

# CheckUp

Vol. 7, No. 6

March 25, 1994

## *Hospital Names Lukens Sr. Vice President and Chief Information Officer*

Elliot J. Sussman, MD, has announced that Harry F. Lukens has been appointed senior vice president and chief information officer for the hospital, replacing Richard Duncan.

In his new position, Lukens will be responsible for directing all information technology and systems management activities, as well as developing strategic information and long range systems plans in support of the hospital's patient-focused care initiatives. He will report directly to Dr. Sussman.

Lukens has over 20 years of diverse experience within the healthcare industry. From 1976 to 1987, he held a number of positions with the Hospital of The University of Pennsylvania, including Deputy Associate Executive Director, Finance from 1983 to

1987. For two years Lukens served as vice president, client services for Professional Healthcare Systems in Los Angeles before founding a consulting company, The Lukens Group.

A 1973 graduate of St. Joseph's with a B.S. in Economics, Lukens also has a masters degree in economics from Temple University. He is a member of the Healthcare Financial Management Association.

Duncan had been with the hospital for the past 6 years and was instrumental in implementing numerous changes for information services. In his new position, Duncan will be chief information officer and associate professor with Pennsylvania State University, The Milton S. Hershey Medical Center. ■

## *Employee Involvement Vital to Recreation Committee*

In the 19 years since its formation, the Recreation Committee has evolved, much as the hospital has.

Originally, the committee coordinated events such as the hospital picnic and Spring Fling and sponsored hospital softball and bowling teams.

Today, the committee runs trips (everywhere from tropical resorts to sporting events), hosts a Christmas Party and an Easter Egg Hunt for employees' children, and coordinates the Spring and Holiday Bazaars. The committee

*(please turn to page 3)*



Recreation Committee Officers: (from top left) Sharon Bartz, treasurer (CC), Barbara Gangemi, president, Helga Klemp, secretary, Michele Kline, vice president. Missing is Erma Aquino, treasurer (17)



# Employee Policy

## Hospital Adopts New Smoking Policy

Effective April 1, 1994, Lehigh Valley Hospital will adopt a new smoking policy that will reduce the risk of health and safety hazards to patients and personnel.

The policy will restrict patients from smoking in any area of the hospital at either site excluding the Psychiatric Units at 17th & Chew. In addition, employees, physicians and visitors will only be allowed to smoke in designated areas on hospital grounds.

Previously, patients with a physician's consent were allowed to smoke in their rooms as long as a staff member was present. Employees, physicians and visitors, meanwhile, were allowed to smoke anywhere outside the hospital facilities.

The new policy was developed by a committee chaired by Emma Hooks, safety officer, and consisting of employees from administration and admissions through nursing and public relations. In addition, employees of the Health Promotion and Disease Prevention Department and the Coalition for a Smoke-Free Valley served on the committee.

According to Hooks, the committee formulated the policy after polling their peers about the issue and debating the pros and cons of a more restrictive policy. "The practice of assigning personnel to patients whenever they wanted to smoke was one of the more critical issues we discussed," Hooks says. "It was the consensus of the committee that this had become impractical given the more pressing health concerns of other patients and the constraints on staff time. We also agreed that it is unhealthy and unfair to subject patients with respiratory and other health problems to second-hand smoke filtering from the rooms of patients who smoke."

By improving indoor air quality and restricting smoking outside the hospital the policy reaffirms and reflects the hospital's commitment to the health of its patients and staff.

Outside areas designated for smoking (which are outlined in the policy below) are not common entrances.

"As a result, we will not be compromising the health of people who would otherwise have to pass through clouds of smoke to get inside the hospital," Hooks says.

Hooks admits that the outdoor sites may prove inconvenient to smokers since some are located outside fire doors which they will not be allowed to prop open. In other words, if an employee or visitor decides to have a cigarette outside, they will have to walk around the building to get back in.

Hooks emphasizes that the policy is not designed to punish smokers but it does "have teeth." Instances where patients, employees, physicians or visitors ignore the policy will be documented on incident reports, and in the case of employees and physicians, may result in disciplinary action.

"Given everything we know about the health risks of smoking, it is important that we create an environment that promotes health and safety," Hooks says. "Ultimately, that is the objective of the new smoking policy."

## Tobacco Use Policy

**Policy Statement:** The purpose of the policy is to reduce the risk of tobacco use to all members of the hospital community, reduce the risk to all associated with passive smoking, and reduce the risk of a fire safety hazard. Wherever possible, smoking cessation services shall be available through the Health Promotion and Disease Prevention Department, to all hospital personnel regardless of ability to pay.

### Designated Smoking Areas At 17th & Chew

- *Emergency Department entrance*  
Affected individuals: visitors
- *Outside stairwell exit of hospital at the intersection of West & Chew Streets.*  
Affected individuals: Personnel and non-patient visitors.

### Designated Smoking Areas at CC & I-78

- *Area bounded by Emergency Department*

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## Tobacco Use (from page 2)

*entrance and MOB covered walkway.*

Affected individuals: visitors.

- *Covered exitway northwest and contiguous to the loading dock area; Picnic area adjacent to west exit, GSB*

Affected individuals: personnel and non-patient visitors.

Use of tobacco is prohibited in all other hospital locations. Personnel who wish to use tobacco must do so during authorized breaks and meal periods.

**Policy Exceptions:** Refer to the policy for smoking exceptions on the Psychiatric Unit.

**Enforcement:** Violations by patients, visitors, medical staff and personnel.

- ***Violation by Patient and Visitors***

- Approach tobacco user and review hospital policy provisions as applicable.
- Notify the Health Promotion and Disease Prevention Department (ext. 8999) and advise of the tobacco user's possible interest in available services.
- Document the tobacco use violation by completing the Hospital Incident Report ADM-03, checking Near Miss category.

- ***Violation by Personnel***

- Approach tobacco user and review hospital

policy provisions, as applicable.

- Direct to designated smoking areas.
- Obtain tobacco user's name and document on Incident Report ADM-03. Forward copy of completed incident report to affected department head.
- Handle personnel found not complying with the Tobacco Use Policy in accordance with Human Resources Policy #HR2000.40, Employee Commendation, Counseling and Discipline.
- Notify the Health Promotion and Disease Prevention Department (ext. 8999) and advise of the tobacco user's possible interest in available services.

- ***Violations by Medical Staff***

- Approach tobacco user and review hospital policy provisions as applicable.
- Document the tobacco use violation by completing the Hospital Incident Report ADM-03 and forward a copy to the Medical Affairs Office.
- Notify the Health Promotion and Disease Prevention Department (ext. 8999) and advise of the tobacco user's possible interest in available services.
- Handle medical staff personnel not complying with the provisions of this policy in accordance with Medical Staff rules, regulations and by-laws. ■

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## Recreation (from page 1)

also honors a department of the hospital each month. The Recreation Committee remains self-supporting and, since it receives no money from the hospital, relies on various fund-raising events as its only source of income.

One other thing that hasn't changed over the years is the dedication of the employees who voluntarily serve on the committee. But, their numbers have. Lehigh Valley Hospital now employs nearly 5,000 people at CC&I-78, 17th & Chew and several off-campus sites. Yet, only 20 employees are actively involved in the Recreation Committee.

Because of the time and energy required of several people to plan activities for several

thousand, the committee has given serious thought to disbanding after 1994.

Unless there is a dramatic increase in staff participation, the committee will be unable to provide the enjoyable, low-cost activities that are so popular among employees and their families.

Committee meetings are held at alternate sites on the fourth Tuesday of the month from 12:15-1 p.m. If you cannot attend a meeting, please call any of the following officers to learn what you can do to keep the committee alive and active.

**President - Barbara Gangemi, ext. 2903**

**Vice-President - Michelle Kline, ext. 5247**

**Secretary - Helga Klemp, ext. 1650**

**Treasurer (17) - Erma Aquino, ext. 9428**

**Treasurer (CC) - Sharon Bartz, ext. 8480 ■**



## Kids and Pain

### Pediatric Pain Management is a Surprisingly New Topic

No one likes to see a child in pain. But until recently, we knew little about how to spot it and how to relieve it. "Children haven't been appropriately assessed or treated for pain in the past," says Cindy Max, RN, director of patient care services for Pediatrics. "This was especially true of infants, who cry normally."

Historically, there were many myths about kids and pain, such as:

- They don't feel pain because their nervous systems are immature.
- Temporary pain has no harmful effects.
- They won't remember it anyway.

In addition, there were serious medical concerns about the possible addictive effects of narcotics, says Richard Townsend, clinical pharmacist with special expertise in pediatrics. "The very term narcotic has negative connotations for many people," he points out.

"Today," says Townsend, the healthcare professionals are finally becoming more aware of the importance of pediatric pain management." Research has shown that:

- Narcotics, appropriately used, do not lead to substance abuse;
- Babies given pain medication after heart surgery have a lower risk of death;
- An infant as young as six months can anticipate and avoid painful situations.

As a result of these new findings, nurses and doctors are being trained to recognize and treat childhood pain. March 20 - 26 was Children and Hospitals Week, and as part of that week, Hurt Alert Day (Tuesday, March 22) focused on this topic. There were nursing education sessions at both sites, displays in the cafeterias, games, and a children's poster contest, with related activities throughout the week.

Keeping hospitalized children comfortable is a primary focus for the hospital pediatrics team, including Cindy Max and the pediatric nurse specialists; Child Life Specialist Darla Heivly; Townsend and others from the pharmacy; dietary staff, and pediatricians such

as Claire Bolon, MD, director, Pediatrics unit.

How do you tell when an infant is in pain? "When the baby is persistently crying and nothing helps," says Bolon. "The problem may be colic, especially in younger babies; but it may be more serious." An older child can sometimes tell you s/he's hurting, Bolon adds, but not always. "Often, you have to ask, and kids can't always tell you where it hurts."

Once diagnosed, childhood pain can be very effectively treated today. There are specific epidural and caudal anesthetics to numb areas of the body during and well after surgery. "Used in conjunction with a general anesthetic, these nerve blocks alleviate a great deal of post-operative pain," explains J. John Collins, MD, anesthesiologist. "In addition to treating pain in our young patients when it occurs, it is often possible and even preferable to prevent pain."

Narcotics are the mainstay of serious pain relief, but the problem for children is that they're often given by injection—and as everyone knows, the worst part of going to the doctor for most kids is getting a shot. Caregivers have ways to get around this, such as giving the pain medication through an IV or catheter put in place while the child is asleep.

Hospital staff also have available a new anesthetic cream called EMLA to numb the area of skin where the IV, injection or blood test will "stick". It takes about 45 minutes for the cream to take effect, but this new method of pain relief will likely be beneficial in skin grafts, mole removals, and even circumcisions, in the future. Among the other new techniques is a narcotic lollipop, recently approved by the FDA and now being explored in terms of side effects and control issues.

For older children, *patient-controlled analgesia* or PCA allows the patient to administer his or her own pain medication, within specified limits, by pushing a button. "Giving the child as much control as possible is very helpful in alleviating pain," says Darla Heivly. One of Heivly's main goals is to make a child's



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hospital stay less traumatic by reducing pain to the greatest extent possible. She does this in several ways:

- **Preparing the child ahead of time.** "You need to explain what the child will feel, in age-appropriate terms," Heivly says. "For example, 'This is going to pinch.' Children feel less fear when they're prepared with an *honest* explanation of what's going to happen."

- **Offering diversions.** Heivly brings a plastic toy with colored water and bubbles for her young patients to focus on during an uncom-

fortable procedure. Soothing music, activity books, and relaxation tapes are also helpful.

- **Positioning the child for comfort.** "For example, infants like being held skin to skin," says Heivly.

- **Offering emotional support.** Heivly is always available to keep a young patient company. The bottom line: When kids come to the hospital, everyone remembers to treat the *problem*—but it's just as important to treat the *pain*. ■

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## Health Promotion and Disease Prevention

The Health Promotion and Disease Prevention Department offers programs to help employees and their families adopt and maintain healthier lifestyles. For more information and to register for any of these programs, please call 821-2150.

**Body Composition Testing...** will be offered on Tuesday, April 5 from 8 a.m.-4 p.m. in Classroom 1, CC&I-78, and Thursday, April 7 from 8 a.m.-4 p.m. in the Pediatric Classroom, 17th & Chew.

**Golf Clinic ...** This is a special program which includes warm-up stretches and performance techniques for beginners to advanced golfers. Join us on Wednesday, April 6 at noon in the auditorium at 17th & Chew and Monday, April 11 at noon in the Auditorium at CC&I-78.

**Think Light! Lowfat Living ...** is a 10-week course presented by a registered dietitian. Learn how lowfat eating can enhance personal health and result in weight loss. The course will be offered at various times and locations beginning Thursday, April 7, 10:30-11:30 a.m. in the OR Conference Room, 17th & Chew and Tuesday, April 12 from 7-8 p.m. in Classroom 2, CC&I-78.

**Smoke Stoppers ...** is a five-week group program to help smokers neutralize their desire for tobacco through behavior modification, stress management and nutrition awareness. Smoke Stoppers is offered **FREE** to all hospital employees. Join us on Wednesday, April 6 from 7-8 p.m. in Classroom 3, CC&I-78. ■

Thanks to the volunteer efforts of staff members from Peds, Outpatient Peds, Infection Control, Radiology, GUCI and Transitional Trauma, over 200 children and their furry friends were "treated" at the hospital's Teddy Bear Clinic, Trexler Mall, Saturday, March 19.





# Bulletin Board

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## ■ **Parking Lot #5 Temporarily Closed**

Parking Lot #5 on Gordon Street, 17th & Chew, will be closed for repairs until further notice. All employees must park in the race track.

## ■ **Donations Sought for Victims of Fire**

Gail Bodnarchuk, department of surgery, and Denise Meckes, food services, were among the tenants who lost all of their belongings in a fire that destroyed two businesses and five apartments in Macungie on March 15. The hospital is currently accepting donations of clothing, furniture, toys and money for the two employees and their families. For more information, please call the department of surgery, ext. 8333 or food services, ext. 8369.

## ■ **WomanCare Lectures Planned**

On Tuesday, March 29, Donald E. Barilla, MD, an endocrinologist, will outline the diagnosis, treatment and prevention of osteoporosis at 7 p.m. in classroom 1, CC&I-78. On Tuesday, April 5, Susan Wiley, MD, vice-chairperson, department of psychiatry, will help women who try to be "everything to everyone." Learn how to make lifestyle changes and respond to stress in a healthier way at noon and at 7 p.m. in the auditorium, 17th & Chew. For more information and to register, please call WomanCare, ext. 3800.

## ■ **Bloodmobile Seeking Donors**

Lehigh Valley Hospital has arranged for Miller Memorial Blood Center to have a bloodmobile on Thursday, April 7 from 7:30 - 11:30 a.m. in Classroom 1 and the President's Room, CC&I-78. Employees interested in donating blood can sign up on the registration form posted in their department or contact the Employee Health Office at ext. 8869 to schedule an appointment.

## ■ **Walk And Win!**

If you walk, you could very well fly (compliments of TWA) as a participant in the 15K MS Walk sponsored by the Greater Delaware Chapter of the National Multiple Sclerosis Society, Sunday, April 10, 1994. In Lehigh County, the walk will get underway at 10 a.m. at Muhlenberg College's Life Sports Building, Allentown. In Northampton County, the walk

will begin at noon at Hugh Moore Canal Park, Easton. Entrants are asked to collect pledges and donations in order to be eligible for prizes ranging from gift certificates to round-trip tickets for two to any destination in the United States. Proceeds will be used to provide clinical, educational and support services to MS patients and to fund research. For more information and to register, please call 395-7230.

## ■ **Transitional Living Center Plans Benefit Fashion Show & Concert**

The Transitional Living Center is sponsoring two special fund-raising events to benefit the Compeer program which matches volunteers to work one-on-one with persons diagnosed with mental illness. A fashion show featuring easy-to-care-for, machine washable fabrics in petite through plus sizes will be held Monday, April 25 at 7 p.m. in the hospital auditorium, CC & I-78. The show will highlight business, travel and leisure wear by Reta Geld, fashion coordinator for "Knits R Us." A concert by the Dave Roper Trio will be held Saturday, April 23 at 7:30 p.m. at Christ Church, UCC, 75 East Market Street, Bethlehem. For more information and tickets to the fashion show or concert, please call Nancy Beidler at the Transitional Living Center, 770-9228.

## ■ **SuperSitter Class Scheduled**

Youth ages 11 and older who baby-sit their siblings or a neighbor's children have the opportunity to become a "SuperSitter" by participating in a free educational program sponsored by Lehigh Valley Hospital on Saturday, April 30 from 8:45 a.m.-noon in the auditorium, 17th & Chew. The program will include presentations on first-aid and safety by representatives of the Allentown police and fire departments and the Lehigh Valley Poison Center. Employees of various hospital departments will also offer tips on infant and toddler care, how to find baby-sitting jobs and communicating with employers. Due to limited seating, early registration is recommended. For more information and to register, please call WomanCare at ext. 3800.



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■ ***Surgical Center Deck Parking***

Over the past several weeks, there has been a noted increase in the number of employees parking on the deck of the Fairgrounds Surgical Center during peak hours. Please note that parking on the upper level is reserved for hospital patients and visitors from 5 p.m. to 7 a.m. while parking for hospital employees is available daily from 7 p.m. to 7 a.m. (including weekends and holidays.) While inclement weather conditions may have contributed to an increase in employee use of the parking deck, employee parking remains restricted to the 12-hour period as noted. Parking for day employees not assigned to a lot is available in the fairgrounds track.

■ ***Benefits Statements Forthcoming***

Employees scheduled to work at least 32 hours per pay as of December 31, 1993 will receive a personal benefits statement at the end of March. To ensure confidentiality, the statements will be mailed to employees at their homes rather than delivered through departments. Human Resources produces the statements annually to keep employees informed of the value of their benefits. If you have any questions, please call Benefits Counselors: Gerriane Keiser, ext. 8839; Maryjane Zanders, ext. 1230; or Leilani Souders, ext. 8807.

■ ***MACY'S Benefit Shopping Day***

It's a shopper's dream ... 12 consecutive hours of bargains plus free entertainment and refreshments during Macy's 6th annual Benefit Shopping Day, Tuesday, April 26 from 10 a.m.-10 p.m. at Macy's in Whitehall. Admission is \$5 and entitles shoppers to five discount coupons on Macy's merchandise as well as chances to win spectacular prizes including air fare and accommodations for a six-day vacation in Holland, \$5,000 in fine jewelry, two \$1,000 wardrobe certificates, and a housewares surprise package. Proceeds benefit Friends of Nursing, Lehigh Valley Hospice and the John and Dorothy Morgan Cancer Center, under the auspices of the Lehigh Valley Hospital Trust Fund. Tickets can be purchased in the hospital gift shops

and at off-site locations through Laurie Gillespie, ext. 3031, at 1243 S. Cedar Crest; Tracy Kuhnsman, ext. 7441, at 2166 S. 12th Street; and Debbie Strauss, ext. 1406, at 2024 Lehigh Street.

■ ***Walk-a-thon Welcomes Teams, Volunteers***

Sunrise aerobics are among the activities planned for the American Cancer Society's 24-hour Relay for Life Walk-a-thon from 6 p.m. Friday, May 6 through 6 p.m. Saturday, May 7 at J. Birney Crum Stadium, Allentown. For more information on forming and entering a team or volunteering to staff the first-aid tent, please call Janette Tough at the John and Dorothy Morgan Cancer Center, ext. 0650.

■ ***Skin Cancer Screening Scheduled***

The John and Dorothy Morgan Cancer Center is offering a free skin cancer screening, Saturday, May 21 from 1-4 p.m. in the lobby on the main floor of the center. For more information and to register, please call ext. 0500.

■ ***Hospital Team for MS150 Bike Tour***

It's time to gear up for the annual MS150 Bike Tour, Saturday, June 11 and Sunday, June 12. The hospital is sponsoring a team of cyclists and all participating employees will receive a fanny pack. This year, registrants have the option of riding one way (50 miles) or round trip (100 miles). The tour begins in Trexlertown at the Lehigh County Velodrome and winds through beautiful Lancaster County. For more information and to register, please call George Guldin, Respiratory Care at ext. 8055.

■ ***Alzheimer's Disease Support Group***

Lehigh Valley Hospital sponsors a support group for family, friends and caregivers of people with Alzheimer's Disease. Linda Cook, MSW RNC, serves as facilitator of the group, which meets the fourth Friday of each month from 1:30-3:30 p.m. at 1243 S. Cedar Crest Blvd, 3rd floor. For more information, call Cook at ext. 9894.

(please turn to page 8)



# Education

## HR Development Information

### Hospital Orientation

The next hospital orientation will begin at 8 a.m. at CC&I-78 on Monday, April 4. An optional tour of both sites will be held on Wednesday, April 6 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 Wednesday, May 4 from 9 a.m. to noon in room 900, School of Nursing, 17th & Chew. Part II will be held Wednesday, May 11 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, April 27 in the Pediatric Classroom, 5th floor, 17th & Chew.

### Symposia Reminder

The Human Resource Department has announced the next topics of the Regional Symposium Series which will be held in the auditorium at CC&I-78. Additional information is available by calling ext. 4609.

*Update On Heart And Lung Surgery* will be held Saturday, March 26. Topics will include "Cardiac Surgery in the Elderly," "Coronary Disease in the Young Adult," "Cardiomyoplasty," "Homograft and Autograft Replacement of the Aortic Valve," "Aortic Dissection," and "Thoracoscopic Surgery."

*Update: Management Of Diabetes In Children* will be held Thursday, April 21. Topics will include: "Pros and Cons of Tight Control of Diabetes Mellitus" and "New Approaches to Prevent Renal Complications in Juvenile Onset IDDM." A panel discussion will follow.

*Fourteenth Annual Update In Cardiology* will be held Thursday, May 5. Topics will include: "New Devices Part I: Atherectomy," "New Devices Part II: Lasers & Stents," "Future Trends in Open Heart Surgery," and "Treating At-Risk Patients for Lipid Disorders: Drugs, Drug Combinations, Anti-Oxidants." ■

### Bulletin Board (from page 7)

#### ■ *Special Care Cookbooks For Sale*

Two hundred favorite recipes from hospital employees are featured in Special Care's popular premier cookbook. Copies are available for \$5.50 by calling ext. 8730. Meanwhile, plans are already underway for a follow-up to this flavorful first edition.

#### ■ *Lost And Found*

Judy Olenwine reports the loss of a 14kt. gold "X and O" bracelet, lost March 14 at CC & I-78, and is offering a reward for its return. Should you find it, please call Judy at ext. 8966.

#### ■ *A Note Of Thanks*

Gerrienne Keiser would like to express her thanks to her co-workers and friends at

Lehigh Valley Hospital for their kindness and comfort on the recent loss of her husband. Gerrienne extends special thanks to the nurses on PCU, to Connie Molchany and Karen Peterson who facilitate the AICD (Automatic Implantable Cardio Defibrillator) Support Group, and to Dr. Norman Marcus of Cardiovascular Associates who "added seven years to my husband's life with his knowledge and expertise in cardiac care, especially AICD." She is also grateful to the hospital staff for their generous contributions to a trust fund for her daughter. "I am so proud to be a part of this hospital," she says. ■



# Service Anniversaries: April 1994

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*Human Resources congratulates the following employees on their service anniversaries and thanks them for their continuing service to Lehigh Valley Hospital.*

## **Twenty Years of Service**

- April 1 Richard Gehman / Plant Engineering
- April 8 Meghan Groeger / Bio-Med Engineers
- April 8 Marguerite Rusyn / Plant Engineering
- April 22 Bruce Curry / Dept. Of Psychiatry
- April 22 Charleen McElroy / Nursing Float Pool C
- April 29 Mary Barrett / 4T Medical/Surgical Unit
- April 29 Sandra Hoderman / Intensive Care Unit
- April 30 Barbara Wachter / Medical Clinic

## **Fifteen Years of Service**

- April 9 Doris Elfers / Lab-Histology
- April 14 Deborah Rabuck / Nursing Float Pool C-1
- April 16 Marcella Ballek / Progressive Coronary Care
- April 16 George Brucker / General Services C
- April 16 Nancy Christman / General Services C
- April 16 Elizabeth Karoly / Respiratory Therapy C
- April 16 Deborah Stover / Home Care-Skilled Nursing
- April 18 Rita Graboski / Food Services C
- April 22 Katherine Correll / Lab - Ancillary Services
- April 28 Jelena Dinic / Short Procedure Unit
- April 28 Nanciann Mill / MedEvac
- April 30 Charisse Harwick / 7B Medical/Surgical Unit
- April 30 Roger Hedrick / General Services A
- April 30 Susan Merryfield / Special Care Unit
- April 30 Deborah Reitenauer / Food Services C

## **Ten Years of Service**

- April 2 Marilyn Ruddell / 5T Medical/Surgical Unit
- April 2 Lois Vido / 4T Medical/Surgical Unit
- April 9 Richard Chapin / Emergency Service C
- April 9 Renee Schick / Emergency Service C
- April 9 Julie Schuttera / Transitional Open Heart
- April 9 Carole Sullivan / Burn Prevention Foundation
- April 18 Ginger Swinscoe / Stores Proces Distr
- April 21 Zoe Chrenowski / Patient Accounting
- April 23 Joan Edwards / Admitting Office

- April 23 Nellie Kiefer / Womens Center
- April 23 Mary Urban / Hemodialysis Treatment A

## **Five Years of Service**

- April 1 Tricia Royer / Heart Station
- April 2 Wendy Lazansky / Community Wellness
- April 2 Lureen Lint / 5C Medical/Surgical Unit
- April 3 Carol Ahner / Nursing Float Pool
- April 3 Liana Barnes / 4A Medical/Surgical Unit
- April 3 Bonnielou Brandmeir / GICU East
- April 3 Donna B-Gale / 6N Adult Psychiatry Unit
- April 3 Kathi Charles / GICU East
- April 3 Perie Combee / Food Services C
- April 3 Josefa Gonzalez / Home Care-Skilled Nursing
- April 3 Craig Hanzl / Emergency Service C
- April 3 Bernadette Kuhns / 6N Adult Psychiatry Unit
- April 3 Raymond Messick / Special Care Unit
- April 3 Pauline Moyer / Respiratory Therapy A
- April 3 Jerome Pawlowski / Food Services C
- April 3 Amanda Rarick / Home Care-Skilled Nursing
- April 3 Susan Russo / Emergency Service C
- April 3 Louise Schneider / Pediatric Unit
- April 3 Ellen Schwartz / Nursing Float Pool
- April 3 Eileen Snell / Food Services C
- April 3 Florence Szep / GICU East
- April 3 David Wieand / Food Services C
- April 3 Dennis Yaremchuk / Human Resources Adm.
- April 17 Mildred Bradley / 4C Medical/Surgical Unit
- April 17 Nancy Dirico / 5C Medical/Surgical Unit
- April 17 Mary Faryna / Health Spectrum Med Products
- April 17 Gerald Hesko / Pharmacy C
- April 17 Nancy Kerner/Drug & Alcohol Services
- April 17 Joyce Litwak / 7B Medical/Surgical Unit
- April 17 Jean Mintz / Lab-General
- April 17 Michele Pastula / Admitting Office
- April 17 Jeanne Quinones / Stores Proces Distr
- April 17 Heidi Schanta / 7B Medical/Surgical Unit
- April 17 Donna Slotter / Geriatrics & Helwig Diabetes
- April 17 Jo Stauffer / Spectrum Admin
- April 17 Carol Voorhees / HealthSearch
- April 17 Elizabeth Williamson / Home Care
- April 17 Christina Zick / Labor & Delivery
- April 18 John Netzel, III / Spectrum Admin
- April 27 Vladimir Vrsan / Plant Enginerring
- April 30 Linda Frey / Community Wellness
- April 30 Sharon Holmes / Community Wellness
- April 30 MaryAnn Iasiello / Community Wellness
- April 30 Debbie Phillips / Community Wellness



# WALK AMERICA FOR HEALTHIER BABIES



*Sunday, April 24, 1994*  
*Our Goal — 100 Walkers*

HELP RAISE MONEY... to prevent birth defects by participating or sponsoring a walker in the March of Dimes annual walkathon.

JOIN OUR HOSPITAL'S TEAM... and receive a free tee shirt to wear on the walk.

WALK WITH US... through the beautiful Lehigh Parkway, Union Terrace and Cedar Beach.

TOGETHER... we'll walk seven miles to raise monies that are invested right here in the Lehigh Valley!

PUT YOUR BEST FOOT FORWARD... and call Public Relations today at ext. 3001 to register.

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**LEHIGH VALLEY**  
HOSPITAL



LEHIGH VALLEY HOSPITAL  
HEALTH PROMOTION AND DISEASE PREVENTION

SPRING 1994 CALENDAR OF EVENTS

The Health Promotion and Disease Prevention Department offers programs to help employees and their families adopt and maintain healthier lifestyles. This spring a variety of fun and informative events will be offered. "I'm Worth It" incentive tickets will be awarded for participation and special prize drawings will be held for each major event.

**EMPLOYEE PROMOTION DAYS**

Please stop by our promotion booths to learn of ways you can get involved in upcoming wellness activities.

**Tuesday, March 29**  
11:30 AM - 1:00 PM  
CC & I-78 Cafeteria

**Wednesday, March 30**  
11:30 AM - 1:00 PM  
17th & Chew Cafeteria

**"PINCH AN INCH" COMPUTERIZED BODY COMPOSITION TESTING**

Call 821-2150 for an appointment and to receive a copy of pre-test instructions!



**Tuesday, April 5**  
7:30 AM - 4:00 PM  
CC & I-78, Classroom #1

**Thursday, April 7**  
7:30 AM - 4:00 PM  
17th & Chew - Pediatric Classroom

**LUNCHTIME WALKS**

Celebrate Spring and get into STEP with lunchtime group walks! **Walking-Out Workout Club (W.O.W.)** participants and new employee walkers are invited. Those who are currently enrolled in the W.O.W. program can count their minutes of walking on their monthly logs. Walks will be led by a certified aerobic instructor. Warm-up stretch will be provided. Walkers will meet at the Main Entrance of each Hospital site as follows:

**17TH & CHEW - MONDAYS**  
12:00 Noon - 12:30 PM  
April 11, 18, 25  
May 2, 9, 16, 23  
June 6, 13, 20, 27

**CC & I-78 - WEDNESDAYS**  
12:00 Noon - 12:30 PM  
April 13, 20, 27  
May 4, 11, 18, 25  
June 8, 15, 22, 29

**"FAMILY FUN WALK"**

Join us in our first "Family Fun Walk" to celebrate National Employee Health and Fitness Month. This walk is exclusively for Hospital employees and their families. The nominal fee of \$2/individual or \$3/family will help to cover the cost of the T-shirts the adults will receive and the water-bottles the children will receive for completing the walk. Pre-registration is encouraged.

**Saturday, May 14**  
8:30 AM - Registration  
9:00 AM - Cancer Center  
CC & I-78

**Rain Date**  
Sunday, May 15  
9:30 - Cancer Center  
CC & I-78

\* Light refreshments will be served.



- SEE REVERSE SIDE -



## WALKING-OUT WORKOUT CLUB (W.O.W.)

Get involved in our ongoing walking club. Come join the club that gets you out into the fresh air, makes you feel good and rewards you with fitness incentives! Call 821-2150 now for your free registration packet.

## SPECIALTY CLINICS

As with any exercise, fitness program or sporting activity, it is important to have the appropriate knowledge and be aware of safety and injury prevention. These activities not only provide certain health benefits, but also enhance physical and mental well-being. Please refer to the following schedule for our specialty clinics:

### GOLF CLINIC

<b>Wednesday, April 6</b>	<b>Monday, April 11</b>
12:00 Noon	12:00 Noon
17th & Chew Auditorium	CC & I-78 Auditorium

**Presenters:** Tom Lynch - Golf Pro  
Jack Dunleavy - Coordinator, Human Resources, Lehigh Valley Hospital

### MOUNTAIN BIKING CLINIC

<b>Monday, April 25</b>	<b>Wednesday, April 27</b>
12:00 Noon	12:00 Noon
17th & Chew Auditorium	CC & I-78 Classroom #3

**Presenters:** Mike Podgurski - Trexlertown Cycling  
Steve Lehman - TSA Representative, Lehigh Valley Hospital

### RECREATIONAL CYCLING CLINIC

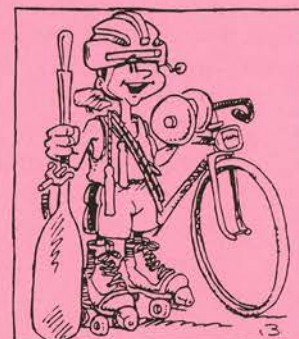
<b>Monday, May 9</b>	<b>Wednesday, May 11</b>
12:00 Noon	12:00 Noon
CC & I-78 Auditorium	17th & Chew Auditorium

**Presenters:** Mike Podgurski - Trexlertown Cycling  
Steve Lehman - TSA Representative

### ROLLERBLADING CLINIC

<b>Monday, June 6</b>	<b>Wednesday, June 8</b>
12:00 Noon	12:00 Noon
17th & Chew Auditorium	CC & I-78 Auditorium

**Presenters:** Peter Nestor, of Nestor's Sporting Goods  
Alex Negoescu, Lehigh Valley Hospital



To register for programs or learn more about the Spring 1994 Calendar of Events, employees should call the Health Promotion and Disease Prevention Department at 821-2150 and watch for more information in CheckUp.