

# CHECKUP

Volume 4, No. 8 Aug. 23, 1991

**Can Drive Nears Quarter Mark** AUG 26 1991

## Recycling Program Off To Strong Start

The recycling program of TAH—LVHC, in cooperation with the City of Allentown and Salisbury Twp., has rolled up some dramatic statistics in its first three months of full operation at both sites.

Owen Grady, director, General Services, says that nearly 40 tons of materials were recycled in April, May and June, and that the recycling of office paper alone means the saving of 292 trees, 43 barrels of oil, 70,520 KWH of electricity and 120,400 gallons of water.

In the 90-day period, 37,000 pounds of cardboard and 33,400 pounds of office paper were collected from both sites. Additionally, kitchen tin and glass at TAH site yielded more than a ton of recycled material.

Grady announced that even though Salisbury Twp. doesn't require tin and glass recycling from kitchens, the program will most likely be extended to include the kitchen at LVHC site. Plans are being made to recycle kitchen

plastics — especially from 2-liter soft drink bottles — as well.

Meanwhile, the mountain of aluminum cans devoted to a fundraising effort to purchase an educational trailer for the Burn Prevention Foundation continues to grow. Since the drive began last year, hospital employees, as of July 16, have deposited more than 225,000 cans in the bins located throughout the facility. Collected by local fire departments, the cans are part of a million-can drive to pay for a specialized trailer to be used at area schools to teach fire safety.

In the first six months of the year, nearly three tons of aluminum cans — or 165,312 if you're counting — were collected and recycled by hospital staff.

Grady says the recycling program has had a very successful launch and he's appreciative of the efforts of all employees and especially the General Services staff in pitching in to help the environment.

### What's News

#### Who's The Head Nurse? 'We Are!'

When Ginger Holko, RN, and Kelli A. Brown, RN, head nurse and associate head nurse, 5B, were both absent on maternity leaves, there had to be someone in charge.

Typically, an "acting head nurse" is named, but Holko and Brown opted for a different alternative. Donna Polaha, RN; Susan Beers, RN; Kelly Baatz, RN; and Lisa Miller, RN, were chosen for a fresh approach.

"We divided our job tasks among the four," Holko says, "and taught them what to do." The plan was communicated to the rest of the staff, and, in turn, their help was enlisted.

"Things ran beautifully," Holko continues. "All the staff cooperated, worked together and supported each other."

"The entire staff should be congratulated and recognized for their efforts," Holko says, "with special thanks to the four — it was truly 'above and beyond'."

#### A New Look

With the merger of General Services and the selection of ServiceMaster as the vendor to oversee housekeeping at both

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The Allentown  
Hospital—  
Lehigh Valley  
Hospital Center

A HealthEast Hospital



## What's News

### A New Look

*Continued from Page One*

sites, the first discovery was a dislike of housekeeper uniforms by female staff at TAH site. They complained that they looked like employees in a fast food restaurant.

That touched off a team effort to choose combinations of attire to create both variety and satisfaction at both hospital sites, says Owen Grady, director, General Services. The new look is evident everywhere.

But what about the guys? They were content with what they had, so no changes were made.

### Second Kidney Transplant

A second kidney transplant was performed at TAH—LVHC and both patients are recovering nicely. Recipients of kidneys are two young men, one a husband and father and the other a student of oceanography.

"The nursing staffs of SCU and 5B are to be commended for their collaborative efforts in caring for these two young men. Although these patients and their care were very unfamiliar to the staffs, they learned quickly and used sound nursing judgment in providing attentively and professionally," clinical specialists from NEPE&R commented.

*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."

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## Three Symposia On Tap

**The Fourth Annual Coagulation Symposium: Thrombosis and Antithrombotic Therapies**, will be held Friday, Sept. 20 at LVHC site auditorium beginning at 9 a.m. The symposium is co-sponsored by American Bioproducts Co. and HealthEast Laboratories.

**The Fourth Annual Cardiovascular Seminar: New Beats in Cardiology**, will be held Sept. 25 beginning at 7:45 p.m. in LVHC site auditorium.

**The Third Annual Neuroscience Symposium: New Directions in Neurological Therapeutics**, will begin at 8 a.m. Oct. 4 in LVHC site auditorium.

There is no charge for hospital employees. Additional information and the required registration is by contacting Human Resource Development.

The next **hospital orientation** will begin at 8 a.m. at LVHC site on Tuesday, Sept. 3, and an optional tour of both sites will be held Wednesday, Sept. 4, beginning at 1 p.m. at TAH site and 2:30 p.m. at LVHC site. The orientation site was moved because of the Allentown Fair.

**CPR recertification** will be held in the 24-hour period beginning at 10 a.m. Wednesday, Aug. 28, in the Pediatrics Classroom, TAH site.

**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 Sept. 13 from 9 a.m. to noon and part II will be offered Sept. 19 from 1 to 4 p.m. Both will be in Classroom 1, LVHC site.

## Credit Union

New business hours go into effect at TAH site office of the HealthEast Federal Credit Union on Sept. 3, says Terry Wells, manager.

The hours will be from 11 a.m. to 1 p.m. Monday, Tuesday, Wednesday and Friday; Thursday hours are 1 to 4 p.m.

### 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 Sept. 1, \$1.00 to \$1,000.00: 5.25 percent; \$1,000.01 to \$10,000.00: 5.40 percent. Over \$10,000.01: 5.60 percent.

### Business Hours

LVHC Site — Mondays, Tuesdays, Wednesdays, Fridays, 9 a.m. to 4 p.m., Thursdays, 3 to 5:30 p.m. Phone: 776-8405. TAH Site — Room 3900, School of Nursing. Monday, Tuesday, Wednesday and Friday, 11 a.m. to 1 p.m.; Thursdays, 1 to 4 p.m. Phone: 778-9499.



# Making The Rounds

The Pennsylvania Society of Gastroenterology Nurses and Associates elected **Mary Steber, RN, CGC, GI Lab**, chairperson of its eastern division. Steber is responsible for chairing three divisional meetings a year and obtaining host hospitals for the meetings. **Lynn Dashner, LPN, GI Lab**, was elected president-elect of the society effective September. Dashner also represented Pennsylvania at the house of delegates at the National Conference of Gastroenterology Nurses and Associates in New Orleans.

**Lynn Smith, RN, GI Lab**, was certified as a CPR instructor in July.

**Cynthia J. Moser, Respiratory Care**, graduated from Lehigh County Community College (LCCC) in August with an associates degree in respiratory care. Formerly a secretary in the Hemophilia Center at TAH site, she attended LCCC with the help of the Tuition Assistance Program and received a scholarship from the Dorothy Rider Pool Health Care Trust for her final semester. She graduated with a 3.5 average.

**Joann Haros, RN, CNOR**, staff nurse, OR, was appointed chair of the Legislative Committee of Association of Operating Room Nurses. The national office holder recently returned from chairing a two-day meeting of the group in Denver, Colo. Haros was also listed in the most recent edition of *Who's Who in American Nursing*.

Three paramedics with University MedEvac have recently received degrees in nursing. **Barry Mitchneck, RN**, also completed the critical care course and is now working in Emergency at LVHC site. **John Collins, RN**, has completed the critical care course and is working in the Critical Care Float Pool at TAH site. **Tom**

**Rothrock, GN**, is now enrolled in the critical care course at LVHC site. Additionally, **Dwight Bittig, paramedic**, is pursuing a nursing degree.

**David Beckwith, PhD**, administrator, Clinical Laboratories, received a distinguished service award from the Northeast Lions Eye Bank Board of Directors for assistance in establishment of an eye processing lab. He was also a presenter at the Pennsylvania AIDS Education and Training Center teleconference on Pa. Act 148 attended by more than 900 participants. Beckwith was also elected to the board of directors of AIDSNET, a six-county coalition to provide services to HIV infected persons, and to the board of directors of "Transitional Living Center," a demonstration project for residential housing for patients medically cleared for discharge but for whom no suitable residence exists.

**Sheila C. Berg, ACSW, LSW**, Clinical Social Work and Support Services, received the Air Force achievement medal for outstanding skill, knowledge and leadership. She provided support to the 1605 Military Airlift Support Squadron, Lajes Field, Azores.

## Club Offered To Employees

The Employee Activities Committee announced that employees, volunteers and medical staff are eligible to join BJ's Wholesale Club, 1785 Airport Road, Allentown. The club is a membership only, cash-and-carry food and generic merchandise warehouse.

Club cards cost \$25 annually and application forms are available from Human Resources at both hospital sites.

## What's News

### On the move...

The Lehigh Valley Poison Center education office will be temporarily relocated to the former ICU nurses' lounge on the first floor at TAH site. The telephone number, 778-2361, is unchanged.

### No Longer A Provider

As of Aug. 7, Gregory Lang, MD, is no longer a participating provider under the HealthEast Health Plan. To assist his patients during transition, any employee or dependent who was pregnant as of Aug. 7 and under his care will continue to receive the participating provider reimbursement level from HHP through the term of pregnancy, but not after May, 1992.

This extension of payment is being provided to avoid interruption of care and only applies to enrollees pregnant as of Aug. 7. Employees or dependents who continue to receive services from Lang and are not pregnant as of Aug. 7 will be reimbursed at the level of a non-participating provider, which is 75 percent of the fee schedule for medical/surgical services and 65 percent for major medical services.

Questions may be directed to Gerri-  
anne Keiser (ext. 8839), Maryjane Zanders (ext. 2930) or Leilani Souders (ext. 8807).

### New Directories

Updated HealthEast Health Plan (HHP) Physician Directories have been distributed to department heads. Employees enrolled in HHP who use participating providers will not be balance-billed for hospital and medical/surgical services that exceed the HHP fee schedule.

Because there is a limited supply of directories available, each department has one copy. Those who need additional copies may secure them from Human Resources.

Questions may be directed to Gerri-  
anne Keiser (ext. 8839), Maryjane Zanders (ext. 2930) or Leilani Souders (ext. 8807).



### The Rockport Challenge

HealthCounts, the employee and wellness program of HEI/TAH—LVHC, will sponsor "The Rockport Challenge," a fitness walking test for employees. Designing personalized walking programs and testing during September and October are featured.

Information about the program will be available on Sept. 11 outside LVHC site cafeteria and on Sept. 16 outside TAH site cafeteria. Hours for both are from 11 a.m. to 1 p.m. and 4:30 to 5:30 p.m.

### Day Care Openings

Magic Years Learning Center, a child care provider at TAH site, has openings. Those interested should contact Mary Schuster, the center director, at ext. 2949 for details.

### Keystone Backers

Among the organizations pitching in to assist the Keystone Games was TAH—LVHC. The hospital provided medical supplies to various venues for the games, and made "fast track" services in Emergency Departments available to the games.

It was the second year the hospital has helped support the games, which has a three-year contract to run the event for amateur Pennsylvania athletes. There were a total of 6,000 participants, 1,000 volunteers and 31 sites used for the event.

### Banned Forms

The Waste Management Committee, pleased with the support the recycling programs have received from employees, notes there is still some confusion about carbon paper and self-carbon forms.

Owen Grady, director, General Services, says such forms as doctor's order sheets, outpatient registration forms and intravenous solution records cannot be included in recycled materials.

# Work Study Students Reflect On 10 Weeks

It all started in 1976. That was the first year money from a Dorothy Rider Pool Health Care Trust grant was used to give conscientious college students an opportunity to work at HEI/TAH—LVHC for the summer. Thus the work-study program was born.

This summer marks the 15th year of the program, and despite various revisions one important aspect remains consistent: it offers ambitious students the chance to work and learn in a hospital environment and gives them practical experience beyond what they learn in the classroom.

*That makes* the work-study experience more than just a summer job. Students are expected to work full time for 12 weeks and must also attend weekly meetings featuring speakers who discuss aspects of healthcare or the work force in which students are interested. Students are also encouraged to learn about the hospital itself through hospital tours, witnessing surgery or spending a day observing in a different department.

Heather Morris, a senior at Moravian College and the work-study student in Human Resources, comments, "The program allows work-study students to do a little of everything and doesn't limit us to learning about just one department. We get to see different aspects of hospital work."

*The program* stresses education and it allows students to learn from one another. At weekly meetings and planned social events the work-study students share ideas and information about work being done in their departments.

Chris McDowell, a student at

Rensselaer Polytechnical Institute and the work-study student in Biomedical Engineering, says, "The program is exactly what I expected — to learn at my own rate and to learn about whatever I wanted to learn about."

*Besides being* beneficial to the other students chosen to participate, the program benefits other hospital employees. Often work-study students help their departments by working on projects that permanent employees simply do not have the time to address. Employees appreciate the students, which is evident by the fact that this year over 50 departments applied for a work-study student. Funding limits allow for only 27.

According to Diane Carpenter, RN, director, Human Resource Development, and advisor to the work-study program for the past two years, this tight competition among departments for work-study students has caused a change in the way departments view the students.

*She says*, "There were times when departments did not prepare well enough for a work-study student, so the student would be assigned work that did not have much to do with his or her field. Now the departments requesting students have more specific projects ready and often create projects for the students which help them in assessing their career choices and determining what they really want."

Kevin Gohman, a student at Shippensburg University and the work-study student in Physical Therapy at LVHC site, comments about the eagerness of employees to give him the best learning experience.



## The Participants

This summer's Pool Trust work-study students, school affiliations and departments include:

Paul Adamczak, University of Hartford, Finance  
Elizabeth Barnes, Elizabethtown College, Occupational Therapy  
Peter Brassington, College Misericordia, Information Services  
Melinda Brunst, East Stroudsburg University, Critical Care  
Alicia Camlibel, Seton Hall University, Social Services  
Lyn Decker, Kutztown University, Medical Library  
Dean Eichen, Daemen College, Physical Therapy  
Gaylyn Faust, Philadelphia College of Osteopathic Medicine, OB/GYN  
Mark Fung-a-Fat, College Misericordia, NEPE&R  
Lori Ann Kachurak, Penn State University, Nursing/OR  
Paula Kea, Johns Hopkins University, Administration  
Letha Klein, Penn State University, Materials Management  
Gena Kozak, Penn State University, Food Service  
Darren Lehigh, Penn State University, Medical Records  
Carl Marci, Columbia University, Medical Research  
Lee Mescolotto, University of Pittsburgh, Pathology  
Heather Morris, Moravian College, Human Resources  
Lynne Pahoski, Marywood College, Speech Pathology  
Kristine Radomski, Rutgers College of Pharmacy, Pharmacy  
Jennifer Smith, Moravian College, Public Relations  
Karen Stefanko, Jefferson Medical College, Thomas Jefferson University, Surgery  
Scot Van Duzer, Lehigh University, Microbiology

rience possible. "The therapists go out of their way to show me things. When they are doing something they think I'd like to know about, they call me over. I appreciate the way I'm treated here, and it makes me want to do the best job I can, so I can repay them for everything they've done for me."

**Taking** Carpenter's place as advisor next year will be Denise Holub, project director for the Healthcare Career Development grant. Holub has already started organizing information for next year's program. She is excited about her responsibilities in terms of the program and feels her biggest responsibility will be "getting the information out to the colleges early and making the program well-known, so that the hospital gets as many good candidates as possible."

Another important source of information is word-of-mouth. That was the case with Shannon Lehr, a senior at Muhlenberg College and the work-study student in Trauma Service. Lehr says that speaking with her pre-health professions advisor and a peer who had been a

work-study student sparked her interest in the program. Once she learned more about it, she decided it was what she wanted to do for the summer. She says, "I called all different hospitals in New York and Philadelphia, but none had a program like this. They were only willing to let students do volunteer work. I'm planning to go to medical school, so there was no way I could not have a paying job this summer. This program offers valuable experience plus money. It's a credit to the hospital to have this program."

**Some work-study** students enjoy the program so much they return for another summer. Chris Bankert is a masters degree candidate at Lehigh University and the student coordinator of the work-study program. This is her second time in the program and she recommends it highly. "I'm treated as someone who knows what she is doing. I'm given freedom and responsibility." Bankert reflects the sentiments of many of the work-study students when she says "It's a worthwhile program. It's going well, and it's going fast."

## What's News

### Reaching Out?

The Professional Nurse Council, in conjunction with the Community Health Department and Public Relations, is compiling a listing of outreach programs provided by hospital staff to the community.

All groups who have a program were asked in February to submit details of their presentations to Carol Sorrentino, RN, associate head nurse, 4B. Those who did are not required to repeat the effort.

Those who didn't can provide the following information to Sorrentino by mid-September: type of program, brief description of content, target audience, length of program, times available, contact person and equipment needed.

Additional information on the project is available from Sorrentino at ext. 8755.

### The Italian Dinner

The Auxiliary of The Allentown Hospital will host the annual Italian Dinner and Raffle on Thursday, Nov. 7 at TAH site dining room. First sitting is at 5:30 p.m. and the second is at 7:15. Tickets are \$7 for adults and \$3 for children under 10. Tickets are available at The Alcove Gift Shop, Volunteer Services and Medical Affairs at TAH site and at the Tree Top Shop and Medical Affairs at LVHC site. The event benefits the auxiliary, and volunteers to assist with serving are sought.

### Discounts Offered

The Employee Activities Committee and Total Vision Care report that HEI/TAH—LVHC employees are now eligible for a 30 percent discount on eyeglasses and contacts, a \$15 deduction for adult eye examinations and free eye examinations and lenses for children up to 14 years of age. Employees must identify themselves by presenting an identification badge to receive the discount, which ends on Oct. 1.

For more information, call Total Vision Care, Whitehall Square Shopping Center, Whitehall, 776-6600.



## What's News

### SuperSitter Course

SuperSitter, a free babysitting class geared toward youths 11 years and older, will be offered from 8:45 a.m. to noon on Saturday, Sept. 14, in TAH site auditorium. Participants include members of the Allentown police and fire departments and the Lehigh Valley Poison Center. Space is limited to 100 participants and early registration is advised. Deadline is Sept. 6. For information and to register, call 778-CARE.

### Child Health Fair

Community Health Department, the Professional Nurse Council and Public Relations are among the TAH—LVHC groups assisting in a child health fair called "Feeling Ducky," scheduled for Saturday, Sept. 7, at Macy's Department Store in the Lehigh Valley Mall.

### GI Conference

The Pennsylvania Society of Gastroenterology Nurses and Associates will hold its 14th annual education conference Sept. 13-15 at the Allentown Hilton. Main speaker is Jerome Siegel, MD, of Beth Israel Hospital North, New York. For information and registration, contact program co-directors Bernice McAloose, RN, or Lynn Dashner, LPN, at ext. 8850.

### Reward Offered

A \$300 reward is offered for the return of the Saber Series Motorola Handie-talkie portable radio last seen in the Med-Evac crew room on July 26 at about 4 p.m.

Those with information that can help locate the vital radio should contact Eileen Sweeney, RN, chief flight nurse, at ext. 8666.

### Public Events

**Sept. 5**—Prestige Health Orientation Breakfast; 9 a.m.; 1366 S. 12th St., Allentown; available to adults aged 50 and older; new and prospective members welcome. Sponsored by Prestige Health. To register or for more information, call 778-7370.

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*Graduation ceremonies were held Aug. 22 for the 22nd class of the School of Radiologic Technology, and diploma recipients included, from left, Marla Wickham, Sharon Gorbsky, Deann Michael and Laura McCauley. Gorbsky received an award provided by the medical staff for outstanding scholastic and clinical achievement from Charles W. Natterman, radiologic technology program director. Wickham and Gorbsky will seek employment closer to home in East Greenville and Cresco, respectively; Michael will join the radiology staff at TAH site and McCauley plans to return to Bloomsburg University for further education.*

### A Little Silver Lining In The Parking Cloud

Lou Gezci, coordinator, Security, reports that while The Great Allentown Fair may be inconveniencing employees when it comes to parking, the City of Allentown is taking a little of the sting out of it — the street parking bans for street cleaning won't be enforced until the fair is over.

Off the hook are streets in the area of 15th Street to Albright and Hamilton to Tilghman. Other parking restrictions, however, still apply.

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**Our 1991 Employee Campaign runs from Sept. 16 - 27.  
Watch for details**



# Congratulations

The latest unit to be smitten with a wave of engagements is 6B at LVHC site. A total of five nurses are planning marriages, two to each other.

**Kathy Groller, RN**, and **Michael Kochanek, RN**, both staff nurses on 6B, plan to marry on Aug. 31. But that's only the beginning. Also tying the knot are **Kim Geib, RN**, to **Dennis Kacsur** on Sept. 21; **Holly Reed, RN**, to **David Tavanini** on Nov. 23; **Josephine Bydlon, RN**, to **Tim Scully** in the spring; and **Suzanne McHenry, RN**, to **Tom Creighton** in May.

**Nancy Lambert, RN**, Emergency, and her husband, **Kerry**, welcomed their first child, a daughter, **Justina Louise**, on June 11. She weighed 6 lbs., 13 oz., and was 20 inches long.

**Carol Wolbach**, data control coordinator, Medical Records, became engaged on May 25 while at Disneyworld to **Patrick Morris**. A May, 1992 wedding is planned.

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

**Mindy Riffle, PT**, physical therapist, Physical Therapy, and her husband, **Greg**, welcomed a daughter, **Stephanie Marie**, on July 21. She weighed 8 lbs., 8 oz., and was 20-1/2 inches long.

**Lisa Onushco**, secretary, Nursing Administration, and **Steve Onushco**, Engineering, are the parents of a son, **Alexander Steven**, born June 20. He was 20 inches in length weighed 8 lbs. 4-1/2 oz., and has a brother, **Brennan**.

**Julie Guth**, lab courier, and **John Kaye, SPD**, were married on May 5. They honeymooned in the

Cayman Islands.

**Michelle Gessner, RN**, Special Care Unit, and her husband, **Dave Gessner, RRT**, Respiratory Care, are the parents of a daughter, **Alysa Janelle**, who weighed 7 lbs., 13 oz., at birth and was 21 inches in length. She has a sister, **Brianna**.

**Karen Johns, RN**, staff nurse, 4B, and her husband, **Roger**, became the parents of a daughter, **Lauryn Elizabeth**, on May 24. She weighed 6 lbs., 9 oz., and was 21 inches long.

**Mary O'Donald-Miller, RN**, staff nurse, 7B, and **Kenneth Miller, RRT**, supervisor, Respiratory Care, are the parents of a son, **Michael Patrick**, born July 19. He was 21 inches long and weighed 7 lbs., 12-1/2 oz.

**Annie Poandl**, secretary, Respiratory Care, and her husband, **Charles**, welcomed a son, **Michael Edward**, on July 16. He weighed 9 lbs., 10 oz., was 21 inches long, and has two sisters, **Katie** and **Maggie**.

**David Brown**, BioMedical Engineering, and **Gina Becker**, Heart Station, exchanged wedding vows on Aug. 1 in Barbados, West Indies.

**Sallie Dreher, RN**, 4T, plans to marry **Craig Fenstermaker** in 1992.

**Jane Snyder, RN**, assistant coordinator, Nursing Administration, married **Stephen Green** on July 19. The couple honeymooned in Switzerland.

**Jay Wenner**, communications technician, University MedEvac, served as the assistant coach of the championship Lower Nazareth Tigers, sponsored by the Lower Nazareth Recreation Association. The team posted a 15-3 record.

**Lester Lauer**, General Services, married **Jo Ann Zlomsowitch** in May.

## What's News

### Public Events

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**Sept. 5, 6**—55 Alive/Mature Driving, 9 a.m. to 1 p.m., 900 School of Nursing, TAH site; **Bill Lohman**, driving instructor, AARP. Sponsored by Prestige Health. Call 798-7370.

**Sept. 6-9**—Fifth Annual Art Exhibition; sponsored by Arts Advisory Council of HealthEast; proceeds help purchase art for the permanent collections of HEI/TAH—LVHC, Gnaden Huetten Memorial Hospital and Slate Belt Nursing and Rehabilitation Center; all art work is framed with prices ranging from \$150 to \$3,000; Friday, 5 to 8 p.m., artists' reception, refreshments courtesy The Masters at Shepherd Hill; reservations recommended, call 821-3030; Saturday, 11 a.m. to 7 p.m.; Sunday, noon to 7 p.m.; Monday, 10 a.m. to 7 p.m.; Classrooms 1, 2, 3, LVHC site; no admission fee.

**Sept. 11**—Breast Disease: "Fight Fear With Facts" (Part 1); noon and again at 7 p.m.; Auditorium, TAH site; free; reservations required. Sponsored by *WomanCare*. Call 778-3800.

**Sept. 10, 11, 12**: 55 Alive/Mature Driving, 7 to 9:30 p.m., Room 900 School of Nursing, TAH site; **Bill Lohman**, driving instructor, AARP. Sponsored by Prestige Health. Call 798-7370.

**Sept. 11**—I Can Cope; six-week cancer education program for persons with cancer and their families. Co-sponsored by Lehigh Valley Unit of the American Cancer Society and Comprehensive Community Cancer Center. Call 778-2582.

**Sept. 18**—"The Work of Childhood Play"; outlines the importance and significance of how children play; 7 p.m.; Auditorium, TAH site; free; reservations required. Sponsored by *WomanCare*, and the hospital's Pediatric Department. Call 778-3800.

**Sept. 18**—"Dealing with Side Effects of Cancer Treatment/Nutrition": Make Today Count Education Series; 7:30 p.m.; LVHC site. Sponsored by Comprehensive

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## What's News

### Public Events

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Community Cancer Center. Call 778-2582.

**Sept. 21**—Fourth Annual Inflammatory Bowel Disease Symposium; 8 a.m. to 1 p.m.; auditorium, LVHC site. Topics include: "Pediatric Concerns with IBD," "Nutrition Facts and IBD," and the keynote address, "Highlights of the Historical Surgical Treatment of IBD" by Emanuel Leventhal, M.D., professor and chairman of Department of Pediatrics, Hahnemann University. Call 439-8551.

**Sept. 24**—Urinary Incontinence; 7 to 9 p.m., Classroom 1, Lehigh Valley Hospital Center site; Edward M. Mullen, Jr., MD, urologist, and Kathie Hesnan, RN, of Home Care of the Lehigh Valley. Sponsored by Prestige Health. Call 798-7370.

**Sept. 25**—Breast Disease: "Fight Fear With Facts" (Part 2); noon and again at 7 p.m.; Auditorium, TAH site; free; reservations required. Sponsored by *Woman-Care*. Call 778-3800.

**Sept. 25**—Alzheimer's Disease; 7 to 8:30 p.m., Cafeteria Conference Room, LVHC site; Francis Salerno, MD, chief of geriatrics, TAH—LVHC, and Lisa Lacko, RN, nurse coordinator of AGES. Sponsored by Prestige Health. Call 798-7370.

**Sept. 26, 28**: Free Prostate Cancer Screening; TAH site. From 5:30-8:30 p.m. Sept. 26 and from 1-4 p.m. Sept. 28. Sponsored by Comprehensive Community Cancer Center and the Urology Department. Call 778-2582 for details.

**Sept. 30**—Living Wills and Durable Power of Attorney; 1:30 to 4:30 p.m.; Room 900 School of Nursing, TAH site; Nan Van Geisen, EdD, JD, of The Caring Connection Surrogate Family Services. Sponsored by Prestige Health. Call 798-7370.

**Oct. 1**—Hypertension; 7 to 8:30 p.m., Classroom 2, LVHC site; Charles A. Gordon, MD, geriatrician. Follows an optional dinner for Prestige Health members beginning at 5:45 p.m., \$7 per person. Sponsored by Prestige Health. Call (215) 798-7370.

## Have A Nice Day...

### When Were Those Classes?

Two of the more frequent inquiries arriving at Human Resource Development have to do with CPR recertification and medical terminology classes, both of which are regularly publicized in the HRD Educational Calendar (a purple brochure circulated to all departments), and CPR recertification is done monthly and also publicized in *CheckUp*.

Gwen Rosser, ext. 2430, is the person to ask about CPR, says Diane Carpenter, director, HRD, who adds that yes, medical terminology classes will be opened to a maximum of five non-employees for a small fee on an experimental basis beginning in the fall.

### So When's Dinner?

What to do when both parents are working and there's at least one youngster who asks, "When are we going to eat dinner?" For those who are nutrition conscious and would like to put a good solid meal on the table—but have no time to cook when they get home—Jane Ziegler, director, Clinical Nutrition Services, has some advice. Plan ahead. It saves time, energy and even money.

"Cook rice in the morning, while you're getting ready to go to work, refrigerate, then warm it up in the microwave when you get home," she suggests. Some folks even cook tomorrow's meal, especially meats, while the family is eating tonight's. They refrigerate and reheat in microwaves.

Stir-fry is a real quick way to assemble a hot and tasty dinner, especially using frozen mixed vegetables, and wok enthusiasts report no end to the variety of possibilities.

Of course, there's also the prospect of older children learning how to cook. Well, it's an idea, anyway...

### Eh? Say Again?

If you're communicating with someone who's hearing impaired, here are a few tips from Mary Ann Falcone and Nancy Stevens, patient representatives, that can help prevent frustration:

- **Reduce background noise.** Turn off the radio or television while speaking.
- **Speak in a well-illuminated place.**
- **Get the attention** of the person before speaking.
- **Face the person directly** and do not speak from another room.
- **Speak normally**, without shouting or exaggerated lip movements.
- **Keep your hands** away from your face while speaking.
- **Learn to rephrase** an idea when needed.
- **Ask** the hearing impaired person what *you* can do to help.
- **Be patient.**

### And Just To Bug You...

Every employee gets a copy of the "House Rules" at orientation. It's part of *Satisfaction Guaranteed*. So—*without peeking*—what's House Rule No. 4. Yes, you're allowed to wager coffee in the cafeteria.