

# CHECKUP

Volume 4, No. 6 July 19, 1991

## Tickets For Employee Picnic Go On Sale

Tickets go on sale July 29 for the 1991 HEI/TAH—LVHC employee picnic, to be held Aug. 24 at Emmaus Community Park.

The picnic begins at 11 a.m. and continues until 7 p.m. and this year will take on a Texas barbecue style.



*You can't be a chef without a proper hat, but with one it's possible to make Pizza a la Lauren at Lehigh Valley Hospital Children's Center. See Page 6.*

On the menu are hot dogs, hamburgers, Texas-style bee barbecue brisket, barbecue chicken kabobs, corn in the husk and baked beans barbecue style. The menu also includes corn bread and tossed salad, pepper cabbage, relish trays, watermelon, chips and pretzels, cookies, ice cream, coffee and cold drinks.

Tickets are \$5 for adults and \$2 for children in advance, and \$7 for adults and \$4 for children at the picnic. There is no admission for children under 3.

Organizers say a variety of games for adults and games and crafts for children will be offered. They add that while the swimming pool will be open for use, tickets do not include admission to the pool — which is at individual expense.

Ticket sales will be in the lobbies at both hospital sites from 7 to 8 a.m. on July 29, Aug. 1, Aug. 5 and Aug. 9. Sales will be held from 2:30 to 3:30 p.m. Aug. 12, Aug. 16 and Aug. 19. Identification badges are required to purchase tickets.

### What's News

#### *Byte By Byte, There's Mainframe Progress*

The long-awaited super computer system is being finalized, according to Richard E. Duncan, senior vice president, Information Services. At a recent meeting of department heads, he outlined progress for the multi-million-dollar upgrade of obsolete equipment.

The centerpiece will be a new four-processor tandem computer complex for patient care systems and a new IBM mainframe to replace four existing mainframes for financial systems at the data center. All will be linked by an extensive telecommunications system. The telecommunications network will connect an extensive wide and local area network of terminals to a more sophisticated mainframe computer.

While a new financial and statistical system is part of the plan, of greater interest to many employees is the patient care, patient management and patient accounting system known as PCMA. It represents a major improvement in work efficiency and improved service to patients.

The many employees and physicians who participated in vendor demonstrations of PCMA helped shape the decision to select the Phamis, Inc., proposal.

*Continued on Page 2*



## What's News

### Mainframe Computers

*Continued from Page One*

tracts are being finalized, but employees are cautioned that actual tailoring of the system to meet the hospital's specific requirements and extensive testing and training that follows means that it won't appear on new terminals for about 12-18 months.

The entire project is enormous in scope and complex in nature, Duncan says.

Duncan reported that the PCMA, financial systems and telecommunications contracts are being finalized.

The financial system module will take about a year to implement. The mainframe itself could be installed quite soon.

### Baltimore Excursion

Baltimore, anyone? The Employee Activities Committee plans a trip to the Inner Harbor and aquarium on Saturday, Oct. 19.

The bus departs LVHC site at 6:30 a.m. and leaves Baltimore at 6 p.m. Fares include bus and aquarium admission. Tickets are \$27 for adults, \$23 for children ages 3-11, and \$25 for senior citizens and students ages 12-18. For reservations and additional information, contact Sharon Bartz, ext. 8480.

*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 ext. 3007.

#### 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*



*One of the last and most pleasant duties for Gail Schlechter as outgoing president of the Auxiliary of Lehigh Valley Hospital Center was to present a check for \$224,000 to Samuel Huston, president and CEO, HEI/TAH—LVHC. The presentation took place at the auxiliary's annual luncheon and installation of new officers. The group pledged to raise another \$400,000.*

### Auxiliaries Give \$364,000 To Hospital

The Auxiliary of The Allentown Hospital and the Auxiliary of Lehigh Valley Hospital Center have recently completed major fund-raising projects to benefit the hospital. A total of \$364,000 was donated.

At its annual luncheon meeting, the LVHC site group presented a \$224,000 check to conclude a \$375,000 pledge. The funds will be used to refurbish patient care units on 4C, ACU and PCCU. The auxiliary undertook a new pledge, this time setting a goal of \$400,000, to modernize and renovate 5A and purchase 24 patient monitors for PCCU.

Meanwhile, the Auxiliary of the Allentown Hospital made a \$140,000 contribution for entry doors and at its annual luncheon presented a \$55,000 check for three patient monitors in TCU and the acquisition of an audiological testing booth for the pediatric clinic.

### Time To Roll Up Those Sleeves

Miller Memorial Blood Center's bloodmobile will visit LVHC site Monday, July 22 from 9 a.m. to noon.

The bloodmobile will be located in Classroom 1.

The hospital is again providing the 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 credits will be released only for those group members who have given blood or provided a substitute donor.

Any HEI/TAH—LVHC employee interested in donating may sign the registration form posted in their department or contact the employee health office at ext. 8869 to schedule a time to donate.



# New Maternity Tour Policy To Cut Strain On Employees

A new perinatal tour policy is designed to improve service to patients and families and better organize the service for the sake of employees.

The tours allow people to familiarize themselves with the facilities and services to help them make informed decisions concerning maternal/child healthcare, but, as usual, the patient's right to privacy supersedes the public's right to tour the facility.

Tours will be conducted by designated volunteers, childbirth educators or staff nurses, but must be scheduled through *WomanCare* (ext. 3800) to avoid scheduling conflicts and promote optimal opportunities for individuals on the tour.

The new policy limits the group to a maximum of 12 couples or 24 individuals, who meet in the lobby at TAH site near the information desk and are properly registered with Security. Adult tours are offered on Mondays from 7 to 8 p.m. and Saturdays from 9 to 10 a.m. Sibling tours will be offered two times every six weeks on Tuesdays at 7:15 p.m. and Wednesdays at 7:30 p.m.

The policy specifies that the tour guide shall notify the unit when the tour is to begin and the unit charge will identify limitations required by the current clinical situation.

Exceptions to the policy will be handled by *WomanCare* in coordination with perinatal units.

## Credit Union

The HealthEast Federal Credit Union now offers home equity loans. Interest rates range from 9.9 percent for three years to 10.9 percent for five years and 11.9 percent for 10 years. Call the credit union for details.

### Interest Rates

New Cars .... 8.9% .....	Was 10.4% .....	3 years, 5 percent down
New Cars .... 9.9% .....	Was 10.9% .....	4 years, 10 percent down
New Cars .... 10.9% ....	Was 11.4% .....	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

### Dividends

Effective July 1, \$1.00 to \$1,000.00, 5.25 percent; \$1,000.01 to \$10,000.00: 5.50 percent. Over \$10,000.01: 5.75 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—*New Location*: Room 3900, School of Nursing. Mondays, 9 a.m. to 1 p.m.; Tuesdays, 9 a.m. to 2 p.m.; Wednesdays and Fridays, 12:30 to 4:30 p.m.; Thursdays, 1 to 5 p.m. Phone: 778-9499.

## What's News

### Smoker's Hotline

If you're among the 40 percent of smokers who would like to quit but don't know where to turn for help, the Coalition for a Smoke Free Valley is offering a new service.

A toll-free number, 1-800-422-6237, will connect you with sources of information, support and direction to all the available groups and programs in the area.

The telephone number connects you to the Fox Chase Cancer Center, supported by the National Cancer Institute. Callers will find counselors to provide support and assistance, local quit-smoking programs and self-help materials for all types of smokers.

The Coalition for a Smoke Free Valley is supported by HEI/TAH—LVHC.

### Tradition Ends

There'll be no volunteer donor evening this year at Dorney Park for those who have given blood at the Miller Memorial Blood Center.

Frances S. Chizek, director of donor resources and community relations, says that since 1978 the amusement park had donated the evening but that this year cannot make the contribution. Further, she says, budget limitations preclude the blood center from picking up the tab.

### Terminology Class

Human Resource Development is offering a medical terminology course for all interested employees. The concentrated course is based on the textbook *Medical Terminology: A Systems Approach* by Gyls and Wedding.

The course involves weekly quizzes, unit tests and a final exam. It includes the basic principles of medical word building that can be applied to developing an extensive medical vocabulary.

The 15-week course begins Thursday, Sept. 12 and will be held from 2 to 3:30 p.m. in the School of Nursing auditorium, TAH site. Cost is \$25, which includes the textbook. Registration or additional information is by calling HRD at ext. 2430.



### Cancer Screenings

The Comprehensive Community Cancer Center and the Division of Urology will again sponsor free prostate cancer screenings at TAH site clinics on Sept. 26 from 5:30 to 8:30 p.m. and Sept. 28 from 1 to 4 p.m.

Appointments are encouraged, but not required. For additional information or to make an appointment, call ext. 2582.

### Chapel For TAH Site

A chapel for staff, visitors and patients at TAH site is expected to be available in October. Replacing the current meditation room, the chapel will feature ecumenical decor to be comfortable for all faiths.

The new chapel will be located in the space occupied by the Lehigh Valley Poison Center, which is being relocated nearby, and the meditation room will become office space for Pastoral Care.

Funds for the decor and furnishings were donated by Mr. and Mrs. David Buchmueller and The Rev. and Mrs. Gregory Palmer.

### New Residents Start

A total of 35 new residents began work at HEI/TAH—LVHC on July 1, says Brian W. Little, MD, PhD, director, Office of Education.

They include two in obstetrics/gynecology, seven in surgery, 13 in medicine, five in transitional, one in radiology, one in pathology, two in colon/rectal surgery, one in plastic surgery, one in shock trauma and two in dentistry.

### OR Graduates

Six nurses graduated from the six-month OR Course XIII on June 21, reports Beverly Debold, RN, OR clinical instructor.

Renee Scheirer, RN, and Marie David, RN, will be working at TAH site OR, while Donna McGrath, RN, Georgine Moravek, RN, Sandy Reeder, RN, and Wendy Schropp, RN, will be working at LVHC site OR.

## Making The Rounds

Ann Smith of the Auxiliary of The Allentown Hospital was elected president of the eastern region of the Pennsylvania Association of Hospital Auxiliaries.

Doris Horwath, Human Resource Development, LVHC site, received an associate in arts degree from Lehigh County Community College on May 19.

Mary Ann Gergits, RN, research nurse, Department of Medicine, and Maryanne Falcone, RN, patient representative, recently received their master's degrees in health administration from St.

Joseph's University, Philadelphia.

Diane P. Roth, RN, BSN, staff nurse, 5A (LVHC site), received her BSN at Cedar Crest College in May.

George E. Moerkirk, MD, FACS, chief, Prehospital EMS, was reelected president of the Pennsylvania Emergency Services Council at its annual meeting on June 26. The council is the official advisory body to the Department of Health on emergency medicine.

Karen Moore Schaefer, RN, DNSC, nurse researcher,  
*Continued on Page 8*

## Spotlight On Benefits

One of the many benefits through the HealthEast Health Plan includes reimbursement for prescription drugs. The following is the reimbursement you will receive depending on where you purchase your prescription drugs:

Place of Purchase	Reimbursement
Commercial Pharmacy	80 percent after \$100 deductible* is met
HealthEast Hospital Pharmacy	Cost plus \$2.00, then 80 percent after \$100 deductible* is met
Walter's Pharmacy 407 N. 17th Street	Cost plus \$2.75, then 80 percent after \$100 deductible* is met
Spectrum Apothecary 1230 S. Cedar Crest Blvd	Cost plus \$2.00, then 100 percent after \$100 deductible* is met. After proof of satisfaction of \$100 deductible is presented to Spectrum Apothecary via the Explanation of Benefits (EOB) form, Spectrum Apothecary will bill Spectrum Administrators directly at no cost to you.

\*100 deductible applies to all major medical services.

As a reminder, **you must bring** your EOB form to Spectrum Apothecary showing you have satisfied your \$100 deductible. Once that's done, Spectrum Apothecary makes a note of it in its computer system and will directly bill Spectrum Administrators for the balance of the calendar year. Until you do so, you will need to pay for the prescription and submit the receipt to Spectrum Administrators. ***Spectrum Apothecary will no longer call Spectrum Administrators to verify that you have met your \$100 deductible.***

If you have any questions, please contact your benefits counselor: Maryjane Zanders, TAH site, ext. 2930; Gerrienne Keiser, LVHC site, ext. 8839; or Leilani Souders, Community Health Services, ext. 8807.



# Tough Act To Follow

## Filling These Shoes A Real Challenge

After 13 years at TAH site, Miriam Mayo had mixed emotions at a retirement salute with co-workers. Her farewell to the hospital and the mailroom she worked in for the past seven years was bittersweet.

Even though Mayo will now have the time to do all the things she's been wanting to do, she was saddened to think of the people she will be leaving — especially the other three part-time mail messengers who, along with her, were a unique team.

"People think I'm crazy, but I love my job. We all do here," says Mayo, also lovingly known as "Tootie." The team sorts and delivers interdepartmental mail at TAH site. The group includes Dottie Lapsanky, Bill ("Mr. B") Bernabucci and Bill Follweiler.

With only two messengers on each shift, it could easily become chaotic in the mailroom if someone needed time off or was ill. But the mail messengers selflessly cooperate among themselves so that no one has to work a shift completely alone. For example, for two weeks of Follweiler's recent absence, Mayo covered for him by working some double shifts.

Mayo says the mail messengers and their supervisor, Rick Cardona, are accommodating people. "We all cover for one another when necessary. We sometimes have to switch schedules around, but Rick doesn't mind as long as there is always someone here." She adds, "There was never a day on the job that I couldn't have off if I needed it."

Relying on one another has made the team a tightly-knit group, which makes retirement difficult for Mayo.

Adding to that is leaving the pa-



*Miriam Mayo*

tients with whom she interacts daily while on her rounds delivering mail. "When I'm picking up or dropping off mail I always see the patients and say hello. You meet many nice people at this job."

Still, she says, "When you reach a certain age you have to retire while you're still healthy." Faced with the prospect of having more free time than she has had in a long while, Mayo says, "Like everyone else who retires, I want to spend more time with my grandchildren. Also, my husband and I are going to spend three winter months in Fort Lauderdale, Fla. I'm not sure if we'll like it, but we've always wanted to do it and now the time is right."

Cardona says her retirement leaves some big shoes to fill. "Miriam is one of the best people I've ever had work for me," he says. "She's very reliable, friendly and outgoing — one of those people who gets along well with everyone."

*The above article was prepared by Jennifer Smith, a work-study student from Moravian College.*

## What's News

### HRD Programs

CPR recertification will be held in the 24-hour period beginning at 10 a.m. July 24 in the Nursing Learning Lab, 2nd floor, General Services Building.

CPR certification, for which pre-registration is required by calling ext. 2430, will be held in two parts and attendance is required for both.

Part I will be held Thursday, Aug. 15 from 9 a.m. to noon in Room 900, School of Nursing, TAH site.

Part II will be held Tuesday, Aug. 20 from 9 a.m. to noon in the School of Nursing Auditorium, TAH site. The July CPR class is filled.

### Claims Reminder

The new address for Spectrum Administrators is 2166 S. 12th St., Allentown, PA 18103, and the telephone number for customer service is 798-7410.

Employees are also reminded that claim forms can be sent through interdepartmental mail to Spectrum Administrators.

### Nursing Scholarships

Two \$1,000 scholarships for a master's degree in nursing will be awarded following a Sept. 5 drawing sponsored by Friends of Nursing and the Professional Nurse Council (PNC).

Eligibility extends to employees of HEI/TAH—LVHC with a minimum of five years of service who are taking courses leading to an MSN.

The scholarships will be awarded by random drawing and will be presented upon proof of enrollment, says Molly Sebastian, RN, head nurse, TOHU, and chair of PNC.

Additionally, appropriate taxes will be withheld in accordance with federal, state and local law.

Deadline for participation is Aug. 15, using a form available from department heads or Nursing Administration at both hospital sites.





*Marvin Schmidt, executive chef, Food Service, is an internationally-recognized gourmet chef. But the children at the Lehigh Valley Hospital Children's Center were interested in good old pizza and cookies — as in, "Let's make our own." When Schmidt paid a visit recently, he brought the makings for both and started with a demonstration of how pizza pies are created.*

# Pizza Party!



*Above, Marvin Schmidt displays a completed pie to the children before everyone dug into the supplies and experimented freely. At right, two youngsters prove that consults are important even in forming a pizza prognosis. Above, right, there were lots of options — including pepperoni and green peppers. When in doubt, use plenty of both. Finally, at far right, the proof is in the tasting: yummy pizza for lunch!*





# Congratulations!

**Kathi Charles**, nursing assistant, GICU-East, and her husband, Ted, became the parents of a son, Hadyn Alexander, on Feb. 5. He weighed 8 lbs, 13 oz. and has two older brothers. **Suvi Einola-Bradley**, MS, RD, clinical dietitian, Clinical Nutrition Services, and her husband, Andy, welcomed a son, Christopher Thomas, on June 20. He was 21 inches in length and weighed 7 lbs., 11 oz. Christopher has a brother, Eric.

**Debra Marie Bubba**, RN, MSN, director of QA nursing, Nursing Services, and her husband, Joe, became the parents of a son, Brandon Zachary, on June 3. He weighed 7 lbs., 12 oz., was 21 inches in length and has a brother, Matthew Tyler. **Mike Zerbe**, PT, physical therapist, Physical Therapy (LVHC site,) and his wife, Linda, welcomed a son, Patrick Michael, on June 6. He weighed 7 lbs., 8-1/2 oz., and was 21 inches in length.

**Michael Buie**, cardiac cath technician, Cardiac Cath Lab, and his wife, Michelle, are the parents of a daughter, Bethany Rae. She was born on June 13, weighed 8 lbs, 6 oz., was 22 inches in length and has two sisters, Gina and Lindsay. **Danita Fenstermacher**, unit clerk, 6C (LVHC site), and her husband, Bob, welcomed a son, Zachary William, recently. He weighed 8 lbs, 3-1/4 oz., and was 21-1/2 inches in length.

**Wendy Fay**, RN, staff nurse, Special Care Unit, and her husband, Matthew, are the parents of a daughter, Olivia, born June 12. She weighed 8 lbs, 5 oz., at birth. **Susan M. Durkin**, RN, MS, nursing QA coordinator, Nursing Services, and her husband, Patrick, are the parents of a daughter, Katherine (Katie) Carol, born July 5. She weighed 8 lbs., 9 oz., was 19 inches in length, and has two brothers, Johnny and Pat.

**Pamela Nase**, RN, staff nurse, 6C (LVHC site), and Chris Eckardt plan an Oct. 10, 1992, wedding. **Diane Gerwig**, RN, staff nurse, 6C (LVHC site), became engaged to Jonathan Frazee, and the couple plans to marry in May, 1992.

**Patti Schlegel**, speech pathologist, Speech Pathology, and her husband, David, welcomed a daughter, Lauren Amanda, on April 29. Their first child, she weighed 8 lbs and was 20 inches in length.

**Judy Hollopecter**, COTA/L, occupational therapist, Adjunctive Therapy, married Pete Shaw on June 15. The couple honeymooned in Hawaii. **Nadine Chaputa**, RN, staff nurse, 4B, LVHC site, married Arthur Middleton Mason on July 6.

**Marina Flecksteiner**, RN, BSN, CNN, clinical instructor, NEPE&R (LVHC site), gave birth to a daughter, Amalia Rose, on April 30. She weighed 5 lbs., 9 oz., was 19-1/2 inches in length, and has a sister, Megan.

*Meanwhile, in Pharmacy....* **Janine Gilbert**, RPh, staff pharmacist, Pharmacy (LVHC site), married Lionel Barnaby on May 25. The couple will reside in Whitehall. **Jean Reagan**, RPh, staff pharmacist, Pharmacy (LVHC site), married Theodore Fries on May 11. They will live in Breinigsville. **Christine Loder**, pharmacy technician, Pharmacy (LVHC site), married Kevin Krotzer on April 20. The couple will reside in Bethlehem. **Sandra Decelle**, RPh, staff pharmacist, Pharmacy (LVHC site), has become engaged to David D'Alesandra. They plan a May, 1992, wedding. **Kim Eckhoff**, pharmacy technician, Pharmacy (LVHC site), plans to marry David Style in October, 1992.

*To submit news of weddings, engagements or births of dependent children, send the information to Public Relations, 1243 S. Cedar Crest Blvd.*

## What's News

### HealthCounts Winners

Prize winners in the June "I'm Worth It" incentive program offered by HealthCounts were announced recently.

Ann Andres (TAH site) and Chris Hart (LVHC site) won three-day Carnival Cruise trips for two, while Terri Schooner (TAH site) and Shuli Oh (LVHC site) will receive video cassette recorders.

Tickets to "The Comedy Shop" were won by Kathy Carrill (TAH site) and Beverly Sutton (LVHC site), and tickets to Hershey Park will go to Lorraine Schoedler (TAH site) and Marsha Watkins (LVHC site).

Judy Szep (TAH site) and Beverly McIntosh (LVHC site) won gift certificates for HealthCounts classes and Chris Zick (TAH site) and Jeanette Imbody (LVHC site) will receive three-month HealthCounts exercise memberships.

### Health Fair Planned

The Community Health Department will present a health fair at Macy's in the Lehigh Valley Mall from 11 a.m. to 3 p.m. on Sept. 7.

Focus of the event will be promoting children's health through a display of aerobics, nutritional snack tips and a video, all prepared by HealthCounts.

### Benefit Cut-A-Thon

The Children's Arthritis Support Group of the Arthritis and Rheumatism Society of the Lehigh Valley will benefit from a cut-a-thon hosted by The Outlooks for Hair Salon on Sunday, Aug. 25 from 11 a.m. to 6 p.m.

The event will be held at both the Whitehall Mall and Village West Shopping Center locations, and hair stylists will donate their time to provide haircuts (no shampoos) with all funds going to the society.

Tickets, purchased in advance, are required and cost \$8. They are available from Bill Tunke, ext. 8480, at LVHC site and Rosalie Maehrer, ext. 2294, at TAH site.



## Rumblers Ramble To Volleyball Lead

Team No. 6 may call themselves "Sick O' Second" but they're a dozen games out of league leadership at the midpoint of the current summer volleyball season.

Team No. 3, nicknamed "Rumblers" is holding a 36-4 mark so far, having survived a 3-2 scare from "Sick O' Second" and coasting through a string of match victories.

But Team 4, sporting no nickname at all, lurks right behind at 33-4 and may yet rattle the "Rumblers". Team standings after eight weeks:

Team 3 (Rumblers)	36	4
Team 4	33	4
Team 6 (Sick O' Second)	24	9
Team 5 (Take One)	15	28
Team 1 (Infomaniacs)	14	26
Team 2 (Momentum)	7	26
Team 7 (No Shows)	4	36

## Making The Rounds

*Continued from Page 4*

NEPE&R (LVHC site), published "Taking Care of the Caretakers: A Partial Explanation of Clinical Nurse Specialist Practice," in *The Journal of Advanced Nursing*. With J.B. Pond, Schaefer also published "Levine's Conservation Model: A Framework for Nursing Practice" and met with five nurses from Oslo, Norway, on June 3 in Philadelphia to discuss the use of the conservation model as a basis for practice in the University Hospital in Oslo.

**Barbara Iobst**, director, Library Services, was elected secretary of the Council of Pennsylvania Library Networks, a state library committee that fosters interlibrary cooperation among all types of libraries and advises the commissioner of libraries of Pennsylvania on matters such as improving access to information services.

**Rita M. Mest**, medical staff coordinator, recently successfully completed the certification exam sponsored by the National Association of Medical Staff Services. This examination tests the candidate's knowledge in the areas of Joint Commission Accreditation knowledge, medical staff organization, medical staff law, administration and management and medical terminology. She is among 2,000 individuals certified nationwide.

## Have A Nice Day...

### Potato Salad Winners

Picnics and potato salad go well together, but safe handling of the foods that go into Grandma's Traditional and Tasty is very important, says Jane Ziegler, director, Clinical Nutrition Services. The bacteria that cause food poisoning thrive in warm milk, eggs and meats.

To keep everyone's tummy happy, don't blend the cooked ingredients — such as potatoes or eggs — until they've chilled in your refrigerator. After the salad is made, serve it in a bowl that sits inside a larger bowl containing ice — it'll keep the salad cool and safe.

Use lots of vegetables, such as carrots and celery, to boost fiber content and reduce the calorie count of those salads. "And you don't have to use the whole egg," she adds. "Just the whites will do, and you'll cut down on cholesterol."

### The Video Shop

Duplication of videotapes by Human Resource Development is a first-come, first-served arrangement, and by understanding some of the department's policies it's possible to avoid frustration. Rule number one, says Diane Carpenter, director, is that HRD will duplicate educational tapes for internal use only — and you provide the blank tape. Sorry, you're on your own for copies of fishing expeditions and weddings. Second, she continues, it's important to remember that it takes two hours to duplicate a two-hour tape, and tape duplication is one at a time.

There's no set schedule for the service, and time depends on availability of personnel to do the work. Typically, there's about a one-week turnaround for tape duplication because of the sheer volume of requests, all of which naturally have the highest priority. Best bet: plan ahead.

### End Of Shift

OK, it's getting near the end of shift and you're bushed — mentally and physically. Was it all worth it? Some random comments provided by patients as they were discharged in May:

"Admitting: professional, pleasant, very caring."

Short Procedure, LVHC site: "I was very nervous when I arrived at the hospital, but everyone was so nice to me that I relaxed in no time at all! Thanking all for their kindness."

"I have never met a nicer group of people in one organized establishment. The nurses were all so cheerful and kind. I can't give them enough credit."

"I am a nurse at LVHC site and found TAH site to be a homey, caring and well-trained hospital facility. The nurses were top rate."

"The nurses on 6T were tops. All of them. They were kind, considerate and very professional. I will be having more surgery and hope I can return to the 6T wing."

"Your emergency department is your most valuable service. Doctors and nurses and radiology are tremendous."

We'd say the effort was worth it. And this is the end of our shift....



# The Marketplace

## Items For Sale

Sailboat combo — 12 ft. Lockley SeaWitch, 536 lb capacity. Use as sailboat, rowboat or motorboat, 6 hp max. \$400. Electric boat motor and accessories: Sears 3 speed motor, used only 3 times, \$100. Battery, \$50. Charger, \$50. Two ladies 10-speed bikes: Aspen 10, 26 inch, \$35. Star 26, 26 inch, \$35. Firestone steel belted radial tires: two P155, 80/R13 tires mounted on wheels, were on Chevette (4 lugs), excellent tread, \$30/pr. Reproduction hutch, 67" high, 29-1/2" wide, \$100. Chifonier, circa 1930s, ideal for child's room/nursery, 62" high, 39-1/2" wide. Five drawers and small cupboard behind mirror on left side. 29" wide closet on right side. \$150. Call 791-2615 after 6 p.m.

Kitchen set, good condition, large cabinet — white, kitchen table and four chairs, all for \$375. Rolltop desk, \$70, small, not old. Twin beds, corner table, dresser and mirror, \$400. Call 965-6449.

Norman Rockwell collectors plates and figurines. Call 867-2650, anytime.

Sega Genesis game system, two controllers and 3 games, \$165. Air cleaner, 3 spd, cleans air of cigarette smoke and other impurities, \$200. Call 395-7456 after 6:15 p.m.

Gold/blk bird cage w/stand, \$15. Panasonic Ans. mach/phone (ans. machine needs repair, phone and features all work), best offer. 35 mm Chinon camera and 50 mm lens and accessories, bag included, \$130. Call 432-6440.

Fisher Price playpen, \$50. Fisher Price Port-a-crib, \$65. Both items in excellent condition. Call 398-2102 after 6 p.m.

Niagara cyclo-massage lounge chair w/vibrators and

## Items For Sale

heat unit, red naugahyde, excellent cond., \$175. Camera, Ricoh Shotmaster motorized zoom w/38-76 mm lens, save \$50, like new, only \$165. Call 791-5427.

Girls clothes — some infants to 18 month, many size 24 month, 2T and 3T summer and winter clothes, most like new. Make appt. to see furniture: sofa loveseat, chair, 2 end tables, coffee table, 2 lamps, all good condition, great for family room or college students. \$475 or best offer. TV console, pine cabinet, works but needs repairs, \$30 or best offer. Call 866-8495 after 6 p.m.

Wilson racquetball racquet, brand new, w/cover, \$10. Winter tires, 2 sets, from Toyota, \$30 per set. Call 398-0932.

Complete kitchen — Yorktown oak cabinets, countertop, sink, refrigerator, gas stove/oven, dishwasher, cash and carry, \$500. Horse: half Arab/half quarterhorse mare, nine years, 15.3, very flashy. English, western, jumps, dressage. \$1,500. Call 926-3226.

Glass top octagon dining room table, wooden border, four padded chairs. Call 266-6354.

Full size sleeper sofa, cream colored with random pastel streaks. Used less than one year. Like new condition. New, \$600, asking \$350. Call 434-2089 or 776-7792.

Full/queen size bookcase headboard, wood-look, excellent condition, \$35 or best offer. Call 799-2614.

Oak dining room set table, 4 chairs, 2 arm chairs, china closet, server, table leaf and pads, \$1,500. Matching lamp, asking \$150 or best offer on both items.

King size metal bed frame, \$60. Call 791-0133 after 7 p.m.

## Items For Sale

Custom made airbrushed t-shirts, license plates, murals, etc. Great for unique gifts. Your imagination is our creation. Also come see us for custom airbrushing/lettering on cars, vans, boats, tire covers, etc. Call 264-8944.

Bullard wood stove/fireplace insert. 27" wide, 25" high, black. \$300. Call 261-2950.

Red Dynasty 930-FEATB 10-speed bicycle, \$100. GE Spacemaker III microwave oven, \$40. Call 434-9771.

Oak dining room set: table, 4 chairs, 2 armchairs, china closet, server, table leaf and pads, \$1,500 or best offer. Matching lamp, asking \$150 or best offer. Turntable, \$50. Cassette deck, \$75 or best offer. Call 266-9187.

Two chrome/brown vinyl bar seats, \$25 each; brown/rust plaid upholstered rocker, \$25; beige/rust/tan plaid upholstered sleep (full) sofa bed, \$125. Call 481-9322.

Vanguard collectors plaques, chess pieces, king and queen, playing cards, king and queen of hearts and joker. Barrel bar sign, large Spanish city. Call for more information. Also, jeep white spoke rims with P205/75 R 15 m/s radials, mounted and balanced. Small bolt pattern, fits some Fords. Asking \$65 for all four. Call 435-7550 after 4 p.m.

Three section wall unit with glass doors, upright freezer, recliner, stereo receiver and two speakers. Call 691-2858.

Sony 200 watt stereo, tape changer and CD player, speakers and cabinet, \$800. DP Universal pack, 200 lbs., \$300. Large dog crate, \$75. Expandable door gates, 26-42, \$20, 25-36, \$20. Call 398-2877.

Freezer — Norge, approx. 10-11 cu. ft., 5' tall, 3' wide, \$125.

## Vehicles For Sale

1977 Chevy Van, best offer. Call 266-1158.

1988 Honda Prelude SI, mind condition, washed and garaged daily, 5 speed, AM/FM/cassette stereo, air conditioning, tilt steering, rear defrost, cruise control, power windows, mirrors, sunroof, steering and brakes; white, black interior, 41,000 miles. Call 820-9520.

24 Foot Shasta Travel Trailer, needs some work, best offer. Call 266-1158.

Motorcycle, 1974 Honda 350, low mileage. Call 266-1158.

1982 Honda Accord, newly painted, best offer, call 266-1158.

1987 Plymouth Duster Turismo, excellent condition, new shocks and struts, new belts and brakes, 69,000 miles, one owner, \$3,900 or best offer. Call 434-0858.

1982 Chevrolet Celebrity, excellent condition, runs well, 4 door, 6 cylinder automatic. \$1,200. Call 791-5121.

1983 Yamaha 400 cc Heritage special. Black, one owner, like new, 2,650 miles, make offer. Call 966-4090 after 4 p.m.

1970 GMC school bus, runs good, newly inspected. Ideal for drum corps, scouts, etc. \$600. Call 967-0141.

1973 Mustang convertible, garage kept, great shape. Call 432-3879.

1986 Chevy Camaro, V6, 5 speed, PS/PB, A/C, rear defog, AM/FM/cass, sport wheels, 77,000 miles, looks and runs like new. Recently replaced battery, belts, alternator, shocks and exhaust. Owned since new, always well maintained. \$5,000 or best offer. Call 538-9179.

Suzuki 4 wheeler 230 quad runner, dual range trans, low miles, exc. cond., Macungie



## Vehicles For Sale

area, \$1575 (new, \$3,500) call 966-5211

## Real Estate For Rent

West End Allentown apartment located in quiet, residential neighborhood convenient to professional area, stores and parks. Five rooms, heat, hot water and electric included in rent, \$495/month. Call 433-3822.

Stone Harbor ranch duplex, 3 BR, full tile bath, w/w carp, full deck, laundry room, 3 blocks to town, 2 blocks to beach, outdoor shower. Avail wks. of 8/31, 9/14 and 9/28, wkends in October. Also, Stone Harbor beach house, 2nd house from beach, 89th St., 5 BR, 3-1/2 baths, kitchen, Florida room, 2 decks, full garage, dishwasher, wash/dry. Full ocean view, new furniture. Avail weekend of 10/19. Call 439-0911 after 6 p.m.

Country apartment on one acre. 3 BR, LR, Kit, 1-1/2 bath, attic, yard, porch, plenty of closets, 2 mi. north of I-78 and Rt 22 off Route 100. Security and references required. \$700/

## Real Estate For Rent

month includes utilities. Call 395-8837 or 395-9122.

Hamilton Park, close to TAH and LVHC. Cozy 3 BR Cape Cod features hardwood floors and new kitchen. Six rooms, 1-1/2 baths, covered patio and one car garage. No pets, please, \$650/month plus utilities.

## Real Estate For Sale

Townhouse — 3 bedrooms, 2-1/2 baths, central a/c, heat pump, finished basement, excellent condition. Desirable location in deep west end of Allentown. Parkland schools. Price negotiable. Call 395-0399.

Northampton townhouse, mint condition, 3 BR, 1-1/2 bath, central air, new carpet and vinyl floors, lg. shed, nice neighborhood. Call 262-3148 after 4:30 or leave message.

West end ranch, 3 BRs, 1-1/2 baths, 4 seasons solar room, LR w/frpl., DR, Mod. Kit w/ DW, BN, Laundry Rm, HW floors, WW carp., 2 car gar. w/ opener, 140x120 level lot w/ mat. trees, S. Whitehall Twp.,

## Real Estate For Sale

Parkland • School Dist., \$141,900. Call 770-0109.

Four bedroom family home in the convenient west end. 2-1/2 bath, 2 car garage, DR, LR, FR w/fireplace, full basement, corner lot. Seven minutes from TAH, LVHC. Salisbury School District. \$150,000. Call 776-7772.

Peachtree townhouse, Whitehall, end unit, cul-de-sac, 3 bedrooms, 2-1/2 baths, all electric, central air, heat pump, central humidifier, large deck, one car garage w/opener, widened driveway, basement, newly remodelled, w/w carp. Call 437-7191.

Top of South Mountain — All wooded lot, lower Saucon Twp., municipal water and sewer available, \$42,000. Call 282-3091.

## Wanted

Desperate — someone to give ride to work, 7-3:30 shift, to TAH. Will pay for service from Hanover Avenue. Have worked here 13 years and need job. Call Brenda Repsher, ext. 2220 or ext. 2354.

## Wanted

Upright string bass, any condition, call 965-3328 after 5 p.m.

Tennis anyone? I am a beginning tennis player seeking another beginner to play once or twice a week. Call Linda Trobits, 778-1406 between 8:30 a.m. and 5 p.m.

## Services

Need a babysitter? College student avail. Mon.-Fri. after 5:30 to babysit in your home. Reasonable rates. Has own transportation, call 758-0878 after 5:30 p.m.

Carpentry, masonry, electrical, plumbing, remodeling or new construction. 22 years experience, fully insured. Call 285-2840.

Lawn care — mowing, weed and feed, fertilization, total lawn maintenance. Free estimates, senior citizen discounts, all work guaranteed. Call 965-2296.

Roofing and siding services available. Fully insured. Free estimates. Call 861-5217, leave message.

# Marketplace Submission

Check Category: ☐ Items for Sale ☐ Vehicles for Sale

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

Copy (Please print or type): \_\_\_\_\_

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Home Phone (will appear in ad) \_\_\_\_\_

Submitted by: \_\_\_\_\_

Department \_\_\_\_\_ DAYTIME phone \_\_\_\_\_

The Marketplace is provided as a free service to employees of HEI/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 August Marketplace is July 31.