condition, \$250 - OBO. Call 837-9076 after 6 p.m.

Tony Little dual action air resistant bike w/ video. Used very little, \$155. Call 377-3348.

Efel Kamina wood stove and pipe. Good condition, \$350. Call 434-8471.

Salomon equip. 9000 205cm, 9E, 2s skis w/ marker M41 bindings and ice USA carbon fiber ski poles. Used one time. Like new condition, \$650. Call 868-1035.

Thermal brown/galo curtains w/ matching valances and tiebacks. Sizes 100x63" and 48x72". Excellent condition, remodeling sale. Asking \$50. Call 767-0664.

Piano for sale. Kohler & Campbell maple upright. Excellent condition, \$1,000. Call 437-5662.

Medi-lift seat chair (mauve) Like new, \$400 - OBO. Call 799-0646.

IBM PS II (#286), plus color VGA monitor. Windows and DOS applications included. Asking \$350. Call 767-7603 after 5 p.m.

Moving sale! Bedroom and dining room sets, TV, VCR, CD player. Call 791-5068.

Motorola cellular bag phone, \$30. Passport radar detector, cassette size w/ brackets and ear phone tack. Very good condition, \$50. Call 820-5057.

Hood cover for Suzuki Sidekick or Geo Tracker (like new), \$30. Kicker box w/ power amp, \$75 - OBO. Ski rack for spare tire mount, also comes with bike rack (universal), \$125 - OBO. Call 717-325-8747.

Travel trailer, 83 Shasta, 17 1/2 foot, dual axle, sleeps 5, AC, heater, bath and shower, full kitchen. Electric or battery w/ Reese tow hitch and sway bar controls. Immaculate. \$1,995, Call 754-9704 after 7 p.m.

15 cu. ft. upright freezer, works great, \$75. Twin, wood headboard (painted), \$5. 1 pair sliding door drapes, off-white, \$10. Call 395-4929.

Ladies size 7 sheep skin coat, very unique design. Dark tan/light brown color. \$350 - OBO. Call 967-1906.

Turvista cross country skis including poles and boots (size 8). One ski needs slight binding repair, \$50. Call 797-8521.

White Westinghouse washing machine, lrg. capacity, 2 cycle; Lady Kenmore Dryer (apt. size), both in good condition. \$100 each. Call 285-4128.

Complete living room suite, includes reclining chair, sofa and matching chair (mauve), matching coffee table and 2 end tables. Excellent condition, \$500. Call 826-7781.

Moving sale! \$10 each piece! 72 in. sofa, matching loveseat, brother sewing machine/cabinet, microwave cart, 19" TV, baby coach/stroller, wood changing table, 2 salon chair hairdryers, assorted side chairs & 4 wood end tables. Call 837-7271.

Roadmaster foldable Pro-150 stepper w/digital readout. \$75 - OBO. Call 967-3791.

Vehicles for Sale

1993 Kawasaki Ninja, 250R, 250CC, great bike, never dropped, always garaged, low mileage, showroom condition. Must sell, \$2,500 - OBO. Call 967-3791.

1993 Toyota Camry, low mileage, AC, CD, am/fm stereo. Call 791-5068.

1990 Oldsmobile Cutlass Supreme, loaded, garage kept. \$7,999, negotiable. Great in snow. Call 377-8097 after 5 p.m.

1989 white, Hyundai Excel GL, PS, PB, 80K. Good condition, no rust. \$1,800 - OBO. Call 770-1159.

1989 Mustang GT, 5 spd., new blue paint, stereo and exhaust system, brakes plus more. PS, PB, PW, AC, cruise. Excellent condition, 75K w/ transferrable warranty to 111K. Call 395-0536.

1987 Toyota Camry LE, burgundy, loaded. Excellent condition, \$4,500. Call 974-8469 mornings.

1985 Mustang, GT, 302, 5 spd., PS, PB, AC cruise control, am/fm stereo. Maroon w/ grey interior. New exhaust and tires. \$4,200. Call 368-7277.

1979 Ford Econoline Van, 90K, automatic, am/fm stereo, AC, 4 captain chairs, back converts to bed, carpeted. Good condition, \$2,800. Call 863-4603.

1967 Chevelle, restorable, runs, not inspected, 3 spd. Needs body work. Call 863-4603.

1966 Chevy Bel Air, automatic, 4 dr., inspected through 2/95, runs good. \$850. Call 863-4603.

Real Estate for Sale

Building Lot - Pocono Summit. Private lake community. Close to all ski resorts. Wooded lot w/ septic, permit and design. \$13,500. Call 717-839-6319.

Excellent condition! Northampton Twin, 3 BR, LR, DR, large kitchen, full basement, garage. Call 262-3147.

All brick Twin, facing Lehigh Parkway. 3 BR, family room w/ wood stove, hardwood floors, covered patio and large shaded yard w/ pool. Near hospital. \$84,900. Call 760-1355.

West End Stone Colonial - newly painted! 4 BR, 2-1/2 BA, hardwood floors, country kitchen, marble fireplace in LR, screened porch, corner lot, attached garage, new heating and air conditioning system. Price reduced! \$164,000. Call 433-5778.

Real Estate for Rent

Close to LVH - 2 BR Duplex, 1-1/2 BA, covered patio, yard, garage, basement, CA, new kitchen. Non-smokers, no pets. \$750/month plus utilities and security deposit. Call 433-4808.

For rent or sale - West End, 5 BR, very nice. Call 865-1922.

Bicentennial Park area - 2 BR apt. on 2nd/3rd floor, W/D, heat/hot water/ trash included. Off-street parking avail. in January. \$475/month. Call 797-4574. (one cat allowed)

Room for Rent - Female only, 5 minutes from hospital. \$275/month. Call 398-7508.

Emmaus - 1 BR, available 3/1. 1st floor unit w/ full use of basement. W/D hookup, new elec. range, and refrigerator. Off-street parking w/ private deck. Heat/water/sewer included. \$495/month. Call 366-3363.

"Housemate wanted" for beautiful 2-story 4 BR colonial, includes finished basement w/ bar and pool table, piano, florida room, outdoor hot tub, yard, etc. Preferably female and willing to do some shopping, cleaning, etc. Great monthly rate. Only one minute to LVH-CC. Call 434-1795 leave message.

1st floor, 1 BR, large eat-in kitchen, yard and basement for storage - just painted. \$350/ month plus utilities. Call 776-5076, after 5 p.m.

1 BR, Cape Cod, full basement, W/D hookup, W/W carpeting, quiet neighborhood in deep West End. Available immediately, \$565/month plus utilities. Water, sewer, trash and yard work all included. Security deposit and references required. Call 434-1483.

2nd/3rd floor, 2 BR, near LVH-17, W/D in apt., walk-in closets, LR, DR, kitchen. \$600/month. Call 435-9560.

Bethany Beach, Delaware - Brand new single home, close to beach, 2 BR, decks, pool, tennis, shuttle to boardwalk, fishing rods, bikes, covered parking. In a quiet wooded setting, sleeps 6-7. Rates \$500-\$725 weekly, Sat. to Sat. Call 965-6155.

Ocean City, Maryland - Condo, sleeps 6, 2 BR, 2 BA, DR, LR, fully equipped kitchen, CA, TV and pool. Front deck directly on bay, rear to pool. \$650/ week in season. Call 967-3939.

Killington, Vermont - 1 or 2 BR condo. Shuttle to ski lift, ski home trail. TV/ VCR, equipped kitchen. Pool/hot tub/ spa. Call 437-4524 leave message.

WANTED

Book of Knowledge Encyclopedia - Old Edition. 11 volume set w/ index, inside covers have full color pictures, w/ 2 children standing on a floating book. Call 965-5925.

Zippo lighters as collectibles. Call 965-6596.

Motorhome - 11x28x10, looking for indoor storage - 4 months (Jan.-Apr.). Would consider yearly agreement. Call 754-9704 after 7 p.m.

Marketplace is provided as a free service to employees of Lehigh Valley Hospital and is published in the first edition of *CheckUp* each month. All submissions must be on the attached form and must include the employee's name, department and a daytime telephone number. Submissions without this information will be discarded. **Only employees, volunteers and staff physicians may submit items for publication.**

Ads may be run for only two consecutive months, and must be submitted for each edition of *Marketplace*. We reserve the right to reject, revise or edit submissions and publication does not constitute an endorsement of product or service. Deadline for submissions is the last day of the month preceding publication.

Marketplace Submission

Send to *Marketplace*, Public Relations, 1243 SCC.

Check Category

- ☐ Items for Sale
- ☐ Vehicles for Sale
- ☐ Real Estate for Sale
- ☐ Real Estate For Rent
- ☐ Wanted

Copy (please print or type)

Home Phone (will appear in ad) _____

Submitted by _____

Department _____