Yes, it's hard to believe that the UPDATE-IT is almost 2 years old! The first issue was circulated in August 1983. We realize that we are almost 5 months ahead of our actual anniversary date, but due to an overwhelming request for an issue of the UPDATE-IT we decided to do our anniversary issue now. This issue will highlight and repeat several of our most interesting articles that have appeared in the past issues from the past 2 years. So sit down, relax and read with us through memory lane.
MEDIVAC FLIGHT OPERATIONS WELCOMES 2 NEW MEMBERS WHO WILL BEGIN THEIR DUTIES ON SEPTEMBER 1.

NEW RELIEF PILOT, R. U. SNOOPY, IS PICTURED BELOW IN HIS MEDIVAC UNIFORM. HE WILL RELIEVE THE REGULAR MEDIVAC PILOTS ONLY IN DISASTER SITUATIONS.

ALSO JOINING THE TEAM IS THE NEW WEATHER MAN WHO WILL BE IN CHARGE OF WEATHER OPERATIONS. I.M. WOODSTOCK. ALSO: PICTURED BELOW.

OUR PHOTOGRAPHER GOT A PICTURE OF THE MEDIVAC FLIGHT CREW WELCOMING THEIR NEW MEMBERS. WELCOME ABOARD!

CONTEST! CONTEST! CONTEST! CONTEST! CONTEST!

THE LEHIGH VALLEY HOSPITAL RECREATIONAL DIRECTOR (WHOSE IDENTITY WE CANNOT REVEAL) HAS ANNOUNCED THAT THE "FASTEST PAGE RESPONSE" CONTEST WILL BE HELD SUNDAY AUGUST 21. EVERY RESIDENT'S BEEPER WILL BE ELECTRONICALLY MONITORED TO TIME HIS OR HER ACTUAL TIME ELAPSED IN THEIR PAGE RESPONSE. THE RESIDENT WHO Clocks IN AT THE FASTEST RESPONSE TO HIS OR HER PAGES WILL BE AWARDED PRIZES ACCORDING TO THE FIRST, SECOND AND THIRD FASTEST TIMES. RULES OF THE CONTEST ARE AS FOLLOWS:

1. YOU MUST ANSWER PAGES PERSONALLY (RICH LITTLE CANNOT BE HIRED TO ANSWER YOUR PAGES.)

2. NO "PLANNED" PAGES ALLOWED (BRIEING A STAFF MEMBER TO PAGE YOU AT A CERTAIN TIME FOR A CERTAIN PLACE)

3. CENTREX WILL BE THOROUGHLY SEARCHED FOR ANY HIDDEN MICROPHONES OR OTHER BUGGING DEVICES BEFORE THE START OF THE CONTEST (SO NO ONE WILL "HEAR" PAGES BEFORE THEY ARE ACTUALLY PAGED)

4. PORTABLE, CORDLESS TELEPHONES ARE NOT ALLOWED. USE OF HOSPITAL PHONES ONLY. (IF PAGED WHILE IN THE BATHROOM, JUST FINISH QUICKLY)

5. CANNOT STATION YOURSELF AT A PHONE FOR DURATION OF CONTEST. MUST BE MOBILE (REMEMBER THE GAME "MUSICAL CHAIRS!!!")

PRIZES ARE LISTED BELOW:

FIRST FASTEST TIME—THE USE OF AN AUTOMATIC PAGE ANSWERING DEVICE FOR ONE ON-CALL NIGHT OF CHOICE.

SECOND FASTEST TIME—BE THE AUTOMATIC PAGE ANSWERING DEVICE FOR ONE ON-CALL NIGHT FOR THE FIRST PLACE WINNER...

THIRD FASTEST TIME—TWO FREE MEALS OF YOUR CHOICE IN THE CAFETERIA.

GOOD LUCK TO ALL! WINNERS WILL BE PRINTED IN THE NEXT UPDATED ISSUE.
TO THE RADIOLOGY DEPARTMENT, TWO NEW TECHNICIANS. PICTURED HERE ARE FRED FEMUR AND TED TIBIA, BOTH GRADUATES OF THE THREE MILE ISLAND SCHOOL OF RADIOLOGY TECHNICIANS. TED AND FRED SUCCESSFULLY COMPLETED THE REQUIRED THREE YEAR COURSE AND ARE LOOKING FORWARD TO JOINING THE CENTER'S STAFF.

TED TIBIA  FRED FEMUR

OCTOBER 1983

HOSPITAL CENTER RUMORS SQUELCHED
THE FOLLOWING RUMORS ARE ENTIRELY WITHOUT MERIT....
1. IT IS NOT TRUE THAT THE "TREE TOP SHOPPE" IS BEING SOLD TO THE "KEEBLER ELVES." IT WILL BE CONTINUED TO BE MANAGED BY THE VOLUNTEERS.
2. HOSPITAL VENDING MACHINES DO NOT CONTAIN THE FOLLOWING ITEMS:
   A. GRANDMA'S COCAINE COOKIES
   B. HOSTESS TWINKIES
   C. REESE'S PEANUT BUTTER PIECES
   D. HERO MENTHOL WAPERS
3. IT IS UNTRUE THAT DR. PETER POVITZ BRIDED THE STAFF TO VOTE FOR HIS ROCKME, DR. KEN USTYNoski. SO THAT HE'D WIN THE LIFEGUARD POSITION.
4. IT IS ALSO UNTRUE THAT OUR POOL BARTENDER, DR. AYMAN HAKKI, HAS BEEN PRACTICING HIS MIXOLOGY TECHNIQUES AND SAMPLING EVERY DRINK LISTED IN "THE BARTENDER'S GUIDE TO OCCIDE."
5. IT IS UNTRUE THAT THE HOSPITAL COMPUTERS ARE Coded WITH A SECRET FUNCTION THAT ENABLES THE USER TO PLAY ATARI GAMES.

OCTOBER 1983

PILOT STUDY FOR CAFETERIA

SINCE THERE ARE NO LONGER SPECIFIED HOURS FOR VISITORS AT THE CENTER TO DINE IN THE CAFETERIA, TABLE SPACE FOR EMPLOYEES AT MEAL TIMES IS LIMITED. TO HELP INSURE TABLE AVAILABILITY FOR EMPLOYEES THE FOLLOWING PILOT STUDY WILL TAKE PLACE IN NOVEMBER.

A NEW FOOD LINE WILL BE IN OPERATION LIMITED TO VISITORS ONLY. VISITORS WILL OBTAIN A TRAY AND UTENSILS AT THE START OF THE LINE AND PROCEED TO SELECT FOOD AND BEVERAGES AS USUAL. ALL FOOD AND BEVERAGES SELECTED MUST THEN BE EATEN WHILE THE VISITORS MOVE DOWN ALONG THE LINE. VISITORS WILL THEN DEPOSIT TRAY AND UTENSILS ON CART STATIONED AT END OF LINE AND LEAVE THE CAFETERIA. USING LEAVES MORE AVAILABLE TABLE SPACE FOR EMPLOYEES ON LIMITED MEAL BREAKS. ANY VISITOR UNABLE TO FINISH THEIR SELECTED MENU ITEMS BEFORE THE END OF THE LINE WILL HAVE THEM WRAPPED AND PLACED IN AN APPROPRIATE TAKE-OUT BAG.
Spring has arrived and summer is not far behind & once again it's
time for several recreational and fund-raising activities to get under-way
for the center staff to participate in and enjoy. Some of this year's
activities include:

May Daze
Spring Fling
Volleyball and Softball Teams

Part of this issue is dedicated to informing the staff what the May
Daze and the Spring Fling will offer this year.

SPRING FLING—-
Here's a chance for the staff to get together with friends
and each other outside the center for an evening of drinking, eating,
and dancing with fine entertainment (no, Webster's definition is not
"orgy") On this night the staff will be able to see what each other
looks like in clothes, compare table manners, see who can out-drink who,
and judge each other's dancing ability or non-ability. Starting the
night off will be a cocktail hour followed by dinner and dancing.
Listed below are the menu and entertainment for the evening.

COCKTAIL HOUR
Free assorted wines and flavored brandies (limit 1 oz. per
Grapes of Vine in Beersville, Pa.)

ENTREES
Roast Suckling Pig (specially bred for this occasion in
micro-surgery lab on the 7th floor)
DUCK A L'ORANGE (selected especially by the chef from the
Lake Muenlenberg at 3 a.m. one dark night)

VEGGIES
Mixed green vegetable supreme (yellow corn, squash and
cauliflower, the chef developed color-blindness from night work)

SALAD
None this year (we figured no one eats it anyway)

DESSERTS
Checkerboard ice cream delight (vanilla & chocolate ice cream
molded in a waffle iron)

After dinner work off those calories while dancing to the melodies of
CHAPARRAL with special musical guests "The Egglettes", who will sing their
solid gold hits "Somebody's Trading Me" and "I want A New Drug To Stop
My Arrhythmias Since My Total Eclipse Of Second Degree Heart Block Over You".
A special "Apple Dance Contest" will be held at 11 p.m. for your enjoy-
ment. Here's how the contest works:
Several apples will be hung from the ceiling to dangle at chin level.
The object of the contest is for each person entered to attempt to
eat one entire apple without using their hands in any way to help
hold the apple steady. This must be done while you move your body to
the rhythm of the music. Music will be stopped at random (as in musical
chairs) and at this time each person will be given 1 oz. of Old Grandad's
whiskey to drink. The first person to eat one entire apple without
dizziness, blurred vision, nausea or body unco-ordination wins.
First prize is a year's free supply of Mrs. Smith's Apple Fills.
Good luck to all!
So come one and all to this year's Spring Fling and have
a great time!
Space limits us as to mentioning all the activities May Days will provide, but you are sure to enjoy yourself—so come early and stay late! Here are a sampling of some of the activities scheduled...

**DUNKING BOOTH—**Volunteering this year to be dunking subjects are:

Matt Kasprzinski  Carol Slowiak  Evan Krisch  Rich Silver

**MEDIVAC SIMULATED HELICOPTER RIDES—**This ride will be simulated by the rider lying in a large stretcher held by the flight crew and being tossed into the air thus simulating air turbulence and chopper movement. Barf-bags available upon request.

**ART WORK ROOM—**Here you have a chance to purchase original art done by some of our talented staff at reasonable prices. Shown here are some previews...

SELF-PORTRAIT  
by: Pete Rovito

WINTER SNOW-SCENE  
by: Marc Kuebler

SPRING SHOWERS  
by: Dave Peichert

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**CENTER RUMORS SQUEECHED**

1. There is no truth to the rumor that the staff for the new Shock Trauma Unit will be using motorized golf-carts to move around the large unit.

2. It is absolutely untrue that the Wellness Center Prize in the cafeteria this month is a 1984 Fiero.

3. It is false that the visiting hours will be changed to only one hour per day (0600 to 0700.)

4. It is untrue that new inservice films will be made for the staff to view such as:
   1. A Day In The Life Of The Film Crew Shooting Inservice Films.
   2. An Interview With The Director Of The Inservice Films.
   3. An Informative Look At Inservice Films.
THE NATIONAL HEALTH DAYS CALENDAR notes these recognition days for the month of April.....

APRIL 2--National Hospital Admitting Week
This week recognizes the professionalism of admitting nurses and clerks in health care, and their continued educational and public relations endeavors within their field.
(To help commemorate this week the Hospitals in the Lehigh Valley are holding a contest to see which hospital can admit the most patients during that week. The center's Admitting Dept. has a special offer to anyone willing to be admitted for any reason during that week—a set of care wear: beverage glasses! Good-luck!

APRIL 1-10--National Medical Laboratory Week
This week recognizes the professionals in clinical laboratory science in the U.S. The hospital center laboratory staff, in celebration of their own recognition, during this week-long celebration will be observing this holiday with food, drink and entertainment each day of this week in the lab., and will not be accepting any blood, urine or tissue specimens, nor phone calls until April 15.

APRIL 1-30--National Humor Month
Celebrated each year to make people more aware of laughter and the importance it plays in our daily lives, this event uses the slogan "Laughter is the best Medicine." The hospital center employs many professional and non-professionals who chose their field because they are dedicated, hard working and caring people. We all experience stress and tension not found in any other employment mainly because we deal in human lives and the interaction of patients and family member's feelings and anxieties. This newsletter is published with the purpose that "Laughter is the best Medicine" and to give us all a chance to relieve ourselves of our work-related stress and tensions with a little laughter.

DID YOU KNOW????
The national health days calendar notes these recognition days for the months of May and June.

May -3--Foot Health Month
Observed each year during May to increase the public's knowledge about the importance of foot health and the role of the podiatrist in that care.
(To help celebrate this observation, the Podiatrist General has asked that all Americans wear Dr. Scholl's "odor eaters" in their shoes this month.)

May 6-23--National Occupational Therapy Week
June 7-23--National Physical Therapy Week

These weeks promote public awareness of the services provided by occupational and physical therapists.
(The center's O.T.&P.T. Depts. in celebration of these weeks, will be offering daily poker and blackjack games, video dancing, open bar and individual whole body paraffin dips for all staff in need of occupation or physical stress therapy.)

May 20-26--National Digestive Diseases Week
This event is for public and professional attention to digestive health and diseases.
(To help celebrate this week, all staff is asked to bring their own food and beverages and not eat the cafeteria food.)

May -3--Correct Posture Month
Observed by the Chiropractic profession to emphasize correct posture concepts.
(To help observe this month, the Chiropractic General has asked all Americans to wear and work in a full-body cast fortentire day.)
DR. Troxell Honored By E.R. staff on upcoming retirement

Last week in a surprise farewell party given by the E.R. staff, Dr. Richard Troxell, nicknamed "Trick", was honored for his years of devotion and dedication as an E.R. physician. Trick will hang up his stethoscope in July when he will retire. (RUMOR: his free time will be spent operating a combination bow-tie and liquor store in Florida.)

The staff presented Trick with a life-time pass to the California Wine Cellars of Julio Gallo. Medivac's surprise gifts were delivered by chopper and carried into the E.R. on stretchers---a huge polka-dot bow-tie and giant-size bottle of Harvey's Bristol Cream.

Also on hand for the celebration were E.R. physicians:
"T-BONE" Bonos (Who was called away on an emergency when a busload of hemophiliacs came into the E.R.)
"LITTLE JOE" Fassel (Who missed half the celebration when he lost his glasses and couldn't find the E.R.)
"BLACKJACK" Henriques (Who provided the musical entertainment with his impression of Julio Iglesias and Willie Nelson)
"LIGHTENING" Lutz (Who showed up in a rabbit suit because he thought it was to be a costume party)

Goodbye and good-luck Trick, you will be missed by all.

MURPHY'S SISTER-IN-LAW

Remember--Laugh and the whole world laughs with you, cry and you will get red eyes and your make-up will run and drip down onto your blouse, thus causing great expense when you have to pay for the dry-cleaning bill and the bottle of VISINE.
This column is devoted to things most of us would like to say on an especially busy workday, but don't because we think "Should I or shouldn't I?"

A. Some responses when a physician cannot locate a patient-----
   1. I think he went to P.T.
   2. Maybe he went to Outpatient?
   3. I don't know, I'm only a float
   4. Sorry, I don't have that room
   5. Gosh I'm not sure, I just came back from vacation
   6. Don't ask me, I'm new here
   7. To tell you the truth, I just got back from break
   8. Oops, you mean he was a code?
   9. Oh, the one in the total body cast? He just walked down to the solarium I think
   10. He just signed out AM
   11. The one pushing the O2 tank? He just was going to the solarium for a cigarette
   12. Sorry, Social Service arranged for the ambulance so we sent him
   13. The new admission won't be here until 2200, she's having dinner at the Hilton first
   14. We refused that patient-he went to 4B
   15. WHO?
   16. Got me, I don't see the name on the wallboard
   17. Sorry, I don't speak English
   18. Are you sure he's in this hospital?
   19. Maybe he's at AOH or SWH?
   20. The name doesn't sound familiar
   21. How do you spell the name?
   22. Her name is not in the computer
   23. Computers don't lie
   24. Don't ask me, I just came out of report
   25. I don't know, I just walked on the floor
   26. Can you describe her?
   27. Tall? Sorry, this is 3C, a short floor
   28. Any distinguishing features? A Tattoo?
   29. One leg? This is 4A, everyone has only one leg
   30. He's out for the day on a pass. Oh, sorry, it looked legitimate to me

B. TELEPHONE ETIQUETTE---

1. CENTREX (Answering the 555 emergency line)
   "Emergency line--HOLD PLEASE."
   "Emergency line--CODE BLUE? WHERE? WHEN? Do I know this person?
   "Emergency line--Do you think this can wait, I have to go to the bathroom."

2. MEDIVAC FLIGHT OPERATIONS (Answering a call for Medivac Alert)
   "Sorry, the chopper's out getting washed and waxed--call an ambulance.
   "Tell me if I can take up a collection of gas money and I'll call you back.
   "Sorry, the pilot from the last shift took the chopper keys with him and
   "left them in the bathroom.
   "Sorry, the pilot took his date to Becky's Drive-in in the chopper, won't
   "be back till 2 a.m.

3. SPD-- "Sorry, we were robbed last nite and there are no supplies until delivery next week."

4. RESPIRATORY THERAPY-- "Sorry, we don't have any extra O2 tanks--night shift wanted to see Pennsylvania
   "from a hot-air balloon, so they used up all the tanks to fill one up.

5. PULMONARY DEPT.-- "A TIE? Can't do it-somebody sent down a ketchup-filled syringe as a joke blood
   "gas, and now the machine is broken from running it.

6. X-RAY DEPT.-- "Stat portable Chest? Sorry, we can't do it-someone removed all the wheels off the
   "portable machines and we can't move them."
THUMBS-UP TO:

HOUSEKEEPING DEPT.

Seen here modeling the new uniforms designed especially for them. These new uniforms are spot and water resistant for easy care, lightweight for comfort and come in a variety of colors (black, off black, black on black and midnight black).

Thumbs-up housekeeping on your new image!

CAN YOU BELIEVE IT, OR NOT???

During inclement weather and slow periods when the Medivac chopper is grounded, the pilots spend most of their time watching their fingernails grow awaiting a call.

How long have they grown today, RICK?

I don't know. I'd say at least 1/16 of an inch.
THUMBS-UP TO:

LVHC RESIDENTS

The UPDATE-IT reporters have uncovered a remarkable story concerning some of our very own resident staff. In an effort to help raise money for the " Future Physicians Of Tommorrow and the next day and the next day etc. Club", an old fraternity from med. school, some of the residents have formed their own version of " The Rockettes" dance troupe. Their free nights are spent performing in area clubs in an effort to raise the necessary funds to keep their old alma mater alive. Seen here in costume are the dedicated residents of their dance troupe "The Residettes"; Pete Rovito, Ken Ustynoski, Evan Krisch, Tony Werhun, Joe Podany and Chris Kantarian. You can help support their cause by veiwng their act in area clubs. See local newspapers for locations and times.

Thumbs-up you guys, and keep up the leg work!!