

Check

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Exemplary Employees Merit Recognition

Sometimes, a simple compliment will suffice for a job well done. But, in certain circumstances, a balloon bouquet may be a more fitting and meaningful expression of appreciation.

Throughout the Lehigh Valley Health Network (LVHN), employees are being recognized and rewarded in traditional and unconventional ways for their efforts to enhance patient care, increase patient satisfaction or improve the environment in which they work.

The criteria for commending employees was developed, in accordance with LVHN's mission and value statements, by the Reward and Recognition Committee.

Chaired by Sue Reinke, Administrator, Human Resources, the committee consists of 15 employees representing 11 units and departments.

In addition to the commendation process, the committee developed performance forms, note cards and tablets for recognition of employees by their supervisors, co-workers or peers.

"The reward and recognition process is an ongoing one that we plan to refine over time," says Reinke of the committee's efforts not only to recognize but promote employee initiatives and achievements.

As a result of those efforts, funding is now available for departments network-wide to provide tokens of appreciation—from movie passes to entertainment books—to exemplary employees.

The committee initially secured funding for rewards in the form of tickets to Philadelphia '76ers games.

The first recipients of the tickets were Shelley Mesics, Nephrology, and Elaine Teno, Pediatrics, who submitted the winning entry in a contest to name the reward and recognition process. Coincidentally, both Mesics and Teno submitted the same acronym—STAR (for Strive To Achieve Recognition) which was selected from 40 entries.

From November through February, an additional 35 employees have received two tickets apiece to the '76ers games.

The recipients were recognized for their:

- Professional and compassionate approach to patient care
- Coordination and support of departmental changes
- Willingness to assist co-workers by covering their shift
- Leadership in completing assignments
- Willingness to assume additional responsibilities and
- Consistent and capable job performance

Among them are: Victor Rosa and Wayne Solt, Food Services; Jose Ortiz, Escort Department; Shelly Wagaman, Information Services; Julie Brunner and Ginny McDonald, General Services; Kerry Knauss and Cindy Brunner, Radiology; Jim Gates and Ken Clay, Respiratory; Darla Stephens and

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Conference Captures Spirit Of Women

The changing roles and responsibilities of women with families, careers or a combination of both were illustrated, evaluated and celebrated during *Spirit of Women 1995*, a community project that took the form of a conference on March 23 and 24 at the Holiday Inn Conference Center, Bethlehem.

Organized by Lehigh Valley Hospital with the input and support of area businesses and organizations, *Spirit of Women 1995* attracted an audience of more than 500 women of all ages, cultures and backgrounds, including the recipients of scholarships provided by community sponsors. Joining the hospital as a major sponsor of the event was The Bon-Ton while Carol Landis Chevrolet Geo of Hellertown served as principal sponsor.

Spirit of Women was designed to address issues relevant to women's lives, according to Dorothy Gulbenkian Blaney, president of Cedar Crest College and honorary chairperson of the event. "It provided an ideal opportunity for women to gain new insights and share personal and professional experiences with their peers," she said.



Liz Curtis Higgs lit up the room and brought down the house with her pointed observations about the changing roles of women.

Highlights of the conference included presentations and workshops by national and local experts on women's issues and the presentation of awards to local women for their achievements in the areas of family, health and work.

The recipients of the first-ever *Spirit of Women Awards*, presented by The Bon-Ton in conjunction with Lehigh Valley Hospital, are: Susan Ruggles of Easton, JoAnn Spencer, PhD of Allentown and Jane Trotter of Bethlehem. (Profiles of each award recipient appear in an accompanying article.)



Maria Hinojosa advocated mutual respect to overcome gender differences and also to achieve ethnic and racial harmony.

The *Spirit of Women* Steering Committee also presented a special award to Ardath Rodale, chairman of the board and CEO of Rodale Press, Inc., in recognition of her exemplary community leadership in the areas of family, health and work.

Emceed by Janine Fiesta, Esq., Legal Services, the conference commenced with the awards presentation and continued with a keynote address by Bernadine Healy, MD, a cardiologist who has championed women's health throughout her career. Dr. Healy was introduced by Elliot J. Sussman, MD, as a "modern-day pioneer whose efforts have inspired more conferences, more publications and more research dedicated to women's health."

In her address, Dr. Healy said that advancing women's health is like a contemporary suffrage movement and emphasized the importance of including more women in medical research trials, clinical studies that have traditionally been exclusive to men. (Highlights of her address appear in an accompanying article.)

The second day of the conference included keynote addresses by:

- Maria Hinojosa, an award-winning journalist, news correspondent for National Public Radio and author of *Crews*, a new book about gang life in New York City.
- Patricia Russell-McCloud, president of a motivational speaking and professional training association *and* an attorney who is certified to practice before the U.S. Supreme Court; and
- Liz Curtis Higgs, a veteran radio personality in Pennsylvania, Maryland, Indiana, Michigan and Kentucky and professional speaker who endorses humor as a key to survival.

Hinojosa elaborated on her commitment to providing a forum for those whose voices are rarely heard in social and political circles. She also urged the audience to begin "building bridges" in a country that continues to be divided along racial and ethnic lines.

Russell-McCloud, an advocate of personal empowerment and development, stressed that women today must seize every opportunity to assert themselves in ways that demonstrate their knowledge and ability.



It would take something extraordinary to bring together 500 women of all ages, backgrounds and cultures, and Spirit of Women 1995 proved to be just that. In addition to keynote addresses by nationally recognized speakers, the conference featured workshops presented by local experts on family, employment and health issues including Lehigh Valley Hospital's own William Miller, MD, MA, Department of Family Practice (pictured); Elisabeth Crago, RN, MSN, nurse researcher; and Vincent Lucente, MD, Chief, Gynecology and Urogynecology.

While crediting women for their involvement in issues ranging from family and community to the economy and education, she also cautioned women not to neglect themselves.

Curtis Higgs left the audience in stitches, along with plenty of food for thought, with her talk on maintaining a saner schedule while juggling multiple responsibilities. She also offered an amusing take on body image in a workshop entitled "One Size Fits All... and Other Fables."

Women attending the conference had the opportunity to participate in any two of ten workshops presented by local experts on women's issues. The workshops covered topics ranging from gender gaps in communication to financial fitness.

The conference, which generated an overwhelmingly positive audience response, was coordinated by a steering committee including Dr. Blaney, Cyndi Blaschak, Dr. Mirdula Choudhuri, Patty Lynch Stinner and Kathy Tyson, Cedar Crest College; Nancy Hanahue Yarrish, Executive Technology Associates, Inc.; Ellen Daday, First Valley Bank; Pat Fleming, Integrity Personnel; Sharon Brown, Lehigh University; Fran Derhammer, Gloria Hamm, Maria Kammetler, Kerri Puskar and Marie Shaw, Lehigh Valley Hospital; Kittie Berkheimer, Lehigh Valley Hospital Auxiliaries; Cynthia Sherly, Luther Crest; Dr. Ethel Drayton-Craig, Muhlenberg College; Suzanne Stianche, Nations-Credit; Dian Nolan, New Bethany Ministries; Lisa Somers, PaineWebber and EWC - The Allentown-Lehigh County Chamber of Commerce; Jo-Ann Kelly, Rodale Press; and Kathryn Fenstermacher, Margery Gotshall, Judy Kuhnsman, Robin Laudenslager and Nancy Orr, WomanCare Advisory and Community Members.

Pioneer Offers Perspective On Women's Health

As a pioneer in women's health, Bernadine Healy, MD, provided the perfect introduction to *Spirit of Women 1995*.

"The health of women is critical to the health of our country," she said in her keynote address on the opening day of the conference. It is a cause she has championed throughout her career.



Keynote speaker Bernadine Healy, MD

As former president of the American Heart Association, Dr. Healy initiated a Women and Minorities Leadership Task Force and a women and heart disease program which gained nationwide support. During her tenure as director of the National Institutes of Health (NIH), she launched the Women's Health Initiative, a \$625 million effort to study the causes, prevention and cures of diseases affecting women. She continues to advocate women's health as a senior policy advisor for the Cleveland Clinic Foundation in Ohio and as author of "A New Prescription for Women's Health" which will be published in September.

Healy prefaced her remarks by commending everyone involved with *Spirit of Women* for creating a community project that addresses issues important to women. In her address, she focused on the impact of economic and educational opportunities on women as well as health care issues affecting women that require more attention.

Noting that 1995 marked the 75th anniversary of the women's Suffrage Movement,

whereby women gained not only the right to vote but the right to have a political voice, Healy said that there have been two other "suffrage movements" during the 20th century.

The second occurred during the '60s and '70s when women struggled for equality and "had to pay a price to achieve it," she said. "The movement polarized women," pitting stay-at-home moms against those who pursued careers. Healy noted that there was also a significant increase in smoking among women during this period, and that lung cancer now claims the lives of more women than breast cancer.

According to Healy, the third suffrage movement is taking place today as women confront quality of life issues regarding home, work and health that cross ethnic groups.

Citing gaps in knowledge about specific women's health issues, Healy called for more attention to nutrition, hormone replacement therapy, depression and Alzheimer's Disease. "Each of these areas will touch us somehow, either directly or indirectly," she said.

She concluded by providing women with the following advice:

- At any age, always have a vision of where you are headed.
- Recognize that achieving your vision takes work. This work is good for the soul and the spirit.
- Whatever you do, do it as a woman, without apologizing.
- Take risks. Don't be afraid to fail.
- Don't forget your values. Hold onto your moral center. Always know where you stand.
- Be a mentor to younger women and share your success with them.

Area Women Recognized At Conference

A community outreach coordinator, a professor of special education and a volunteer recruiter are the recipients of the first-ever *Spirit of Women Awards*, sponsored by Lehigh Valley Hospital and The Bon-Ton to recognize women for their achievements in the areas of family, work and health.

Nominated by their colleagues and peers, the award recipients were recognized during *Spirit of Women 1995*. Each of the honorees also received a plaque and a \$500 shopping spree at The Bon-Ton.

- **Susan Ruggles (family award)** serves as community outreach coordinator (a position she created) at Lafayette College in Easton. Under her leadership, nearly 600 students provided 12,000 hours of volunteer service last year to area families in need. Ruggles herself began volunteering at an early age and remains active in her church and community. As the parents of four children, she and her husband, Roger, already have a tight schedule but one that the couple clearly enjoys. Each day, Ruggles walks her youngest child to school and, along with her husband, regularly attends her children's school events.
- **JoAnn Spencer, PhD (work award)** began her career as an Allentown elementary school teacher where she discovered that she was most challenged by her "difficult" students. She also found that she could have a positive effect on their progress. Spencer went on to earn her doctorate in special education and eventually became a professor at Kutztown University where her interest in educating children influences her approach to training teachers. Spencer credits her mother as her greatest mentor and in tribute to her, works in the This Is Your Life Association, a service organization that has

attracted the prestigious Ebony Fashion Fair benefit to Allentown every two years. Spencer is also a longtime board member of the KidsPeace National Centers for Kids in Crisis.

- **Jane Trotter (health award)** was on an errand one day when she walked into the offices of the American Cancer Society. A few hours later, she walked out with the job of volunteer coordinator. A tireless recruiter, she has steadily built the number of volunteers in the cancer society's Lehigh Valley Unit, despite a shrinking pool of traditional candidates. Trotter has also taken on additional responsibility as president of the Lehigh Valley Unit and is active in fundraising. Under her leadership, Daffodil Days, one of the unit's major fundraisers, brought in \$67,000 last year. Trotter says that when she sees the difference the unit's activities make in the lives of cancer patients, it makes her want to go out and raise even more money. She is also quick to note that she has gained as much as she's given to the American Cancer Society.



A Channel 39 special on *Spirit of Women 1995* featured Maria Hinojosa and Patricia Russell-McCloud, (second and third from left), keynote speakers at the conference, and Stephen Klasko, MD, acting chair, Obstetrics and Gynecology, Lehigh Valley Hospital. The lively panel discussion was moderated by Pamela Varkony.

Patient Centered Care Update

(Editor's Note: Last August, an integrated hospital team began to prepare for the implementation of Patient Centered Care (PCC) at Lehigh Valley Hospital.

Beginning with this issue of CheckUp, updates about this process will appear in each edition.

The implementation of PCC will not be without its challenges. But, the end-result will be a substantial increase in patient, physician and employee satisfaction. Because employee awareness is integral to the success of this effort, please take this opportunity to learn more about PCC.)

Staff Information Sessions

More than 750 employees attended the first series of staff information sessions in February. A second series will be held during the first two weeks of May. Additional information about this next series will appear in the April 28 edition of CheckUp, and also be communicated via E-mail and posters.

Environmental Redesign

Construction is under way on 7A and 7B. 7A will be completely renovated, while changes on 7B will primarily be to the center core area. On both units, the central nurse station will be replaced with "patient servers". These servers will contain all equipment and supplies needed for eight patients in proximity to the patients who will be served.

The area directly opposite the visitor elevators is being renovated to serve as a central reception and waiting area for 7A, 7B and 7C. To minimize patient transport, a physical therapy room will be located on 7A for utilization by all patients on the seventh floor. Similarly, 7B will feature a family room, including a lounge and kitchen area, for all patients on the seventh floor.

Human Resources

Patient Care Coordinators have been selected for the five prototype medical-surgical units. Congratulations to the following individuals who will serve as coordinators:

6B: Kelly Minnich, Cathy Moser,
Holy Tavianini, Charlene Wilson

6C: Carla Donkus, Melissa Moyer,
Theresa Paisley, Nicole Reimer

7A: Leah Bradshaw, Deborah Feden,
Laurie Wimmer

7B: Dianne Chomko, Karen Juszczuk,
Donna Kulp, Donna Polaha

7C: Maryann Fye, Eileen Keeney,
Sharon Kromer, Debra Matta

All other positions on the prototype units have been posted and interviews are currently being conducted. Offers for positions will be made by April 19.

Applicants for the Patient Care Technical Partner, Patient Care Support Partner and Patient Care Administrative Partner positions are required to complete an assessment of reading, math or medical terminology skills. Applicants who do not successfully complete the assessment will be given the opportunity for education related to their individual needs and, then, may repeat the assessment.

Questions And Answers

Will licensed or registered personnel, such as LPN's or respiratory therapy technicians, who become patient care technical partners, be able to continue to perform tasks allowed by their licensure or registration?

Licensed or registered personnel will practice to the fullest extent of their licensure or registration, dependent upon state practice acts, other regulatory agency requirements and hospital policy. The title granted by virtue of an active, valid license (such as LPN) or registration can not be taken from

an individual. An LPN or other licensed or registered individual personally retains and may utilize that title. However, within the hospital, on designated units, their position description is as patient care technical partner.

Describe the education and training that will be offered to persons assuming new roles on the prototype units.

Since January, an education work group, chaired by Susan Steward, nursing education, and co-chaired by Ruth Davis, human resource development, and including representatives from patient care services and all ancillary departments, has been working to develop a detailed education plan. Based on the experience of other hospitals that have implemented PCC, Lehigh Valley Hospital will concentrate initial education on "need to know" skills. The education strategies will incorporate classroom activities, as well as demonstration and practice of technical skills in the clinical setting and learning laboratory.

After staff members have started to work on the prototype units and have become proficient in the basic, required skills, additional education related to more advanced needs will be provided. Education will be coordinated by staff members from nursing education, human resource development and ancillary departments and by clinical nurse facilitators, clinical nurse specialists, patient care coordinators, staff nurse preceptors and managers.

How soon will PCC move beyond the prototype units to the rest of the hospital?

Currently a work group composed of managers and staff members is investigating how to incorporate concepts of PCC within the critical care environment. Within the next two weeks, a time frame will be developed and communicated concerning PCC's

implementation on the remaining medical-surgical units throughout the hospital.

There are two important points to keep in mind related to this question. First, the seven dimensions of care that characterize PCC and the operational requirements should always be considered as patient care is planned and delivered. PCC is the framework for the organization's culture and will always be the driving force behind everything the hospital does, regardless of the department or whether a patient care area has been designated a prototype PCC unit. Secondly, data will be continuously collected as PCC is implemented to assess how well PCC is working. Based on this data, revisions may be made to improve or maintain an already high standard of care. Thus, what is done initially on the prototype units may change, both on those units and as PCC is implemented hospital-wide.

Other than the new staff roles on all prototype units and the environmental redesigns initially on two of the prototype units, will there be any other changes?

To be successful, PCC must entail more than environmental changes and different staff roles. A major focus of Lehigh Valley Hospital's PCC efforts is work redesign. Multiple work groups have been studying work processes related to admitting, registration, pharmacy, SPD, food services, escort and general services.

All work groups began by identifying the current tasks performed by a particular service and then asking whether that task needed to be done at all. Surprisingly, many things now done, if not done, would not affect desired outcomes. For those tasks deemed necessary, the processes have been redesigned to create more efficient and effective outcomes.

Bulletin Board

Daughters to Join Parents On-The-Job

To introduce young women to prospective careers in health care, Lehigh Valley Hospital will host "Take Our Daughters to Work Day" on Thursday, April 27.

Employees are encouraged to invite their daughters to participate in the program, but should be aware of the following guidelines established by the Professional Nurse Council in collaboration with Legal Services.

- The decision to participate rests with each individual department/patient care unit based on the following considerations: infection control issues, confidentiality, the patient's right to privacy, patient acuity, potential exposure to blood and body fluids and potential for radiation exposure.
- Each department/patient care unit is also responsible for determining details regarding this event including the hours and length of time daughters may be within the department/unit, the number of daughters who may be within the department/unit at any time and specific areas or rooms within the department/unit that are restricted.
- The program is limited to daughters at least 12 years of age or in the 6th grade. They must be under the direct supervision of a custodial parent/legal guardian.
- Both the participating daughter and the custodial parent/legal guardian who will be supervising the daughter must sign a statement of confidentiality. The statements can be obtained from the Office of Professional Development, Morgan Cancer Center, Suite 410, ext. 1704. They must be returned to this office by April 20.
- A "General Information Fact Sheet" may be obtained from the Office of Professional Development and must be reviewed by parent and daughter before April 27.

Please feel free to contact Jo Ann Gruber, ext. 1711, with any questions.

On-Line With The Health Sciences Library

During National Library Week (April 9-15), employees have been invited to learn more about using the computerized card catalog system at Lehigh Valley Hospital. That offer still stands! For a demonstration of the On-line Public Access Catalogue (OPAC), stop by the library at either site. Anyone with a Lehigh Valley Hospital identification card may also request an icon that makes it possible to use OPAC without leaving one's workstation. To do so, ask your supervisor or department head to fill out the E-mail form "I/S Request" with your name and the request for OPAC service. The form should be sent to the Information Services Department to complete the process.

Arthritis Foundation to Sponsor Program

During National Arthritis Month in May, the Arthritis Foundation is sponsoring a series of educational programs to highlight some of the positive steps that can be taken to manage this bone disorder. That will be the focus of a panel discussion on Wednesday, May 3 at 7 pm in the auditorium at CC & I-78. The panel will include Albert Adams, MD, a rheumatologist; Barry Ruht, MD, an orthopedic surgeon; Sandy Schwartz, MSN, RN; Cheryl Kunkle, OTR/L, CHT; and Mary Maroski, a woman afflicted with arthritis. For more information and to register for the program, contact the Lehigh Valley Chapter of the Arthritis Foundation at (610)776-6632 or (800)355-9040.

Trauma Awareness Week

In observance of National Trauma Awareness Week, Lehigh Valley Hospital is sponsoring a series of programs to educate adults and school children about trauma prevention and how to apply first aid when trauma injuries occur.

On Monday, May 15, Sue DeSanto, MSN, will present a program on the prevention and treatment of pediatric head injuries from 7-9 pm in the auditorium at CC & I-78.

Bulletin Board

On Tuesday, May 16 and Thursday, May 18, students from Fogelsville and Kratzer Elementary Schools will make the Trauma Prevention Connection, attending a program that will be presented by the staff of the Central Nervous System and Shock Trauma Units. On Wednesday, May 17, students from Alburtis and Roosevelt Elementary Schools will attend a Health Fair on Prevention Education in the MedEvac hanger. Booths will be staffed by the hospital's child life specialist and personnel from the Burn Center, Emergency Room and Central Nervous System, Shock Trauma and Transitional Trauma Units.

On Friday, March 19, a reception will be held from 5-8 pm for hospital staff participating in Trauma Awareness Week.

Benefits Statements Mailed

By now, all employees should have received a personalized, confidential statement of the status and value of their individual benefits from the Human Resources Department. This document is produced annually during the first calendar quarter and reflects salary and benefits as of Dec. 31, 1994. The statements were prepared for employees sched-

uled to work at least 32 hours per pay period as of that date. If you have not received your statement or have any questions concerning it, please contact Gerrienne Keiser, ext. 8839; Maryjane Zanders, ext. 1230 or Ann Fatzinger, ext. 8841.

It Serves You Right!

Sign-ups for the Summer Coed Volleyball League will continue until Friday, April 21. The season runs from early May through August with games scheduled on Monday and Wednesday evenings. A \$10 participation fee is due by the first game. To register, send your name, department and extension via interoffice or E-mail to Steve Onushco, Engineering, CC & I-78, or Brenda Rocchino, Facilities Planning, 1243 SCC.

Macy's Benefit Shopping Day

Enjoy special store-wide discounts on merchandise and be eligible for instant and special grand prizes during Macy's Benefit Shopping Day on Tuesday, April 25 from 10 am - 10 pm at Macy's Lehigh Valley. Admission tickets sell for \$5 and are available at various hospital locations or by calling Development at ext. 3031

Recognition *(from page 1)*

Deborah Search, Home Care; Carol Sorrentino, Psychiatry; Roseann Wiley, Laboratory Administration; Shirley Saeger, Laboratory; and Dr. Lawrence, Department of Surgery.

Also, Kay Krobath, Medical Records; Helen Raymond-Hoffman, Admitting; Jack Mack, Engineering; Joyce Santay, Trexlertown Medical Center; Marion Varec, OB/Gyn Department; Maryanne Falcone, Patient Representative; John Hoch, Finance; Linda Faust-Laird, Patient Accounting; Sue Toth, Materiel Management; Scott Davis, Pastoral Care; Toulia Machilis, Outpatient Registration, Morgan Cancer Center; Randy Gilbert, Cardiac Cath Lab; Janet Nieves, Medical Clinic; Robin Ruckle, Emergency Department; Diana Fraser, Department of

Medicine; Jennifer Doster, 3C; Jane Kostenbader, GICU; and Larry Kovalick and Howard Cook, Jr., Pharmacy.

Equally deserving of recognition are the employees who volunteer their time as members of the committee itself. They are: Jack Dunleavy, Human Resource Development; Maryanne Falcone and Nancy Stevens, Patient Representatives; George Guldin, Respiratory Therapy; Kim Hitchings, Professional Development; Donna Kolbush, 4A; Kathy Kowalewski, Operating Room; Hazel Kramer, Volunteer Office; Maura Kresge, PACU; Kathy Marth and Joan Sweeney, Management Suite; Jim Santanasto, Public Affairs and Carol Mutchler, Sue Reinke and Dennis Yaremchuk, Human Resources.

For more information and to register, call 402-CARE (unless otherwise indicated).

Building Confidence In Children

The world through the eyes of a child looks a lot different than it does to an adult.

Robert B. Brooks, PhD, a psychologist, professor and acclaimed author, will provide a glimpse into that world during a special presentation on Thursday, April 20 from 7-9 pm at Trexler Middle School auditorium, 15th Street, Allentown. Dr. Brooks will discuss how to recognize the differences in children from birth through growth and reinforce each child's special talents.

Dr. Brooks will also be a featured speaker at Lehigh Valley Hospital's Sixth Annual Pediatric Symposium on Thursday afternoon, April 20. He will discuss the physician's role in fostering self-esteem and resilience in children with attention deficit disorder. In addition, Dr. Brooks will present a lecture on Friday, April 21 at a Hillside School Workshop from 8:30 am - 3:30 pm at Cedar Crest College, Alumni Hall, Allentown. He will tailor his talk to parents and teachers of children with learning disabilities.

Cosmetic Surgery: Is It For You?

For women who are considering cosmetic surgery, it's important to know that, while most procedures do not pose any special risks, people with certain medical conditions need to take pre- and post-operative precautions. To learn more, register for this discussion by a panel of cosmetic surgeons who will outline the risks and benefits of various procedures including face-lifts and eyelid surgery, breast and abdominal surgery and liposuction and chemical peels. The program will be held Thursday, April 27 from 7-9 pm in the auditorium, CC & I-78.

Stand Up To Osteoporosis! Seminar

Osteoporosis affects more than 25 million Americans and progresses without any symptoms or pain. But through minor lifestyle changes, including a healthier diet and regular, weight-bearing exercise, women and men can dramatically reduce their chances of developing this crippling

condition. This two-part program will be held Tuesday, May 2 and 9 from 7-8:30 pm in the 1243 building. The program fee is \$15.

Demystifying Chronic Fatigue Syndrome

For people with Chronic Fatigue Syndrome (CFS), this debilitating condition can affect, often abruptly, every aspect of their lives and leave them unable to function at almost any level. This program is designed to take the mystery out of CFS and to outline strategies for coping with this condition. Rational, pharmacologic, therapeutic and rehabilitative approaches to treating CFS will be presented by a panel of specialists in neurology, psychiatry, physiatry and marriage and family therapy. The program will be held Sunday, May 7 from 1-4:30 pm in the auditorium, CC & I-78.

Improving the Odds Against Common Cancers

"Common Cancers: Improving the Odds," a seminar sponsored by the John and Dorothy Morgan Cancer Center and Lehigh Valley Chapter 415 of Vietnam Veterans of America (VVA), will be held Saturday, April 29 from 8:30 am - 1:45 pm in Classrooms 1, 2 and 3 of the Anderson Wing, CC & I-78.

The first in a series of special educational programs for Vietnam veterans and the general public, the seminar will include an overview of cancer and discussions about prostate cancer, breast cancer and lymphoma.

According to Nancy Eckert, RN, Neuroscience Research and a Vietnam veteran who serves as Chapter 415 Agent Orange liaison, the combination of exposure to dioxin (Agent Orange), lifestyle choices and the genetic predisposition of many Vietnam veterans has a tremendous impact on their health, making such educational programs invaluable.

To register, please call the Morgan Cancer Center at 402- 0500. The fee is \$5 for members of Chapter 415 and their spouses/significant others and \$20 for other registrants. The fee includes lunch, refreshments and handout materials.

Education

Men's Health Care Series

Men And Primary Care

When it comes to health, most men put off going to the doctor until they are sidelined by injury or disease. This lecture will illustrate how lifestyle changes, periodic health screenings, and self-care can contribute to a man's peace of mind (and body.) For men who want to know more about primary care and their choices as health consumers, this program can provide a perfect introduction. The lecture will be presented by Sam Bub, MD, on Tuesday, April 25 from 7-8:30 pm in the auditorium, CC & I-78.

Building A Better Body

This lecture is geared toward men who want to steer their eating and exercise habits in a healthier direction. It is also an opportunity

to learn more about anti-oxidants and vitamin supplements and whether they actually slow the aging process and improve overall health. Herbert L. Hyman, MD, will present this lecture on Tuesday, May 2 from 7-8:30 pm in the auditorium, CC & I-78.

An Update On Prostate Cancer

Men of all ages are encouraged to attend this lecture to learn more about prostate cancer including periodic prostate screening and advances in surgery and drug therapy. John Jaffe, MD, will present the lecture on Thursday, May 11 from 7-8:30 pm in the auditorium, CC & I-78.

To register for the men's health courses or the entire series, please call 402-CARE.

HR Development Information

Hospital Orientation

The next hospital orientation will begin at 8 am at CC&I-78 on April 17. An optional tour of both sites will be held on Wednesday, April 19 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 Wednesday, May 3 from 9 am to noon in Room 900, School of Nursing (17th & Chew). Part II will be held Wednesday, May 10 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, April 26 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.

- *Sixth Annual Pediatric Symposium: Attention Deficit Disorder* will be held Thursday, April 20. Topics will include: "Attention Deficit Disorder: Biochemical Basis and Medical Treatment," "Fostering Self-Esteem and Resilience for Children with ADD" and "Effective Communication Between Physicians and Teachers."
- *The Fifteenth Annual Update in Cardiology* will be held on Thursday, May 4. Topics will include: "The Endothelium in Coronary Artery Disease," "New and Old Anti-Thrombotic and Anti-Platelet Agents in Coronary Syndromes," "Clinical Application of Cardiac Transplantation" and "Heart Transplants in an Era of Cost-Containment: Ethical and Economic Implications."

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

Walk America for Healthier Babies

Sunday, April 30, 1995
Our Goal: 100 walkers

HELP RAISE MONEY ... to prevent birth defects by participating or sponsoring a walker in the March of Dimes annual walkathon.

JOIN OUR HOSPITAL TEAM ... and receive a free fanny pack to wear on the walk.

WALK WITH US ... through the beautiful Lehigh Parkway, Union Terrace and Cedar Beach.

TOGETHER ... we'll walk seven miles to raise monies that are invested right here in the Lehigh Valley!

PUT YOUR BEST FOOT FORWARD ...
CALL GAIL PITSKO, PUBLIC AFFAIRS, EXT. 3001
TO REGISTER TODAY.

LEHIGH VALLEY
HOSPITAL

