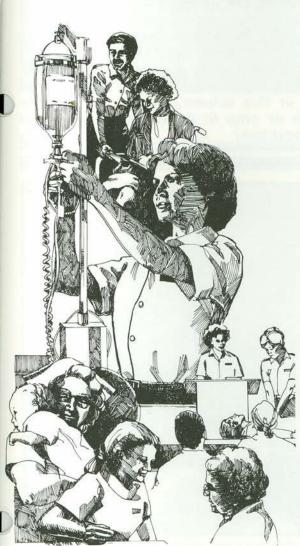


VOL 9, NO. 5

### MAY 6, 1986

### PENNSYLVANIA NURSES... CREDIBLE PROFESSIONALS DOING INCREDIBLE JOBS



This year, the week of May 6-12 was designated as Pennsylvania Nurse Week -- a week set aside to honor Pennsylvania's 76,760 actively employed nurses. Professional nurses provide healing and lifesaving services to millions of Pennsylvanians each year. During this week, which began on May 6 with National Nurses' Day and ended on May 12 with the anniversary of Florence Nightingale's birthdate, several activities were planned here at the Hospital Center.

On Monday, May 5, a program entitled "Enhancing Nursing Image with Color" was presented by Kit Stahler-Miller, R.N., M.S.N., assistant professor at LaSalle University. Mrs. Stahler-Miller is a nationally known lecturer and workshop leader. Over the past 12 years, her activities have been directed toward enhancing professionalism and image through leadership and development activities for professional nurses.

On Tuesday, May 6, and Wednesday, May 7, ice cream receptions were held for all Hospital Center nurses and members of the nursing department.

Also on Wednesday, May 7, members of the Professional Nurse Council gave a presentation during Nursing Insights. The Professional Nurse Council was formed last year to assist in the promotion of a collaborative relationship between the professional nurse and the physician here at the Hospital Center.

In addition, throughout the week special displays were located in the lobby and library display cases. In honor of Pennsylvania Nurse Week, we would like to take this opportunity to congratulate our nurses for a job well done. Happy Pennsylvania Nurse Week!

# BENEFIT SPOTLIGHT

### Submitting Insurance Claims...

...One of the nice things about our health coverage is that we can submit claims as they are incurred; we don't have to wait until the end of the year. However, many claims are being submitted for very small amounts (under \$5.00). Since each claim processed costs the Hospital Center a service charge, we suggest that you save your claims until they total at least \$25.00.

### Universal Claim Forms...

...Some claim forms supplied by doctors and other providers suggest you complete them and then forward them to the "Benefits Department of your Company." If you do send your claims to personnel, you will delay processing of your claims since all forms must be submitted to Prudential for payment. We suggest that once you have completed the forms, you send them directly to:

> The Prudential Insurance Company Central Atlantic Group Operations P.O. Box 936 Horsham, PA 19044-0936

Of course, any questions you may have concerning filing a claim should be directed to Pamela Oser, Ext. 8802.

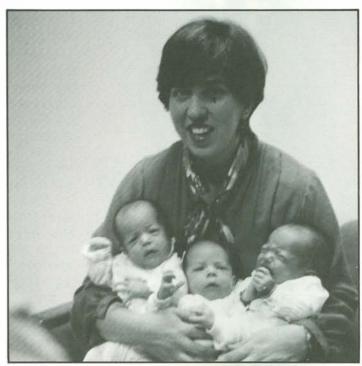
### Understanding Your Pension Plan...

...Many people have had questions concerning the Hospital Center's pension plan lately. Some of these questions include "How old must I be to join the plan?," "How soon am I vested?" and "What will my benefits be?" We are currently working on a Summary Plan Description (SPD) which will briefly explain how the pension plan works. It should be ready for distribution in June. In addition, each month we will highlight one or two parts of the Pension Plan and include them in the "Benefit Spotlight" section of Update. Following is an explanation of how employees become plan participants. As of January 1, 1986, an employee must be at least age 21, but not yet age 60, and must complete one year of service in which he or she worked 1,000 hours or more. If an employee is hired prior to the age of 21, he or she will receive credit for the years worked until he or she becomes a participant. For example, Mary Smith is hired as a full-time employee at age 18. She will not become a participant in the plan until she reaches age 21. At that time, however, she will already have three years of credited service.

Remember, both full-time and part-time employees can participate in the plan. The key is that you must work at least 1,000 hours during a year to receive credit for that year.

### Benefit Spotlight Column...

... This column is written to keep you current and up-to-date on your benefit program. Most employees don't realize that the Hospital Center's benefits are equal to 33.54% of the average full-time employee's salary, and 21.57% of the average part-time employee's salary. In comparison to many other companies, our package is excellent -but it is only as good as it is understood. Therefore, if you have something in particular that you would like to have explained in this column, please let us know. Call, write or stop in personnel and give us your suggestions!



December 3, 1985 was a very special day for Mercedes Jurkiewicz, evening head nurse in the operating room. That was the day her triplets were born. Pictured above is "mom" with six-week old Alicia, Christopher, and Julia.

## **MEDICAL STAFF NEWS**



Peter A. Keblish, M.D., associate chief of orthopedic surgery at the Hospital Center, has been a faculty participant in total knee replacement courses which have been held throughout the United States and Canada during the past year. Current courses are being run through Loyola University in Chicago.

In addition, Dr. Keblish has been one of 15 research investigators for the Low Contact Stress (LCS) New Jersey Knee System, which was cleared by the FDA in June of 1985.

es from our

"The nurses on 5A were exceptional in attitude and professionalism during my five-day stay at the Lehigh Valley Hospital Center. In addition, the physical therapy department also provided excellent care and instruction during my hospitalization."

A patient from 5A

"The contact I had with the Hospital Center's nursing staff was above reproach. My doctors were also very thorough. I place the Lehigh Valley Hospital Center as one of the very best. I thank God that it is right here in our area."

A patient from 6A

"My mother and I were extremely pleased with the Lehigh Valley Hospital Center. We are very grateful that we have such a facility, staffed with the best professionals, in our area. My mother had a very serious operation performed. Her doctor was wonderful, and the nurses were the best I've seen. Not only were they professionally efficient, but they treated a patient as a person, which really helps the recovery process, both psychologically and physically. Again, we are very grateful for the excellent care mother received and would go to no other hospital than the Lehigh Valley Hospital Center should the need arise."

The family of a patient from 7B

### NATIONAL HIGH BLOOD PRESSURE MONTH



High blood pressure, or hypertension, is the leading cause of stroke in this country. If left uncontrolled, high blood pressure can also lead to heart attack, kidney failure, and death.

Approximately 58 million Americans have high blood pressure. That is almost 30 percent of the adult population. Although more than one-half of all hypertensives are aware of their condition, only about 10 percent maintain treatment which keeps their blood pressure under control.

Annually, high blood pressure is cited as the primary cause of 60,000 deaths due to strokes and as a contributing factor in 1.5 million heart attacks.

Although high blood pressure usually has no physical symptoms and cannot be cured, it can be treated and controlled. And those hypertensives who control their blood pressure can lead normal, healthy lives.

In observance of National High Blood Pressure Month, which is being celebrated during the month of May, we would like to urge you to have your blood pressure checked regularly and maintain treatment.

High Blood Pressure -treat it for life.

### CAPITAL BUILDING PROGRAM NEARS REALITY

The Lehigh Valley Hospital Center's \$10 million expansion plan moved closer to reality in March when it received unanimous approval from three separate groups of health planners.

On Wednesday, March 12, members of the Lehigh County Sub Area Council of the Health Systems Council (HSC) unanimously recommended approval of the project during their meeting at the Lehigh County Courthouse. The expansion plan again received unanimous support from the Project Review Committee of the HSC on Tuesday, March 18. Then, on Tuesday, March 25, the board of directors of the HSC voted unanimously in favor of the Hospital Center's construction and renovation proposal during their meeting held at Mack Truck Headquarters.

According to Ellwyn D. Spiker, Hospital Center president, "This has been the first time a project submitted by the Hospital Center has been approved unanimously and without objection. This may be a sure sign that the project is well on its way to becoming a reality."

The project, which was presented at each meeting by Rev. Daniel G. Gambet, vice chairman, Hospital Center's board of directors, Edward M. Hindin, senior vice president, marketing and planning, HealthEast, and Mr. Spiker, also received the support of the Lehigh Valley Business Conference on Health Care. The final decision, which is expected sometime next month, rests in the hands of the Pennsylvania Department of Health. With the approval of the state, construction of the project is expected to begin by late summer, with completion by September, 1987.

The program proposes to construct a 55,000 square foot two-story structure to the west of the main building and to renovate approximately 37,000 square feet of space vacated in the main building. The proposed building will permit the Hospital Center to provide necessary space to support the continued growth, development, and demand for expanded patient care services throughout the region we serve. Departments currently being housed in off-site rental space will also be returned to the hospital complex. In addition, we will be able to meet teaching, conference and meeting space needs to accommodate the growing requirements for continuing and inservice education for staff as well as anticipated growth in graduate and post-graduate medical education programs.



## RECREATION COMMITTEE NEWS

#### **Discount Programs**

The Hospital Center's Recreation Committee, in cooperation with the Lehigh Valley Employee Services and Recreation Association (LESRA), is offering numerous discounts to all Hospital Center family members. Several of these discounts are available through the personnel office. Others are available upon presentation of your LESRA membership card. These cards are available in personnel. Additionally, certain discounts may be obtained by contacting the LESRA office directly at 266-1558.

To give you an idea of the discounts available, following is a list by location.

#### Discounts Available through Personnel

- \* Kodak film and processing.
- Hess's Auto Centers 10% discount cards.
- Scott Chevrolet, Emmaus 11% discount on service including parts and labor.
- \* Speedy Muffler King 10% discount cards.
- \* Roy Rogers Restaurants 50¢ off a purchase of \$2.50 or more.
- \* Lehigh County Velodrome, Trexlertown
   50¢ off ticket purchase.
- \* Hawaiian Village Inn, Florida 21%-43% off standard rates.
- \* Discount cards for Hershey Park, Great Adventure, Dorney Park, Busch Gardens (Florida and Virginia), Silver Springs and Weeki Wachee (Florida), Sesame Place, and the Power Plant in Inner Harbor, Baltimore.
- \* Lehigh Valley Cinema movie tickets for \$3,00 each.
- \* Avis, Hertz, and National car rental discounts.
- \* Walt Disney World membership cards.

## Discounts Available with LESRA Card

- \* Lamp & Shade Factory 40%-45% discount.
- Miller's Furniture Company, Bethlehem
  25% off all furniture (cannot be used with any other sales or discounts).
- \* Aamco Automatic Transmissions 10% discount off your bill after transmission is fixed.
- \* Em Gee Ceramics, Allentown 10% discount off supplies and 20% off greenware.
- \* Nautilus Fitness Center \$20.00 off a six month or 12 month membership.
- \* Maternity Warehouse Store 10% discount off purchases.
- Rockmaker's Photo and Framing Studio
  20% discount off portraits and framing.
- \* The Clothes Closet 10% discount on all women's clothing.
- Laufer's Hardware, Bethlehem 10% discount on all hardware.
- Meineke Discount Mufflers 20% off all exhaust pipes.

## Discounts Available through LESRA

- \* Bronson Pharmaceuticals, La Canada, California - 15% off all vitamins. A catalog and booklet are available from LESRA.
- \* Allentown Car Wash 50¢ off full service wash. Tickets must be purchased from LESRA prior to visit.
- \* Radio City Music Hall 25% off all major attractions. Contact LESRA.
- Killington Travel Club Contact LESRA for details.

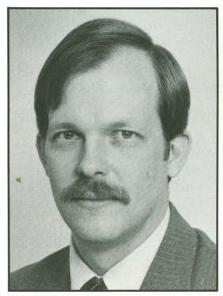
Please See Recreation Committee News page 8





Richard M. Attilio, M.S., R.Ph., clinical oncology pharmacist, recently received a letter of commendation from the president of the Pennsylvania Division of the American Cancer Society.

Mr. Attilio was recognized for his efforts in providing educational programs to students from eight area junior high schools. The program, entitled "Dipping and Chewing," informed students about the health hazards associated with smokeless tobacco. In addition to reaching over 1,500 students, the programs also attracted local media attention.



**Richard Dorsam** 



Nancy O. Gaffney, C.P.A.

<u>Richard Dorsam</u>, formerly head nurse of the special care unit, recently accepted the position of assistant director of materials management. In this position, Mr. Dorsam will be responsible for developing and implementing a program for replacement of capital equipment and disposal of used equipment. He will also assist department heads in the development of plans and budget requests. In addition, Mr. Dorsam will oversee the day-to-day operations of the laundry room and the mailroom.

Mr. Dorsam joined the Hospital Center's staff in August of 1977 as a staff nurse on 5A. Since he completed the critical care course in 1978, he has held the positions of staff nurse, assistant head nurse, and head nurse of the special care unit. For two years, Mr. Dorsam was also a clinical analyst with the Allentown and Sacred Heart Computer Center.

Mr. Dorsam is a graduate of St. Luke's Hospital School of Nursing. He also received a Bachelor of Science Degree in Biology from Moravian College. Mr. Dorsam is currently enrolled in the Master's Program in Human Resources Administration at the University of Scranton.

<u>Nancy O. Gaffney, C.P.A.</u>, recently accepted the position of assistant controller. In this position, she will be responsible for overseeing general accounting, accounts payable, and payroll. In addition, Mrs. Gaffney will also be responsible for staff supervision and development, computer systems evaluation, and development of departmental policies and procedures.

Prior to joining the Hospital Center's staff, Mrs. Gaffney had experience in both public accounting and the private sector. Previous positions include corporate accountant with American Greetings Corporation in Cleveland, Ohio, and senior accountant with Coopers & Lybrand in Chicago, Illinois.

Mrs. Gaffney is a graduate of Western Maryland College, Westminster, Maryland, where she received her Bachelor of Arts Degree in Economics. She also received her Master's Degree in Management with emphasis in accounting and finance from Northwestern University, Evanston, Illinois.



Christine Niznik, R.N., B.S.N.

Christine Niznik, R.N., B.S.N., was recently promoted to the position of clinical instructor for 4B and the GI Lab. In this position, she will be responsible for staff development, employee orientation, and educational project organization.

Since she joined the Hospital Center's staff in September, 1982, Ms. Niznik has had experience as a staff nurse and as assistant enterostomal therapist. She is a graduate of College Misericordia, Dallas, Pennsylvania, and is a member of Theta Phi, a chapter of the Sigma Theta Tau nursing honor society.

Ms. Niznik is currently working on her Master of Science Degree in Nursing at Allentown College of St. Francis de Sales.

Lynn A. Volk, C.P.A., recently joined the general accounting department as staff accountant. Her responsibilities include controlling and reporting the Hospital Center's cash position, accounting for self-insured benefits, and construction and equipment capital budget status reporting.

Prior to joining the Hospital Center's staff, Mrs. Volk was a tax accountant with Country Miss, Inc., Easton. She was also a staff auditor and assistant to the internal auditor with Home Savings Bank in Lawton, Oklahoma.

Mrs. Volk received her Bachelor of Science Degree in Accounting from Cameron University in Lawton, Oklahoma.

Roberta Wickel, R.N., B.S.N., staff nurse on 4C, recently took over the position of Nurse of Hope for Lehigh County. Miss Wickel was selected alternate Nurse of Hope for Lehigh County in November. Recently, however, she was notified that she would be assuming the role of Nurse of Hope since the original Nurse of Hope relinquished her title when she moved out of the area.

The Nurse of Hope program spotlights the nursing profession as a partner with the American Cancer Society in the total approach to cancer control. It also highlights the critical and essential role nurses play in the health care delivery system. Candidates are selected on personal interviews and a speech presentation citing their reasons for becoming active in cancer control programs.

As Nurse of Hope for Lehigh County, Miss Wickel will be involved with public educational programs. She will also make numerous public appearances and will be involved with health fairs.

Miss Wickel has been a member of the Hospital Center's staff since June, 1985. She is a graduate of Allentown College of St. Francis de Sales where she received her Bachelor of Science Degree in Nursing. She is vice president of Sigma Tau, the nursing honor society of Allentown College, and she is a member of the Pennsylvania Nurses Association.



Roberta Wickel, R.N., B.S.N.

### CREDIT UNION NEWS

The annual meeting of the HealthEast Federal Credit Union was held in the Hospital Center's auditorium on Thursday, April 24. To celebrate its nine years of growth and success, the credit union has made available, for a limited time only, new and used car loans at reduced interest rates. New car loan rates are 11.9%, and used car loans are available at a rate of 12.4%.

For more information on these new loan rates or other services offered by the HealthEast Federal Credit Union, call the credit union at Ext. 8404.

Members of the Board of Directors of the HealthEast Federal Credit Union for 1986–1987 include:

President - Joyce Schwenzer, medical records, Lehigh Valley Hospital Center

Vice President - Gary Haas, pulmonary function, Lehigh Valley Hospital Center

Treasurer - Tony Molchany, business office, Lehigh Valley Hospital Center

Secretary - Judy Yost, laboratory, The Allentown Hospital

Walter Ebert, radiology, The Allentown Hospital Vicki LaPorte, admitting, The Allentown Hospital Janet Laudenslager, public relations, Lehigh Valley Hospital Center

Kathy Lilley, Allentown and Sacred Heart Computer Center

Jim Rotherham, financial services, Lehigh Valley Hospital Center





The Hospital Center and its Recreation Committee will sponsor the first family picnic on Saturday, June 7, from 11:30 A.M. until dark at Camp Olympic. The cost of tickets is \$3.00 for adults and \$1.00 for children 12 and under. The price includes lunch and/or dinner. Activities such as swimming, fishing, golfing, tennis, volleyball and softball are just a few of the events planned for the day.

Camp Olympic is located two miles south of the Hospital Center on Cedar Crest Boulevard. Picnic tickets are available in personnel and must be purchased prior to May 30.

Recreation Committee News continued from page 5

- \* Andretti/Hanna Car Wash 10% discount on all services. Tickets must be purchased from LESRA prior to visit.
- Vernon Valley Great Gorge Contact LESRA for details.
- \* Sparks Tune-Up Save \$30.00, \$5.00 off each two tune-ups and four oil changes. Contact LESRA for card.
- \* Condo living at Myrtle Beach, South Carolina - 10% discount if you stay for six or more nights. Contact LESRA for details.
- \* Ice Palace, Allentown 50¢ discount. Contact LESRA.

- \* Sea World, Florida 15% discount on admission to park and 30% on hotels in Orlando area. Contact LESRA for discount card.
- \* Circus World's Ringmaster Club Card -15% discount card available from LESRA.

### **Other Discounts**

\* Jack McCormack & Company, Inc. call 1-800-247-1166 for savings information for Buck Hill, Penn Hills, Mt. Airy Lodge, Strickland's Penn Estates, and the Sands Hotel and Casino.

## CONSTRUCTION AND RENOVATIONS

Over the past few months, many changes have taken place at the Hospital Center -both inside and out. To keep you abreast of what's been happening, following is the status of current construction and renovation projects.

#### External

- \* Construction of a new cooling tower should be completed in early May.
- \* Construction of a building addition to the new power plant, which began April 10, is expected to be completed by August 1. Upon completion, the maintenance shops and the engineering department will relocate from the General Services Building to the new power plant.
- \* To provide better access to the General Services Building loading dock, renovations are currently underway to relocate two of the doors.
- \* Measures were recently taken to alleviate the crowded parking situation on the hospital's campus. Additional spaces are expected to be ready for use sometime this summer.
- \* The widening of the main access road will begin soon after May Daze, with completion by mid-summer.

#### Internal

- \* Renovations are underway in the old personnel suite to provide new conference and meeting space.
- \* Renovations to the lower level of the shock/trauma unit are near completion. This area, which will house the heart station, the EEG lab, pulmonary function, and nuclear cardiology, will be ready for occupancy by early May.
- Outpatient registration will relocate from the second floor to the first floor off the main lobby around June 1.

- \* Renovations to the emergency department will begin around June 1 to include the expansion of the waiting area, first aid area, and the nurses' station. Renovations are expected to be completed by this fall.
- \* The installation of the second CT scanner in radiology was recently completed.
- \* Construction of the third cardiac catheterization laboratory is currently in progress and is expected to be completed sometime in June.
- \* The relocation of the short stay unit (currently known as the day of procedure admission unit) from the first floor to 3C was completed in early April. The unit is composed of 22 medical/surgical beds, eight monitored beds, and a staging area for day of procedure patients. With the move of the short stay unit to 3C, all nursing unit renovations have been completed. Other units which relocated within the past few months include 6B to 7B, 6A to 6B, and 3C to 6A.



Three members of the Hospital Center's family, all of whom were instrumental in developing the Eastern Pennsylvania Emergency Medical Services Council, celebrated the 10th Anniversary of the original Council incorporators during a banquet a few months ago. Pictured above (left to right) are George E. Moerkirk, M.D., medical director, flight operations; Donald H. Gaylor, M.D., chairman, department of surgery; Ellwyn D. Spiker, president; and Richard C. Seeds, vice president, Eastern Pennsylvania Emergency Medical Services Council. Only a few more days until May Daze gets underway. This year, May Daze will begin on Friday, May 16, from 4:00-10:00 P.M., continue on Saturday, May 17, from 10:00 A.M.-10:00 P.M., and on Sunday, May 18, from 11:00 A.M.-6:00 P.M., rain or shine.

May Daze

Many interesting and exciting activities have been planned for this year's festival. On Friday, A.J. the Clown and the Happy Boombadears will make an appearance. Some of the special events for Saturday include a demonstration by Lehigh Valley Tae Kwon Do and a Jan Nagy Modeling Show. On Sunday, guest appearances will be made by Mayor Daddona, Jim Honochick, and Miss Lehigh Valley. The Allentown Aerialettes and the Saucon Squares are also scheduled to perform.

Other fun activities include amusement and pony rides, a dunking booth sponsored by the physical therapy department, the popular wine booth sponsored by the Recreation Committee, and Bingo.

Food, food, and more food will be available to satisfy everyone's tastebuds. In addition to all of the food stands, the annual May Daze dinner will be served all three days -- Friday, May 16, 4:30-7:30 P.M., Saturday, May 17, 4:00-7:30 P.M., and Sunday, May 18, 12:00 Noon-3:00 P.M.



The menu includes:

Bar-b-qued Ribs or Bar-b-qued Chicken Lionaise Potatoes Herbed Green Beans Coleslaw or Applesauce Strawberry Tarts Coffee - Hot Tea - Iced Tea

The price of the tickets are \$5.75 for adults and \$3.50 for children. Discounted advance sale tickets (50¢ savings) are available in the Tree Top Shop until May 15. Regular priced tickets will also be available at the dining tent at May Daze. Come out and join the fun!

\* \* \* \* \* \* \* \* \* \*

Reminder -- to help make this year's May Daze happy and safe for everyone, no pets are allowed on the grounds.

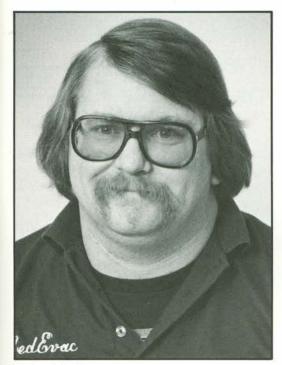
### HEALTHCOUNTS RAFFLE WINNERS SELECTED

On April 1, two raffles were held at the Hospital Center -- one for those who had not smoked at least six weeks prior to April 1, and the other for those who were within 10% of their ideal body weight.

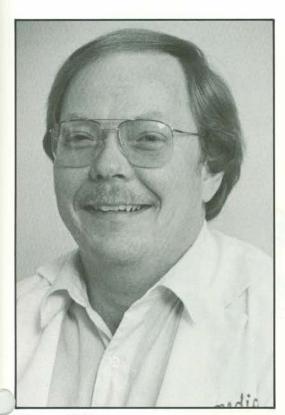
The smoke-free lottery first prize winners of \$500 U.S. Savings Bonds are Roberta Bokrosh, pharmacy; Mary Ann Bowers, L.P.N., emergency department; Ruth David, pre-admission testing; Joyce Herbert, L.P.N., 7C; and Susanne Scholz, R.N., 4A. In addition, 40 \$100 U.S. Savings Bonds and 80 \$50 U.S. Savings Bonds were also awarded in the smoke-free lottery.

The first prize winners of \$200 U.S. Savings Bonds in the ideal body weight lottery include Tracy Arnold, radiology; Diane Bartkowski, radiology; Melody Hilbert, mailroom; Barbara Koval, business office; Rose Krajcir, business office; and Linda Roncolato, L.P.N., 4C. Additionally, 30 \$100 U.S. Savings Bonds and 40 \$50 U.S. Savings Bonds were awarded in the ideal body weight lottery. Congratulations!

## HEALTHCOUNTS SUCCESS STORIES



**Robert Ande** 



Last October, the HealthEast Hospitals launched a major program to help all of us adopt and maintain healthier lifestyles. The program is known as HealthCounts. Since then, with the support of friends and through programs offered by the Wellness Center, many of you have adopted healthier lifestyles. Many of you have decreased your cholesterol levels, lost weight or quit smoking.

For two Hospital Center employees, the HealthCounts program made a big difference in their lives. Because of the program, Robert Ande, communications technician, and Thomas Fichter, biomedical engineering technician, are both living healthier lives. Both of them have quit smoking.

For Bob Ande, it was a lot easier to quit smoking than he thought it would be.

He started the two-pack-a-day habit in high school because all his friends smoked. However, this past November, with the help of HealthCounts, Mr. Ande ended his 16-year-old habit.

Although his children's pediatrician warned him against smoking around his kids, and his wife had asked him to quit for years, he resisted. However, the HealthCounts program offered him the incentive to break his habit.

"The first two weeks were the hardest, but after that it was easy," he said. "I recently found an open and crumpled pack of cigarettes in a suit coat and just threw them away. And it was almost a whole pack."

Although Mr. Ande sometimes feels an urge to smoke when he goes hunting or fishing, he has found a solution. He just chews a piece of gum.

Tom Fichter kept telling himself to quit smoking, but he didn't. When the Hospital Center began offering special programs, including monetary incentives designed to help employees kick the habit, he decided it was time to try. With the help of a hypnotist, he quit smoking in October.

"I kept telling myself I was going to quit, but the incentive pushed me over the edge. It was finally the incentive that made me quit," said Mr. Fichter.

He started smoking when he was in the service because everyone else smoked, and his habit peaked at almost a pack a day. However, he was surprised at how easy it was to quit. "I had a few cigarettes in the pack and after the hypnosis session, I just threw them away," he said.

Mr. Fichter, whose interests include bowling and photography, said he feels better now that he has stopped smoking. "I don't feel out of breath when I climb stairs," he said. Mr. Fichter feels that giving up cigarettes has changed his life for the better.

**Thomas Fichter** 



### THE HOSPITAL CENTER WELCOMES

To Comprehensive Community Cancer Center Mary Jo Marks

- To Engineering Daniel Anderson
- To Heart Station Deborah Kost June Miller Diane Semmel
- To Housekeeping Kathleen Cebrosky Walter Dabulis Wade Huber Rosemarie Lukitsch Judy Wimmer

- To Laboratory Joyce Chapin Carla Jackson
- To MedEvac Barry Mitchneck
- To Medical Records Jeanne Kienzlen Anne Marie Pflugler
- To Nursing Services Patricia Brunetti Cecilia Bucko Cynthia Cerulli Deborah Considine Nora Cullimore Donna Eble Marina Flecksteiner Kathleen Fritch Debra Haas

Beverly Heuer Wanda Knipp Eileen Kulp Pamela Leiby Elaine Martinko Peggy Murphy Deborah Nicholas Joanne Van Sloun Cathy Yeager

- To Pharmacy Faith Bieber Anne Stepansky
- To Respiratory Therapy Lori Buss
- To Secretarial Pool Patricia Gewartowski Sandra Trach Teresa Ziebarth



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