



update

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A VERY SPECIAL DAY

Labor Day, one of our nation's celebrated holidays, just happened to fall on September 2 this year. For many of us, Labor Day means summer is drawing to a close and autumn is right around the corner. However, September 2 had a very significant meaning for Martha B. Donaldson, R.N., float pool nurse.

In 1941, September 2 was the day Donaldson began her education toward her nursing career. Several years later, one of Donaldson's children was born on September 2. And this year, after almost four decades in a nursing career, she celebrated her final "labor day." On September 2, 1985, Donaldson retired from the Hospital Center.

Following her graduation from Mercy Hospital in Wilkes-Barre, where she received her R.N. diploma, Donaldson intended to continue her education. However, she received a call from the hospital and was told there was an urgent need for nurses. Although she had planned to attend the University of Pennsylvania, Donaldson decided to take the job. She spent the next six years gaining experience in disaster nursing through the Red Cross. For the next four and one-half years she continued her nursing career with the Red Cross Blood Bank.

During the next nine years, Donaldson took a break from nursing to raise her family. In August, 1964, she returned to her career when she joined the staff of The Allentown Hospital.



Martha B. Donaldson, R.N.

As she enjoys new and exciting experiences, Donaldson transferred to the Hospital Center in October of 1974, when she joined the staff of 4C. In 1975, she transferred to 4A, where she spent the next eight and one-half years. In 1983, she transferred to the float pool where she had been until her retirement.

Donaldson has always enjoyed nursing and never thought she would look forward to retiring. However, she was recently blessed with a new granddaughter and is looking forward to spending a great deal of time with her family.

Best wishes!



RECREATION NEWS

New Officers Elected

The Recreation Committee recently elected new officers for the 1985-1986 term. The officers, who were elected at the August meeting and who in part make up the Recreation Committee's Executive Committee, will begin their terms of office at the September 9 meeting.

New officers include: President - Kim Morstatt, nursing services; Vice President - Dick Clayton, housekeeping; Treasurer - Deb Sterner, infection control; and Secretary - Rhonda Knittle, pastoral care.

Also elected at the August meeting were three Executive Committee members-at-large. They are Jim Allford, physical therapy; Jeanne Fignar, HealthEast; and Trevor Swan, physical therapy.

The purpose of the Recreation Committee is to promote good will and positive employee relations and to act as the Hospital Center's official arm to further social and recreational activities for members of the Hospital Center's family.

The committee usually meets on the first Tuesday of the month at 12:00 Noon. However, the next meeting will be held on Monday, September 9, at 12:00 Noon in Classroom I. Any member of the Hospital Center's family interest in participating on the committee is welcome to attend.



New officers for the Recreation Committee are—Front row (left to right): Rhonda Knittle, pastoral care; Deb Sterner, infection control; Kim Morstatt, nursing services; Dick Clayton, housekeeping. Executive Committee members-at-large are—Back row (left to right): Jim Allford, physical therapy; Jeanne Fignar, HealthEast; and Trevor Swan, physical therapy.



Members of the Men's Softball Team include Front row (left to right): Scott Steffie, storeroom; Steve Berman, histology; Wally Smith, respiratory therapy; Bill Hoffert; David Nadig, toxicology; David Rice, microsurgery; and Greg Miller, storeroom. Back row (left to right): Gary Fisk, P.A., Rex Group; Brian Mory; Jim Hughes; Joe Ottinger, pharmacy; Matt Stauffer; Geoffrey Hallock, M.D., plastic surgeon; Jim Dunleavy, HealthEast; and Dale Jarvis, Computer Center. Missing from photo are Jim Higgins, Chris Marron, Dale Mory, Tom Cobb, and Keith Young, housekeeping.

SPORTS RECAP

East Penn Modified League— Men's Softball

Did you ever have the feeling that somebody up there didn't like you? Well, that's exactly how the Hospital Center's men's softball team felt by the end of the season.

Bad luck and the inability to get the right hit at the right time contributed to a rather disappointing season, with only four wins.

However, spirits were high after a 16-1 victory over Fogelsville, one of the top teams in the East Penn League. Throughout the season, Scott Steffie, storeroom, Joe Ottinger, pharmacy, and Dave Rice, microsurgery, had a few shining moments behind the bat. The defense was led by the pitching efforts of Steve Berman, histology, and Wally Smith, respiratory therapy.

Although the season was far from ideal, the men's team is hoping to turn things around next year.

Coed Softball

In the Corporate Coed Softball League, LVHC team #1 finished the season with seven wins and six losses. Although they got off to a slow start, the nine men and six women squad wrapped up the season with four straight wins.

The last game of the season was truly a "grand finale." With consistent hitting by the entire team and smart base running by Bill Huber, security, and Ed Wigfield, the team blew the opposition away 23-8.

Managing the team this year was Mel Hilbert, mailroom. The defense was led by the pitching efforts of rookie Stan Jones, SPD, and veteran Janet Laudenslager, public relations. Offensively, the power behind the bats came from Keith Hilbert, auxiliary, Bill Huber, security, Chris Strasser, materials management, Dick Clayton, housekeeping, and Angel Perez, security. Kim Morstatt, nursing services, went into the record books as the only woman on the team to hit a home run.

Although the team experienced a few "heart breakers," they finished with a decent record.

They are looking forward to next year's season when they will be "going for the gold!"

The newest addition to the Hospital Center's coed softball effort, known as LVHC team #2, made its debut in the Corporate Coed Softball League this year. The team, which includes many new recruits from the Hospital Center's family, was formed due to the overwhelming response to coed softball this year.

Well, maybe it was beginner's luck, but this team was very successful. With a record of nine wins and six losses, team #2 made it to the playoffs.

In the best of three series, they defeated The Allentown Hospital's team in the first two games to take the western division championship.

Both games were very intense, however, team #2 played tough and managed to stay on top. The victories were made possible behind the hitting power of Dave Hanushak, radiology, and Bob Heimbach, dietary. The tough defense was led by ace pitchers Jeanne Fignar, HealthEast, and Heimbach.

The team will now meet the eastern division champs for the league title.

Continued on page 4



Coed Softball Team #1—Front row (left to right): Keith Landis, R.N., shock/trauma unit; Ed Wigfield; Angel Perez, security; Bill Huber, security; Dick Clayton, housekeeping; Chris Strasser, materials management; and Aaron Hilbert. Back row (left to right): Donna Oswald, dietary; Kim Morstatt, nursing services; Chris Wigfield, L.P.N., 6B; Janet Laudenslager, public relations; Stan Jones, SPD; Keith Hilbert, auxiliary; and Mel Hilbert, mailroom. Missing from photo is Vicky Pope, R.N., 6C.

Softball

According to team manager Trevor Swan, physical therapy, "the team has had a very consistent season marked by good defense and timely hitting."

Throughout the season, key defensive

plays were made by "Mr. Flexibility" Sam Graffman. And leading the team with consistent batting power were Jeff Miers, general accounting, Marsha Becker, dietary, Hanushak, and Swan.

Congratulations on a job well done!



Corporate Coed Western Division Champs LVHC Team #2—Front row (left to right): Linda Hersh, physical therapy; Marsha Becker, dietary; Karen Graffman, physical therapy; Jeanne Fignar, HealthEast; Jeff Bartz, pharmacy; and Monica Kantz, R.N., 4C. Back row (left to right): Captain Trevor Swan, physical therapy; Sam Graffman; Jim Layland; Jeff Miers, general accounting; Bob Heimbach, dietary; and Dave Hanushak, radiology. Missing from photo are Tom Baatz, mailroom; Kay Zelina, business office; and Darla Swan.

Summer Volleyball

This summer's volleyball season ended with a spectacular finish on Monday, August 12, between two evenly matched teams. The "Dream Team," led by captain Dave Hanushak, radiology, took the championship away from Team #4, led by captain Victor McCain, SPD, by winning three games in the best of five series. McCain's team had held the championship for the past three years.

According to Hanushak, "winning the championship was a total team effort which was well deserved."

The regular season play began on Monday, June 3, and continued every Monday and Wednesday through July 31. Over 80 players participated in this year's volleyball league which consisted of five teams.

Coordinating this year's league were Diane Angelino and Terry Durn, physical therapy. They were responsible for organizing the teams and setting up the schedules. And through the efforts of several members of the engineering department, this year's

season was the best ever. The volleyball courts were relocated and leveled, and two benches were built for spectators. These changes and additions were appreciated by all concerned.



Members of the 1985 Championship Volleyball Team include—Front row (left to right): Kim Morstatt, nursing services; Donna Oswald, dietary; Kris Feick, dietary work/study student; Chris Wigfield, L.P.N., 6B; and Mel Hilbert, mailroom. Back row (left to right): Keith Landis, R.N., shock/trauma unit; Stan Jones, SPD; Captain Dave Hanushak, radiology; Ed Wigfield; Aaron Hilbert; and Jim Layland. Missing from photo are Scott Laub, pharmacy, and Mike Martin, SPD.

ATTENDINGS EXTEND WIN STREAK

By Staff Reporter

Before an enthusiastic crowd of some 1,500 spectators, the Hospital Center's attending physicians' softball team defeated the residents earlier this season by a resounding 5 to 2 margin. The victory allowed the attendings to extend their unbeaten string to seven consecutive years and maintain their unblemished record of never having lost to their junior counterparts.

The scoring points were well-distributed among the attendings, with William Trachtenberg, Peter Barbour, Alan Berger, Richard London, and John Jaffe each scoring runs. RBI's were provided by Hugh Gallagher, Barbour, Trachtenberg and Berger. A spectacular catch was made by left-fielder Dennis "Say Hey" McGorry, who robbed a potential home run ball by reaching over the left field fence and into the crowd. Other members of the attending power house had some difficulty reaching first base both offensively and defensively.

The residents were able to muster only feeble attempts at matching the attendings' firepower and could eke out two runs through a combination of luck and favorable direction of the wind. In general, the hitting of the residents' team was rather anemic.

In the second game of the season, before a delirious sell-out crowd, the seasoned attending squad once again sent the eager but inexperienced residents to a resounding defeat, by a score of 9 to 3. As in previous games, the powerful bats of the LVHC Staffers were augmented by the usual silky-smooth fielding for which they have become nationally famous and feared. Long-ball power was provided in the form of home runs by Gallagher, Trachtenberg, and Jaffe. Sparkling fielding performances were turned in by Jeffrey Burtaine, Geoffrey Hallock, Barbour, and Gallagher. Charles "Rifle Arm" Brooks made several incredible throws from his left field position, startling the unsuspecting residents.

In the later innings, the attending squad put in their second and third teams, including some members of the farm squad, which allowed the residents to score the few runs which they did. By the end of the game, the capacity crowd gave a standing ovation to the attending team. Interviews after the game with many of those in

attendance indicated that they much preferred watching the attendings rout their younger counterparts than watch the Phillies game anyway.

A black tie victory dinner is being planned by the attending staff, to be held at the Plaza Hotel in New York, with appropriate most valuable player and rookie of the year awards to be presented at that time. Appropriate coverage by Sports Illustrated is anticipated.



"For Ladies Only"

The Recreation Committee is sponsoring a bus trip to the Chippendales Club in New York on Saturday, October 26.

Unfortunately, due to the overwhelming response, both buses have been sold out.

For those of you who managed to buy tickets, the buses will depart from the Hospital Center at 1:30 P.M. with approximate arrival in New York at 3:30 P.M. The show will be held from 8:30-10:30 P.M., followed by dancing. The buses will leave New York for the return trip home at 12:00 Midnight.



Suzanne Trinkle, R.N., operating room, was the lucky grand prize winner in the seatbelt campaign drawing. Safety committee member Michael Spleen is shown here presenting the grand prize, an RCA videorecorder, to Trinkle, while Elwood Ehrigott, chairman of the safety committee, looks on. The drawing was held on Tuesday, August 13, in the cafeteria.

BENEFIT SPOTLIGHT

For Your Information . . .

...The Lehigh and Northampton Transportation Authority (LANTA) has contacted the Hospital Center regarding a "Ride-to-Work" employee discount program. The program includes a 40-ride punch-type ticket which is sold to the public for \$20.00. LANTA would agree to sell the tickets to the Hospital Center for \$18.00 each if the Hospital Center will offer them to employees for \$16.00 or less. This brings the employee's per trip cost to 40¢ -- a full one-third off LANTA's regular peak fare of 60¢ per trip.

Before we will consider implementing this discount program, we would like to know if there is enough interest. If you feel you would benefit from this discount program, please call the recruiting office at Ext. 8800.

Notes from our Patients

"Even though I don't like being in hospitals I feel the Lehigh Valley Hospital Center is one of the nicest places to be. Your resident doctors and your nurses could not be nicer. The letter from Mr. Spiker upon admission also adds a nice touch. While we have been in the area only three years, we have had to use your facility three times. Thanks again for being there."

A patient from 5B

"The distance I traveled was made worthwhile because of the quality of care. Yours is an excellent hospital in every way, and your staff should be proud of its association."

A patient from 6A

"During my recent admission to your fine hospital through the emergency department, I am very grateful for the excellent care and concern I received. Everyone I came in contact with was very efficient and kind. I was pleased how quiet and clean your hospital was everywhere I went. All personnel who I came in contact with performed their responsibilities efficiently and cheerfully with the attitude of really caring about their patients."

A patient from PCCU and 3C

WELLNESS CENTER FALL SCHEDULE

The 1985 fall schedule of Wellness Center programs will begin the week of September 30. The programs are available to all members of the Hospital Center's family. To be eligible, you must be a member of the Wellness

Center. The fee for a one year membership is \$15.00. This membership entitles you to use of the facility and registration information.

Registrations for fall courses will be accepted through September 13. For

additional information on any of the courses or to register, contact the Wellness Center at 821-2150.

Listed for your information are the programs being offered this fall.

(See schedule on next page)

Wellness Center—1985 Fall Program Schedule—Sept. 30—Dec. 20

Time	Monday	Tuesday	Wednesday	Thursday	Friday
12:30–1:30 PM			Weight Control with Exercise for Adults (Discussion Session) Charlene Rauch, RN		
1:30–2:00	Weight Control with Exercise for Adults (Exercise Session) Connie Fehr		Weight Control with Exercise for Adults (Exercise Session) Connie Fehr		
6:30–7:00	Weight Control with Exercise for Adolescents (Exercise Session) Pam Fogle		Weight Control with Exercise for Adults (Exercise Session) Pam Fogle		
6:30–7:30	Weight Control with Exercise for Adults (Discussion Session) Mary Ann Moylan, R.D.		Weight Control with Exercise for Adolescents (Discussion Session Parent Included)		
6:30–8:00		Smoking Cessation Andrea Geshan, RN, MSW	Charlene Rauch, RN Andrea Geshan, RN, MSW	Stress Management Paulette Mark, RN, Ph.D.	
7:30–8:00	Weight Control with Exercise for Adults (Exercise Session) Pam Fogle		Weight Control with Exercise for Adolescents (Exercise Session) Pam Fogle		
7:30–8:30	Weight Control II Mary Ann Moylan, R.D.				

THE FOLLOWING CLASSES WILL BE HELD AT THE ALLENTOWN HOSPITAL SCHOOL OF NURSING ROOM 916

7:30–8:30 AM		Weight Control with Exercise for Adults (Discussion Session) Mary Ann Moylan, R.D.			
8:00–8:30				Weight Control with Exercise for Adults (Exercise Session) Sharon Holmes	
8:30–9:00		Weight Control with Exercise for Adults (Exercise Session) Sharon Holmes			
4:30–5:30 PM			Weight Control with Exercise for Adults (Discussion Session) Charlene Rauch, R.N.		
4:30–5:00	Weight Control with Exercise for Adults (Exercise Session) Pam Fogle				
5:30–6:00			Weight Control with Exercise for Adults (Exercise Session) Pam Fogle		

Wellness Center—1985 Fall Exercise Schedule—Sept. 30—Dec. 20

8:00–8:30 AM	Trimnastics Colleen Whitsett		Trimnastics Colleen Whitsett		Trimnastics Colleen Whitsett
8:00–8:30	Total Fitness Sharon Holmes		Total Fitness Sharon Holmes		Total Fitness Sharon Holmes
8:30–9:00	Trimnastics Colleen Whitsett		Trimnastics Colleen Whitsett		Trimnastics Colleen Whitsett
8:30–9:00	Total Fitness Sharon Holmes		Total Fitness Sharon Holmes		Total Fitness Sharon Holmes
8:30–9:15		Body Works Colleen Whitsett		Body Works Colleen Whitsett	
9:15–10:00	Aerobicize Terry Slenker		Aerobicize Terry Slenker		Aerobicize Terry Slenker
12:45–1:30 PM	Aerobicize Connie Fehr		Aerobicize Connie Fehr		Aerobicize Connie Fehr
3:45–4:30		Body Works Colleen Whitsett		Body Works Colleen Whitsett	
4:00–4:45	Aerobicize Connie Fehr		Aerobicize Connie Fehr		Aerobicize Connie Fehr
4:30–5:00	Beginner Exercise Nancy Haines		Beginner Exercise Nancy Haines		Beginner Exercise Nancy Haines
4:45–5:30	Total Fitness Sharon Holmes		Total Fitness Sharon Holmes		Total Fitness Sharon Holmes
4:45–5:45		Total Tone-Up* Sharon Holmes		Total Tone-Up* Sharon Holmes	
5:00–5:45		Body Works Colleen Whitsett		Body Works Colleen Whitsett	
5:30–6:30	Advanced Fit and Trim Nancy Haines		Advanced Fit and Trim Nancy Haines		Advanced Fit and Trim Nancy Haines
5:45–6:30		Fit & Trim Tryllis Brown		Fit & Trim Tryllis Brown	

*Class size limited to 8



THE HOSPITAL CENTER WELCOMES

To Administration
Michelle Fielding

To Biomedical Engineering
Daniel Field

To Laboratory
Chris DeHaas
Michael Schadt

To Linen
Paul Grazio

To Nursing Services
Anne Aliwein-Alex
Sandra Heim
Elmo Keller
Susan Leone
Kathleen Lucke
Barbara Moyer
Gloria Pecca

Carolyn Peters
Ruth Rappaport
Joanne Swartz
Dina Verzino
Sherry Wisner
Donna Young

To Pharmacy
Kevin Hobbs

To Physical Therapy
Keith Holdren

To Radiology
Jeffrey Walker

*To Research & Publication
Support Service*
Joseph Lucke

To Residency Program
John Tucker

To Telecommunications
Patricia Erickson
Judith Gleason

Welcome Back
Brenda Bickowski - Heart
Station
Kathleen McClafferty -
Nursing Services

HealthEast Federal Credit Union News

The board of directors of the HealthEast Federal Credit Union recently approved new loan rates effective September 1.

Loans for new cars have been reduced from 13.5% to 13%. All other loans have been reduced from 14% to 13.5%.

The credit union is currently located on the second floor of the Medical Office Building. Hours are from 9:00 A.M. to 4:30 P.M., Wednesdays and Fridays.

For more information on loans and other services, contact the credit union at Ext. 8404.



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