

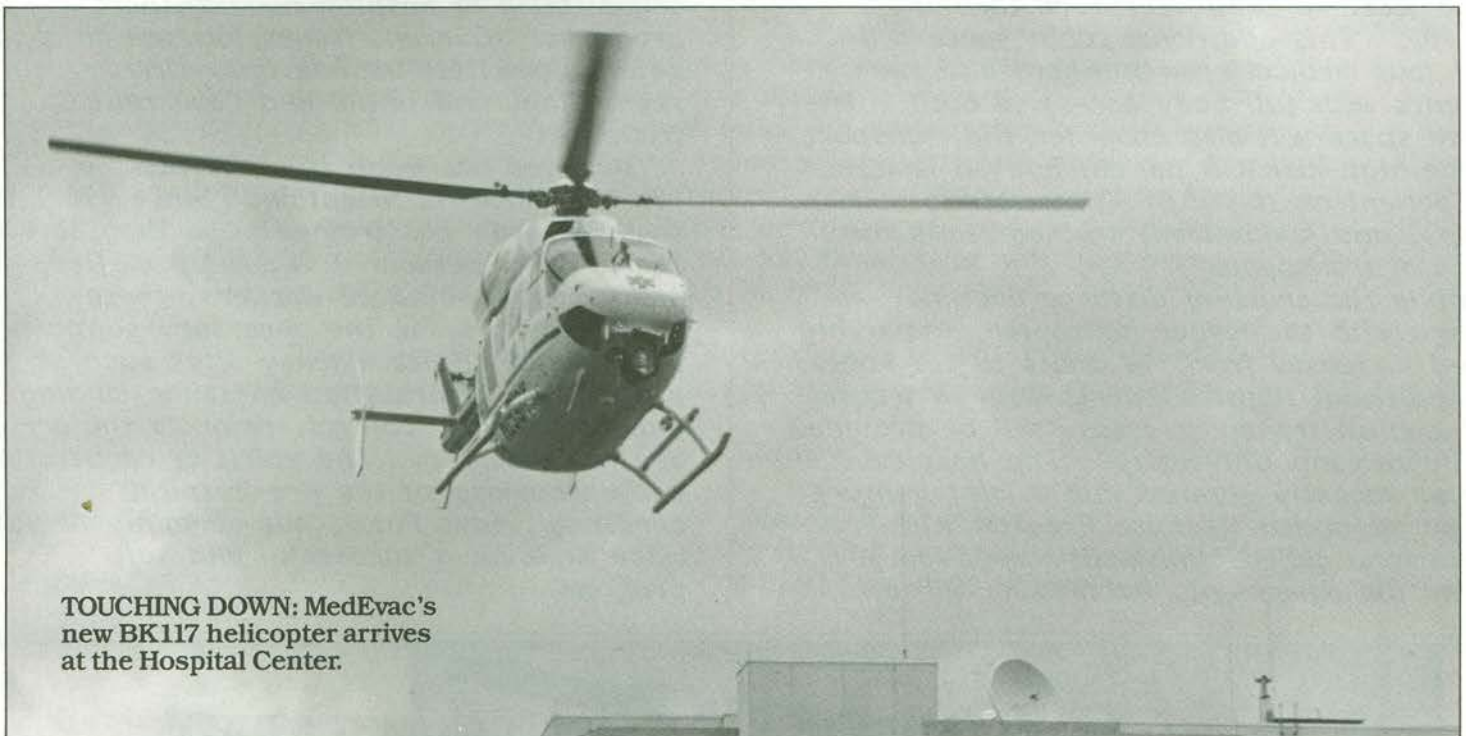


A Newsletter of the Lehigh Valley Hospital Center

update

VOL. 9, NO. 12

DECEMBER, 1986



TOUCHING DOWN: MedEvac's new BK117 helicopter arrives at the Hospital Center.

HOSPITAL CENTER LAUNCHES NEW MEDEVAC COPTER BK117 is Larger, Faster

The friendly skies around the Lehigh Valley recently welcomed the Hospital Center's new, larger and faster MedEvac helicopter. The MBB Model BK117 was acquired to replace the BO-105 as the program's primary aircraft. Full service with the new helicopter begins in December. The BO-105, which had served the MedEvac Program since 1981, will be used as a backup aircraft.

The MedEvac Program, the 31st established in the U.S., began limited

service in 1981 using the BO-105 helicopter for emergency transport of critically ill and injured patients. Today, there are approximately 140 hospital-based programs throughout the country, travelling nearly 731,000 air miles per month and transporting about 70,000 patients per year.

Since September, 1981, when MedEvac began 24-hour-a-day service, the number of interhospital transports has increased, as has the number of hospitals serviced. This

Continued on page 2...

increase expanded the service area from 31.9 miles, or 18.5 minutes one way, to 57.5 miles, or 30.5 minutes one way. Transfers in medical areas such as cardiology, surgery, perinatology, and neonatology require flights to the Hospital Center or The Allentown Hospital from referring institutions, from the Hospital Center to specialized institutions--such as Children's Hospital of Philadelphia--or from one non-HealthEast institution to another. The increase in these types of transports has led to a gradual but increasing need for more cabin space in order to accommodate specialized medical personnel and equipment.

The BK117 helicopter's cabin measures 200 cubic feet, 70 cubic feet more than the BO-105. This additional cabin space will hold four medical crew members and two patients with full body access to both. The added space will also allow for the transport of the high-risk OB patient and an isolette, the patient on the IABP (intra-aortic balloon pump), and specialized, trained teams for neonatal transports.

While the cruising distance does not change with the larger helicopter, the flying speed increases from 110 knots to 135 knots.

Additional flight support, both in trauma and medical transport areas, will be provided by Hahnemann University. The Hospital Center recently entered into a joint venture for an expanded MedEvac Program with Hahnemann called "University MedEvac." Under the agreement, Hahnemann will also

acquire a BK117. This interchangeability of aircraft will enhance the Hospital Center's geographical and activity capabilities.

Though the risky nature of medical air transport is becoming more visible with the growing number of programs, the Hospital Center has been exemplary in its measures to practice aviation safety, explains Eileen Pozzi, R.N., MedEvac's flight crew coordinator. "We have 4 pilots in the program. They work 12-hour shifts, and no more than four days in a row. That way we avoid overworking the pilots, causing excess fatigue."

Pozzi presently serves as the chairman of the Safety Committee of the American Society of Hospital-Based Emergency Air Medical Services (ASHBEAMS), a national organization of hospital air transport programs. Current issues focused on by the Safety Committee include duty time, scheduling, and initial and recurrent training.

MedEvac has made safe operation a priority since its inception. Since 1982, the MedEvac crew has trained more than 50,000 pre-hospital personnel. Made up of fire, police, and ambulance workers, these volunteers provide the necessary support activities at the emergency site, such as preparation of protected on-scene landing sites and traffic control, prior to the arrival of the helicopter. The spirit of cooperation and enthusiasm of the pre-hospital personnel, says Pozzi, has certainly helped make MedEvac a successful and safe program.



CHECKING IT OUT: Employees inspect the new helicopter at MedEvac's open house.

PRESIDENT'S HOLIDAY MESSAGE

Dear Fellow Employee:

The Holiday Season is a special time for everyone. Obviously this year is special for me and my family because of our newness to the Lehigh Valley and the Hospital Center. I'd like to pause during this Holiday Season to share some personal reflections with you.

The Holiday Season is a time of giving. Our work is giving life-saving, medical care to the sick and the injured of our community and each of us contributes to this effort in some way.

In the past three months you have consistently impressed me with your capacity for giving and caring. Indeed, what is perhaps most reflective of your value on compassion and giving of yourself is the very pace and scope of our Hospital Center. The unique nature of our hospital makes your enormous capacity for giving an essential personal trait for the work you do. We are a special institution. You are a special person for working here. The entire community knows this is true.

Please know that my best wishes, and those of the Huston Family, are warmly extended to you and yours. Happy Holiday.

Sincerely,

*Samuel R. Huston
President and
Chief Executive Officer*



GNADEN HUETTEN BECOMES A HEALTHEAST HOSPITAL

Gnaden Huetten Memorial Hospital of Lehighon has become a HealthEast hospital, announced Grant E. Harrity, chairman of the board of HealthEast, Inc. The announcement was made at the conclusion of the HealthEast Annual Meeting, held at the Lehigh Consistory, on November 13.

Gnaden Huetten Memorial Hospital has a total bed complement of 200 acute care beds. The institution contains a 24-bed psychiatric unit, five pediatric beds, a



six-bed critical care unit and a six-bed obstetrics unit. There are a total of 75 medical/surgical beds. Adjacent to the hospital is an 83-bed nursing and convalescent center.

'Gnaden Huetten,' a Moravian phrase meaning

"Huts of Mercy," was founded in 1951. The hospital serves the 54,000 residents of Carbon County and is located at 11th & Hamilton Streets, Lehighon. Gnaden Huetten employs 500 people and operates with an annual budget of \$14.6 million.



PROFILE: CARDIAC REHAB PATIENT RUNS FOR HER LIFE

This time last year, Pauline Capparell had no idea she would literally be running her way back to health after suffering a heart attack. But here she is, many months and miles later, and the Phase III Cardiac Rehab patient has attained near celebrity status, not to mention significant improvement to her health, through courage and determination.

The 47-year-old Allentown resident recently chalked up her third consecutive 5-kilometer "Heart to Heart" run victory, setting a personal record for the event to boot. The nationwide contests, sponsored by the Heart to Heart Association, are limited to those who have either suffered a heart attack or undergone open-heart surgery. Originally scheduled to take place in New York, but relocated because of rain, Pauline ran against the clock in the Poconos, her "home course." She completed the event in 20 minutes, 38 seconds, a full 10 minutes ahead of the second-place finisher.

The walking-running-walking style of these races is something Pauline has become accustomed to since she started rehabilitation under the guidance of Dr. Hugh Gallagher, her cardiologist. And though he doesn't recommend competitive sports for patients recovering from heart attacks, Dr. Gallagher supports Pauline's decision to race because it is important to her.

Pauline's road to recovery after her heart attack has been not unlike that of many other cardiac patients. In July of 1985, a month after the attack, she underwent an angioplasty to relieve the clogging in her arteries. The procedure was repeated a second time when her heart was again not getting enough blood. Five months later in December, Pauline underwent triple-bypass surgery. After a short recuperation, she enrolled in the Hospital Center's monitored cardiac rehab program, which she completed in May of this year.

Pauline began her exercise program based on an idea Dr. Gallagher proposed to her as a substitute for smoking, a 25-year-old habit that had put her in the high-risk category for heart trouble.

"He told me that everytime I felt like smoking a cigarette, I should go for a walk around the block," she explained.

Not one to do anything halfway, the energetic housewife and mother of two sons



WORKING OUT: Pauline Capparell exercises on the treadmill in the Cardiac Rehab Unit.

soon was running around the block, feeling stronger and better about her recuperation. This led to her first "Heart to Heart" competition in the Poconos back in May. A group of 24 men and women entered the race, and only six crossed the finish line with Pauline in the lead.

Travelling next to Boston in August for her second "Heart to Heart," she bested a field of 25.

Looking ahead to January, Pauline will run in the series finals in Los Angeles. Only "Heart to Heart" runners who have won 2 previous events can participate in this race, so she knows the four other cardiac runners will offer stiff competition. Obviously, this lady's serious about her running and her health.

But greater perhaps than any feat of physical endurance she has achieved, is Pauline's will to survive, to actively avoid the fate her father met after suffering a heart attack.

"My father had a heart attack 20 years ago and had nothing to do but sit by the window in his living room and watch the world go by. I always felt bad for him. I thought about him after my operation and was determined to be different. With advances in medicine and things like angioplasties, I was kind of set free."

CARDIAC REHAB GETS RAVE REVIEWS

The letter reproduced here attests to the superlative job being done by Faye Baylor and the Cardiac Rehab staff.

**CARDIOLOGY ASSOCIATES
OF THE LEHIGH VALLEY**
1259 S. CEDAR CREST BLVD.
SUITE 336
ALLENTOWN, PA 18103

JOHN J CASSEL, M.D.
DAVID B. GOLDNER, M.D.
EUGENE E. ORDWAY, M.D.
JAMES A. SANDBERG, M.D.
BRUCE J. SILVERBERG, M.D.

Hours by Appointment
Telephone (215) 437-6222

October 20, 1986

Faye Baylor, R.N.
Cardiac Rehabilitation Center
1200 S. Cedar Crest Blvd.
Allentown, Pa. 18103

Dear Faye,

One of my patient's was in the office today and expressed a great deal of gratitude and satisfaction for the fine care and service that she has been receiving at the Cardiac Rehabilitation Center. This is consistent with the reports I receive from virtually every other patient I have referred to your unit.

I wanted to take just a moment to thank you and your staff once again, for helping me care for my patients.

Sincerely,

Bruce
Bruce J. Silverberg, M.D.

BJS/smc

OPERATING ROOM NURSE DAY HELD NOVEMBER 14

A mayoral proclamation and visits to the Childcare Center highlighted Operating Room Nurse Day at the Hospital Center on November 14.

Acting on behalf of Mayor Joseph Daddona, Councilwoman Emma Tropiano officially declared the day OR Nurse Day in Allentown at a ceremony held in the hospital lobby. Members of the OR and Short Procedures Unit staffs participated in all-day events which included equipment displays and video presentations. The Childcare Center was visited by staff members and treated to "dress-up" fun with real surgical masks, hats, gloves and booties.



MAYORAL PROCLAMATION: Councilwoman Emma Tropiano (center) reads Mayor Daddona's OR Nurse Day proclamation to (l to r): Joan Collette, R.N., CNOR (OR); Darlene Hinkle, R.N., CNOR (SPU); and Ginny Kovalovich, R.N., CNOR (OR).



DRESSING-UP: Mary Eisenhard, CST (OR), passes out surgical masks and hats to the Childcare Center's 2 and 3 year olds during an OR Nurse Day visit.

DO YOU KNOW THEM?

Some employees at the Hospital Center truly got into the spirit of Halloween this year, exchanging work clothes for fun clothes. The results were amusing to patients and fellow employees alike.



PHYSICAL THERAPY TRICKED AND TREATED: Standing, left to right—Trevor Swan, Cindy Geda, Terry Durn, Ann Holmes, Linda Hersh. Kneeling, l to r—Terry Crone, Evelyn Petrash, Diane Angeline, Betty Attilio.



RADIOLOGY ALSO MADE QUITE A PICTURE: Here we see (l to r): Francine Hale, Diane Bartkowski, Sheila Guth, Tammy Drumbore . . .



FOOD SERVICE COOKED UP SOME FUN OF THEIR OWN: Pictured left to right are: Lisa Simon, Beth Kerin, Mark McIntosh, Gloria Auve, Patricia Miller.



. . . Pam Filipovits, Sandra Hunsicker, Terri Lynn, Carol McGee.



. . . Dorothy Pfeiffer, Kim Wiley, Tindra Gerber . . .

HOW TO SURVIVE HAVING A TEENAGER

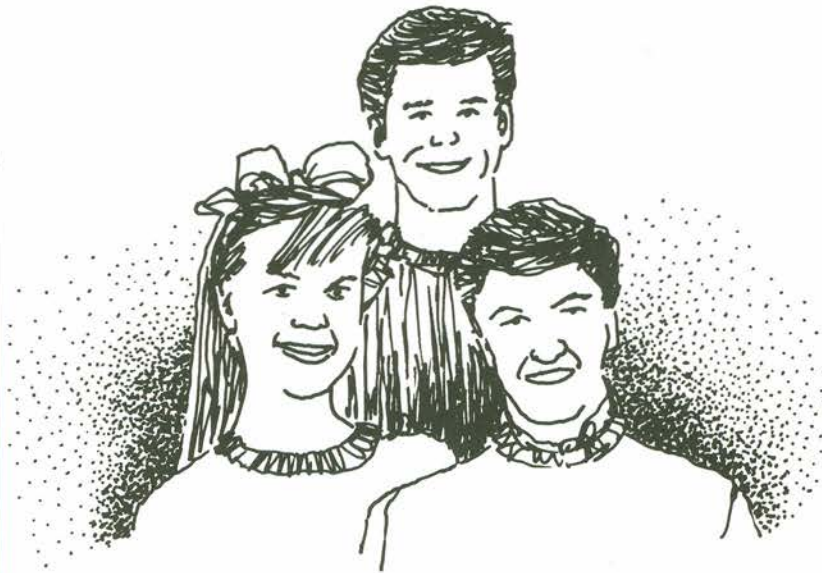
Have you noticed a sharp rise in your food bill since your son turned fourteen? Are you afraid to enter your fifteen year old's room for fear of being caught in an avalanche? Do you find your sixteen-year-old daughter has grown an appendage to her ear that looks very much like a telephone? If you have answered yes to any of these questions, you are one of the fortunates blessed with the job of raising a teenager. Traditionally a challenge, this job can become scary to parents in a time when widespread drug and alcohol abuse, pregnancy, and casual sexuality are all part of the teenage scene. For this reason, the Hospital Center's Employee Assistance Program--The Counseling Program--and Valley Youth House have joined together to bring information, education, training, and clinical services to employees who are, or are about to become, parents of teenagers.

The program, which began in October and will continue over the next year, consists of four "lunch and learn" sessions. All Hospital Center employees are invited to attend any or all of these sessions free of charge. Participants in the first session, *A Survival Guide--Parenting Your Teenager*, learned many helpful hints. A second lunch and learn session, *What's The Matter With Kids Today?--Acting Out Behavior In Adolescence*, will be held on January 21, 1987, at 12 Noon and 5:00 P.M. in the Conference Dining Room.

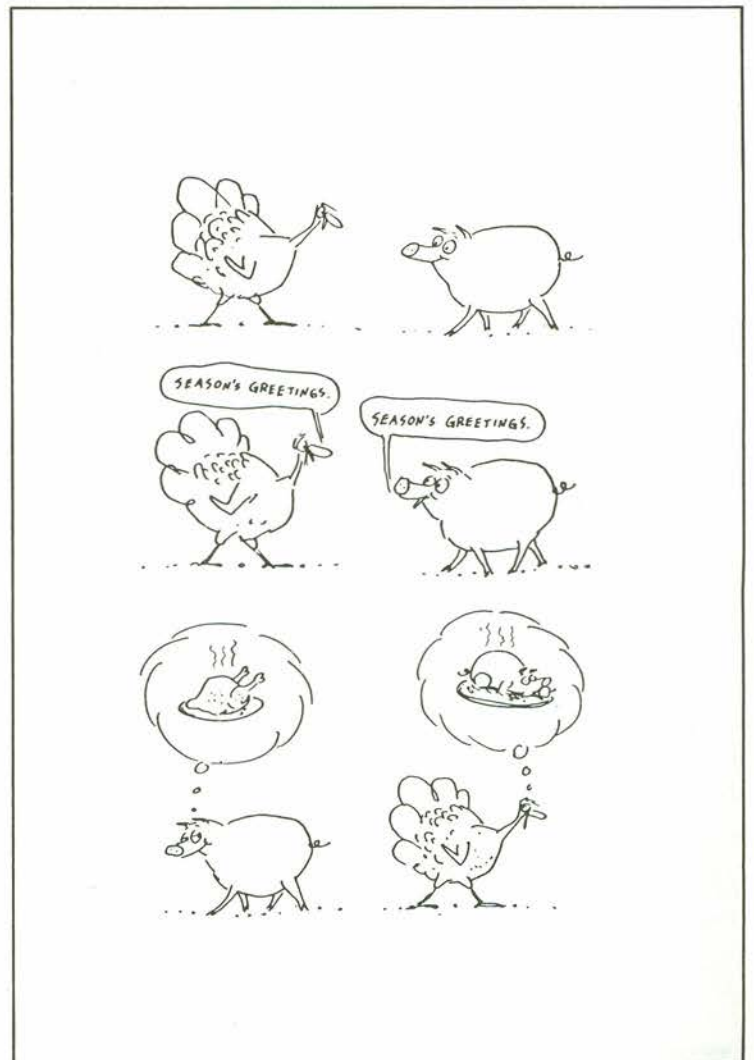
Please check the bulletin board next to the Educational Development office for the times and locations of the final two sessions: 1) *Everybody's Doing It--Peer Pressure*, and 2) *Who's Really In Charge--Disciplining Your Child*.

In addition, mini-courses on each of these topics will be conducted during the weeks following the lunch and learn sessions. Each mini-course will include lecture material, handouts, and question-and-answer and role-playing sessions. The second mini-course will be held January 28 through February 18, from 7:00 P.M. to 8:30 P.M. in Classroom 1. A \$5.00 fee is charged for each course. To register, call Educational Development at extension 8320.

Valley Youth House will also be offering counseling services for teenagers and their



parents at its locations in Allentown, Bethlehem, and Easton on a reduced-fee basis. The program provides individual and group counseling for teenagers as well as parent and family counseling. Both day and evening appointments are available. To make an appointment, call The Counseling Program at 433-8550.





The Wellness Corner

(Now a monthly feature of the Wellness Center)

Healthy Holiday Eating

The American Heart Association and the Wellness Center want you to know that enjoying the holiday season and being good to your heart can go hand-in-hand with a little planning.

By substituting low-fat and low-cholesterol ingredients into your favorite holiday recipes, you'll find the taste unchanged, while the excess fats and calories have been removed.

Some of the recipe adaptations from the "American Heart Association Cookbook" are:

- **Butter:** One tablespoon of polyunsaturated margarine or 3/4 tablespoon of polyunsaturated oil equals one tablespoon of butter.
- **Milk:** Substitute one cup of skim milk or nonfat dry milk and two teaspoons of polyunsaturated oil for one cup of whole milk.
- **Eggs:** Use one egg white and two teaspoons of polyunsaturated oil, or a commercially-produced, cholesterol-free egg substitute instead of one whole egg.
- **Chocolate:** Three tablespoons of cocoa blended with one tablespoon of polyunsaturated oil or margarine equals one 1-oz. square of chocolate.
- **Buttermilk:** Instead of using one cup of buttermilk, mix one cup of lukewarm nonfat milk and one tablespoon of lemon juice. Let mixture stand for five minutes and beat briskly.
- **Cornstarch:** Substitute two tablespoons of flour or one tablespoon of arrowroot for one tablespoon of cornstarch.

To learn more about making holiday eating heart-healthier, contact the American Heart Association office in your area, or the Wellness Center at 821-2150.

DID YOU KNOW...

...Members of the medical staff at the Hospital Center recently presented papers at the 9th Annual Meeting of the Mid-Atlantic Association of Burn Care Facilities. "High Frequency Jet Ventilation: A Consideration for Care," was presented by Cindy Harwi, R.N., of the Burn Center, and Kenneth Miller, RRT, of Respiratory Care. Cynthia J. Matthews, B.S.N., of the Burn Center presented "The Dreaded Burn Itch: A Proposal to Study the Effect of Pharmacological Intervention on Pruritis in Burn Patients."

...Larry Merkle, M.D. presented an abstract entitled "Pituitary Resistance Syndrome" to the Pennsylvania Endocrine Society at the Eastern and Western Pennsylvania and West Virginia scientific meeting of the American College of Physicians, in October. Dr. Merkle, an endocrinologist, is on the medical staffs of the Hospital Center and The Allentown Hospital.

...The following operating room nurses have received CNOR (Certified Nurse Operating Room) certification: Loretta Adam, R.N.; Barbara Behrens, R.N., Specialty Coordinator; Beverly DeBold, R.N., Asst. Head Nurse; Chris Grimes, R.N.; Donna Grimes, R.N.; Virginia Kovalovich, R.N., Supervisor; Le Perna, R.N., Specialty Coordinator.

...Susan Hall, a housekeeper on 4B recently gave up her lunch time to give a haircut to a long-term patient on her floor. Previously, the 4B staff took up a collection when Mr. C needed this service, but Sue, a licensed beautician, volunteered to wash and cut his hair this time. Thanks from the staff on 4B, Sue, they applaud your thoughtfulness.

...Richard M. Lieberman, M.D., was the featured speaker at the Spina Bifida Association's November meeting, presenting a talk entitled "Urological Disorders in Children with Myelomeningocele." Dr. Lieberman, a urologist, is on the medical staffs of the Hospital Center and The Allentown Hospital.

HOSPITAL CENTER RAISES MORE THAN \$58,000 FOR UNITED WAY! Exceeds goal by more than 12%



"YOU CAME THROUGH WITH FLYING COLORS!" Mayor Joseph Daddona thanks Hospital Center employees for their United Way contributions at a recent staff meeting.

The 1986 United Way campaign ended victoriously with the Hospital Center again setting an example of generosity in giving. The total amount of pledges and contributions this year topped \$58,000, more than 12% above our goal of \$45,000. G. John D'Aurora, vice president of human resources called the efforts of the Hospital Center staff and employees "outstanding."


"You came through with flying colors!" exclaimed Allentown's Mayor Joseph Daddona at a recent staff meeting. As the chairman for this year's campaign, he had come to thank us for cultivating a spirit of giving in support of the 57 organizations which benefit from United Way contributions. "You've planted seeds in the community with this campaign," he noted. Citing the gloomy economic picture in the Lehigh Valley presently, specifically the unfavorable business climate for Mack Trucks and the closing of the Black and Decker plant, the mayor stressed the importance of our exemplary participation in this year's drive.

This was the mayor's second United Way-related visit to the Hospital Center. He kicked off the campaign on October 14 with characteristic enthusiasm asking everyone to

rediscover the fact that United Way is the most influential, positive program in Lehigh County.

Over the years, the Hospital Center's support of the United Way has become a paragon of generosity. In 1984, we contributed \$38,417, surpassing our goal of \$30,000 by more than 12%. Last year we again came through collecting \$41,561 in pledges and contributions.

To encourage greater participation in the campaign, the Hospital Center held a lottery for two \$1000 prizes. Eighty-seven names of "fair share" contributors--employees who pledged .6% of their annual salaries--were entered in the drawing. The winners were Jane Borbe, PCCU, and Geraldine Thomas, Radiology. Congratulations Jane and Geraldine!

The Hospital Center also made 200 days off available, which were distributed among the cost centers which reached their dollar goals. A complete list of names chosen lottery-style to receive these days was unavailable at presstime. 

Please...
Fill in your
"Readership Survey"
we need YOUR
input!

Please fill out the READERSHIP SURVEY enclosed in November's UPDATE and return it to Public Relations as soon as possible. We will publish the results in January's issue. Thanks for participating in this survey. It helps us know how we're doing.

CORRECTION

The area shown in the front cover photo of November's issue was mistakenly identified as the shock/trauma unit. The correct name for this area is trauma resuscitation bay.



Eileen Sweeney

Eileen Sweeney has been promoted to the position of educational coordinator for the joint Lehigh Valley Hospital Center/Hahnemann University Hospital "University MedEvac" Program. In this position, she will be responsible for the initial and recurrent training of the medical crews at both institutions, as well as coordinating educational conferences and orientations for hospital, pre-hospital personnel and public service groups.

Eileen held the position of clinical specialist for the Emergency Department and the MedEvac Program since 1984. She helped develop the Flight Team Training Course which was given to Hospital Center employees as well as other beginning flight crews throughout the U.S.

Additionally, she worked with a planning committee to develop the Aeromedical Communications Technician Training Course which was specifically designed for dispatchers working in the aeromedical field.

Prior to coming to the Hospital Center, Eileen worked as a staff nurse in the emergency departments of

Pocono Hospital and Morristown Memorial Hospital, Morristown, NJ.

Eileen received her bachelor's degree in Nursing from Allentown College of St. Francis de Sales in 1979, and in 1984, completed her master's degree in Burn, Emergency and Trauma Nursing at Widener University. She was certified as a Paramedic II in September of this year, and is a Certified Emergency Nurse and an instructor of Advanced Cardiac Life Support and Basic Life Support/CPR.



Rick Frazer

Rick Frazer recently became the flight operations manager for "University Medevac," the joint Lehigh Valley Hospital Center/Hahnemann University Hospital medical air transport program.

In this position, Rick will oversee flight operations at both institutions. He will also be responsible for developing operating procedures and training technicians for the Communications Center at the Hospital Center, which will dispatch aircraft for both hospitals.

Rick had been MedEvac's lead pilot since 1982. His extensive background in aviation, knowledge of communications equipment and experience as a management team member make him ideal for this demanding position.

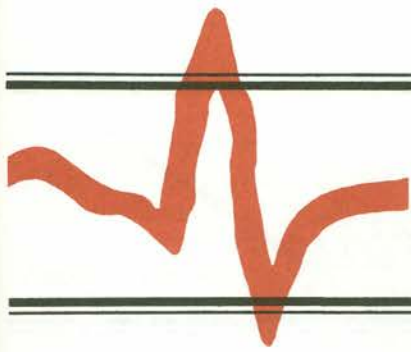


Victor Stonebraker

Victor Stonebraker, formerly director of Pulmonary Laboratory, has agreed to take on new responsibilities as director of the EEG/Neurodiagnostic Laboratory.

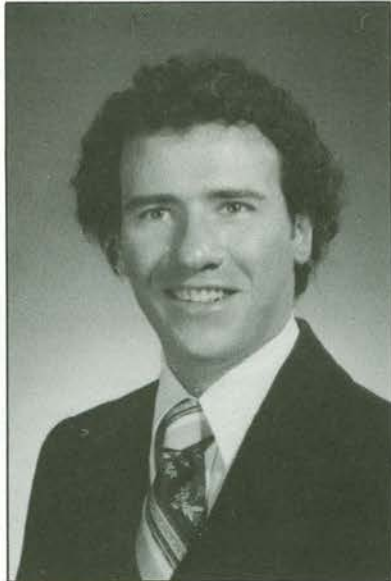
Victor's career at the Hospital Center began in 1974 when he was named the director of Pulmonary Lab. He also worked on special projects for Personnel for two years, including working with the Day Care Program and the Employee Relations Panel.

Having received an associate's degree in Biomedical Technology from Grossmont College, in California, Victor went on to complete his bachelor's degree in Business Administration from Muhlenberg College, in 1982. He will soon receive his master's in Business Administration from St. Joseph's University in Philadelphia.



MEDICAL STAFF NEWS

The following physicians have joined the medical staff at the Hospital Center:



James T. McNelis, D.O.

John W. Magraf, M.D., a neurologist, is a graduate of the University of Virginia School of Medicine, in Charlottesville, VA. Dr. Magraf did a rotating internship and a residency in internal medicine at The Allentown Hospital, and a residency in neurology at the University of Virginia. He received a fellowship in epilepsy/EEG/evoked potential from the University of Virginia.

Dr. Magraf is a member of the New Hampshire Medical Society.

James T. McNelis, D.O., an internist, graduated from the Philadelphia College of Osteopathic Medicine. He completed a general rotating internship at the Delaware Valley Medical Center, in Langhorne, PA. He also did a residency in internal medicine at the Albert Einstein Medical Center, in Philadelphia, where he was chief resident in 1985-86.

Dr. McNelis is a diplomate of the American Board of Internal Medicine and an associate of the American College of Physicians.

IN-HOUSE PHARMACY TO OFFER PRESCRIPTION SERVICE

Spectrum Apothecary, the retail pharmacy located in the Medical Office Building is offering a prescription service to patients being discharged. During the hours of 8:30 A.M. and 12:30 P.M., patients can have prescriptions filled and delivered to their rooms before going home, thus relieving the extra burden of making a separate stop on their way home.

Initially, the program will be available Monday through Friday. If acceptance of the service by patients and physicians is evident, then the hours will be expanded to meet the needs.

Prescriptions to take home cannot be added to the hospital bill. Spectrum Apothecary accepts cash, checks, Visa, Mastercard and most prescription plans. In most cases, Spectrum Apothecary can transfer a prescription to the patient's hometown pharmacy for ongoing supplies.

To contact Spectrum Apothecary from within the hospital, simply dial M.E.D.S (6337).

Notes from our Patients

"I was very well cared for while I was a patient on 7B. The nurses were very patient and understanding. They even made my birthday very special. If I had to return to the hospital as a patient, I would request 7B."

Lisa A. Trask
Allentown

"I have the utmost confidence in LVHC. There is an understanding in my family that when I need care, LVHC is the place."

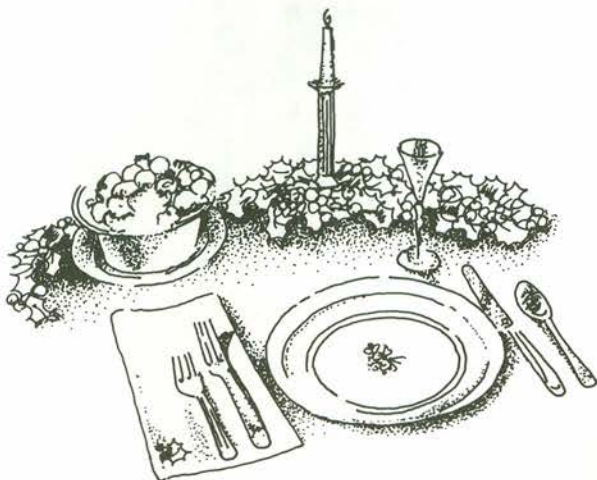
Rev. Warren F. Shelley
Lehighton

"During my stay for open-heart surgery, I found that the Lehigh Valley Hospital Center is run at the highest level of excellence. The nurses were outstanding in their abilities to be helpful and to make everything as painless as possible. They are truly special. The doctors were also exceptional in their dedication, desire to answer questions, abilities, and calming influence. Management is to be commended in their desire to achieve even higher standards through surveys. I found open-heart surgery to be an extremely uneventful experience. Thanks to everyone."

William R. Wanesky
Wescosville

THE CHRISTMAS MEAL

The annual Christmas meal for Hospital Center employees, volunteers, auxiliaries and medical staff will be served to day and evening staff on Thursday, December 18, from 10:30 A.M.-1:30 P.M., and from 5:00-6:30 P.M. Night shift personnel will be fed on Friday morning, December 19, from 2:00-4:00 A.M.



Wassail Punch
Egg Nog
Cheese Board
Crudites

Roast Whole Steamship Round of Beef Au Jus
Chicken Cordon Bleu
Baked Stuffed Potato
Rice Pilaf
Broccoli with Mock Hollandaise
Carrots with Parmesan Cheese

Fruit Salad with Poppy Seed Dressing
Marinated Vegetables
Cranberry Nut Salad

Assorted Loaf Bread with Whipped Butter

Black Forest Cake
Pumpkin Cheese Pie
Fresh Fruit

Coffee and Tea

BENEFIT SPOTLIGHT

COBRA...

...By now you should have received a letter mailed to your home explaining the Consolidated Omnibus Budget Reconciliation Act. If you, or your spouse if (s)he lives at a different address from yours, did not receive a letter, or if you misplaced yours, please call or stop by the Personnel Department to let us know.

Based on the questions we've been receiving, there seems to be some confusion as to how this new law affects you as an active employee. First, it will not raise your premiums if you are a part-time employee purchasing coverage, nor will it mean that full-time employees must now pay for their coverage. Second, it does not mean the Hospital Center is even considering discontinuing its health and dental plans. The only time you or your dependents will be affected is if you have one of the six qualifying events listed in the letter. As an active employee, you will be affected only if your scheduled hours of work are reduced to less than 16 per week, or if your employment at the Hospital Center ends. If either of these two events occurs, you will be eligible to continue your health and dental plans for up to 18 months.

Since your husband, wife and children, if you have any, are also covered by this Act, it is important that they read the letter, too. Once this is done, please sign the yellow "COBRA Notification" and return it to Personnel. All forms must be returned to Personnel by the end of December.

Open Enrollment...

...If any active part-time employees (scheduled to work 16 hours or more per week) are interested in purchasing Health Insurance, January is the time to do it!

The coverage is exactly the same as that provided to full-time employees, and the monthly premium for newly enrolled participants for family coverage is \$100 per month for the first three months of coverage and \$50 per month thereafter. If you have been previously covered under the Plan (within the last two years), the premium will be a straight \$50 per month.

If you don't sign up for the coverage during this open enrollment period, you will have to wait for the next one which will be in January, 1988. The only exception to this rule is if you lose your current coverage from another source. If you want to begin purchasing the insurance (through payroll deduction), come to the Personnel Department and fill out the appropriate forms. If you have any questions, please call Pam at extension 8802.



NEATNESS COUNTS UPDATE

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 token 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.

Cheryl Dries - OHU
Mattie Haas - Recovery Room
James Naughton - 6C
Marjorie Nixon - Business Office
Mark Swartley - Engineering
Lou Temperine - Engineering
Sharon Vass - OHU
Gary Williams - Engineering
Kay Zelina - Business Office





THE HOSPITAL CENTER WELCOMES

*To Administrative Services
Anita Verzino*

*To Admitting
Patricia Martin*

*To Biomedical Photography
John Lerch*

*To Food Service
Joyce Decker*

*To Housekeeping
Joseph Hafner, Jr.*

*To Laboratory
David Palanzo*

*To Medical Library
Linda Stumpf*

*To Nursing Services
Shelly Allen
Robert Baumgartner
Paula Becker
Joyce Brookover
Carol Buehler
Lisa Butz
Samuel Fretti
Patricia Lombardo
Donna Long
Eleanor Neveling
Tuyen Nguyen
Peggy O'Boyle
Pamela Rohrbach
Louise Scott
Celia Shearman
Nancy Sheehan
Joanne Trippett*



CONSTRUCTION SILHOUETTES by Darla Molnar,
Biomedical Photography.


*To Pharmacy
Ronald Shollenberger*

*To Physical Therapy
Sherol Toggas*

*To Radiology
James Benco
Craig Czaplinski
Michele Geczi
Dineen Kunkle*

*To Respiratory Therapy
Janis Imboden
Linda Johnson
Larry Murphy
Sally Reese*

*To Secretarial Pool
Kathryn Duquette
Tracey Shellenberger
Judith Szep
Carol Wright*





WEST WING FRAME COMPLETED: The final piece of framing steel for the west wing project was put in place on November 24. With the frame completed, the addition can be enclosed with prefabricated panels, and work will continue inside through-out the winter.



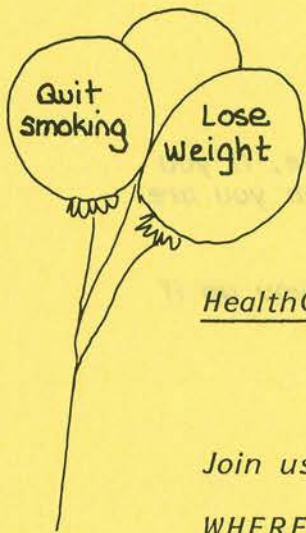
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HealthCounts and The Wellness Center Present: New Year/New Beginnings!

New Year's Resolutions That Last!

Join us on January 14, 1987 for a New Year's Resolution Extravaganza

WHERE? Hospital Center cafeteria

WHEN? All day long

FIND OUT HOW TO MAKE NEW YEAR'S RESOLUTIONS MORE THAN
JUST A LOT OF HOT AIR

- * Save \$ by quitting smoking
- * Take a brisk morning walk and feel good all day
- * Lose 5 pounds: feel fit and trim

LIFE BEGINS ON JANUARY 14!

DO YOU EVER WONDER WHY...MOST NEW YEAR'S RESOLUTIONS
DON'T LAST MORE THAN A WEEK?

"Often these goals are impractical because they are too idealistic or because success may hinge upon something over which a person has little or no control," explains John Mitchell, M.D., chairman, Department of Psychiatry, The Allentown Hospital.

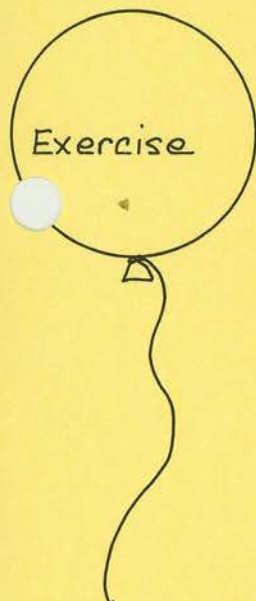
DO YOU WANT TO KNOW HOW...TO MAKE A RESOLUTION THAT WILL
LAST ALL YEAR?

"When making a resolution, a person should assess exactly what he or she wishes to change in his life and then be certain that the resolution addresses that problem," Mitchell advises.

Once a resolution is made, follow these steps to help insure a greater success rate:

- * Make specific plans to carry out the goal...Want to lose weight? Decide what diet you are going to follow.
- * Analyze your temptation pattern...When is it most difficult to follow the new pattern of behavior?

(over)



- * *Use coping devices when temptation strikes. For example, if you are trying to lose weight and snack most frequently when you are bored, plan an alternate activity.*
- * *Solicit the support of friends and family...They'll back you up if they know you're serious about your goal.*