

CHECKUP

Volume 4, No. 1 April 5, 1991

Mock Survey Next In JCAHO Preparation

A consultative survey, designed to help departments prepare for the September accreditation survey by the Joint Commission Accrediting Healthcare Organizations, will be conducted at TAH—LVHC during April and May.

The visits, by several consultants, are designed to focus on areas where departments believe they need assistance in conforming to JCAHO standards.

Some of it is to help deal with hazy areas. David Beckwith, PhD, director, Clinical Laboratories, points out that there are differences between JCAHO standards and current approaches proven to be correct. He and others were interested to know how to defend current practices, a service to be provided by the consultants.

Participants at the most recent

meeting of the JCAHO Preparation Task Force reported work reviewing policies and procedures is in progress throughout the hospital.

In the meantime, a second self-examination using a software simulation showed only slight progress toward the Task Force goal of accreditation with commendation, the highest possible approval from JCAHO.

Scoring was up in Quality Assurance, Medical Records, Ambulatory Care, Dietetic Services, Rehabilitation Services, Respiratory Care, Social Work Service, Special Care units, Surgical and Anesthesia Services and Safety.

The consensus, however, was that significant efforts are still required to achieve the status of accreditation with commendation.

March Of Dimes Plans 20K Walkathon

The annual March of Dimes Walkathon, a 20-kilometer stroll through Allentown, begins at Dorney Park on April 28 at 8 a.m. The walkathon raises funds through sponsor sheets to benefit the March of Dimes Campaign for Healthier Babies. Hikers wind their way through the area and finish at Dorney Park.

Preregistration and sponsor sheets are available at a number of area businesses as well as by calling the March of Dimes at 694-8040.

Macy's Benefit Day: Shopping...And More

There are sales, and then there are sales.

What is rapidly becoming *the sale* is the April 30 benefit shopping day at Macy's in Allentown. Not only does it annually raise thousands of dollars for Friends of Nursing and Lehigh Valley Hospice, but it's a shopper's paradise, too.

Admission to the day-long event is by ticket only, but those tickets are the key to the benefit. Each is \$5, and all of it goes directly to the specified charity. For each ticket presented at the door, Macy's donates another \$3 to the charity. At day's end, the organization most represented in the collected tickets receives an additional \$5,000 donation from Macy's.

In the past two years, Friends of Nursing and Lehigh Valley Hospice have received more than \$29,000 in donations.

The benefit is nice, but the rewards for ticket holders are even larger. Tickets also serve as discount coupons for shoppers, which is why patrons often buy several tickets. Macy's is also known to get into the spirit of things and mark down a wide range of household goods and clothing.

Finally, the tickets serve as entry blanks in drawings of more than 50 prizes. The awards are lush: a \$2,500 shopping spree at Macy's, a vacation in Jamaica, expensive household goods, jewelry and clothing are examples.

To cap it off, the day includes cooking demonstrations, fashion shows, free beauty

Continued on Page 4



The Allentown
Hospital—
Lehigh Valley
Hospital Center

A HealthEast Hospital

Healthier U. Recruits Hospital Employees

Healthier U.® is a seven-week curriculum for employees that includes participation in a variety of health awareness activities. These include computerized screenings, a fitness walking test, nutrition lectures and exercise programs. It will be offered simultaneously at both sites, beginning April 22. Registration deadline is April 17, and space will be limited. Call 821-2150 for a registration brochure.

Free Skin Screening Offered

The annual Skin Cancer Screening program sponsored by the Comprehensive Community Cancer Center will be held between 1 and 4 p.m. May 18 at the Clinics, TAH site.

The free screening, open to the public, includes an examination for possible skin cancer, which affects one in every seven Americans and has a 95 percent cure rate if detected early enough. Appointments can be made by calling ext. 2582, but are not required.

Colitis Group Organizes

A Crohn's Disease and Ulcerative Colitis therapeutic support group has been organized and meets the first Thursday of every month at LVHC site from 7:30 to 9 p.m. The group is led by Robert M. Gordon, PhD, and Sharon Mills, and is under the auspices of the Crohn's and Ulcerative Colitis Association of the Greater Lehigh Valley.

No appointment is necessary and the group is open to anyone suffering from these bowel diseases. The service is free. Additional information is available from Mills at 799-4690.

CheckUp is a biweekly publication of the Public Relations Department of HealthEast / The Allentown Hospital—Lehigh Valley Hospital Center. To submit an article or for additional information, call ext. 7916.

Our Quality Policy

Our commitment is to quality in everything we do. This can only be achieved if we provide services that conform to clearly understood requirements. We are dedicated to continuous improvement in our work processes. Our approach is based on "Prevention" and the concept of "Do it right the first time."

*Equal Opportunity Employer
M/F/H/V*

CheckUp Gets Report Card

As *CheckUp* begins its fourth year of publication, readers were again asked to evaluate the performance of the publication, but this time out additional comments were sought.

Not surprisingly, most of the respondents were regular readers. Of them, more than 68 percent thought *CheckUp's* coverage of news about the system was good and over 29 percent thought it average.

The purpose of *CheckUp* is to meet the informational needs of more than 5,000 employees in nearly 200 departments. How that's interpreted can vary widely, so almost half of those who scored *CheckUp's* performance elaborated with suggestions and comments.

"Fewer articles about nursing" was a frequent request. However, nearly half the HE / TAH—LVHC payroll is on nursing units, and that's a constituency that cannot be ignored.

There were also many requests for more news about employees beyond that which fits into Congratulations! or Making The Rounds. In other words, what are employees accomplishing throughout the system (new programs, innovations and quality improvements are examples)? This is feasible if representatives of the varied departments speak up. Contact Public Relations at ext. 7916 to call attention to something you think is newsworthy.

What a number of readers did want is coverage of softball, and with the season set to start, team managers have already been asked to play ball.

What's the best way to get a message to all employees? Sixty percent say it's *CheckUp*, while 27 percent point to department head memos and only 13 percent to bulletin boards.

But what's happening now? About 47 percent of survey respondents rely on *CheckUp* as their primary source of information about the hospital. Nearly 25 percent rely on co-workers, while 20 percent get

their information from meetings and 9 percent from bulletin boards.

Whatever the primary source, nearly 78 percent of all responders believe they are well informed. Interestingly, many of the 22 percent who thought themselves inadequately informed also said their primary source of information was co-workers.

CheckUp is currently published bi-weekly, and over 58 percent of survey respondents thought that was fine. Nearly 30 percent think *CheckUp* should be published weekly, and 12 percent thought monthly would be better.

Almost 78 percent of readers considered articles about the quality improvement process to be interesting.

Of the regular features in *CheckUp*, the most popular is Benefits Spotlight, provided by the Human Resource Department. It has an 81 percent readership.

Right behind is The Hotline, read by 77 percent of the respondents, followed by Congratulations! and features about various departments. About two-thirds of the readers made a point of checking educational opportunities and employee activities, while about half the audience regularly reads information about cafeteria events, Making The Rounds, HealthCounts and *Woman-Care*.

Two Children Sought In Playroom Contest

Pediatrics will celebrate the grand opening of its new playroom, underwritten by Toys "R" Us, on Wednesday, April 24 from 11 a.m. to noon. An Open House for all employees follows until 2 p.m.

Two children of employees, one boy and one girl, between the ages of 4 and 6, will be chosen by drawing on April 8 to represent HEI / TAH—LVHC at the ribbon-cutting ceremonies. Today is the deadline for contest entries.



JACK DITTBRENNER

Heart-shaped pillows, sewn by members of the AT&T Telephone Pioneers, were donated to the Open Heart Unit at LVHC site recently. The pillows are provided to all OHU patients for them to hold against their chest and help provide relief while coughing and deep breathing. Pictured are, from left, Melinda Shoemaker, RN; LeRoy Happer, a volunteer in the Zipper Club; Mary Bodek, of AT&T Telephone Pioneers; Kathleen Heist, RN, home nursing supervisor, Home Care, and Martina Remaley, RN, associate head nurse. The patient is Paul Keeler.

Congratulations!

The stork has been hanging out a lot on CNS unit at LVHC site, according to Ellie Franges, RN, head nurse. Recently Lisa George, RN, and her husband, Steve, and Laurie Winner, RN and her husband, Rick, welcomed new daughters. Rita Heintz, RN, and her husband, Robert, and Stephanie and Randy Behm became parents of sons. Stephanie is the unit clerk, and Randy works in SPD. Franges adds that the maternity activity on the unit is only half completed for the moment.

▲ Luke DeCrescenzo, dosimetrist, Radiation Oncology, and his wife, Marianne, welcomed a daughter, Katherine Elizabeth, on Feb. 25. She weighed 9 lbs., 3/4 oz., and was 23 inches long. She has two sisters, Jennifer and Tara.

Michael Saeger, supervisor, Food Service at TAH site, and his wife Nancy, Lehigh Valley Hospice, became parents of a son, Tyler William, on Feb. 25. He was 20-1/2 inches long and weighed 7 lbs., 7-1/2 oz.

Winners in the recent Citrus Promotion raffle were announced by Food and Nutrition Services. They included Susan Elczynna, a visor; Danielle Shollenberger, Leslie Bagor, Brenda Repsher, Diane Wagner, T-shirts; Carol Thomas, Pat Horwat, Charlotte Bower and Suzanne Lewis, calendars.

Making The Rounds

Annette Basile-Borgia, CCP, Perfusion, presented a manuscript titled *Non-Ventilatory Lung Functions: Relevance to Cardiovascular Perfusion* at the 1991 annual meeting of The American Academy of Cardiovascular Perfusion in San Francisco. At the same meeting, David Palanzo, CCP, Perfusion, moderated a "fireside chat" discussing *Cardioplegia, Setup and Use*.

Ralph Montesano, CCP, and Michael Quinn, CCP, served as oral examiners for the National Certification Examination of the American Board of Cardiovascular Perfusion, recently held in San Francisco.

Special Weeks, Months

Library Says 'Take A Good Guess'

How busy is the Health Sciences Library at TAH—LVHC? Anyone who cares to make a guess is eligible to win prizes offered at each site during National Library Week, April 14-20.

Barbara J. Iobst, director of Library Services, says the contest will run April 15-19 to test employee knowledge of how many items the libraries borrow from each other and other libraries and for guessing the number of books and journals circulated to employees and physicians from both libraries.

The prizes are an 8-inch stuffed Paddington bear, wearing a "Read To This Bear" T-shirt, for guessing the number of items borrowed from each other, and a copy of the book *One Minute for Myself* for guessing the number of books and journals circulated. Prizes will be awarded at each site.

The statistics are based on the fiscal year 1989-90, and detailed rules about the contest are found in each library.

"If you have not been to the Health Sciences Library at either site to look around," Iobst says, "you may want to make a concerted effort during National Library Week."

She says the national theme of this year's library week is to emphasize those who read throughout their lifetime and that all libraries are assuming a greater role in reducing illiteracy in the future.

Winners will be announced in a future issue of *CheckUp*.

GI Nursing

Nursing and support staff from GI labs and related nursing units will observe GI Nursing Day on May 29 with a display at LVHC site cafeteria. The observance is a part of National Digestive Disease Awareness Month, in May, and Digestive Disease Week, May 18-22.

GI Nurses Day, organized by the Society of Gastroenterology Nurses and Associates, focuses on efforts in patient education and care and research in the field of gastroenterology and gastrointestinal endoscopy.

Clinical Labs

A lecture and reception on April 12 are included in hospital observances of National

Continued on Page 4

Special Weeks, Months

Continued from Page 3

Medical Laboratory Week.

The program begins at 2 p.m. at TAH site auditorium. The speaker will be Bruce J. McCreedy Jr., PhD, associate director of infectious disease, PCR-Molecular Biology Section, Roche Biomedical Laboratories, Research Triangle Park, N.C. His topic is "Clinical Utility of Polymerase Chain Reaction."

A reception to honor clinical laboratory personnel follows in the OR Conference Room at TAH site. For additional information about the program, call ext. 8150.

Trauma Nursing

Tucked in among a long list of special healthcare "weeks" and "months" in May is National Trauma Awareness Month, and a group of staff nurses from Shock Trauma will host a poster display in the lobby at LVHC site between May 13 and 20.

Goal of Trauma Awareness Week is to inform healthcare personnel and the general public about the many aspects of trauma nursing. The major theme is "The Many Faces of Trauma Nursing" and Shock Trauma nurses will focus on "Trauma Nursing — Critical Aspects of Care."

Speech Pathology

In recognition of "May Is Better Speech and Hearing Month", the TAH—LVHC Speech Pathology Department is offering a free speech and language screening for any parents interested in having their child's language development assessed.

The screening is offered between May 13 and 24 in the Speech Pathology Department at TAH site to children over 2 years and 6 months of age. Participation is by reservation. Call ext. 2544 to make an appointment.

Other Observances

April is Cancer Control Month, National Alcohol Awareness Month, National Child Abuse Prevention Month and National Occupational Therapy Month. It's also National Hospital Admitting Personnel Week (see story, this issue), and later there will be observances relating to National Volunteer Week and National Organ/Tissue Donor Awareness Week. Just so no one forgets, April 24 is Professional Secretaries Day.

It's also National Humor Month. And that's no joke.

Page 4



With approvals and facilities ready, it's only a question of time when the first kidney transplant will be performed at TAH—LVHC. For more than a year, a transplant implementation steering committee has taken the program from idea to reality. Members and guests of the group posed for this portrait at what might be one of its last meetings. Pictured are, standing from left, David Beckwith, PhD; Ginger Holko, RN; Douglas Johnson, MD; Milt Gottschall; Mark Hoffman; James Rotherham; Mike Gilson and Barb Salvadore. Seated, from left, are Craig Reckard, MD; Patricia Campbell, RN; Donna Ewald, a guest; Mary Frances Stahler, RN; Mary Swierczynski, RN; and Diane Horoski, a guest.

Hospital, Lions Join Hands To Open Eye Bank Lab

Working in partnership with Lions Clubs from 37 counties in Eastern Pennsylvania, a new eye tissue processing lab was dedicated recently at TAH site.

The Northeast Pennsylvania Lions Eye Bank Inc. is a voluntary organization that works through a network of 102 hospitals and 708 funeral directors to obtain corneal tissue used for transplants.

Support services for the development of the lab were donated by TAH—LVHC as part of the hospital's continuing commitment to the community.

Over the past five years, technological advances in surgical procedures have made transplants more accessible than ever before. Traditionally, the entire eye had to be removed and used within 24 hours because there was no processing system. Now it's possible to remove only the cornea from a donor's eye, process it and store it for three to five

days until an appropriate recipient is found. The procedure has a 90 percent success rate.

Harry Buchanan IV, MD, medical director of the eye bank and chief of ophthalmology for TAH—LVHC, stressed the importance of making provisions for donating eye tissue.

"We can only process the eyes we receive," he says, "and we receive eyes largely as a result of the use of the Uniform Donor Card, which gives permission for a donor's eyes to be used for this purpose."

Macy's Benefit Day

continued from Page 1

makeovers, snacks and an opportunity to meet celebrities.

The deadline for purchasing tickets is April 26 and they are available in both hospital gift shops, Nursing Administration, Lehigh Valley Hospice and the HealthEast Trust Fund.

April 5, 1991

Checkup

Security

Prevention Best Way To Avoid Crime

A hotel without locked doors is how Jerry Kresge, Director of Security, describes a hospital of "hundreds of thousands of square feet" spread out over several locations.

It's virtually impossible to put police on every corner. In fact, the trend in security is away from being "police" altogether. What Kresge seeks is an increased awareness of security concerns and heightened prevention that creates a security partnership between his department and all hospital employees.

The major issue is the relatively free access the public has to the hospital, and while the incidence of crime is minuscule compared to most indexes, Kresge wants to stamp it out altogether.

Incidents often seem trivial or are rare in numbers. "For instance, there were eight petty thefts reported in the past month — the sort of thing where you leave \$4 in your coat pocket, leave your coat somewhere, and when you return the \$4 is gone," he says. There were six cars damaged by vandalism in parking lots that handle 150,000 cars a month.

"That's incredibly low," he says, when the rate is compared to municipalities. "Unless, of course, it happens to be your car, or your \$4."

Concern can become really serious if a hospital employee becomes a mugging victim in a parking lot at either site. Nighttime hours are the most sensitive. "It doesn't have to happen," Kresge stresses.

The rate of crime is incredibly low...unless, of course, you happen to be the victim.

He points out that one of the reasons there are particular lots for evening and night shift personnel is to allow Security to concentrate its resources in specific areas.

Further, anyone who asks will be escorted to his or her car.

Prevention remains a key emphasis for Security; a number of VCRs were reported stolen before Security and Engineering arranged a "lock down" system and since then there have been no losses.

Hospitals are not immune to crime. A national study in which 418 hospitals responded summarized 143 incidents of arson, 63 rapes, 215 armed assaults, 426 cases of suicide, 59 armed robberies, 551 bomb threats, 18 successful kidnappings (and 10 unsuccessful kidnappings), 21,207 thefts in which property valued at \$5 million was lost. There were also 442 lawsuits as a result of it all.

What's partially at fault is the recent trend for hospitals to be more open and accessible to the public — practices rarely found in most industries and businesses.

Kresge believes that prevention is the best solution; there's not much that can be done about a mugging after the robber has fled with a purse and the terrified employee reports it.

As a result, he's looking for support from hospital employees to better secure equipment and valuables, and be more aware of who's in the halls of the hospital.

"There's a reason why employees have identification badges," he says. As attention to enhanced security develops, those who don't bother to wear them or wear them with the back of the badge showing are likely to get reminders in the halls by Security personnel.

Those who aren't wearing badges — primarily visitors — may reasonably be approached and as-

Continued on Page 6

Benefits Spotlight

Those with life insurance greater than \$50,000, now have the option of designating a charitable organization as beneficiary on the employee's life insurance form and therefore be excluded from taxes.

Although this is available, it is recommended that those interested should consult a tax advisor to answer any questions. Those interested in changing beneficiaries should contact the benefits counselor in Human Resources at the various sites for a change of coverage card.

Pizza To Go Now Available

Food Service at LVHC site has expanded its pizza service to include full size 16-inch pies available for takeout.

The cafeteria pies may be picked up seven days a week between 11 a.m. and 7 p.m. Orders can be called in to ext. 8319 between 10 a.m. and 5 p.m. A variety of specials are available.

From Monday through Sunday, the cafeteria offers basic cheese pizza, made from fresh dough.

Daily specials are:

Monday	Pepperoni	\$7.50
Tuesday	Mushroom	\$7.50
Wednesday	Mexican	\$11.00
Thursday	Vegetarian	\$9.50
Friday	Supreme	\$10.50
Saturday	Meat Lovers	\$9.50
Sunday	Sausage	\$7.50

Prices include the employee discount.

Spring Fling Tickets Currently Available

A total of 800 tickets are available for the annual Employee Activities Committee Spring Fling.

Employees and volunteers may purchase the \$12-per-person tickets for themselves and their spouse or companion through April 12 from 7 to 8 a.m. and 2:30 to 3:30 p.m. Mondays and Fridays in the Anderson Wing Lobby at LVHC site and the main lobby at TAH site.

The event will be held April 19.



Members of Class 14 of the Quality Education System series include, (standing, from left), Lois Zellner, RN, TOHU; Bernard Valasek, Nuclear Medicine; Patricia Skrovanek, Medical Affairs; Richard Townsend, Pharmacy; Susan Shovlin, Financial Services; Gwendolyn Rosser, Human Resource Development; Denise Krenicky, RN, Nursing Administration; Linda Huck, Financial Services; Joan Gehris, RN, Nursing Admin-

istration; Paul Garbarini, Respiratory/Pulmonary; Victoria Hackett, Histology; Marybeth Breyemeier, Pharmacy; (seated, from left), Alfred Roeder, Information Services; Marie Shaw, WomanCare; Cynthia Heidt, RN, Home Care; James Paul, General Services; Judith Olenwine, Comprehensive Community Cancer Center; Ralph Montesano, Perfusion; and Diane Magargal, Access/Phlebotomy Laboratory.

Credit Union

At their annual meeting, HealthEast Federal Credit Union members elected Brian Mory, Terry Wilk, John DelVillaggio, John Welsh and Kathleen Sheetz to the board of directors. The board then chose Gary Haas to serve as president, Anthony Molchany as vice president, Janet Laudenslager as secretary and Mory as treasurer.

Interest Rates

New Cars8.9% Was 10.4%3 years, 5 percent down
New Cars9.9% Was 10.9%4 years, 10 percent down
New Cars10.9% Was 11.4%5 years, 20 percent down
Used Cars12.3%	3 years maximum
Personal12.9%	25 percent of shares
Personal13.9%	10 percent of shares

Dividends

\$1.00 to \$1,000.00: 5.75 percent. \$1,000.01 to \$10,000.00: 5.80 percent. Over \$10,000.01: 5.85 percent.

Business Hours

LVHC Site — Mondays, 9 a.m. to 1 p.m.; Tuesdays, 8 a.m. to 2 p.m.; Wednesdays and Fridays, 7:30 a.m. to 4:30 p.m.; Thursdays, 3 to 7 p.m. **Phone: 776-8405.** **TAH Site** — Mondays, 9 a.m. to 1 p.m.; Tuesdays, 9 a.m. to 2 p.m.; Wednesdays and Fridays, 12:30 p.m. to 4:30 p.m.; Thursdays, 1 to 5 p.m. **Phone: 778-9499.**

Security Issues

Continued from Page 5

sisted in getting to their correct destinations. Even awareness that everyone's watching can help deter crime, Kresge explains.

"We have to look out for each other," he declares when speaking of hospital equipment and employee property. But, by far, the most serious issue is the security of patients, especially infants. That concern is leading to much tougher policies and procedures, and Kresge says the trend is likely to continue.

He has no interest in creating an armed camp with locked doors and para-military influence, but patterns his direction more along the lines of a neighborhood crime watch — an approach that cannot survive unless hospital personnel are active participants.

What makes it most challenging is familiarity and hurrying from one task to another, not paying attention to what's going on enroute. People do have to be more aware, he says, if they indeed want to take a bite out of crime.

Kaufman Quits Health Plan

Barre D. Kaufman, MD, 1405 N. Cedar Crest Blvd., is no longer a participant in the HealthEast Health Plan.

CNS Patient, Family Turn To Housekeeper For Support

Avis Spencer had just worked nine straight days, 3 to 11 p.m., but wasn't about to miss saying goodbye to a good friend.

The good friend was a CNS patient stranded between New York and Houston, about to make the long flight home in the wake of personal tragedy. Spencer is a housekeeper on the unit, and arrived at LVHC site at 5:30 in the morning to bid her farewell.

Instead, Spencer was enlisted to accompany the patient and on her day off wound up spending more than six hours in the air on a private jet.

The saga began when the patient, who is now in a rehabilitation facility near her Texas home, was driving from New York to Houston and was involved in a traffic accident on Route 22. Her injuries made her a quadriplegic, unable to speak.

While insurance companies wrangled over financial obligations, the young woman remained on the CNS unit. Her relatives in Houston pooled resources and dispatched the patient's sister to Allentown.

"She was very unfamiliar with the area, and relied on taxicabs to go everywhere," Spencer says. After a couple of days, the sister approached Spencer, looking for someone to talk to.

A friendship bloomed. Spencer provided transportation and support, and when nurses on the unit organized a fund drive to permit the woman's family to visit over the Christmas holidays, Spencer passed the hat in her own family.

She was shy about asking co-work-

ers. "I've only worked here a year," she says, "so I don't know everybody real well."

The drive brought the patient's family to Allentown for three weeks, and the friendship tightened between all of them and the evening shift housekeeper.

"We became very close," Spencer explains. "When the sister wasn't here, I helped the patient communicate with her family. She could move her mouth, but couldn't speak. So I would hold the phone and repeat what she was saying, and then when her mother wanted to say something I would hold the phone to her ear." She said she was touched because she became an intermediary for "personal things; you know, the kind of stuff you don't really want to tell the nurses."

The bond tightened over the holidays and thereafter, with Spencer volunteering a variety of duties. "I offered to put them up at my place," she says, "but they didn't want to — they wanted to do as much for themselves as they could." But Spencer did enlist the help of her mother to wash and style the patient's hair, a



Avis Spencer

TAH Night Entry Change Boosts Hospital Security

As a part of security improvements at TAH site, nighttime entry will be through the outpatient entrance on 17th Street, beginning Monday, April 15

According to Jerry Kresge, director, Security, the Emergency Department entrance is for emergency patients only.

Employees, visitors and other incoming patients — particularly non-emergency obstetrics patients — will use the outpatient entrance. Security personnel will be posted at the door between 8 p.m. and 7 a.m., and admission will require identification.

In the case of employees, hospital identification badges will be checked at the door, Kresge says.

touch of luxury in a time of crisis.

As insurance affairs were resolved and the time of discharge neared, plans were even made for Spencer to fly down and visit.

"The medical escort wanted to have someone travel with her that was friendly and could help calm her. So we were all standing around and someone asked if I was a friend of the family," Spencer says.

Instantly she was recruited for the flight, and the escort service quickly cleared her with security at ABE airport. "It was a wonderful flight," Spencer says. "We all had a wonderful time." She described the private jet as small but comfortable, and the flight to Houston took about three hours. During the flight she was called upon to assist with patient care.

The patient was moved to a rehabilitation facility, and Spencer rejoined the flight crew for the trip home to Allentown.

Yet the friendship continues. The patient is making good progress in rehabilitation, and everyone visits regularly by phone. Spencer's trip to Houston is still on the agenda. "But never in my wildest dreams did I think I was going to be on that flight," Spencer adds.

PNC Plant Sale Benefits Friends of Nursing

The Professional Nurse Council will hold a Mother's Day Hanging Plant Sale in the lobbies of both sites on May 9-10. Proceeds from the \$12 plants will benefit the Friends of Nursing. Sale hours are 3 to 8:30 p.m. on May 9 and 6:30 a.m. until sold out on May 10.

Educational Opportunities

HRD Programs

Contemporary Diagnosis and Management of Hypertension is the topic of a half day seminar for physicians, nurses and other healthcare professionals on June 8 at LVHC site.

Registration is at 8 a.m. and adjournment at 12:30 p.m. There is no charge for staff affiliated with HEI/TAH—LVHC, and registration is with Human Resource Development.

Faculty includes John Fitzgibbons, MD; Douglas Johnson, MD; Nelson P. Kopyt, DO; Joseph Guzzo, MD; and Larry Merkle, MD, all with TAH—LVHC; and Edward Feis, MD, Georgetown University Medical Center.

HealthCounts

A four-program series on **“Living With Chronic Obstructive Pulmonary Disease”** begins April 9 with an overview presentation by John Galgon, MD.

The series, which continues on April 15, April 22 and April 29 with programs from 7 to 8:30 p.m., is held in TAH site auditorium.

Other speakers include Karen Landis, RN; Beverly Reinik, RRT; Marcia Kalista-Richards, RD; Ann Cerra Pierre; Holly George, OTR/L; and Michael Zerbe, PT.

Registration is with HealthCounts, 821-2150.

Other HealthCounts programs about to begin include **L.E.A.R.N. Weight Control** on April 17 and April 18 at TAH site OR conference room and LVHC site cafeteria conference room, respectively; **Smoking Cessation Hypnosis** on April 16 in TAH site auditorium; **Smoke Stoppers**, starting on April 24 at St. John's Lutheran Church in Emmaus; and **Stress, Imagery and Well-Being** on April 11 in TAH site conference room B.

Katz Lecture Series

Isidore Mihalakis, MD, will be the speaker on the topic **Child Abuse**, the next in the Dr. Mitchell E. Katz Lecture Series, from 10 a.m. to noon April 17 in TAH site auditorium. The series is funded by the Dr. Mitchell E. Katz Endowment Fund, and the lecture is open to the public. Mihalakis is director of Post Mortem Examination Services, TAH—LVHC, is the coroner's pathologist for Lehigh, Monroe and Northampton Counties and the chief medical examiner for Warren County, N.J.

Have A Nice Day...

Hiding Out ...

When temporary stress is piling up as thick as peanut butter on a children's sandwich, do you have a "hermit place?" That's a spot where you can quickly be *completely alone* for a few minutes just to calm down.

Gwen Rosser, of Human Resource Development, thinks everyone needs a hermit place — a locker room, bathroom, stairwell, unit conference room...anywhere to escape from a crush of high stress. "Sometimes it can be just a short walk outside," she says.

But it's important to take a "stress break" and equally important for co-workers to cover the absence for a few minutes. Rosser says that when stress becomes too much to handle, caring stops and the quality of care declines. It's also easy to become careless and make a mistake.

Rosser also suggests that bulletin boards in rooms where employees take breaks tend to become laden with work-related announcements. To help employees escape from the work environment, she advises they be cleaned off and used for social announcements, cheery posters and humor.

Serving Up Another Season...

What would summertime be without volleyball? The hospital's league gets rolling on May 1, with games on Monday and Wednesday evenings. Interested in joining a team? Or do you have an entire squad looking for a match? Write, *don't call*, Brenda Roccino at Engineering, LVHC site, by April 15. *Then* you can pay your taxes....

What Kind Of Lamb?

Readers comfortable with the French language quickly pointed out the "new meaning to the concept of lamb fillets" in an article about Marvin Schmidt, executive chef at TAH site, was something of an understatement.

The correct name of the dish served at the London banquet was "Filet d'Agneau de Lait Poêle Farci aux Racines a la Marjolaine." The *CheckUp* writer, a confirmed burger and fries man, was at fault; our apologies to Schmidt.

What Patients Say...

There may be moments in your work week when you wonder if you're genuinely making much of a difference. For those times, we have comments made by patients to patient representatives at both sites. A sampling:

"I thank God that I found such wonderful, caring, professional doctors and hospital staff. I pray that everyone will keep up the good work."

"Your trauma center saved my life. Thank you!"

"I felt very secure and comfortable during my hospital stay."

"All the care I received was excellent from admitting all the way through discharge. Everyone was very friendly and concerned about giving their very best care. You should be very proud of all your staff."

We are.

The Marketplace

Lost

Man's white gold ring w/blue sapphire stone. Initials inside: CAA. \$50 reward. If found, call Security at TAH site.

Items For Sale

Velvet traditional sofa and swivel rocker, \$225. Custom made drapes, damask off white with gold brocaded floral, also grey and white floral, best offer. Double size cot, \$35. Pool filter, \$25. Call 264-8446 after 4 p.m.

Eight coffee machines—pour over model. Five snack vending machines. Call after 5:30 for details. 432-6936.

Sharp turntable microwave #R-7600, 24x16-1/2, 19" deep, recently serviced for rt. check, exc. condition, separate defrost button, asking \$115. Call 437-1019.

Casco explorer youth car seat, \$10. Air conditioner, 18,000 btu, \$50. Premier car vac with attachments, \$10. Outdoor toddler swing seat, \$5. Call 965-9234 after 5:30 p.m.

Sofa, love seat, chair, 2 end tables, 2 lamps, brown, beige, rust. Tables dark wood. Good to very good condition, must see, \$550 or best offer. Call 866-8495 after 6 p.m.

Cellular phone, Audiovox SP85, many features, all accessories, exc. condition. \$200 firm. Call 776-7131, leave message.

Computer — NEC 286 Powermate Plus, 1k memory, 40 mb hard drive w/5-1/4" disk drive, 256 color VGA monitor, joystick and loads of software. \$800 or best offer. Call 395-7456 after 6:30 p.m.

Dining room furniture: includes table, 6 chairs, china closet, buffet and server. Excellent condition. Asking \$500, price negotiable. Call 432-5669 after 5 p.m.

Solid light oak daybed and

Items For Sale

upright dresser, Stearns & Foster pillowtop mattress and box spring. Less than one year old. Four large throw pillows. Ideal for college student. Call 257-5576 before 7 p.m.

Double bed mattress and box springs, \$70 Call 434-8471.

Hotpoint electric cooking range, 40", \$15. Miracle automatic water softener. both good condition. 395-3970.

Kitchenette fruitwood formica table, 4 chairs and hutch. Good condition. \$50. Call 791-5335 after 6 p.m.

Twin mattress/box spring, \$40. Full or twin bed frame, \$10. Cordless AT&T phone, \$30. Blue corduroy overstuffed sofa, loveseat with beige/blue plaid chair and ottoman, very good condition, all for \$300. Call 966-3980 after 6 p.m.

Phoenix 17 foot truck camping insert. To be used on 3/4 or 1 ton pickup. Stove, frig., heater. Sleeps 6-8. Good condition, best offer. Call 821-8409.

Glass JVC stereo cabinet, three shelves, asking \$65. Call 778-2791.

DP3000 Rowing machine for sale, excellent condition, \$50. Call 967-1703 or 395-8395.

Items For Rent

20 x 30 foot dining canopy, great for outdoor parties, \$85 set-up and removed. Call 398-1713.

Vehicles For Sale

1988 Chevy Nova, 14,000 miles, air, am/fm radio, 5 sp, 4 door sedan, exc. condition, must see, asking \$6,500. Call 821-8409.

1983 Chevy Cavalier Wagon, blue, automatic, 48,000 miles, excellent cond. new battery, brakes, tires and exhaust system. Ideal for commut to

Vehicles For Sale

school or work. \$2195. Call 821-9574.

1989 Hyundai Excel GLS, 5 spd, 4 door, a/c, am/fm/cass, 16,000 mi. Still has almost 3 years under auto protection plan, like new, excellent condition, red, \$5,400. Call 838-7206.

1984 Pontiac T1000 4 speed, good condition, needs some work, best offer. Call 776-8465.

1988 Yamaha Radian 600 cc motorcycle. Black, 12,000 miles, excellent condition, call 433-8336 after 5 p.m. or leave message.

1977 Ford 4x4 pickup, 351 V8 4 bbl Holley, am/fm/cassette, new 15/36 tires w/aluminum wheels, extra set 10/15 white spoke wheels with tires. "Blue Thunder" Exc. condition, best offer. Call 965-7127.

1985-1/2 Ford Escort wagon, automatic, PS, PB, am/fm, new battery, new inspection, 40,000 miles, one owner, \$3,500, will negotiate. Call 437-4733.

1986 Ford Taurus LX, fully loaded, excellent condition, very well maintained, low mileage, new tires, \$4,500. Call 776-5016.

Need a reliable second car? Call 770-1364 for information or leave message. Original owner. Price negotiable.

1987 Toyota Corolla LE, 5 spd, 4 door am/fm/cass. Exc. condition. \$5,500. Call 432-5966.

1989 Jeep Wrangler convertible, white, in great condition, 20,000 miles. \$10,000 firm. Call 749-0495

Real Estate For Sale

Trailer, 12x65, 2 BR, patio, shed, excellent condition. In Center Valley, low lot rent. Negotiable. Call 791-5164.

1.2 Acres, Bethlehem Twp.,

Real Estate For Sale

triangular shape, partly wooded, Farmersville Rd. between Freemansville Ave and Wm Penn Hwy. \$39,900. Call 838-7206.

Vacation house, Titusville FLA. Completely furnished house on east coast, one hr. from Orlando. 3 Bdrm., 2 Bath, in-ground pool, fireplace and more. Asking \$79,900. Call 266-1930 days, 266-1764 evenings.

Allentown Twin - All restored. New kitchen, new bathroom, 1-1/2 baths, 5 BR, some curtains, some rugs. Asking \$86,000. Call 432-5669 after 5 p.m.

Spacious brick/aluminum twin located in Northampton — 3 BR, 1.5 bath, Fam Rm w/wet bar, deck off DR, LR, mod kit., patio, landscaped lot w/off-street parking. Total electric, municipal water/sewer, hardwood floors/tile/carpeting. Great neighborhood near schools, playground and shopping. Exc. cond. Plenty of storage. FHA okay, asking \$92,000. Call 262-7217.

Alburtis twin — 3 BR, 1-1/2 bath, basement, East Penn Schools, close to parks, \$85,000. Call 965-9030.

Real Estate For Rent

Unfurnished apartment — 1 BR, stove and refrigerator, heat, basement, back yard, 2 baths, off street parking. Call 432-7871.

St. Croix, V.I. — 1 BR, 1 bath elegantly furn. condo w/sea view. Small, intimate complex situated around a lovely pool. Reasonable rates. Call 395-0261.

Townhouse, 10-15 min. from TAH or LVHC, 3 BR, 2-1/2 baths, eat-in kitchen, garage, basement, deck, wooded backyard, fireplace, central air. In Peachtree Village, White-

The Marketplace

Real Estate For Rent

hall, 5 min. from malls. \$675/mo plus utilities. 6 month or one-year lease, non-smokers only, will consider child or pet on individual basis. Available May 1. Call 799-4186, leave message.

Stone Harbor Beach house, 2nd house from beach, 89th St., 5BR, 3-1/2 baths, kitchen, Florida rm, 2 decks, full garage, dishwasher, wash/dry, full ocean view, new furniture. Also, Stone Harbor ranch duplex, 3 BR, full tile bath, w/w carp., full deck, laundry rm, 3 blocks to town, 2 blocks to beach, outdoor shower. Call 439-0911 after 6 p.m.

Clearview Manor 2-story townhouse, near Rts. 222 and 309 in East Penn School District, 3BR, 2-1/2 baths, central air, dishwasher and garbage disposal, off street parking. No pets. Asking \$765/month. Call 398-2850.

Two bedroom, 2 bath apartment located in Emmaus. \$425-\$455/mo plus utilities. Available April or May. Call 776-8805.

Wanted

One BR apartment, 2nd floor, 3 rms and bath w/outdoor patio. Quiet residential area w/i walking dis. to stores and laundromat. W/W carpet, ample closet space, stove and refrigerator. Heat, hot water included, \$425/mo. Refs and sec. dep. required. Adults only, no pets. Call 435-1721.

Wanted

Someone to car pool from Leighton Turnpike Interchange, Monday, Wednesday, Friday (hours 7:30 a.m. -4 p.m. Call Roberta Meckes, ext. 8880.

M-F roommate needed, non-smoker, share house with three people, \$200 plus utilities. Call 433-0784.

Child care for my two children, ages 3 yrs and 12 weeks, full time, days, vicinity TAH, preferably non-smoker, Call 439-1581.

Female roommate to share townhouse or condo near LVHC. Will move into house or go look for one. Call 966-4325. Part-time sales available,

Services

flexible hours, Discovery Toys. Balance family and career, earn a kit. Call 797-5486.

Child care needed in my home, ASAP, part-time evenings, non-smoker preferred. Call 391-9080.

Babysitter needed for 7 yr. old, located near St. Thomas More area. Includes weekends and possible weekdays in summer. Call 437-5793 after 4:30 p.m.

Services

Auto cleaning and detailing all done by hand. Quality work at a reasonable price. For information call 767-5744, leave message if no answer.

Electrician — 28 yrs experience, no job too big or small. Residential/commercial, call 261-2420.

Home improvements — custom decks. Free estimates and picture tour. Fully insured, 15 years experience.

Silk flowers, arrangements for all occasions. Call 398-0932 after 4 p.m.

Lawn care — professional

Services

lawn care services (spring cleanup, cut, fertilize, edge, mulch, shear, seed, etc.) Free estimates. Call 433-8862.

Help keep Cafeteria prices down.

Return the tray, the dishes and the utensils. Please.

The Marketplace is provided as a free service to employees of HealthEast and TAH—LVHC, and is published in the first edition of *CheckUp* each month.

All submissions must be on the attached form, and must include the employee's name, department and a daytime phone number. Submissions without this information will be discarded. **Only employees, volunteers or staff physicians may submit items for publication.**

Marketplace ads may only be run for two consecutive months and will not be accepted for re-publication until an additional two months have passed. We reserve to reject, revise or edit submissions and publication does not constitute an endorsement of product or service.

Send submissions to Communications, 50 College Dr., Attn: Marketplace.

Deadline for the May Marketplace is April 30.

Marketplace Submission

Check Category: Items for Sale Cars for Sale

Houses for Sale For Rent Wanted Services

Copy (Please print or type): _____

Submitted by: _____

Department _____ DAYTIME phone _____