

Lehigh Valley Hospital: The Year In Review

Lehigh Valley Hospital achieved significant progress and growth in 1994 and, for the first time in the hospital's history, appointed board members from outside the Lehigh Valley.

Highlights of the year were recapped by Elliot J. Sussman, MD, president and CEO, and Irwin Greenberg, chairman of the board of trustees, at the hospital's annual meeting.

Sussman attributed the hospital's accomplishments to the skill and dedication of its trustees, physicians and nearly 5,000 employees.

"They are smart, talented and caring people, the kind of people I'm proud to call family," he said.

During the year:

- The John and Dorothy Morgan Cancer Center was rated by an independent cancer physician and researcher as one of the top two structures of its kind in the U.S. along with the University of Michigan. The center offered a free prostate cancer screening last fall to more than 1,000 men.
- The Department of Psychiatry opened the Adult Transitions day-treatment program and a mental health home-care service so patients can receive intensive short-term inpatient psychiatric care.
- The hospital's hospice program grew to become the largest in Pennsylvania.

- Home care visits increased from 84,000 to 97,000.
- Pediatric services were expanded and enhanced to help children take their first steps in good health.
- Community education and wellness initiatives, which are central to the hospital's health promotion and disease prevention programs included the introduction of three new publications and the expansion of the 402-CARE health information phone service.
- The hospital provided more than \$18 million in community services and free care to improve community health.
- Plans were finalized and implemented for a 52-bed skilled transitional unit scheduled to open early in 1995.
- A new family practice residency program could enroll physicians-in-training as early as July.
- Operations improvement and managed care efforts took center stage, always with the spotlight on improved patient care. A comprehensive site and facilities plan, major renovations at 17th & Chew, continued movement toward consolidation of inpatient care and key appointments to its management team resulted from the hospital's initiatives in re-engineering the organization.
- The hospital expanded and strengthened its system of healthcare delivery through affiliations with Penn State's Hershey

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The Year In Review *(from page 1)*

Medical School and Muhlenberg Hospital Center and with physician partners in the development of the physician-hospital organization.

- A major nationwide employer selected the hospital as one of seven sites to provide specialty services for its employees.

Greenberg welcomed incoming board members C. McCollister Evarts, MD, and Robert Goodman, MD, who will each serve three-year terms. Dr. Evarts is dean of the College of Medicine, Penn State University, Hershey; Dr. Goodman is president of University Oncology Centers, King of Prussia.

Greenberg also thanked five retiring trustees for their service to the hospital. They include: John Jaffe, MD, past president of the medical staff; William Miers; Alan Schragger, MD; William Roberts; and Michael Thompson.

The meeting also provided an opportunity for hospital officials to publicly thank several individuals and organizations for their philanthropic support of the hospital. The following received special recognition for their contributions:

Lehigh Valley Hospital Auxiliary; Mr. and Mrs. John E. Morgan; The Allentown Auxiliary of Lehigh Valley Hospital; Mr. and Mrs. Edward J. Donley; Alvin H. Butz, Inc; Mr. and Mrs. John S. Pidcock; Mr. and Mrs. Irwin Greenberg; Mr. and Mrs. Lloyd H. Jones; Mr. Gul C. Asnani; Estate of Adalisa B. Scheirer; Bristol-Myers Oncology Division; Hematology-Oncology Associates, Inc; Mr. and Mrs. Edward P. Winkelspecht Jr.; Mr. and Mrs. Bernard Berman; Medtronic; Mrs. Mildred E. Schlaefer; and Mr. and Mrs. Seymour Traub.

Stay Safe This Holiday Season

Drive Alert - Arrive Alive

With millions of people taking to the road this holiday season, the usual highway hazards are compounded by drivers who are drowsy or actually fall asleep behind the wheel.

The statistics are startling, according to John P. Galgon, MD, and William Pistone, DO, of Lehigh Valley Hospital's Sleep Disorders Center, who note that while progress has been made in reducing the incidence of drunk driving, accidents caused by drowsy drivers are mounting. Here, Dr. Galgon summarizes some of the findings reported at the National Sleep Foundation's National Forum, including recommendations for driving alert and arriving alive.

The Major Causes of Drowsiness in Drivers :

- Insufficient sleep - the average American gets 5 - 6 hours of sleep but needs 8.4 hours

- Alcohol in and of itself causes sleepiness, but the combination of insufficient sleep with alcohol can be devastating. It should be noted that with a blood alcohol level of only 0.8 (not legally drunk), performance is markedly reduced even if the driver doesn't feel sleepy. If one measures the sleepiness of a driver with only five hours of sleep and a blood alcohol level of 0.8, it is similar to that of a patient with narcolepsy.
- Sleep disorders such as sleep apnea, narcolepsy and chronic insomnia which affect about 50% of the population
- Shift work - 25% of these workers report crashes
- Medications, many which cause sleepiness
- Age

Nearly 55% of accidents are caused by drivers under age 25 (the peak age being 20)

(please turn to page 3)

Drive Alert *(from page 2)*

usually due to insufficient sleep. Seventy percent of the drivers are males.

People over 65 have sleep disruption due to many causes, all of which cause sleepiness

- Commercial drivers who spend a large number of hours driving frequently at night
- Circadian influences - There is a normal dip in alertness from 2-4 pm (siesta time) and a much greater dip from midnight to 6 am (the time we are supposed to be sleeping)

A Recent Survey of Drivers in New York State Found That:

- 55% drove while drowsy during the past year
- 50% became drowsy on long trips, at night or due to lack of sleep
- 42% were drowsy during the day
- 8% were drowsy due to illness
- 3% were drowsy due to alcohol
- 3% were involved in a crash when they fell asleep
- 2% were involved in a crash when they were drowsy
- 23% had fallen asleep while driving but managed to avoid a crash

Of those who had a crash due to drowsiness, 83% were alone and had been awake for 14 hours when the crash occurred. The risk of car accidents when driving while drowsy is significant especially during the holidays when people take long trips often at night (eg. the student who drives all night following exams.)

To Avoid Drowsiness While Driving:

- Plan for eight hours of sleep nightly to avoid sleep debt, at least on the night before a long trip
- Don't drink and drive; at the very least, avoid alcohol 4 - 5 hours prior to driving.

Don't assume coffee will counteract the effect of alcohol; you may feel more alert but have "microsleeps."

- Drive during the time of day when you are normally most awake and avoid dips in alertness
- Take mid-afternoon breaks or a nap if you are sleepy
- Don't drive after midnight; either you will fall asleep or the driver of the other car will.
- Stay overnight in a motel rather than driving straight through.
- If you are traveling with passengers, talk with them; they'll be quick to note any signs that you are becoming drowsy
- Take a break every two hours or 100 miles. Stop sooner if you become sleepy and take a nap.
- When you take a break, walk around, wash your face with cold water. Walking around may also prevent deep vein thrombosis and pulmonary emboli (Dan Quayle may have had pulmonary emboli from sitting for long periods on airplanes.
- Keep your car temperature cool and open windows at intervals
- Eat lightly. It's better to feel a little hungry than "stuffed." There is evidence that a high-fat diet actually causes sleepiness. So, instead of having a burger, fries and a shake, have a salad, a cup of coffee and maybe a veggie whopper (Burger King)
- Don't depend on coffee; the effects of a cup of coffee last about 40 minutes and may be associated with microsleeps. Sipping coffee over a two hour period may be better but will probably not help you avoid "microsleeps."
- Listen to news or talk shows rather than music on the radio. But, remember that turning the radio up doesn't work.

About Our People

Safety Director Presents Paper, Receives Commendation

Emma Hooks, Director, Safety, presented her paper "Managing Life Safety Program Requirements in Healthcare Facilities" at the National Safety Council (NSC) Congress in San Diego. A member of the NSC's executive committee for healthcare organizations and outgoing editor of the healthcare section newsletter, she also received a commendation for her outstanding contributions to the overall quality and content of the newsletter. Subsequently, Hooks participated in an international gathering in Berlin, Germany sponsored by the People to People Organization of the Eisenhower Foundation. The event, held on the fifth anniversary of the destruction of the Berlin wall, enabled leaders from a variety of professions to exchange ideas and share expertise. Delegates also explored the economic and infrastructure challenges associated with the reunification of Germany. Hooks met with members of the parliaments of Germany and Great Britain as well as her German peers in healthcare. She plans to maintain contact with representatives from one hospital there interested in learning more about methods to incorporate quality and performance improvement in their overall operations.

Engineer Merits Certification

Robert Beyer has merited certification as a plant engineer (CPE) by the American Institute of Plant Engineers (AIPE). Certification is limited to plant engineers/facility managers with a specific combination of education and plant engineering experience and knowledge.

"I'm Worth It!" Winners Announced

The Health Promotion and Disease Prevention Department has announced the winners of the November drawing of the "I'm Worth It!" incentive program. At CC&I-78, Kathy Gemmell, Day Care, won a \$75 Lehigh Valley Mall gift certificate; Christine Niznik, Nursing-4A, won a \$25 Encore Books gift certificate; and Pat Behler, Dialysis, won a \$25 gift certificate from Bonnie's

Floral Shop. At 17th & Chew, Harriet Call, Patient Accounting, won the mall certificate; Gloria Ferko, Stat Lab, won a \$25 GIANT Foods gift certificate; and Rosemarie Balado, Business Office, won the certificate from Bonnie's.

LVH Employees In The Spotlight

The quality of care provided by **Liz Egan, RN**, Shock Trauma Unit, to a man injured in a motorcycle accident last summer earned her much more than an honorable mention in the cover story of the November 20 issue of "Hospitals & Health Networks" magazine. Her patient, Robert Morris, a hospital CEO and director of the Laurel Health System, credits Egan with helping him through the first, crucial hours following the accident. The article describes her role in maintaining the continuity of the patient's care.

Gail Evans, Director of Operations, Development, was profiled in the November issue of the National Society of Fund Raising Executives, Eastern Pennsylvania Chapter News. In addition to discussing her commitment to fundraising, Evans elaborated on her role in the "Pave the Way for Life" campaign and "Jazz & Juleps" fundraiser for breast cancer education.

General Services Organizational Changes

To assist with patient-focused care initiatives and prepare for the future, **Frank Deeney** and **Angel Ruiz-Garcia**, currently the Safety/Education Manager, will assume operational responsibilities at CC&I-78 and 17th & Chew, respectively. Both Deeney and Ruiz-Garcia will focus on scheduling, process improvement and staff skill enhancement.

Trauma Surgeon Receives AMWA Award

Tamar D. Earnest, MD received the American Medical Women's Association Community Service Award for Pennsylvania at the group's annual meeting in Orlando, Florida. Dr. Earnest was recognized for her work in injury and trauma prevention.

About Our People

Spirit of Christmas Alive

Members of the hospital family do more than their share to keep the spirit of Christmas alive throughout the year. Special recognition goes to the staff of the ACU for helping a co-worker with her cleaning and grocery shopping so she could spend more time caring for her ill son.

Oncology Nurses Certified

The following nurses have merited certification by the Oncology Nursing Society:

Debra Knappenberger, RN, OCN, Multi-Purpose Area, Morgan Cancer Center (MCC); **Arnette Odenwelder, RN, OCN**, Hemophilia/Oncology Clinic, MCC; and **Mary Jo Biely, RN, OCN**, 6C/CC&I-78. **Darlene Matthias, RN, OCN**, MCC, was recertified.

Social Worker Presents Paper

Lisa Taylor, LSW, Clinical Social Worker in the Department of Psychiatry, recently presented papers on "Disaster Planning in the Renal Community" at meetings of the American Association of Nephrology Nurses and The National Kidney Foundation. Lisa volunteers for the American Red Cross in Disaster Mental Health Services.

HRIS/Payroll Manager Named

With the consolidation of Human Resources' Employee Information System (HRIS) and Payroll into a single function, **Pearl Boyle**, currently Employee Information Supervisor, has been named HRIS/Payroll Manager.

It's A Boy!

Congratulations to new parents **Jon Brndjar, DO**, a third-year internal medicine resident at CC&I-78, and **Marianne Freeman, DO**, an OB/GYN resident at Allentown Osteopathic Medical Center. Daniel John, the couple's first child, was born on Nov. 26, weighing in at 7 lbs., 1 oz. and measuring 20 inches. We wish them much luck and sleep, too!

Raffle Contest Winners

The Recreation Committee held raffles at the Bazaar at 17th & Chew and the Sweater

Sale at CC&I-78. Winners were Pat Seier, Patient Accounting (17th), and Tara Bonsell, Physical Therapy (CC). Each won a 1995 Entertainment Book (which, by the way, makes a great Christmas present and can be purchased from the Credit Union at CC & I-78!).

Prime Vendor Project Update

In the December 9 edition of CheckUp, the cover story focused on the efforts of a team of engineering and purchasing personnel to simplify the procurement process and reduce annual spending and inventory costs for maintenance and repair supplies. Following a re-assessment of the engineering department's needs and renegotiation with the 20+ vendors who provide "general mill" items, the employee team was able to identify one primary vendor that could provide the best price for all of its "general mill" items: Galey Industrial Supply, Co. in Chester, PA. As a result, the department expects to reduce spending by 25 percent (on everything from door hinges and drill bits to nuts and bolts). While reducing inventory costs to almost zero. Only emergency supplies will remain in stock; the vendor has agreed to provide the remaining items on an as-needed basis. That the department has realized this level of savings in time and money in such a relatively short period is a credit to the team who initiated and completed the reassessment/renegotiation process. Chaired by Sue Toth of purchasing, the team also included Daniel Andersen, Bill Burgess, Rick Gehman, Mike Hutnick, Jack Mack, Lee Wehr and Jim Zernhelt, all of Engineering; Carl Kent and Duane Ott of Purchasing; and Fred Coenen of ISM, a consulting firm that provided instruction and guidance to the team in the course of the project.

Mayfair Project To Merge Medicine With Performing Arts

The human side of healthcare will be interpreted by the staff and volunteers of area hospitals in a unique performance piece at Mayfair '95.

Hospital personnel are invited to learn more about the project and how they can participate at either of two introductory sessions at 7 pm on Wednesday, Jan 18 at Muhlenberg College's Center for the Arts recital hall or at 7:30 am on Thursday, Jan 19 at the Comfort Suites in Allentown. In addition, workshops will be held Jan 19 at CC & I-78, Jan 20 at Allentown Osteopathic Medical Center and Sacred Heart Hospital and Jan 21 at 17th & Chew.

Each year, Mayfair brings a visiting artist to the Lehigh Valley to work with community members in creating and performing a new theater or dance work for the festival. This type of project and the age and background of the participants, many who have no theater or dance experience, has varied tremendously in the past. But, in all cases, the works have been created through a collaborative process.

In 1995, Stuart Pimsler Dance and Theater, a company based in Columbus, Ohio, will

create a new work exclusively for Mayfair. Blending movement with theatrical elements, including spoken text, the work will address the feelings and experiences of healthcare providers in the Lehigh Valley.

Formed in 1978, the Pimsler company has toured nationally and internationally, performing at the Kennedy Center and other noted venues. Stuart Pimsler, artistic director, and Suzanne Costello, associate artistic director, have conducted dance theater workshops for healthcare providers over the past two years with tremendous responses from participants and audiences alike.

The impetus for having the artists conduct such a residency in the Lehigh Valley is to provide the public with a glimpse at the personal issues that face healthcare workers, including the impact of dealing with pain, loss and suffering on a daily basis. The project will also provide people working in the field with a rare opportunity to use the creative process and the performing arts to explore their own feelings and the challenging nature of their work.

All three hospitals in Allentown have expressed interest in participating in the project, and Ellen Cooper, diabetes nurse educator at Lehigh Valley Hospital and a dance enthusiast, will serve as volunteer project coordinator.

At the introductory sessions and workshops in January, Pimsler and Costello will answer questions about the project, recruit potential participants and work with project planners to flesh out the latter phases of the project. The artists will return in early May for a series of movement and theater workshops and rehearsals for performances on May 26 and 27 at Mayfair. For more information and to register, please call Public Relations at ext. 3001.



A reception for hospital staff and dialysis patients marked the opening of the new Continuous Ambulatory Peritoneal Dialysis Unit on the fourth floor of the John and Dorothy Morgan Cancer Center. Pictured is Patt Boyer, RN, director of patient care services, discussing dialysis with a Stroudsbury couple.

Bulletin Board

Hospital's Cardiac Care Receives High Marks

Lehigh Valley Hospital has received a "plus" rating in the "1992 Consumer Guide to Coronary Artery Bypass Graft Surgery," released earlier this month by the Pennsylvania Health Care Cost Containment Council (PHC4.)

The rating indicates that there were significantly fewer deaths than expected related to coronary artery bypass graft surgery.

In addition to the hospital, the Panebianco-Yip Heart Surgeons group and two of its members, Drs. David Gordon and Geary Yeisley, also received plus ratings.

According to Elliot J. Sussman, the ratings reflect the overall high quality and value of cardiac care provided to patients as well as the improvements the council has made in the reporting process since 1990.

Sussman adds that Lehigh Valley Hospital remains committed to helping the council improve its reporting methods to provide the public with useful information about available healthcare.

"We believe that the addition of a cardiac surgeon to the council's technical advisory committee would increase the accuracy and usefulness of the report," he says. "We made this recommendation to the council in this year's response to the report. In addition, we feel that some combined surgical procedures in the report should be excluded because of their clinical complexity. The hospital recommended this change last year and has repeated it in this year's comments to the council."

Bowl Away Those Excess Holiday Pounds

Lehigh Valley Hospital employees and their families are invited to the new Parkway Lanes, 12th and Lehigh Sts., (behind the Allentown Business School) for a night of free bowling on Thursday, Jan. 5 beginning at 9 pm. You and yours will be treated to bowling, shoes, munchies and prizes. Call Sharon Bartz at ext. 8480 to register now.

News for Group Universal Life Enrollees

If you are currently enrolled in CIGNA Group Universal Life Insurance, you should be aware that, effective Jan 1 - March 31, 1995, the annualized interest rate for contributions to the Group Universal Life Cash Accumulation Fund (CAF) has increased to 6.25%. You can take advantage of this tax-deferred savings opportunity through payroll deductions, steady contributions or lump-sum payments. For more information about adding to or opening your CAF account, call CIGNA's Customer Service Center in Bethlehem at 1-800-828-3485 or 1-800-336-2485 (TDD Hearing Impaired).

Parking Policy

Employees throughout the hospital go to great lengths to provide the best service to patients and their families. This level of care and consideration, however, should not be confined to the building but extend beyond it.

In recent weeks, the Security Department has noted a significant increase in employee use of parking reserved for patients and visitors. As a result, Security will be enforcing the parking policy as outlined in the management handbook. The policy applies to parking at both sites.

Effective immediately, employees who do not adhere to parking restrictions will be reported by Security to their department supervisor. The parking violation will result in a disciplinary warning and will become part of the employee's permanent record.

Because parking is limited, please remember to park in the space provided specifically for you. Spaces designated for patients and visitors must be available to them at all times. All of our customer-focused activities will go unnoticed and unappreciated if patients and visitors find it difficult to get to the front door. If you have any questions regarding the policy, please call Security at ext. 2987.

Education

HR Development Information

Hospital Orientation

The next hospital orientation will begin at 8 am at CC&I-78 on Tuesday, Jan. 3. An optional tour of both sites will be held on Wednesday, Jan. 4 beginning at 1 pm at 17th & Chew and 2:30 pm at CC&I-78. Reservations are required for the tour. To register, call ext. 1211.

CPR Certification

CPR Certification will be held in two parts and attendance is required at both. Part I will be held Wednesday, Jan. 11 from 9 am to noon in Room 900, School of Nursing, 17th & Chew. Part II will be held Wednesday, Jan. 18 from 9 am to noon, same location. To register, complete and return the appropriate form located on the monthly HRD calendar, outside Room 900, School of Nursing, 17th & Chew and the AV Services area, CC&I-78.

CPR Recertification

CPR Recertification will be held in the 24-hour period beginning at 10 am on Wednesday, Jan. 25 at the Nursing Learning Lab, 2nd floor, GSB, CC&I-78.

Symposia Reminder

The Human Resource Department has announced the next topics of the Regional Symposium Series to be held in the auditorium at CC&I-78.

Endocrinology Update will be held Saturday, Jan. 14. Topics will include: "Androgen Dependent Syndromes: Understanding Acne, Hirsutism and Virilism," "Osteoporosis: Current Treatment Methods," "Thyroiditis: Hashimoto's Subacute, Postpartum and Reidel's," "Role of Insulin Resistance in Human Disease" and "Your Hypertensive Patient: Finding and Treating Those with Endocrine Etiologies."

Sixth Annual Symposium in Geriatrics will be held Saturday, Jan. 28. Topics will include: "Overview of Geriatrics," "Medication Issues in the Elderly Related to Compliance, Pharmacokinetics and Pharmacodynamics," "NEXUS for Geriatric Planning: A Demonstration of the Continuum of Care," "Management of Ocular Disease in the Elderly" and "Urinary Incontinence."

For more information and to register, please call ext. 1210.

Please Join Us

for a Reception and Special Preview of the new

Ambulatory Surgery Unit

Second Floor Tower, 17th & Chew

Wednesday, January 4 — 6:30-7:30 pm
(Members, Department of Surgery)

Thursday, January 5 — 6:30-7:30 pm
(ASU Staff Members and their families and Anesthesiology)

Friday, January 6 — 12-1 pm
(Physician Office Managers)

Friday, January 6 — 2-3 pm
(Entire Hospital Family)

Service Anniversaries: January 1995

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

Twenty Five Years of Service

Jan 3 Patricia Nesfeder/Card Rehab
Jan 5 Betty Burian/OR C
Jan 15 Eleanor Wittman/General Services A
Jan 20 Rachael Bauder/Patient Accounting

Twenty Years of Service

Jan 13 Barbara Bennett/Central Nervous Unit
Jan 13 Dorothy McGinley/Nursing Float Pool
Jan 13 Alice Stebelski/3C Staging/Monitored Unit
Jan 13 Elaine Walz/Infection Control
Jan 20 Willard Steward/Plant Engineering
Jan 21 Sandra Kutz/Medical Records

Fifteen Years of Service

Jan 1 Clement McGinley, MD/Mauch Chunk
Jan 2 Cheryl Silvonek/Center for Womens Med
Jan 3 Karen Steixner/Cardiac Cath Lab
Jan 7 Elizabeth Dum/6S Adult Psychiatry
Jan 7 Connie Gioielli/Nursery
Jan 7 Donna Gollie/4B Med/Surg Unit
Jan 7 Elaine Holmes/Adolescent Psychiatry
Jan 7 Dawn Mazzuca/7C M&S Nephrology Unit
Jan 7 Monica Michalerya/6C Med/Surg Unit
Jan 7 Deborah Nenow/Obstetrics
Jan 7 Patricia Pavelco/7B Med/Surg Unit
Jan 7 Carol Saxman/GICU
Jan 7 Thomas Toth/Outpatient Pediatrics
Jan 10 Loretta Gogel/Pediatric Unit
Jan 16 Brenda Pensyl/Neonatal ICU
Jan 19 Dorothy Kurinec/Angiography
Jan 28 Kim Wechsler/Home Care

Ten Years of Service

Jan 7 Kim Deluca/Special Care Unit
Jan 7 Beverly Humphrey/PGME-Pediatrics
Jan 7 Mary Ann Kachurak/Nursing Float Pool

Jan 7 Lynn Martisofski/6N Adult Psychiatry
Jan 7 Judith Pritchard/6S Adult Psychiatry
Jan 14 Charles Loehr/OR C
Jan 21 Valerie Hunsicker/Radiology-Diagnostic C
Jan 22 Margaret Schwoyer/Psychiatric Rehab
Jan 28 Marjorie Kratzer/Human Resources Adm

Five Years of Service

Jan 2 Elisabeth Crago/Cancer Program
Jan 2 Linda Freed/AIDS Activities Office
Jan 2 Janet Merritt/Emergency Service C
Jan 2 Carol Montes/LV Hospice - Allentown
Jan 2 Connie Mugavaro/7C M&S Nephrology Unit
Jan 2 Francis Salerno, MD/Geriatrics
Jan 8 Kyle Campbell/Financial Services
Jan 8 Diane Hartzell/Lab-HLA
Jan 8 John Wastak/Dept. of Psychiatry
Jan 15 Jean Angstadt/Lab-Chemistry
Jan 15 Virginia Burkholder/5C Med/Surg Unit
Jan 15 Carol Diehl/Obstetrics
Jan 15 Charles Hafer, Jr/5A Med/Surg Unit
Jan 15 John Kaye/Stores Proc Distr
Jan 15 Denise Krenicky/3C Staging/Monitored Unit
Jan 15 Patricia Kurtz/Progressive Coronary Care
Jan 15 Joan Shea/5B Med/Surg Unit
Jan 15 Margaret Stoudt/4C Med/Surg Unit
Jan 15 Suzette Stravino/Burn Unit
Jan 15 Lori Yackanicz/Info Services Development
Jan 22 Linda Clemens/Dental Clinic
Jan 22 Harry Graver/Bio-Med Engineers
Jan 29 Traci Schwenk/LV Hospice-Allentown

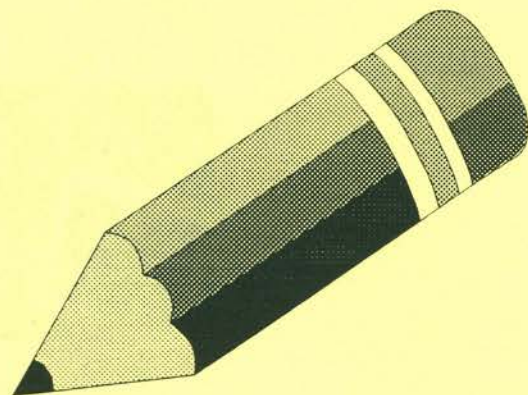
SHAPEDOWN®

Child and Adolescent Weight Control Program

ShapeDown® is an eleven-week weight control program designed especially for children and adolescents and their parents. The program focuses on developing healthy eating and exercise habits while building self-esteem and communication skills.

Parents are included in the program to strengthen support mechanisms necessary for achieving individual as well as family lifestyle changes.

Each session is led by a behaviorist and a dietitian.



Topics addressed include:

- Emotional overeating
- Peer pressure
- Exercise and fitness (led by an exercise specialist)
- Body image
- Family communication skills

***ELEVEN MONDAYS
BEGINNING
JANUARY 23, 1995***

6:30 - 8:00 PM

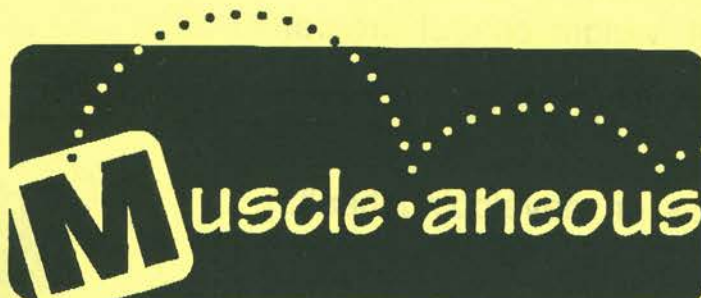
***LEHIGH VALLEY HOSPITAL
CEDAR CREST & I-78
CLASSROOM #1***

***FOR SCHEDULE AND FEE
INFORMATION, CONTACT:
SANDRA BARILLO, 402-5960***

*Lehigh Valley Hospital Health Promotion & Disease Prevention Department
Suite 3209
1243 South Cedar Crest Boulevard
Allentown, PA 18103-6296*

Your New Year's Resolution Will Start January 14th

AND IT ONLY TAKES ONE DAY A WEEK!



A HEALTH-RELATED FITNESS ADVENTURE PROGRAM FOR KIDS AGES 7-11

This jam-packed program is filled with plenty exercises-to-music, muscles at work and fun activities. While they are having fun, they also learn about their bodies, improve their health and will feel successful and positive about their physical pursuits.

SATURDAY MORNINGS, 9:00AM - 10:00AM

WINTER 1995 EIGHT-WEEK SESSION: JANUARY 14, 1995 THRU MARCH 4, 1995

SPRING 1995 EIGHT-WEEK SESSION: MARCH 25, 1995 THRU MAY 13, 1995

**HEALTH PROMOTION & DISEASE PREVENTION DEPT. ANNEX
1243 SOUTH CEDAR CREST BOULEVARD, ALLENTOWN**

Hey! Parents, you can enjoy the fun and reap the healthy benefits of an easy-to-follow, low-impact fitness class at the same time your child is participating in Muscle-aneous. The class is conveniently located in the adjoining Human Performance Center. No membership fees. Free towel and locker service is available.

PROGRAM FEES

PRE-REGISTRATION IS NECESSARY AS CLASS SIZES ARE LIMITED!

**MUSCLE-ANEOUS WINTER 1995 OR SPRING 1995 SESSION:
\$25.00 PER CHILD FOR HOSPITAL EMPLOYEES**

**MUSCLE-ANEOUS & PARENT WINTER 1995 OR SPRING 1995 SESSION:
\$39.00 PER PARENT/CHILD FOR HOSPITAL EMPLOYEES**

**TO REGISTER NOW AND BEFORE IT'S TOO LATE, CONTACT HEALTH PROMOTION & DISEASE PREVENTION DEPT.
(610) 402-5960**