

CHECKUP

What's News

It's Smokeout Time

Thursday, Nov. 21 is the Great American Smokeout, so HealthCounts is right out there again urging all smokers to at least part with the cigarette habit for one day and "leave the pack behind."

HealthCounts will have educational materials, pamphlets, buttons, posters, adopt-a-smoker certificates and much more available from the American Cancer Society at booths located outside each site's cafeteria.

As a kickoff for the Great American Smokeout, HealthCounts is also sponsoring a smoking cessation hypnosis session on Tuesday, Nov. 19 from 7 to 8:30 p.m. at TAH site auditorium. Fee is \$10 for employees and \$30 for the general public, and registration is by calling 821-2150.

A special "Pat on the Back" celebration will be held to congratulate employees who recently became successful non-smokers. The Nov. 21 event will be held at TAH site auditorium at 9:30 a.m. and LVHC site auditorium at noon.

Tuition Reimbursement

Effective Nov. 1, all tuition reimbursement from Human Resources will be administered at LVHC site. To ensure tuition reimbursement requests are pro-

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Hold That Cake...This Vet Isn't Quitting Yet

For Mike Evans, Veteran's Day has special significance. He's a veteran in more ways than one.

Evans didn't serve in Desert Storm, or Vietnam, or even in Korea. He was a medic on the front lines of World War II.

But beyond that, he's about to mark his 55th year of service in healthcare.

When they lined up for cake in March, 1987, they all thought that Evans was about to retire.

After all, he'd worked in healthcare for 50 years, and was over the typical retirement age of 65.

Evans, the senior orthopedic technician at LVHC site, had no intention of retirement — and still doesn't.

Evans' career in healthcare work began with an opportunity through the Civilian Conservation Corps in 1936. As a high school graduate stepping out into the Depression, jobs were scarce, and Evans was grateful for the chance. His task: run a CCC camp dispensary.

On Nov. 10, 1936, he landed a part-time job at The Allentown Hospital, and three months later settled in to a full-time schedule as an operating room technician. He earned 10 cents an hour and worked 10 to 12 hours a day. And, to avoid the seven-cent trolley fare, he lived at the hospital.

In mid-1940, the war effort tugged at Evans, and he moved to Bethlehem Steel to operate its dispensary. In February, 1942, he enlisted in the Army's medical department. In the thick of combat in

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PNC To Salute Military Nurses

The Professional Nurse Council plans a special Veteran's Day program to recognize military nurses on Monday, Nov. 11. Programs are planned for 9 to 10 a.m. and 8 to 9 p.m. at LVHC site Anderson Wing lobby and TAH site cafeteria lobby.

Those who have served or are presently enlisted are especially invited to attend.



The Allentown
Hospital—
Lehigh Valley
Hospital Center

A HealthEast Hospital

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cessed efficiently, employees are urged to make sure of the following:

- The tuition reimbursement form must be completed and signed by your department head *before* registration.
- All pre-payments must be submitted *six weeks* prior to registration.
- When the course is complete you must submit a copy of your grades and a copy of the *bursar's receipt*. Cancelled checks will not be accepted.

It was also announced that there are a limited number of credit bank courses available from local colleges, offered on a first come, first served basis. Early requests are advised for:

- Lehigh County Community College — 100 percent discount on all credited courses;
- The Allentown College of St. Francis de Sales — 50 percent discount on all credited courses *excluding nursing courses*; and
- Cedar Crest College — 50 percent discount on all credited courses.

Holiday Bazaar

The Recreation Committee will sponsor a Holiday Bazaar in LVHC site lobby on Thursday, Nov. 14 from 6 to 8:30 p.m. and Friday, Nov. 15 from 7 a.m. to 3 p.m. All items are handcrafted by employees, and there will be drawings for prizes donated by exhibitors.

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*

Congratulations

Linda Williams, RN, CNS Unit, and **Patrick Kramer**, Radiology, became engaged on Sept. 20. The couple plans an Oct. 17 wedding.

Melissa Griesmer, RN, staff nurse, 5T, recently announced her engagement to Jim Shelak II. They plan to marry Aug. 29, 1992.

Florida honeymoons followed the weddings of two staff nurses on 5T. **Kim DeBuys**, RN, married Michael DeCandro on Oct. 5 and **Christina DeMatteo**, RN, was married to Thomas Luckenbill on Oct. 12.

Eileen M. Sweeney, RN, MSN, HPRN, CEN, chief flight nurse, University MedEvac, married Michael I. Crowther on Oct. 5.

John E. Patton, financial analyst, Treasury, and his wife, Maureen, are the parents of a daughter, Emily, born Sept. 27. She weighed 6 lbs., 8 oz., was 19 inches in length and has a brother, John.

Nancy D. Hadjokas, OTR/L, occupational therapist, Occupational Therapy, and her husband, Byron E., are the parents of twin sons, Nicholas Paul and Peter Emanuel. Born on Oct. 16, Nicholas weighed 6 lbs., 9 oz., and was 20-1/2 inches in length while Peter tipped the scales at 5 lbs., 8-1/2 oz., and was 18 inches long.

Denise Rex, Patient Accounting, and her husband, Christopher, are the parents of a daughter, Ashley Lauren. Born on Aug. 31, she weighed 7 lbs., 10-1/2 oz., and was 20-1/2 inches in length.

Rebecca Kreger, RN, staff nurse, Adolescent Psychiatry, plans to marry Brad Meinhart on Nov. 23.

Tracy Madden, RN, staff nurse, TOHU, and **Richard Riccio**, RN, staff nurse, 7C, were married Oct. 12. Mother of the bride is Alice Madden, RN, manager of the Vascular Lab.

Heather Gosch, RN, staff nurse, 7C, and her husband, Douglas, are the parents of a son, Brook Taylor, born Aug. 9. He weighed 9 lbs., 3 oz., and was 22 inches in length.

Sallie Johnston, secretary, Public Relations, and **Gregg Zahour**, analyst/programmer, Information Services, were married Oct. 12. The couple took a honeymoon cruise in the Caribbean.

Making The Rounds

Kathy Ray, educator with the Lehigh Valley Poison Center, has been appointed to the National Public Education Committee by the president of the American Association of Poison Control Centers. At the AAPCC conference in Toronto, Ont., Canada, she presented a poster display titled *Power Over Poison—An Effective Poison Education Program for First Grade*.

Jayne Holubowski, CTR, tumor registry coordinator, Comprehensive Community Cancer Center, was installed as president of the Pennsylvania Tumor Registrars Association in Philadelphia on Oct. 10.

Margie Lavin, RN, BSN, and **Carol Fox**, RN, BSN, CCRN, staff nurses on the CNS unit, are the authors of an article titled "Vertebral Artery Dissection Resulting in Locked-In Syndrome" in the *Journal of Neuroscience Nursing*, Vol. 23, No. 5, October, 1991

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Credit Union

Instead of paying 15 to 20 percent interest on credit cards for holiday loans, why not borrow from the HealthEast Federal Credit Union for only 10.9 percent A.P.R.? Once again, holiday loans of up to \$1,000 are offered until Jan. 15. Holiday loans are for 12 months, with the last payment due Dec. 12, 1992.

Applicants should have A-1 credit ratings, and co-applicants are required if you're relying on a co-applicant's income for repayment of major bills. Applications, available at both credit union offices, should be returned there for review.

Christmas Club Accounts for 1992 are available again at an interest rate of 4.5 percent. Maturity is in September, 1992, and checks will be issued in mid-October. The enrollment period ends Dec. 31. For details, visit the credit union office.

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
Home Equity	9.9%	3 Years
Home Equity	10.9%	5 Years
Home Equity	11.9%	10 years
Personal	12.9%	25 percent of shares
Personal	13.9%	10 percent of shares

Dividends

\$1.00 to \$1,000.00, 4.75 percent; \$1,000.01 to \$10,000.00; 5.00 percent. Over \$10,000.01: 5.25 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

Neil German, MHT, and Michele Strohl, MHT, mental health counselors, Adolescent Psychiatry, were recently informed they had passed the comprehensive examination as part of their graduate requirement in the master's counseling/psychology program at Kutztown University.

Richard Attilio, RPh, assistant pharmacy director, was the program chairman for the Pennsylvania Society of Hospital Pharmacists 23rd annual assembly held in Hershey. Greg Snyder, RPh, assistant pharmacy director, and Richard Townsend, RPh, clinical pharmacist, also served on the program committee. Over 450 pharmacists attended the program. Attilio, Snyder and Townsend moderated program sessions and conducted roundtable discussions on topics related to computers, intravenous therapy and pediatrics.

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Watch Those Bins

Trash other than recyclable material has recently turned up in cardboard and office paper bins, says Owen Grady, director, General Services. "Please," he asks employees, "make every effort to place recyclable material, medical and municipal waste in its proper receptacle."

Those with questions or needing clarification can call ext. 2220 (TAH site) or ext. 8566 (LVHC site) for additional information.

Bloodmobile Visit

A Miller Memorial Blood Center bloodmobile visit will be hosted by LVHC site on Monday, Nov. 25 from 7:30 to 11:30 a.m. Donations will be received in Classroom 1, and registration is by forms posted in departments or by calling the Employee Health office at ext. 8869 to schedule a time to donate.

Sick Leave Change

Human Resources and the Payroll Department are no longer keeping tabs on sick leave for individual employees; that's now being done by the Finance Department through bi-weekly reports to individual department heads.

Additionally, employees no longer have to have 96 hours earned before they are paid for the first day. Sick time is available after completion of six months. Any sick hours used will be deducted from total sick hours, and employees must be scheduled at least 40 hours *per pay* to utilize sick time.

Full-time employees earn 3.69 hours per pay, a maximum of 12 days a year (96 hours per year). Part-time employees scheduled at least 40 hours per pay will earn 1.85 hours per pay, maximum six days per year (48 hours per year).

HHP Open Enrollment

The HealthEast Health Plan is currently holding an open enrollment for all part-time employees scheduled at least 16 hours per week. The cost of the plan is \$100 per month during the first three

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months of employment and \$50 per month thereafter.

The premium is deducted on a pre-tax basis and enrollment or cancellation may only take place during January unless the employee incurs a change of status.

Those who wish to enroll may contact Gerriane Keiser, ext. 8839; Maryjane Zanders, ext. 2930; or Leilani Souders, ext. 8807.

HMO Open Enrollment

For those preferring enrollment in HMO PA/NJ, an open enrollment for 1992 will end Nov. 30. Those considering enrollment must select a participating primary care physician, dentist and pharmacy from a list supplied by U.S. Health-care. If the hospital you choose does not participate in HMO PA/NJ, there is a strong possibility HMO patients will receive a balance bill if provider fees exceed HMO's schedule.

Employees enrolled in HMO rather than the HealthEast Health Plan will not be eligible for courtesy discounts at HEI/TAH—LVHC.

While employees with more than three months of service are not subject to any payroll deduction for the HHP, those enrolled in the HMO will be subject to a monthly \$11.68 deductible for single coverage (there is no deduction for family coverage). Employees with less than three months service will pay higher fees.

Those interested in enrolling in HMO PA/NJ should return enrollment forms to Human Resources by Nov. 30 for an effective date of Jan. 1, 1992. Specific questions may be directed to Gerriane Keiser, ext. 8839; Maryjane Zanders, ext. 2930; or Leilani Souders, ext. 8807.

Rockport Winners

The "Rockport Challenge", a fitness walking test, was held at both sites in September and October. Participating employees who were winners in the prize drawing included Colleen Kristula and Geraldine Thomas from LVHC site and Dean Shaffer and Rod Gilkerson at TAH site. All four received pedometers.

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Out of the Shadows

Therapy No Longer Adjunctive

Most people had absolutely no idea what Adjunctive Therapy meant. It's an antiquated name, derived from "adjunct therapies to Psychiatry," so out of date that those who knew snickered anyway.

Like the treatment of mental illness itself, the 10-member department has come out of the shadows with a new identity: Psychiatric Rehabilitation Services.

Mental health is a crowded shadow, too. One out of every five Americans are or will undergo treatment for behavioral health problems ranging from psychiatric disorders to substance abuse. There's been a 27 percent national increase in suicides among the elderly over the past year.

The cheery and tranquil units at TAH site serve a maximum of 52 patients, are strung out along the south wing of the building, and unjustifiably still have what Donna Wilson, director, Psychiatric Rehabilitation Services, calls "a 6W" image from days long gone. That's when it was a ward, and the stereotypical image many had was not unlike the scenes in "*One Flew Over the Cuckoo's Nest*."

The treatment of mental illness is making slow but steady steps toward the same public attitudes given other acute and chronic illnesses, and an important part of that treatment is what the rehabilitation team provides for three distinct groups of patients.

Eleven beds are for adolescents who generally have some form of behavioral difficulties; another 17 beds are for more volatile patients, often schizophrenics, in a locked unit. The balance hosts those victimized by depression and neuroses.

Like any illness, those afflicted with emotional problems are in wide ranges and from many circumstances; that makes therapy a continually taxing effort, especially in group settings where patients — typically admitted for 12 to 16 days — are continually changing and in various stages of progress.

Like other therapies at TAH—LVHC, psychiatric rehabilitation is prescribed, and its closest relative in TAH—LVHC is Occupational Therapy. Those who work in Psychiatry Rehabilitation are, in fact, certified occupational therapists and certified therapeutic recreation specialists. Traditional occupational therapy works with patients to help them meet the requirements of daily living on a physical basis; in psychiatric rehabilitation, it's on an emotional basis. The staff also provides therapeutic recreation services.

Handling stress, making decisions and assertiveness as an option to aggression or passive behavior are examples of skills to be developed. But other programs in arts and crafts encourage skills to convey thoughts and feelings effectively, to cope with frustration, problem solving and to enhance self-esteem and concentration.

The program has a total of 18 different activities for patients, each designed to help them past the acute phases of illness and assist them getting back into society.

The rehabilitation team continually creates groups from appropriate individuals in the patient population to work on verbal and non-verbal communications skills, goal setting, problem solving, self-awareness and

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On the Team In Psych Rehab...

Psychiatric Rehabilitation Services includes a staff of 10, headed by Donna Wilson, OTR/L, director. The occupational therapy coordinator is Ann Seyfried, OTR/L, and Lori Morrison, CTRS, serves as the therapeutic recreation coordinator.

On the staff, in addition to secretary Gloria Grazio, are Deb Geiger, CTRS; Cynthia Kohler, COTA/L; Ann Kusko, CCT; Diane Newhard, COTA/L; Maggie Schwoyer, COTA/L; and Judy Shaw, COTA/L.

For the uninitiated, the professional initials are: OTR/L, occupational therapist, registered, licensed; CTRS, certified therapeutic recreation specialist; COTA/L, certified occupational therapy assistant, licensed; and CCT, certified corrective therapist.

The Stigma: Just A Fear Of Ourselves?

In the film *"Miracle on 34th Street,"* a department store manager comments about the old gentleman who claims to be Santa Claus: "Perhaps he's just a little crazy ... like those men in Washington."

And yet even though many of us are, at least from time to time, just a little crazy, why do mental health issues make people nervous, or even deny that they might have a problem?

"We're all afraid of our own craziness," says Donna Wilson, director, Psychiatric Rehabilitation Services. The difference between acceptable behavior and mental illness is an extraordinarily fine line. For some, studies suggest genetic predisposition sets up the potential for a tragic path in schizophrenia, depression, and drug and alcohol abuse.

In others, it's just a matter of having the right buttons being pushed at the right time to focus a lifetime of fears and anxieties. Virtually anyone could be perfectly "normal" today and a patient in an acute care facility tomorrow.

Mental illness is also viewed as "weakness," therapists explain.

Each day, circumstances challenge abilities to cope, and some find consolation in having "toughed it out" successfully. Those who can't handle it "must therefore be weak." Curiously, a victim of Alzheimer's disease may be institutionalized but captures the sympathy of friends and family; a victim of schizophrenia is shunned as a hopelessly weak person.

Mental health problems are no more a weakness than, say heart disease, therapists assert. It's important to remember that mental health is a huge spectrum of grays rather than a distinct black and white. The uniqueness of individuals complicates it even further.

Therapists in the department find this the greatest challenge: as the patient population changes, each individual must be correctly evaluated in order to meet therapeutic needs — and time is not a luxury. Helping people get past the acute state of illness and return to a level of functioning in society can be the greatest reward for the therapists.

However, this is counterbalanced with the tragedies found in the locked unit; while many medi-

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Rockport Winners

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Grand prize drawing winner for both sites was Beverly Trexler, who won two tickets to the Pennsylvania Sinfonia Orchestra.

Bids Due At Archives

The deadline for bids by employees for items being sold at the Archives is 1 p.m. Nov. 14. Lists of available items have been distributed to all department heads, and all items must be viewed before the bidding deadline.

For additional information, contact Everett Campbell, manager, Archives, at 791-9637.

HRD Events

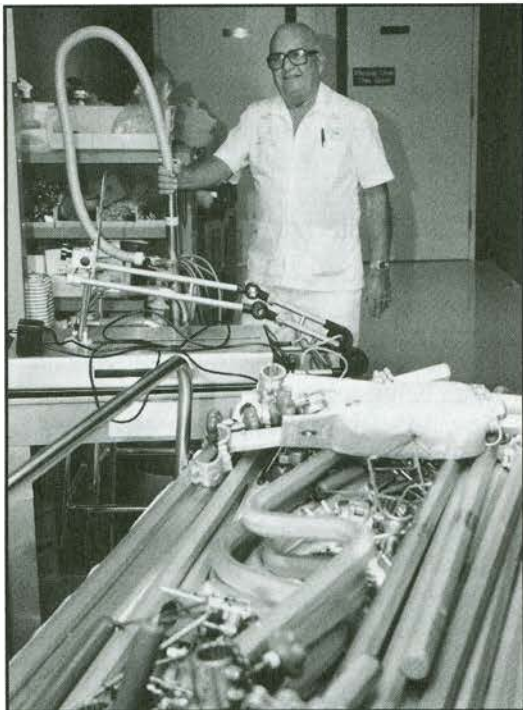
The next *hospital orientation* will begin at 8 a.m. at LVHC site on Nov. 18, and an optional tour of both sites will be held Nov. 20 beginning at 1 p.m. at TAH site and 2:30 p.m. at LVHC site.

CPR recertification will be held in the 24-hour period beginning at 10 a.m., Nov. 13 in the Nursing Learning Lab, 2nd floor, General Services Building, LVHC 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 Tuesday, Nov. 19 and Part II will be held Nov. 26. Both will be from 9 a.m. to noon in the School of Nursing Auditorium.

Stress and Burnout — Care for the Caregiver will be offered Nov. 15 from 9 to 11:30 a.m. in Parlor A, School of Nursing, TAH site. Call ext. 2430 to register.

Coming in the HEI/TAH—LVHC Regional Symposium Series are *Pain: The Patient's Experience, The Clinician's Challenge* on Friday, Nov. 15; *HIV Infected Healthcare Worker* on Friday, Nov. 22, and the *First Annual Musculoskeletal Sciences Symposium: Update on Lower Extremity Injuries in Athletes* on Saturday, Dec. 7. Additional information and registration is with Human Resource Development, ext. 8322.



Mike Evans displays some of the equipment he uses as an orthopedic technician. There was a time when rigging for traction was not much more than common plumbing supplies. For more than a half century, Evans has taken enormous pride and pleasure in his work as a healthcare professional

The Stigma: Just A Fear Of Ourselves?

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cations and therapies can slow the advancement of some psychiatric illnesses, the risks remain of downward spirals into an abyss from which there is no escape — an abyss from which society tends to look away. The result is often found in the streets, alleys and shelters: people who are ill, but have no place to go, if only for their own safety.

For many others, the prognosis is considerably brighter. Those whose emotions have been battered learn new skills that provide extra sources of strength for tough times, and return to the “normal” world fully recovered and fully functional. The nagging question is this: if we welcome that 5 percent of the population who has diabetes and is working to manage a chronic disease, should we not also welcome that 20 percent who has been treated for behavioral health problems?

Hold That Cake... He's Not Retiring Yet

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Europe, the expression “trauma code” becomes an understatement. He might have been a medic — but such battles as Bastogne put him in the position of having to practice much higher levels of medicine just to save lives.

Discharged in December, 1945, Evans wound up at the 2,750-bed Valley Forge Army General Hospital as an OR tech, and stayed until just before the facility closed in 1957. He worked for four years at St. Luke's Hospital as chief orderly, was the superintendent at Liberty Square Medical Center for two years and then joined the staff of Richard K. White, MD, an orthopedic surgeon, in 1963.

Among the patients who took a liking to the orthopedic technician was Leonard P. Pool, who was busy building what is now LVHC site. Evans signed on in August, 1974, a month before the hospital opened, and helped set up the OR, Emergency and other units.

As an orthopedic technician, Evans' job hasn't changed that much over the years, but the equipment has. He recalls having to fashion traction equipment from ordinary plumbing pipe. Now, depending on the direction of the physician and physician's assistant, the technician is involved with casts, traction and other high tech means to immobilize fractures.

What's called “setting up the patient” involves organizing necessary equipment to precisely create the traction prescribed by the physician, including aligning the patient properly in bed.

Evans, at 73, is one of the hospital's senior citizens and says

he enjoys working with the younger staff. Patients, many of them elderly, often assume he is a volunteer, or someone who helps out from time to time. They're amazed that he's a full-time employee.

He says hospital volunteers are equally astonished — but that some of the male volunteers have wondered why they retired from jobs they liked just because they turned 65.

Evans does relish his job. He enjoys people, and says his highest satisfaction comes when he sees a former Shock Trauma patient headed out the front door “knowing he pulled through with some of my help.”

Until recently, when his knees began giving him some trouble, he walked daily from his home at 10th and Turner to Allen High School and back before he caught the bus to LVHC site. He's getting the knees repaired so he can go back to his old regimen.

With his wife, Marie — to whom he's been married for over 40 years — he maintains a flower and vegetable garden and enjoys opera. The couple travels regularly to New York for performances, and enjoys bus tours to various locales.

He says his wife — who still keeps her hand in as a beautician — doesn't mind him working. “She says it keeps me out of her hair,” he quips.

Finally, he plans to keep right on working until his physical condition prevents him from being any value to the patients. All of which means that if you're ever lining up to share celebration cake with Mike Evans, it's not necessarily to say farewell.

Fan Mail

Some Poignant, Some Cheery, But All Say Something About Us

A diverse range of correspondence arrives at various departments throughout the system, and from time to time we like to share them. Recent letters included the following four letters:

Dear Hospice Staff,

Words cannot express how deeply grateful my family and I are for the caring and support of the entire Hospice staff ... and walking through the valley of the shadow of death with us and helping us prepare for, experience and grieve the loss of my father...

...My dad loved you so much. You helped him to trust the process of dying and hold on to the hope. Your gentle, reassuring presence to our entire family was so invaluable. You help people climb mountains in spirit while they walked through the valley in body.

There is a lot of grief and pain that I feel — but no guilt and no regrets. You helped our family say goodbye and let dad go in our own way and time. That's a gift — and I'll cherish that gift always.

To the nurses on the Burn Unit:

Being badly burned is one of the most traumatic things that can happen to someone, but for the family it is a nightmare from which you cannot awaken.

The burn unit is a strange and overwhelming place full of tubes and blinking lights and beeping monitors. In this emotionally exhausting place there are people who are cheerful, warm, considerate and understanding. The burn unit staff are miracle workers. You are the best the healthcare field has to offer.

Just knowing that you are there for our loved one and for us made things seem better.

Please know that we greatly appreciate all that you have done. You gave everything you had and more and you deserve the best. Thank you to all who cared for my father and many others like him.

(Jackie Fenicle, RN, head nurse, comments that the letter refers to a 50-year-old man who was burned over 90 percent of his body when he threw gasoline onto a trash fire to accelerate the flame. He died after a month of care in the unit.)

On a brighter note, a young mother writes:

On July 10 my son was born seven weeks premature after an emergency Cesarean section. The care and compassion I received while a patient at The Allentown Hospital site and during the visits to see my son in the NICU will remain with me always.

The staff always made my husband and me feel welcome for visits and went beyond the call of duty to make that special time a beautiful memory. They also taught us good baby care and infant CPR.

The words "thank you" really aren't enough when you carry a healthy baby home in your arms, and I realize that these professionals were just "doing their jobs." Yet there is a wonderful difference how The Allentown Hospital site nurses do their jobs...(they) add a rare human touch not often

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Telemarketing Sales

A recent flurry of "boiler room" scam operations involving companies trying to peddle office supplies, copier products and other items has come to the attention of Richard Benjamin, director, Purchasing.

He explains that these companies contact departments directly to sell products of unknown origin and questionable quality, which may wind up costing the hospital 10 times the actual price from legitimate vendors.

Acceptance of any offer violates hospital policy, and callers should be reported or transferred to Purchasing, ext. 8550.

"Under no circumstances should employees agree to or authorize these unknown companies to ship products to the hospital," Benjamin says.

TAH Site Chapel

Work on the new chapel at TAH site is nearly complete and it should be open soon for use by employees and visitors. The project is awaiting installation of an altar and stained glass window.

Additionally, the office of the Rev. Emily Jean Gilbert, assistant director, Pastoral Care, will move to TAH site.

Health Claims

As a reminder, the following is the address for Spectrum Administrators, where HealthEast Health Plan claim forms are sent: 2166 S. 12th Street, Allentown, PA 18103. Forms may be sent by interdepartmental mail, and the telephone number for customer service is 778-7410.

Has Anyone Seen...

If you've found a nursing pin from the University of Pittsburgh with the initials "B.A.D." on the back, Beth Rosencrance, RN, staff nurse, Transitional Open Heart Unit, would like to hear from you. She reports the pin, which is of great value to her, was lost somewhere at LVHC site during the weekend of Nov. 2-3.

Rosencrance can be reached at ext. 1550.

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found in today's medical care.

And on another cheerier note, in a letter addressed to the nursing staff of 4C, the medical staff, the Emergency Department staff, anesthesiologist and recovery room staff:

Dear Friends,

To all the nurses, medical and support personnel at the Lehigh Valley Hospital Center site who had the burden of caring for me from Sunday, Sept. 8 to Wednesday, Sept. 11.

How can I ever express my thanks! You all have treated me so well and truly cared during what to me was a traumatic experience, but I suppose to you these things are almost an everyday occurrence. Although I was very familiar with the expert, professional and most courteous care provided by the staff and volunteers at Lehigh Valley Hospital Center site, primarily as a visitor when I get there to cheer up some of the patients...I had an opportunity to experience it once again on a very personal basis during my four-day stay for an unfortunate ailment....

I rediscovered on a personal basis how much the attitude and caring attention that a patient receives at LVHC site can significantly contribute to his rapid advancement toward complete recovery for whatever problem brought him there. So I just wanted to send off this little note, officially telling you how much I truly and sincerely appreciated your kind attention and expert service.

Although the Lehigh Valley Hospital Center site is a great place when needed, it's still much better to be home — so many thanks again for getting me here as quickly as possible

Joseph S. Daddona
Mayor, City of Allentown

(The Mayor recently returned for some corrective surgery that hopefully will resolve his problem once and for all; the staff wishes him a speedy and comfortable recovery.)



Judy Shaw, COTA/L, demonstrates a group session on assertiveness with therapists from Psychiatric Rehabilitation Services acting as patients. This is typical of the cheerful facilities in which patients learn new skills to help them cope with stresses that have adversely affected them.

Out Of The Shadow

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self esteem as well as social skills. In addition, individual sessions are conducted to address specific needs

Patients are involved in a variety of group tasks that include everything from cooking to exercise and learning relaxation techniques.

There's even a "current events" group to keep patients up-to-date about what's going on outside the hospital walls.

Wilson says, however, that the continuum of care for mental illnesses is still laden with gaps in the area. Besides the demand for services — including a potential for waiting lists for admissions and a great need in the region for specialty psychiatric services — there are few options for transition. While other medical areas have an assortment of stepdown options, Psychiatry is essentially one level of care. Part of this is due to traditional health insurance coverage, which often limits inpatient care to just 30 days in a calendar year. Ironically, therapists say, January tends to be something of a reunion on the unit because a new year

allows hospitalization again.

Payment issues notwithstanding, there is a high rate of recidivism. Patients are sufficiently stable to be released, only to encounter a new crisis and return.

On the optimistic side, psychiatric

***Mental health therapy
has come a long
way...but there are
still gaps.***

services are coming out of the shadow, especially for patients whose problems are not chronic. Wilson says that one of the most frequent patient questions is how to explain absence, especially from work. For many, the old rule of absolute confidentiality is still the honored path. But others are putting such chronic diseases as depression, which affects millions of Americans, in the same category as, say, diabetes. They're able to say they were ill, and like anyone who's sick made the effort to become well.

The Marketplace

Items for Sale

Kenwood synthesizer, AM/FM tuner, \$200 and wood cabinet, \$60. Chinon 35mm SLR with 50mm lens, bag and accessories, \$160. Two car stereos, both \$40. Iron, \$5. Two large lamps, \$75. Panasonic answering machine/phone with excellent features (answering machine needs repair), \$70. Panasonic AM/FM Cassette recorder, \$30. Call 432-6440.

Layton pickup truck camper, fully self-contained, stove, re-frig, toilet, shower, heat, water system, sleeps four. Excellent condition. \$1495 or best offer. Call 967-4469.

Black lacquer dining room table, one leaf and four chairs, four years old, \$350 or best offer. Call 965-4679.

Hammond organ with bench, excellent condition, many extra features, \$1,200. Call 965-5569 after 5 p.m.

Kenwood high power pull-out cassette player, model KRC-410 for car with strap carrying case. Purchased two months ago, with papers, \$200 or best offer. Call 870-5857.

King size waterbed, six months old, \$150 or best offer. Call 434-3181 after 5 p.m.

Pointer puppies — very rare French Bourbonnais pointers. Only 500 worldwide, less than 20 in the USA. Gentle, affectionate home companions, excellent field dogs., Call 298-3310.

Kerosene heaters — 12,000 btu, very good condition, \$50; 18,000 btu, very good condition, \$50. Temporary 13 inch spare tire, \$10. Call 432-1437.

Corona kerosene heater for sale, model 22-DKE, one year old, barely used, asking \$90 or best offer. Call 965-3899, leave message.

Fourteen-year-old Anglo-Arab mare, half Arabian, half quar-

Items for Sale

ter, English or western, needs experienced adult rider. Call 797-6821.

Full length Luna mink coat with fox collar, \$1,000. Roland RD300S digital piano, full 88 keys, stereo output, 9 pre-set sounds plus special effects, excellent condition, \$1,600. Roland D 110 Midi Synthesizer, 128 preset sounds, \$650. Call 433-5129.

Dining room suite, oak, contemporary, china cabinet, two end chairs, four side chairs, table with leaf, \$800. Call 965-7281.

Radio control truck for sale, wild horse, four wheel drive with controller and battery, excellent condition, \$45 or best offer. Nintendo games for sale: caveman games, Road Runner, Dig Dug II, perfect condition, \$15 each or best offer. Call 285-6656.

Box Spring — Sealy queen size. New, never used (won't fit up stairway of new home). \$90. Call 965-7925 after 5 p.m.

Quartz heater, \$10. Sunlamp with stand, \$15. Texas Instruments computer with child's game, \$25. Upright piano, \$150. Call 799-2505.

Somma queen size waterbed, 4 years old, \$75. Washburn, Gibson, National electric guitars with cases, electronic guitar equipment, amplifier, will accept best offer for each. Call 965-4965 and leave message.

Juvenile bedroom furniture (Bassett): bleached oak, 5-drawer dresser, bureau and crib. Excellent condition. Asking \$300. Call 965-2144 after 4 p.m.

Antique oak dining table, pretty spiral legs, seats 10, asking \$400. Six oak chairs, matches perfectly, 3 years old, asking \$400. Call 837-9774 after 5:30.

Items for Sale

Bilt-Rite play pen, \$25. Fisher Price swing, \$30. Call 770-0158 between 5 and 7 p.m.

Vehicles for Sale

1990 Pontiac Sunbird LE — bright metallic blue with white pin stripe, 2 door, automatic with air conditioning, tilt wheel, power sunroof, power steering and power brakes, front-wheel drive, luggage rack, Sunbird mud flaps, AM/FM stereo cassette, laser locking wheels, rear defrost, less than 12,000 miles. Great condition, garage kept, Must sell, asking \$8,500 or best offer. Call 797-8973 and leave message.

1979 Plymouth Volare, 79,000 miles, power steering, power brakes, air conditioning, new paint, great shape, \$2,000 firm. Call 797-7794 after 4:30 p.m.

1977 Kawasaki 1000 LTD, 15,000 original miles, black with red stripes, front tracy design fairing, excellent condition, \$950. Call 261-0906.

1971 Fiat Spyder convertible, antique pumpkin orange, soft and hard top, 71,000 miles, good running condition, \$825. Call 679-5069.

1985 Honda Civic hatchback, four speed, air conditioning, AM/FM stereo cassette, \$2,500. Call 965-6138 after 4:30 p.m.

1986 Chevy Caprice, dark blue, power steering, power brakes, automatic, air conditioning, cruise, 47,000 miles. \$4,400. Call 967-6296 after 6 p.m.

1991 Red Mercury Tracer with gray cloth interior, air conditioning, power steering, power brakes, AM/FM stereo cassette, 14,800 miles, must sell. Call 433-0714.

1988 Ford Mustang GT convertible 5.0, 5 speed, all power options, 25,000 miles, very clean, must sell. \$11,300 or

Vehicles for Sale

best offer. Call 439-0426.

1986 Ford Taurus, 4 cyl, AM/FM, air conditioned, new transmission and new brakes, \$2,800. Call (717) 668-5924 after 4 p.m.

1989 Chevrolet Beretta, fully loaded, sports package, five speed, \$8,900. Call (717) 386-3134.

1985 Plymouth Voyager, seven passenger, great condition. Call (717) 386-3134.

1982 Plymouth Reliant, light green, good condition. If interested, call 395-1791.

1990 Grand Am, air conditioning, rear defrost, aluminum wheels, cruise, AM/FM cassette, tilt wheel, delay wipers, front wheel drive, 36,000 highway miles. \$8,500. Call 845-7168.

Suzuki Four-Wheeler, Mod. 230, dual range transmission, 400 miles, like new, \$1,600. Cost \$3,600 new. Call 966-5211.

1989 Ford XLT Lariat 302 4x4 pickup. AC, CR, AM/FM, bedliner and more. 41,000 miles. New tires, new inspection. \$9,900. Call 435-8819.

1984 Dodge Charger 2.2. Air, 5 speed, new tires, runs great, low mileage. Asking \$1,800. Call (717) 668-4889.

1987 Ford Escort Exp. Red, fully loaded, good condition, 61,000 miles, asking \$4,000 or best offer. Call 799-3898.

Real Estate For Sale

Well built Allentown single, ranch, brick, 2 BR, partially finished basement, storage shed, 60x125 lot, new roof, hardwood floors, oil heat, great starter home, \$84,900 negotiable. Call 799-0733.

Fairways at Brookside, one bedroom condominium, first floor, ranch style, all appliances included, \$69,000. Call

Real Estate for Sale

398-1945.

Half twin, 813 3rd St., Whitehall (Fullerton). Move-in condition, nicely decorated, convenient location, off-street parking, living room, large dining room, both newly carpeted, modern kitchen and bath, 3 BR, all large and newly carpeted, finished attic, large fenced yard, \$83,900. Call 264-9871.

Three blocks from TAH. Four BR, 1-1/2 bath, LR, DR, country kitchen. Owner financed or low down financing available. Call 434-5821.

Three BR rowhome near TAH. Modern eat-in kitchen, DR, LR — beautiful finished woodwork, french doors, newly remodelled, new carpet, modern bath, new furnace, small yard with detached garage, FHA approved. Asking \$76,900. Call 740-0297.

Coplay twin under construction. Three BR, 2-1/2 bath, full basement, heat pump with central air, oak kitchen, many extras, \$98,900 Call 967-4469.

Two-year-old bilevel, 3 bedrooms, 2 baths, large family room, heat/air conditioning pump, two car attached ga-

Real Estate for Sale

rage, deck, Andersen windows throughout, beautiful view of the valley, Whitehall School District. Situated just off Route 145. \$137,000 or make an offer. Call 262-6479 for appointment.

Hamilton Park — two story brick, slate roof home, three bedrooms, LR, DR, kitchen, garage. Fireplace, security system, basement, oil summer-winter hookup. Appliances, carpets shades and curtains remain. Seriously interested call 821-7860 and leave message.

Real Estate for Rent

Spacious one BR apartment with cathedral ceilings and skylights on a beautiful 2 acre wooded lot. 25 minutes north of Allentown off Route 309. Apartment also has LR, DR, full bath, ultramodern kitchen, full deck to main entrance and deck off BR. Appliances included. A must see! \$475/month plus electric. Call 767-3210 before 2 p.m. or after 7 p.m.

Two story row home in West Allentown. 3 BR, full bath, LR, DR, large eat-in kitchen, finished basement with laundry

Real Estate for Rent

room, large deck off back of house, quiet neighborhood. Rent \$575/month plus utilities, Call 767-3210 before 2 p.m. or after 7 p.m.

Roommate wanted for condo in Macungie, 5 minutes from LVHC, fully furnished BR, private bath, walk-in closet, washer/dryer, pool, tennis, etc. Responsible, non-smoking female only. Available January. \$325 plus utilities. Call 965-3899.

Newly painted 2nd floor apartment, 3 rooms and bath, \$450/month including utilities. Security deposit, references, no pets, one block from TAH site. Call 433-1661.

South Allentown, 3 bedroom house, living room, dining room, kitchen, sun porch and bath, second and third floor above two car garage. Near I-78 and Rt. 309. \$650 per month plus utilities and security. Call 791-1069 after 5 p.m.

324 S. 18th Street, Allentown, 3 bedroom twin near TAH w/ garage. Brand new gas boiler, brand new bathroom, ultramodern kitchen, updated electrical system, off-street parking, self-cleaning oven, hard-

Real Estate for Sale

wood floors, freshly painted. \$675/month plus utilities. Call 432-4586.

Beautiful historic district first floor one bedroom apartment available in Allentown. Includes all utilities, washer hookup. Call 432-1350.

Services

General contractor, commercial and residential, electrical, plumbing, excavating, paving, masonry, fully insured with over 25 years experience. Call 285-2840.

Babysitting in my home, flexible hours, evenings (2nd and 3rd shifts), off of Route 100 and 222. Call 395-1791.

Miscellaneous

Country craft show, Friday, Nov. 22 from 10 a.m. to 6 p.m., Nov. 23 from 10 a.m. to 5 p.m. 209 N. Fifth St., Emmaus. Call 967-1166 for directions.

Pennsylvania Youth Theater presents The Adventures of Tom Sawyer, Nov. 22, 23, 24 at Liberty High School Theater. For information and reservations call 865-9188.

Marketplace Submission

Check Category: Items for Sale Vehicles for Sale

Real Estate for Sale For Rent Wanted Services

Copy (Please print or type): _____

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 December Marketplace is November 30

**CHOOSE THE BEST
OF THE**

BEST!

Each issue, on its "Personal Best" page, *Vim & Vigor* honors several of your friends and neighbors for their outstanding health accomplishments. Now it's your turn to vote for the best of the best — the "Personal Best of the Year, 1991."

The winner will be honored at *Vim & Vigor's* annual editorial dinner in Phoenix, Arizona, in February, 1992.

Voting is easy. Simply check off your choices and mail this entire page or facsimile to: "Personal Best of the Year, 1991," *Vim & Vigor*, 8805 N. 23rd Ave., Suite 11, Phoenix, AZ 85021. Or, send, by interdepartmental mail, to Public Relations, 1243 S. Cedar Crest. Votes must be received by December 17. Only **one name** may be marked on each ballot for the vote to be counted.

Winter 1991

- Donna Roth**
Allentown, Pennsylvania
- Carolyn Kreuzer**
Spartanburg, South Carolina
- Murray Singer**
Fort Lauderdale, Florida
- Travis Stout**
Marathon, Florida

Spring 1991

- Regina Shingler**
Allentown, Pennsylvania
- Chanel Giordano**
Fort Lauderdale, Florida
- Lupe Moreno**
Torrance, California
- Marjorie Adkins, RN**
Spartanburg, South Carolina

Summer 1991

- Mary "Petey" Shoemaker**
Allentown, Pennsylvania
- Pat Healy**
Fort Lauderdale, Florida
- Jose del Palacio**
El Paso, Texas
- James Freeman**
Jacksonville, Florida

Fall 1991

- Helen Mayers, LPN**
Allentown, Pennsylvania
- Steven Foore**
Toledo, Ohio
- David Colburn**
New Orleans, Louisiana
- Carl Pyke**
Fort Lauderdale, Florida
- Marc Seymour**
Jacksonville, Florida

Your Name

Your Address

City, State, Zip