

update

VOL. 10, NO. 6

JUNE, 1987

**"I took the test
and won.
So can you.**

My test results were positive. I had a colonoscopy. No polyps. I'm going to take the test regularly."

Anthony Struss

Anthony Struss
Retired Electrician
Whitehall



It's a free and easy-to-use test to aid in the early detection of colon and rectal cancer and other disorders. The symptoms for this cancer often go unnoticed until it's too late, so the test could save your life . . . or the life of someone you love.

Pick up your free test kit at any Rea & Derick Drug Store. The Pharmacist will explain how to use it.

For more information, ask your Rea & Derick Pharmacist or call this special hotline manned by trained volunteers at the Lehigh Valley Hospital Center.



DIAL 778-CARE
Tune in to WFMZ-TV, Channel 69
"THE TEST YOU CAN'T FAIL"

A special series on the early detection of colon-rectal cancer and other disorders. On the 7 & 10 P.M. News, every weekday evening.

Please, take the TEST...and you'll be a winner, too!



HealthEast, in cooperation with Rea and Derick Drug Stores, WFMZ-TV, the Comprehensive Community Cancer Center, and the American Cancer Society, is sponsoring for the second consecutive year "The Test You Can't Fail," a free, community-wide screening for colon-rectal cancer. This program, which will run during the month of June, offers a simple test kit, called a hemoccult test, which checks for hidden blood in the stool, a possible sign of a cancerous tumor. The test kits can be picked up at participating Rea and Derick Drug Stores throughout the Lehigh Valley as well as Gnadon Huetten Memorial Hospital in Lehigh and Slate Belt Medical Center in Bangor.

THE TEST YOU CAN'T FAIL

Marking the kick-off of "The Test You Can't Fail" at a press conference on May 29 in the Hospital Center's auditorium were Ronald De Lorenzo, administrative director of the Comprehensive Community Cancer Center; Brad Rinehart, news director, WFMZ-TV; Samuel R. Huston, Hospital Center president and CEO; Terry St. John, coordinator for the cancer prevention program, Allentown Health Bureau, representing Mayor Joseph Daddona; Scott Thompson, executive director, Lehigh County Unit of the American Cancer Society; Gib Lloyd, president, Rea and Derick Drug Stores; Victor Iacocca, Ph.D., SmithKline Diagnostics, Inc.; and Indru T. Khubchandani, M.D., chief of the Division of Colon-Rectal Surgery at the Hospital Center.

Dr. Khubchandani serves as co-medical director of "The Test You Can't Fail" with Drs. Francis Kleckner and David Prager. Dr. Khubchandani's presentation of the results of the 1986 "Test You Can't Fail" highlighted the kick-off for this year's program.

Colon-rectal cancer claims the second highest number of cancer victims each year, with lung cancer as the leading cancer killer. According to the American Cancer Society, about 138,000 people will develop colon-rectal cancer this year. However, if the cancer is detected in its early stages, approximately 75 percent of its victims can be treated successfully.

"The Test You Can't Fail" was developed in 1986 to offer the community a means for early detection of colon-rectal cancer and similar disorders.

Continued on page 2 . . .

"The Test" continued from front cover . . .

The response to last year's screening was significant -- of the nearly 50,000 hemocult test kits distributed, 48 percent were returned for processing. Of these, 3.6 percent or 851 tested positive and of this number, 341 medical conditions were found. Of these medical conditions, 106 were benign polyps and 42 malignancies were detected. The discovery and removal of these polyps at an early stage is the best form of prevention of colon-rectal cancer.

Like last year's program, newspaper ads and radio spots ran during the first week of June to heighten community awareness of early detection of colon-rectal cancer and urge community participation in "The Test You Can't Fail." Also, a number of area residents who took the 1986 test and "won" delivered testimonials of their success on WFMZ-TV.

Volunteer support of the mammoth coordinating effort is vital to program success. According to HealthEast officials, the list of voluntary supporters offers everyone connected to the program an extra measure of confidence that, again this year, "The Test You Can't Fail" will be the test to take for Lehigh Valley area residents.

The list includes: The Telephone Pioneers, Ulcerative Colitis and Chron's Disease Support Group, American Cancer Society volunteers, Boy Scouts of America, the Voluntary Action Center, Allentown College student nurses, Jewish Family Services, Lutheran Family Services of Lehigh Valley, The RSVP Group, and the Hospital Center's Explorer Post. In addition, volunteers from both The Allentown Hospital and the Hospital Center took major roles in this year's program.

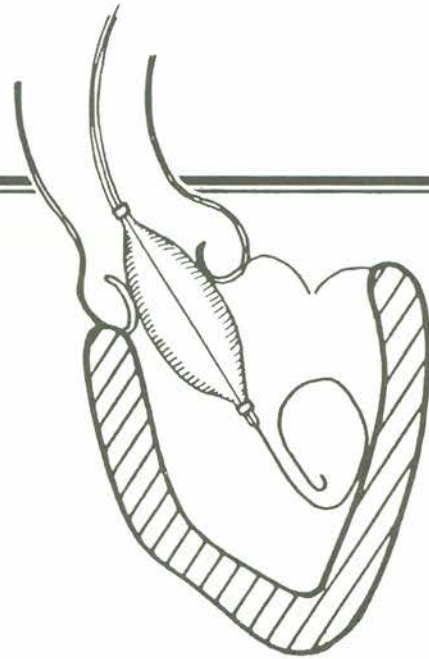
AREA'S FIRST BALLOON VALVULOPLASTY PERFORMED AT HOSPITAL CENTER

Cardiologists at the Hospital Center recently performed the area's first balloon valvuloplasty, a non-surgical procedure in which a balloon is inserted into a diseased heart valve and inflated, resulting in a significant increase in blood flow from the heart to the body's organs. Balloon valvuloplasties offer hope for improved quality of life through better blood circulation for people with heart valve diseases, especially those who are not good surgical candidates because of age or other risk factors.

Stephen T. Olex, D.O., Hospital Center cardiologist, performed the two-and-one-half hour procedure. The patient had been suffering from aortic stenosis, a buildup of crystallized calcium which nearly immobilized the three leaflets of the aortic valve, the major discharge valve from the heart.

The balloon, fixed to the tip of a catheter, a hollow tube with a small diameter, was inserted into the patient's descending aorta through the groin. It was advanced upward through the aorta and positioned between the left ventricle and the aorta, across the aortic valve. Inflating the balloon in this orifice broke up the calcium crystals enabling the leaflets of the valve to regain movement necessary for adequate blood flow through the heart.

The day following the procedure, the patient's cardiac output was two times what



Pictured above is a diagram showing an inflated valvuloplasty balloon catheter over a guide wire. The balloon is positioned across the aortic valve, mid-way between the ascending aorta and left ventricle.

it had been prior to the procedure, demonstrating dramatic improvement in blood circulation.

Balloon valvuloplasties are not common procedures in the medical community. In fact, they are still considered investigational and have only been performed in the United States since 1986. Hospitals closest to the Lehigh Valley in which physicians use this procedure include Lancaster General in Lancaster, and the Hospital of the University of Pennsylvania in Philadelphia.

Continued on next page . . .

Assisting Dr. Olex were Robert J. Oriel, M.D., Hospital Center cardiologist, Bryan W. Kluck, D.O., Fellow in Cardiology at the Hospital Center, and J. Patrick Kleaveland, M.D., a cardiologist from the University of Pennsylvania. In addition, members of the Cardiac Catheterization Lab's staff who participated include Sarajane Williams, RCPT, administrative coordinator, Elizabeth Kennedy, R.N., operations senior technician, Diane Conley, L.P.N., Lucy Edwards, R.N., Carolyn Frantz, L.P.N.,

CPT, Karlene Laub, L.P.N., CPT, Linda Reichl, L.P.N., and Karen Steixner, CPT, Cardiac Catheterization Laboratory technicians.

A cardiac center for eastern Pennsylvania, the Hospital Center operates the second busiest Cardiac Catheterization Lab in the state. Since 1982, the Lab has performed more than 1,000 cardiac angioplasties. In 1986, more than 3,500 diagnostic, therapeutic, and monitoring procedures were performed in the Lab.

HOME RUN—A SAFE RIDE HOME

It was almost too good to be true. He was a straight "A" student, captain of the football and baseball teams, and handsome. This was his senior prom and the head cheerleader was his date. Dad said he could use the new car. Everything was arranged. But they started drinking beer at a party, and soon he was stumbling around, feeling like he was spinning and everything was out of focus.

He doesn't remember getting behind the wheel or losing control of the car. When he opened his eyes, he was in a strange bed and he was numb from his shoulders down. Tubes hanging from plastic bags led to his arms, and there was a strange smell all around. A strange man and woman, both dressed in surgical greens, were very near his face. Their lips moved, but no sounds came out. Then everything went black.

The Hospital Center's Emergency Department and Shock/Trauma Unit nurses and doctors have seen young bodies and minds crippled by auto steel and shattered glass with gruesome regularity each spring during high school prom and graduation season. In most cases, drinking and driving are the cause of this pain and horror.

In an attempt to lower the statistics on alcohol- and drug-related auto accidents, the Hospital Center developed a program aimed at providing an alternative to driving drunk. HOME RUN offers anyone in Lehigh and Northampton counties a free ride home if he or she has been drinking and shouldn't drive. The Hospital Center would rather prevent accidents than deal with the aftermath.

During the months of May and June, prom and graduation season, the Lehigh Valley's teen partygoers were advised by Mike Schmidt of the Philadelphia Phillies over local

HOME RUN

Mike Schmidt of the Phillies knows a winner. That's why you'll be hearing him on the radio in the next few days urging you to call HOME RUN.

...it's the safe way home.™

In Allentown, Bethlehem, and Emmaus during this prom and graduation season, if you've been drinking and shouldn't drive, call Home Run for a free ride home.

Lehigh Valley Hospital Center sponsors Home Run as a public service, because we'd rather prevent accidents than deal with the aftermath. On Friday and Saturday of this weekend, from 10 pm until 2 am, if you've had too much to drink and shouldn't drive, call Home Run. Lehigh Valley Hospital Center will dispatch a driver to take you home. No questions... no lectures... no charge.

Pickup and destination available in the greater Allentown, Bethlehem, and Emmaus area from 10 pm to 2 am.

Call 776-8667

HOME RUN

A Trauma Prevention Program of

Lehigh Valley Hospital Center

A Hospital Center

1200 South Cedar Crest Blvd.
Allentown, PA 18105

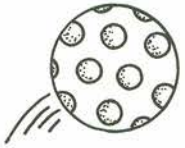
HOME RUN™ is the safe way home™. An Registered Service Mark which must be used in form entirety and cannot be altered.

radio stations to call HOME RUN for a ride home if they had been drinking. Schmitty recommended, "What I would do is go over to that phone and dial 776-8667, the HOME RUN number. HOME RUN will arrange a ride for you. No questions, no lectures, and no charge."

In addition, the Morning Call ran ads each Thursday before the weekend in which HOME RUN was in effect.

The Hospital Center arranged to have callers driven home between 10:00 P.M. and 2:00 A.M. on Friday and Saturday nights. Pick-up and destination for HOME RUN included Allentown, Bethlehem, and Emmaus areas.

The HOME RUN program was in effect on May 2, 8, 9, 15, and 23. Weekends covered in June included the 5th and 12th. HOME RUN will also be in effect during holiday weekends throughout the year.



MAY DAZE GOLF TOURNAMENT A SUCCESS

With the sun shining down on 72 eager golfers, the second annual May Daze Golf Tournament kicked off at 9:30 A.M. on Saturday, May 9, at Wedgewood Golf Course. The event was quite a success due to the tremendous participation this year -- almost double the number of golfers from last year. Proceeds from the event amounted to almost \$400 which will benefit the Hospital Center.

The winners of this year's tournament are as follows:

Gross Score

Charles Scherer - \$50
Jack Dunleavy, Educational Development - \$40
Dr. Lou Lattimer - \$30
Ken Sachs - \$20
Robert Zundel - \$15

Net Score

Pete Fisher - \$50
Kevin Davis - \$40
Gary Thomas, Supply, Processing and Distribution - \$30
Carl Naugle - \$20
Doug Litchfield, Engineering - \$15

Closest to the Pin Competition

Hole #4

Bob Ruhf, Operating Room - \$30 Wedgewood Pro Shop gift certificate
Nancy Maskornic, Operating Room - free round of golf

Hole #6

Jack Dunleavy - \$30 Wedgewood Pro Shop gift certificate
Tom Paisley, Health Spectrum - free round of golf

Hole #13

David Buchmueller, HealthEast - \$30 Wedgewood Pro Shop gift certificate
Brian Mory - free round of golf

Hole #16

Greg Stark - \$30 Wedgewood Pro Shop gift certificate
Bill Doney - free round of golf

Most Accurate Drive

Helen Hallock, Auxiliary - \$30 Wedgewood Pro Shop gift certificate
Pete Fisher - free round of golf

The co-chairmen of the Golf Tournament -- George Naugle, Supply, Processing and Distribution, Bob Ruhf, Operating Room, and Brian Mory -- would like to take this opportunity to express their appreciation to several groups of people. Thank you's go to Flo Buchmueller and the May Daze Steering Committee for their support and encouragement; to Gale Hodavance for handling the publicity for the event; to Jack Dittbrenner, Biomedical Photographer, for taking publicity photos; to Shawn Keller for designing the application form; and to Charlotte Miller, Nancy Might, and the Food Service staff for catering the event -- the food was great and there was plenty! A special thanks to Lou Richards, manager of Wedgewood Golf Course, for his assistance and cooperation. Finally, to all the participants for making this event a huge success.



THE HOSPITAL CENTER WELCOMES

To Heart Station
Joanne Borman
Judith Loki

To Laboratory
Andrew Ashnar
Cheryl Brunovsky

To Medical Records
Heather Breidigam

To Nursing Services
Laura Cavanagh - Special Care Unit
Lawrence Drumtra - University MedEvac
Tracey Galgoci - 5C
Dianne Huber - Emergency Department
Dina Hughes - General Intensive Care Unit
Paulette Kennedy - Progressive Coronary Care Unit
Susan Rau - Progressive Coronary Care Unit
Anne Stahley - Special Care Unit

To Radiology
Laura Carr
Barbara Kiska
Anna Noon
Patricia Ustynoski

To Secretarial Float Pool
Marilyn Harbison

To Transcription
Dawn Peeters

Years of Service

5 YEARS

The following staff members will reach five years of service this month:

Thomas Baatz, Security - June 5
Mary Jo Biely, 7C - June 1
Michel Boyer, Transcription - June 18
Kelli Brown, 5B - June 14
Cynthia Brutosky, Operating Room - June 14
Josephine Bydlon, 6B - June 14
Mariann Cameron, 5A - June 14
Terry Ann Capuano, Nursing Services - June 7
Connie Carbon, Short Stay Unit - June 14
Veronica Comfort, 4C - June 7
David Crabtree, Acute Coronary Care Unit - June 14
Teri Donovan, Acute Coronary Care Unit - June 14
Lisa Durishin, Operating Room - June 14
Joseph Ferreira, Critical Care Training - June 14
Sarah Ferreira, 6B - June 14
Ervin Gordon, Housekeeping - June 28
Susan Heist, Acute Coronary Care Unit - June 7
Connie Hickernell, Critical Care Float Pool - June 14
Holly Hinkel, 4A - June 14
Catherine Hoffman, 5C - June 14
John Klitsch, Critical Care Training - June 14
Dorothy Klotz, Operating Room - June 14
Beth Krick, 5B - June 14
Jeanne Lean, Food Service - June 9
Cynthia Mastropieri, Burn Center - June 14
Joanne McLaughlin, Nursing Services - June 21
Aurea Morell, Housekeeping - June 21
Joanne Ochs, 5A - June 14
Susan Ottolini, Medical/Surgical Float Pool - June 2
Catherine Piorkowski, Emergency Department - June 7
Michele Poole, 7C - June 14
Mary Jean Potylycki, 6A - June 14
Maryann Rosenthal, 7B - June 14
Cynthia Rosko, 5C - June 14
Valerie Salvati, Central Nervous System Unit - June 14

Maureen Shaughnessy, Special Care Unit - June 14
Linda Shuman, Shock/Trauma Unit - June 21
Edith Snyder, Pre-Hospital EMS - June 14
Donna Sowden, Emergency Department - June 14
Cheryl Strohl, Critical Care Float Pool - June 14
Christine Tripp, Short Stay Unit - June 14
Samuel Varney III, Recovery Room - June 14
Dawn Wainwright, Special Care Unit - June 14
Linda Webber, Shock/Trauma Unit - June 28
Barbara Werner, 7C - June 21
Vicki Werst, Short Stay Unit - June 21

10 YEARS

The following staff members will reach 10 years of service this month:

Emily Brown, Burn Center - June 20
Charlotte Buckenmyer, Emergency Department - June 20
Bonnie Graboski, Recovery Room - June 20
Gloria Hamm, Burn Center - June 20
Mary Lenahan-Durnin, 6C - June 20
Donna Matsco, Housekeeping - June 7
Regina Natale, University MedEvac - June 20
Susan Noll, Medical/Surgical Float Pool - June 20
Diane Poandl, Respiratory Therapy - June 22
Barbara Toczek, Radiology - June 7
Donna Transue, Utilization Review - June 20
Roslyn Whitner, Emergency Department Outpatient Registration - June 13

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15 YEARS

The following staff members will reach 15 years of service this month:

- Kathleen Funk, Hematology - June 5
- Donna Hedash, Nursing Services - June 5
- Joy Stahl, Admitting - June 12

20 YEARS

The following staff member will reach 20 years of service this month:

- Judith Cihylik, 7B - June 5

CONGRATULATIONS!



The Wellness Corner

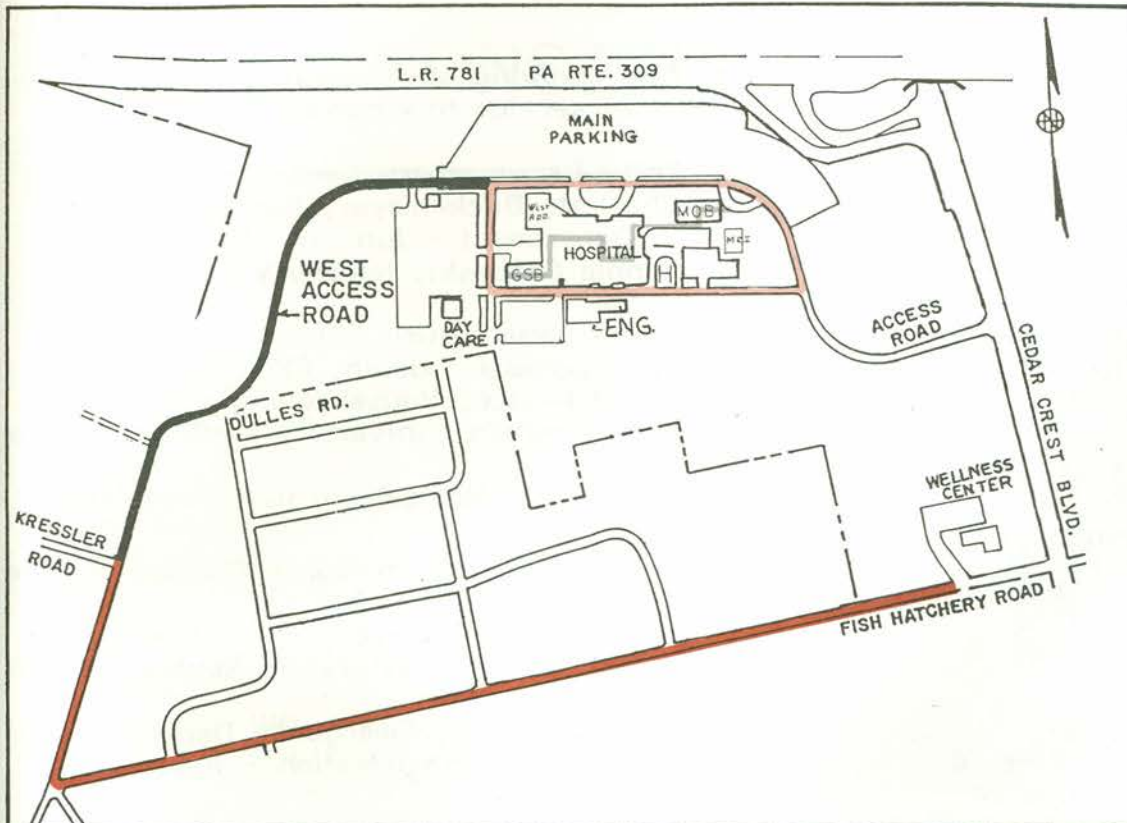
No time for exercise? Take a walk! Walking is great exercise and it is on the HealthCounts list of approved aerobic activities. Walking is also great for stress management and is a good leisure activity.

With the beautiful, warm weather making its appearance, the Hospital Center's campus has been a popular site for employees to take a lunchtime or afternoon stroll. However, did you ever stop to think just how far you walk?

At the request of the Wellness Center, Mike Mauser, Engineering coordinator, calculated various distances in and around the Hospital Center's campus. The distance of the loop around the Hospital Center's complex is .66 miles. The distance of the West Access Road to

Kressler Road is .43 miles. From Kressler Road, down Fish Hatchery Road to the Wellness Center, the distance is .9 miles. There is also an inside alternative. If you walk from Materials Management on the second floor of the General Services Building to the main entrance of the Medical Office Building on the second floor, you will have walked .24 miles.

For more information on how you can earn up to \$100 per year by walking, through the Aerobic Fitness Program, contact the Wellness Center at 821-2150.



KEY

- LOOP AROUND HOSPITAL COMPLEX (0.66 ML)
- WEST ACCESS RD. TO KRESSLER RD. (0.43 ML)
- KRESSLER RD. TO WELLNESS CENTER (0.9 ML)
- INDOOR PATH 2ND FLOOR (0.24 ML)

LOCATION MAP

PENNSYLVANIA NURSE WEEK CELEBRATED IN STYLE



Recipients of the PNA Outstanding Nurse Recognition Awards included—**FRONT ROW** (left to right): Sarah Lemak, R.N., 5C; Mariann Cameron, R.N., 5A; Kathy Krause, R.N., 6C; and Enid Miller, R.N., 4C.

SECOND ROW: Kathy Turner, R.N., Shock/Trauma Unit; Juliet Geiger, R.N., B.S.N., Critical Care Float Pool; Keri Suchy, R.N., 5B; Janice Mondell, R.N., Medical/Surgical Float Pool; and Michelle Scanlan, R.N., Short Procedure Unit.

THIRD ROW: Linda Williams, R.N., Central Nervous System Unit; Mona Serfass, R.N., Recovery Room; Chris Allman, R.N., Medical/Surgical Float Pool; Julie Wehr, R.N., 6A; Mary Ann Yackabonis, R.N., Short Procedure Unit; and Diane Horowski, R.N., Acute Coronary Care Unit.

Nurses and members of the nursing department of the Hospital Center celebrated Pennsylvania Nurse Week from May 3-9 with films, lectures, an awards presentation, and receptions.

To kick off the week, the premiere showing of "Professional Nursing: The Essence is Caring," a videotape developed by the Professional Nurse Council, was held in the auditorium on Sunday, May 3.

The Professional Nurse Council (PNC) was formed about a year ago. Its membership includes Hospital Center head nurses and clinical educators. The purpose of PNC is to foster a positive, professional image of nursing, and create an awareness of the changing role of the nurse, both in the community and in the hospital setting. The 15-minute video depicts the role of nurses in the various specialties. The

script for the video was written by the members of PNC including: Cindy Gresh, R.N., B.S.N., head nurse, Central Nervous System Unit, chair; Mary Ellen Beideman, R.N., B.S.N., CIC, Infection Control coordinator; Louise Drexinger, R.N., CNA, head nurse, 6A; Connie Molchany, R.N., B.S.N., CCRN, clinical instructor, Acute Coronary Care Unit and Progressive Coronary Care Unit; Lisa Petronio, R.N., B.S.N., head nurse, 4A; Jody Porter, R.N., head nurse, Operating Room; Norma Radosevich, R.N., head nurse, Recovery Room; Loretta Sargent, R.N., B.S., nursing coordinator; and Yvonne Troiani, R.N., M.S.N., head nurse, Burn Center.

Mid-week, a presentation was given by Diane Kinsey, R.N., Ed.D., clinical specialist/mental health, on "The Image of Nursing." The presentation was videotaped

and shown for night shift.

Another highlight of the week was the presentation of the PNA Outstanding Nurse Recognition Awards on Friday, May 8. Those receiving certificates included: Kathleen Turner, R.N., and Sandra Mitchell, R.N., Shock/Trauma Unit; Susan Kurtz, R.N., and Nancy O'Connell, R.N., General Intensive Care Unit; Mark Frassinelli, R.N., Open Heart Unit; Diane Horowski, R.N., Acute Coronary Care Unit; Irene Figner, R.N., and Carol Pastorella, R.N., Progressive Coronary Care Unit; Linda Pagoda, R.N., 4A; Kathy Schneider, R.N., 4B; Enid Miller, R.N., 4C; Mariann Cameron, R.N., and Patricia Picone, R.N., 5A; Keri Suchy, R.N., 5B; Sarah Lemak, R.N., 5C; Julie Wehr, R.N., 6A; Linda Williams, R.N., and Carol Bosack, R.N., Central Nervous System Unit; Kathy Krause, R.N., 6C; Ann Fetcho, R.N., 7B; Karen Juszczuk, R.N., B.S.N., 7C; Sue Peeples, R.N., Operating Room; Mona Serfass, R.N., and Marie Pye, R.N., Recovery Room; Rose Cerimele, R.N., and Vera Deacon, R.N., Emergency Department; Mary Ann Yackabonis, R.N., and Michelle Scanlan, R.N., Short Procedure Unit; Jane Garger, R.N., E.T., Enterostomal Therapy; Chris Allman, R.N., and Janice Mondell, R.N., Medical/Surgical Float Pool; and Juliet Geiger, R.N., B.S.N., Critical Care Float Pool. Congratulations!

The names of the Friends of Nursing award recipients were also announced during the awards ceremony. (Please see Friends of Nursing articles for more information.)

FRIENDS OF NURSING

On Thursday, April 30, a major program to promote nursing as a profession was introduced to over 400 HealthEast employees, friends, and community leaders at the Lehigh Consistory. Friends of Nursing, created for the recognition, promotion, and advancement of the nursing profession, is the first program of its kind in this region.

"Friends of Nursing is modeled after a program successfully developed at Stanford University Hospital in California in the 1970's," explained Alverta R. Stichter, R.N., M.S., senior vice president of the Hospital Center. "Future challenges, such as nursing shortages, will only be solved by our ability to recruit and retain qualified professionals. Friends of Nursing will help us meet those challenges. We are realizing a dream and we are proud to share it with our colleagues and our community," she continued.

"This program recognizes individual nurses who

demonstrate excellence in nursing practice, education and nursing research," said Darryl R. Lippman, president of The Allentown Hospital and emcee of the program.

"Friends of Nursing will also promote the image of nursing as a positive career choice."

Annual program activities include awarding prizes for outstanding nursing practice, supporting seminars and educational programs, creating scholarship funds to support nursing education, providing endowed fellowships for nursing research, and sponsoring specific recruitment efforts.

"These activities will be funded by endowment and annual contributions," said Michael Luck, Ph.D., president of the HealthEast Trust Fund, in launching the \$1 million endowment campaign. "To date, we have already received \$400,000 in endowment and annual awards contributions. We are exceedingly proud that over the next two weeks 23 cash awards totalling \$16,000 will be given to nursing staff

members at the HealthEast components."

The 23 awards, scholarships, and fellowships were donated by individuals and by the medical staffs from the four HealthEast components -- Lehigh Valley Hospital Center, The Allentown Hospital, Gnadon Huetten Memorial Hospital, and Slate Belt Medical Center. The prizes highlight nursing practice, sensitivity to patients' needs, research and management. They have been awarded to individuals selected from the 2,294 nursing staff members throughout the system. The staff includes registered nurses, licensed practical nurses, nursing assistants, unit clerks, and others.

Individual recognition and awards events were held at each of the HealthEast components during National Nurses Week, May 6-12. On May 18, a special recognition celebration was hosted by HealthEast for all the award recipients and donors.

HOSPITAL CENTER STAFF RECOGNIZED FOR OUTSTANDING ACHIEVEMENTS BY FRIENDS OF NURSING

Ten Hospital Center staff members were honored by Friends of Nursing for outstanding achievements on Saturday, May 9, at an awards luncheon held at Lehigh Country Club.

LORETTA C. HARTMAN, R.N., unit clerk on the Progressive Coronary Care Unit, received the Stichter

Outstanding Unit Clerk Award. Mrs. Hartman joined the Hospital Center's staff in July, 1975. She is a graduate of Sacred Heart Hospital's School of Nursing. She and her husband, Joe, have two daughters, Mary and Anne, and a son, Joe.

BARBARA K. PRY, L.P.N., staff nurse on 4C,

was the recipient of the Stichter Outstanding Licensed Practical Nurse Award. Mrs. Pry has worked at the Hospital Center since October, 1974, except for a one year break in 1980. She is a graduate of Carbon County Vocational Technical School and received her

Continued on next page...

"Staff Recognized" continued...

certification in Pharmacology from Lehigh County Community College. Mrs. Pry is currently pursuing a nursing degree on a part-time basis. She and her husband, Keith, have two children, Sarah and Harry.

MARY ANNE CLARK, R.N., staff nurse on 5C, received the Medical Staff Nursing Practice Award. Mrs. Clark, a graduate of Hazleton State General Hospital School of Nursing, has been at the Hospital Center since October of 1974. She is a member and past treasurer of the Lehigh Valley Chapter of the National Association of Orthopedic Nurses. She and her husband, Wayne, have a son, Joshua.

CINDY ANN BUHN, R.N., staff nurse in the Burn Center, was the recipient of the Medical Staff Nursing Scholar Award. Miss Buhn has been a member of the Hospital Center's staff since September, 1978. She is a graduate of The Allentown Hospital School of Nursing, and is a member of the American Association of Critical Care Nurses.

SUSAN HOLECZ, R.N., B.S.N., clinical instructor for the Short Stay Unit and the Short Procedure Unit, received the Medical Staff Nursing Research Fellowship. Mrs. Holecz began her career at the Hospital Center in May of 1981. Since then she has held staff nurse positions in the Open Heart Unit, General Intensive Care Unit, Critical Care Float Pool, Burn Center, and Shock/Trauma Unit. Mrs. Holecz graduated with honors from Rutgers University, Newark, New Jersey, where she earned a bachelor's degree in Nursing. She is currently attending Widener University where she plans to graduate with a clinical specialty in Burns, Emergency, and Trauma.



The Friends of Nursing Award Recipients. Front row (left to right): Janet Fischer, R.N., Karen Landis, R.N., M.S., and LuAnn McKee, R.N. Back row (left to right): Loretta C. Hartman, R.N., Joyce C. Najarian, R.N., B.S.N., Louise R. Drexinger, R.N., Barbara K. Pry, L.P.N., Mary Anne Clark, R.N., and Susan Holecz, R.N., B.S.N. Missing from the picture is Cindy Ann Buhn, R.N.

Aside from her research projects, Mrs. Holecz enjoys spending time with her husband, Stephen.

LOUISE R. DREXINGER, R.N., head nurse on 6A, was the recipient of the Kinneman Nursing Management Award. Mrs. Drexinger has been at the Hospital Center since September of 1974, when she transferred from Sacred Heart Hospital. She is a graduate of Wilkes-Barre General Hospital School of Nursing and is a B.S. Candidate in Health Care Administration at St. Joseph's College. Mrs. Drexinger is a member of the American Nurses Association, Pennsylvania Nurses Association, the American Association of Critical Care Nurses, Who's Who in American Nursing, and the Wilkes-Barre General Hospital Alumnae Association. She and her husband, Robert, have two daughters, Linda and Susan, and three sons, Robert, James, and David.

LUANN MCKEE, R.N., assistant head nurse on 6C, received the Fleming Nursing Practice Award. Mrs. McKee, a graduate of Lancaster General Hospital School of Nursing, joined the Hospital Center's staff in October,

1983. Mrs. McKee is a member of the Oncology Nursing Society and the American Urology Association. She and her husband, Dan, enjoy outdoor activities such as camping, canoeing, and rafting.

KAREN LANDIS, R.N., M.S., pulmonary clinical nurse specialist, was the recipient of the Fleming Exceptional Service Award. Mrs. Landis has been a member of the Hospital Center's staff since July of 1981. She is a graduate of the Reading Hospital School of Nursing. She received her bachelor's degree in Nursing from Albright College, and her master's degree in Cardiopulmonary Nursing from the University of Delaware. Mrs. Landis is a member of the American Association of Critical Care Nurses, the American Lung Association, the American Heart Association, and Sigma Theta Tau, the national honor society of nursing. She and her husband, David, have four daughters, Kristi, Jennifer, Diana, and Julie.

JANET FISCHER, R.N., staff nurse on the Acute Coronary Care Unit, received

Continued on next page...

"Staff Recognized" continued...

the Fleming Caring Award. Mrs. Fischer joined the Hospital Center's staff in September, 1984. Prior to her present position, she was a staff nurse on the Open Heart Unit. She is a graduate of the Allentown Business School and The Allentown Hospital School of Nursing. She and her husband, Fred, have been married seven years.

JOYCE C. NAJARIAN, R.N., B.S.N., staff nurse on 4C, was the recipient of a Special Recognition Award. Mrs. Najarian has been a member of the Hospital Center's staff since September, 1983. She is a graduate of West Chester University where she earned her bachelor's degree in Nursing. In addition to hiking, skiing, and working on various crafts, she enjoys traveling with her husband, Frederick.

CONGRATULATIONS!

Special recognition should be paid to the members of the Hospital Center's Friends of Nursing Steering Committee. They had the task of reviewing each application, and planning the awards ceremony. Members of the Steering Committee included Louise Oswald, R.N., M.S.N., head nurse, General Intensive Care Unit, and chair of the committee; Alverta Stichter, R.N., M.S., senior vice president and administrative advisor of the committee; Mary Ellen Beideman, R.N., B.S.N., infection control coordinator; Jane Borbe, R.N., M.S.N., head nurse, Progressive Coronary Care Unit; Louise Drexinger, R.N., head nurse, 6A; Peggy Fleming, Friend of Nursing; Mary Ann Frankl, R.N., B.S.N., director, Operating Room; Cindy Gresh, R.N., B.S.N., head nurse, Central Nervous

System Unit; Barbara Hanks, R.N., M.S., senior director, Clinical Services; Gale Hodavance, M.S., marketing/communications consultant; Maggie McDonnell, R.N., M.A., outreach coordinator; Jody Porter, R.N., head nurse, Operating Room; Norma Radosevich, R.N., head nurse, Recovery Room; Nancy Rath, R.N., B.S.N., staff nurse, 4B; Loretta Sargent, R.N., M.S., nursing coordinator; and Diane Wertman, R.N., staff nurse, Recovery Room.

When each application met necessary guidelines, they were given to the Selection Panel who had the difficult job of interviewing the candidates and selecting the winners. Members of the Selection Panel included Terry A. Capuano, R.N., M.S.N., nursing director; Florence M. Diefenderfer, retired bank executive; Peggy Fleming, Friend of Nursing; Grace Guldin, R.N., B.S.N., float staff nurse; John Kibelstis, M.D., president-elect of the

Hospital Center's medical staff; Mary T. Kinneman, R.N., M.S.N., vice president; Colette Lenner, R.N., head nurse representative; Alverta R. Stichter, R.N., M.S., senior vice president; Barbara Stratton, B.S.N., M.S.N., associate professor at Allentown College; and Samuel R. Huston, president and chief executive officer.

Congratulations to the members of the Steering Committee and the Selection Panel on a job well done!

A special thank you to the donors for the Hospital Center's Friends of Nursing awards: Alverta Stichter, R.N., M.S., senior vice president; the Lehigh Valley Hospital Center's Medical Staff; William H. Skinner of Allentown; Mary T. Kinneman, R.N., M.S.N., vice president; and Richard and Peggy Fleming of Zionsville.



Surrey rides were a new feature at May Daze. Pictured here with the surrey is Greg O'Neill and David Heist.



Rita A. Bendekovits, R.N., M.S.N.

RITA A. BENDEKOVITS, R.N., M.S.N., was recently named clinical instructor for 5A and 5C. In this position, she will be responsible for orientation of new staff members and inservices for the two units.

Mrs. Bendekovits joined the Hospital Center's staff in January of this year as a clinical instructor for 6B and 7B. She is a graduate of Sacred Heart Hospital's School of Nursing and earned her bachelor's degree in Nursing from East Stroudsburg University. Mrs. Bendekovits recently graduated from Villanova University where she earned her master's degree in Nursing.

MARY T. KINNEMAN, R.N., M.S.N., vice president, has been selected as one of 41 senior nurse executives from large teaching hospitals nationwide to participate in the 1987 Johnson & Johnson-Wharton Fellows Program in Management for Nurses. In its fifth year, the highly competitive program will be

held on the University of Pennsylvania campus in Philadelphia, June 7-26.

Funded by the Johnson & Johnson Family of Companies Contribution Fund, the three-week Wharton School program seeks to enhance the leadership, management, and financial skills of senior nurse executives, most of whom oversee budgets that rival the size of many private corporations. The demanding course features lectures, workshops, special speakers, and other activities involving fellows with Wharton faculty and other distinguished health care experts.

Applicants must be nominated by their hospital's chief executive officer to be considered for participation. Those CEO's will join their nurse executives for the final two days of the program to ensure hospital application of the skills acquired at Wharton.

The 154 Johnson & Johnson-Wharton alumni plus the 1987 fellows include nurse executives from 39 states and four international health care institutions, and represent some 79,700 hospital beds.

Mrs. Kinneman, a member of the Hospital Center's staff since 1982, was promoted to vice president of Nursing in 1985. Previously, she had served as a supervisor of the Recovery Room, Burn Center, Special Care and Shock/Trauma Units, and has held nursing directorships of the Emergency Department, Special Care and Shock/Trauma Units, and Burn Center. She was named associate vice president of Nursing in 1984.

A graduate of William Paterson College of New Jersey with a Bachelor of

Science Degree in Nursing, Mrs. Kinneman received her master's degree in Nursing from the University of Pennsylvania.

RICHARD B. RICHARD, R.N., B.S., was recently appointed to the position of assistant nursing coordinator, evening shift. In this position, he is responsible for staffing and patient triage on the units during the evening shift.

When he came to the Hospital Center in May, 1982, Mr. Richard worked on 4A for three months. He then participated in the Critical Care Internship Program. Following completion, he worked as a staff nurse on the Central Nervous System Unit until his promotion to assistant head nurse of that unit in 1984.

Mr. Richard is a graduate of The Allentown Hospital School of Nursing and Penn State University where he earned his bachelor's degree in Environmental Resources.

CHRISTINA WARGO, R.N., was recently promoted to assistant head nurse, Central Nervous System (CNS) Unit, 11-7 shift. Her responsibilities include scheduling, planning assignments, and assisting the head nurse.

Mrs. Wargo has been a member of the Hospital Center's staff since May of 1980. Since that time, she has been a staff nurse on 5B, 6C, and the CNS Unit. She is a graduate of Lankenau School of Nursing in Philadelphia, and is presently working toward her bachelor's degree in Nursing at Kutztown University.

DID YOU KNOW . . .

...Several members of the Hospital Center's staff participated in scientific sessions at the 19th Annual Meeting of the American Association of Neuroscience Nurses (AANN) held May 3-7, in Dallas, Texas. ELLIE FRANGES, R.N., M.S.N., CNRN, neuroscience clinical specialist, and MARY ELLEN BEIDEMAN, R.N., B.S.N., CIC, Infection Control coordinator, presented a paper entitled "Infections Related to Intracranial Pressure Monitoring," which was based on a study done at the Hospital Center. MAGGIE KERNAN, R.N., CNRN, head nurse, 6B, and CINDY GRESH, R.N., B.S.N., CNRN, head nurse, Central Nervous System (CNS) Unit, presented a paper entitled "Respiratory Patterns Related to Central Nervous System Dysfunction." Both presentations were poster sessions done through the Research and Publication Support Department.

...CINDY GRESH, R.N., B.S.N., CNRN, head nurse, CNS Unit, was elected to the

Nominating Committee of AANN and will be responsible for preparing a slate of candidates for next year's AANN elections.

...ROSE HAAS, R.N., director of Employee Health Services, was the conference chairman and moderator for the Sixth National Conference of Hospital Employee Health held June 10 and 11, in Orlando, Florida. She and MARY ELLEN BEIDEMAN, R.N., B.S.N., CIC, Infection Control coordinator, also gave a presentation entitled "Building a Hospital Employee Health Service from the Ground Up." Mrs. Haas also presented case studies, innovative ideas, and cost-cutting tips to colleagues during Network sessions.

...IRENE EHRGOTT, R.N., M.S.N., oncology clinical specialist, displayed an educational exhibit at the Oncology Nursing Society Congress held May 5-9, in Denver, Colorado. Over 3,200 nurses were in attendance.

...Congratulations to the following staff members who have recently passed the CCRN exam and are now certified critical care nurses: BARB BENNETT, R.N., CCRN, staff nurse, Central Nervous System Unit; STEPHANIE FILIPPI, R.N., CCRN, JUDY LATHROP, R.N., CCRN, and ANDREA TEWARI, R.N., CCRN, staff nurses, Acute Coronary Care Unit.

CONSTRUCTION UPDATE

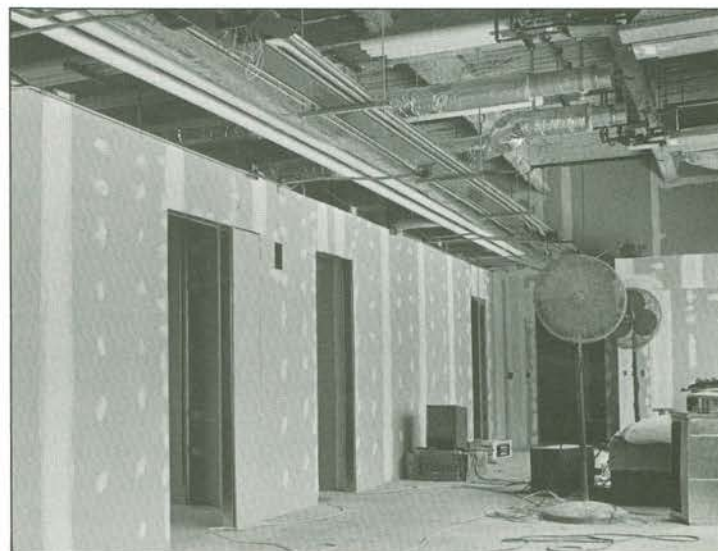
EXTERIOR CONSTRUCTION

West Wing Project

Work on the West Wing project is proceeding on schedule with the third floor dormitory area to be completed for occupancy by the beginning of July. This area will provide sleeping accommodations for 34 medical students from Hahnemann University and other institutions.

The first floor is scheduled to be completed sometime in August. Classrooms, a new auditorium, and the Health Sciences Library will occupy this area. The following departments will be relocating to the first floor: Educational Development, Human Resources, the Department of Medicine, and the Department of Legal Affairs.

Continued on next page . . .



In a few months, this space on the third floor will provide a dormitory area for medical students.

"Construction Update" continued . . .

Upon completion of the first and third floors of the West Wing, renovations to the cafeteria will be the focus of attention. These renovations are expected to begin this fall.

Medical Office Building 2

Construction of Medical Office Building 2, which will be located at the east end of the doctors' parking lot, is scheduled to begin early this month. The new three-story, 45,000 sq. ft. building will be constructed similar to the first medical office building. A partnership of physicians will be leasing land from the Hospital Center for this building which will be connected to the main hospital. The existing link, which connects Medical Office Building 1 to the Hospital Center, will be extended to connect the new building.

New South Parking Lot

In mid-June, we will go before the Salisbury Township Planning Commission for approval of a new 400 space surface parking lot. If approved, construction will begin this summer. This new lot will be located to the south of the access road going toward the Emergency Department across from the doctors' lot.

INTERIOR RENOVATIONS

Radiology Suite

The Radiology suite is being renovated to accommodate new equipment and the addition of a third ultrasound room.

Central Nervous System (CNS) Unit and 6A

Renovations will begin this summer to increase bed capacity from six to eight in the CNS Unit and improve the nursing central core space on 6A with a new nurses' station, medication room, and utility rooms. Design includes the new scheme of pastel colors used in previously renovated nursing units such as the Short Stay Unit, 6B, and 7B.

Medical Staff Lounge

Renovations are underway in the Medical Staff Lounge to provide better facilities for physicians.

Electrical Plant Improvements

New switch gear is being installed in the power plant to guard against future power outages. This will be completed this month.

Continued on next page . . .



The new entrance to the right will provide easy access to the new auditorium and classrooms in the West Wing.

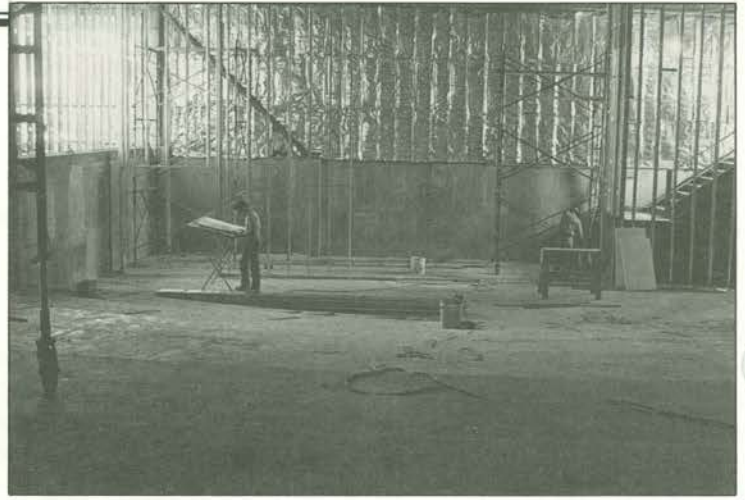
"Construction Update" continued...

Operating Room (OR) 13

Construction will begin on OR 13 this month.

Environmental Services Relocation

The Environmental Services Department, including Lionel Kier, Leonard Farkas, Sue Traub, and Margie Rusyn, will move to the Engineering building in renovated space this month to consolidate planning, design, and construction with engineering and maintenance. Telephone numbers will remain the same.



Someday you may be sitting in this area during a conference. Pictured here is the shell for the new auditorium on the first floor of the West Wing addition.



No, these youngsters aren't auditioning for Jan Nagy's Modeling and Finishing School—they're the finalists in the May Daze Baby Contest. Pictured from left to right with their moms are Danielle Tomko with mom, Ann; Andrew Jeffery Wirth with mom, Mary; Samantha Jo Reichard with mom, Bambi Lagler; Laura Ann Sandrock with mom, Mary Ann; and Matthew Tyler Bubba with mom, Debbie.



Andrew Jeffery Wirth, this year's May Daze Baby, has his crown adjusted by his mom, Mary, while Sam Huston, Hospital Center president, and Helen Hallock, chair of the May Daze Baby Contest, look on.

Notes from our Patients

Dear Mr. Huston:

My father, John Morrison, was a patient at LVHC for most of the time from December, 1985 until his death in April, 1986. I am very grateful for the fine medical care and the sensitive human care he received from your doctors, nurses, and other staff.

I have enclosed a paper I have written about my feelings during that time. Please use it in whatever way you wish. I would very much appreciate it if you would share copies of it with the staff in ACU and especially PCCU where my father spent much of his time.

We hear so much of "burn out" in the medical and nursing professions. It is my hope that what I have written may serve to encourage.

* * * * *

Death with dignity. How many times do we hear that phrase? Is it possible to die with dignity? In a hospital? Until last year I wasn't sure.

My father is an active 70-year old man. I am sitting in his living room. As I look up from talking to my mother, he is on his hands and knees playing pony with my 5-year old. He and Mom are planning trips to New England and South America. Today he sang a solo at church.

Tonight I received a call from my mother. Dad had a heart attack and is in Lehigh Valley Hospital Center. When I arrived, the relatives were gathered. Dad's heart had arrested, but the doctors revived him.

Thus began a four month ordeal of waiting and hoping. This drug doesn't work, that drug causes unbearable side effects. Is anything going to help? Now the nurses intervene. They explain every medicine, tube and test. They encourage. They listen.

Test results begin coming in. 70 percent of the heart's pumping capacity is damaged. What is left is virtually incompatible with life. Then, the question, "Does the family want Dad resuscitated the next time his heart stops?" Dad is weak and tired, but fighting. His mind is as sharp as ever. We choose to ask him. After much time with us and God, he refuses resuscitation.

Dad continues his fight. He even comes home for a few weeks, but is soon back in the hospital. Now we talk about what life has been for each of us and what we mean to each other. We also speak of death. His faith is strong. Dad is not afraid of death, but he doesn't want to leave Mom alone. He wants to be there as his grandchildren grow up.

Dad is weaker now. Time for talking is brief, but very special. The nurses and doctors are there when we need them, but do not interfere when Dad wants to rest. Mom begins sleeping at the hospital.

Finally, the last call comes. Dad only has a short time left. The family gathers. We go in and out of his room quietly, a few at a time. Mom is there constantly. Dad is now sleeping most of the time, but seems to know when we are there - he squeezes a hand, quietly utters a few words or turns his head for a kiss.

The family goes to the cafeteria. It feels like home now. We even know the workers by name.

Mom and Dad have some time alone. They whisper and rest. She strokes his forehead. He gently squeezes her hand.

The family returns. Daddy is gone. Mom tells the story. She was sitting quietly as Dad drew a deep breath, then a smile slowly spread over his entire face. The smile remained, even as the breathing stopped. Mom knew that Dad was seeing Jesus. What an incredible moment for my parents to share! You see, my father was blind.

Death with dignity - I no longer need ask if it is possible. I have seen it made possible by all the doctors, nurses, and staff at LVHC.

* * * * *

This letter is a tribute to my father and his courage in facing death, but it is more. It is a heartfelt thank you to every person who cared for John Morrison, including the cleaning lady who made him laugh and especially to Dr. David Carney whom my father respected and admired. It is an expression of sincere appreciation of being fortunate enough to live in a community where caring about people is not a cliché - it is a reality.

Sincerely,
Carol Kneale

1987 FAMILY PICNIC



The Hospital Center and its Recreation Committee will sponsor the 1987 Family Picnic on Saturday, June 20, from 11:30 A.M. to dusk at Camp Olympic.

The cost of tickets is \$3.00 each for employees and their spouses, and \$1.00 each for employees' children 12 and under. The cost for guests is \$5.00 for adults and \$3.00 for children 12 and under. The price includes lunch and/or dinner which will be served by department heads.

Activities on tap for the picnic include swimming, fishing, golfing, tennis, volleyball, softball, basketball, and a playground. Special events planned throughout the day include children face painting, a water balloon toss, an appearance by Harley the Clown, and a disc jockey spinning records. Door prizes will be awarded and a special prize will be presented to the person wearing the funniest hat.

The menu for lunch and dinner includes:

Barbecued Chicken and Ribs
Hot Dogs and Hamburgers
Potato Salad
Macaroni Salad
Baked Beans
Relish Tray
Corn on the Cob
Watermelon
Chips and Pretzels
Beer * Soda * Coffee

A Sundae Bar will also be available at 2:00 and 4:00 P.M., compliments of the Medical Staff.

Camp Olympic is located two miles south of the Hospital Center on Cedar Crest Boulevard. Tickets for the picnic are available in Personnel and must be purchased before June 12.

A Newsletter of the Lehigh Valley Hospital Center

Update

**Lehigh Valley Hospital Center
a HealthEast Hospital
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