

Reception To Salute Desert Storm Troops

A special reception to honor 17 employees and staff physicians who served in Operation Desert Storm will be held Aug. 28 at LVHC site.

All employees and medical staff are invited to the open reception, to be held in Classroom 1 from 2:30 to 4:30 p.m. Refreshments will be served.

The reception has been on hold for some time, delayed until all had returned from the Persian Gulf.

Those who were called to active duty during the Persian Gulf crisis include:

David Barillo, MD, plastic surgeon

Sheila Berg, MSW, Cancer program

Jane Calvo, RN, SSU

Robert Coffey, RN, STU

Lawrence Edwards, RN, L&D

Dennis Frederick, PA

Michael Glovich, student, Pharmacy

Richard Hennigan, RN, 5A

Timothy Hickey, Flight RN, MedEvac

Anna Kriebel, perioperative tech assistant, Anesthesia

James McCawley, biomedical technician, Biomedical Engineering

Kenneth McDonald, MD, vascular surgeon

Charles Renniger, MD, obstetrics/gynecology

John Satkovich, Flight RN, Med-Evac

Gwenda Schropp, GN, OR

Beverly Tibbott, RN, GICU-E

Patricia Walters, RN, GICU-E

What's News

Symposium Series Topics Announced

Programs for Regional Symposium III were recently announced by Human Resource Development, along with several additional HealthEast programs.

The series begins Sept. 20 with the Fourth Annual Coagulation Symposium: Thrombosis and Antithrombotic Therapies. Also in the series will be the Fourth Annual Cardiovascular Nursing Seminar, the Third Annual Neuroscience Symposium, the Second Annual Critical Care Symposium and the First Annual Musculoskeletal Sciences Symposium.

Other offerings include programs on rheumatoid arthritis, pain, protecting healthcare workers, endocrinology, geriatrics, urology, wilderness medicine, fetal anomalies, infectious diseases, digestive sciences, pulmonary medicine, pediatrics, nutrition, cardiology and obstetrics and gynecology.

The series runs through June 6, 1992.

Additional HealthEast programs include the following topics:

- *Overcoming the Odds — 1991* on Aug. 22-23;

- *Immunology and Microbiology in the Immunosuppressed Patient* on Oct. 29-30;

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Where's My Ad?

Because of technical difficulties, a number of Marketplace submissions received in the last few days of July were not included in the August Marketplace. We extend our apologies to those who were inconvenienced; the "lost" ads will be printed in September.



The Allentown
Hospital—
Lehigh Valley
Hospital Center

A HealthEast Hospital

What's News

Symposium Topics

Continued from Page One

- *Jaeger-Tilly Neuroscience Nursing Conference* on Oct. 30-Nov. 1; and
- *Trauma Nurse Continuum Conference at Shawnee* on Jan. 9-10.

Individual program brochures contain information about registration fees (usually waived for hospital employees), starting times, locations and credits. The series is supported by the Dorothy Rider Pool Health Care Trust.

Additional information is available from Human Resource Development.

Other HRD Programs

The next hospital orientation will begin at 8 a.m. at LVHC site on Monday, Aug. 19, and an optional tour of both sites will be held Wednesday, Aug. 21 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, Aug. 28 in the Pediatrics conference room, 5th floor, TAH site.

CPR certification, for which pre-registration is required by calling ext. 2430, will be held in two parts and attendance is required for both. Part I will be held Aug. 15 from 9 a.m. to noon in Room 900, School of Nursing, TAH site. Part II will be held Aug. 20 in the School of Nursing auditorium, TAH site.

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*

Pizza Math: Economical Pie

Picking up on a report that pizza pies are hot sellers, one consumer at LVHC site cafeteria commented recently that it's probably due to no discounts.

Not so, replies Food Service. The pizza pie price is charged in accordance with the slices of pizza, which already contains the 20 percent discounted price for whole pies. Figure it this way: Cheese pizza, by the slice, after the discount is \$1.14. Multiply by eight slices to the pie and you get \$9.12.

On the other hand, an entire cheese pie is \$6.50.

Pizza enjoyment and cold drinks go hand in hand, but the ice machines haven't been keeping up the pace, some say.

Food service is aware of it and is currently researching ideas with the manufacturers of how capacity can be increased. In the meantime, the machines are getting an extra boost by hand filling, and there are apologies for a shortage of ice in the cup.

At the other end of the beverage spectrum, a request for larger coffee

cup has collided head on with a space problem. Cafeteria officials say that cramped counter space doesn't provide enough room, and they're trying to consolidate paper usage because of costs and environmental concerns.

Have the pancakes gone cold and dry? They used to be good, a customer says, but lately, well... Food service is reviewing preparation and holding methods to get the hotcakes back up to standard. The same is true for brown lettuce on the salad bar.

On the other hand, the fresh fruit bar was so popular that there have been requests to offer it at least once a week. Why not daily, then? Equipment is on order to provide for it.

Not so sweet with some customers is an artificial sweetener that carries a cancer warning label, and Equal brand sweetener was suggested as an alternative. Cost precludes that, Food Service says, but other products are being researched.

New Hours At Credit Union

New business hours went into effect at the LVHC site office of the HealthEast Federal Credit Union on Aug. 5, says Terry Wells, manager. The hours are from 9 a.m. to 4 p.m. Monday, Tuesday, Wednesday and Friday; Thursday hours are 3 to 5:30 p.m. Wells says former hours "seem to confuse our members," which was the reason for the change.

She also announced a search for a new member of the board of directors, who must be able to attend meetings on the third Thursday of each month and contribute one to two hours a month for subcommittee work. Those interested in serving can contact her at ext. 8404.

Mission Statement

Our HealthEast Federal Credit Union is dedicated to the continued financial well-being of its members. Our mission of providing high quality, value-added services to our members will be on-going and adaptive to meet changing needs, technology and perspectives. We will be guided by a sincere, compassionate and ethical concern for our members.

Our Credit Union is a financial cooperative owned and controlled by members, exists for the financial benefit of its members, encourages regular savings, offers loans at reasonable rates, offers the best possible services to meet members' needs at fair rates and terms, and seeks to maintain the Credit Union's long-term financial stability.

Art Show, Benefit Sale Set For September

The fifth annual art exhibition and sale sponsored by the Arts Advisory Council of HealthEast will be held Sept. 6-9 in Classrooms 1, 2 and 3 at LVHC site.

The not-for-profit council was established five years ago with a mission to foster a healing and therapeutic environment within the hospital through the arts. One of the council's most successful fund-raising events is its annual art exhibition. Each year, the council invites regional artists to submit selections of their work for jurying. This year over 100 original paintings, sculpture and photography, ranging in price from \$175 to \$3,000, will be on display and available for sale.

It is primarily through the proceeds of this one event that the

council is able to add to the collection of Pennsylvania regional art that brightens the rooms and hallways of the hospital. That collection currently includes over 200 pieces.

Employees are invited to a special preview on Friday, Sept. 6 from 3 to 5 p.m. For those who wish to meet the artists, a reception will be held on Friday, Sept. 6 from 5 to 8 p.m. Refreshments will be served at both events.

Exhibition hours for the remainder of the show are 11 a.m. to 7 p.m. Sept. 7, noon to 7 p.m. on Sept. 8, and 10 a.m. to 7 p.m. on Sept. 9.

The exhibition is open to the public free of charge. Reservations are recommended for the reception by calling Gail Evans at ext 3031.

Making The Rounds

Kim S. Hitchings, RN, MSN, director, operations, NEPE&R, has been named to the editorial board of a new national-circulation bi-monthly newsletter, *Nursing Staff Development*, and will be responsible for a column, "Administrative Issues in Staff Development," as well as feature articles.

Karen Peterson, RN, MS, CS, psychiatric clinical specialist, NEPE&R, presented the preliminary results of a research project conducted with Connie Molchany, RN, MS, CCRN, at a recent conference in Seattle, WA. The conference, "Theory and Research Based Psychosocial Nursing Practice", was sponsored by the University of Washington and attended by nurses from throughout the United States and Canada. Peterson's poster presentation on *The Psychosocial Effects of Support Group Intervention on AICD Recipients and Their Significant Others* was well received by her colleagues.

Judith A. Matusic, MS, CRN, occupational health nurse, Healthy Business, recently completed her master's degree in counseling at Loyola College, Baltimore, MD, and was certified as a psychiatric specialist by the American Nurses Association.

Marsha Becker, RRT; LouAnn Mellinger Flynn, RRT; Susan Deprill, RRT; and Brent Nickischer, RRT, all of Respiratory Care, recently obtained registry credentials as registered respiratory therapists.

Chronic Disease Lectures

The Fall 1991 series of free public lectures sponsored by the Chronic Disease Committee of HEI/TAH—LVHC begins with "Obesity: Implications and Interventions", about metabolism and genetics of obesity as well as medical and surgical interventions for obesity. Dean Dimick, MD, will speak on the topic on Oct. 9 from 7 to 9 p.m. in LVHC site auditorium.

"Anorexia and Bulimia" will be presented by Marlene Finkelstein, LSW, and Rita Valenti, MA, both psychotherapists, on Oct. 16 from 7 to 9 p.m. in LVHC site auditorium.

Future topics in the series include heart healthy nutrition, heart healthy shopping, heart healthy cooking, chronic fatigue syndrome and other fatigue disorders and chronic disease and depression.

Also offered are:

•L.E.A.R.N.TM Weight Control series resumes with starting dates of Sept. 24, Oct. 2 and Dec. 7;

•Shapedown® — Child and Adolescent Weight Control on Sept. 23;

•Encore Weight Maintenance Programs on Sept. 30 and Dec. 2;

•Smoking Cessation Hypnosis on Sept. 20, Oct. 15, Nov. 19 and Dec. 13;

•Smoke Stoppers® on Oct. 2 and Oct. 20; and

•Stress, Imagery and Well-Being on Oct. 22.

For additional information, fee schedules and registration forms, contact HealthCounts at 821-2150.

SPU Milestone

Special Care Unit at LVHC site marked a milestone of sorts on July 13 when it handled postoperative care for the first kidney transplant patient, a 24-year-old male from Slatington. Two days later, the patient was transferred to 5B to continue recovery and receive instructions on postoperative care, and then was discharged.

Gary Guldin, RN, head nurse, applauded the staff for a job well done and gave special thanks to Robin Landis, RN, clinical instructor, NEPE&R, for coordinating education sessions and preparing the staffs of SCU and 5B.

What's News

Time For The Fair

As The Great Allentown Fair approaches, Security will again need employee cooperation with temporary parking adjustments associated with the annual event.

Beginning Tuesday, Aug. 13 through Tuesday, Sept. 10, all Fairgrounds parking facilities will be relinquished. In addition, parking facilities within the Fairgrounds track will be surrendered Tuesday, Aug. 20 through Thursday, Sept. 5. To minimize employee displacement, the following parking changes were announced for the period:

- The physician's lot at the corner of 17th and Chew streets will be used for patient/visitor parking. Physicians and house staff will be reassigned to the North West Street and Gordon Street lots.

- The North West Street lot will be relinquished by employees to accommodate that change.

- Day shift employees displaced from the Fairgrounds track will be directed to the grass lot at the corner of 17th and Hamilton. Access is on Court Street. The area will be available from Aug. 13 through Sept. 5.

- Evening shift employees will be directed to park at the William Allen High School garage on Turner Street from Aug. 13 through Sept. 2.

- Night shift employees will continue to park on the upper level of the Fairgrounds Medical Center parking deck.

"The Tunnel" van hours will be extended at both sites beginning Aug. 13 through Sept. 5, operating from 5:30 a.m. to 6 p.m.

The Auxiliary of The Allentown Hospital will be allowed to charge for parking in the evening hours at the parking lot located at Liberty and 17th streets (Lot 7). Access to the lot by day shift employees is unaffected, but after the shift, auxiliary members will man the gates and there will be no complimentary employee parking in the lot. The lot is normally unused in the evening hours, and the funds from the activity represent a major source of revenue for the auxiliary, which in turn donates funds to hospital projects.



Now, here's a serious copier...being operated by Will Mest at LVHC site.

Quick!

I Need 72,000 Copies, Collated...

On the ground floor of each hospital site is a noisy little room tucked away from most other parts of the hospital. Few employees come to this room, but every employee has seen what comes out of it.

It is the print shop — home of photocopier machines that serve over 300 departments.

More important than the machines, however, are the men who operate them — Will Mest at LVHC site and Grant Follweiler at TAH site.

They run high-speed, high-quality copiers that produce an average of 42,000 copies at LVHC site and 30,000 copies at TAH site ... every day. And that volume shows no sign of diminishing, Mest says. "There's about a 10 percent increase in the amount of things that need copying each year."

While duplicating needs may be increasing annually, so is the speed at which the work is done. The LVHC site shop obtained a Xerox 5090 last year that dramatically in-

creased speed to 135 copies per minute while not sacrificing quality.

Yet despite more efficient equipment, the two men still face a large daily workload. They try to take each project on a first-come, first-served basis, but admit that some jobs, like the minutes of important meetings, take priority over others.

Any department needing copies must complete a photocopy request form. And while there is no flat policy, Mest advises, "Ideally it would be nice to have the job request form two full days before the person wants the work done." There are times when the copiers are busy with massive projects that take more than a day to complete, so last-minute job requests are discouraged.

For small jobs, both hospital sites maintain copy machines for employees to use. Mest offers the same advice to people who use these walk-up copiers as he does for people making requests to the print shops: use only clear and flat



Grant Follweiler serves the copying needs for TAH site.

originals for copying. Paper that's folded or crumbled in any way is likely to get stuck in the machine and cause much frustration.

Mest and Follweiler work efficiently and prefer to do one large project than several little ones for a department. Follweiler says, "I'd rather make more copies than less. For instance, I'd prefer to print 500 copies of something at once than to have to make 100 copies of the same thing every week."

Mest likes to duplicate using plain white paper because colored stock is more expensive than white. Sometimes, however, there is a specific reason to use colored paper. The same is true of multiple pages rather than double-sided copies. Fewer sheets through the copiers mean fewer trees cut for paper mills.

Both enjoy the service aspect of their jobs, and like working with other hospital employees. They welcome visitors, too — except for the Xerox repairman.

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

How To Get Quick Service From Mailrooms

How to get the best service from the print shops and the mailrooms often used to distribute those copies:

- **Clear, sharp, flat** originals make the best copies.

- **Plan ahead.** It's more efficient to print a slightly larger quantity of a frequently-needed item than many short runs. Additionally, send requests to the print shop as far in advance of your need as possible.

- **If your project** is more than one sheet, have it printed double-sided.

- **If you're uncertain**, call and ask. Both print shops will provide suggestions and advice for quality copies.

For speeding service through interdepartmental mail:

- **Be sure to specify** the exact department. "Jane Doe, Nursing" can mean almost anywhere.

- **Avoid initials.** Not all messengers know, for example, that F.I.T. stands for "Families in Transition".

- **Avoid two names** on one envelope. Cross out all other names except for the one you want to receive it.

- **Employees are** no longer at 50 College Drive. With recent mergers, HealthEast departments have moved to a variety of locations. Specify the location.

- **Keep your mailing** list current. An envelope addressed to "Sam Huston, Administration TAH" will go to TAH site — and then someone will ship it correctly to LVHC site. It delays mail and wastes time.

What's News

Safety Salutes Three

Three employees at LVHC site are being saluted for rapid and correct response to minor fires in an elevator ventilation system and on the receiving dock.

Emma Hooks, director, Safety, says Fran Miranda, Risk Management, and Chris Holmes and Dawn Holland, both of Supply-Processing-Distribution, will receive dry chemical home fire extinguishers and letters of commendation for prompt action that prevented serious damage.

In both cases, hospital procedures were followed exactly and the incidents prompted further attention to fire prevention. "Our fire prevention program is effective," Hooks says. "Our people are responsible, and so we have a responsibility to recognize them."

Noting that national statistics indicate about 6,000 reported hospital fires each year throughout the United States, Hooks reminds all employees that fires are considered accidents and that all accidents are preventable.

New Goodies

MedEvac announces the delivery of new T-shirts sporting a 10th anniversary design in many assorted colors, including neon. Prices vary, depending on color and size, but range from \$10 to \$16. Also available are ceramic mugs for \$5, baseball hats for \$6 and helicopter pins for \$3.

All are available in the gift shop at LVHC site, and profits from the items help support educational costs of MedEvac personnel.

A Tip Of The Hat...

Nursing units wouldn't be anywhere near as efficient without them. At least, that's what Gov. Robert Casey and Allentown Mayor Joseph Daddona think. That's why the two officials designated Aug. 23 as Health Unit Coordinators Day throughout the area. At TAH—LVHC, they're known as unit clerks, and are lauded "for their efforts to help make quality a watchword at our institution."



Class 17 in the Quality Education System program includes, standing, from left, Jack Dittbrenner, Biomedical Photography; Carole Bosch, General Services; Denise Bartholomew, Admitting; Elizabeth Martin, Food Services; Marilyn Fahler, Supply-Processing-Distribution; Mary Jo Beily, RN, Administration; Grace Guldin, RN, Administration; Dale Jarvis, Information Services; Donna Wilson, Adjunctive Therapy; Maurice Gisler, Clinical Laboratories; Holly

Hinkel, RN, 4A; Jane Nester, HealthCounts; and Beth Cepil, instructor.

Seated are, from left, Carol Ann Knowlton, RN, Burn Center; Louise Solomon, Clinical Laboratories; Elizabeth Knauss, Financial Services; Alan Keller, Engineering; Kathleen Sheetz, Financial Services; Phyllis Ritter, Blood Bank; David Mitchell, RN, Adult Psychiatry; and Chris Morehouse, RN, GICU-W.



Class 18 in the Quality Education System program includes, standing, from left, Everett Campbell, Materials Management; Renee Costenbader, RN, 6B; Ralph Erickson, Psychiatry; Gary Haas, Pulmonary; Margaret Jessup, Neurodiagnostics; Sheryl Repischak, RN, Administration; William Sabol, Clinical Laboratories; Todd Reifinger, Food Services; Bonnie Wasilowsky, RN, SCU; Diane Wagner, RN, 6T; Debra Sokol-McKay, Home Care; instructor Ruth Davis.

Seated, from left, are: Staci Kaczmarczyk, Information Services; Janice Kiefer, RN, Employee Health; Paul Klee, Telecommunications; Theresa Miorelli, Pre-Admission Testing; Judy Natale Sabino, Community Health; Charles Natterman, Radiology; Cynthia O'Neill, RN, 4S; Arnette Odenwelder, Ambulatory Care; Margaret Parry, Poison Center; and Leslie Pierotti, Information Services.

227 Sample Healthier U.; Prize Winners Announced

A total of 227 employees officially participated in the "Healthier U." health awareness program sponsored by HealthCounts. The program was held at both TAH and LVHC sites with the main goal to help employees identify health risk areas and then assist them in making healthier lifestyle changes through a variety of activities.

Post-program questionnaires were distributed to participants and of the 112 received, 43 said the program was excellent, 65 graded it as good, and three said it was fair.

The top three events within Healthier U., as indicated by participant ratings, were the "Rockport Walking Program," "Pinch an Inch" computerized body fat testing and "The Picnic Table" healthy cooking demonstrations. Respondents to the questionnaire also mentioned several benefits of the overall program: greater personal health awareness and health knowledge, improved motivation, better and safer walking habits and that they enjoyed the group interaction.

At the conclusion of the program an awards celebration was held at each of the sites. Employees who completed at least six out of seven Healthier U. activities were eligible for the special prize drawing at the celebration.

Winners and prizes included:

Did You Get One?

Infection Control has recently issued an updated version of the merged TAH—LVHC Infection Control Manual and Debbie Sterner, secretary, wants to be sure no department was overlooked on the distribution list. If your department hasn't received a copy within the past couple of weeks, contact her at ext. 8197.

Dyna Bands, Ann Ruhf (LVHC site) and Nancy Hadjokas (TAH site); seafood cookbook, Kim Morstatt (LVHC site) and Barbara Caserta (TAH site); Coleman water jug, Denise Janis (LVHC site) and Amy German (TAH site); HealthCounts visors, Doris Horwath, Jane Stauffer, Sharon Bartz and Beverly MacIntosh (all LVHC site) and Vanessa Tagger and Walter Eberts (TAH site); HealthCounts tank-tops, Lorrie Heyer and Constance Malick (LVHC site) and Lisa Bowers, Carol Mutchler, Pamela Moor and Terri Schooner (TAH site); fruit basket, Becky Sherman (LVHC site) and Lynn Risinger (TAH site); massage gift certificate, Lana Brago (LVHC site) and Elaine Toth (TAH site); \$100 AAA gift certificate, Marlene Boyer (LVHC site) and Lorraine Schoedler (TAH site).

Program organizers expressed appreciation to several departments and individuals for assistance. They included Human Resource Development for securing rooms needed for the activities; Engineering for mapping out the one-mile routes at each of the hospital sites and Clinical Dietary Services and Food Service — especially Marvin Schmidt and Alex Endres for creating a popular recipe. Library Services was applauded for storing and making available the many health promotion tapes for employees to view; Andrea Parry, RN, associate head nurse, GICU-E, for humor sessions; and Information Services for computers and scanners to run the health risk analysis and body fat analysis programs.

Follow-up activities are being planned for the fall, say Judy Thieme and Bev Silva of HealthCounts.

What's News

Salventi Moves

John Salventi, PhD, vice president, Administration, recently moved from TAH site to the modular units at LVHC site. His new telephone number is ext. 8415.

Picnic Tickets On Sale

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

The picnic begins at 11 a.m. and continues until 7 p.m. and this year will take on a Texas barbecue style. On the menu are hot dogs, hamburgers, Texas-style barbecue brisket, barbecue chicken kabobs, corn in the husk and baked beans barbecue style.

The menu also includes corn bread and tossed salad, pepper cabbage, relish trays, watermelon, chips and pretzels, cookies, ice cream, coffee and cold drinks.

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

The event will be held rain or shine, and there will be no refunds.

A variety of games are planned for adults and children. While the public pool at the park will be open, admission is separate from ticket prices.

Here's how to get there:

Via Lehigh Street, go to Emmaus and turn left at the traffic light onto 10th Street.

Via Cedar Crest Boulevard, go to Emmaus, turn left at the light and turn right onto 10th Street.

Then, for both directions, turn right at the stop sign onto Pennsylvania Avenue; where the road forks to the right, signs marking the park will be evident.

Ticket sales will be in the lobbies at both hospital sites from 2:30 to 3:30 p.m. Aug. 12, Aug. 16 and Aug. 19. Identification badges are required to purchase tickets.

Benefits Spotlight

Do you need new eyeglasses or contact lenses but keep putting off purchasing them? Are your child's daycare costs high yet the federal tax credit for dependent care is not the avenue for you? Do you have enough life insurance for yourself and your dependents?

Plan now for 1992. Open enrollment for mini-flex will be held in October for the following programs:

- Pre-tax options: Health Care Flexible Spending Account and/or Dependent Care Spending Account

- Post-tax options: Supplemental and Dependent Life Insurance and Voluntary Accidental Death and Dismemberment policies.

There will be a series of articles in coming weeks detailing information about what mini-flex has to offer. Check future articles in Benefits Spotlight.

Weight Programs

The HealthEast Health Plan had provided coverage for weight reduction programs offered within the HealthEast system. Since March 1, 1989, weight reduction programs were covered because the services were offered at the Lehigh Valley Weight Management Center, a system provider, in response to employee requests — even though it is not a standard health plan benefit.

The Weight Management Center closed on March 1, 1990 and since that time, services have been covered at Gnadon Huetten Memorial Hospital (GHMH) only.

As of July 1, the weight reduction program at GHMH closed and will no longer be available. Since there are no weight reduction programs currently available at a HealthEast facility, this benefit will no longer be covered under the HealthEast Health Plan.

As always, if you have questions, please contact Gerriane Keiser (LVHC site), ext. 8839; Leilani Souders (CHS), ext. 8807; or Maryjane Zanders (TAH site), ext. 2930.

Cancer Center's Skin Screening Attracts 400 To TAH Site, GHMH

More than 400 people turned out at TAH site and Gnadon Huetten Memorial Hospital for a skin cancer screening offered by the Comprehensive Community Cancer Center on May 19.

In that group, 45 suspected cancers were found, including 39 basal cell carcinomas, four squamous cell carcinomas and two melanomas.

Have A Nice Day...

Dressing Up Dinner

Summertime for working parents with children creates a strong demand for fast, nutritious meals — especially the kinds that don't involve turning on a stove.

The answer, of course, is salads, which can often be prepared the night before and be on the table almost instantly. Jane Ziegler, director, Clinical Nutrition Services, suggests both fruit and vegetable salads but reminds everyone that a salad by itself doesn't make a balanced diet. To improve protein content of salads, try low-sodium tuna or salmon canned in water.

Among the veggies worth tossing into a salad (besides the old standby, a nice ripe tomato) are raw spinach, kale, zucchini, cucumbers, carrots, celery ... in fact, have a grand time with summer's bounty. In terms of lettuce and its leafy cousins, the darker green, the better in terms of vitamin A.

To improve dietary value of everyone's fondness for dressings, she advises sticking with fat-free varieties.

Audio-Visual Tips

If you've got a program planned that requires audio-visual support for VCRs, slide projectors or overheads, put in your request at least 48 hours ahead of time to ensure the best service from Human Resource Development. HRD will deliver and set up the equipment and personnel are more than willing to provide quick lessons on how to operate it — including bulb changes — to help your presentation be a success.

And Finally...

Department of Everyone's Important: Nurses at TAH—LVHC generally get lots of praise from patients being discharged, so it was not surprising recently when a patient commented, "The nurses on peds are the best. They're always ready to help." And they continue: "The cleaning man was so thorough and friendly." At LVHC site, a patient wrote: "I mentioned a bit of matter on the underside of the toilet seat. Housekeeping had it cleaned off within three minutes. Amazing!"

Surveys, which continually monitor the impressions patients have of the quality of care and service, invite comments both good and bad. That means patients and visitors evaluate everyone, all the time.