

Recreation Committee's Itinerary: Summer Fun

If you're looking for some fun this summer, look no further than Lehigh Valley Hospital's Recreation Committee for a variety of enjoyable activities for employees and their families.

Family Night at Dorney Park.

On Monday, July 25 and Tuesday, July 26, the committee is hosting Family Night at Dorney Park. The price of admission on either day is \$12 per person and entitles ticket holders to unlimited rides in the park from 5-10 p.m., unlimited waves in Wildwater Kingdom from 5-8 p.m. and unlimited food at an all-you-can-eat picnic from 5:30-8:30 p.m. (Children ages four and under will be admitted free.) The only thing that's limited are the number of tickets available; each employee is allowed to purchase six tickets for members of their immediate family. Tickets can be purchased from Sharon Bartz in the physical therapy department at CC&I-78. Please send checks only, payable to LVH Recreation Committee, to her attention through interoffice mail. The deadline for the non-refundable ticket purchases is Friday, July 22.

Phillies vs. Colorado Rockies

On Friday, Aug. 26, the committee is chartering a bus to Veteran's Stadium where the Phillies will defend their astroturf against the Colorado Rockies. Tickets and transportation to the close-to-home game are \$22.50 per person (due July 29). The bus will leave CC&I-78 at 5:45 p.m. Game time is 8:05 p.m. For tickets or more information, please contact Barrie Borger at ext. 1451 or via Email.

Back Roads Bus Tour

On Friday, Sept. 9, the committee is sponsoring a Back Roads Bus Tour of beautiful Lancaster County. Tickets are \$32.50 per person (due Aug. 12) which includes round-trip transportation and a late morning "Farmer's Breakfast." The tour will highlight the heritage, traditions and religion of the Mennonite and Amish peoples and include stops at a greenery, hand-made pretzel shop, blacksmith shop, dairy farm and bakery. The bus will leave CC&I-78 promptly at 7 a.m. For tickets or more information, please contact Barrie Borger at ext. 1451 or via Email.

Caribbean Cruise

Among the committee's upcoming adventures is a cruise aboard the M. V. Oceanbreeze, Sunday, Feb. 26 - Sunday, March 5, 1995. Ports of call will include Aruba, Dominica, Barbados and Curacao. Total cost per person is \$1,308.50 which includes round-trip bus transportation to Newark International Airport, a direct flight to and from Aruba, and double occupancy in the ship's inside state-rooms. A \$200 deposit is required by Sept. 30, 1994. For reservations or more information, please call Kay Zelina in patient accounting at ext. 9455.

Future Meetings

On the fourth Tuesday of every month, the committee meets at alternate sites to plan these and many other interesting excursions. Put that on your itinerary and you can help to ensure year-round fun for your co-workers and families. ■

Hospital's Future is Focus of Retreat

The decision-making responsibilities of Lehigh Valley Hospital's governing board and administration, functional planning for the hospital's future, and the status of the Physician Hospital Organization were the key issues addressed at a recent retreat for hospital and Pool Health Care trustees and members of the senior management council. The council is composed of the immediate past president, president and president-elect of the medical staff, 12 department chairs and senior administration.

During the retreat, participants unanimously agreed that the board would continue to set policy and provide broad direction for the hospital while the chief executive officer and senior management council would retain responsibility for recommending and managing policy development, strategies to achieve specific goals and overall operations.

A decision-making matrix, which outlines and clarifies these responsibilities, will be distributed to all members of the medical and administrative staffs in future departmental meetings.

Participants also reviewed preliminary recommendations for the functional planning process that began last August when the firm of Hamilton/KSA of Virginia was retained to assist senior management with the development of a functional plan. The plan was initiated to determine the scope and range of services the hospital could expect to provide during the next decade and the type of facilities that would be needed to accommodate those services.

The major recommendations call for the redesign of the processes by which outpatient and inpatient services are delivered. Service delivery will be driven by a concept called

"The Ideal Patient Encounter," a balance between a patient's expectations and the way the hospital responds to those expectations. At the same time, the hospital and its medical staff expect to achieve operating efficiencies critical to remaining competitive in health services delivery.

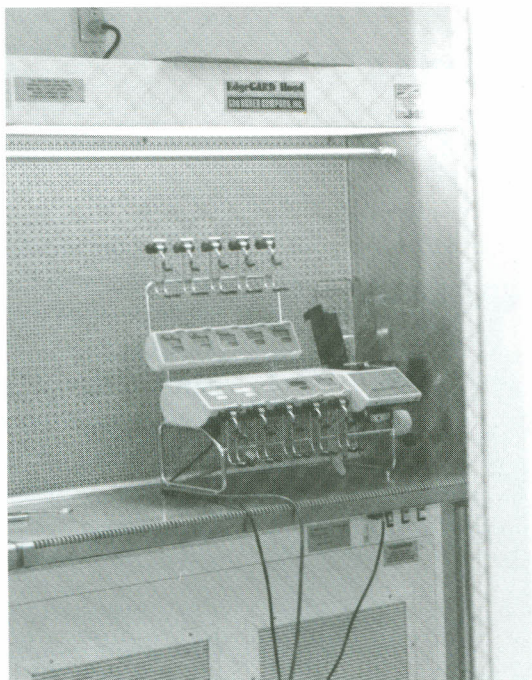
The plan also outlines the need for additional square footage at CC&I-78 not only for redesigned outpatient services but also for the eventual consolidation of OB/GYN, mental health services and ambulatory surgery at that site. In addition, the plan recommends the renovation of 58,000 square feet for emergency and diagnostics, a patient access center, cardiac diagnostics and angiography/CT suites; and the development of several levels of underground parking that would extend from the northeast corner of the hospital up to the 1210 medical office building.

Total cost of the next phase of construction, which is expected to be completed in 1997-98, will be determined over the next six months; anticipated annual operating efficiencies achieved by the complete inpatient consolidation is \$28 million.

Following the review of the functional planning process, the retreat participants focused on the Physician Hospital Organization (PHO) and its two components, the Independent Practice Association and the Lehigh Valley Physicians Organization. The goals of the PHO and how to better position it in response to changes brought on by managed care and competition with other physician groups and hospitals were discussed. ■

CheckUp is a biweekly employee publication of Lehigh Valley Hospital, Public Relations, 1243 S. Cedar Crest Blvd., Allentown, PA 18103. Interoffice mail submissions should be addressed to 1243SCC-PR. For additional information, call extension 3000. Lehigh Valley Hospital is an equal opportunity employer. M/F/D/V

About Our People



An interactive video on cleanroom techniques features the staff of the hospital's pharmacy.

Pharmacy Department Makes Screen Debut

There's no dancing, lip-synching or weird camera angles, but a video featuring the staff of Lehigh Valley Hospital's Pharmacy Department is not exactly intended for MTV audiences anyway.

Shot on location in the cleanroom at CC&I-78, the instructional interactive video is designed to set the standard for pharmacy practice in preparing sterile products.

In June, the video had its premiere at the annual assembly of the American Society of Hospital Pharmacists in Reno, Nevada. It is now scheduled for "wide-release" to more than 3,500 hospitals in the United States and abroad.

Staff members from both sites are featured in the video, according to Greg Snyder, assistant director of pharmacy, who declined to appear onscreen yet played a prominent role in the production. In addition to ensuring the accuracy of the video's content, he also wrote and edited the accompanying workbook that viewers can use to test and hone their skills in cleanroom techniques.



Snyder says that Lehigh Valley Hospital was selected for inclusion in the video because it operates one of the first hospital-based cleanrooms in Pennsylvania. The cleanroom is designated for the preparation of IV solutions and other sterile products used in inpatient care.

Coalition Director Presents Workshops

Alice Dalla Palu, CAC, Executive Director of the Coalition for a Smoke-Free Valley, recently presented workshops on community coalition development for Community Coalitions for Tobacco-free Youth, State College; New York state's ASSIST (Americans Stop Smoking Intervention Study for cancer prevention) tobacco coalition projects; and the American Heart Association's Fifth Annual Heart-At-Work Networking Conference.

VP, Legal Services Offers Talks

Janine Fiesta was a featured speaker during nurses week at Harrisburg Polyclinic Hospital and at the nurses pinning ceremony at Kutztown University. She also made presentations at the regional meeting of the Quality Health Care Professional Association held at Lehigh Valley Hospital, a meeting of the medical staff at Good Shepherd and at the Shankweiler lecture series for physician alumni at Muhlenberg College. ■

About Our People

Losers Are Winners in "Lean On Me" Program



Judi Thieme (left) and Sandra Barillo of the Health Promotion staff and Richard Jensen of P P & L applaud the participants in the "Lean On Me" program.

With names like "The Flabules Five" and "The Carrot Crunchers," 34 five-member teams of PP&L employees lost a total of 1264 pounds and 327 percent body fat as participants in the Health Promotion and Disease Prevention Department's "Lean On Me" program.

During the eight-week program, the department educated PP&L participants about the importance of nutrition and exercise to health and fitness. The Health Promotion staff also encouraged team members to support each other in their weight loss goals (and PP&L) offered prizes as incentives to sustain interest in the program (170 of 180 original registrants completed the program) and to take the sting out of regular weigh-ins.

The results were impressive. The winning team lost 91 collective pounds; the top-ranking male, 25.75 pounds, and the top-ranking female, 17 pounds. The response among participating employees was equally encouraging. "I loved it," says one employee who noted that, with the arrival of the swimsuit season, "the timing of the program was perfect."

The "Lean On Me" program was originally launched at Lehigh Valley Hospital and is now available to businesses and organizations throughout the region. The program is coordinated by Jane Nester and Judi Thieme and facilitated by Sandra Barillo, a registered dietitian, and Alex Negoescu, an exercise specialist, all of the Health Promotion and Disease Prevention Department. ■



PP&L's winning team in the Health Promotion and Disease Prevention Department's "Lean On Me" program.

Bulletin Board

■ Register Now for Christmas Show

The Allentown Auxiliary of Lehigh Valley Hospital is sponsoring a bus trip to the heart of Manhattan for the Radio City Christmas Show on Saturday, Nov. 26 and Saturday, Dec. 3, 1994. Tickets are \$65 per person for admission and round-trip transportation. The bus will leave Allentown at 8 a.m. and arrive in New York at approximately 10 a.m. The show begins at 3 p.m. The bus will depart for Allentown immediately after the show. For tickets or more information, please contact Hazel Kramer at ext. 2391 or via Email. Checks are payable to Allentown Auxiliary LVH and can be sent to her attention in the Volunteer Office, 17th & Chew.

■ New Support Group Forming

People who have experienced the sudden and traumatic loss of a loved one are invited to participate in a new support group sponsored by Lehigh Valley Hospital. Greg Palmer and Karen Peterson will facilitate the support group which will meet at 7 p.m. on the fourth Tuesday of each month at the First Presbyterian Church, Cedar Crest Blvd. and Tilghman St., Allentown.

■ Task Force Seeks Input

Employees and their family members who have been patients at either hospital site during the past two years are invited to share their impressions about the services they received with the Customer Satisfaction Task Force. The task force will schedule hour long small group discussions in the near future. Refreshments will be served. For more information and to register, please call the patient representative office at ext. 8222 or 2720 or drop a note with your name and extension to Maryanne Falcone, patient representative, 17th & Chew.

■ Child Care Center Weekend Openings

The Lehigh Valley Hospital Child Care Center, CC&I-78, has openings for weekend child care from 6 a.m. to 4 p.m. For details, call Rhonda Beatty, director of the center, at ext. 8969 between 10 a.m. and 2 p.m. ■



Headley White, MD, (left) presents Walter Okunski, MD, with the Alumna of the Year award for his leadership role in medical education.



Craig Alexander, MD, (left) presents Yehia Mishriki, MD, with the Hahnemann University Affiliate Teacher of the Year award for the second consecutive year.

Thirty-nine physicians recently completed their residencies and fellowships in nine specialties at Lehigh Valley Hospital and were honored for that achievement at the 19th annual Residency Appreciation Dinner.

HR Development Information

Hospital Orientation

The next hospital orientation will begin at 8 a.m. at CC&I-78 on Monday, July 18. An optional tour of both sites will be held on Wednesday, July 20 beginning at 1 p.m. at 17th & Chew and 2:30 p.m. at CC&I-78. Reservations are required for the tour. To register, call ext. 4761.

CPR Certification

CPR Certification will be held in two parts and attendance is required at both. Part I will be held Tuesday, July 12 from 9 a.m. to noon in room 900, School of Nursing, 17th & Chew. Part II will be held Tuesday, July 19 from 9 a.m. to noon, also in room 900, School of Nursing. To register, complete and return the appropriate form on the monthly HRD calendar, outside HRD, room 1914, School of Nursing, 17th & Chew, or outside the HR benefits area at CC&I-78.

CPR Recertification

CPR Recertification will be held in the 24-hour period beginning at 10 a.m. on Wednesday, July 27 at CC&I-78, Nursing Learning Lab, 2nd floor, General Services Building.

Symposia Reminder

The Human Resource Department has announced the next topic of the Regional Symposium Series which will be held in the auditorium at CC&I-78. *Legal Update for Physicians: Risks of Managed Care Versus "Unmanaged" Care* will be held Wednesday,

Aug. 24. Additional information is available by calling ext. 4609.

AHA Teleconferences Available

Issues relevant to healthcare providers are addressed in American Hospital Association teleconferences available through HR Development. The cost per program is \$600 which can be split among interested departments. The teleconferences are usually approved for CEUs by a professional organization. For more information, please call Jack Dunleavy at ext. 4761 or via Email.

- July 21** Hospital Engineering Controls for Tuberculosis
- Aug. 4** Toward A Seamless Continuum of Care
- Aug. 18** Legal Issues Of Forming Community Care Networks
- Sept. 8** Performance Indicators for Materials Management
- Sept. 22** Strategies for Creating Physician/Hospital Alliances for the Development of Community Care Networks
- Oct. 6** Coding for ICD9-CM
- Oct. 27** Strategies for Aligning with Other Organizations for Community Networks (AONE)
- Nov. 17** Governance Models for Newly-Emerging Health Networks
- Dec. 15** Reporting Performance Information to the Public ■

Supplemental & Dependent Life Insurance: Important News About Your Plan

If you are purchasing Supplemental and/or Dependent Life Insurance for yourself and/or your dependents, and you are contributing to the Cash Accumulation Fund, CIGNA has announced that your savings will continue to earn 6 percent (annualized) interest for the

third quarter of 1994, July 1 through Sept. 30. Your interest is tax deferred until you withdraw it, so your money works harder for you than it would in a taxable savings vehicle. As an insured, you can adjust your contributions at any time. If you are not currently participating in the Cash Accumulation Fund and would like to learn the advantages of this program, please call CIGNA's Customer Service Center in Bethlehem, at 1-800-828-3485. ■

MARKETPLACE

Items for Sale

Leather Motorcycle Jacket, \$125, originally \$350; Leather Chaps, \$65, originally \$150. Both are hardly worn, excellent condition. Call 366-1235.

Sofa, Traditional, Neutral Color, excellent condition, \$200; Upholstered Chair, excellent condition, \$100; AM/FM Hi-Fi with Speakers in 5' Cherry Cabinet, best offer; Misc. Pennsylvania House Cherry End Tables, Stiffel Lamps. Ranch Oak Single Bed with Bookcase, Matching Dresser, \$250. Please call 395-0233.

VCR Voice Programmer, booklet included, never used, originally \$150, will sell for \$75; Zenith 13" Color TV, \$50; Sylvania Console 20" Color TV, \$50; Canoe, \$150, needs a little work. Call 767-4236 before 3 p.m.

Computer - New, IBM Compatible, 2-5 1/4" floppy disk, 3.1 MS DOS, keyboard and monitor included, best offer over \$525. Call 435-8819.

Pop-up Camper, sleeps 6, excellent condition, \$650. Call 767-4254.

Sofa and Love Seat, multiple pastel colors, excellent condition, \$600 or best offer. Please call 395-1768.

Sofa - light blue check, four-piece sectional with dual recliners and sleeper bed, nine months old, \$600 Firm. Please call 435-5522 after 6 p.m.

Pennsylvania House Country Kitchen Table - two-tone solid oak. Must sell, \$350, only 3 months old. Call 435-5522 after 6 p.m.

Dinette Set - black lacquer table with chrome trim, 4 chairs with gray cushioned seats and backs with chrome trim, good condition, \$50; Oval wooden coffee table with lower shelf and center cabinet compartment, excellent condition, \$25. Call 439-8176 after 5 p.m.

Kimball Organ Swinger 400, \$450. Call 432-2076.

Female housecat (mixed), one year old, available to good home. Moving, unable to take her along, playful and good with children. Call 760-0449.

Large Dog Crate - \$50 or best offer. Call 398-0944 after 4 p.m.

Large Dog Crate - \$150 or best offer. Call 536-6833 or 285-2947.

Baby Items - Jenny Lind White Cradle with pad, \$45; Pink Snuggli (Legacy) Soft Baby Carrier, \$30; Graco Battery-Powered Swing, \$55; Century Model 590 Car Seat with base, \$45, all new. Please leave message at 298-3355.

Swingset with sliding board, good condition, \$25. Call 679-3741 after 3 p.m.

6 1/2' Fiberglass Truck Cap, \$400; 6 1/2' Truck bed mat, \$25, good condition. Please leave message at 391-9218.

Trek, Jazz, Mountain Bike; includes toe clips, water bottle and holder, tool kit and bag which fits under seat, touring bars, cat's eye headlight and flashing rear beacon. Krytonite lock with two keys and helmet included. Asking \$400. Please leave message at 432-4806.

Circle Y 15" western saddle with silver. Also, matching bridle with silver, chestnut color, excellent condition, \$500. Call 395-3228.

Absolutely Brand New! - Denim Stripe, Queen Size Sleeper Sofa, great for family room, paid \$1,150, asking \$675. Please call 439-8803.

Apple Macintosh Plus Computer, 20MB Hardrive, 2 MB RAM, lots of software, Image Writer II - printer, \$500. Please call 433-6291.

Waterbed - Super twin, complete \$50; Encyclopedia Britannica (1980 edition), 30 volume, \$40; bird cage for small bird, \$35. Call 434-6264.

5-Piece Drum Set - 1 1/2 years old, Camber Crush Cymbal and Hi-Hat; stool, sticks & brushes, \$350. Call 965-8186 after 5:30 p.m.

Brass Fireplace Screen with Glass Doors - 37" W x 32" H, \$60; Twin headboards, Hitchcock style, \$20 pair; Rust Carpet (approx. 12' x 15'), \$15. Call 395-4929.

8' x 10' Oriental Rug, handmade wool, navy and beige, asking \$2,200. Sells new for \$4,500. Call 821-1248.

Baby Items - Jenny Lynn White Crib and Changing Table, \$75; Fisher Price Tubby Ring, \$5; Baby Walker (5 levels), \$5, Other baby/toddler items, 1 High Chair, \$20. Call 791-3398.

Vehicles for Sale

1988-Chevy Cavalier Station Wagon - white with blue interior, automatic, AC, stereo with cassette - PDL sport wheels, four new tires, roof rack - garage kept, showroom condition. Call 965-5178.

1951 MG TD Sport Convertible - All original, very good condition, \$10,000. Call 866-1899.

1986 Pontiac Grand Am, - automatic, AM/FM stereo, excellent condition, \$1900. Call 398-7043.

1983 VW Jetta Turbo Diesel 4 door sedan, - new tires and brakes, front and rear alignment, excellent gas mileage, very good condition, \$2000. Call 966-4802.

1980 V-8 Ford Thunderbird - 83K, completely reconditioned, AC, PS, PB, automatic, \$1000 or best offer. Call 681-4355.

1988 Buick LaSaber Limited - Power everything, V-6, tilt-wheel, AM/FM cassette, cruise, white with red pinstripe, red velour interior, \$7,995, blue book value. Call 740-9730 after 5 p.m.

1990 Mercury Cougar XR-7 with 3.8L super-charge engine. 5 speed, 45K, automatic lights and locks, sunroof and security system, loaded and in excellent condition. Warranty transferrable. Getting company car, MUST SELL!! Call 865-4858.

1971 Ford LTD Convertible, new top, excellent mechanics, good shape, \$4,500. Call 435-6922.

1983 Honda CB1100, 5,000 orig. miles, new tires, great condition. Asking \$2,000 or best offer. Will consider trading for a boat. Please call 965-6743.

Motorcycle - 1985 Honda Magna, 700CC, water cooled, excellent condition, garage kept. Fire resistant cover and helmet. 11,300 mi., \$2,000. Call Mike at 820-5940 or 965-5639.

1983 Chevy Chevette - 4 speed, 4 cylinder, 4 door. Runs great. Asking \$500 or best offer. Please call 965-6743.

Real Estate for Rent

Garage for rent - 10' x 27', perfect for car, boat or RV. \$30/month. Please call 965-9631.

2-3 BR Townhouse well maintained in nice, family-oriented neighborhood. Modern kitchen, w/w carpeting, and hardwood floors. Updated electrical system, gas heat, fenced yard, front porch, off-street parking, close to schools, shopping, churches. Pets considered. \$650/month + utilities. Non-smoker preferred. Call 791-4542.

3 BR Townhouse - corner lot, landscaped yard, 1 1/2 BA, AC, DW, finished basement, 1 car garage, large deck with access to yard, 5 min. from LVH-CC & I-78. Available 8/15. \$750/month + utilities. Call 797-9499.

Beach House Rental - Stone Harbor, NJ, 2nd house from beach, 5 BR, 3 1/2 BA, 3 full decks, all with ocean view. LV, DR, FR. Available week of September 17th and weekends in October. Also available: 3 BR Ranch Duplex, 2 blocks from beach, available week of September 24th and weekends in October. Call 439-0911.

Beautiful first floor Victorian Apartment - new kitchen with all appliances, new BA, all just painted. Includes full basement, AC, washer and dryer, yard, driveway and garage. Available 7/15. \$695/month includes heat and cable. Call 770-1945 for appt.

Real Estate for Sale

House for Sale - 516 1/2 N. New St., 3 BR row, eat in kitchen, spacious BA, full basement, fresh paint/carpeting, low maintenance, washer included. \$54,900. Call 439-1676.

Two-story Colonial in Emmaus - 4 BR, 2 1/2 BA, FR, hardwood floors in LR & DR, large eat in kitchen, fenced yard, 3 tier deck with hot tub, screened in back porch, 2 car garage, tennis court, basketball court and park behind house. Asking \$165,000. Call 967-6122 before 3 p.m.

Investment/Income Property - Allentown, S. 16th St., Three unit apartment bldg. 1/2 twin, brick, well maintained. One car garage and driveway, street parking also. Appraised / \$100,000, asking mid 90's. Please call 434-5284.

Exclusive Twin in Salem Ridge Development - Emmaus - EP Schools, 3 BR, 2 1/2 BA, FP, LR, DR, FR, kitchen, coal stove, cherry hardwood floor in DR, marble entry hallway - custom millwork and molding throughout, 3 tier deck w/ Jacuzzi. Call 965-6836.

Northampton Area 3BR Ranch - 1/4 acre fenced yard, fully renovated, HWF, w/w carpeting, new oak kitchen, neutral colors, finished FR in basement with wood pellet stove and wet bar. Covered patio, 21 ft. above ground pool w/deck, 1 yr. old roof, vinyl replacement windows, 4 yrs. old. Asking \$115,900. Call 837-9179.

Wanted

Bunk Beds, Sewing Machine, Bread Maker - Call 821-8688 after 4 p.m.

Work odd shifts? Need a dependable, responsible person to care for your child? Call 536-6833 or 285-2947.

Experienced Babysitter for children ages 5 months & 3 1/2 yrs. Mature individual with own transportation preferred for occasional morning, afternoon and/or evening sitting. Call ext. 2351 or 433-6208, leave message.

Room to rent, Monday evening through Tuesday morning each week, for female hospital employee commuting from out of town. Quiet, non-smoker. Prefer location near 17th & Chew. Call 775-3357.

Marketplace is provided as a free service to employees of Lehigh Valley Hospital 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 telephone number. Submissions without this information will be discarded. **Only employees, volunteers and staff physicians may submit items for publication.** **Marketplace** ads may be run for only two consecutive months, and must be submitted for each edition of **Marketplace**. We reserve the right to reject, revise or edit submissions and publication does not constitute an endorsement of product or service. Deadline for submissions is the last day of the month preceding publication.

Marketplace Submission

Send to Marketplace, Public Relations, 1243SCC.

Check Category

- ☐ Items for Sale
- ☐ Vehicles for Sale
- ☐ Real Estate for Sale
- ☐ Real Estate for Rent
- ☐ Wanted

Copy (please print or type)

Home Phone (will appear in ad) _____

Submitted by _____

Department _____

Daytime Ext. _____