

# update

Vol. 5 No. 5

March 29, 1982

## Dietetic Internship to begin

The Hospital Center will be the main clinical site for a dietetic internship program scheduled to start in September, 1982. M.W. Wood Enterprises, the hospital's caterer, will sponsor the program in which four post baccalaureate students with degrees in dietetics or nutrition will be prepared for entry level positions as dietitians in a hospital, extended care facility, rehabilitation center, or community clinic.

According to Barbara Millenbruch, R.D., Internship Director here, the students "will receive experience in all phases of dietetics, including nutritional management of patients with acute and chronic diseases and additional experience in food service systems, personnel management and administration."

The departments of Food Service, Nursing Services, and Educational Development have been involved with M. W. Wood to develop faculty and course content for the program, Barbara says.

Faculty includes Registered Dietitians Ann McLaughlin, Chief Clinical Dietitian; Karen Friedly, Carolyn Galli, Diane Pitoniak, and Kay Stearns.

The internship, the first in Northeastern Pennsylvania and only the second one in the state, is ten and a half months long. Accreditation has been received from the American Dietetic Association.

Also being used for the students experience will be the Good Shepherd Rehabilitation Hospital (rehabilitation), Gracedale (long term care), Muhlenberg Medical Center (psychiatry), Sacred Heart Hospital and Easton Hospital (gastrointestinal, diabetes, renal). Students will also receive management experience at Lehigh University.

## Hey gang! It's party time again!

Ah, Spring. Time for all us at the Hospital Center to turn our thoughts toward things optimistic and bright. Something like, like a party. A big party! The first Annual Spring Fling!

Friday evening, April 30, at the Holiday Inn West, will be a night to remember. Wear something casual, and bring your dancing shoes because, beginning at 7:00 P.M., you can relax at "happy hour" featuring free beer and soda (available all evening) as well as a cash bar.

Then, at 8:00 P.M., treat yourself to a delicious dinner buffet, featuring roast beef, ham, chicken, and much, much more!

At 9:30 P.M., we'll slip into high gear as "TIKIT," the area's hottest 60's/70's band will have you on the dance floor for the rest of the night!

Price of admission is only \$9.00 per person (a true value for those of you who are very discriminating with your party budget) and we guarantee you a night which will take you far away from dreary things — staffing schedules, dirty linen, broken copy machines — you know what we mean!

The 1st Annual Spring Fling: Because you need it. Accept no substitutes! Sponsored by the Hospital Center and the Recreation Committee.



**Child Care Center Groundbreaking held** — members of the Nurse Recruitment Committee and its Ad Hoc Child Care Feasibility Committee turn the good earth to celebrate the beginning of construction for the Child Care Center. From left to right: Carol Balcavage, R.N., Alverta Stichter, Jean Pundiak, Eileen Young, R.N., Louise Oswald, R.N., Dottie Murray, R.N., Linda Leddy, Richard Cipoletti and Jim Higgins.





## The Center Welcomes

### To Admitting/Outpatient

Janice Friend

### To Dietary

Warren Bruch  
Mitchell Lenett

### To Housekeeping

Glenn Alpha  
Brian Haas  
William Pfeiffer  
Geraldine Smith

### To Laboratory

Karen Lambert  
Marylou Landis

### To Nursing Services

Barbara Beck  
Lucille Callaghan  
Linda McCarthy  
Carol Pasieka  
Cathleen Webber

### To SPD

Sue Andreas  
Anthony Maini

### Welcome Back

Carla Fair - Nursing Services

## In Memoriam

Paul R. Bosanac, M.D.  
1946-1982

*Every blade in the field  
Every leaf in the forest  
Lays down its life in its season  
As beautifully  
As it was taken up.*

—Henry David Thoreau



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

## WATS new in saving \$

Long distance (toll) call rates might be considered a bargain by some people, but here at the hospital it's quite a hefty bill. According to Richard F. Manges, Assistant Administrator for Administrative and Financial Services, our toll calls are projected to exceed \$100,000 by the end of this fiscal year — June 30, 1982.

Fortunately, as Mr. Manges sees it, there is a method of lowering these charges — the WATS line.

By March 30, WATS lines for area codes 215 and 717 will be operable. What this means is that although WATS lines do not eliminate toll charges, they are reduced. Mr. Manges feels that an annual savings of over \$20,000 can be realized, providing the lines are used properly, and more importantly, effectively.

Mr. Manges emphasizes that, "as always, toll calls should be used only for business purposes and letters written whenever possible."

To use the WATS lines (five are available) for area code 215, simply dial 53 (the dial tone is continuous during dialing) then 1 and the remaining 7 digits. For area code 717, dial 53, then 1 followed by 717 and the 7 digit number.

**Note:** It is not necessary to dial "9" when using the WATS lines.

If you receive a busy signal, hang up and try again.

Remember, the WATS lines are an effective method to curb one seriously increasing cost to the hospital. Your cooperation will make a tremendous impact.

## Benefit drawing held

Over 7,000 raffle tickets were sold and over \$10,000 raised in an effort to help defray 6A nurse Linda Preston's medical expenses. The raffle drawing was held on Monday, March 15, in the auditorium, and lucky A&SHHC employees were Colleen Yons, Admitting, the winner of a day of housekeeping; Margaret Kernan, 6A, can enjoy a dinner with her gift certificate from the Charles Inn; Stuart Jones, M.D., Nuclear Medicine, won an afghan, and Bridget Gildner, 5B, has an extra day off at her disposal.

Other winners include Gina Mazzochetti, of Sumneytown, and George and Cathy Kacik, Coaldale - Vantage Point Memberships; Vince Skubish, Slatington - Recreation Committee Entertainment Package; Josie Litzenberger, Allentown - \$25.00 from the ASHHC Federal Credit Union, and Edmund G. Bair, Bethlehem - Balloons by the Bunch.

Gift certificates from local restaurants were won by Lois Bortz, Trexlertown - J&D Anchorage; Mr. Sinatore, Northampton - Ambassador; Dorothy Salitrynski, Philadelphia - The Stoned Crab; J. McDonnell, Allentown - Pennsylvania Restaurant, Ralph Eckhart, Bethlehem - Good Spirit, and Frances Rupinski, Hokendauqua - Widow Brown's.

According to Mary Rose Paxson, Linda is doing very well and has returned home after surgery on her leg in early March.



**Enie Meenie ...** Bridget Gildner, 5B, is the lucky A&SHHC employee who gets an extra day off! Drawing the name is Ellwyn Spiker, Administrator; recording it for posterity is PR's Janet Laudenslager.



**Morton Schneider**, Chairman Emeritus of the A&SHHC Board of Directors, was recently elected to the Board of Trustees of the Burn Foundation of Greater Delaware Valley, of which the Hospital Center is a member.

Mr. Schneider's term on the 33 member Board will be until June, 1984.

Mr. Schneider was a member of the first A&SHHC Board, and was elected Vice President. In 1976, he was elected President, the position he held until retiring in 1980.



*Morton Schneider*

**Gary Steinberg**, Associate Administrator, has written an article on the Hospital Center's ambulatory surgical unit that has been published in the March, 1982 issue of Same-Day Surgery.

The article describes the evolution, evaluation, design, procedure and staffing requirements, costs and current status of our 14-bed unit. A diagram of 7A is also featured accompanying the article, as is a patient cost comparison chart.

**Nancy O'Connor, R.N.**, former Head Nurse on 5A, is the new Staffing Coordinator for the Nursing Department. Her duties include analyzing computer data on short and long range staffing needs and budgeting. Nancy has been here since July 1981. She has a B.S. and M.S. in Nursing from the University of Pennsylvania.

**Cherolyn Washburn, R.N.**, has been named Head Nurse on 5A. Cheryl has been at the Hospital Center since September, 1974, as a staff nurse, and more recently, as assistant head nurse on 5C. She is a graduate of St. Luke's Hospital School of Nursing.



*Eileen Pozzi*

**Eileen Pozzi, R.N.**, has been named Acting Flight Coordinator for the MedEvac Program. A graduate of The Allentown Hospital School of Nursing, Eileen has been Acting Head Nurse of our Emergency Department since August 1981, and prior to that, she was a part-time emergency department staff nurse. As Flight Coordinator, she will supervise the 17 flight-trained emergency department nurses and the five flight medics, and will also orient local police, fire and ambulance organizations to our flight program on such topics as helicopter transport, safety and transport needs.

**Edward Hindin**, Director of Planning, has been appointed to the Board of Directors of the Society of Health Planners of the Hospital Association of Pennsylvania. He has also been appointed Chairman of the Society of Health Planners' Ad Hoc Governance Committee.



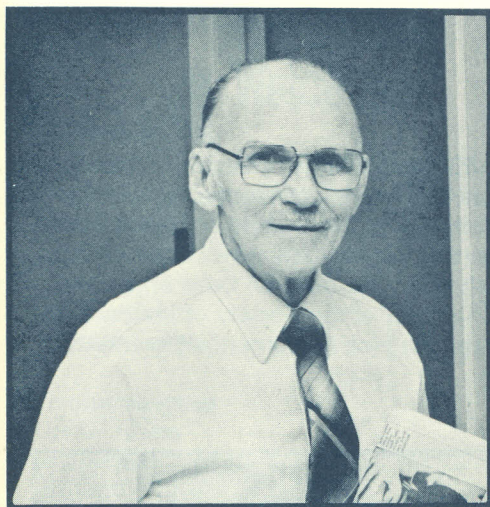
*Florence Linstrom*

**Florence Delores Linstrom, R.N.**, has been promoted to Utilization Review Coordinator. She has been at A&SHHC since March, 1981, as a coder in the Medical Records Department. She is a graduate of Sacred Heart Hospital's School of Nursing, and has nursing experience at Sacred Heart and Allentown hospitals.



*Cheryl Washburn, Nancy O'Connor*





## By George, its retirement again!

For many of us, reading the morning newspaper is an important part of our daily routine. And since we are creatures of habit, it becomes a bit of a nuisance to us when that informative activity is interfered with.

Here, at the hospital, many of our patients feel that way, and have been happy that a morning newspaper delivery is indeed possible.

For the past 3½ years, George Seagreaves was the man charged with that responsibility. The lucky patients that had the opportunity to meet George as he made his rounds every day between 7:00 and 10:30 A.M., were assured a friendly warm smile, and a cheery hello — all from a man whose concern for everyone is genuine.

For a guy like George, contact with people has always made his day, as it did when he was a beauty product salesman for Schoeneman & Sons in Pottsville, a career that he retired from after 35 years of being on the road.

What lured George away from retirement and to the Hospital Center? "I like people, and I was getting bored at home," he says. "I've always been an outgoing kind of fella, and I really enjoy talking with people, and with our patients."

His enthusiasm and desire to bring a smile to our patients made his decision to leave this past March a tough one. "I hate to leave. I love my work, but occasionally I got too emotionally attached to so many," he says. And that, he feels, wasn't the best thing for his health.

So for now, George says he'll be sleeping a little later into the morning, and will be spending lots of time with his wife, 6 children, 15 grandchildren, and 5 great grandchildren.

But, he says with a grin, "Don't count me out yet. If I find I'm getting bored, I'll be back — maybe I'll volunteer here a few days a week!"

That would be great, George. Good luck!

# MAY DAZE

## Books!

All types of used books are needed. A book barrel is located in the Main Lobby.

## Crafts!

Our craft table is in need of one-of-a-kind crafts. If any one is interested in donating crafts, contact Macie Roberts at 435-6209.

## Flea Market!

Now that spring cleaning is upon us, remember our Flea Market. Don't throw away those attic treasures and unwanted items—bring them to the Volunteer Station or call Angie Graner, 398-1702, if you have any questions. Also, paper bags of all sizes are needed!

## Food!

Just a reminder that advanced tickets for the dinner and the brunch may be purchased in the Tree Top Shop, Volunteer Station, and Public Relations.

Jo Nichter and her co-chairmen wish to remind you about the Baked Goods Stand. Please be generous with your baked goods—we hope to have more items to sell than previous years.

**Note:** All checks are made payable to May Daze. Raffle ticket stubs and checks (payable to May Daze) should be sent to Dorothea Kurtz, 1576 Olympic Circle, N., Apt. 5, Whitehall, PA 18052.

## Help!

Volunteers are needed for all phases of May Daze. Come join the fun and good friends and sign up to work with us. Sign up sheets are in the Volunteer Station.

## Rides!

Don't forget to purchase your advanced ride tickets—a \$3.00 value for \$2.00. The S and S Amusements Midway will be open on Wednesday, May 12, at 6:00 P.M., and continue through May 16. The ride midway has been expanded this year and will feature lots of fun rides for the children. Tickets may be purchased from Jayne Crites, 770-0228, or at the Volunteer Station, Engineering Department, Public Relations, and the Tree Top Shop.

## Nurses ~ help!

On the evening of May 5, 1982, the Hospital Center will hold a Nursing Open House. We will need nursing staff members to interact with our guests, answer questions, give tours, etc. If you can help us, please contact Kim Hitchings or Diane Hildebrand, Professional Recruiters, at 3100.



# Cystic Fibrosis bike-a-thon

Barring any more snow, the bike paths should be clear, so start practicing — the Cystic Fibrosis Foundation is sponsoring a Bike-a-thon on Sunday, April 25.

The course is only 16 miles and it winds through some of Allentown's prettiest sections. The tour begins at 1:00 P.M., at the Allentown Fairgrounds. All A&SHHC cyclists will be supplied with Wellness Center t-shirts, and will also be competing for the special award of a \$50.00 gift certificate from the Tree Top Shop to the cyclist with the most money collected from sponsors.

You say your muscles have atrophied during the winter? You can still help — as a sponsor! Those spunky athletes are going to need financial backing. So pledge a few bucks for a worthy cause (it's tax deductible). Then bring a lawn chair to sit along the route and offer moral support.

For more information or to sign up for the ride, contact the Public Relations Department at 3084.

## Medic Alert week April 4 - 10

The Emblem That Saves Lives ... In an emergency your life could be saved by a Medic Alert emblem designed to alert rescuers to the wearer's special medical problem which may range from diabetes, heart condition, hypertension to epilepsy.

The member's special medical condition is engraved on the emblem, along with an identification number plus a collect twenty-four a day phone number to Medic Alert's emergency medical information center. The center provides detailed life-saving information within seconds from data stored in the member's file.

Currently, some 1.2 million Americans belong to Medic Alert, a nonprofit organization which has been operating for the past twenty-six years. The organization estimates that one out of every five Americans has some condition that should be known in an emergency.

For information, write Medical Alert, Turlock, California 95381, or call toll-free 800/344-3226, and in California and Alaska 209/668-3333.

## What was that again?

My oh my, are our faces red! Two articles in the last edition of Update (Vol. 5, March 15) were not quite correct:

### Site construction to begin

A few key words were omitted from the last paragraph of an article about the Child Care Center. A quote from Richard Cipoletti, Assistant Administrator for Human Resources, describing the possible costs for child care appeared as incomplete and should read: day (rates) "will be comparable and competitive with prevailing rates within the community."

We apologize for the confusion this caused.

### The biggest fish story

Dr. Gene Ordway was highlighted for his record catch of a California Yellowtail. What's very amazing is the amount of time we reported he needed to land the fish — 55 hours!

Needless to say, Dr. Ordway's arms didn't stretch 12 feet, and he didn't stay aboard, fishing pole in hand, for over 2 full days either. Dr. Ordway battled his fish for a "mere 55 minutes. Sorry, Gene. We'll tell "That's Incredible" it was just a joke, ok?"

## on call

Appearing on "On Call: A Valley Health Series," broadcast on WLTV-TV, Channel 39, will be:

**April 5, 7:30 P.M., April 10, 2:30 P.M. - "Juvenile Arthritis"** - Arthritis is commonly thought to occur in adults, but it currently affects 250,000 children, even infants. Although a cure does not exist, it can be controlled, and in many cases, crippling can be prevented. Guests Forrest Moyer, M.D., and Donald Goldsmith, M.D., discuss how detection and treatment of arthritis is done.

**April 12, 7:30 P.M., April 17, 2:30 P.M. - "Executive Stress"** - In corporate and business life, long hours of work and travel, management responsibilities, and isolation from peers and family can lead to excessive stress as well as other health problems. Guests Harriette Dreer and Donald Kirts, Ed.D., discuss ways of identifying and coping with executive stress. Tips on stress management are offered through a stress phone line.

**April 19, 7:30 P.M., April 24, 2:30 P.M. - "Marriage and Divorce"** Although marriage is still popular in this country, the divorce rate is one of the highest in the world, with 1 divorce for every 2.3 marriages. On this "live" broadcast, guests Joanne LoGuidice, D.A., and Mervin Smolinsky, Ph.D., discuss relationships in marriage and divorce. Viewers are encouraged to phone in their questions (867-4677) which will be answered on the program.

**April 26, 7:30 P.M., May 1, 2:30 P.M. - "The Contemporary Nurse"** - A critical shortage of nurses is reported in 90% of American hospitals. Long stereotyped as "physicians handmaidens," the nurse today is finding encounters, environment and attitude quite different than what existed even in the 60's. Guests Alverta Stichter, R.N., Assistant Administrator for Nursing Service, and Claire Fagin, Ph.D., F.A.A.N., examine the many issues facing nursing. Candid interviews with nurses will be featured.





# New York, New York

Saturday, June 5, is the day for an all day trip to the Big Apple. For those of you who have made reservations, keep checking the Rec Committee Bulletin Board in the cafeteria for notice when tickets have arrived (approximately four weeks). When the tickets arrive, you should pick them up in Financial Services from Jeanne Fignar, at which time the cost of the bus must be paid. If you have any questions, contact Jeanne at 2062.

# Car Wash

Don't forget Saturday, April 17, at the Hospital Center's loading dock. You drive 'em, we wash 'em! \$2.00 exterior wash and dry. What a bargain! All day, 9:00 A.M. - 5:00 P.M. Proceeds will benefit the A&SHHC Men's Softball Team. See you there!



**Photo contest winners!** — What'll it be? Space Invaders? PacMan? How about Video Pinball? Gail Gillespie, Medical Records, was the big winner in the Rec Committee's "Name that Kid" contest. Runnersup, Pat Skrovanek, Computer Services, left, and Debra Szabo, Nursing Services, right, take a look at Gail's grand prize of \$100.00 worth of Atari cartridges. The three had correctly identified all the Rec Committee members in the popular contest. Nearly 200 entries made the game a super success and great fun. Thanks to all who entered. Check the Rec Committee Bulletin Board in the cafeteria to see how you did! P.S. Wait till you see our next contest!

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