

## Lehigh Valley Hospital Answer Line

Got a question about how to  
implement the new hospital  
name?

**For a fast answer, call  
821-3015!**

## Progress Continues On New Identity

The countdown to "Lehigh Valley Hospital" day continues, with most of the current activity concentrated on making arrangements for changing the name in as many places as possible on or about April 9. The key things to learn, however, remain:

- On April 9, it's **Lehigh Valley Hospital**, not HEI/TAH—LVHC, "Allentown", "The Center", or any of a number of outmoded names. *One hospital, one name.*

- On April 9, the two hospital sites have new designations to be used only when geographic distinction is required: **Lehigh Valley Hospital — 17th & Chew** (not TAH site) and **Lehigh Valley Hospital — Cedar Crest & I-78** (not LVHC site).

- On April 9, it's **Lehigh Valley Hos-**

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## Lighten Up! Lecturer Says Humor Helps Coping

If you've been told that you ought to better handle the stress that comes with rapid change, then a special HealthCounts program may be just the right prescription.

On April 22, a special workshop for employees and staff physicians on "Humor, Risk and Change™ in HealthCare" will feature C.W. Metcalf, who specializes in helping people and organizations thrive in environments of rapid change.

"What has humor got to do with employee health, creativity, career and lives? Humor is about jokes, right?" asks Metcalf.

"Wrong," he says. "Recent research shows that humor is a skill vital to survival. Without it we become brittle and easily broken, especially in the face of rapid change."

For what it's worth, only 2 percent of the population can remember a joke (although about 60 percent think they can).

The workshop will cover such areas as how to overcome the fear of embarrassment and failure, access joy in adversity, take yourself lightly and your job seriously and



*If lots of change looks fishy to you, there may be answers from the guy in the shirt: C.W. Metcalf.*

overcome "terminal professionalism."

The event will be held in George Washington Lodge, from 7 to 9 p.m. Registration starts at 6:15 p.m. Fee is \$5 for employees, who may bring one guest at a fee of \$10. Additional information and a registration form appears in this issue.



The Allentown  
Hospital—  
Lehigh Valley  
Hospital Center

A HealthEast Hospital



## What's News

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pital — not "LVH."

Not surprisingly, the change in name is complicated by the thousands of different places where the old name appears, ranging from big signs on the buildings to every employee identification badge to very obscure forms.

As much as possible will be changed by April 9, and all departments should seek ways to be actively involved. It is a particularly unique opportunity for individual employee participation: ferret out or call attention to even the most obscurely-placed old identities and help initiate change to a single, simple new name.

Key user groups are actively evaluating the broad array of forms used throughout the system, many of them specialized and internal use only. Priorities for change are being established.

At the top of the list are "high profile" articles like letterheads, envelopes, business cards, forms that go to patients and employee paychecks. Further down the list are routine internal use only items, such as a form to order more forms from the hospital print shops.

Replacements for the most visible items are being developed and ordered by Materials Management, and departments will be notified when they are available.

Forms to place orders for such items as business cards were expected to be distributed this week to the management team to distribute as appropriate. Key departments will be asked to appoint a liaison with Public Relations. The liaison would serve as an advocate and information source and help assess individual department requirements.

Secretarial staff will receive style guidelines for new letterheads. These guides establish a common format for all correspondence.

For the benefit of all employees a "User's Guide" to the new identity will be distributed the week of March 16. It begins to cover all identity issues and should be retained as a reference source. The guide is designed to hold updates and other identity-related items.



*Members of Kiwanis Divison 18 and their lieutenant governor pose with a new van, leased to TAH—LVHC for transporting women in the "A Better Start" program. As a Major Emphasis project, the group funded the van for a period of three years.*

## United Way Tells Contributors It's Delaying National Dues

Boards of directors of the United Way in Lehigh County and the United Way of Northampton and Warren Counties joined other segments of United Way of America in voting to withhold dues pending the outcome of an investigation and satisfactory implementation of the study's recommendation.

The boards acted in response to an investigatory report on the conduct of the former head of the United Way of America, William Aramony, who retired.

The action means that no money from contributors, which includes many HEI/TAH—LVHC employees, will go to the national level until the local boards are satisfied management of the United Way of America is proper.

Representatives of the local branches of the United Way seek to reassure contributing employees that donations to the fund-raising agency will not be abused. Arthur L. Scott, chair of the Northampton/

Warren board says "local administration of personnel policies and staff spending practices are closely monitored by knowledgeable volunteers. Our boards are well informed."

Lehigh County chair George Spill thinks it's unfair to area health and human service agencies when contributors contemplate withholding or cancelling their pledges because of the investigation. "They would be doing a disservice to the recipients who are badly in need of services here in our own community," he says.

The vast majority of donations are distributed by United Way directly to local non-profit organizations. Of the millions of dollars that are raised by the local campaign, about \$80,000 becomes voluntary dues to United Way of America. Most of that is devoted to publicity and advertising to help the fund-raising efforts of the county organizations.



## Credit Union

A dramatic reduction in loan rates, especially on new and used cars, was announced by the HealthEast Federal Credit Union last week. The substantially-cut rates (see chart below) are for a limited time only, and additional information is available from credit union offices.

The HealthEast Federal Credit Union will hold its annual meeting on Thursday, March 19 at 2 p.m. in Classroom 3 at LVHC site. The meeting, required by law, is open to all members — that is, anyone who has a credit union account. It is an opportunity for members to ask questions or voice opinions about the credit union. Light refreshments will be served.

### Interest Rates

New Cars	6.9%	3 years, 5 percent down
New Cars	7.9%	4 years, 5 percent down
New Cars	9.9%	5 years, 5 percent down
Used Cars	9.4%	3 years, restrictions apply
Used Cars	9.9%	4 years, restrictions apply
Used Cars	9.9%	5 years, restrictions apply
Home Equity	8.9%	3 Years
Home Equity	9.9%	5 Years
Home Equity	10.9%	10 years
Personal	11.9%	25 percent of loan on deposit
Personal	13.9%	10 percent of loan on deposit

### Dividends

\$1.00 to \$1,000.00, 3.90 percent; \$1,000.01 to \$10,000.00: 4.00 percent. Over \$10,000.01: 4.01 percent. Christmas Club, 4.50 percent. Vacation Club, 5.00 percent. Dividends are computed daily and posted to accounts on the last day of the month.

### 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.

*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*

## What's News

### Tons of Fun

A new and improved "Lean on Me" weight loss program for employees at TAH site is scheduled to begin in mid-March and conclude in June. The endeavor, jointly sponsored by HealthCounts and Food Services, will be offered at LVHC site next year.

Last time around, 289 hospital employees completed the program and shed a total of 1,662 pounds. Added together, the reduction in body fat of all participants was 488 percent.

Program enhancements include a 12-week timetable, meetings every two weeks to help accommodate participant schedules, and changes in the point system to encourage regular exercise as well as body weight reduction.

On March 17, HealthCounts staff will be available outside TAH site cafeteria to answer questions, and on March 24 a special kick off rally will be held in the auditorium.

Official weigh-ins are scheduled for the Pediatrics classroom on March 25, 26 and 27, for which appointments are scheduled through HealthCounts.

The program formally begins on April 1 and ends June 16 with a celebration and presentation of prizes.

To keep it sporting, calorically-endowed individuals are encouraged to form five-member teams, have a team captain and team name — and, naturally, call HealthCounts (821-2150) to register and gain additional information.

### Bloodmobile Visit

TAH—LVHC has arranged with Miller Memorial Blood Center to have a bloodmobile at LVHC site on Friday, March 27 from 7:30 to 11:30 a.m. Donations will be received in Classroom 2 and 3.

Any employee interested in donating blood may sign the registration form posted in their department or contact Employee Health at ext. 8869 to schedule a time to donate.



### Research Proposals

The Research Advisory Committee will meet April 29 to review clinical/epidemiological research proposals and requests for funding submitted by the medical and professional staff of TAH—LVHC.

All proposals submitted by April 13 will be reviewed. Further information and proposal guidelines may be obtained by contacting Research at ext. 8889.

### Batters Up!

LVHC #2 co-ed softball team welcomes players to a team that had an outstanding season last year and wants to improve. The Tuesday and Thursday games, played from 5:30 to 7:30, are in the area and, says Brian Thomas are lots of fun as well as competitive. Interested employees may contact Thomas, ext. 8675, for additional information.

### HRD Activities

The next *hospital orientation* will begin at 8 a.m. at LVHC site on Monday, March 16, and an optional tour of both sites will be held March 18 beginning at 1 p.m. at TAH site and 2:30 p.m. at LVHC site.

*CPR recertification* will be held in the 24-hour period beginning at 10 a.m. Wednesday, March 25 in the Nursing Learning Laboratory, 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, May 12 and Part II will be held Wednesday, May 20. Both sessions are scheduled from 1 to 4 p.m. in Classroom 1, LVHC site.

*Stress and Burnout — Care for the Caregiver* will be offered March 17 from 9 to 11:30 a.m. in SON Auditorium, TAH site. Call ext. 2430.

Coming programs in the Regional Symposium Series include *Fecal and Urinary Incontinence: Review and Update*, on Saturday, March 21; and *Update in Pulmonary Medicine* on Saturday,

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## Making The Rounds

JoAnne L. Gilver, RPFT, pulmonary function technologist and metabolic technician, Pulmonary Function, recently passed the Pulmonary Registry examination given by the National Board of Respiratory Care.

Larry Merkle, MD, FACR, chief, section of Endocrinology and Karen Friendly, RN, CDE, nurse educator, Helwig Diabetes Center, recently lectured in the Clinical Nutrition Symposium for Registered Dietitians, sponsored by the Wood Company. The topic was "Current Trends in Diabetes Management With Focus on Diabetes and Pregnancy."

Janine Fiesta, BSN, JD, senior vice president, Legal Services, visited Native American reservations in Oklahoma on March 2-3. Fiesta was invited by the state government to present seminars to physicians and nurses working in the public health and community setting.

David Beckwith, PhD, administrator and clinical director, Clinical Laboratories, was appointed to the executive committee of a six-county planning coalition for AIDS and to the HIV Planning Council of the Commonwealth of Pennsylvania. He is also scheduled to present a review of the AIDS pandemic on March 18 to the Great Decisions series presented by the Bethlehem YWCA.

David A. Palanzo, CCP, and Annette Basile-Borgia, CCP, perfusionists, Perfusion, attended the annual meeting of the American Academy of Cardiovascular Perfusion in Orlando, Fla. Palanzo presented a manuscript titled, "Repair of Coarctation of the Aorta in the Adult — A Case Report."

Edward O'Dea, controller, Finance, recently received notice that he successfully completed the four-part examination given by the Pennsylvania Institute of Certified Public Accountants. It represents a major step toward becoming a certified public accountant.

Susan L. Lawrence, RRA, MS, CPHQ, director, IQA/RUM, passed a national certification examination in quality assurance. Previously designated as "certified professional in quality assurance," the certification was changed to "certified professional in health care quality" to reflect the shift in the field from quality assurance to quality improvement.

Emma Hooks, director of Safety, attended the Industrial Loss Prevention and Control Conference in Orlando, Fla. and was also a speaker at the American Hospital Association Second National Symposium, "Hospitals and the Environment" in New Orleans. Her presentations were "OSHA Update" and "Preparing for Disaster."

### Coagulation Conference Planned In April

The semi-annual symposium, Practical Laboratory Coagulation, will be held Friday, April 24, in the auditorium at LVHC site. Program director, Daniel Kaczor, MT (ASCP), hemostasis supervisor, Clinical Laboratories, advises early registration for the program, designed to identify practical and current methodologies to assess DIC, Fibrinolysis, Protein C, Pro-

tein S, Antithrombin III, Lupus Anticoagulants and Antiphospholipid Antibodies.

Last fall, the symposium drew an audience from 14 states and registration is limited to 200.

There is no charge for the program, and additional information is available from Linda Krasley at ext. 8155.



## Can Drive Nears 350,000 Mark; Recycling Close To Goal

A million-can drive aimed at purchasing a burn prevention educational trailer crossed the one-third mark at the end of 1991, reports Owen Grady, director, General Services.

Using special containers throughout the hospital, employees have recycled 345,800 aluminum cans. That's more than *six tons* of aluminum. Funds for the recycled cans will be used by the Burn Prevention Foundation to buy a special educational trailer that presents a home environment for teaching fire safety.

The hospital's cans are collected by members of area fire departments and delivered to Alcoa, which in turn has been paying higher than market prices for the cans.

Through December, Grady continues, the recycling effort has reduced incinerated and landfill trash by 22 percent, and Grady believes the hospital's goal of 25 percent will be achieved this year.

Meanwhile, Grady continues, the hospital's recycling program finished 1991 at a total of 418,144 pounds of materials at both hospital sites. More than half of it, 258,140 pounds, was cardboard. Tin and glass from TAH site kitchen tipped the scales at 18,263 pounds, while office paper recycled from both sites between April and December totalled 132,000 pounds.

The nine-month-old paper recycling program, Grady calculates, saved 1,122 trees, 165 barrels of oil, 270,000 KWH of electricity and 462,000 gallons of water.

"We would like to thank everyone for their cooperation in our recycling efforts," Grady says. "Recycling helps to preserve our natural resources, saves precious landfill space and helps reduce air and water pollution."

Those with suggestions for expanding recycling efforts can contact Grady at ext. 8566 to discuss ideas.

### March Of Dimes Plans Benefit Walk

WalkAmerica for Healthier Babies, the annual fund-raiser of the March of Dimes, will be held Sunday, April 26 at Dorney Park and covers a 9-mile route. Walkers, sponsors and volunteers to staff checkpoints are needed for the event to form a hospital team.

Those who join the hospital team will receive a T-shirt to wear at the event. Registration is at 8 a.m. and participants start at 9 a.m. The walk winds along a scenic route through the Lehigh Parkway, Union Terrace and Cedar Beach and returns to Dorney Park in the afternoon.

The local event is the largest in the United States for a community of this size, and raises funds to be reinvested in local programs that work to prevent birth defects. During the past 12 years, TAH—LVHC has received approximately \$280,000 from the March of Dimes.

Last year, 34 walkers raised \$1,845, and the goal this year is 50 walkers. Offered this year as a prize is a trip to Paris, France.

Information packets are available from Gail Pitsko at ext. 3001. Those who have already registered through the March of Dimes should contact Pitsko to be included on the hospital team.

## What's News

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April 4 and *Sexual Abuse in Children* on April 16. For additional information and registration contact Human Resource Development at ext. 8320.

### Trauma Presentation

Members of the Shock Trauma Unit recently presented *Staff Empowerment: A First Hand Experience* at the Trauma: A Continuum of Care Conference at Shawnee-on-the-Delaware, Shawnee. Participating critical care nurses included Marilyn Guidi, Sue Elczyn, Robert Coffey, Terry Stoudt, Mae Ann Hranchock and Susan O'Neill. The presentation was based on the unit's personal experience in initiating a shared governance philosophy.

### Benefit Bike Tour

A HealthEast challenge team is now being formed for the upcoming Multiple Sclerosis Pennsylvania Dutch Bike Tour. The event will be held June 13 and 14, and those interested may contact George Guldin or Paul Garbarini at ext. 8055 to volunteer to ride or sponsor the team.

### Arthritis Symposium

Interaction of the Professional with the Arthritis Patient of the 90s is the topic of a one-day symposium co-sponsored by TAH—LVHC and The Arthritis and Rheumatism Society of the Lehigh Valley (ARSOLV). Nurses, physical therapists and occupational therapists are especially welcomed to the March 28 program at TAH site auditorium.

Faculty includes Mary Brassell, RN, MSN, Rheumatology Clinical Specialist, Moss Rehabilitation Center, Albert Einstein Hospital; Donald P. Goldsmith, MD, director of pediatric rheumatology, immunology and allergies, Cooper Medical Center, Camden, N.J.; Grace Kim, OTR/L, Pediatrics, Cooper Medical Center; and Sandra Schwartz, RN, MSN, Department of Nursing and Health, Allentown College of St. Francis de Sales.

Fee is \$15, which includes continental breakfast and lunch. Additional information is available at 821-1313.



## Congratulations

**Rose Lippy**, Human Resource Development, received her associate's degree in liberal arts from Lehigh County Community College.

**Fariba Ashgari**, MT, Microbiology, and **Homayoon Sam** welcomed a daughter, **Aida** on Jan. 23. She weighed 7 lbs., 2-3/4 oz., was 20 inches in length, and has a brother, **Aria**.

**Lesley Shambo**, secretary, Cancer Center, and her husband, **Donald**, are the parents of a son, **Donald Richard III**, born Feb. 4. He weighed 6 lbs., 8-3/4 oz and was 19 inches in length.

**Nancy O. Gaffney**, financial consultant, Credit Union, and her husband, **Thomas**, welcomed a daughter, **Megan** on Dec. 27. She has a brother, **Tim**.

**Jean Raymond**, staff assistant, Home Care of the Lehigh Valley, and **Donald Paul Hoffman, Jr.**, plan a candlelight wedding on Sept. 6.

**Kelly Ann Kline**, financial clerk, Lehigh Valley Hospice, married **Jorge Almeida** on Jan. 25.

**Mariellen Fleming**, RN, staff nurse, Open Heart Unit, recently completed the Harrisburg Marathon, her fourth successful 26-mile, 385-yard foot race.

**Marie Hutnick**, unit clerk, Special Care Unit, recently announced her engagement to **Jose Gonzalez**, technician, Supply-Processing-Distribution. They plan to marry in April, 1993.

**Joseph G. Borgioni**, RPh, general manager, Spectrum Apothecary, and his wife, **Barbara**, became the parents of a son on Jan. 4. **Joseph G. Borgioni Jr.** weighed 6 lbs., 14 oz. and was 21 inches in length.

**Shirley Egan**, secretary, Legal Services/Risk Management, recently became a grandmother for the third time. **Robert** and **Nanette Egan** welcomed a daughter, **Jordan**, on Feb. 3.

**Michelle Dunleavy**, RN, Short Procedure Unit, and **Jack Dunleavy**, assistant director, Human Resource Development, welcomed a daughter, **Kira Margaret**, on Jan. 30. She weighed 6 lbs., 10 oz., and was 20 inches in length.

## Benefits: Filing Mini-Flex Claims

Employees enrolled in a Health Care Flexible Spending Account may file claims for a variety of eligible expenses not covered under the HealthEast Health Plan.

These include deductibles and co-payments, as well as such expenses as routine physical examinations, school physicals, vision exams, eyeglasses, contact lenses, hearing exams, hearing aids and orthodontia expenses in excess of the maximum plan benefits.

A complete list of eligible expenses may be obtained from Human Resources in the form of Publication 502 from the Internal Revenue Service, titled *Medical and Dental Expenses*.

Claims for healthcare spending accounts can be reimbursed up to the full amount chosen for contribution for the entire year, regardless of when during the year the claim is submitted. Claims for services incurred in the current year may be submitted until March 31 of the following year. At that time, all money remaining in individual accounts from the previous year is forfeited.

To file a claim with Spectrum Administrators, 2166 S. 12th St., complete the mini-flex claim form.

If the expense is not a covered service under the HealthEast Health or Dental Plan, attach the receipt to the claim form and send it to Spectrum Administrators, and after processing a check is issued to the claimant.

If the expense is covered by the HealthEast Health or Dental Plan, attach the bill to either a health or dental claim form (not a mini-flex form), and send it to Spectrum Administrators. If the claimant is a spouse and has insurance under a different plan, the claim first goes to the spouse's insurance carrier. In either event, the employee receives an explanation of benefits

form (EOB) from the insurance provider, which is then attached to a mini-flex claim form and sent to Spectrum Administrators.

Health Care Flexible Spending account checks are currently processed on the 30th of each month. If Spectrum Administrators receives the claim at least four business days before the 30th, it will be included in that month. It takes approximately five business days to process the paperwork.

## Dependent/Child Care FSA

Claims checks for dependent/child care flexible spending accounts are currently processed one week after Spectrum Administrators receives the list of deductions from the payroll department. Then, after about five business days for paperwork processing, the check goes in the mail.

## Benefits Questions

Those with questions may contact their benefits counselor. They include **Gerriane Keiser** (LVHC site), ext 8839; **Maryjane Zanders** (TAH site), ext. 2930; or **Leilani Souders** (Community Health Services), ext. 8807.

## Hello Hospital Day

Children of employees are invited to visit Pediatrics on Tuesday, March 17 to learn about many aspects of the hospital from **Laura Szabo**, child life therapist. The program is part of "Children and Hospitals" week.

Through role playing and medical equipment simulation, the children will be able to better understand hospital functions and they will receive packets filled with information and activities relating to hospital visits and health safety.

For additional information, contact **Szabo** at ext. 2820.



# Fear Sweeps British Kitchens: The Texans Are Coming!

Just how good is the Texas Chefs Association? Can they cook better than British chefs? And how does a TAH—LVHC cafeteria chef fit into all this?

If it all sounds just a little, well, international, that's because it is. The long awaited showdown between American and British chefs takes place next week, and Marvin Schmidt, CEC, executive chef, Food Service will be on hand.

Not just to eat. Schmidt is a judge.

This is a duel arranged by the World Master Chef Society, and for almost a year taunts, barbs and teasing (all in good fun) have been flying back and forth across the Atlantic Ocean.

And it's a long way from pots of chili and newspaper-bundled fish and chips.

Schmidt is one of the few American representatives in the World Master Chef Society and a year ago was the recipient of several awards at a banquet that included British royalty at the head table.

When not supervising the crew at the hospital cafeteria, Schmidt is a serious scholar of gourmet cooking and says that of the entire panel of judges he pulled the best spot—dining room duty instead of kitchen observation.

The panel of ten judges represents an international who's who at the stove, and at stake in the competition is the Golden Platter Banqueting Award—and a lot of national pride. It's sort of like the America's Cup in cooking—the \$10,000 trophy holder might be challenged next by Italy, Japan or France.

Two entire teams of 16 Britons and 12 Americans will hold court in the kitchen at the Tower Thistle

Hotel, St. Katherine's Way, London and each will whip up supper—for 125 people.

The United States is pinning its hopes on a menu called "Taste of America," which is not exactly the sort of thing you find in the cafeteria at noon.

As a judge, Schmidt will have to endure: Chilled Alaska King Salmon, Crab Meat Napoleon (Vanilla Oil, Fresh Herbs and Roasted Corn Pudding); Wild Mushroom Melange (with Caramelized Vegetables, Shitake Chicken Dumplings, Madiera Essence and Pesto Wafers); Cactus-Tarragon Infusion; breads and sweet yellow rose butter; Roasted Tenderloin of Beef larded with Veal Sweetbreads (San Francisco House Style, with Smoked Red Pepper Bordelaise and Vegetable Degustation); and Spring Salad of Field Greens and Pecans with Fresh Cheeses and Basil-Apricot Vinaigrette. Chasing all of that is a dessert called "Chocolate Symphony," "Barney's Coffee" and petit fours.

Schmidt was asked what that sort of meal would cost if it was on the TAH—LVHC cafeteria menu. After some serious calculating, he estimates about \$100 per person. "But with the employee discount," he adds, "it would only be eighty bucks."

## Scholarship Winners

Eight nurses were recipients of educational assistance scholarships following a drawing held by the Professional Nurse Council. They are Gail Saylor, 4A; Kelly Heydt, ACU; Tracy Ziegler, Emergency; Brenda Haas, Heart Station; Valorie Shanaberger, 4S; Pat Leshko, GICU-E; Valerie Rupp, Clinical Laboratories; and Louise Stempa, GICU-W.

## What's News

### General Services

#### Salutes Top Employees

Pamela Green and Sara Schaffer, both of General Services, were named Employee of the Quarter at LVHC and TAH sites by Owen Grady, department director.

Green, who was born and raised in Westmoreland, Jamaica, works as a housekeeper on 6B at LVHC site. Before moving to the United States in 1981 and joining the staff at LVHC site, she worked as a nurse's aide for three years and as a messenger for the Water Resources and Geological Survey Department of Jamaica for 10 years.

She is married, has three children, and enjoys shopping, flower gardening and other yard work, cooking and music.

She says "putting in a good day's work makes you feel good. The people are nice and friendly" and the job keeps her busy.

Schaffer is one of the rare people who can say she lives in the house in which she was born. After graduating from Northampton High School, she worked for Modern Slacks and D&D Shirt Factory for a total of 26 years before joining the staff at TAH site in 1989.

For almost two years she has worked in the Emergency Department and Clinics, but also has outside jobs cleaning homes and office buildings. She enjoys shopping, reading and dining out and is also patiently waiting to split her lottery winnings with an Emergency group that pools ticket purchases.

Grady also recently recognized a number of General Service employees for perfect attendance.

Heading the list are Manuel Morales, Vincente Pantoja, Gumersindo Quinones, Matthew Moyer, Dolores Nesfeder, Kathryn Watt and Dennis Young, all of whom have not missed a day in the past three years. John Senchak, George E. Brucker, and John Cebrosky have posted perfect attendance for the past two years.

Lydia Goretti, Robert Rausch, Eleanor Whittman, Ed Deschler, Ricky Farley, Carolann Kindt, Rose Lukitsch, Zakieh Nimeh and Steven Zavec had perfect attendance during 1991.

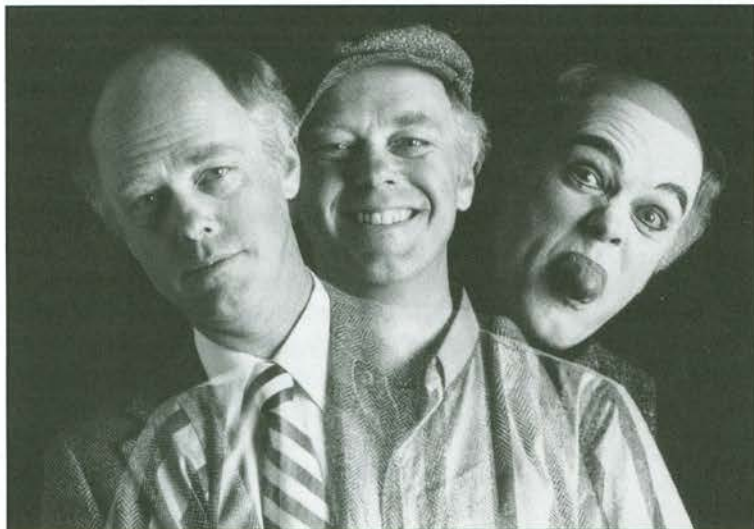


# "Humor, Risk and Change™ in HealthCare" Special Employee Workshop

**YOU'RE INVITED:**

All HEI/TAH—LVHC Employees and Staff Physicians

**SPECIAL GUEST SPEAKER:** C.W. Metcalf



C.W. Metcalf is the founder and president of C.W. Metcalf and Company, a Colorado-based training firm that specializes in helping people and organizations thrive in environments of rapid change. The company offers courses in humor and health, interpersonal communication skills, risk and change, creativity and problem solving, all important skills needed to survive in the 1990s.

C.W. Metcalf has served on the faculties at University of Michigan, Bennington College and Florida State University. He is also a professional writer and actor. His volunteer work with cancer patients and his on-going efforts as a volunteer for hospice groups led him to develop his Humor, Risk and Change™ seminars. Since 1983, C.W. Metcalf has presented humor workshops to over 200 corporate, government, healthcare and education organizations throughout the world.

#### **WHY ATTEND:**

C.W. Metcalf will discuss how good humor creates a sense of joy in being alive. Whoever said "humor is the best medicine" was right on target. A sense of humor is a developed perspective, an attitude that allows for a sense of self control in this often change-crazed world. The workshop will cover such areas as how to overcome the fear of embarrassment and failure, access joy in adversity, take yourself lightly and your job seriously and overcome "terminal professionalism." A special segment will be devoted to humaerobics™, humor exercise for a sense of well being. The workshop activities are guaranteed to make you relax, laugh and start developing methods to deal with change, difficulties and stress in your environment.

#### **WORKSHOP REGISTRATION INFORMATION:**

- **DATE:** Wednesday, April 22, 1992
- **LOCATION:** George Washington Lodge, Whitehall, PA
- **TIME:** 7:00 - 9:00 PM (REGISTRATION WILL BEGIN AT 6:15 PM)
- **FEE:** \$5.00/employee (ONE GUEST MAY ATTEND PER EMPLOYEE — GUEST FEE \$10.00)
- **R.S.V.P.:** Please make check payable to "TAH—LVHC" and return form and registration fee to HealthCounts/Wellness Center location by Wednesday, April 15, 1992. (Registration will be handled on a first-come, first-served basis.)

----- DETACH HERE -----

## REGISTRATION FORM

"Humor Risk and Change™ in HealthCare" — Special Employee Workshop

Employee Name \_\_\_\_\_ Work Phone \_\_\_\_\_

Department/Site \_\_\_\_\_ Cost Center \_\_\_\_\_

Name of Guest/Relationship to Employee \_\_\_\_\_

Total Registration Fee Enclosed \$ \_\_\_\_\_



# The Marketplace

## Items For Sale

Used appliances for sale — Refrigerator, 7 month old Kitchen Aide, almond, side-by-side, 70" high x 35" wide x 29-3/4" deep, icemaker, cold water and ice dispenser, one year warranty, purchase price \$1,500; Hotpoint dishwasher, 10 years old, good condition, gold color; Caloric 4 burner range/oven, 10 years old, good condition, gold/black; knotty pine kitchen cabinets, stainless steel double sink. Come see and make an offer. Call 682-6303 after 6 p.m.

Sanyo radio, dual cassette player, high speed dubbing, bass expander, 4 speakers, auto reverse, 5 pt. graphic equalizer, 6 months old, valued at \$120, asking \$95. Call 740-4546 after 7 p.m.

Skis: size 190 Model K2 5500 skis, all purpose skis, quick turning, slalom cut w/Marker bindings, asking \$225 for package. Bindings alone are worth \$150. Call 799-3629.

Rowing machine, excellent condition, \$75. Cabinet stereo, wood cabinet, good working condition, \$50 or best offer. Call 432-3442.

1989 Thundercraft 18' boat, fiberglass, deep hull, 120 hp Cobra 4 cylinder engine inboard. Galvanized trailer, AM/FM radio, speedometer, all console gauges, split hull with ice chest, seats 8, excellent condition, plus accessories, \$10,900. Call 262-3450 after 4 p.m.

Six-foot bar for sale, \$30, good condition; four bar chairs, \$15 each, also in great condition. Call 965-9478.

Used 25 inch color TV console, Magnavox, early American cabinet, \$150 or best offer. Call 797-8230.

Carpet, brown tweed, 10'x12', excellent condition, just shampooed, foam pad, \$100; custom made drapes, 12', good condition, includes rod, multi-colored. Call 395-2391.

Girls 10 speed Ross bike, 26", Eurosport, \$75. Call 432-8377.

Aladdin Temp-Rite Model S481 kerosene heater, 11,300 btu/hour. Comfort Glow model GRF9A kero-

## Items For Sale

osene heater, 9300 btu/hr. Extra unused wick for the Aladdin heater. Three 5-gal. cans with spigots, 20 gal can with spigot, plus stand to accommodate containers to make filling heating canisters very simple. Everything for \$150. Call 432-6189.

Yashica 230 autofocus camera body with Yashica 28-85 autofocus macro lens and Yashica 70-210 autofocus lens. Also includes electronic flash, electronic cable release, UV filters on both lenses plus a few extras. \$375. Call 797-3592.

Schwinn 10 speed touring bike, 88 model, only ridden for two summers, asking \$150 or best offer. Two trumpets for sale, make an offer. Call 439-8335.

Fender Stratocaster electric guitar, mint condition, with case, asking \$325. Call 434-5899.

Kroehler sofa, loveseat and chair, mauve, country blue and grey with wood trim, great condition. Coffee table and two endtables, coffee table has glass insert, need to sell, moving soon. Call 791-7906.

Dark pine dining room table with 6 matching chairs. Pedestal table, 52" diameter with two 15" leaves. Excellent condition. \$549 or best offer. Call 434-9934.

Antique stained glass shields from Kensington Palace, London. Prior owner was Princess Alice, granddaughter of Queen Victoria. Early 19th Century, magnificent and beautiful. Professionally appraised at \$1,500. Make offer. Collector plates — flower fairies by Cicely M. Barker. Complete set of 6. Market value approximately \$500. Make offer. British Royal Family collectibles. China, books, and more. Prince Charles and Princess Diana royal wedding souvenirs. Offers accepted. Owner moving. Call 262-1415.

Emerson microwave, 0.52 cubic foot, dual power with turntable, 2 years old, \$50. Bicycle car carrier, directions for installation included, used 3 times, \$20. Hoover upright vacuum cleaner, exc.

## Items For Sale

cond., \$55. 17" Sony color TV, exc. cond., \$175. Floortable lamp, brown shade, good condition, \$25. Call 395-2391.

Ten inch boy's bike, 12-inch girl's bike, child's playpen, Teddy Ruxpin with books and tapes, child's crawl through tunnel, portable infant sleeper, child seat for adult bike (2), bean bag chair. All items excellent condition. Best offer. Call 865-0805.

Brown couch with recliners, \$350 or best offer, great condition. Call 262-0786.

Motorola "Bravo" numeric display pager. Asking \$145 or bet offer. Call 867-6973 for more details.

Riding mower — 12 hp, 32" store brand. Used one year (3 years old), \$550. Power snow blower with electric start. Used 5 times, needs cleaning, \$225.

## Vehicles For Sale

1981 Chevy Citation, 2 dr, fwd, htbk, blue, 67,000 mi., standard, ps/pb, clean condition, insp. 6-92, \$695. Call 433-8986, leave message.

1987 Toyota short bed pickup, 4 speed, wide tires, maroon, AM/FM cassette, 55,000 miles, asking \$5,000. Call 395-2213 after 5 p.m.

1979 Bronco 4x4, 8k on rebuilt motor, looks and runs good, inspected to 10/92. Call 264-5872 after 6 p.m.

1989 Nissan Pathfinder, 2WD, AM/FM stereo, 3.0 liter engine, 36,000 miles, excellent cond., tint windows, must sell. Call 434-5899 nights, weekends.

1991 Honda CRX, 31,000 miles, red, AT, AC, AM/FM Cassette, sunroof, exc. condition, snow tires incl., \$7,600. Call 435-9800, leave message.

1988 Pontiac Grand Am 2 door, very good condition, runs good, AT, PS, PB, Air, AM/FM/Cass, PW and locks, alloy wheels, int. wipers, lt blue 2 tone, 56,000 mi. asking \$5,600. Call 367-8370.

1991 Pontiac Grand Am, 10,000 miles, luxury edition, quad-4 engine, brand new, lt blue exterior,

## Vehicles For Sale

blue interior, take over payments (\$233/month) call 797-4437.

1984 Plymouth Reliant wagon, 69,000 miles, 4 cylinder, AM/FM radio, PS, PB, very clean, new inspection sticker, front wheel dr., 2 new radial tires, garage kept, \$2,300. Call 435-6822.

1982 Ford Crown Victoria, new tires, new shocks, new brakes, inspection, loaded, looks great, needs engine work, \$1,200. Call 439-0438.

1966 Corvair Monza, 4 dr. hardtop, R&H, auto, telescopic steering column, 20,700 original miles, yellow with black interior, \$1,995. Call 282-4199.

1990 Ranger XLT Pickup, V6, 5 speed, 15,000 miles, PS, PB, champagne and tan, bedliner and cover, excellent condition, \$8,000. Call 282-4199.

1984 VW GTI, black, 5 speed, AC, sunroof, AM/FM stereo, exc. cond., 77,000 miles. Must be seen and driven to appreciate, \$2,900. Call 838-2827.

1975 Mercedes 280C 2 dr coupe, AC, PS, PB, PW, prof. rebuilt engine, all receipts. Great body. \$3,750 or best offer. Call 838-2153.

1988 Chevy pickup 4x4 Silverado K1500, red with black high rise fiberglass cap, 43,000 miles, too many extras to list, must see, \$10,200. Call 837-8539.

1987 VW Jetta GL 4 dr, 5 speed, AC, removeable Alpine stereo system, garage kept, excellent condition, 38,000 miles. Call 527-5069.

## Real Estate For Sale

6.5 acres, 20 min NW of Allentown, New Tripoli area, perfect for building, perked for sand mound, tree lined frontage with stream, asking \$41,000, will consider any reasonable offer. Call 760-0353.

Twin, 3 BR, newly remodeled, above ground pool, fenced yard, garage, walk-in closet MB, \$79,900. Call 262-2055.

Bethlehem Colonial, excellent condition, 4 BR, 2-1/2 bath, FR and sunroom, one acre with trees,



## Real Estate For Sale

near 512 and 22, 2 zone heat pump with off-peak storage. Call 867-9708.

2.2 Acre lot 25 minutes west of LVHC, beautiful country location, clear lot with tree lined boundaries, standard perk approved, \$49,900. Call 395-8333.

Approximately 1/3 acre in private association in Poconos, 10 min. from skiing. Private club, good hunting, family vacation spot. Call 439-4194.

South Mountain-Allentown, 3 BR brick townhouse, LR, DR, 1-1/2 bath, modern kitchen, full basement/attic, deck with fenced yard, 2 car off-street parking, a must see. Call 791-9688.

Restored farmhouse, living room, dining room, informal dining room, kitchen, sitting room, 3 full baths, 2 half baths, five bedrooms, one acre, East Penn Schools, corner of Cedar Crest Blvd. and Riverbend Road, 2 miles from LVHC. \$299,000. Call 965-9887.

## Real Estate For Rent

3 BR townhouse, Parkland School, LR, DR, basement, deck, 2-1/2 bath, \$700/month plus security deposit. No pets. References required. Call 481-9284.

Northampton 3 BR above avg. twin, LR, DR, K, FR, all recently remodeled. Quiet res. area next

## Real Estate For Rent

to woods, large fenced front yard, cov. patio and more. \$96,500. Call 262-8051.

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

Two room ocean front suite with king size bed and queen size sleep sofa, private balcony and complete kitchen. Indoor heated pool. Aug. 1-8, \$700. Call 967-3791.

Sea Isle City, NJ, 4 BR, 2 bath home, 3 houses from beach, ocean view, \$675-\$975/week.

Apt. for rent, 3 or 2 BR, south Allentown, 10 min from LVHC, very clean, garage and yard incl. Call 791-1069 after 5 p.m.

Florida's premiere vacation resort. Spacious 2 BR, 2 bath villa located 4 miles from Walt Disney World and EPCOT. Available Aug. 23-Aug. 30 or Aug. 30-Sept. 6. Call 435-0227.

3 Bedroom, two floors with finished basement, laundry - washer/dryer, 1-1/2 baths, fireplace, garage, 23 S. Glenwood St.,

## Real Estate For Rent

Allentown, \$895/month plus utilities. Call 395-2391.

One BR/LR, remodeled kitchen and bath, 2 blocks to West Park. No pets, lease, security deposit, \$350 plus utilities. Call 264-3074, leave message.

## Services

Do you need a DJ? Call 262-2388. We have all the tunes from the 50s to today's top 40. We specialize in oldies. Great rates, rock around the clock.

Teddy bears dressed for your wedding. Call 965-9657, 3:30 to 6:30 p.m.

Learn to sail — small and large boat handling and windsurfing. Classroom and on the water instruction by members of the Windward Sailing Club, LCC. Five Mondays, April 20-May 18, 7-9:30 p.m. Fee \$36. Call 799-1371.

Childcare in a nurturing and creative environment, my home. Activities. References available. Whitehall area. Call 262-1872.

Lawn care/landscaping — Spring is coming. We offer a complete line of lawn care services. Satisfaction guaranteed. Senior citizen discounts. Call 965-2296 for a free estimate.

Hart/Line Construction — remodeling, electric, plumbing, masonry, concrete excavating, septic

## Services

systems, replacement windows, 25 years experience, fully insured, references available. Call 285-2840.

Single parent support and play group for professional mothers and fathers of children 1 to 12 years old. Opportunity for you and your children to meet new friends. Networking, planned activities (trips to parks, plays, concerts, movies, Chuck E Cheese, Dorney Park, etc.) and parents night out. First meeting for open discussion and planning, Tuesday March 24, LVHC classroom 2, 7 p.m. To register, call 432-8595.

Attention gamers — tired of paying retail? 20 percent off retail for role-playing, military simulation, board games and accessories. All the major games companies. Call 866-8495 after 6 p.m.

Wolf Property Services — prompt, professional and affordable. Specializing in scheduled lawn maintenance both commercial and residential. Fully insured. Call 391-1727.

## Wanted

Anyone leaving LVHC Monday-Fridays 5 or 5:30 p.m. going to vicinity of TAH. Call 740-9646.

Vocalist with instrument ability wanted for part-time pop/rock dance band. Call 432-7709.

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 April Marketplace is March 30.

## 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 \_\_\_\_\_



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**CREDIT UNION**

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**!!! SPECIAL CAR LOAN PROMOTION !!!**

LIMITED TIME ONLY – BEGINNING MARCH 16, 1992

**NEW CARS**

36 MONTH RATE – NOW: 6.9% WAS: 8.9%

48 MONTH RATE – NOW: 7.9% WAS: 9.9%

60 MONTH RATE – NOW: 8.9% WAS: 10.9%

**USED CARS \***

36 MONTH RATE – NOW: 9.4% WAS: 12.3%

48 MONTH RATE – NOW: 9.9% WAS: --

60 MONTH RATE – NOW: 9.9% WAS: --

\*Restrictions Apply

Call or stop-in today for details

LVHC Site: 776-8404

TAH Site: 778-9499

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*\* Get your car loan at a great rate, and help get our economy rolling! \**