



A Newsletter of the Lehigh Valley Hospital Center

# update

VOL. 10 NO. 2

FEBRUARY, 1987

## HEALTHCOUNTS '87 LAUNCHED AT THE HEALTHEAST HOSPITALS

Employees make resolutions for healthy year.



**RESOLUTION LAUNCH:** Employees of the Hospital Center launched promises for a healthy year on January 14. The balloons carried nearly 1000 resolutions for weight loss, lowering cholesterol levels, smoking cessation, and aerobic exercise into the Lehigh Valley community.

On January 14, hundreds of green and silver balloons decorated the cafeterias of both the Hospital Center and The Allentown Hospital carrying the promise of a healthy 1987.

"New Year/New Beginnings" was the theme of an all-day extravaganza kicking off this year's HealthCounts program. Hospital employees were encouraged to join the festivities by making New Year's resolutions and attaching them to the tails of balloons. They were assisted by department heads,



managers, and HealthEast personnel sporting colorful HealthCounts T-shirts.

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**THIS ISSUE "RECIPES FOR A HEALTHY HEART"**



## HealthCounts '87 Continued...

Jeff Burtaine, M.D., director of the Wellness Center and originator of the HealthCounts program, called employee participation and support of the day-long activities "wonderful, a tremendous success."

Through HealthCounts, employees earn cash for reaching goals of weight reduction, lower cholesterol levels, smoking cessation, and aerobic exercise. The Wellness Center offered free counseling aimed at specific resolutions to anyone participating in the event. An added bonus for those filling out cards was the chance to win cash, wellness classes, HealthEast coffee mugs or HealthCounts T-shirts through a lottery-style drawing.

A massive launch of balloons carrying more than 1500 resolutions took place in front of the Hospital Center and The Allentown Hospital to conclude the day's festivities. Floating high above the Lehigh Valley, the balloons colored the sky in green and silver as they carried the message of healthier lifestyles through the HealthCounts program. The community was encouraged to participate in the event by finding and returning resolution-bearing balloons. Finders and employees whose cards were found received HealthEast mug sets.

The HealthEast hospitals were assisted throughout the event by radio station WAEB



**ENCOURAGING WELLNESS:** Susan Weigand (right), of the Wellness Center, spent the day promoting a healthy 1987 through participation in the HealthCounts program.

who provided lunchtime music in the cafeterias and interviewed Dr. Burtaine, who told the Lehigh Valley residents that the new year is a great time to start new health habits and break some habits that are considered unhealthy.



**HEALTHCOUNTS MESSAGE:** Silver and green helium-filled balloons bearing the "New Year/New Beginnings" theme decorated the cafeteria during the HealthCounts extravaganza.





**Bonnie Kosman, R.N., B.S.N.**

Bonnie Kosman, R.N., B.S.N., has joined the HealthEast Diabetes Center as a nurse educator. Prior to accepting this position, Ms. Kosman had been employed as a staff nurse for the Volunteer Nurses Association of Bethlehem. She also worked at the Hospital Center from June, 1977, to January, 1985.

In her new position, Bonnie will instruct inpatients in the general care of diabetes and self blood glucose monitoring. She will also provide outpatient classes in group and individual settings to meet the educational needs of diabetic patients.

Ms. Kosman earned an associate's degree in nursing from Northampton County Area Community College, and a bachelor's degree in nursing from Cedar Crest College. She is a member of Sigma Theta Tau, the international honor society of nursing.

Philip A. Brown, III, senior vice president at the Hospital Center since 1983, has been promoted to the position of

executive vice president and chief operating officer. In this capacity, he will be responsible for the day-to-day operations of the Hospital Center, reporting directly to President and Chief Executive Officer, Samuel R. Huston.

Philip joined the Hospital Center as an administrative assistant in 1980. He was promoted to assistant administrator in 1981. He held that position from 1981 to 1983.

An honors graduate of Dartmouth College, Hanover, NH, Mr. Brown received a bachelor of arts degree in French, with a minor in Political Science. He earned



**Philip A. Brown, III**

master's degrees in Business Administration, from the Wharton Graduate School, and in Social Work, from the School of Social Work, both at the University of Pennsylvania.

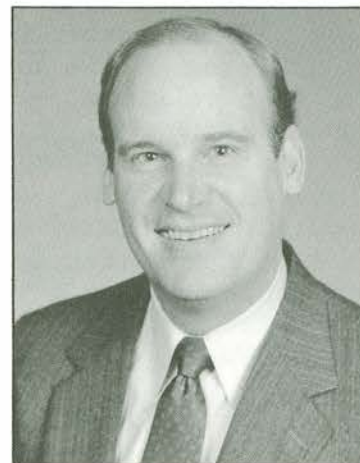
Philip is a member of the American College of Healthcare Executives, the American Public Health Association, the American Hospital Association, the Hospital Association of Pennsylvania, and the National Association of Social

Workers. He is board member and vice chairman of the Lehigh Valley Chapter of the American Red Cross, and the vice president of the Advisory Committee of the Lehigh County Office of Children & Youth Services.

HealthEast recently announced the appointment of James Burdine, D.P.H., as vice president, community health promotion. He will be responsible for the development of health promotion activities for HealthEast.

Dr. Burdine was the Director of Health Promotion for Scott & White Memorial Hospital, in Temple, TX, from 1983 until joining HealthEast. He also held a faculty position in the Center for Health Promotion Research and Development at the University of Texas Health Science Center, in Houston.

A graduate of San Fernando Valley State College, Dr. Burdine earned a bachelor's of science degree in Health Science. At California State University, he received a master's in Public Health, and earned a doctorate in Public Health



**James Burdine, D.P.H.**

*Continued on page 4...*



### People Continued...

from the University of North Carolina at Chapel Hill.

A member of various Public Health organizations, Dr. Burdine also served as president of the Texas Society for Public Health Education.



**David F. Kozemchak**

David F. Kozemchak, formerly of the Physical Therapy Department, has been chosen for the newly established position of employee relations specialist at the Hospital Center. His duties will include the resolution of issues related to employee relations, grievances, litigation and disciplinary matters, employee assistance program, employee activities, and guest relations.

Dave came to the Hospital Center in 1978 to fill the position of audio-visual technician. From 1979 to 1982, he worked as a Mailroom escort, and served as a Physical Therapy escort from 1982 until being chosen for the employee relations specialist position.

Mr. Kozemchak attended the Pennsylvania State University, and received a bachelor of science degree in Computer Science from Allentown College of St. Francis de Sales, graduating summa cum laude.

He was listed in Who's Who Among Students in American Universities and Colleges in 1985.



FEBRUARY IS NATIONAL HEART MONTH. THE AMERICAN HEART ASSOCIATION AND WELLNESS CENTER REMIND YOU TO ALWAYS EAT WITH YOUR HEART IN MIND.

## DIET, CHOLESTEROL, AND HEART HEALTH

As health-care providers, we all-too-often see evidence of poor heart health: angina, arteriosclerosis, heart attacks and other signs of advanced heart disease come to mind immediately. Until recently, genetics was thought to be the sole factor in determining how long a person's heart would be able to work efficiently. Research has now conclusively identified several controllable risk factors in the prevention of heart disease. They are blood pressure, cigarette smoking, and elevated blood cholesterol levels. Excess body weight, diabetes and lack of physical exercise have also been linked to an increased risk of developing heart disease.

The dangers brought on by high blood pressure and cigarette smoking have been widely publicized; avoidance in these two cases requires behavior modification and/or use of medication. In the case of blood cholesterol levels, diet has been identified as the principle contributing factor.

Cholesterol is a fat-like, waxy substance used in the body as a building block for substances such as hormones and vitamin D. Two sources of cholesterol are the body, which manufactures all it needs, and animal foods, which contain varying amounts of the substance.

The chance of developing heart disease increases in proportion to the amount of cholesterol in the blood. For example, people with a blood cholesterol level over 265 mg/dl have four times the risk of developing heart disease than those with a level of 190 mg/dl. And while the average blood cholesterol level is about 220 mg/dl, the optimum level is probably much lower. The Wellness Center's HealthCounts program has offered free cholesterol checking and counseling since 1985, and encourages all employees to take advantage of this service.

Doctors advise us that a diet which limits the intake of saturated fats, cholesterol, and salt can greatly reduce a person's chances of heart attack or stroke. The daily consumption of red meat, dairy products made with whole milk, egg yolks, and other sources of animal fat should be limited. Fish, poultry, fresh fruits, complex carbohydrates (pasta, potatoes, etc.) and vegetables make up the largest portions of the heart-healthy diet. Growing numbers of studies show that diets low in saturated fats can actually reduce blood cholesterol by 10 to 15 percent. The ideal daily intake of cholesterol is around 100 mg or less; however given our dietary habits, which include eating processed foods and "fast foods," 300 mg is a more realistic number.

*Please See Page 5*



## RECIPES FOR A HEALTHY HEART

The recipes which follow contain safe amounts of cholesterol, while emphasizing fiber, vitamins A and C, and carbohydrates. We reprinted them from DIETICIAN'S FOOD FAVORITES (American Dietetic Association Foundation), and encourage you to try them and explore the AMERICAN HEART ASSOCIATION COOKBOOK for heart-healthy eating ideas.

### VEGETABLE LASAGNA

INGREDIENTS	8 PORTIONS	24 PORTIONS
TOMATO SAUCE	3 CUPS	2 qt., 1 CUP
ITALIAN SEASONING	1/4 TSP.	1 TSP.
GARLIC SALT	1/2 TSP.	1 1/2 TSP.
ONION POWDER	1/2 TSP.	1 1/2 TSP.
PART-SKIM RICOTTA CHEESE	8 OZ.	1 1/2 LB.
LOW-FAT COTTAGE CHEESE	1/2 CUP	1 1/2 CUPS
LASAGNA NOODLES, COOKED	4 OZ.	12 OZ.
ZUCCHINI, PARED, UNCOOKED, SLICED	1	3
FROZEN CHOPPED SPINACH, THAWED, DRAINED	1 10-OZ. PKG.	3 10 OZ. PKG.
PART-SKIM MOZZARELLA CHEESE, SHREDDED	8 OZ.	1 1/2 LB.

Continued on Page 6...

### DIRECTIONS

COMBINE TOMATO SAUCE, ITALIAN SEASONING, GARLIC SALT AND ONION POWDER. COMBINE RICOTTA CHEESE AND LOW-FAT COTTAGE CHEESE. IN 1/2" GREASED BAKING DISH; LAYER LASAGNA NOODLES AND 1" OF CHEESE MIXTURE. LAYER 1/2 OF THE ZUCCHINI AND 1/2 OF THE SPINACH. LAYER 1/2 OF THE MOZZARELLA CHEESE AND 1/2 OF THE TOMATO SAUCE. REPEAT LAYERS, TOPPING WITH SAUCE AND MOZZARELLA. BAKE AT 325°F FOR 30 MINUTES. LET COOL FOR 10 MINUTES; SERVE.  
SERVING SIZE: 3"x3" SQUARE.



# HOT PASTA PRIMAVERA

INGREDIENTS	6 PORTIONS	24 PORTIONS
SMALL ONION, CHOPPED	1	4
GARLIC CLOVE, CHOPPED	1	4
OLIVE OIL	1	1 CUP
MED. ZUCCHINI, THINLY SLICED	1/4 CUP	8
ASPARAGUS, BIAS-SLICED INTO 1/4" PIECES	2	4 Lb.
GREEN BEANS, TRIMMED, CUT INTO 1" PIECES	1 Lb.	4 Lb.
GREEN PEAS	1/4 Lb.	1 Lb.
BROCCOLI FLORETS	1/2 Lb.	2 Lb.
PINE NUTS	1/4 CUP	1 Lb.
MARGARINE	1 Tbsp.	1/4 CUP
CHERRY TOMATOES, STEMMED CUT IN 1/2	12	48
PARSLEY, FINELY CHOPPED	1/4 CUP	1 CUP
BASIL LEAVES, COARSELY CHOPPED	2 Tsp.	2 Tbsp.
FETTUCINI, DRAINED	1 Lb.	4 Lb.
MARGARINE, MELTED	1/4 CUP	1 CUP
PARMESIAN CHEESE, GRATED	1/2 CUP	2 CUPS

## DIRECTIONS~

SAUTE ONION AND GARLIC CLOVE IN OLIVE OIL UNTIL ONIONS ARE TRANSLUCENT. ADD ZUCCHINI, ASPARAGUS, BEANS, PEAS, BROCCOLI; COVER. STEAM FOR 5 MINUTES; STIR TO COMBINE. SAUTE PINE NUTS IN MARGARINE; THEN ADD.

ADD CHERRY TOMATOES, PARSLEY AND BASIL LEAVES; COOK UNTIL VEGETABLES ARE TENDER, CRISP. COMBINE FETTUCINI, TOSS TO COAT WITH MELTED MARGARINE. TOP WITH SAUCE AND GRATED PARMESIAN CHEESE.

SERVING SIZE: 3 oz.

# MAINE FISH STEW

INGREDIENTS	4 PORTIONS	24 PORTIONS
MEDIUM ONION, PARED, CHOPPED	1	6
CARROTS, PARED, CUT INTO 1/4" DICE	1/2 CUP	3 CUPS
CELERY, CUT INTO 1/4" DICE	1/2 CUP	3 CUPS
GARLIC CLOVE, PARED, MINCED	1	6
OLIVE OIL	2 1/2 Tbsp.	1 CUP, 1 Tbsp.
POTATOES, PARED, CUT INTO 1/2" DICE	1 1/2 CUPS	2 Qt., 1 CUP
WHITE WINE	1 CUP	1 1/2 QUART
FISH STOCK (OR BOTTLED CLAM JUICE)	1 CUP	1 1/2 QUART
WHOLE PEELED TOMATOES	1 CUP	1 1/2 QUART
TOMATO PASTE	2 Tbsp.	3/4 CUP
BAY LEAF	1	6
THYME	1/2 Tsp.	1 Tbsp.
TABASCO SAUCE	1/4 Tsp.	1 1/2 Tsp.
COD FILLETS (OR POLLOCK, HADDOCK, OR HAKE FILLETS)	1 1/4 Lb.	7 1/2 Lb.
PARSLEY, CHOPPED	1/4 CUP	1 1/2 CUPS

## DIRECTIONS~

SAUTE ONION, CARROTS, CELERY, AND GARLIC CLOVE IN OLIVE OIL IN KETTLE FOR 5 MINUTES. ADD POTATOES AND WHITE WINE AND COOK FOR 5 MINUTES MORE. ADD FISH STOCK, TOMATOES, TOMATO PASTE, BAY LEAF, THYME AND TABASCO SAUCE.

SIMMER COVERED FOR 25 MINUTES. ADD COD FILLETS, SIMMER UNCOVERED FOR 10 MINUTES MORE. ADD TOPPING OF CHOPPED PARSLEY.



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## HOSPITAL COMMITTEE ADDRESSES ENVIRONMENTAL ISSUES

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"Don't trash that can, recycle it!" is the message of the Environmental Impact Committee, a newly formed group at the Hospital Center concerned with how mankind harms the environment.

The committee's first project involves the recycling of aluminum cans. Named the "Phoenix Campaign" after the mythical bird which symbolizes periodic destruction and re-creation, the group has placed labeled trash receptacles on each nursing unit and in the Hospital Center cafeteria for routine discarding of empty cans. A conveniently located container has also been placed adjacent to the rear entrance of the General Services Building for drop-off of accumulated cans from home.

Perhaps the most visible sign of the Environmental Impact Committee's efforts is the manual can crusher mounted on the partition beside the tray-return windows in the cafeteria. Employees are encouraged to use it regularly.

The committee's goal is to become a collective effort of HealthEast and share its programs with the Lehigh Valley community. Monies generated from the "Phoenix Campaign" will be used for philanthropic causes within the Hospital Center or to provide funding for environmental projects.

The next project to be undertaken by the committee is paper recycling.

For more information about the Environmental Impact Committee, call Sarajane Williams (ext. 8829), or George Naugle (ext. 8570).



**RECYCLE IT!** Environmental Impact Committee member, Willard Steward, of engineering, readies the can crusher for another aluminum can. The crusher is located in the Hospital Center cafeteria.



# BENEFIT SPOTLIGHT

## Your Opinion Does Count...

...We are happy to report that nearly 75% of Hospital Center employees responded to the Employee Opinion Survey. And another 10% picked up surveys to mail in. Everyone should be congratulated for such a high response rate.

Johnson & Higgins is collecting the data from the surveys, and should have results ready for distribution to all employees in early March.

## COBRA, Again...

...Unfortunately, the response to our letter concerning the Consolidated Omnibus Budget Reconciliation Act has not been overwhelming. We have still only received 718 responses, or 30%. If you have not returned the form attached to the letter, please do it soon. If you need another form, please contact the Personnel Department at extension 8800.

## Going To School...

...If you are one of the many employees taking advantage of our tuition reimbursement program, you may want to consider writing to your U.S. Senator in support of Bill S-39. This Bill, which has been referred to the Senate Finance Committee, would make the tax-free status of employer-paid education assistance permanent. Currently, the tax-free status is set to expire at the end of 1987. Your written support really can make a difference in the way Congressmen view legislation.

## IRA's and TSA's...

...The Tax Reform Act, signed into law in 1986, may have affected your ability to make a tax-deductible contribution to an Individual Retirement Account (IRA) in 1987. However, the Tax Sheltered Annuity (TSA) program could work nicely to fill this void in your savings program. In addition, you still may be able to make a contribution to an IRA for 1986 and deduct it from your federal income tax this year. If you have questions about your IRA, or your TSA, or if you are not currently participating in either of these plans and would like more information, please contact Steve Lehman at extension 8801. Remember, both IRA and TSA plans available to employees of the Hospital Center offer fixed accounts (currently paying 8.5%) and mutual funds, and the TSA plans can be handled through payroll deduction.

## **SPRING WELLNESS CENTER SCHEDULE**

Coming soon to your department: the SPRING SCHEDULE for the exercise and wellness classes at the Wellness Center. The Spring Session runs from March 16th through June 5th.

Registration for the Spring Session will be held from February 16th through March 6th.

Copies of the SPRING SCHEDULE will also be available at the paycheck pick-up window.

For more information, call the Wellness Center at 821-2150.







## THE HOSPITAL CENTER WELCOMES

### New Employees

To Comprehensive Community  
Cancer Center  
Teresa Wigoda

To Computer Services  
Kenneth Roth

To Diabetes Education  
Bonnie Kosman

To Educational Development  
John Dunleavy

To Food Service  
Leanna Green

To Heart Station  
Ellen Palmer

To Housekeeping  
Joann Knopf  
Linda Klotz  
Linda Lebron

To Laboratory  
Melanie Budin  
Diane Lerch  
Ralph Trumbower

To MedEvac  
Marlane Mosley

To Medical Records  
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To Nursing Services  
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Monica Butz  
Deborah Davenport  
Susan Dutko  
Wendy Fay  
Melissa Feltingoff  
Mark Geist  
Marcia Hance  
Rebecca Hellmann  
Dawn Hughes  
Priscilla Hurley  
Joan Kulp  
Lisa Lestishock  
Annette Levandoski  
Lori Minuni  
Jane Pike  
April Ripple  
Mary Ann Roeder  
Lesly Schmidt  
Teresa Schmoyer  
Diana Schwartz  
Cathy Scott  
Diane Smith  
Ruth Solberg  
Dorothy Stalsitz  
Karen Stefanko  
Diane Stoffan  
Donna Tercha  
Hazel Vosgier  
Daniel Ward

To Personnel  
Dana Werley

To Pharmacy  
Bozena Dolata

To Radiology  
Lisa Mescavage  
Patricia Potter  
Robert Schaffer  
Matthew Valliyil

To Respiratory Therapy  
Harold Frederick

To Secretarial Pool  
Nancy Casari  
Sue Ann House  
Robin Miller  
Maureen Stauffer  
Joan Waskevich

To Security  
Kathleen Getz  
Ray Mead  
John Milander



## SOFTBALL SIGN-UP

Call X4374

for more information.

First Practice  
March 16th.



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# Years of Service

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## 5 YEARS

Glenn Alpha, Radiology  
Debra Barraco, Laboratory  
Stephanie Bearish, Pharmacy  
Barbara Beck, Laboratory  
Carla Sue Fair, EEG  
Cindy Gresh, Nursing  
Marylou Landis, Blood Bank  
Anthony Maini, Nursing  
Linda McCarthy, Nursing  
Carol Pasieka, Nursing  
Tami Peters, Engineering  
Sandra Schwartz, Nursing

## 10 YEARS

Paula Bencik, Materials Management  
Joseph Collette, Jr., Anesthesiology  
Lynn Corcoran, Nursing  
Karen Crow, Food Service  
Maryanne DeJoseph-Nichol, EEG  
Delores Duffy, Nursing  
Patricia Leshko, Nursing  
Elizabeth Mescavage, Coagulation  
Louise Pearce, Nursing  
Linda Reinhard, Utilization Review  
Joseph Tomko, Pharmacy

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## TEACHING KIDS ABOUT FIRE, BURN PREVENTION

Burn Twig enlists the help of  
TV "friends," fire-fighters

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How much does your child know about fire prevention? Would (s)he know what to do if his/her clothes caught fire?

If you answered "yes" to these questions, chances are that your child's school or day care center has been visited by the Burn Twig.

With a membership of 25 Hospital Center auxiliaries, this subgroup of the Burn Center spreads the message of fire and burn prevention. Burn Twig was founded in the early 1980's to reach out to the community, especially its little people and elderly, and teach them about the dangers of fire and how to avoid becoming its victim.

Burn Twig enlists the help of make-believe TV characters when visiting the children. Bert and Ernie, the puppets from Sesame Street, are regulars. Through these shows, also, the kids learn that the fireman, though he looks like a "monster" when dressed in his protective

gear, is really their friend. Lifesaving maneuvers like "Drop, Roll & Cool" are easy for the youngsters to learn and fun for them to practice on soft surfaces.

Our senior citizens also benefit from Burn Twig's efforts. The group brings their message to them in the form of slide shows and fire prevention awareness tests.

With so many people to reach with such an important theme, it's no surprise that Burn Twig is in great demand, particularly each October which is National Fire



**NEVER TOO EARLY TO LEARN:** Recently, firefighters from Western Salisbury Volunteer Fire Company No. 3 helped Burn Twig teach the youngsters of the Child Care Center about fire and burn prevention.

Prevention month. Last May, they presented their show to 2000 third-graders during the Health Fair at Allentown's Agricultural Hall. Four day care centers in the Lehigh Valley will be visited by Bert and Ernie in the upcoming months; senior citizens groups in Bethlehem and Emmaus are also on the schedule for presentations by Burn Twig.

If you would like more information about Burn Twig, call Mrs. Kenneth (Petey) Shoemaker at 965-5854.



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# RECREATION COMMITTEE NEWS

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## ICE CAPADES

Sunday, March 1

\$16.50 per person

(includes round-trip transportation, ticket)

"The Best of Times" in family entertainment comes to the Spectrum, in Philadelphia.

A sparkling new review features

1984 Olympic Silver Medalists

Kitty and Peter Curruthers,

special guest star, Robin Cousins,

1980 Olympic Gold Medalist,

and for the kids, the World of Teddy Ruxpin, the cuddly story-telling bear.

Tickets are limited. For more information, call Kim Morstatt at ext. 8775.

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## CALLING ALL SKIERS!

The American Lung Association is offering Ski Privilege Passes for the current ski season to all Lehigh Valley Hospital Center employees and their families.

The Passbook offers skiing at:

Alpine Mountain - valid seven days a week

Big Boulder - valid Monday-Thursday, day or night

Fernwood - valid seven days a week, except Feb. 13-16

Jack Frost - valid weekdays, except Jan 19 & Feb. 16

Montage - valid Monday-Friday, day or night, no holidays

Saw Creek - valid one weekend or weekday, Monday or Friday, except Feb. 14-16

Tamiment - valid on weekdays or weeknights, no holidays

Elk Mountain - (5) \$2 discounts valid weekdays or weeknights, except Feb. 13-16.

At nine of the ten ski areas, the coupons can be presented and exchanged for a lift ticket. The only exception is at Elk Mountain; they offer five coupons worth \$2 off of a lift ticket.

The Passbook sells for \$25. For more information, call the American Lung Association at 867-4100. Proceeds from the sale benefit the vast array of programs of the American Lung Association of the Lehigh Valley.

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## NEATNESS COUNTS UPDATE

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The following people "pitched in" to keep the Hospital Center uncluttered with litter, making it a safe and neat place. By doing so, they were awarded a gift in appreciation of their efforts. The Safety Committee would like to thank them and encourage everyone to help make the program an ongoing success.

Denise Arner - Physical Therapy

Carol Bosch - Housekeeping

Margarita Carrizo - Recovery Room

Susan Druckenmiller - Escort

Kathy Farkas - Heart Station

Cindy Hertzog - SPU

Barbara Koval - Business Office

Chris Lehr - Linen Room

Joseph McAvoy - GICU

Denise Stevens - GICU

Victor Stonebraker - Pulmonary



# Notes from our Patients

"Your staff on the Short Stay Unit are to be commended for their performance. I found them to be professional, while also being concerned, considerate and efficient in the performance of their duties. They made my stay in the hospital a less anxious and a more comfortable experience."

Richard W. Meitzler  
Kutztown

"My stay at LVHC was an experience I shall never forget. The kindness, the professional conduct, the pleasing personalities were exceptional. My sincere thanks to all the nurses in ACU, 5C, ICU and 4C."

Harold R. Roeder  
Sellersville

"As always, the nurses on 4B were wonderful. They are a truly dedicated group and deserve much praise. They made my stay very pleasant."

Deborah A. Amig  
Emmaus



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