

CHECKUP

Volume 4, No. 3 May 10, 1991

May Daze Bloom Again As Fund Drive Nears Goal

For the 15th time, May Daze takes over the front lawn at Lehigh Valley Hospital Center site next weekend, and members of the sponsoring hospital auxiliary are anticipating reaching a more than \$300,000 goal to support renovations of patient care areas.

The event has over the years become one of the popular spring attractions for the general public.

With a three-day run, it is expected to draw thousands of visitors and hospital employees and their families are especially invited.

Events begin at 5:30 p.m. May 17 and run through Sunday afternoon.

Proceeds are being gathered by the Lehigh Valley Hospital Center Auxiliary for pledges made to help support the hospital and according to co-chair Liz Adone the group believes it will reach a major goal with this year's event.

Special Events

Following opening ceremonies at 5:30 p.m. Friday, welcomes and proclamations will be presented by Francis Walter, president of the Salisbury Township Board of Commissioners, and Joseph Daddona, mayor of Allentown.

Taking the stage at 7 p.m. will be the Happy Boombadears, the first chartered boom-ba club in the United States, and at 8 p.m. the Sweet Adelines will present

a program of barbershop harmony.

Saturday's fare includes country and bluegrass music from Country Pride at noon; a dance program by Contempo Dance at 1 p.m.; crowning of the May Daze baby contest winners at 2 p.m.; Con Gallagher and Gals, a tapdance group, at 3 p.m.; Jan Nagy Modeling at 4 p.m.; and an assortment of performers between 5 and 8 p.m. from Five Star Entertainment, ranging from vocalists to dance. At 8 p.m., Lucky Seven will present '60s and big band music.

On Sunday, Contempo Dance returns at noon, followed by "Jade", a belly dancer, at 1 p.m. At 1:30, Woodsy Owl will be giving a hoot to not pollute, and Ronald MacDonald the clown visits at 2 p.m.

Health Tent

The health tent at May Daze offers a spectrum of exhibits for all age groups. From 5 to 9 p.m. Friday, exhibits focus on issues of interest to teenagers — nutrition and the hazards posed by AIDS, smoking, drug and alcohol abuse — and a variety of available programs.

Between 11 a.m. and 3 p.m. Saturday, exhibit topics include poison control, trauma, and child safety as well as blood pressure and cholesterol screenings.

Sunday exhibits, between noon and 5

Continued on Page 2

13 Departments Move Next Week

Thirteen departments are packing up and will be moving next week to new quarters as sites at 50 College Drive and 136 S. Fourth Street are closed.

The College Drive address belongs to Cedar Crest College and the lease for what was headquarters of HealthEast has expired.

The Fourth Street location was the home of Lehigh Valley Hospice and Home Care of the Lehigh Valley. It, too, was on a lease basis.

The Finance Department of HealthEast is merging with that of TAH—LVHC and will be located in the School of Nursing at TAH site. The new number is 778-9771.

Human Resources Department of HealthEast is doing likewise, and is being shifted to LVHC site. Human Resources is at 776-8800.

Development, HealthSearch, Planning and Management Systems and Public Relations will move to 1243 S. Cedar Crest Blvd. from 50 College Drive and get new telephone numbers. Effective next week, Development is 821-3030; HealthSearch is 821-3090; Planning and Management Systems is 821-3050, and Public Relations is 821-3000.

Continued on Page 2



The Allentown
Hospital—
Lehigh Valley
Hospital Center

A HealthEast Hospital

13 Departments Move Next Week

Continued from Page One

Home Care of the Lehigh Valley, Lehigh Valley Hospice and Prestige Health will move from Fourth Street to 2166 S. 12th Street. Their new telephone numbers are Home Care, 798-7300; Hospice, 798-7400; and Prestige Health, 778-1100.

Also moving to what's commonly known as the "Mack Building" are Diversified Services (new number: 798-7450), Spectrum Administrators (798-7420), Internal Audit (798-7430), and most of Community Health.

New numbers for those related to Community Health include: Alert: Partnership for a Drug-Free Valley, 798-7465; Coalition for a Smoke-Free Valley, 798-7460; Community Health, 798-7470; and School Health/Countdown for Kids, 798-7455.

Telephone number changes for individual employees within each of the affected departments were not immediately available, but Information Services expects to release a new phone directory for the entire system shortly after the move is made.

CheckUp is a biweekly publication of the Public Relations Department of HealthEast Inc. / The Allentown Hospital—Lehigh Valley Hospital Center. To submit an article or for additional information, call 821-3000.

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*

May Daze Highlights Week's News

Continued from Page One

p.m., include blood pressure and cholesterol screenings as well as "Time Is Muscle", and stroke.

Archives and transplant exhibits will be featured throughout the three-day event.

Other Activities

Above all else, May Daze is a place for fun. The event includes a variety of rides and amusements, some 17 food vendors, and a children's tent full of activities.

There's a flea market, bake sale, bedding plant sale and continuous bingo during the weekend.

Bloodmobile Visit

TAH—LVHC has arranged with the Miller Memorial Blood Bank to have a bloodmobile at TAH site on Wednesday, May 22 from 8 to 11 a.m. The bloodmobile will be in the School of Nursing auditorium.

The hospital is again providing this opportunity for members of the Blood Assurance Program to fulfill their donation obligation. If a blood donor group does not meet its quota two years in a row, the following calendar year credits will be released only for those group members who have given blood or provided a substitute donor.

Any employee of HEI/TAH—LVHC interested in donating may sign the registration form posted in departments or contact Employee Health at TAH site, ext. 2289, to schedule a time to donate.

Handicapped Aids

The Americans with Disabilities Act of 1990 requires HEI/TAH—LVHC to provide for the special needs of the handicapped within the institution.

According to patient representatives Maryanne Falcone and Nancy Stevens, some of the ways this is accomplished is with handicapped bathroom facilities, easily accessed entrances and elevators, specialized teletype communication devices in emergency departments, access to interpreters and signers, Patient Bill of Rights and patient information booklet

on audio tape and in Braille, amplified telephones, closed caption apparatus for television and radio print, a reading service.

To request any of these aids needed for patient care, contact Patient Representatives at ext. 8222 or ext. 2486.

Speeding Service

Spectrum Apothecary works hard to meet prescription needs and provide quick and quality service at the same time. Scott C. Gilbert, R Ph, general manager, points out that the HealthEast Health Plan deductible must be met before prescriptions can be charged directly to the health plan.

"In order to maintain confidentiality for our customers," he explains, "Spectrum Apothecary's computer is not connected with the hospital's or Spectrum Administrator's computers. Therefore, we have no way of knowing when a deductible has been met."

To avoid having to submit claims to the health plan after the deductible has been met and meet the requirements of the apothecary, customers must bring an Explanation of Benefits form from Spectrum Administrators to Spectrum Apothecary — it can be when the prescription is picked up.

On the bottom right corner of the EOB, it will state deductible due of \$0.00 if the individual deductible has been met.

"After we receive your EOB, Spectrum Apothecary will submit your prescription charges to your health plan," Gilbert says. "Until that deductible is met, you are responsible for payment of your prescription."

Another way of speeding service is to call ahead with the prescription number for refills. "This speeds up the refill process and your prescription can be ready for you when you arrive," Gilbert says.

HRD Programs

The next hospital orientation program for new employees will be held Monday, May 20, beginning at 8 a.m., in LVHC site auditorium. Optional hospi-

Continued on Page 3

The Week's News

Continued from Page 2

tal tours will be held on May 22 beginning at 1 p.m. at TAH site and 2:30 p.m. at LVHC site.

CPR Recertification will be held in the 24-hour period beginning at 10 a.m. Wednesday, May 15 in the Nursing Learning Lab, General Services Building, LVHC site.

The Second Annual Day in Geriatrics: Ethical Issues and the Elderly, a symposium scheduled for May 11, has been cancelled.

As a part of the symposium series, Contemporary Diagnosis and Management of Hypertension will be offered June 8 from 8 a.m. to 12:30 p.m. There is no charge for employees and registration is with Human Resource Development.

Contest Winners Named

The following were winners of the contest held during Library Week: Madhumita Saha, MD, a medical resident, and Lorraine Gyauch of the Comprehensive Community Cancer Center each won 8-inch tall Paddington Bears. Miriam Mayo, Transport, and Pam Robson, Research, each won a copy of the book *One Minute for Myself*.

The rules of the contest required participants to guess the amount or come closest without exceeding the amount in two areas. Correct answers were that the site libraries borrowed 2,189 items from each other during a one-year period; during the same time, 2,876 books and journals were checked out by employees and physicians.

The libraries are primarily used as reference facilities on a daily basis. For convenience purposes, users prefer to photocopy the information rather than carry a heavy book or journal. Almost as many materials are borrowed from other libraries on an annual basis.

CAPD Relocates

The CAPD (outpatient dialysis) department has moved from the 3rd floor to the 2nd floor at TAH site. The telephone number, 778-2926, remains unchanged.

CheckUp



Yes! It's big and spotted and furry and even its nose is warm. But Michael Schneider, 5-1/2 months, isn't quite sure what he's squeezing. Joann Schneider, whom Michael knows as "mom," does, though—it's Geoffrey the Giraffe of Toys "R" Us fame, waiting in the hall for ceremonies to begin in Pediatrics. That's where the large retail chain recently funded a complete makeover of the playroom, having adopted the unit at TAH site as one of Geoffrey's own. Joann Schneider is a member of TAH site Auxiliary.



What do you do when you've got a giraffe wandering around the halls of the unit? If you're Lori Fulcomer, RN, Pediatrics, you check his heart...or at least what you think is his heart. And what do you do when you've got three giraffes on the unit? You don't even try to keep a straight face. Geoffrey brought the entire clan.

May 10, 1991

Page 3

Teens Sample Nursing In Hit Program

A dramatic venture between TAH—LVHC and high schools throughout the Lehigh Valley has been called the most successful program ever run by School Works in its series to introduce vocations to students.

The result of seeing nurses in action at TAH—LVHC is a total of 27 new nursing students.

The first-year project, named "Take NOTES", was organized by School Works and Friends of Nursing to give high school students considering a career in nursing an opportunity to see it first hand. School Works is a non-profit agency concerned about encouraging teenagers to stay in school, study hard and develop meaningful careers. Friends of Nursing has the objective of assisting the educational needs of nurses and enlightening the public about the diversity and professionalism of nursing.

Juniors and seniors from area high schools participated in the project, which began in the fall and ended in May. For the first half of the year, they spent two days a month in classroom orientations and rotated through six specialty areas. From February forward, each was assigned to a staff nurse on units throughout the hospital. There they literally "tagged along" and witnessed the daily routine of patient care, gaining insight into what it takes — intellectually, physically and emotionally — to be a registered



Carol Wimer, RN, NICU (right), discusses neonatal intensive care with Rachel Grube, of Northern Lehigh High School. Like nearly all the participants in a special program for students, Grube's decision to enroll in nursing school was solidified by the experience.

nurse.

For most, a strong interest in a nursing career was reinforced. For others, the opportunity provided sufficient awareness to make plans to enroll in schools of nursing throughout the area.

Said one: "I never knew there were all these different fields in nursing." Most were impressed with technology and one said "nursing is a continuous, exciting career."

Those who were especially fortunate worked on units in which student nurses were doing their rotations. This allowed the high school students to get first-hand reports on what to expect in nursing school.

All were highly enthusiastic about the experience, as were the nurses who participated in the project. They said they'd be pleased to do the same work again.

Elisabeth Williamson, RN, director, Friends of Nursing was pleased that the endeavor not only worked well, but also provided a sound basis for career decisions and expanded the image students had about nursing. There were many expressions of amazement at the diversity of the field and the high levels of responsibility nurses have for patient care.

Several participating nurses agreed that a similar program would have been valuable to them in preparing for nursing school and "getting a feel" for the various special-



Meticulous attention to detail and high levels of responsibility were aspects of nursing learned by Shannon Thomas (left) of Catasauqua High School from preceptor Lisa Oncay, RN, 7B (LVHC site), during the "Take NOTES" program.

Hit Program...

Continued from Page 4

ties. They were pleased with the abilities of the teenagers and felt they had high potential for becoming skilled nurses.

School Works has developed similar programs for a variety of private industry, but this was the first time it was brought into a hospital setting.

Donna Haggerty, executive director of School Works, says the hospital program proved to be the most successful one to date of all the agency's offerings. "I commend the hospital for its commitment. It involved a great deal of time, personnel, planning and facilities, and we were most pleased to see how much HealthEast is willing to help in the educational process."

Haggerty praised Williamson for spearheading the project and making it a reality, and for organizational efforts that led to a flawless program.

"We would have gone with five students," she says, "and we were hoping for 10. We wound up with 28. We also expected a considerable number to withdraw after the first part of the program after learning the career wasn't for them, but only one did."

She adds that a testimonial to the program's success was the expressed interest of other area hospitals organizing similar programs.

Williamson says plans are to repeat the program next year and that requests for participation are already stacking up on her desk.

Other administrators said the program appears to be a good model for similar endeavors in the allied health career fields.

Nurse preceptors for the "Take NOTES" program included: Carol Fox, RN, CNS; Juliet Geiger, RN, Float; Barb Wachter, RN, Clinics; Barb Davis, RN, 4B; Nancy Eckert, RN, PACU; Karen Brown, RN, Emergency; Terry Koehler, RN, 6T; Carol Wimer, RN, NICU; Dawn Hill, RN, 7B; Diane Kocsis, RN, GICU-W; Rosemary Scheirer, RN, 7C; Lisa Oncay, RN, 7B; Mary Lou Kozuch, RN, SSU; Claranne Mathieson, RN, CNS; John Klitsch, RN, OHU; Leslie McGreavy, RN, Nursery; Debra Matta, RN, 4B; Sue Arner, RN, TOHU; Joseph Pearce, RN, 5C; Tess Valliyil, RN, OHU; Loretta Gogel, RN, Pediatrics; Michele Legins RN and Sue Merryfield, RN, SCU; Linda Durishin, RN, OHU; Karen Heninger, RN, and Sally Getz, RN, GICU-W; Judy Young, RN, Float; and Melissa Defrain, RN, 4S. Alternates included Chris Krause, RN, 7B; Cheryl Strohl, RN, and Kerry Kratzer, RN, Float.

The students were from Allen, Northwestern Lehigh, Parkland, Whitehall, Catasauqua, Northern Lehigh, Salisbury, Dieruff, Southern Lehigh and Northampton high schools.

CheckUp

Employees Sample Life On The Units

Enlightenment of employees, especially non-clinical staff, was the objective met by a successful new program called "Spend A Day With A Nurse" in which 22 units hosted a diverse range of employees.

For a number of hours, the employees tagged along with assigned nurse preceptors to get a good sense of what routine patient care is all about.

A total of 47 employees agreed it was educational and informative — time well spent — for a variety of motives. Some sought to get a sense of daily work on the units for everything from improved recruiting to enhanced working relationships. Others, especially in administrative areas that tend to be remote from direct patient care, found it to be a good experience to gain a sense of perspective.

Departments from which guests came included Clinical Laborato-

ries, Patient Representatives, Financial Services, Internal Audit, Information Services, Purchasing, Administrative Services, Legal Services, HealthSearch, Quality Assurance, Physical Therapy, Materials Management, General Services, Engineering, Human Resources, Development, Pastoral Care, Nursing Administration, Public Relations, Oncology, and senior management.

Participating units included Special Care, Pediatrics, Clinics, 4A, 5B, Shock Trauma, 5T, Emergency Department (TAH site), OR at both sites, GICU-E, Open Heart, Transitional Heart, NEPE&R, Dialysis, 4S, ACU, 5C, Transitional Open Heart, NICU and 4B.

Surveys followed the visits to measure success of the program, which was modelled after a similar event at Massachusetts General Hospital in Boston and organized by Friends of Nursing at TAH—LVHC.

Making The Rounds

Luis A. Martinez, senior vice president, Human Resources, was elected to a three-year term on the United Way of Lehigh County board of directors. **Susan Hoffman**, director, corporate and foundation relations, HealthEast Trust Fund, was appointed chair of the Campaign '91 Campaign Services Committee.

And at its annual dinner, the United Way of Lehigh County paid special tribute to **Richard Duncan**, senior vice president, Information Services, for his involvement with the United Way Information Systems Committee.

Several on the staff of Respiratory Care have passed registry examinations and are now registered respiratory therapists (RRT). They include **Marlene Ritter**, RRT; **Dave Gessner**, RRT; **John Thomson**, RRT; **Karen Herman**, RRT; **Gerry Nevill**, RRT; **Saralyn Foley**, RRT; and **Dave Hahn**, RRT.

Jan Wilson, RN, MS, administrator, NEPE&R, was elected to the board of directors for the Burn Prevention Foundation at a recent meeting of the foundation directors in Philadelphia.

Lisa Taylor, MSW, LSW, renal/transplant social worker, received the merit award for outstanding service in the field of nephrology social work for 1991. It was presented by The Council of Nephrology Social Workers of Network 4 East, which includes renal social workers from the eastern half of Pennsylvania and Delaware.

May 10, 1991

Page 5

Benefits Spotlight

This is the time of year when such major events as graduations and weddings occur — events that may affect the eligibility of dependents on health and dental coverage. It's important to notify Human Resources whenever there is a change in family status, such as marriage, birth of a child, marriage of a dependent child, death of a spouse, divorce or change of address.

Dependent children who are 19 at the end of the calendar year in which they turn 19 must be removed from health and dental cov-

erage. In the case of children who marry prior to age 19 or are a full-time student and reach age 23 or graduate, Human Resources must be notified at the end of the month following the event.

If any of these events occur, Human Resources must be notified within 60 days of the occurrences to assure extension of coverage under COBRA conversion privilege.

Questions or changes to report should be directed to Gerianne Keiser, ext. 8839 at LVHC site; Maryjane Zanders, ext. 2930 at TAH site.

Cafeteria Feedback: Let's Hear It For Tapioca!

Comments and ideas continue to pour into suggestion boxes at both cafeterias, mostly about likes and dislikes on the food lines.

But there are some hard-nosed consumer questions, such as pricing of baked potato toppings and the cost of a plain baked potato (55 cents) or a shortage of china cups for soup (that's because people take them out of the cafeteria and don't bring them back).

Food service is relying on employee input to continually improve customer service and learn that tapioca and tomato juice are appreciated but onion bagels aren't as popular as some might think. A bagel analysis is under way to adjust ordering of the different types, and tapioca will appear more often on the rotation of desserts.

Employees complained about being charged for salad dress-

ing (it happens to be included in the salad bar price, sold by the pound), and having to share the cafeterias with visitors between noon and 1 p.m. It may be uncomfortable, but hospital visitors are welcome in the cafeterias during all open hours because they have no other place to eat.

People continue to wonder why cashiers check identification badges — they are required to if employees want the 20 percent discount and aren't happy with "tent" cards on the tables promoting one thing or another.

Also requested are decaffeinated Pepsi-Cola or Coca-Cola in the cafeteria and vending machines instead of diet, but to maintain the current variety of soft drinks available, not much can be done about it.

Cottage cheese for salads is desired, as is bacon, buttermilk and diet Italian dressings. There are currently 13 different dressings on the rotation.

A request for night shift peanut butter was successful, but a bid for olives on the salad bar is just too expensive to consider. However, a mild salsa to go with the hot for tacos was a fair request, and the night shift is fond of the ravioli.

Sorry, says Food Service, but desserts can't be plastic wrapped since many of them have whipped cream toppings and would lose their appeal being bagged.

Free coffee continues to be debated, prompting one suggestion that those wishing to have free coffee should provide their own non-disposable container to save money and the environment.

Should non-coffee drinkers be allowed to substitute? It can't be done because of cost considerations, Food Service says.

The current policy is that complimentary coffee is available to hospital staff during designated break periods for all shifts. It is an enormous cost and perpetually under review.

Credit Union

Interest Rates

New Cars	8.9%	3 years, 5 percent down
New Cars	9.9%	4 years, 10 percent down
New Cars	10.9%	5 years, 20 percent down
Used Cars	12.3%	3 years maximum
Personal	12.9%	25 percent of shares
Personal	13.9%	10 percent of shares

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 — Temporarily closed for renovations.

Trauma: Where Skills Are Measured in Seconds

There's usually a half a dozen good reasons to wear automobile seatbelts to be found in the Shock Trauma Unit at LVHC site. A visitor to the unit sees the sudden and terrible consequences of traffic, farm and industrial accidents. Across the country, an injury occurs every four seconds and trauma is the number one killer of Americans under the age of 44.

It's important to note, however, that Shock Trauma is only one aspect of a system that has the distinction of being the first designated Level I Trauma system in Pennsylvania. Trauma nursing is also found in University MedEvac, Emergency Department, OR, Post Anesthesia Care, CNS, Burn Center, 5A, 6B and 7B at LVHC site.

Their patients are evidence of just how fragile the human body can be and their job is to help those broken bodies stay alive. "Trauma" is a medical term for "injury" — most often caused by mechanical forces, such as a motor vehicle accident. In the context of a Level I Trauma Center, however, the layman can perceive "trauma" in the sense of very severe, life-threatening injuries. To help explain what trauma nursing is all about, nurses from Shock Trauma, 5A, Burn Center, LVHC site Emergency and LVHC site OR will present a display in the lobby of LVHC site from May 13-20 to illustrate "The Many Faces of Trauma Nursing."

In Shock Trauma, the high acuity of care and endless varieties of injury combinations present unique challenges to nursing skills. At any given moment, a patient's condition can unexpectedly change. Nursing skills are continually put to the test of crisis — not only with individual patients, but the exact patient mix in the 12-bed unit as well. Because events leading to Shock Trauma admissions are totally unpredictable, adaptability to change is essential and team adjustments are made on short notice.

Nurses here have come to the unit from a variety of paths. The motivations for choosing this aspect of patient care are the challenge of working under pres-



Ruth Rappaport, RN (right), manages care for an accident victim surrounded by a maze of pumps, tubes and monitors that require continual attention and very rapid response if a critically injured patient takes an unexpected turn.

sure and dealing with every imaginable combination of injuries that can have widely differing effects on the patient's system as a whole. One could describe a good trauma nurse as being "assertive, driven, striving for perfection" and highly talented.

In Shock Trauma, there's considerable pride that almost all are certified in critical care, advanced cardiac life support and advanced trauma life support. The STU nurses also regularly enhance skills through continuing education programs.

In STU, autonomy is an important factor in the work environment. Because of this, nurses and management have developed the shared governance philosophy, which is a method of staff empowerment. This provides the staff nurses with considerable influence on how the unit is run. Their involvement is focused on staffing, education, nurse practice and finance committees.

Close and positive working relationships with allied health personnel, surgeons and residents is enjoyed by nurses in Shock Trauma.

They have roles that go beyond direct patient care. The trauma or accident occurs to an individual, but affects the entire family structure. Families come to STU often not knowing if their loved one will survive. The nurse provides support and education to them to assist in understanding the crisis.

Because of the experiences with families and with the assistance of Pastoral Care, a weekly support group was developed for current and former trauma patients and families.

Knowing the consequences of severe injury, the STU nurses often take a "Tommy Trauma" program to second grade students in area schools, teaching the youngsters about the importance of seatbelts, bicycle safety and how to call emergency services.

As much as they enjoy their nursing specialty, they'd prefer you won't be one of their patients. Wear your seatbelts, don't drink and drive, and drive defensively. Instead they urge everyone to visit on a more social level by getting acquainted at their lobby display next week.



Noreen Williams, Community Health, is a person who knows her way around a keyboard. Better than most, in fact. She was the recent winner in the Flashtype speed contest, sponsored by the Lehigh Valley Chapter of the Muscular Dystrophy Association. Oh, yes... Williams turned in a searing 91 words per minute, edging Robin Nurner of Just the Right Type, who posted a 90. The event raised \$5,188 for MDA.

183 Attend Burn Seminar

A total of 183 nursing students and faculty from eight area schools visited LVHC site for a recent burn seminar. The program, co-sponsored by the Burn Prevention Foundation and the Burn Center at LVHC site, concentrates on the specialty area of burns and has been adopted by many of the schools as their sole burn curricula for senior students.

Participating schools included Alvernia, Cedar Crest and Lycoming colleges; Penn State and Kutztown universities; Pottsville Hospital School of Nursing; and Lehigh and Reading Area Community Colleges.

Lecturers involved in the program included Joanne McLaughlin, RN, and Pat Vaccaro, RN, NEPE&R, and Mary Jane Spotts, RN, and Maryellen Nangle, RN, of the Burn Center. Susan Fitch, nurse recruiter, Human Resources, was also on hand to greet students during the break and provide information about TAH—LVHC.

The lecturers travelled to the University of Scranton the following day to provide the seminar for 106 future nurses at College Misericordia, Luzerne County Community College and the University of Scranton.

Congratulations!

Amy Yanoshik, RN, 5T (TAH site), became engaged to William L. Homlisk on Valentine's Day. A Spring, 1992, wedding is planned.

A baby boy, Nolan Buss, was born to Lori Buss, RRT, Respiratory Care and her husband, Joe, on Feb. 27. He weighed 8 lbs. 15 oz. at birth and was 21 inches long. A daughter was born to Sara Bard, RRT, Respiratory Care, and her husband, John Bard, MD, resident, OB-GYN, on March 8. Samantha Wilson Bard weighed 6 lbs., 10 oz. and was 19 inches long.

Janice Larson, RN, NICU, and her husband, Martin, are the proud parents of a boy, Christopher Martin, born April 23.

Have A Nice Day...

Riding a (micro)wave of popularity

Microwave ovens have come of age as a good, fast way to cook and older Americans are the group that uses the new technology the most, says Jane Ziegler, RD, executive dietitian, Nutrition Support Services.

What's the most common use of a microwave? Warming up coffee and preparing vegetables. No surprise there. But what's turning up in a lot of microwaves — and on salads as well — is *broccoli*. Ziegler says that in the past 20 years, consumption of broccoli has increased eight-fold.

Developed by the Italian family of the same name (an heir, the late Albert Broccoli, was a co-producer of James Bond films), the plant is an outstanding source of beta-carotene, vitamin C, calcium and fiber. What you're eating, by the way, are flower buds.

Ziegler would not speculate on what veggies declined in popularity, but she does know that broccoli will never be found on the plate of President George Bush.

What you're really worth...

What's behind those large documents that we've all received lately? For the first time, the benefits folks in Human Resources have issued a summary of benefits to each of the more than 5,000 employees of HEI/TAH—LVHC. The statement gives you a complete summary of what you really earned last year. It shows your pay, but also the value of all the benefits you receive.

The summary gets into pension issues, too. Those numbers, says Ann Kelby, are important for your retirement planning with whatever financial counsel you use.

Organizing the project is no small feat, but Kelby's crew is eager to satisfy requirements. If there's something that was confusing about the form, or additional information you'd like to see about yourself, drop her a note with your suggestions; work on the next one begins in October.

At least halfway?

Food Service continues to exhibit astonishing patience with those who want their cafeteria fare on regular plates with regular flatware to haul out on regular trays... and then not bother to bring them back.

Nope, the problem of unreturned cafeteria supplies hasn't been resolved. The bill is about \$100,000 a year.

But instead of handing you foam, plastic and cardboard, Food Service is now roaming the hospital on a daily basis to retrieve those trays. They're more than willing to gather them up from pantries throughout TAH—LVHC, but they're also found in "unattainable areas."

C'mon, gang. If you don't feel inclined to return the tray, dishes and utensils to the cafeteria that allowed you to take it out in the first place, you can *at least* leave it in the floor pantry so sanitation workers can round it up.

The Marketplace

Items For Sale

Golf clubs and accessories — includes Wilson and Spalding Woods (3,4,5, and 8) and irons (2-9), sand wedge, 2 way chipper, dark green Spalding bag, brown bag with wheels, and ball retriever. \$200. Call 432-9862.

Wild horse radio control truck, 4WD, like new, only used twice, remote and nicad rechargeable battery pack included, \$80 or best offer. Sega genesis games: "Ghouls and Ghosts", "World Championship Soccer", \$20 each. Call 776-8686.

VCR — Betamax, like new, \$35. Wooden TV or stereo stand, exc. cond., \$20. Call 820-9204.

Contemp. Walnut dining room table, 4 chairs, buffet, china closet, wall unit. Asking \$500. King size waveless waterbed by Dreamweaver, w/walnut headboard and rails, will include 4 sets of sheets and mattress pad, asking \$450. Must sell before June 1. Call 791-3396 after 6 p.m.

Beautiful solid oak dining table with six spoked, rounded back chairs, in excellent condition, has leaf to enlarge, table cover included, asking \$1200. Window air conditioner, handle for easy carry, 5900 btus, asking \$150 or best offer. Call 434-9504, leave message.

Sega system with 9 games, \$150. Call 867-6735 after 4 p.m.

Oak gun cabinet, holds ten. Locking glass front with solid cabinet on lower half, \$150. Brass headboard for double bed. Includes bedframe. New. \$175. Call 298-3310 after 6 p.m.

Lawn tractor: 11 hp, 38" cut, includes lawn sweeper and snowplow attachments, \$575 as is. Call 799-2196.

Riding mower, Allis Chalmers, 8 hp, 36" cutting blade. Snow blower attachment included. \$850. Call 395-8276 after 6 p.m.

Industrial merrow machine with heavy duty motor complete with table, \$500. Call 432-6240.

28 ft Pearson sailboat — sloop, 7 sails, immaculate, depthmeter,

Items For Sale

knotmeter, bimini, lots of extras. Call 398-0292.

Full length Luna mink coat with fox collar, size 9, \$1100. Call 433-5129 after 4 p.m.

Sofa/chair beige tweed with wood trim, \$300. Octagon end table, 2 bunch tables, walnut, \$75. Rossignol 4S skis, 203 cm with Solomon 747 bindings, \$150. Call 266-0592 after 6 p.m.

Two studded snow tires. Radial steels by Vredestein, 185/70SR 13. \$80 or best offer. 434-0714.

Gift certificate for The Bike Shop. Original value, \$125. Sacrifice, \$75. Call 778-2397.

Fasco Gulfstream 42" ceiling fan, model #975-42BR. Won as prize and cannot use, never been out of the box. Retail \$85, asking \$50. Call 838-1485 evenings.

Kenmore Ultra-stitch/12 sewing machine, model 15952, convertible free arm, 12 built-in stitches plus button holing, bought in 1987, never used, asking \$250. Call 433-6208.

Tires for sale, 2 sets, one winter set, like brand new. Call 398-0932 after 4 p.m.

Dining room furniture by Wicker World — hardwood covered with wicker (natural). Glass table with 6 high back chairs and hutch with light. Best offer. Call 266-6675.

One 20 inch color Sylvania television. Only one year old. Must sell. \$195. Call 974-9129.

"Hooked on Phonics" brand new, asking \$125, paid \$170 at Christmas. Weber kettle grill, 22" w/utensil rack, \$25. Schwinn bicycle, girls 10-speed, \$75. Call 820-9095.

Apple IIc computer, lots of extras, \$750. Call 820-9095.

Gun cabinet, 12-gun, double-door, solid oak, large storage compartment with mallard carvings and duck stamp presentation window. \$650. Call 767-6373 after 6 p.m.

New ladies golf bag and 11 clubs, never used, \$80. Call 433-2551.

Full size "rose bud" afghan, \$100. Full size "granny" afghan, \$100.

Items For Sale

Sofa "granny" afghan, \$75. Sheet sets (new): "Sweet Dreams" 4 pc king set, \$20. four pc full set (blue flowers) \$20. Twin rose border blanket, 72x90, \$20. Also, steamer truck and wicker blanket chest. Call 756-4340, leave msg.

4500 Ultra gym pac for sale. Asking \$300. Never used. Brand new. Call 776-1650.

Old Style, Chicago coin electric snuffle bowling machine, plays six players and six games — regulation, keep striking, super red pin, high pin score, flashomatic and dual flash. Asking \$125. Rims and tires — Jeep factory rims, white spoke w/P205/75 R 15 tires, mounted. Also will fit some Fords. \$60. Call 435-7550 after 4:30 p.m.

Pets For Sale

AKC Registered Pomeranians — champion sired, puppies and young adults available. Call 966-2835.

Vehicles For Sale

1964 Buick LeSabre, 4 door, exc. cond., 78,000 original miles, antique plates, \$2,400. Call 433-2551.

1987 Caprice Classic LS Brougham Sedan, V8, AT, Overdrive, 25,000 miles, PS, PB, Air cond, AM/FM stereo cassette, tilt, cruise, delay wipers, power locks, trunk, antenna, and seats. Wire wheels, brand new snow tires. Asking \$9,500. Call 820-9095.

1981 Buick Electra Station Wagon, 73,000 miles, new transmission, tires, recently inspected, \$1,200, negotiable. Call 820-7071.

1991 BMW 325, red, tan leather interior, 4 WD, 13,000 mi., ext. warranty, must sell, best offer, call 682-6303 after 6 p.m.

1984 Honda Accord, 4 door sedan, automatic, PB, PS, A/C, am/fm cassette, 66,000 miles, exc. cond., \$3,500. Call 791-1971.

1987 Ford Escort, base model, red, clean, runs well, 2 dr, no rust, \$2,000. Call 967-3603 after 6 p.m.

1985 Mercury Grand Marquis, 2 dr sedan, low mileage, am/fm, all power, cruise, new battery, muffler, shocks, brakes, wire wheels,

Vehicles For Sale

\$6,995. Call 435-6922 eves.

1982 Jaguar XJ6, series III, 6 cyl, 4.2 liter, black w/tan leather and wood control panel, power everything, cruise, automatic climate controlled heating and air conditioning system, 4 speaker Dolby NR sound system, sunroof, very good condition, including new tires, \$8,500 (negotiable) Call 264-4961, leave message.

1984 Chrysler Laser, wine color, excellent body, new tires, 4 cyl turbo, auto, air, am/fm/cassette, sunroof, \$2,800. Call 791-2291 after 4 p.m.

1988 Suzuki GS 450L, 2500 mi, exc. condition, pay off loan, if good credit take over loan, \$88/mo. Call 264-3498, leave msg.

1977 Chevy Blazer, 4WD, runs good, new inspection, tires. Needs body work. \$1000 or best offer. 298-3310 after 6 p.m.

1986 Honda 450 cc rebel, like new, 2,700 miles, motorcycle w/many extras. Call 377-1597 after 6 p.m.

1976 Corvette Stingray, new engine, 14,073 miles, asking \$14,000. Call 944-0430.

1979 Firebird Esprit, V8, AC, PS, PB, one adult owner, garage kept, very good condition, \$2,200 or best offer. Call 760-1756.

1983 Chevy Cavalier wagon, blue, automatic, 48,000 miles, exc. cond. new battery, brakes, tires and exhaust system, ideal for commute to school or work. \$2,195. Call 821-9574.

Real Estate For Sale

Four bedroom, two bath ranch with breezeway, garage and completed basement in Coopersburg. Asking \$125,000. Call 967-1139.

Two story house — 4 BR, 1-1/2 bath, eat-in kitchen, liv. room, rec room, 3/4 acre oversize detached garage, w/w carpet, completely remodeled, close to Rt 33, \$118,000. Call 863-4603

West End condo/townhouse at beautiful Springhouse Commons, across from Trexler Park. Five minutes from TAH—LVHC sites, 2

Real Estate For Sale

story, 2br, 1-1/2 bath, finished basement, jacuzzi and more. Low monthly condo fee includes all ext. maintenance, lawn car, etc. \$130,000 Call 395-6979.

Price reduced! Allentown twin in nice neighborhood. Completely remodeled. Neutral decor. New kitchen and bath, freshly painted exterior, 5 BRs, 1-1/2 baths, now asking \$83,000 Call 432-5669 after 5 p.m.

Emmaus Twin — Liv. Rm, family room-DR combo. 3 BR, 2-1/2 baths, eat-in kitchen, 14x20 patio, one car garage, full basement, 2 yrs old. Asking \$118,900. Call 967-6974.

100x200 building lot, #243 Glenview liesureland development, Jim Thorpe. \$7,500. Call 834-8595.

Building lot, 2-3/4 acres, two mins. south from New Smithville exit off I-78. Ahsley lane. \$62,000. Call 797-3500.

West End Cape Cod, Parkland School, large corner lot with mature trees, 3 BR, lg. fenced in yard, new electrical system, ideal for young family. \$112,500. Call 821-8688.

Real Estate For Rent

Two bedroom apartment, Mountaineer area, w/w carpet, living/dining, garage and yard, no pets, avail. June 1, \$500/month includes heat, hot water. Call 791-3396 after 6 p.m.

Real Estate For Rent

One bedroom apartment, living room, dinette, full bath, large kitchen w/stove and refrigerator, washer and dryer. Ample close space, yard, off-street parking. One month sec. deposit and six month lease w/option to renew. \$600/month includes electricity and heat. Call 821-8121, leave message.

Five rooms, bath and laundry room, carpeting, chair rails, oak kitchen, washer, dryer, refrigerator. Entire first floor of three-story house, with deck and yard enough for a small garden. Heat included. \$625/month. Easton (20 minutes from Allentown on Rt. 22 or I-78) Have own home while sharing house with a single, pleasant tenant, Call 258-5033 evenings and weekends.

Two BR modern 2nd floor apt. in S. Allentown, w/w carpet, off-street parking, near park, public pool and shopping centers. Heat and hot water included. \$425-\$450/month negotiable. Available in June. Call 437-5623.

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

Wanted

Roommate wanted ASAP to share

Wanted

3 BR, 2-1/2 bath luxury condo w/2 prof. women. Asking \$350 plus utilities. Great location, 5 min from LVHC (Fairways at Brookside). Pool, tennis courts, washer/dryer, CATV and parking incl. No dogs, flex lease. Call 965-3899.

Babysitter for my 15-month-old son. Responsible, dependable, caring person for occasional weekday and weekend evenings. Own transportation. Helfrich Apts., Whitehall. 432-8595.

Large family in need of house to rent (\$400-\$500) in vicinity TAH as soon as possible. Call 778-2945 days.

Female roommate to share Macungie townhouse w/ 2 women. Large spacious unfurn. bedroom w/pvt. bath and cable hookup. Kitchen and laundry privileges. Asking \$350/mo., includes utilities. 15 mins from LVHC in nice quiet country setting. No pets. Call 965-3977 after 6:30 p.m.

Used approved child car seat, good cond., warranted. call 262-6365 after 5 p.m.

Female roommate(s) to share new and spacious home. Private full bath, near everything, great neighborhood, great patio, a must see. Call 799-3460.

Services

Loving, dependable woman will care for your child in her home. One block from TAH. Full time, days. References available. Ex-

Services

perienced. Call 433-1661.

College student seeks lawn jobs. Commercial, residential, mowing, trimming, clean-up, shrub maintenance, gardens tilled. Free estimates, own equipment. Call 837-6538.

New dance classes being formed. Adult jazz and ballet. Aerobics and children's classes available, too. Flexible schedule. Call 395-8796.

Marionette puppet shows for children's birthday parties, churches, banquets, special events. Ventriloquism and magic shows included. Very professional and entertaining. Call 820-0517.

Attention ladies — need a change from winter blues? Treat yourself to a personalized Total Image Makeover. For appointment, call 437-5935.

Get your car to look like new again! Complete washing and waxing done by hand. Call 366-7011.

Home improvements — custom decks. Free estimates and picture tour. Fully insured, 15 years experience. Call 433-8074.

Did You Return Your Tray, Dishes And Utensils To The Cafeteria?

Marketplace Submission

Check Category: ☐ Items for Sale ☐ Vehicles for Sale

☐ Real Estate for Sale ☐ For Rent ☐ Wanted ☐ Services

Copy (Please print or type): _____

Submitted by: _____

Home Phone (will appear in ad) _____

Department _____ DAYTIME phone _____

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 Public Relations, 1243 S. Cedar Crest Blvd., Attn: Marketplace. Deadline for the June Marketplace is May 24.