



A Newsletter of the Lehigh Valley Hospital Center

Update-it

A silly, non-sensical,unfactual, unmusical, unresearched, low budgeted, quickly put-together satirical newsletter of the LVHC

MARCH 1985

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SPECIAL ALMOST 2 YEAR ANNIVERSARY ISSUE!!!!

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.

AUGUST 1983



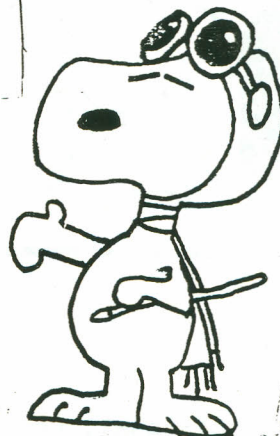
MEDIVAC FLIGHT OPERATIONS WELCOMES 2 NEW MEMBERS WHO WILL BEGIN THEIR DUTIES ON SEPTEMBER 1. NEW RELIEF PILOT, R. U. SNOOPY, IS PICTURED BELOW IN HIS MEDIVAC UNIFORM. HE WILL RELIEVE THE REGULAR MEDIVAC PILOTS ONLY IN DISASTER SITUATIONS.

ALSO JOINING THE TEAM IS THE NEW WEATHERMAN 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!



I.M. WOODSTOCK



R.U. SNOOPY



MEDIVAC FLIGHT TEAM

AUGUST 1983

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-ELAPSE 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 (BRIBING 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.

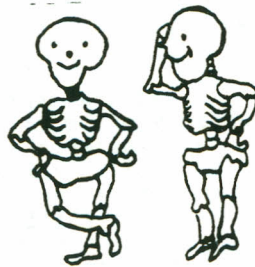
GOOD LUCK TO ALL! WINNERS WILL BE PRINTED IN THE NEXT UPDATED ISSUE.



The Center
Welcomes

OCTOBER 1983

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. GRANDMAS COCAINE COOKIES
 - B. HOSTESS TALWIN TWINKEES
 - C. REESE'S PERCODAN PIECES
 - D. NECCO MORPHINE WAFERS
3. IT IS UNTRUE THAT DR. PETER ROVITO BRIBED THE STAFF TO VOTE FOR HIS ROOMMATE, 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 BOOZE."
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 MEALTIMES 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, THUS LEAVING 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.

APRIL 1984

SPECIAL SPRING ISSUE

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
(locally grown and fermented at the person)
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 Muehlenberg 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 Ekgettes", who will sing their solid gold hits "Somebody's Tracing Me" and "I want A New Drug To Stop My Arrhythmias Since My Total Ecclipse Of Second Degree Heart Block Over You".

A special "Apple Dance Contest" will be held at 11p.m. for your enjoyment. 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 rythm 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 Pies. Good-luck to all!

So come one and all to this year's Spring Fling and have
a great time!

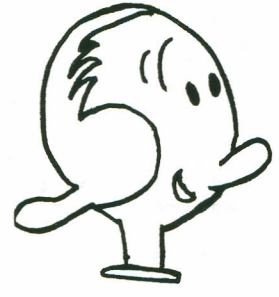
APRIL 1984

Space limits us as to mentioning all the activities Way Daze 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.....

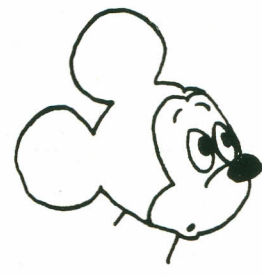
DUNKING BOOTH--Volunteering this year to be dunking subjects are:



MATT KASPRENSKI



CAROL SLOMPAK



EVAN KRISCH



RICH SILVER

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

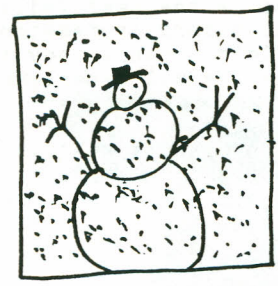
ART WORK BOOTH--Here you have a chance to purchase original art done by some of our talented staff at reasonable prices. Shown here are some previews....



SELF-PORTRAIT

by:

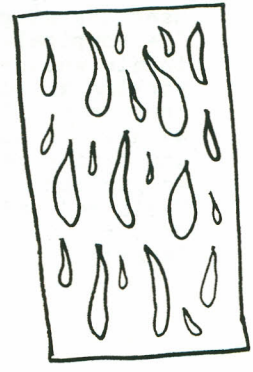
PETE ROVITO



WINTER SNOW-SCENE

by:

MARC KUELER



SPRING SHOWERS

by:

DAVE PEICHERT

CENTER RUMORS SQUELCHED

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 Frize in the cafeteria this month is a 1984 Porsche.
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.

DID YOU KNOW?????

JUNE 1984

The National Health Days Calendar notes these recognition days for the month of April.....

APRIL 5--Birthday-Sir Joseph Lister (1827-1912)

English surgeon and scientist who is considered a pioneer in the use of antiseptics to prevent surgical infections. (The Surgeon General has asked all Americans to help celebrate Sir Lister's birthday on this day by gargling with LISTERINE once on that morning for you and once on that evening for him.

APRIL 2-8-- National Hospital Admitting Week

This week recognizes the professionalism of admitting managers 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 will be 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 4 care bear beverage glasses! Good-luck!

APRIL 9-14-- 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- 3-----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 for entire day.)

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 Wille 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.



BONOS



FASSEL



TROXELL



LUTZ



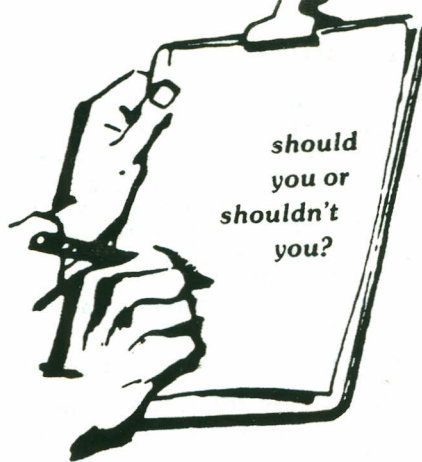
HENRIQUES



E.R. STAFF

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.



JUNE 1984

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.I.
2. Maybe he went to the U.R.
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 AMA
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 AGH or SHH?
20. The name doesn't sound familiar
22. How do you spell the name?
23. Her name is not in the computer
24. Computers don't lie
25. I don't know, I just came out of report
26. I don't know, I just walked on the floor
27. Can you describe her?
28. Tall? Sorry, this is 3C, a short floor
29. Any distinguishing features? A Tattoo?
30. One leg? This is 4A, everyone has only one leg.
3. 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? HOW? Do I know this person?
- What's the name? Male or female? Private or semi-private?
- " Emergency line--Do you think this can wait, I really 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.
- " Well, we're low on fuel and payday's not until tomorrow. Let me see 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 he left for vacation to the Bananas for a week.
- " Sorry, the pilot took his date to Becky's Drive-in in the chopper, he 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 ballon, so they used up all the tanks to fill one up."

5. PULMONARY DEPT--

- " A stat ABG? 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

THUMBS-UP TO:

HOUSEKEEPING DEPT.

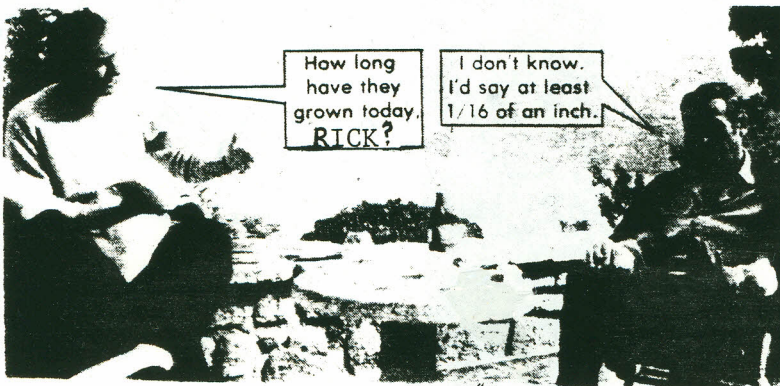
Seen here modeling the new uniforms designed especially for them. These new uniforms are spot and water resistant for easy care, lightweight for comfort and come in a variety of colors (black, off black, black on black and midnight black).

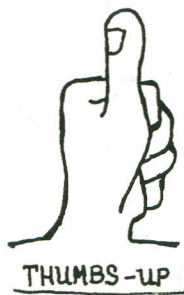
Thumbs-up housekeeping on your new image!



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.



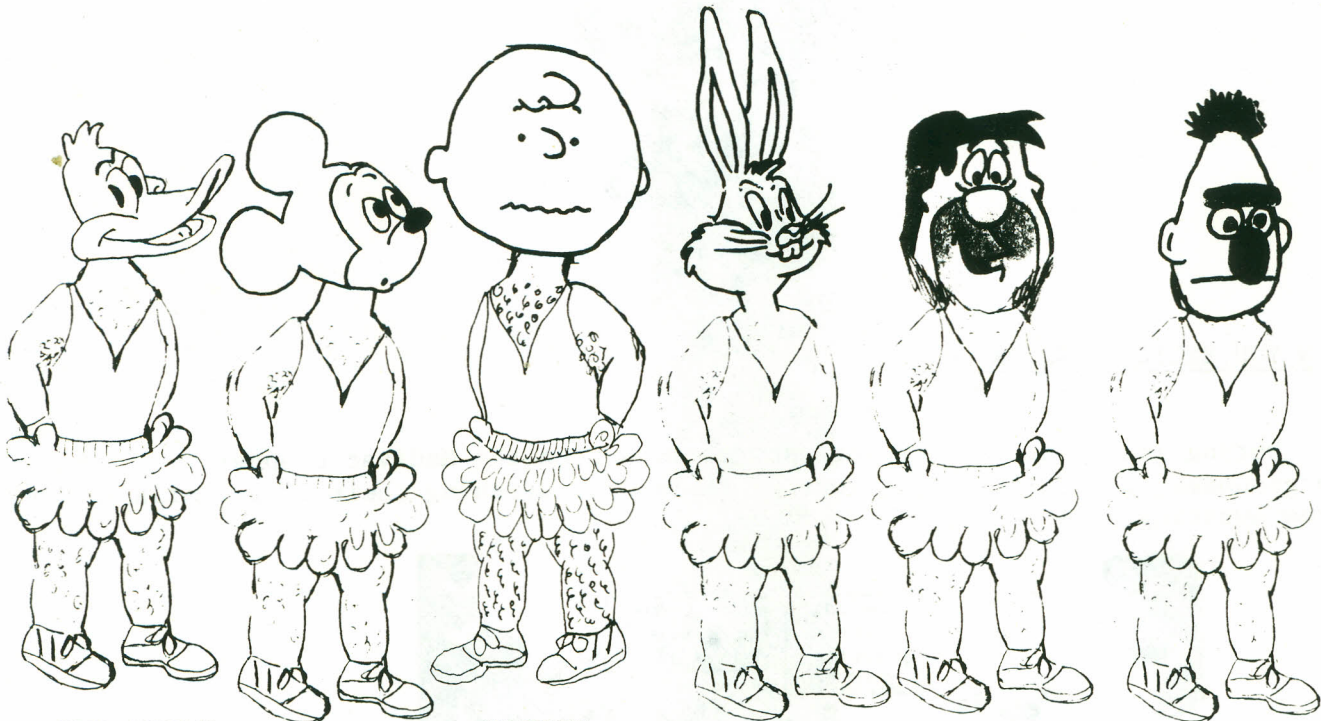


THUMBS-UP TO:

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 veiwing their act in area clubs. See local newspapers for locations and times.

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



CHRIS KANTARIAN

EVAN KRISCH

JOE PODANY

TONY WERHUN

PETE ROVITO

KEN USTYNOSKI