

## Hospital Doubling As High School Classroom

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Diplomas in hand, the students return to their seats to a flurry of handshakes and hugs and encouraging words. But this is a commencement exercise of a different kind.

In lieu of caps and gowns, many of the students wear tee shirts and jeans. And, instead of putting their high school years behind them, they are looking forward to continuing their education.

The "graduates" have just finished their freshman year, a significant achievement for students once considered likely high school drop-outs.

Central to their success was Cities in Schools, a non-traditional approach to education that has been adopted by 26 states nationwide and, locally, by the Allentown School District. A non-profit partnership supported by business, education, government and human service providers, Cities in Schools pools existing community resources to educate at-risk students at or near the school site.

During the school year, half of the 50 students enrolled in the program reported to one classroom at Allen High School, the other half to Lehigh Valley Hospital. In each setting, they were removed from the distractions (from bells signaling the end of classes to fights in the hallways) that can compromise their education.

In the specially designated high school and hospital classrooms, one teacher provided students with instruction in traditional subjects such as reading and math, often incorporating real life situations into the

learning process. The students also spent one day each week assigned to departments throughout the hospital and at area businesses and organizations—from pizza parlors to animal shelters.

At Lehigh Valley Hospital, Ruth Davis, HR Development, assumed responsibility for identifying employees hospital-wide who could serve as mentors to the students and supervise their activities.

The employees Davis approached were alternately receptive and reluctant. Several of the students who would be under their supervision were prone to behaving inappropriately or falling asleep in class, if they showed up at all.

"Fortunately, our employees do not shrink from a challenge," Davis says of her success in placing students throughout the hospital—in the business office, cancer center, engineering, IQA/RUM, information services, medical records, operating room, patient representative's office, pediatrics and professional development. In those areas, the students took on multiple responsibilities although legal restrictions prevented them from participating in direct patient care.

The experience proved to be an eye opener for many of the students, which include a prospective pharmacist and pediatrician, and the hospital staff as well.

"I don't think any of us fully realized what the world is like for many of these students," Davis says. "From poverty to absentee parents, there is a lot they are up against. But, in the course of the program, we came

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## **Classroom** *(from page 1)*

to recognize the potential many of these students have.”

Jackie Straley, a systems coordinator in the engineering department, arrived at the same conclusion.

As a mentor, Straley believed it was important to provide the students with a stimulating learning experience. Convinced that the students would become restless and bored if they were desk-bound, she arranged for them to “shadow” members of the engineering staff as they went about their daily work routines.

According to Straley, the students and staff responded positively to the experience. Straley, herself, took such an interest in one of the students that she and her husband invited him to stay with them for the summer.

That level of interest is having a positive effect on the student who had been under the care of his sister since his father died three years ago and his mother was unable to care for him. The student is also one of nine Cities In Schools alumni who is spend-

ing his summer working at the hospital each weekday morning and participating in an academic enrichment program at Allen High School in the afternoon.

It’s just one of the many success stories to emerge from the Cities in Schools program.

Most of the 50 students originally enrolled remained in the program. Not only did their academic performance improve, their tendency toward truancy declined. As sophomores, some of the students will begin college prep courses at Allen High while others will receive vocational-technical training. Several will return to the regular curriculum or continue to receive their education through the Cities in Schools program.

Another indication of the program’s success is that Lehigh Valley Hospital will provide classroom and administrative space for two classes this fall.

“Cities in Schools was an experiment for the students, our staff and the school district,” Davis says. “And it worked.”

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# *Site & Facilities*

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## *Cedar Crest & I-78*

### **Lobby Renovations Progress**

Renovations to the main lobby continue, with the removal of the temporary construction tunnels scheduled for July 18. (The tunnels were erected in early June to facilitate the project, including the partial installation of a new stone floor.)

New flooring will now be installed in the remainder of the lobby, the vestibule (the area between the automatic doors at the main entrance) and the gallery hall that links the lobby to the chapel and ancillary services.

During the phase of floorwork in the vestibule, the main entrance will be limited to

incoming traffic. Patients, visitors and staff will be directed to the outer door at the first floor landing of Stairwell 4 to exit the hospital.

In late July or early August, a bridge of sorts will be installed in the gallery hall to facilitate the floorwork. The bridge will not restrict but slightly reroute inpatient access to the GI Endoscopy Unit and outpatient access to ambulatory services. Once the floorwork is completed, the ceiling in the hall will be elevated. (Much of this work will be completed after visiting hours.) Donor recognition plaques and displays now located in the lobby will be relocated to the gallery hall.

# Site & Facilities

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## **Gift Shop To Reopen In August**

Renovations to the Tree Top gift shop, which were funded by the Lehigh Valley Hospital Auxiliary, are close to completion. Through the remainder of July, members of the Auxiliary will be stocking the shop for a grand reopening on or around August 10.

## **Ventilation System Being Upgraded**

The replacement of the air ventilation system continues in phases on the Shock/Trauma Unit. Contractors are in the third of 11 week-long phases. A new ventilation system will subsequently be installed for the SMICU isolation rooms.

## **Renovations Proceeding, Planned for 7th, 6th and 5th Floors**

- Minor structural changes to 7C, which will facilitate the implementation of the patient centered care delivery model, have been completed. 7C has been occupied by the GI inpatient unit formerly located on 4B. The section of 4B now occupied by the GI inpatient unit will be renovated for occupancy, this October, by the Pediatrics Department.
- Renovations to the 7th floor reception area, across from the public elevators, as well as the physical therapy unit will begin in late July and continue through early September.
- Renovations to 6B have begun in rooms six through 15, the first of two phases in the project. Phase 1 is scheduled for completion in early September. Contractors

expect to complete the second phase, which will encompass the remainder of the unit, in early November. The section of 6B now occupied by ancillary and administrative services will eventually house a physical therapy satellite facility. A similar series of renovations are planned for 5C following the completion of 6B and continuing through February 1996.

## **Hallways To Get Facelift**

The hallways surrounding the public elevators on the third through 7th floors will take on a new look over the next several months. The changes will considerably brighten these well-traveled areas of the hospital.

## **Offsite Laboratory Planned**

The hospital's Board of Trustees has approved the construction of an offsite laboratory at 2024 Lehigh Street. The design and construction of the project will span 9 to 10 months. Plans for utilizing the space vacated by the laboratory have not been finalized but may include the addition or expansion of ambulatory services.

## **Plans Proceed For Emergency Department**

Plans are being finalized for enlarging the Emergency Department and redirecting its traffic flow according to patient acuity. The project will result in modifications to the Radiology Department.

## **Pneumatic Tube News**

In late July, the Pneumatic Tube System linking 7C, 6A, 5A, 5B and 5C will be activated.

# 17th & Chew

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## **Renovations Completed In NICU, Continue in Outpatient Peds**

Renovations to the Neonatal Intensive Care Unit have been completed. Meanwhile, work is proceeding on Outpatient Peds. Both projects were initiated to improve operating efficiencies.

## **Transitional Skilled Unit To Expand**

Last March, Lehigh Valley Hospital opened

a transitional skilled unit with accommodations for 28 patients and plans for an additional 24. Plans are now being finalized for the remaining patient rooms which will eventually occupy space being vacated by the Pediatrics Department. As noted earlier, Peds will relocate to 4B, Cedar Crest & I-78, in October. The new patient rooms in the transitional skilled unit should be ready for occupancy early in 1996.

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## *LVPHO To Play Pivotal Role In PennCare*

The recent formation of PennCare, an integrated delivery system (IDS) composed of seven hospitals with similar missions and values, will only serve to expand the role of the Lehigh Valley Physician Hospital Organization (LVPHO), a partnership between Lehigh Valley Hospital and members of its medical staff that was established in 1994.

According to Greg Kile, Executive Director, the LVPHO will help to bring together all health care providers in the IDS and enable them to address care management issues in a unified and uniform manner.

"We know that care management is the key to successful outcomes in managed care," he says. "With our new partners working together under the umbrella of PennCare, we can collectively achieve our goals."

As an example, Kile notes that PennCare hospitals may opt to use clinical pathways developed and implemented at Lehigh Valley Hospital to improve patient outcomes while reducing the length of stay (as reported in the May 5 issue of *CheckUp*.)

"We have already seen proof of the success of some of our new protocols," Kile says, citing a reduction in length of stay for open heart surgery patients from 11.5 days one year ago to an average of 9.8 days today.

Kile adds that the partnership of hospitals and medical staffs can offer area employers the best value for their health care dollars and provide care for their employees wherever they live or work within the 3,800 square-mile region covered by PennCare. To that end, the partners in PennCare have agreed to participate in mutual contracting, similar medical management practices and a common data collection system to measure and improve health outcomes.

"The potential this network represents to influence the course of health care in the

Valley and beyond is enormous" Kile says. "It is a significant step forward in advancing our vision of healthy communities, where care for people is highly coordinated, easily accessible and of the highest quality, and where purchasers and providers work in partnership to manage costs and health outcomes."

As PennCare develops, the LVPHO will continue to work to secure managed care contracts and market a variety of self-insured and fully insured products that balance the cost and quality of care as well as focus on primary care and preventive care programming.

Meanwhile, efforts to involve area business leaders in the process of improving regional health outcomes will continue. That process began in May with an Executive Business Forum on Health Care, sponsored by the Health Services Division, where representatives of 35 of the area's largest employers were briefed on PennCare's efforts to maintain quality and keep costs down.

"We opened an important dialogue," Kile says. "Many of the participants had no idea how committed we are to the same goals."

As the LVPHO completes its first year of operation, Kile anticipates sharing more data that reflect the success of introducing managed care to the region. He adds that those positive outcomes would not have been possible without the total commitment of the employees and physicians at Lehigh Valley Hospital.

"Everyone here has an important role to play in the future of health care," he says. "Although we have all been asked to make changes in how care is delivered—and that can be difficult at times—I believe our staff has contributed greatly to our progress in improving health outcomes for the people we serve."

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*Seven To Practice In Region*

## *Lehigh Valley Hospital Graduates Residents, Fellows*

Thirty-nine medical and surgical residents and fellows were honored at the 20th Annual Graduate Medical Educational Award Celebration hosted by Lehigh Valley Hospital in affiliation with Penn State's College of Medicine.

For the fourth consecutive year Yehia Mishriki, M.D., an internist and chief of ambulatory care, received the Special Award for Excellence in Clinical Teaching, an honor accorded him by the residents for his outstanding contribution to the educational program. The award is sponsored by Hahnemann University School of Medicine.

Teacher of the Year awards were also presented to: William B. Dupree, M.D., department of obstetrics and gynecology; Bruce A. Feldman, M.D., department of medicine; Gerald P. Sherwin, M.D., department of surgery; Lester Rosen, M.D., department of colon-rectal surgery; and Charles J. Incalcaterra, D.M.D., department of dentistry.

In addition, Fernando B. Bonanni, M.D., was presented the Paul J. Bosanac, M.D. Research Award for his paper, "Laparoscopic vs. Conventional Appendectomy." The award is sponsored by the Dorothy Rider Pool Health Care Trust to encourage and recognize residents for scientific investigation.

Seven of the graduating residents will continue to practice in the Lehigh Valley. Karen M. Bond, D.D.S., will assume an associate position with Peter Davis, M.D., in Bethlehem. Eugene Alexandrin, M.D., will join the staff at Lehigh Valley Hospital in the pathology department. Jon Brndjar, D.O., will join the internal medicine practice of Drs. Mishriki, Karess, Kelley and Levy in Allentown. Michael J. LaRock,

M.D., chief medical resident from July 1994 to June 1995, will go into private practice with the Mauch Chunk Medical Center. Jon A. Raso, M.D., will join the practice of Dominic Raso, M.D., in Easton. Shawn R. Ruth, D.O., chief medical resident from July 1994 to June 1995, will join the internal medicine practice of David Stein, D.O., in Allentown. Clark D. Gerhart, M.D., chief surgical resident from July 1994 to June 1995, plans to practice general surgery in Hazleton.

Others receiving diplomas include: John W. Capparell, D.M.D., dentistry; William H. Sabbagh, M.D., plastic and reconstructive surgery; R. Gene Clark, D.O., Suzanne Moffit, D.O., and John J. Zoshak, D.O., radiology fellows; Richard A. Damian, M.D., trauma and critical care fellow.

Also, Sanjay K. Arora, M.D.; David A.T. delRosario, M.D.; Jeffrey D. Gould, M.D.; Edwin N. Lee, M.D.; C. Monique Lucarelli, M.D.; Paul M. Reinbold, M.D.; David S. Ross, M.D.; and Michael J. Schlecter, M.D., internal medicine.

Theresa M. Baseski, D.O., and Janet E. Tomezsko, M.D., both chief residents, obstetrics and gynecology; Jeffrey S. Aronoff, M.D., and Paul A. Lucha, D.O., colon and rectal surgery.

Fernando B. Bonanni Jr., M.D.; Patrick Gonzalez, M.D., Alan A. Lawrence, M.D.; W. Michael Morrissey Jr., D.M.D., M.D., and Stuart J. White, M.D., surgery.

Transitional medicine graduates included: Craig K. DePoe, M.D.; Christine E. Hinke, M.D.; Robert C. Morgan, M.D.; Yong T. Oh, M.D.; Todd A. Phillips, M.D.; Elmer Pinzon, M.D.; John L. Poag II, M.D.; Charles M. Terry IV, M.D. and Joseph F. Waldner, M.D.

# About Our People

## HR Development Staff Relocates

Several members of the HR Development staff have relocated to 1243 South Cedar Crest Blvd. and can now be reached at the following extensions:

Diane Carpenter ..... ext. 3052  
Ruth Davis ..... ext. 3059  
Jack Dunleavy ..... ext. 3049  
Rose Lippy ..... ext. 3055  
Gwen Rosser ..... ext. 3053

Please direct mail to their attention at 1243SCC-HR Development.

Doris Horwath, Coordinator of Regional Symposia at ext.1210, continues to work out of Human Resources in Suite 408 of the Morgan Cancer Center. She will eventually move to the Office of Education.

Meanwhile, Gary Weisel, AV technician at ext. 8325, will maintain his AV office in the Anderson Wing, CC&I-78. Please note that a VCR/monitor is kept in Human Resources for use in the third and fourth floor cancer center conference rooms. Employees can continue to send requests for the VCR in advance to Gary Weisel, CC-AV Services. For pick-up and return of the VCR, see Tara Templet in Human Resources on the fourth floor of the cancer center.

## Offices on the Move

- The Payroll Department has relocated from the School of Nursing, 17th & Chew, to the fourth floor of the Morgan Cancer Center, CC&I-78, the final step in the merger of the Payroll Department and Human Resources. Paychecks will still be distributed at the Cashier's Office at 17th & Chew and at the payroll window in the Anderson Wing at CC&I-78. Checks that were previously handed out at the School of Nursing can now be picked up at the Cashier's Office. All timesheets should be dropped off at the payroll window at CC&I-78 or behind the door of the transport area on the ground floor of 17th & Chew. New phone extensions for payroll clerks are:

Bonnie Colver ..... ext. 8847  
Jeanette O' Malley ..... ext. 0791  
Joan Reider ..... ext. 0792  
Louise Reinhard ..... ext. 0790  
Tracey Wertma ..... ext. 0794

- The AIDS Activities Office has relocated to 6T, 17th & Chew. The office can still be reached at ext. 2400 and via fax 6627. However, the new address is 17-AIDS Activities Office- 6T.
- The Department of Facilities and Construction has relocated to the Engineering Building, CC&I-78. Please note the new phone extensions for:

Theresa Carfara and  
Kenneth Erland ..... ext.8597  
Michael Mauser ..... ext.8549  
Brenda Rocchino ..... ext.8513  
Department fax ..... ext.8593

The new address is CC-Facilities & Construction. As of July 1, Terry Carfara assumed the duties of administrative secretary to both Ken Erland and Mike Gilson. Margie Rusyn will remain administrative secretary to the Engineering Department and can be reached at ext. 8515.

## Macy's Day A Major Success

Lehigh Valley Hospital realized more than \$9,000 in proceeds from Macy's Benefit Shopping Day in April.

That figure represents nearly \$5,000 in actual ticket sales, a \$3,000 bonus for placing third among 56 participating non-profit organizations in ticket sales, an additional bonus of \$1,000 for sales of more than 500 tickets and \$300+ which represented a portion of the ticket sales at the door on the day of the event.

According to Gail Evans, director of operations, Development, the proceeds were divvied up among various hospital services and programs in direct proportion to the number of tickets they sold. They include the Home Care Patient Emergency Fund, Patient Room Service Program, Transitional Living Center, Children's Center at Cedar

# About Our People

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Crest, Friends of Nursing/Professional Nurse Council, Lehigh Valley Hospice, Respiratory Services Education/Recognition Program, Pediatrics Playroom Fund, Cancer Center/We Can Weekend and Helwig Diabetes Center. Also, the Arts Advisory Council, Cardiology Fund, Burn Center and Renal Transplant Fund.

## **Belated Birthday Wishes, Dr. Fister!**

Fred Fister, MD, medical director of Lehigh Valley Home Care, was guest of honor at a special birthday celebration featuring a cake topped with one candle for each of his 84 years. Hosted by the Home Care staff, the event honored a man who not only helped to establish the home care program in 1962 but has served as its medical director ever since. Widely known for his Pennsylvania Dutch humor and love of farming, he is also admired and respected for his untiring advocacy on behalf of the patient. A great grandfather, Dr. Fister says he has no immediate plans to retire.

## **Peritoneal Staff Recognizes Patients**

Patients who have been on the home-based peritoneal dialysis program for five and 10 years were recently recognized at a luncheon hosted by the Peritoneal Dialysis Department and sponsored by Baxter Healthcare Corporation. A highlight of the event, organized by Lisa Taylor, LSW, was the presentation of awards by James E. Kintzel, MD, medical director, to Susan Kosalko, a 10 year veteran of the program, and to Frances Dorman, Walter Pula and Reuben Belisaire, all in the program for five years. Peritoneal dialysis requires a great degree of responsibility and motivation on the part of the patient who must perform the procedure four times daily. The department, which currently serves 61 patients, is located on the fourth floor of the John and Dorothy Morgan Cancer Center.

## **Perfusion Conference Held**

The Department of Perfusion organized and hosted a conference entitled "Experiences in Perfusion" in June at the Allentown Hilton. Nearly 100 clinical perfusionists and manufacturing representatives attended the

conference and regional meeting of The American Society of Extracorporeal Technology. Barbara Elmore, Patricia Gustafson, Norman Manley, Patrick Meloy, David Palanzo, Michael Quinn and Debra Zarro served on the program committee under the leadership of Ralph Montesano, CCP.

## **Escape To Brigadoon**

Doug Helfrich, Management Systems, will appear in the role of Tommy Albright in the classic musical, "Brigadoon," presented by Applause Productions and Saucon Valley Fine Arts. Performances are scheduled for Friday, July 28 and Saturday, July 29 at 8 pm and on Sunday, July 30 at 2 pm. Advance tickets are \$10 for adults, \$9 for seniors and \$8 for children or students. Tickets at the door cost \$1 more apiece and are not always available. Reserve your seat now by contacting Helfrich at ext. 3057 or via E-mail. Tickets are also available by calling 838-7933.

## **Contributions Sought**

Mary Katherine Yost, HealthPage, was among the residents of Maryland Circle Apartments who lost virtually all of their personal belongings in a fire at the apartment complex. Hospital personnel who would like to contribute to a fund for Yost can send their contributions to Lisa Julian, HealthPage, 2024LS. Your support and generosity will be greatly appreciated.

## **Lending A Hand For The Homeless**

Ken Miller, RRT, Respiratory Care, CC & I-78, is one of many hospital employees whose interest and concern for others is evident in the care of their patients and their involvement in their community. Miller recently provided 40 hours of volunteer service to build houses for the homeless through Habitat for Humanity.

## **I'm Worth It! Prizewinners**

The Health Promotion and Disease Prevention Department has awarded prizes to the following employees for their participation in the "I'm Worth It" program.

*1st Prize - \$75 Gift Certificate for Bikeline*

Patty Deutsch, OR, CC

Ginny Daddona, Labor & Delivery, 17

# About Our People

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To Loretta Domin, RN, on her appointment as practice manager of the Center for Women's Medicine. A graduate of St. Agnes Hospital School of Nursing, Domin previously worked in an OB/GYN private practice, taught classes for expectant parents and provided prenatal counseling.

To Cynthia Runner-Heidt, RN, MSN, director of Lehigh Valley Home Care, on her promotion to the rank of Captain in the Navy Reserves. The position is one rank below admiral.

To Amy Potter, financial counselor, Patient Accounting, for her efforts to secure assis-

tance for a mother and her young son treated at the hospital earlier this year. Potter's supportive, caring attitude and her dedication to people in need was the subject of a glowing letter written by the patients and, as a result of her efforts on their behalf, she was presented with an award for customer service by Sandra Colon, her department head.

To Saralyn Foley, RRT, CC&I-78, on her selection as Employee of the Month for May by the Respiratory Care Department's Reward and Recognition Committee. The committee cited Foley for her clinical performance in the emergency room.

## Bulletin Board

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### PCC Information Sessions Planned

All hospital personnel are encouraged to attend any one of four upcoming information sessions on Patient Centered Care (PCC). The hour-long sessions will be held in the auditorium at both hospital sites. During the sessions, reports will be presented by hospital personnel on site visits to Rush Presbyterian - St. Luke's Medical Center, Chicago, and University of Chicago Hospitals. The staff of Lehigh Valley Hospital's seventh floor will also provide updates on PCC implementation at that location.

In addition, a panel composed of staff members who made PCC site visits, staff members from the PCC Prototype units and members of the PCC design team will be available to answer questions. The schedule for the information sessions is as follows:

|                  |                |              |    |
|------------------|----------------|--------------|----|
| <b>Thursday</b>  | <b>July 20</b> | 2-3 pm       | CC |
| <b>Friday</b>    | <b>July 21</b> | 10-11 am     | 17 |
| <b>Monday</b>    | <b>July 24</b> | 7:30-8:30 am | CC |
|                  |                | 2-3 pm       | CC |
| <b>Wednesday</b> | <b>July 26</b> | 2-3 pm       | CC |

### Bring Your Appetite

The results of the Recreation Committee's picnic survey are in and, based on employee response, the committee will host a clam bake on Aug. 11 from 5:30 - 11:30 pm at the Willow Tree Grove, Orefield. The event promises to be big on fun with musical entertainment provided by a disc jockey

from 7-11 pm and games of horseshoes, volleyball and basketball on tap for some friendly competition among co-workers. Cost per person is \$11.50 which includes choice of boneless barbecued chicken or New York strip steak, 18 clams, baked potato, corn on the cob, pickled cabbage, ice cream and refreshments. Checks are payable to LVH Recreation Committee and must be turned in by August 4 to Sharon Bartz, Trauma Program, CC&I-78. Be sure to indicate your choice of entree with your payment. The committee wishes to thank everyone who participated in the survey and congratulates Marilyn Stum, Medical Records, CC & I-78; Jody Millard, Development, 1243 SCC and Della Steward, Pharmacy, CC & I-78, whose names were selected from among survey respondents in a drawing for free AMC movie tickets.

### Discount Cards Available

If you have been putting off some home improvement projects, discount cards from the Buten Store, 117 Union Blvd. in Allentown may give you a little incentive. The hospital has received 250 discount cards, good for up to 20% off retail prices on paints, brushes, caulk, dropcloths, ladders and in-stock and special order wallcoverings. To receive a card, submit your name and department via E-mail to Gail Pitsko, Public Affairs, and she will forward one to you.



# Education

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For more information and to register for any of these classes or programs, please call (610) 402-CARE.

## **Stand Up To Osteoporosis! Seminar**

Osteoporosis, which affects more than 25 million Americans, is known as "The Silent Thief" because it progresses without any symptoms or pain. But through minor lifestyle changes, including a healthier diet and regular, weight-bearing exercise, you can dramatically reduce your chances of developing this disease. Learn how during this two-part program on Tuesday, July 18 & 25 from 10-11:30 am in the lower level of the 1243 building. The program fee is \$20.

## **Camp HealthRock - A Place Right Out Of History!**

A fun, five-day adventure exclusively for children, Camp HealthRock is the perfect antidote for the summertime blues. There's plenty for kids to yabba-dabba-do including activities that mix fun with learning in the areas of fitness, nutrition and safety, among others. Call today to find out how you can help your children improve their health, take on new challenges and responsibilities and have a lot of fun in the process. All educational materials, daily lunches and snacks at the HealthRock Cafe along with a Camp HealthRock tee-shirt are included in the program fee (\$80 for children of hospital/health network employees; \$95 all others.) Registration is limited to 30 children per weekly session.

July 31-August 4 (ages 10-12)

August 21-25 (ages 7-9)

## *HR Development*

### **Hospital Orientation**

The next hospital orientation will begin at 8 am on Monday, July 17 at CC&I-78. An optional tour of both sites will be held on Wednesday, July 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, Sept. 6 from 9 am to noon in Room 900, School of Nursing, 17th & Chew. Part II will be held Wednesday,

## **Walk On The Wild Side Seminar**

Walk this way and learn how you can achieve a healthier lifestyle through this back-to-basics exercise program. Lace up your sneakers for the Rockport Walking Test and you'll receive your own personal walking profile and take-home tips, tactics and techniques. The seminar will be held Saturday, August 9 from 11 am-noon at South Mall. The program fee is \$10.

## *Men's Health Care Series*

### **Fitness Tips For Business Trips**

If you're putting on a lot of miles in business travel, you're probably not eating right or exercising regularly. This lecture can provide you with practical advice on how to maintain a healthy lifestyle wherever the road may take you. Brian Stello, MD, and Sandra Barillo, MS, RD, will present the lecture on Wednesday, July 19 from 7-8:30 pm in the Auditorium, CC&I-78.

### **Sports Safety**

There's usually a right way and a wrong way to do most things, and it's especially important to know the difference when it comes to sports. Whether you are a seasoned athlete or a "weekend warrior," learn what you can do protect yourself from injury while participating in the sports you enjoy. This program will be presented by John Graham, MS, CSCS, on Wednesday, July 26 from 7-8:30 pm in the Auditorium, CC&I-78.

Sept. 13 from 9 am to noon, same location.

An additional set of classes will be held on Tuesday, Aug. 8 and Wednesday, Aug. 16. 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, July 26 in the Nursing Learning Lab, 2nd floor, GSB, CC & I-78.

# Marketplace

## Items for Sale

Wood Stove, front loading, good cond., \$300. Call 965-6716

Bird Cages for Finches, Canary Parakeets. Great cond., \$20.-\$35. Midland CB Radio w/magnetic antenna. Good cond., \$60. Call 965-6716.

Gibson side-by-side refrigerator: 22cu ft., 1970's model, still runs well, great 2nd refrigerator. \$75. Call 285-4128

Kenmore under counter microwave: excellent cond. \$85.; under counter popcorn maker, excellent cond. \$28. Call 838-7290

Man's racing bike, \$20.; man's 3-sp bike \$20; old gas grill w/gas tank-still works-\$15.; wooden extension ladder \$25.; Body by Jake Firm Flex exercise unit-rarely used, \$75. Call 437-1294

Nishika 3-D, 35 mm Camera: never used, w/ carrying case, \$130. Call 791-5365.

Lenox Temperware: service for 8, oven-proof, floral pattern, excellent cond., \$150., OBO; Two Dhurrie Rugs: 8'x12' ea., off-white w/ floral pattern, very good cond., \$40.-\$50. ea. or 2/\$80. Call 346-6088.

Umbrella for picnic table: white, green, navy, \$20.; Toastmaster oven/broiler, used one time, \$25. Call 740-9646.

Manco go-cart: 5 horse pwr., 2 yrs old, excellent cond. Call 760-1549

Chess Set from Zambia, 9" round malachite&ivory w/ gold. Value-\$300., asking \$175. Call 965-4679.

VCR Camera: RCA, accessories incld, used only 15 hrs., \$450. IBM PS/2-286 Computer w/ keybd & mouse, \$200 OBO. Call 767-7603 after 5:30.

Bundy(Selmer)Clarinet: excellent cond., great for child, \$210.; Baldwin Piano: med. brown-console, excellent cond. \$1395. Call 432-6936

3/4 HP, D.E. above ground pool filter, \$150.; Aquaroid, above ground pool vacuum, \$150. Prices negotiable. Call 798-9360.

Drapes- 133"x65" swirl terra cotta, gold w/ orange swirls; 110 3/4"x65 Seward pattern, melon colored, loose weave, golds & yellows. Both pr lined w/ hooks, \$25./pr. Call 799-4860.

Caloric trash compactor, \$150.; Celestron telescope, new, \$100.; stereo cabinet, \$35.; Sony stereo tuner, \$125. Call 770-0634

Infant crib/mattress, changing table w/shelves, high chair. Excellent cond. Call 821-8464 after 6pm.

Bikes: girl's ten-sp; woman's 26" 3-sp; woman's 26" 10 sp. Scooters: handbrakes & air filled tires. All items great cond. Best offer. Call 799-2614

Lowrey Organ: 2 manual w/ rhythm&pedals, 2 yrs old, excellent cond., originally \$3700., asking \$1700. Call 262-6429.

Double aluminum sink: all parts and sprayer, 2 yrs old, \$35. Call 253-9756

Super NES System: one control & paperwork to send for free second, 5 games included, less than 6 mos. old, \$230. for all, but will sell separately. Call 367-4731 after 4:30, ask for Lisa.

## Vehicles for Sale

1973 Honda motorcycle: 350cc, working cond., great for off-street fun, needs reconstructive title for street use, \$100. Call 285-4128.

1987 Renault Alliance GTA: blk w/ red pinstripe 5 sp, alloy wheels, fog lts., A/C, AM/FM cass., sunrf, new insp., good cond., 72,600 mi, \$2700. Call 799-3723

1979 Toyota Carolla: good cond., good tires, A/C, automatic, 66,000 mi., \$700. Call 435-6922.

1994 Ford F 150 4x4: pwr brakes& steering, AM/FM stereo, anti-lock brakes, A/C, 6 cylinder, automatic, \$18,000., firm. Call 261-2716, leave message.

1993 Saab 9000 CSE, red: AM/FM cassette & CD, sunrf, cruise contrl, heated seats, 5 sp, 24,000mi., excellent cond., \$19,995. Call 437-4524. Leave message.

1987 Cougar XR7: V8, 302, automatic, loaded, 64,000 mi., excellent cond., garage kept, \$6500. Call 432-6608 or 264-2818.

1985 Ford Ranger V6: heavy duty susp., traulering pkg., hitch, aluminum cap, 2 mounted, studded snow tires, 75,000 mi. Call 262-6688 after 6:30

1979 Corvette: blk, doe skin leather interior, pwr steering, brakes, windows, doors; automatic; A/C; cruise; tilt/telescopic steering; glass t-top; 350 V8; all #'s match; chrome hooker headers, side pipes, 4 new tires, just inspected; 64,500 mi., \$8000. Call 682-0646, ask for Peter.

## Real Estate for Sale

Parkland Colonial: great location, 4 BR, 2 1/2 BA, great rm, fam. rm, modern eat-in kitchen on one acre, part wooded lot. Easy access to Rts. 309/22/1-78. Anxious to sell! Call 395-8495.

Investment Property: could live in one unit, rent out second. 3 car/ 2 story garage also avail. to rent. Rented prev. at \$605/unit/mo. \$119,000. Call 767-2930.

## Real Estate for Rent

Shawnee vacation condo: sleeps 8, golf, tennis, swimming; avail. Aug. 19th-26th, \$425. Call 346-8582 after 6pm

Lg. end unit row home - Allentown: 3 BR, LR, DR, det. garage, W/D hook-up, \$625/mo. plus utilities. Security dep. & refs. required. Call 398-6207

Apt.: 2BR, 2nd fl, near Muhlenberg College, attached garage, avail. July Call John at 797-1321 after 6pm.

## Wanted

Available to give loving childcare in my spacious, immaculate, child-proofed home. I am upbeat, energetic and skilled w/ children. Refs avail. Call 439-1419.

## 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) \_\_\_\_\_ Daytime Ext. \_\_\_\_\_

Submitted by \_\_\_\_\_ Dept. \_\_\_\_\_

LEHIGH VALLEY HOSPITAL  
HEALTH PROMOTION & DISEASE PREVENTION DEPT.  
presents

**FITNESS  
TRY-OUTS**



**FOR THE  
HEALTH  
OF IT!**

**FOR THE NON-ATHLETE IN ALL OF US!**

TAKE A 5-MINUTE FITNESS BREAK TO:

- ♥ STEP UP TO THE PLATE (NOT BASEBALL!)
- ♥ CLIMB MOUNT SUSSMAN (NOT ROCK CLIMBING!)
- ♥ STOP WAIST-ING AWAY (NOT AEROBIC DANCING!)
- ♥ DO THE TIRED RUN (NOT JOGGING!)
- ♥ WORK THE WEAK-END (NOT WEIGHT TRAINING!)

TUESDAY, AUGUST 8, 1995 11:30AM - 1:30PM  
2024 LEHIGH STREET BUILDING

WEDNESDAY, AUGUST 9, 1995 11:00AM - 2:00PM  
CC & I-78 (BETWEEN MAIN ENTRANCE & MOB 1)

THURSDAY, AUGUST 10, 1995 11:00AM - 2:00PM  
17TH & CHEW NEAR WEST ST.

**RAIN  
OR  
SHINE!  
NO  
SWEATING  
ALLOWED!  
PRIZES!**

**FREE  
SPORT  
TOWEL  
TO ALL  
PARTICI-  
PANTS!**

FOOD SERVICES WILL BE AT EACH OUTDOOR LOCATION OFFERING A HEALTHY BOX LUNCH/DRINK FOR A NOMINAL FEE: TURKEY SANDWICH ON WHOLE WHEAT ROLL, SELECTION OF FRUIT, MACARONI SALAD, COOKIE & ICED TEA OR LEMONADE.

**NO PRE-REGISTRATION IS NECESSARY!  
OPEN TO ALL LVH NETWORK EMPLOYEES!  
QUESTIONS, PLEASE CALL 402-5960 OR E-MAIL GREGORY SALEM.**