

Update

Vol. 4, No. 13

June 29, 1981



Going in too many directions? You could have "Burn-Out." The Wellness Center can help you cope. See page 5.



**The Center
Welcomes**

Residents graduate

The sixth annual housestaff recognition dinner honoring graduating residents in the Allentown Affiliated Hospitals residency programs, was held on June 12, at the Holiday Inn East, Bethlehem.

Honored at this year's dinner was Dominic A. Donio, M.D., who was named-Alumnus of the Year. Dr. Donio interned at Sacred Heart Hospital in 1934, and was then Chief Resident. He was Director of the Department of Physical Medicine and Rehabilitation at Sacred Heart Hospital until 1980.

Also honored were "Teachers of the Year," chosen by residents from each of the programs for outstanding contributions to the educational programs:

Obstetrics/Gynecology: Gregory J. Radio, M.D.

Internal Medicine: Paul R. Bosanac, M.D.

Family Practice: Alan W. Johnson, M.D.

Pediatrics: Charles F. Kelley, M.D.

Surgery: Takeo Yamoshita, M.D.

Dentistry, The Allentown Hospital: Peter T. Davis, D.D.S.

Dentistry, Sacred Heart Hospital: Timothy J. Brendel, D.M.D.

Pathology: Joseph P. Horstmann, M.D.

Radiology: Alan J. Weinstein, D.O.

A special presentation was given in honor of Marshall D. Chefetz, M.D., of The Allentown Hospital Department of Obstetrics/Gynecology, who recently passed away.

Receiving certificates for completion of their residency program were:

Flexible Residents: Thomas Baly, M.D.; Donald Butler, M.D.; Joyce Petrini, M.D.; and Everett Siegel, M.D.

Internal Medicine: Karen Bretz, M.D.; Jose Garcia, M.D.; Paul Gulley, M.D.; Bruce Hall, M.D.; John Horvatt, M.D.; David Laskin, M.D.; Nat Levinson, M.D.; and Joseph Pascuzzo, D.O.

Fellows in Internal Medicine and Chief Medical Residents: Harry Berger, M.D. and Harry Matelski, M.D.

Family Practice: Frank Cole, M.D.; James Flanagan, M.D.; Ursula Hoffmann, M.D.; Richard Logar, M.D.; and Thomas Pierzchalo, M.D.

Pathology: Christine Kurello, D.O. and Michael Sutula, M.D.

Radiology: Ann Marie Sledy, M.D. and Dennis Splain, M.D.

Obstetrics/Gynecology: Claire Bernardin, M.D. and Shelogh Talbot, M.D.

General Surgery: Anthony Brutico, M.D.; Yale Kadesky, M.D.; Henry Kurusz, M.D.; Michael Najarian, D.O.; Robert Riether, M.D.; and Daniel Siedl M.D.

Chief Surgical Residents: Yale Kadesky, M.D. and Robert Riether, M.D.

Colon/Rectal Surgery: Vinod Bopaiah, M.D. and Chun-Nan Chen, M.D.

Plastic Surgery: Marvin Shienbaum, M.D.

Fellow in Vascular Surgery: Gerardo Ortega, M.D.

Dentistry, The Allentown Hospital: Paul Schwarzbach, D.D.S.

Dentistry, Sacred Heart Hospital: William Kozuch, D.D.S. and Wistar Paist, D.M.D.

Chairman for the event was Dean F. Dimick, M.D., Chairman of the Combined-Education Committee and of the Department of Medicine at the Hospital Center and The Allentown Hospital. Forrest G. Moyer, M.D., active emeritus staff member in Pediatrics, was Master of Ceremonies.

**To the East/Northeast Office
of the Burn Foundation
of Greater Delaware Valley**
Viola Bolen

To Medical Records
Sally Brazenec

To Nursing Services
Susan Conover
Suzanne Groham
Tim Hunsberger
Marita Ripple
Judith Ronalder
Nancy Stevenson

To Security
Elario Dalmas

Remember, It's PCCU, not 3B!

On June 23, 3B officially became the Progressive Coronary Care Unit (PCCU). On that date, the computer system also began using PCC to identify the unit. These initials will be used on all reference to the unit, particularly on the nursing census.

Originally, 3B had been a general Medical/Surgical unit, but in the last year, its status has changed to provide progressive coronary care, and now has 20 beds, with telemetric monitoring, for this purpose.



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



Kay Knauss, B.S.N., Head Nurse, 5A, has recently been appointed Staffing Coordinator in Nursing Services. Kay has been at the Center since August, 1977, and is a graduate of Trenton (NJ) State College.

Jean Oswald, B.S.N., is the new Medical/Surgical Unit Instructor for Nursing Services. Jean is a graduate of The University of Pittsburgh with a B.A., and has a B.S.N. from Cedar Crest College. Prior to her appointment here, she was a unit instructor at Allentown Osteopathic Hospital.

Jewel Alpaugh, Admitting Services Manager, recently spoke to the Quota Club of Allentown, a service organization for professional women, on aspects of hospital patient admitting policies, procedures, and techniques.

Theodore H. Gaylor, M.D., staff otolaryngologist, has recently been appointed a Diplomate of the American Board of Otolaryngology. Dr. Gaylor is a graduate of Brussels University, Belgium, where he received his degree in medicine, and completed a residency in otorhinolaryngology and facial plastic surgery at the University of Connecticut Health Center.

Walter J. Okunski, M.D., Director of the Burn Center, has been appointed to the Inter-Professional Relations Committee of the American Society of Plastic and Reconstructive Surgery, a 2,000 member national organization. As a committee member, Dr. Okunski will oversee the relationship between plastic surgery and other medical specialties.

Dr. Okunski also recently completed a term as President of the Robert H. Ivy Society of the Pennsylvania Society of Plastic and Reconstructive Surgery.

Indru T. Khubchandani, M.D., **John J. Stasik, Jr., M.D.**, and **Alexander Nedwich, M.D.**, were recent recipients of an award honoring them for an original unpublished scientific essay on the detection of early cancer in patients who underwent surgery for colitis.

The award was presented at the 80th Annual Meeting of The American Society of Colon and Rectal Surgeons at Colorado Springs, Colorado, in early June.

The study, which determines that an ileostomy can be prevented with frequent biopsy examination of the rectum, was conducted by a grant from the Dorothy Rider Pool Health Care Trust. Statistical analysis was performed by the Biostatistics Department of the University of Pennsylvania.

Dr. Khubchandani was also recently elected Director General of the International Society of University Colon and Rectal Surgeons.

Nurses graduate

Recent nursing graduates include:

Claire Ann Potter, R.N., Administrative Assistant for Special Projects, Nursing Service, recently graduating from Kutztown State College with a Bachelor of Science degree in Nursing (B.S.N.). Claire also holds an Associates in Arts Degree from Santa Rosa (California) Junior College.

Marian Lynn, R.N., 6B, recently graduated from Cedar Crest College with a B.S.N. Marian is a graduate of the Sacred Heart Hospital School of Nursing.

Deborah McAllister Brown, R.N., Patient Education Coordinator, is also a recent graduate of Cedar Crest College, with a B.S.N. Deborah received her nursing diploma from Reading Hospital and Medical Center.

Jane Dilliard, L.P.N., 6A, recently received the Associate Degree of Nursing Academic Achievement Award from the Northampton County Area Community College. Jane's award, presented at the Annual Awards Convocation on May 14, is for maintaining the highest grade point average in the nursing class.

A note of thanks...

"I wish to thank everyone for the cards, flowers and visits during my recent illness.

A special thanks to the staff on 5C for their excellent professional care and understanding.

A sincere and heart-felt thank you to the entire E.R. staff for their concern and TLC when I needed it most."

Bernadine Creamer, RN
Head Nurse, Emergency Room

In memory of Margaret M. Shugart, R.N. 1917-1981

It is the sense of mystery

that gives to life

its majesty —

for it comes — it goes —

It is the song of the bird upon the branch —

It is the silence when the song is gone...

auxiliary NOTES

New officers for the 494-member A&SHHC Auxiliary were elected earlier this month at the Auxiliary's Annual Meeting held at Lehigh Country Club. The new president is Petey Shoemaker. Elected with her were, First Vice President, Nancy Ruddell, and Corresponding Secretary, Diana Gottshall.

Continuing as officers (elected last June) are: Second Vice President, Carol Closson; Recording Secretary, Marlene Long; and Treasurer, Norma Scanlon.

Also elected to the position of Board Member at Large, in charge of Programs, was Eleanor Fogle.

Announced at the meeting was the Auxiliary's next project to benefit the Hospital—the purchase of a \$108,000 gamma camera, for Nuclear Cardiology.

The camera records the tracings of a radioactive isotope injected into the patient. It can determine the effectiveness of the heart function, and further evaluate the need for surgery or cardiac catheterization. According to Petey Shoemaker, monies for this project will come from the Annual Christmas Bazaar, the Tree Top Shop profits and, of course, May Daze. Did you know?—since the opening of the Hospital Center, the Auxiliary has donated \$427,404.50 to A&SHHC, including their recent \$200,000 donation for the BurnCenter Renovation Project!

Auxiliary Standing Committee Chairman, Individuals in charge of the auxiliary committee's are: Finance, Donna Pidcock; Fund Raising, Nancy Ruddell; Membership, Betty Maier and assistant June Hoffman; Parliamentarian, Helen Hallock; Volunteer Service, Nancy Farrell and assistant, B.J. Petersen; Tree Top Shop, Jane Martindell; Health Education, Carol Jaffee; Legislation, Janice Fischer.

CPR Courses

Cardiopulmonary resuscitation courses for non-nursing personnel will be conducted in three sessions, all in Classroom I.

Course I — July 7, 8, 9 —
3:30 p.m.-5:00 p.m.

Course II — July 21, 22, 23 —
10:00 a.m.-11:30 a.m.

Course III — August 4, 5, 6 —
1:00 p.m.-2:30 p.m.

Recertification sessions for CPR will be held in Classroom I on: Friday, July 10, 1:00 p.m.-3:00 p.m.; Thursday, July 14, 10:00 a.m.-12:00 noon; Monday, July 20, 3:00 p.m.-5:00 p.m.; Monday, August 3, 8:00 a.m.-10:00 a.m.; Wednesday, August 12, 10:00 a.m.-12:00 noon.

To register for CPR or recertification, contact Educational Development, 2026.

Floor, Please?

Due to complaints and concerns by employees and visitors, a study on the utilization of the Hospital Center's elevators will be conducted between July 6 through July 12, 7:00 a.m.-8:00 p.m. daily.

Personnel doing the study will be stationed on the first and second floors in the main and service elevator lobbies.



Elected to two year terms in the Auxiliary were Petey Shoemaker, President (standing), Diana Gottshall, Corresponding Secretary (left) and Nancy Ruddell, first Vice President.



THE WELLNESS CENTER

by Judy Stavisky, Wellness Editor

Burn-out: learn to cope!

According to a well-known clinical psychologist, health workers may have the highest rate of emotional burn-out of any profession.

"Burn-Out" is usually characterized by emotional exhaustion, negative attitudes towards patients, a quickness to anger over the slightest irritation, and a feeling that the more work you try to do, the less you actually get done.

Victims of burn out often find themselves with chronic physical fatigue. They have difficulty sleeping and arise in the morning more tired than refreshed. Persistent colds, stomach and headaches as well as back problems are common symptoms.

What can you do about burn out? Recognizing the symptoms is the first step to recovery. If people have been remarking how tired you look and how grumpy you've been lately, perhaps it's time to talk to a colleague about job stresses. Holding your feelings in will only compound your sense of frustration.

Try changing your routine. Take a walk during lunch. Consider a "space-out" period between home and work. Replenish your depleted self by concentrating on a new angle of your work. Finding new interests in your life, like becoming a Big Brother or Big Sister, taking up a new sport or visiting the local library might begin to nudge you out of your alienated and tired condition.

Exercise courses at the Wellness Center may also be just what you need to get you hooked on a more positive lifestyle pattern. We have exercise classes daily and will be offering a mini course on burn-out on July 21, July 28 and August 4 from 6:30 to 8:00 p.m.

See you there!

Wellness Center Hours

Monday through Friday
7:30 AM to 9:00 PM

Open to all A&SHHC
Employees, Volunteers,
Auxilians, Medical Staff

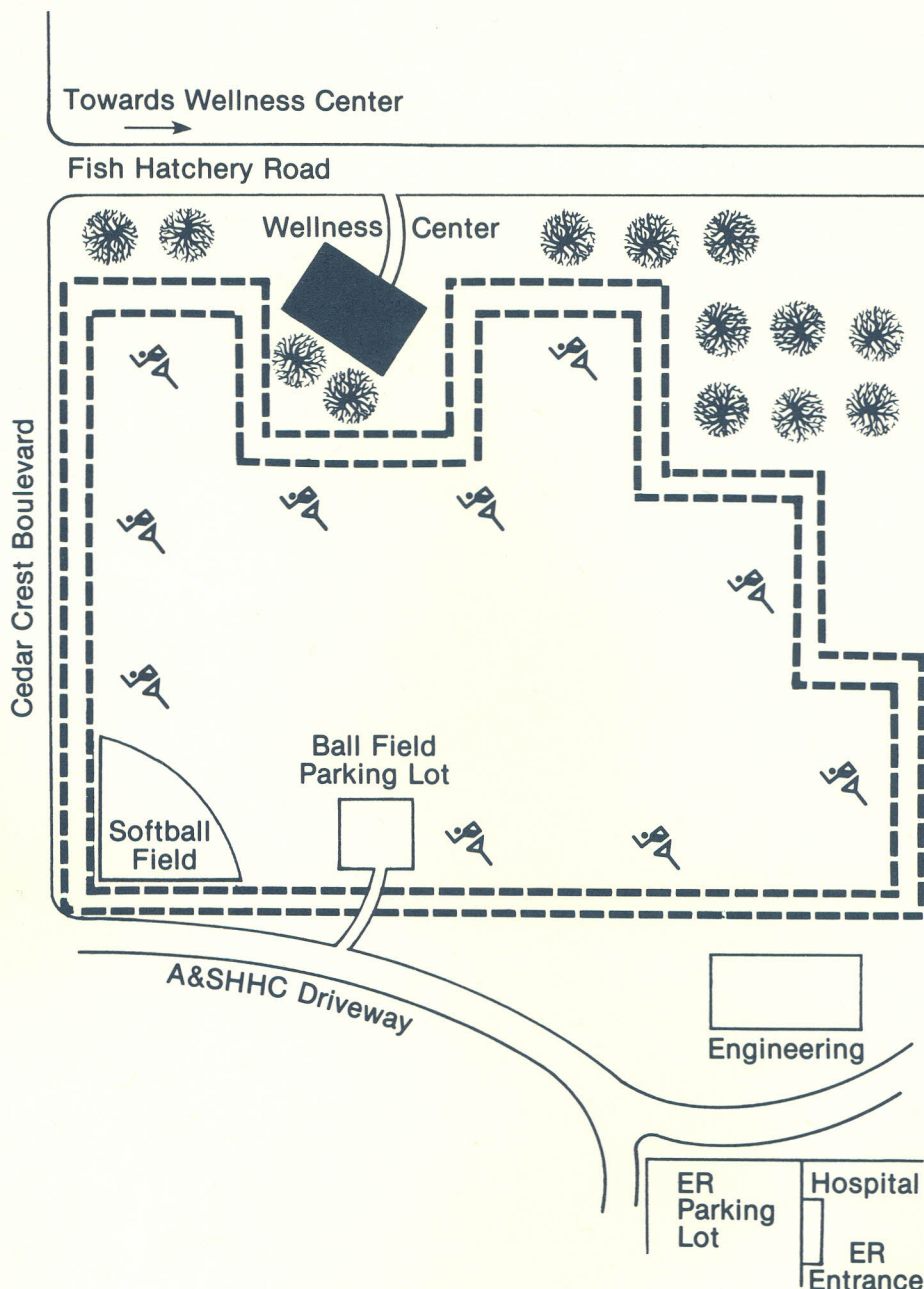
Comparison Group
Participants get
one year FREE
membership!

Wellness Center Jogging Path

Come on over and try out our 1.2 mile course!

Towards
Fish
Hatchery
←

Towards Wellness Center
→



You don't have to be sick to get better!

If you've got the blahs, we've got 16 exercise classes to offer relief. Time's a wasting if you'd like to get into shape for the summer. Individual membership costs \$15.00, which entitles you to use the gym, jogging path, lockers and shower facilities. It's only \$25.00 for two if you join up with a buddy.

Course fees are an additional \$10.00 for one course per person, \$15.00 for two courses per person and \$20.00 for three courses per person.

Don't forget—there will be an expanded schedule in the Fall '81. Come on by and see what we've got to offer.



A&SHHC Bowling League

New officers for the 1981-1982 season were elected recently:

- President — Geoffrey Toonder, M.D., Staff Cardio-thoracic Surgeon
- Vice President — Suzanne Rice, Business Office
- Secretary — Steve Berman, Histology
- Treasurer — Jean Jackson, Medical Records
- Trophy winners during this past year are:
 - High Series Men — Geoffrey Toonder, M.D.
 - High Series Women — Sharlee Schmoyer, 5C
 - Most Improved — Suzanne Rice, Business Office

Discount developing!

A picture is worth a thousand words ... and savings for our hospital staff.

As inflation seems to be hitting everyone's pocketbook, the Hospital Center, through the Recreation Committee, is offering a new discount program for Hospital staff members with Quality Color Photo Labs in West Reading.

The program works as follows:

Hospital staff bring their film to be developed to the Public Relations Office and complete the required information on the mailer. A Quality Color representative will pick up film and deliver to Quality Color Photo Labs. In 2 to 3 days, finished pictures and slides will be returned to the Public Relations Office for staff to pick-up. Payment will be made when picked up in Public Relations.

Listed below is a price comparison.
Price Comparison and Q.C. Price List

Color Print Roll Film Sizes	Kodak Suggest Price	K-Mart Suggest Price	Fotomat Suggest Price	Our Employee Price
12 Expos.	\$6.27	\$2.99	\$4.65	\$2.39
20 Expos.	9.15	4.27	6.49	3.79
24 Expos.	10.59	4.91	7.41	4.39
36 Expos.	14.91	6.83	10.37	6.19
Color Slide Roll				
20 Expos.	3.40	1.69	2.09	1.58
36 Expos.	5.50	2.84	3.24	2.65
Movies				
8/8 mm	3.85	1.69	3.60	1.65
Movies Super 8				
	3.70	1.69	3.60	1.62

For more information, contact Janet in Public Relations at 3084.

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