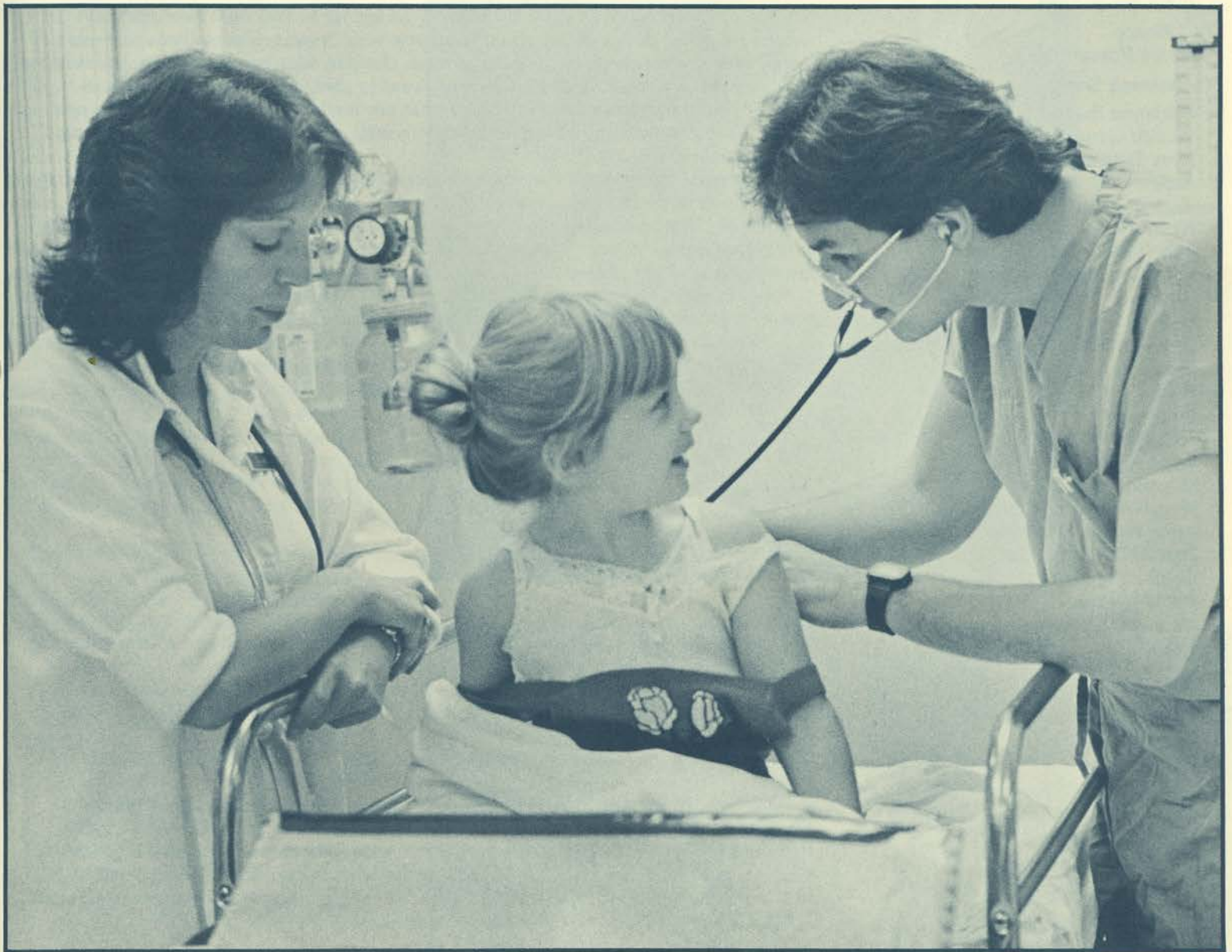


# update

Vol. 4, No. 19

October 19, 1981



## When the real thing happened, we were there.

Vitaly Sawyna, M.D., medical resident and Nancy Shive, R.N., 4A, tend to one of the 58 children involved in the October 2 school bus accident. To all who were on hand, it was a job well done.





**The Center  
Welcomes**

**To Dietary**

Lori Duld  
Erik Hanssen

**To Engineering**

Pasquale Diluzio  
Robert Greenawald  
Mike Huntneck, Jr.

**To Heart Station**

Elizabeth Kohnen

**To Housekeeping**

Marie Czonstka  
Dorothy Kuzman  
Kuk Fong San  
Lois Smith

**To Laboratory**

Robert Stephon  
Mary Martin

**To Library**

Marcy Posner

**To Nursing Services**

Marianne Budura  
Wendy Carraher  
Mary Beth Connell  
Jaclyn Conner  
Jean Dickinson  
Karen Eisele  
Irene Figner  
Ruth Gerchufsky  
Jane Gill  
Beth Goodin  
Carol Gould  
Nancy Gusha  
Aleece Halon  
Louise John  
Debra Malek  
Terry Manley  
Maureen McCullion  
Margaret Metrick  
Anne Newman  
Joan O'Donnell  
Carol Pepper  
Ingrid Sidoru  
Mary Ann White

**To Pharmacy**

Judy Shultz

**To Pulmonary Function**

Eric Rohrbach

**To Radiology**

Michael DeSantis  
JoAnn Hawken  
Jane Yankowski

**To Respiratory Therapy**

Carole Yurchak

**To SPD**

Mike Martin  
Mark Shimko  
Carolyn Watt

**To Transcription**

Jayne Smith

## "A Little Miracle"

There is a story about an angel who had to perform a miracle here on earth in order to earn his wings. Picture an angel (portrayed by Mickey Rooney) who looks like the Pillsbury Doughboy and is about as graceful, who comes down to earth to try to assist a family of five make it through a tough period.

The mother is sick and in the hospital; the father works; there are three children — one in school and two at home. Though the mother will recover, there is no one to take care of the small children during the day and the school age child after school. There is also no one to take care of the mother when she comes home; the father can't take off from work and they can't afford to hire anyone to help or pay for care.

The angel has a good thought, "I'll rob a bank and give the money to them." A well-meant sentiment, but rather outside the bounds of heaven. So what the angel does is teach the father to believe that miracles can happen in their own community through social agencies such as day care, the YM & YWCA's, and home health agencies.

This story, of course, was stolen outright from a movie entitled "A Little Miracle," but it is a story most of us wouldn't have to go too far to find right here at A&SHHC.

There are other stories, those about teenagers with drug problems, teenagers and adults with alcohol problems, victims of rape, children with handicaps like blindness and learning disabilities, and children who want to participate in activities such as scouting and park recreational programs, that are made possible because of the agencies and organizations right here in our community. Most of these agencies are supported primarily by United Way.

This year, United Way is even more important because the state and federal funding for many of these agencies is being cut. As a result, the support they receive from United Way may make the difference between having needed services available in our community or not. Even if you believe you will never need to use one of these services, think of relatives, friends, and co-workers who need them now.

New this year, is the way the campaign is being run. Rather than having a single person responsible for the campaign, Ellwyn Spiker will be the hospital chairperson and each administrator will be the divisional chairperson responsible for departments that report to them. Department heads will be responsible for their employees.

When you're asked, please give. It's important.

## A little magic!

On November 7, 1981, the Allentown and Bethlehem fire departments and the Lehigh Valley Area Ambulance & Rescue Association will co-sponsor a benefit for the East/Northeast Pennsylvania Office of the Burn Foundation of Greater Delaware Valley. The Belmont magic show, a two-hour professional production with ten cast members and costumes valued at over \$100,000, will be held at the William Allen High School auditorium at 7:00 P.M.

Belmont has appeared at the White House, Steel Pier in Atlantic City, and on numerous television shows including WCAU-TV Philadelphia.

All proceeds will benefit the Foundation's East/Northeast Pennsylvania programs which include: the offsetting of financial losses of members Burn Centers including the Hospital Center, its comprehensive community/school burn prevention education program and the Foundation's helicopter patient transfer service. Advance tickets for the benefit are \$3.00 for adults, and \$2.00 for children, and may be purchased in our Public Relations Office, Monday through Friday, 8:30 A.M. to 5:00 P.M.

## Notice

The Health Sciences Library is now open Monday through Thursday, 8:00 A.M. - 8:30 P.M. and Friday, 8:00 A.M. - 6:00 P.M.



# On the ground... and in the air!

The emergency room. Skilled professionals administer medical treatment for a wide assortment of physical ailments: lacerated arms, sprained ankles, nausea, and bumps, bruises, and indigestion. But, here at A&SHHC, it's that and more: an elderly woman with chest pain; a burned fireman; a severely injured motorist; or a busload of frightened, confused children.

To highlight the skills of emergency room nursing personnel, Governor Richard Thornburgh has proclaimed the week of October 25 to 31, Emergency Room Nurse Week in Pennsylvania.

Honored during this week will be our 28 registered nurses and two licensed practical nurses who staff our ER 24 hours, every day.

The pace of emergency nursing demands special nurses equipped with skills and talents that may be needed every day, or once a year.

Here, sixteen of our ER nurses are trained for our MASH Med Evac flight program, which transfers critically injured patients by helicopter.

Continuing education is a priority for the ER nurse. To keep up with the demands and needs of local ambulance corps, for example, all our ER nurses spend two days each year riding with the Cetronia Ambulance Squad.

Attending seminars, workshops, and conferences on various types of ER care are always a top priority. One such program is the Advanced Cardiac Life Savings Course (ACLS) taught by John Stafford, M.D., Director of Pre-Hospital Emergency Services and Flight Operations.

During ER Nurse Week, a reception for ER staff will be held on Wednesday, October 28, 2:00 - 4:00 P.M., in the Emergency Room Conference Room.



On board the MASH MedEvac helicopter is Acting E.R. Head nurse Eileen Pozzi, (above). It's a familiar scene inside the E.R. (right) as Carol Bury, R.N., E.R. Coordinator and Wally Smith, Senior Staff Technician Respiratory Therapy, prepare a patient for a breathing treatment.







*Thomas Yarcheski*



*Martina Dulcey*



*Cathy Temos*

## New education director arrives

**Thomas Yarcheski**, Ph.D., has been appointed Director of Educational Development/Education Coordinator for the Hospital Center.

In this position, he will be responsible for directing programs and services of the department which include providing technical assistance and consultation to the directors and faculty of all educational programs conducted at the Hospital Center. This will include various elements, such as needs assessment and planning, curriculum design, faculty development, and program evaluation.

Additionally, Dr. Yarcheski will coordinate educational programs offered cooperatively with other area hospitals, colleges, and universities.

Prior to this appointment here, Dr. Yarcheski had been Assistant Professor of Health Services Administration and Assistant Professor of Medicine at the University of Missouri, Kansas.

He has a Ph.D. in Hospital Health Administration from the University of Iowa.

**Martina Dulcey** has been appointed Oncology Clinical Specialist for the department of nursing. She will be assigned to the Comprehensive Community Cancer Center as part of the Mobile Rehabilitation Team interacting with cancer patients.

Martina has a B.S.N. from Simmons College, Boston, Massachusetts, and an M.S.N. from the University of Pennsylvania. She has staff nursing experience from Yale-New Haven Hospital and Thomas Jefferson University Hospital.

For the past two years, she has been the Oncology Nurse Specialist at St. Luke's Hospital, Bethlehem.

**Beverly Reinik**, CRTT, has been promoted to Evening Shift Supervisor for the Department of Respiratory Therapy. Bev has been at the Hospital Center since July 19, 1976.

**Cathy Temos**, Assistant SPD Supervisor since September, 1980, has been appointed Acting SPD Supervisor.

Cathy started here in October, 1977, as an O.R. Technician. She has prior experience as an O.R. Tech from The Allentown Hospital.

**Sarajane Parker**, Certified Cardio-Pulmonary Technologist, in the Cardiac Catheterization Laboratory, has been promoted to Senior Cath Lab Technologist.

In her new position, Sarajane will provide inservice to new employees and assist in administrative duties.

Sarajane has been at A&SHHC since September, 1974, starting as an L.P.N. in the E.R. until September, 1977, when she transferred to the Cath Lab.



**Eileen Pozzi** has been appointed Acting Head Nurse in the Emergency Room. Eileen has been at the Hospital Center since October, 1974, working in the Emergency Room as part-time staff nurse. Prior to coming to A&SHHC, she was an E.R. staff nurse at The Allentown Hospital. She is a graduate of The Allentown Hospital School of Nursing.

Burn Center staff members **Kathy Lehrman, R.N.**, and **Yvonne Troiani, R.N.**, Critical Care Instructor **Anna Seroka, R.N.**, and **Sandy Raymond** were at Scranton State Hospital recently for a burn seminar for emergency room nurses.

Physiology and types of burns, transfer protocol, nursing assessment and intervention of the burn patient in an E.R., as well as a Burn Center videotape and film were included in the seminar.

Seven Emergency Room nurses have successfully completed a proficiency E.R. nurse exam given by the Certification Board of Emergency Department Nurses Association (E.D.N.A.), and can use the initials C.E.N. (Certified Emergency Nurse) behind their names: **Jeannette Christ, R.N.**, E.R. nurse since May, 1977; **Susan Garver, R.N.**, E.R. nurse since October, 1974; **Leslye Kappauf, R.N.**, E.R. nurse since June, 1981; **Margaret Manusyak, R.N.**, E.R. nurse since June, 1977; **Dorothy Murray, R.N.**, E.R. nurse since November, 1976; **Eileen Pozzi, R.N.**, E.R. Head Nurse, and here since October, 1974, and **Sally Pyne, R.N.**, E.R. nurse since October, 1974.

Burn Center staffers **Janis Croisette, R.N.**, and **Cindy Buhn, R.N.**, recently attended a two day seminar on the management of burn injuries in Rosemont, Illinois. The seminar was sponsored by Loyola University Medical Center, Chicago, and the Marion Laboratories of Kansas City, Missouri.

**Theodore Matulewicz, M.D.**, staff pathologist, has been elected to the Board of Directors for Hospital Central Services Corporation, Inc., (HCSC) serving for fiscal year 1981-82 as secretary.

**Janine Fiesta**, Risk Manager, spoke recently at Cornell Medical Center, New York, on the legal implications of Perinatal Care, and in Detroit, at the annual meeting of the American Hospital Association Society of Patient Representatives, on the patient representative and risk management.

**Indru T. Khubchandani, M.D.**, **Howard D. Trimpi, M.D.**, **James A. Sheets, M.D.**, **John J. Stasik, Jr., M.D.**, and **Carol A. Balcavage, R.N.**, have co-authored an article appearing in the July-August issue of Diseases of the Colon and Rectum.

Titled "The Magnetic Stoma Device: A Contingent Colostomy," the article details the implantation of a magnetic ring device in an attempt to achieve continence in the colonic stoma. The device consists of a subcutaneous ring and a removable magnetic cup with a charcoal filter. As reported in the article, fourteen patients were selected for this technique, and seven have experienced good results.

The Wellness Center staffers have been busy lately! **Jeff Burtaine, M.D.**, Director, spoke on "Wellness and Health Promotion in the 80's" at the LaLeche League of Pennsylvania East area conference on September 26.

**Susan Weigand**, Program Director, discussed "Stress Management" at a recent Purchasing Management Association of the Lehigh Valley meeting at the Hotel Bethlehem, and at an employee inservice at the Phoebe Nursing Home.

**Mary T. Behr, Ph.D.**, Research Director, spoke on health promotion to the Philanthropic Organization of Women in Allentown recently.

## Residents of the cloth

Three women and three men are presently serving in a unique new residency program at the Hospital Center. Under the supervision of Reverend William Wycoff, director of pastoral care, a residency program has been established for hospital ministry.

The project will educate the residents about hospital pastoral care and provide the hospital with expanded pastoral care capabilities. The program, funded by the Dorothy Rider Pool Health Care Trust, furnishes the opportunity for pastoral residents to work closely with patients, patients' families, local clergymen, and the hospital community.

At the hub of the curriculum is twenty-five hours of actual experience each week. Supplementing their work experience will be seminars, peer conferences, and individual guidance sessions. Each resident is responsible for particular units and departments at the hospital.

The residency program has dramatically increased the time devoted to patients by the pastoral care office. During the resident's twenty-five hour work service he or she is responsible for visiting new admissions, pre-surgical patients, the critically ill, cardiac catheterization patients, and any referrals.

"Self-awareness and pastoral growth will be two special benefits originating from the hospital ministry program," states Reverend Wycoff. The nine-month learning experience at A&SHHC provides the opportunity for clergymen of varying denominations to experience pastoral care in an actual work setting.

Hospital ministry for this year are pictured below, left to right:

Thomas Baird, affiliation: United Church of Christ

Lois L. Baucom, affiliation: Lutheran Church

Barbara Ann Smith, affiliation: Southern Baptist Church

Reverend John R. Koons, affiliation: Lutheran Church

Sister Marie Collette Hanlon, affiliation: Roman Catholic Church

Reverend David Danneberg, affiliation: Moravian Northern Prov. Eastern Division





# Recognition Dinner — great!

Quick! What (or who!) jumps up in the air, lands with legs spread far apart, leaps up in the air, and does it again? To music no less!

If you answered a) a certain assistant administrator, or b) a certain dark haired and bearded biomedical engineer, or c) both, you must have been on the dance floor at the 2nd Annual Employee Recognition Dinner on Wednesday, September 16, at the Holiday Inn West.

What a great time! In addition to the previously mentioned dance instruction by you know who, and our other "solid gold" dancers, over 400 employees and guests also enjoyed a fine Prime Rib dinner, birthday cake, and all the wine/beer they cared to imbibe (within reason of course!)

And to make the evening even more special, a surprise appearance by our quick-witted, golden-voiced Biomedical Photographer, who shall go nameless (although his initials are Jack Dittbrenner) provided some spirited dialogue following the evenings recognition/service pin presentation.

Truely a night which will spark many a legend. Wait till next year, all you 4-year people! You won't want to miss out.



## 20 years of service

(Left to right) Joyce R. Szilezy, Jack Dittbrenner, Jr., Ann Doncevic.



**10 years of service:** (left to right) Margaret E. Marazi, Fran Worman, June Wieber, Roberta Bokrosh, Sharon L. Guerrieri, Alice Madden, and Janic Croisette. Missing from photo are Gloria George, Mary C. Green, Cathy Horvath, Mary Ellen C. Kern, Connie Lichtenwalner, Phyllis Stoudt, Vilma L. Waltz.



## 15 years of service

Perna O. Vance and Jim Hofstetter. Missing from photo is Mary Ann Frankl.

## 5 years of service

Kathleen A. Ahner, Theresa A. Ammon, Dorinda F. Arbogast, Bonnie L. Arnold, Carol A. Beers, Laura A. Bernecker, Nancy Bickford, Gregory J. Binder, Patricia A. Boyer, Erin M. Brazil, Pamela G. Brunner, Gerald W. Butz, Everett T. Campbell, Georgine A. Campbell, Nancy L. Carr, Michele M. Cherry, Mary Ann Christman, Cheryl K. Clemens, Donna S. Collins, Mary F. Cramsey, Mary Lou Cressman, Nancy L. Dacost, Peggy E. Diefenderfer, William A. Dieruff, Jr., Richard C. Doll, Shirley Doney, Beth A. Eck, Nelson W. Edelheiser, Margaret S. Erbe, Carol E. Erbrick, Antoinette M. Fatz, Ruth F. Fatziner, Thomas E. Fichter, Jeanne L. Fignar, Ellen Fink, Barbara Folger, Sandra K. Fritzinger, Susan E. Galada, Anne A. Genshart, Ruth S. German, Geraldine A. Getz, Cheryl D. Gumulak, Deborah Haas,





Receiving 5 year pins from Phil Brown, Assistant Administrator, Quality Assurance are: (left to right) Pat Skrovanek, Sharlee Smoyer, Dave Schad, Mike Shoemaker, Bill Schneider and Candice Rejician.

## 5 year (continued)

Kim K. Hadesty, Debra J. Hallman, Mary Hausman, James E. Higgins, Jr., Gale Schmidt Hodavance, Carol E. Hosfeld, Donald E. Jones, Deborah Kent, Kim K. Kern, John B. Key, Catherine M. Kline, Kathleen M. Koch, Sharon K. Kramer, Janet M. Laudenslager, Lester C. Lauer, Mary K. Lehrman, Gloria J. Leonard, Leonard H. Macalush, Richard F. Manges, Patricia A. Matula, Diane R. Mazurek, Margaret M. McAndrew, M. Kathleen McClafferty, Margaret M. McKeegan, Cathleen P. McNelis, Charlene E. Miller, June A. Miller, Kathleen M. Miller, Linda K. Miller, Susan J. Mitchell, Pier L. Monaco, Alice A. Osmun, Sonya M. Petro, Diana L. Pfeiffer, Amy P. Potter, Patricia A. Pyne, James N. Rauch, Constance P. Reed, Evan L. Reichlin, Beverly J. Reinik, Mary L. Reisinger, Candice A. Rejician, Christopher M. Rock, Robert W. Ruhf, Andrea S. Sawka, Lois D. Scerbo, David W. Schad, William A. Schneider, Deborah J. Shearer, Michael Shoemaker, Patricia M. Silbert, Patricia A. Skrovanek, Sharlee A. Smoyer, Nancy A. Snyder, Penny L. Sosnin, Ruth Speary, Michael A. Spleen, Linda J. Stonebraker, Nancy D. Stott, Jayne M. Stover, Anna A. Strasser, Martha M. Svrcek, Phyllis L. Trumbo, Patricia A. Vaccaro, Kimberlee B. Wagner, Donald H. Wentzel, Naomi L. Werner, Barbara A. Wescoe, Charlene E. Wilttrout, Rosemary C. Wimmer, Carla A. Wolbach, Judith A. Yannone, Judth A. Young, Robin E. Young, Alan T. Zewan.



When the music starts, we really know how to shake it!



# The Insulin pump: a cooperative effort

Pregnancy, for many women, is a time of joy, of wonderment. For others, it is a difficult transition, a mixed blessing, so to speak. For Maude Jenkins\*, it means danger for her and her unborn child. Maude is a diabetic.

It's been seven long years that Maude has had to inject syringe after syringe of insulin into her body. As diabetics of all ages know, it's the only way to increase blood sugar.

Now that she's 15 weeks pregnant, Maude knows only too well what the added stress and strain of the growing fetus is doing to her: making it exceedingly difficult to maintain a stable blood sugar level, and to maintain necessary carbohydrates.

She knows it all too well. Her son Jeffrey is 4 now; carrying him full term was nearly impossible. And she has miscarried, only a few years ago. Could it happen again?

For Maude and other diabetics, a new device has been put into use here at the Hospital Center which can replace daily injections of insulin, and, more importantly, keep the insulin level constant.

Known as an "insulin pump," this battery operated device is being used by local endocrinologists with certain patients (pregnant women at this time) to determine its usefulness. Aided by years of research at Yale University, University of Pennsylvania, and the Joslin Clinic, Boston, the endocrinologists hope the delivery of insulin by this pump will be effective.

Worn on the belt or a shoulder holster and a little larger than a beeper, the pump delivers insulin (3 cc's) from a syringe on its side, with a level that pushes insulin into tubing which is attached to a needle implanted subcutaneously into the abdomen or thigh. Insulin dosage is determined by the physician, and is delivered in one of two modes — basal rate (continuous amount of insulin being given) or bolus ("pumped" into the body before meals).

According to Debra Brown, B.S.N., Coordinator of Patient Education, successful use of the insulin pump on Maude during her admission to A&SHHC was the result of total cooperation by several Hospital center departments.

Debra explains: "Here in the hospital we adapt to the patient's lifestyle. For example, Maude's eating schedule was at 6:00 A.M., 11:30 A.M. for lunch, 4:00 P.M. for dinner, and a snack around 8:00 P.M. This means, for example, that Maude's meals were prepared at a special time by Dietary and delivered to her by the Volunteers. Staff nurses and shift supervisors were made aware of not only this change, but the fact of what we



Alan Jacobson Photo/Courtesy of the Call-Chronicle

are trying to accomplish with our patients using the insulin pump."

It doesn't stop there, though. Admissions schedules all patients using the insulin pump to 4C, and in a room across from the nursing station — "it makes it easier for our nurses to monitor the pump, or to respond to the pump's alarm should it malfunction," Debra states. 4C's preparation for "pump" patients required inservice programs by Debra and Mary Beth Paradowski, R.N., unit instructor, on the pump and also on the use of the dextrometer, which tests blood at the patient's bedside. All 4C staff R.N.'s are familiar with the pump, and necessary protocol of the order sheet for the patient's utilizing it. Pharmacy gets involved by preparing the special concentration of insulin required for the pump.

"Contact was made by our pharmacy to an outside pharmacy where this special

insulin can be purchased by the patient," she said.

The Laboratory is vital to the whole operation because hourly "STAT" glucose monitoring is needed with results coming back to the floor quickly. "Again, nursing cooperation is needed to draw the blood and deliver it to the lab," Debra explains.

SPD provides the needed equipment for the diabetic patient — special syringes, tubing, test strips for the dextrometer. Biomedical Engineering checks the insulin pumps when they arrive, and keeps direct contact with the pump manufacturer concerning performance, etc.

The Emergency Room is involved also, in the event that a patient may one day arrive who uses the insulin pump. According to Debra, inservice programs are being done, not only with our staff, but with other E.R.'s as well.

\* Fictitious name





## Killington ski trip

There are still seats available for the Killington, Vermont Ski Trip, January 22, 23, and 24, 1982. For information and reservations, contact Janet in Public Relations, 3084. A \$100.00 deposit is required to hold your reservation.

## Atlantic City

There are also a few seats available for the Atlantic City trip to Caesar's Boardwalk Regency on Saturday, October 31, 1981. The cost of the trip is only \$14.25, with a \$10.00 cash rebate on arrival. Contact Inez in the Doctor's Lounge for reservations.

## 1982 World's Fair

As the 1982 World's Fair will be held in Knoxville, Tennessee, the A&SHHC Recreation Committee is offering a fantastic tour of Tennessee and Virginia from Friday, May 14, to Tuesday, May 18, 1982. Some of the tour features include:

- Roundtrip transportation via deluxe motorcoach complete with air-conditioning, lavatory, and reclining seats.
  - Accommodations for four nights at good first class hotels.
  - Four breakfasts and four dinners.
  - Visits to HARPER'S FERRY, GATLINBURG, the home of ANDREW JOHNSON, the VIRGINIA MILITARY INSTITUTE, WASHINGTON AND LEE UNIVERSITY, and the UNIVERSITY OF VIRGINIA.
  - Tours of SHENANDOAH VALLEY and Jefferson's beautiful estate, MONTICELLO.
  - Two days' admission to the 1982 WORLD'S FAIR in KNOXVILLE, TENNESSEE.
  - All entrance fees to places visited as part of the tour itinerary.
  - All gratuities to hotel porters and to dining room personnel for included meals.
  - All taxes for hotels.
- All this and more for only \$298.00 per person, double occupancy.

For more information or to make reservations, contact Janet in Public Relations, 3084.

A \$50.00 deposit is required to hold your reservations.

## Halloween Rollerboogie

A Halloween Rollerboogie Party will be held on Tuesday, October 27, from 7:00-10:00 P.M., at Route 100 Skating Rink. Everyone is invited to dress up and have a good time. Prizes will be given for best costumes. Tickets are only \$1.00 and are available in Public Relations.

## Christmas Party

The 2nd Annual Hospital Christmas Party sponsored by the Rec Committee will be held on Friday, December 11, at the Fearless Fire Company. Look for more info in Update and on the Rec Committee Bulletin Board in the Cafeteria.

# on call

Replacement body parts ... homes for the dying ... worker burn-out ... and the marvels of the human brain are just a few of the fascinating topics to be explored on the highly acclaimed Hospital Center produced "On Call: A Valley Health Series."

Now in its fourth season, "On Call" is again broadcast on the Lehigh Valley's Public Broadcasting Service affiliate, WLVT-TV, Channel 39, on Monday evenings, 7:30 P.M., and Saturday afternoons, 2:30 P.M.

Once again, Headly S. White, Jr., M.D., Director of Quality Assurance at the Hospital Center, will co-host the program with Shelley Brown Silfies.

Production Executive for "On Call" is Richard C. Cipolletti, Assistant Administrator for Human Resources; Alan Schragger, M.D., is Medical Advisor. The hard work of producing "On Call" falls to Paul Dowling, Senior Producer, Devon Frey, Producer/Writer, Steve Plarr, Segment Director/Editor, and Gary Snyder, Post Production Engineer.

Funding for the program is provided by a grant from the Dorothy Rider Pool Health Care Trust.

Featured on the season's opening program on October 5 was the special, "Brain Surgery: The Micro-Vascular Shunt," which offered breath-taking T.V. footage of a revolutionary new operation which offers hope for potential stroke victims. The actual surgical procedure was taped here at the Hospital Center, and featured Harry Stephens, M.D., performing the surgery, and included Louis Palermo, M.D., anesthesiologist, Joseph C. Kovalich, CRNA, M.Ed., Jan Middleton, R.N., Carolyn Petrosky, R.N., Roberta Sudin, R.N., Brenda Karas, L.P.N., and Suzanne Scholz, L.P.N.

The program was narrated by David Ogden Steirs, who portrays Major Charles Winchester on CBS's hit series, M\*A\*S\*H.

### Upcoming Shows include:

October 19, 7:30 P.M., October 24, 2:30 P.M. - **Anorexia Nervosa** — For thousands of Americans, mostly women, anorexia nervosa is a dangerous eating disorder than can lead to life-long problems or death. Nina Perlingiero Randall, M.D., and John Sargent, M.D., discuss causes, symptoms, and treatments of this serious and generally unknown illness. John C. Turocz, Ed.D., has an exclusive interview with an anorectic.

October 26, 7:30 P.M., October 31, 2:30 P.M. - **Ulcers** — Stress is commonly thought of as the villain that causes stomach ulcers, but not evidence exists to prove this assumption. Ulcers may arise because of diet, occupation, age, and sex. On this "live" show, Robert S. Fisher, M.D., and Frederic A. Stelzer, M.D., explain the possible causes and cures for this painful problem. Viewers are encouraged to phone in their questions which will be answered over the air by calling 867-4677.





## The Wellness Center instructors — we're here to help you!

### **Susan Dredge and Denise Mazurek**

Both Susan and Denise are staff physical therapists at A&SHHC. Because of their expertise in physical therapy, they are qualified to teach exercise designed especially for those with troubled backs.

### **Robin Flores**

A Supervisor of Community Services for the Lehigh County Area Agency on Aging for the past eight years, Robin holds a Bachelor's Degree in Education and has received additional training through numerous seminars: Penn State University -Gerontology Seminar Series; Marywood School of Social Work -Social Work Intervention with the Older Person; Temple University, Institute of Applied Gerontology - Interpersonal Skills Training and Gerontology for Mental Health Educators and Administrators; Seminar in Developing Inservice Training for Direct Service Programs; and Seminar in Principles of Supervision and Management

### **Caryl Lynn Goldberg**

Caryl is certified with the Yoga Association of California, Australian School of Yoga, and Yoga-Vedanta Forest University, Rishi Kesh - Himalayas.

### **Kenneth Graham, Ph.D.**

A psychologist and Associate Professor of Psychology at Muhlenberg College since 1977, Dr. Graham is a graduate of the University of Pennsylvania and Stanford University. He studied at the Laboratory of Hypnosis Research at Stanford University for three years and authored psychological research papers presented in Sweden at the International Convention of Hypnotherapists, as well as numerous other scientific papers. He is a former lecturer in graduate level behavioral modification courses at Temple University and currently operates a private practice in addition to his college responsibilities. Dr. Graham has conducted two smoking cessation courses at the Wellness Center and wrote the protocol for the course.

### **Tim Hawk, B.S.**

Tim has had 18 years experience in the martial arts. He has taught classes for a variety of groups and institutions such as YM/YWCA's, police officers, community colleges, etc. and gives private group and individual lessons. He has taught self-defense and karate for the Wellness Center for two semesters.

### **Joan Katz, M.A.**

Joan is a licensed psychologist and is associated with the Biofeedback Associates and Muhlenberg Medical Center. She also attends the Academy of Psychodrama and Sociometry of Horsham Foundation. Her responsibilities include group and individual therapy, testing, vocational/career counseling, biofeedback therapy, relaxation and stress reduction.

### **Karen Knibbe, R.N.**

Karen is a registered nurse and was formerly the Nursing Administrator of the Clinical Oncology Program at A&SHHC. She has studied stress management under the co-directors of the Institute for the Study and Management of Life Stress.

### **Karen Ann Krobath, L.P.N.**

Mary Ann has been with A&SHHC for the past seven years as a licensed practical nurse. She has been an exercise instructor at the YWCA for four years and has two years of ballet experience.

### **Linda Leddy, M.S.**

For the past two years, Linda has been Director of Volunteers at A&SHHC. She studied Yoga in Houston, Texas and New York and has been practicing the art for the past ten years. Linda has been teaching Yoga for about three years in local school districts.

### **Joanne LoGuidice, Ph.D.**

Joanne is a psychologist and graduate of the Pennsylvania State University and Lehigh University. She has a private practice and works primarily with adults doing individual, couple and family therapy, but has also worked with teenagers. Her specialty areas include working with patients and families coping with life-threatening illnesses and also dealing with women's issues, particularly relationship and career transition.

### **Denise Lyons, M.Ed.**

Denise is an educational consultant for the Center of Humanistic Change and has taught assertiveness training there. She also teaches Life Skills Education and Human Relations Training. Denise also conducts groups in parenting, communication skills, and teacher training.

### **Marlene Machusak, A.A.**

Marlene has worked with the A&SHHC Dietary Department as a dietetic technician for the past 4½ years. Her weight control training is primarily from Dr. Kelly Brownell, clinical psychologist and assistant professor in the Department of Psychiatry at the University of Pennsylvania, and Dr. Brownell's associates. Marlene has attended various seminars, the most recent of which was an obesity symposium in Washington, D.C. This is her third semester with the Wellness Center as a weight control instructor.

### **JoAnne McLaughlin, R.N.**

JoAnne has been working in the area of health education and services for the elderly for four years. She is the nurse/teacher for the Geriatric Educational Modules at Allentown Osteopathic Hospital. In this capacity she goes out into the Community and provides teaching modules on health care. She participates in Gerontology courses on a regular basis, the most recent being a conference on Effective Teaching Techniques for the Elderly Patient sponsored by the Federal Administration for Aging and a Conference on Gerontological Nursing at the University of Pennsylvania.



## New nursing experience to begin

An exciting, six-week program which affords the medical/surgical nurse an opportunity to observe critical care nursing first hand and transfer into critical care at the programs end, will begin at the Hospital Center on October 25.

The Critical Care Acquaintance Program, as it is called, will bring together 8 selected R.N.'s (candidates) from Medical/Surgical nursing, and 8 selected critical care staff nurses (mentors) to work one on one in the Hospital Center critical care units sharing and learning as a team.

The program allows the med/surg nurse to be immediately assigned into critical care at its end, or to return back to the position the nurse held prior to entering into the program. No loss of service, pay or benefits either.

Disadvantages of the CCAP are few; recruiting medical/surgical registered nurses (to fill any vacancies made through CCAP, for example) is an easier task than recruiting experienced critical care nurses. Advantages, however, are many. The critical care units can increase their staff from within our own department of nursing. Also, candidates choosing critical care need not relocate, give up seniority or benefits, enjoy the increased salary, and more importantly, nursing skills are increased for all. That helps the nurse, the nursing profession, and most importantly, our patients.

## Nurse of Hope

Each year, the Lehigh County Unit of the American Cancer Society and the Allentown Business and Professional Women's Club hold a program to select an R.N., G.N., L.P.N., or nursing student to serve as representative of the American Cancer Society, the nursing profession, and sponsoring agencies.

Deadline for applications from candidates is October 23. The program will be held on Wednesday, November 11, 8:00 P.M., at the Air Products and Chemicals, Inc., Auditorium.

For more information, contact Kim Hitchings, R.N., Professional Recruiter, at 3100.

### Charlene Rauch, R.N., B.S.

This is Charlene's second semester as a weight control instructor for the Wellness Center. Her training was from Dr. Kelly Brownell, Clinical Psychologist at the University of Pennsylvania and his associates. Her previous positions were coordinator of Health Services at Lehigh County Community College, Instructor for Practical Nursing at L.C.C.C., and head nurse at The Allentown Hospital.

### Tamara Selden, M.Ed.

Tamara is a Community Educator and this is her fourth time teaching assertiveness training for the Wellness Center. She conducts courses for various community groups and colleges and some of her teaching material includes continuing adult development, parenting the adult child, self-defeating behavior, conquering the job market, women and depression, the choice of being single, and initiating your own career. Her past experience includes employability counseling and tutoring.

### Colleen M. Shaughnessy

Colleen earned a B.S. degree in Health, Physical Education and Recreation from the Pennsylvania State University in 1977. She was an instructor for two years of Health and Physical Education at the Allentown Campus, Penn State. During this time, she taught health classes, tennis, bowling, swimming, volleyball and archery. She also was the Varsity Coach for both the womens volleyball team and the coed tennis team. Colleen is presently the Adult Health, Physical Education and Recreation Director at the Allentown YWCA. She has designed and implemented the Y's women's weight program for body tone and developing flexibility and endurance. She has choreographed her own dancercise (called funercise) class for women of all ages. She also teaches a dancercise class at St. Francis of Assisi Parish in Allentown.

### Terry Slenker

Terry has a B.A. in education from the University of South Carolina. For the past three years she has been on the Program Supervising Staff of the Allentown YWCA. She has also taught exercise classes at the Y for five years.

### Kathy Kutler-Staplin, M.S.W.

As a social worker, Kathy does family work with juvenile delinquents and runs stress management sessions for the IBM Corporation. She has done post graduate work in family counseling. She also has experience as an exercise instructor for the YWCA.

### Jean Wagner, M.Ed.

Jean has been a social worker in the Clinical Oncology Program for the past three years and works with the families of cancer patients. She has previous group work experience as well as yoga experience. She has received additional training in stress management from the co-director of the Institute for the Study and Management of Life Stress in the Philadelphia area.

### Susan D'Annibale Weigand, Ed.M., A&SHHC Wellness Center Program Coordinator

As a Health Educator/Counselor, Susan studied stress management in graduate school, attended workshops, and had private training sessions with the co-directors of The Institute for the Study and Management of Life Stress in the Philadelphia area. She previously held stress management sessions at a community mental health center. Her weight control training is primarily from Dr. Kelly Brownell, clinical psychologist and assistant professor in the Department of Psychiatry at the University of Pennsylvania. Her exercise experience was gained through both formal education and working in a health club as an instructor teaching exercise classes and prescribed individual exercise programs.

### Robert J. Weigand, M.A.

Bob is presently a psychologist at the Reading Hospital and Medical Center where he does group, individual and family therapy. He attends seminars in the field of psychotherapy on a regular basis. His past experience includes being a staff psychologist at a community mental health center and facilitating family life courses.



# One and two and one and ...

Instruction in Cardiopulmonary Resuscitation, CPR, will be available at the Hospital Center on Tuesday, October 20, Wednesday, October 21, and Thursday, October 22, in Classroom II, 3:00-4:30 P.M.

The CPR method, certified by the American Heart Association, will be taught through lecture, demonstration, and practice on special mannequins. One man CPR, two man CPR, and infant CPR will be taught.

To register for the class, which has a limited size, contact Educational Development, 2026.

## Tubs of scrubs!

At last you can buy your very own scrub suit. Honest-to-goodness authentic scrub suits are being sold at the Tree Top Shop. These comfortable, fashionable suits contain an extra feature not to be found elsewhere: they are emblazoned with the official A&SHHC logo across the shirt pocket. Tops are \$6.50 and bottoms are \$7.50. Currently they are available in sizes small, medium, and x-tra large, large sized suits are on order. The suits make excellent gifts for others, or for yourself.

## Auto Repair Discount

Now here's some good news! If that vehicle of yours is ready for a tune up, inspection, or some plain old repair work, the good folks at Kennedy-Haldeman Lincoln Mercury, 2443 Lehigh Street at Route 309, Allentown, are offering a 10% discount on parts and labor to all Hospital Center employees, auxiliaries, and Medical Staff.

To get this discount, stop in the Public Relations Office between 8:30 A.M. and 5:00 P.M., Monday through Friday, and pick up a Courtesy Discount Card. Then, use it! That's all there is to it! All makes of vehicles are eligible.

Kennedy-Haldeman is also offering a free course in auto repair and safety for women. Learn how to make basic maintenance checks, automotive terminology, how a car works — system by system, etc.

To enroll, call Jim or Pat at Kennedy-Haldeman, 791-4900.

Allentown and Sacred Heart Hospital Center  
1200 S. Cedar Crest Blvd.  
Allentown, PA 18105

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## Christmas Bazaar

It's time once again for the Auxiliary's annual Christmas Bazaar! This year, the bazaar will be held in the Main Lobby from 9:00 AM - 4:00 PM, on Friday, November 13, and will feature many hand-made items: Christmas ornaments, wooden wreaths, shell craft, braided wreaths, knitted items, tree skirts, hand-made dolls, Christmas wall hangings, and more! Also, your favorite baked goods will be on sale as well as some super cheese balls!

So don't forget November 13. See you at the Bazaar.

## Cheese Balls

We're taking orders for Holiday Cheese Balls! Please fill in the coupon and send to Petey Shoemaker or Dottie Kurtz in the Tree Top Shop.

Cheese balls can be picked up and payment made in the Lobby during the Christmas Bazaar on November 13.

Name \_\_\_\_\_

Address \_\_\_\_\_

Phone \_\_\_\_\_

Number of balls \_\_\_\_\_  
(\$3.00 each)

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