

# CHECKUP

Vol. 3, No. 4 May 4, 1990

## ... A Brief Time Together

*By Geoffrey Mehl, Communications Department*

I was afraid, and you gave me courage. I was alone, and you gave me comfort. I was sick, and you brought medicine; I was injured, and you cared for my wounds.

Into your hands I gave my spirit and my flesh. We met under the poorest of circumstance, and although we were strangers my trust in you was complete. My misery was met with compassion, my frustration with patience, my helplessness with kindness, my embarrassment with dignity.

Our relationship was temporary and yet intimate. While awake, I knew your name and every gesture; while I slept I might have never known you at all. And not long after we parted, I would not remember you, nor would you remember me. When I was well again, when we said goodbye, others would gather me back into the circle of traditional relationships and you would find only another in desperate need.

As a thinking and rational individual, I can comprehend that you were not alone in providing care. There were physicians, technicians and pharmacists, cooks and housekeepers, clerks and administrators: an army of dedicated people who in spite of diversity marshalled

all their skills and talents to rescue me from my predicament. But it was into your tender hands and professional demeanor that the resources of quality healthcare gained a human perspective.

In our brief time together, I may not have fully grasped the enormous knowledge that you shared in response to my awkward questions. I could not imagine the price you paid for your education, or the courses you take even now to enhance your abilities. I might have only slightly been aware of your ability to think clearly and calmly under the stresses and pressures of medical emergencies. I have no concept at all of how many hours you worked today, or how many others like me you cared for, or of your own personal problems and crises.

Family and friends might spend a brief time to share concern; a minister, priest or rabbi might bring spiritual support; my doctor would bring his skills and wisdom. You brought me the security of your special skills, a smile and encouragement. You were there, around the clock, constantly alert and prepared to aid me when I was the most helpless and vulnerable.

We may have known each other for moments or months, but in the time we were together, I was at the very center of your universe, and to me you gave every ounce of your being.

I was your patient, and you were my nurse. What you gave me is beyond measure. And I am saddened, because all I can give back is a humble "thank you."

**— National Nurses' Week, May 6-12 —**

## Cake For Everyone Marks National Hospital Week

*In celebration of National Hospital Week, May 6 to 12, employees are invited to enjoy a piece of cake courtesy of the hospital. For the convenience of employees on all shifts, cake will be served on Friday, May 11, from 10 a.m. to 8 p.m. and Saturday, May 12, from 2 to 4:30 a.m. in the cafeteria conference room at both sites.*



# Events

## Alumnae Luncheon

The Alumnae Association of The Allentown Hospital School of Nursing is holding its 56th Annual Alumnae Day Luncheon at 12:30 p.m., Saturday, June 9 at the Days Inn Conference Center, Routes 22 and 309, in Allentown. Reservation deadline for those interested in attending is May 26.

For more information, contact Susan Steward at ext. 1700.

## Pharmacology Class

"Topics in Clinical Pharmacology," scheduled Saturday, May 19 in LVHC site auditorium, will focus on the issue of insuring rational drug therapy through the proper use of currently available kinetic information.

The half-day symposium is presented as part of TAH—LVHC's Regional Symposium series, in conjunction with the Dorothy Rider Pool Health Care Trust.

There is no registration fee and the deadline is May 16. For more information and to register, call Human Resource Development at ext. 8322.

## Benefit Yard Sale

A benefit yard sale will be held by TAH—LVHC Chapter of the American Association of Neuroscience Nurses (AANN) on Saturday, June 16, from 8 a.m. to 4 p.m. at 1236 N. Cedar Crest Blvd., Allentown. According to Pat Crissman, R.N., C.N.O.R., program director of the AANN chapter, the sale is to raise funds to purchase a portable ventilator for a patient at LVHC site who suffered a broken neck in an accident three years ago, is a quadriplegic and ventilator dependent and cannot go outside his room without the portable ventilator.

## Transcriptionist Week

The transcription unit of the Medical Record Department of TAH—LVHC will celebrate National Medical Transcriptionist Week with an educational seminar on Wednesday, May 16, in Classroom 1, LVHC site. Guest speakers at the 1:30 to 4 p.m. program will be staff physicians. Additionally, an open house will be held in the transcription unit at Cedar Crest Professional Park, 1251 S. Cedar Crest Blvd., Suite 303A, on Friday, May 18 from 2

to 5 p.m. All hospital employees and friends are invited.

## Fall Prevention

A one-day Fall Prevention Workshop, sponsored by several departments, will be held Wednesday, May 23 from 7:30 a.m. to 4:30 p.m. in LVHC site auditorium. There is no fee for staff affiliated with HealthEast, and the emphasis is a research based patient fall prevention protocol shown to reduce patient falls by as much as 75 percent throughout a hospital. For additional information and registration, contact Nursing Services at ext. 8282.

## BCLS/CPR Classes

Basic cardiac life support (BCLS) and cardiopulmonary resuscitation (CPR) courses will be held in Anderson Wing foyer, LVHC site. The nine-hour CPR course will be offered May 14 and 21 from 6:30 to 10 p.m., with a fee of \$20. The "heartsaver" course,

scheduled for 7 to 10 p.m. June 4, has a registration fee of \$10. A pediatric course will be held from 7 to 10 p.m. on May 7, and also requires a \$10 registration fee. Registration for the classes, sponsored by the Emergency Medicine Institute, TAH—LVHC, by calling ext. 8600.

## Tennis, Anyone?

A round robin tennis league is being formed for all interested LVHC site employees. Action begins at the end of May and continues for six to eight weeks. Send your name, department and phone number, along with level of play, to Juliet Geiger, R.N., Float Pool, LVHC site.

## Summer Volleyball

Anyone interested in playing summer volleyball should send their name, department and extension to Brenda in the Engineering Dept. by May 18. Games will be held on Mondays and Wednesdays.

## From The President's Desk

To the employees of TAH—LVHC and HealthEast:

The American Hospital Association has chosen "Count on Us to Care" as this year's theme for celebrating National Hospital Week, May 6 to 12. I find this slogan quite appropriate especially when I think of countless examples of how you perform your work each day.

Whether your duties lie in direct patient care, support services or management, your commitment makes the difference between routine care and the compassionate, quality service our patients receive at TAH—LVHC.

Many factors in the healthcare environment are changing rapidly today, increasing the challenges we face in working together to meet the needs of our patients and other customers.

My management team and I are committed to supporting your efforts as healthcare providers in any reasonable way that will result in improved patient/customer satisfaction.

Through the employee meetings, I continue to learn about issues that require attention. These issues will be reviewed in our search for solutions and, of course, we will continue to regularly schedule the meetings in the future.

Finally I want to thank you all for your dedication to making the hospital a place of healing and comfort. With your help, we show our patients each day that they can "Count On Us to Care."

Sincerely,



Samuel R. Huston  
President and CEO  
TAH—LVHC



# Precision Key To Nurse's Career, Hobby

David Salatino, R.N., has framed a lot of his co-workers and has had fun doing so.

Salatino, head nurse of the Emergency Center, TAH site, makes picture frames in his spare time. He estimates that about two dozen hospital employees have contracted with him to make frames, some of which contain pictures of his co-workers and their families.

He believes making a handsome frame involves a skill also required to be a good nurse—precision. In either pursuit, one mistake can be disastrous.

To see Salatino's work, just walk down the hall from the Emergency Center to his office, where the sun never sets. Hanging on the wall is a series of pictures of the setting sun, photographed by Salatino while he was vacationing on the north shore of Prince Edward Island, Canada. The pictures, rimmed with metal, create a sense of serenity, which is in stark contrast to the desk below. Evidence of the busy unit he supervises covers the desk.

Like many employees, Salatino's office contains pictures of his spouse, but not just the traditional small photograph sitting on a corner of the desk. Salatino's office has seven pictures of his wife, Brenda Jo, including one measuring 20 by 30 inches. Looking at the life-like picture, which Salatino took, one almost expects the woman in the portrait to begin talking.

Salatino's favorite material to work with is wood, which first sparked his interest in framing and mounting.

"I like taking a hunk of wood — a tree — and turning it into something," he says. "I like wood. It's warm." Salatino buys trees, has them cut, dried and milled, and then makes them into frames by hand.

Salatino's hobby began about 10



David Salatino, R.N., shows off some of his craftsmanship in picture framing.

years ago when he thought he was purchasing a beautiful frame. A look at the back of the frame, however, revealed it was actually a much cheaper wood stained to look like walnut.

Salatino learned to make frames through trial and error under the auspices of wood craftsmen. He refined his framemaking skills by working with the owners of a frame shop in Kingston, where he lived at the time.

It's difficult for Salatino to say how many frames he has made over the years, or to determine his monthly average, because the jobs vary so much. The size of the frames he has

made range from 1 inch by 1-3/4 inches for a stamp to 8 feet by 10 feet.

In addition to making frames, he also restores old ones. His most time-consuming project was the reconstruction of a 26-by-40-inch frame made about the turn of the century.

The restoration took him six months. "It takes a lot of time to take something apart and restore it to its original form," he says.

Salatino also makes wooden specialty items and moldings. He expects to continue to work with his favorite material and might even try carving wood with a chain saw, he says.

## Variety Of Fare Ahead On TV Program

May programs in the series "Health Matters," air on Wednesdays at 7:30 p.m. and Saturdays at 4 p.m. on WLVT-TV (Channel 39) and will include discussions of gastrointestinal problems, caesarean birth and losing weight.

Carl D'Angelo, M.D., and Lawrence Bardawil, M.D., will discuss inflammatory bowel disease and irritable bowel syndrome, two problems that over-the-counter remedies will not cure, on May 9 and 12.

"When Nature Needs Help" is the subject of May 16 and 19 programs

about caesarean birth. Oscar Morffi, M.D., and Gregory Radio, M.D., will explain when the procedure is necessary to safeguard the health of mother and baby.

And finally, the never-ending battle to stay thin will be the subject on May 23 and 25. "Thinner and Staying There" will study how weight loss programs work and why the "yo-yo" effect—the loss, gain, loss cycle that traps so many people—may be a threat to health. Discussing the issue will be Donna Dispas, R.D., and Peter Rovito, M.D.

*CheckUp* is a biweekly publication of the Communications Department of HealthEast. To submit an article or for additional information, call ext. 7915.

**Our mission is your health.**

HealthEast, a not-for-profit regional healthcare system, is more than 8,000 professionals, employees and volunteers working to provide you with quality, comprehensive health services.

Equal Opportunity Employer  
M/F/H/V



# Volunteers

*What they give and what they get touches the very basics of humanity*

They can be as young as 13 or as old as — well, who knows? They form a legion of about 850 smiles at any given time, but there are never enough volunteers.

So says Carol Schlags, who manages the corps of people who desire to freely give their time to support TAH—LVHC and related facilities.

One of the hospital's most important resources is its volunteers. They were saluted April 25, during National Volunteer Week, at their annual dinner. Samuel Huston, president, TAH—LVHC, presented a recognition gift to all who were present, but the important factor for the evening, says Schlags, also one of the speakers for the event, was just to allow all the volunteers to have a fun, social activity as

a reward for the thousands of hours of work they have done.

That goes beyond day-to-day admiration. "They're just the greatest people," enthuses Hazel Kramer, director of Volunteer Services at TAH site. "I don't know what we would do without them."

Volunteers have been involved since the very concept of hospitals began, Schlags says, and they contribute their time for three basic reasons.

The youngest group, she explains, sacrifices precious teenage time both out of a sense of compassion and the opportunity to get a sense of health career possibilities.

Currently, 135 junior volunteers, split between both sites, work in a variety of jobs.

At the other end of the spectrum, elders find involvement a positive way to remain active and involved with others. Those two groups are the bulk of the crew, she says, but there are a number of young adults, particularly women, who become involved when they move into the region.

"It's a quick way to meet people and become oriented to the area," she continues. "At first, they generally work during the days, and when they become employed, they frequently volunteer for work at night."

Teenagers were formerly known as "candy strip-

ers", which was fine when it was almost entirely a girl's activity. With the arrival of boys, though, the identification was changed to "juniors."

"The experience gives them the opportunity to get a close look at the healthcare field and the various career opportunities, and a chance to measure their interest," she says.

Teenage volunteers generally do not stay much beyond 16 years of age, says Maria Dresen, supervisor (LVHC site). Paying jobs, especially at fast food restaurants and retail stores, beckon with luxuries and savings accounts for college, she explains.

If teenagers run out of time to give, elders often have more time. After families are grown and working days have ended, it's entirely too easy to slip into a sedentary existence around the house.

That's how Barbara Conley, who volunteers on Wednesdays at LVHC site, got involved: she refused to just sit around, and became aware of volunteers when her husband was a heart patient at the hospital. After he recovered, she joined up.

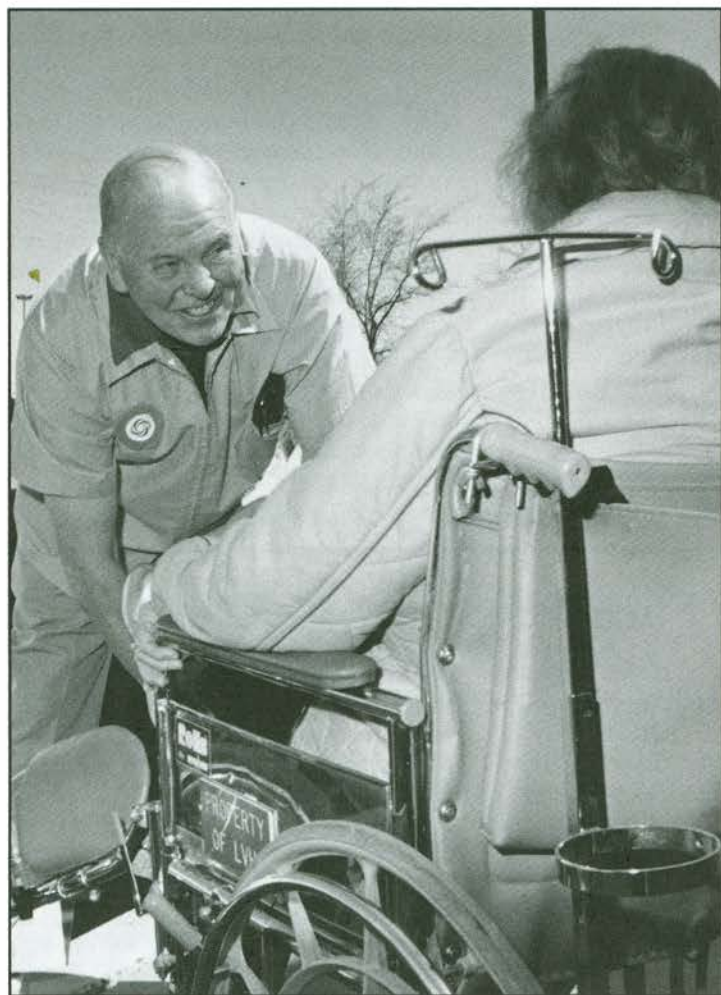
"It is one of the most satisfying things I've ever done in my life," she says.

Others quickly agree. Mary Hotsko, who has been volunteering for 11 years and spends eight hours a day on her feet running errands, says that some would-be volunteers think it's a place to come to relax. Not so. "It's hard work," she says — but also very worthwhile. Among her favorite chores is providing water to cancer patients, a humanitarian act in its most basic sense.

Comforting the patient is at the top of the list for many volunteers.

It can be as significant as being a member of the "Zipper Club" — former open heart patients — visiting current patients on the eve of their surgery to relieve anxiety and build confidence. Or it can be as simple as a glass of ice water.

So why volunteer for work in a hospital? "Lord knows," jokes Mrs. C. Spencer Allen, who has been at TAH site for 22 years since her retirement as



*A patient being discharged from LVHC site gets an assist and a parting smile from volunteer Jack Diehl.*





*Alana Conklin is one of the 135 junior volunteers who help with a variety of tasks, including preparing large batches of mail. She pitches in at TAH site.*

head of circulation for the Temple University Library, where she worked for 31 years. Then, more seriously, she adds, "Why, for something to do, of course."

The hospital's most senior volunteer, Ruth Getz, was honored a year ago for 50 years of service as a "gray lady," that is, a trained Red Cross volunteer. She is still active at TAH site; when asked about her motivation, she said it remains based on her desire to be a registered nurse, something that for one reason or another has always eluded her over her lifetime. Being a "gray lady" is to her the next best thing.

Regina Shingles, who works with Allen in the volunteer office, raised three children, then developed an accounting career with Mack Trucks, eventually retired and signed on. "I had to do something," she says. "I just couldn't stand the thought of sitting around the house."

Physical limitations affect many of the older volunteers to varying degrees, and hospital employees who work with them are continually astonished at how they will ignore their own discomfort while insisting that others be helped.

Not all of the volunteers are elders.

Having raised four children, Edna Lucas volunteers a day a week at LVHC site "just to get out of the

house," and her sense of compassion has evidently rubbed off on her daughter, Heather, who is a junior volunteer on Sundays.

The best source of finding volunteers is the word-of-mouth encouragement from those already involved, particularly among elder volunteers. That's a highly motivated and reliable group, she observes.

"We have a number of couples," Schlags adds, but it's hardly a prerequisite for volunteering.

Her office is continually receptive to new ideas for volunteer tasks from the various departments in the hospital, and is the contact point for anyone encouraging a friend or relative to become involved.

Her office, and that of Kramer, are

**"It is one of the most satisfying things I have ever done in my life."**

**—Barbara Conley**

tiny rooms adjoining a large outer "office" that is essentially a huge block of tables and a beehive of activity.

A dozen volunteers were recently stuffing envelopes for Helwig Diabetes Center, a good sort of task to do while one of the other key motives for volunteering — a good chance to socialize — was being practiced.

The volunteers, Schlags says, stuffed 1.1 million pieces of mail in 1989, a big bunch of it for the United Way and all of it while enjoying companionship and good conversation. Another pleasurable part of the day is lunch; volunteers are invariably found in groups in the cafeterias, expanding social circles that would be impossible to develop while alone in front of a television.

The hospital estimates their services to be worth over \$730,000 in wages, and statistics kept by the volunteer office indicates that in serving over 75 departments the volunteers at both sites put in 136,000 hours of service.

Between doing work of a humanitarian nature, having individual importance and the social opportunities that come with volunteering, "well, people are just crazy not to get involved," Hotsko asserts.

## **Drawing Benefits WomanCare**

A variety of prizes, including a week's vacation at Hilton Head Island, S.C., and \$300 in travelling money, are to be awarded in a raffle to benefit *WomanCare*, a program of TAH—LVHC. Tickets for the May 21 drawing are \$2 each or \$10 for a book of six, and can be purchased at *WomanCare*, ext. 3800, or the HealthEast Development office, ext. 9803.



# The Hotline

*The Hotline is a service for TAH—LVHC and HealthEast employees who have questions or concerns. Callers are asked to leave their messages on a tape machine, by calling ext. 2999. Please indicate your site.*

## When will AMC movie tickets be sold at TAH site?

Discount tickets for the AMC theaters should be available in the Personnel departments at both sites within the month.

Since merging, the Employee Activities Committee, which arranges for the movie tickets to be sold at the hospital, as well as sponsoring trips and other activities, has been busy consolidating many of its functions. The system for handling movie tickets will be modified shortly to offer the same tickets to employees at both sites.

## When will a soda machine at TAH site sell diet and caffeine-free soda?

A soda machine in the cafeteria at TAH site recently began offering Diet Coke, Caffeine-Free Diet Coke and Caffeine-Free Coke in cans. Also, as a result of this and other requests, these selections will soon be available in the machine in TAH site snack bar.

## Why does the cafeteria (site not specified) turn off the water at 9 p.m.?

The water machines in both cafeterias are in service throughout business hours which end at 6:15 p.m. (TAH) and 9:30 p.m. (LVHC).

## Why is food served in the cafeteria all prepared with sodium?

While all foods contain some natural sodium (salt), it is also often added during food processing and preparation. However, a number of wellness entrees and vegetables are served each day in the cafeteria at both sites that have been prepared without additional sodium.

Sauces, bacon and other food toppings tend to have a high salt content and should be avoided by people on low-sodium diets.

## Why are lab personnel at LVHC site being hired with a biology degree with no clinical experience or training?

Laboratory personnel are hired at both sites based on candidates' education, training, experience and past performance. In addition, in filling a laboratory vacancy, consideration is given to the number of available candidates, how soon the position must be filled and the training required to prepare the candidate to work independently.

When filling most technologist/technician level positions in the clinical laboratory, Medical Technologist/Medical Laboratory Technician (MT/MLT) certification or the equivalent is preferred. Applicants meeting this requirement have a competitive advantage over those lacking it.

However, this does not exclude from consideration individuals with backgrounds in biology or chemistry, or another science, who show a particular aptitude or skill in the area. Hiring such a candidate generally extends the on-the-job training needed to give them the clinical background.

Some staff positions in the laboratory do not require MT/MLT certification and, in these jobs, a candidate with a biology or chemistry degree may be better qualified than an MT/MLT. Toxicology, cytology and cytogenetics are examples where this would be appropriate.

Finally, since recertification is not required of ASCP (American Society of Clinical Pathologists)-qualified laboratorians, candidates who are certified but have shown no personal initiative in continuing education may be considered less qualified than those who have remained current with the quickly evolving field of laboratory science.

# May Daze! Three

**GREAT DAYS OF FUN AND EXCITEMENT  
SPONSORED BY LVHC SITE AUXILIARY**

- Carnival Rides •Games •Bingo •Children's Tent
- Pony Rides •Flea Market •51 Craft Exhibitors
- Book and Stamp Sales •Health Exhibits

**•Food •Food •Food!**  
**Chicken, Ribs, Beef Dinners,  
Baked Goods and Other Treats**

FRIDAY 4 - 10 P.M.

SATURDAY 10 A.M.- 10 P.M.

SUNDAY 11 A.M.-6 P.M.

# May 18-19-20

## Cafeteria Hours

	TAH Site		LVHC Site	
	Open	Close	Open	Close
Breakfast — Full Menu	6:30	8:30	6:30	9:30
Partial Menu	8:30	10:30	9:30	11:00
Lunch — Full Menu	11:00	1:15	11:00	1:30
Partial Menu	1:15	4:00	1:30	4:30
Dinner — Full Menu	4:00	6:15	4:30	7:00
Partial Menu			7:00	9:00
Late Night (weekdays)	1:00	2:00	1:00	4:00

Weekends and Holidays: TAH site — No partial menus



# All Right, Guys, Anyone Want To Try Pregnancy?

About 10 years ago, back when real men didn't eat quiche, they did not get too interested in their wives' pregnancies, either. The average "expectant father" was forced to go to childbirth classes by his wife. Now the situation is sometimes reversed. Men are becoming more involved and they want to know more specifics about pregnancy.

While they may know more about pregnancy and childbirth than their expectant forefathers, and while some may actually assist in the delivery, the actual experience of pregnancy still eludes them. But now, those expectant fathers can satisfy their curiosity by experiencing pregnancy firsthand.

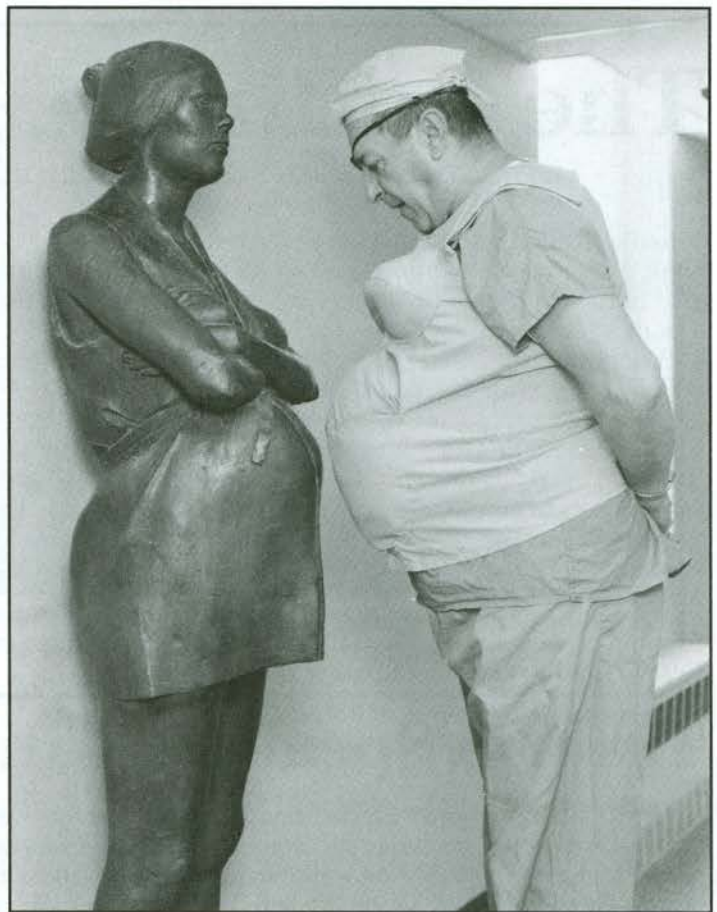
The Empathy Belly, an external garment that simulates pregnancy, allows the father to experience more than 20 symptoms of pregnancy. Recently acquired by TAH—LVHC, The Empathy Belly is the first in use in the area.

The device simulates pregnancy through the use of a rib belt and various weighted components. Wearing it 10 minutes or longer creates such symptoms as body weight gain of 35 pounds; pregnant profile of enlarged breasts and protruding abdomen; continuous pressure on abdomen and internal organs, increasing sense of urgency and frequency of urination; mild fetal kicking and stroking movements; shortness of breath; increased body temperature, blood pressure, pulse and fatigue; slowed pace and awkwardness.

Fran Triolo, R.N., coordinator of the Maternal and Childbirth Education, explains that while the Empathy Belly is effective in simulating pregnancy, the fact that the symptoms occur all at one time is not a natural progression of pregnancy. Still, it is realistic enough to simulate sensations and discomforts, and thus serves the purpose of educating fathers.



*It was a hectic evening for NICU nurses on April 6 when Sandra and Robert Lichtauer followed Cal and Sharon Miller in becoming parents of triplets within a few hours of each other — but everyone wore smiles a few days later.*



*Comparing profiles? Dean "Dino" Hillegas of General Services volunteered to model the new Empathy Belly for childbirth*

thers.

"The initial focus is going to be for the fathers to have a better understanding of pregnancy and the discomforts that the woman is going through. The impact of the father wearing this might give him a better understanding of how helping with menial tasks can make pregnancy easier for his wife. The simple things in the latter part of pregnancy that become difficult will become more clear to him," Triolo says.

To add The Empathy Belly into the childbirth program, Triolo plans to incorporate the device when information on discomforts of pregnancy would normally be discussed. After the information is presented, The Empathy Belly would be placed on a father who would wear it for the rest of the evening's lecture. Other students could then interact with him to find out how he is feeling and to see, as Triolo says, "how long it takes for him to ask, 'Can I take this off?'"

### And speaking of...

Employee engagements, weddings, and, yes, reports of growing families are welcomed by *CheckUp* for publication in our Congratulations column. If you've got a happy event to share, send it in writing to Communications at your site.





Who says a little illness or injury spoils an important day? Certainly not Bobby Heimbach, Supply-Processing-Distribution (LVHC site), alias the Easter Bunny, who brightened the day in Pediatrics. Among those visited was Nathan Thomas.

## Geriatrics Talk Focuses On Needs Of Patients

"A Day in Geriatrics," part of TAH—LVHC Regional Symposium Series, held in conjunction with the Dorothy Rider Pool Health Care Trust, will be presented on May 12 in LVHC site auditorium.

Aimed at physicians, nurses and other healthcare workers interested in geriatrics, issues such as normal changes in aging and geriatric assessment will be addressed.

Hospital professionals Francis A. Salerno, M.D., chief of geriatrics; Stephen E. Lammers, Ph.D., professor, Department of Religion, Lafayette College, Easton and hospital consultant; Patricia Root, M.S.W., social worker and Lisa Lacko, R.N., M.S.N., adult health clinical specialist, will discuss geriatric assessment. Dr. Lammers will also address ethical issues in the care of the elderly and their families.

Roger J. Cadieux, M.D., vice president of Mental Health Services of the Capital Health System and medical director of Capital Psychiatric and Psychological Associates, Harrisburg, will speak on cognitive disorders and family concerns.

There is no fee for employees and the deadline for registration is May 9. For more information and to register, call Human Resource Development at ext. 8322.

## Trauma Speakers Win Award

LVHC site Emergency Department Public Outreach Committee received the Sertomans Together Advocate No Drugs Award on April 12, by the Sertoma Club of Easton. The S.T.A.N.D. award is given in recognition of the people of the Lehigh Valley who have made a strong commitment to the prevention of alcohol and drug abuse.

The Public Outreach Committee of LVHC Emergency Department program "Trauma—Telling It Like It Is," was developed in 1985. The program is a public service trauma prevention plan presented to area high school students. The focus of the program is

safety and prevention; specifically to raise the consequential awareness of drinking and driving, drug use and driving and the use of seat belts.

Objectives of the Public Outreach Committee program, "Trauma—Telling It Like It Is," include: enhancement of public awareness of safety issues related to trauma prevention; collection of statistical information for analysis from questionnaires completed by each participant; describe the consequences of driving under the influence and lack of seatbelts; and describe how the trauma system functions.

### For The Record

In the April 20 issue of *CheckUp*, Sally Roessler, administrative assistant to John Hart, vice president, HE Community Health Services, was incorrectly identified as to title. She also does secretarial work for Susan Traub, environmental planner.

Also, we'd like to thank Keith Strawn, manager of employee information systems, LVHC site, and Leilani Souders, at HealthEast, both of the Human Resources Department, for their help in preparing the report on secretaries. After assisting in establishing an inclusive definition of "secretaries", their research produced a census for the entire system. At TAH—LVHC, there are 130 secretaries and 225 unit clerks, for a total of 355, while at HealthEast there are 26 identified specifically as secretaries.



Spring was officially flung at the annual Spring Fling, an annual fun-filled event for hospital employees.



# THE MARKETPLACE

1

May 4, 1990

---

## For Sale

---

Marble-like table with four chairs, in excellent condition - \$150 or best offer; Royal portable typewriter - \$40. Call Sue at ext. 2399.

---

Roland Juno 106, Peavey amplifier, with ultimate support system, like new - \$900 (\$1,600 new); four-drawer file cabinet - \$75; wood office desk - \$125 (\$299 new); secretary swivel chair - \$75; mausoleum, Cedarhill Memorial Park, two-person crypt - \$2,800 (\$3,850). Call 791-2799.

---

Dark walnut dining room set with lighted hutch and six chairs, includes two captain's chairs. Call 770-0851 after 5 p.m. for more information.

---

Queen-size waveless waterbed, complete with headboard with four drawers, one-drawer base, bumpers, heater, deck, sheets and comforter - four years old. Asking \$1,000 (negotiable). Call 965-8165 and leave message.

---

Huffy 15-speed bicycle. Asking \$100. Call Kathy at ext. 8795 or 398-0932.

---

Sears pool table, 4 by 8 foot with 3/4 inch slate top. Call 282-4045 and make offer.

---

Tappan, white, 30-inch gas stove, in very good condition - \$50; Cosco car seat, slate blue, in very good condition - \$25; Baby Minder electronic intercom system - \$20. Call Judy at 432-1641 or ext. 8228.

---

Green velvet and walnut sofa bed, traditional chair and ottoman; air conditioner; - all in excellent condition. Call 481-0281 from 10 a.m. to 6 p.m. or 433-7558 evenings.

---

1986 Yamaha Jog scooter, in excellent running condition. Asking \$350, helmet included. Call 266-0174 after 6 p.m.

---

Four (4) Sears 215/75/15 all-terrain tires for Ford Ranger, with good tread - \$100; mounted on rims \$50. Call 298-2025 after 4 p.m.

---

1986 Sunline 23-foot travel trailer. Loaded with extras and in excellent condition - must see. Asking \$9,000. Call Linda at ext. 8877 or 433-3621 after 5 p.m.

---

Thomasville antique white, oriental king size headboard, dresser, mirror, chest with 2 nightstands, \$800. Pine full size bedroom complete with mattresses. Six piece tan pit \$400. Brown club chair with ottoman \$50. Electric lawn mower \$50. Call Carol, ext. 2360 or 481-0254 and leave message.



-----  
Steel dog cage with removable tray, front and top open, only used 3 wks. 26-1/4 long x 19 wide x 24 high, \$30. Sony Beta VCR w/wireless remote, high-fi compatible, includes some recorded movies, \$100. Innerworks Trimline Telephone, touchtone, dial lights up when it rings, redial button, barely used, \$25 firm. Commodore 120 Computer System, color monitor, keyboard, disk drive, printer, several games and Jane word processing sets. \$800. Call 791-1585.  
-----

Aquariums, 20 and 30 gal, with hoods, filter systems, plants, rocks and many other accessories. Stand for 30 gallon, cabinet for 20 gallon included. \$125. King size waterbed, semi-waveless, heater. Includes mirrored bookcase headboard. Platform includes 4 drawers, 4 cabinets. Call 770-0851 after 5 p.m.  
-----

Dehumidifier - 30 gallon capacity. Like new condition, used only one month. \$200 new, asking \$125. Call Janet, ext. 2495.  
-----

Chrome, detachable bike rack for cars with steel bumpers. Holds two bikes. \$20 or best offer. Call 799-2387.  
-----

### **Automobiles For Sale**

-----

Toyota Corolla, yellow, five-speed. Asking \$395. Call Kathy at ext. 8795.  
-----

1984 Mercury Grand Marquis luxury four-door sedan with 61,000 miles. Includes new shocks, brakes and airbag suspension. Perfect condition, absolutely no service needed. Asking \$6,800. Call 435-6922.  
-----

1977 Honda Accord, blue, two-door hatchback. One owner, garage kept with 55,000 miles, in excellent condition. Uncomplicated to maintain. Includes new battery and tires. Ideal for commute to school or work. Asking \$1,995. Call Donna at ext. 8385 or 821-9574 after 5 p.m.  
-----

1979 Ford Fiesta with 53,000 original miles. Second owner. Includes plush interior, JVC AM/FM cassette player, new brakes and clutch, all-weather radial tires and rear-window defrost and windshield wiper. Asking \$1,400, negotiable. Call Jeff at 439-8335.  
-----

1973 Jaguar XJ-6. Six cylinder, automatic transmission and power steering with 60,000 miles. Recently repainted. Asking \$6,000. Call 346-7304.  
-----

1988 Chevrolet two-tone brown fleetside pickup truck with Scottsdale equipment. Features four speed with automatic transmission with overdrive, two-wheel drive, AM/FM stereo with equalizer unit. In great condition with 30,000 miles. Asking \$8,000. Call 266-9757.  
-----

1988 Honda Accord LXI white hatchback. Features five-speed transmission, power steering, brakes and windows, cruise control, AM/FM stereo cassette radio and low mileage. Like new. Asking \$11,500 firm. Call 865-1691 days or 435-3498 after 6 p.m.  
-----

1988 Dodge SE, 18,000 miles, 4 door, AM-FM, cruise control, tilt wheel, full power, new inspection, transfer warranty, many other extras. Asking \$8,800. Call 821-0768.  
-----



---

1987 Plymouth Horizon, blue with cloth interior, 2.2 engine, 4 cylinder, 5 speed, AC, PS, PB. Only 23,000 miles, excellent condition, asking \$3,895 or best offer. Call 797-9482.

---

1988 Acura Legend Coupe L, grey w/leather int, 5 speed, 25,000 miles, antilock braks, power sunroof, power windows and door locks, mint condition, remaining warranty. Call evenings, weekends 481-9148.

---

1977 Olds Custom Cruiser, 9 passenger wagon, V8 405 engine, factory trailer package, class 3 hitch, electric brakes, transmission cooler, non-slip differential. Now towing 23 ft trailer, 5500 lb curb wt. Call 264-3563 before 3 p.m.

---

1977 VW Bus. Orange, good condition. Needs inspection. Price negotiable. 434-6854.

---

### **Real Estate For Sale**

---

Two-bedroom townhouse on South Ellsworth Street near Mosser School. Asking \$62,000. Call 282-1892.

---

Four-bedroom row home, one mile from TAH site. Recently remodeled bedrooms with many built-ins; snack bar in kitchen; workshop in the basement; and parking space in back. Asking in the \$'60s. Call 770-0851 after 5 p.m. for more information.

---

Investment property - three units plus garage, fully rented with good tenants. Net income: \$11,570. Price: \$98,000. Must sell, moving. Call Diane at 770-9900.

---

Three-year-old, three-bedroom twin in quiet neighborhood, convenient to LVHC site, with easy access to I-78 and Route 309. Ideal for single couple or small family. Features one-and-one-half baths; living room; dining room; kitchen with breakfast bar, dishwasher, refrigerator, garbage disposal and all-oak cabinets; full basement; central air/heat pump; off-street parking; washer and dryer; appliances are new and included with house. Move-in condition. Asking \$94,900. Call Bob or Debbie at 797-4091.

---

2,000 square foot brick cape located in Salisbury Twp. 3 large BRs, LR, DR, large ultra modern kit., 1.5 baths, sitting room, new 21x21 FR with coal stove, playroom, large redwood deck, 3 car garage. Low taxes and heating. Home completely remodeled and in mint condition inside and out. Many extras stay with home. Convenient to 309, 22 and 78. Convenient to pools, shopping and public trans. Priced to sell \$126,900. 797-9482.

---

Single ranch home - Quiet neighborhood, 3 BR, 1 bath, lrg living room, combination kitchen and dining room, family room. Total gas. Large landscaped lot. Easily accessible to shopping centers, pools and parks. Bethlehem School District. By owner. \$101,800. Call after 4 p.m. 867-2919.



---

**For Rent**

---

Third Floor Apartment available. Walking distance to TAH. One bedroom, LR, eat-in kitchen. Hardwood floors and large windows. Garage available. \$400/month (includes utilities). 434-6854.

---

Twin home and garage at 1946 Chew St. Includes three plus bedrooms and two full baths. For rent or sale. \$795 per month or purchase at \$89,000.  
Duplex apartment at 1611 Chew St. Includes one to three bedrooms, grounds, basement storage and optional two-car garage. Immediate occupancy. \$495 per month (without garage) \$595 per month (with garage).  
Garage at 1611 Chew St. Two-car garage with remote electric garage door opener. Asking \$100 per month. Call 740-4550.

---

Two-bedroom apartment near Lehigh Parkway. Includes one bath, living room, kitchen with dishwasher, air conditioning, full-size washer and dryer and off-street parking. References required and no pets allowed. Asking \$450 per month. Call Barb or Tony at 432-3102 after 5 p.m.

---

Three-bedroom twin, located at 13th and Turner streets. Features large eat-in kitchen, one-and-one-half baths, low-cost gas heat and hot water, well-insulated walls, large patio and 20 by 40 foot enclosed yard. Asking \$595 per month. Call Donna at ext. 8385 or 821-9574 after 5 p.m.

---

One-bedroom, first-floor apartment in quiet residential area. Available June 1. Includes wall-to-wall carpeting, air conditioning, living room, dining room, modern kitchen and bath. Asking \$480 per month which includes cooking gas, hot water and cable. Call 797-4268.

---

Clean, quiet first-floor apartment, three blocks from TAH site. Includes three spacious rooms and bath with enclosed back porch. Asking \$450 per month which includes heat and hot water. No pets allowed. Call 439-0288 and leave message.

---

Stone Harbor, N.J. - sleeps eight, two and one-half blocks from beach and one block to bay. Includes three bedrooms, living room, full bathroom, outside shower, fully equipped kitchen and large front porch. Available weeks beginning June 24 (\$550); July 1 (\$550); and Sept. 1 (\$450). Call Pete or Jane at 965-6634 evenings and weekends.

---

Virginia Beach, oceanfront luxury suite available Aug. 4 to 11. Sleeps four with king-size bed and queen-size sofa bed; kitchen with microwave oven; color TV and on-premises health spa, indoor heated pool, whirlpool, sauna and steamroom. \$600. Call Ruth at ext. 8877 or 967-3791 after 5 p.m.

---

Summer rental - Chincoteague, VA. New waterfront townhouse, boatslip, 3 BRs 2-1/2 bath, 3 decks, \$800 per week. 368-2852.

---

Macungie, East Penn, 3 BR, 2-1/2 bath townhouse. LR, DR, kitchen, breakfast room, basement. \$625 month plus utilities. Call 282-2295, leave message.

---



---

**Roommate Wanted**

---

Female, non-smoker, wanted to share large four-bedroom home on 2.5 acres near LVHC site. Includes kitchen with dishwasher, dining room, living room, two fireplaces, sunroom and washer and dryer. Asking \$366.66 per month which includes utilities. Call 435-8592 or ext, 7935.

---

Female roommate wanted to share a two-bedroom apartment in Fogelsville. Available May 1. Asking \$200 per month, including heat and hot water. Call 391-0321.

---

---

**Lawn Care**

---

Grass cutting by professional, insured company. Call A+ Lawn Service, 433-8862.

---

Full lawn maintenance, including spring clean-up, fertilizing, tree and shrub trimming with reasonable and reliable service. For free estimates, call Mike at 266-0653.

---

---

**Home Improvements**

---

Commercial/residential general contractor, specializes in new construction and renovations. Fully insured with 10 years experience. References available. Call 820-9334.

---

Handyman, no job too small. Free estimates. Call Rich, 264-7152.

---

Over 30 years experience in remodeling, additions, new construction (Commercial/Residential) - fully insured - no job too small. Call 285-2840 for free estimate.

---

---

**Kittens For Sale**

---

Blue Persian kittens, very affectionate. Pure breed. Asking \$250. Call Kathy ext. 8795 or 398-0932.

---

---

**Free**

---

Patio glass doors, in good condition. Call Kathy at ext 8795.

---

Six black baby gerbils. Call Ruth at ext. 8877 or 967-3791 after 5 p.m..

---

Lionel toy trains, mainly interested in an old set, engines, cars and accessories (track, buildings, etc.). Will look at all offers. Call ext. 2258 or beeper 5815 (3-11 p.m.) and ask for Hugh.

---

Babysitter in Macungie home for 9 year-old boy. Only responsibility is to have fun. Hours are 7:30 a.m. to 4 p.m. for the months of July and August. Call Maryann at ext. 7970 or 965-8186 after 6 p.m.



## Vacations

The Auxiliary of TAH site is sponsoring a cruise to Bermuda from Oct. 14 to 21. Early registration is encouraged and a \$200 deposit will be required at that time. The cost is \$1,428 per person. For complete details, call Shirl Ritter at 434-4279 or 432-7950.

**NOTE: THE NEXT ISSUE OF THE MARKETPLACE WILL BE PUBLISHED IN THE JUNE 1 EDITION OF CHECKUP. DEADLINE FOR SUBMISSION FOR THIS EDITION OF THE MARKETPLACE IS WEDNESDAY, MAY 23.**