

CHECKUP

Vol. 1 No. 9 June 24, 1988

Tuition Reimbursement 'Taxing' Issue

HealthEast, upon the advice of legal counsel, will omit all job-related tuition reimbursements from employment taxes.

Under the Tax Reform Act of 1986 (Section 127 of the Internal Revenue Code), all employer paid tuition reimbursement (effective Jan. 1, 1988) is now to be considered taxable income subject to all employer taxes and reporting on the W2 form.

However, after further research, it has been determined there is another part of the IRS Code that supersedes the above section. Code Section 162 states that any tuition costs incurred by an employer that are job related and are approved and reimbursed by the employer are not considered wages subject to employment taxes. Any other personal education expenses that are not job related are subject to all employment taxes.

"We feel it is necessary for all of our employees to be aware of our position in this very confusing problem and will keep you informed of any further changes," explains Thomas Seabourne, senior vice president of Human Resources.

If you have any further questions regarding this matter, please call Human Resources at ext. 7936.



William Roberts, chairman of the board, TAH—LVHC (left), and Russell Puschak, M.D., chairman, Pediatrics, look on as Nancy Roe, R.N., head nurse, Pediatrics unveils a sign dedicating the playroom and playdeck on TAH site's fifth floor.

Junior Aides Honored

Members of The Allentown Hospital Junior Aides were honored at a reception recently at the Sheraton Jetport sponsored by the Board of Directors of TAH—LVHC. The reception celebrated the Junior Aides' 42 years of support to the department of Pediatrics, as well as other areas of the Hospital.

"I just cannot say enough about the tremendous support so kindly given by the Junior Aides," observes Joanne Kleinginna, child life specialist. "They have always made sure the children had all the important extras as well as critical equipment needed for their care."

(please turn to page 2)



The Allentown
Hospital—
Lehigh Valley
Hospital Center

A HealthEast Hospital

Call The Hotline: Ext. 2999

Q. Are employees at TAH required to pay an additional \$5 deposit for a parking lot card?

A. A deposit is not required when obtaining a parking lot access card. However, a \$5 deposit is required to

Junior Aides (from page 1)

Since members of the Junior Aides were responsible for the development of the Pediatrics playroom, TAH—LVHC dedicated the playroom and playdeck on TAH's fifth floor to them at the reception. A sign was unveiled that read, "Junior Aides Pediatrics Playroom and Playdeck," and it will hang outside the playroom entrance.

According to Sam Huston, president of TAH—LVHC, "Through fund raising, volunteering in Pediatrics and the playroom, encouraging spouses and friends to assist with interior decorating and creating the Pediatric's bear theme, the members of the Junior Aides have been more than a positive presence in The Allentown Hospital. The Junior Aides has truly made Pediatrics at The Allentown Hospital, a beary nice place for children."

Recently, The Junior Aides merged with its parent organization, the Auxiliary of TAH—LVHC.

According to immediate past Junior Aides president, Chris Spanos of East Texas, "The merged group will continue its fine work in service to the Hospital and in particular, Pediatrics."

obtain your individual hospital photo identification card.

Q. Just one comment: How HOT can HOTLINE be if you use a recording?

A. In addition to allowing employees to remain anonymous, the HOTLINE is the most efficient and cost effective way to answer employees' concerns, 24-hours-a-day.

Q. Can you please tell me why it is taking so long to process insurance claims and major medical claims through Spectrum Administrators?

A. Since TAH—LVHC and HealthEast started with Spectrum Administrators, Prudential has sent them over 1,000 claims. Along with this, Spectrum is receiving over 200 new claims a day. Spectrum has hired additional staff and is processing the claims as quickly as possible. Please

be patient. If you have any questions, call ext. 9810.

Q. I would like to know why we cannot have Diet Pepsi soda machines in the Hospital (TAH site)? All we have is Diet Coke and I get sick on it and I know a lot of other people do also. I was wondering why we cannot have something else like Diet Pepsi?

A. Presently, TAH site is under contract with a Coca-Cola vending company.

The Hotline is a service for employees at TAH—LVHC and HealthEast who have questions or concerns.

Callers are asked to leave their messages on a tape machine. Employees do not have to state their names, but they should make reference to the specific site involved in the questions. To reach the Hotline, call ext. 2999

Pool Trust Grant Yields Results

A Pool Surgical Oncology Investigation Fellowship, funded by the Dorothy Rider Pool Health Care Trust, has permitted a senior surgical resident, Gary Verazin, M.D., to become involved actively in ongoing surgical oncologic research evaluating a new tumor marker (total sialic acid) in breast and colon cancer.

For the past four years, the Pool Trust has partially subsidized the cooperative investigative program on

two biochemical markers of cancer being conducted by J.J. Prorok, M.D., of the Department of Surgery (LVHC) and Jack Alhadeff, Ph.D., professor of biochemistry at Lehigh University. To date, the research has resulted in five publications in medical literature and multiple presentations at national and international meetings.

Preliminary data has revealed significant new developments which Dr. Verazin will present in July at the International Society of Colon and Rectal Surgeons in Edinburgh, Scotland.

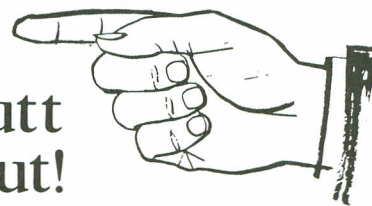
...Thanks To Other Playroom 'Friends'

Some time ago Phil DiChiara, vice president, TAH—LVHC, mentioned to Michael Luck, Ph.D., vice president, Development, HealthEast, that the pediatric playroom did not have a colored television set, nor an Atari or other game program. Michael then shared this information with William Ihrie who immediately sent the HealthEast Trust Fund a check for \$350 to be used toward the purchase of a television set or Atari or Nintendo equipment.

A proposal was then sent to Hess's and shortly thereafter, Hess's graciously donated an RCA 19-inch color television set and the newest model of Nintendo. Mr. Ihrie's contribution will be used toward the purchase of a number of tapes.

It is people like this who quietly give of themselves who help make Pediatrics so 'beary' special.

Butt Out!



A free, introductory session of SmokeStoppers, a smoking cessation program offered by Healthier U. of TAH—LVHC, will be held Wednesday, July 13 at 7 p.m. in the Jewish Community Center, Allentown.

For additional information, contact Karen Clemence at ext. 9821.

Making The Rounds

July Holaska, registered dietitian in the Nutrition Support Service at the LVHC site, recently passed the National Board of Nutrition Support Certification Examination for Nutrition Support Dietitians. Judy has achieved formal recognition in the specialty of nutrition support dietetics by the American Society of Parenteral and Enteral Nutrition.



Linda Unser, community liaison assessment counselor at the Behavioral Health Center, has received her Bachelor of Arts degree in Addictions Studies from Alvernia College in Reading. She graduated cum laude. She has recently received a certified addictions counselor certificate from the state of Pennsylvania.

Joann Haros, R.N., Operating Room (TAH), has recently served as a moderator for the education session, "Institutions of Politics: Who's Really in Charge?" at the 35th annual AORN Congress in Dallas. The presentation addressed various leadership patterns, theories of leadership and implementation strategies.

Debra Binder, L.P.N., 3T; Mary Griffin, L.P.N., 4T; Mary Shelly, L.P.N., NICU; Naomi Solomon-Maury, L.P.N., 4T; and Constance Unger, L.P.N., Float, (all TAH), have completed the L.P.N. Pharmacology Course offered by the Department of Nursing Education in conjunction with Lehigh County Community College.

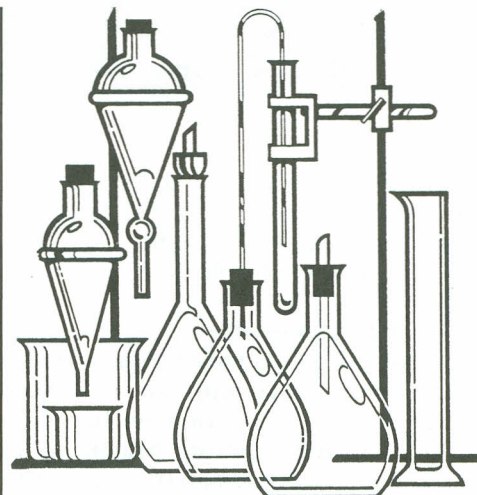
Nancy Carr, Level V technician, Cardiac Cath Lab (LVHC), recently passed the National Society of Cardiovascular Technologists certification exam.

Beth Cepil, BSMT, SM(AAM), education coordinator, HealthEast Laboratories, was a guest speaker at the Pennsylvania Society for Medical Technology state meeting held recently in Harrisburg. She spoke on "The Legality of Venipuncture." This was the third year Beth was asked to give a presentation on a phlebotomy topic at the state meeting. She was program director and instructor for the Lehigh County Community College adult education program in phlebotomy.

Richard M. Attilio, M.S., assistant Pharmacy director, and **Deirdre Daragh**, R.N., B.S.N., O.C.N., oncology nurse educator, Comprehensive Community Cancer Center, recently spoke to over 200 students at Nazareth High School. Their discussion included early cancer detection methods for both testicular cancer and breast cancer as well as the dangers of smokeless (chewing) tobacco. In addition, **Joy DuGan**, R.N., M.S.N., oncology nurse, CCCC, and Rich presented a similar program to over 200 students at Bangor Area High School.



Joanne Kleinginna, child life specialist, Pediatrics (TAH), was elected to the board of the Delaware Valley Affiliate of the Association for the Care of Children's Health.



Diane C. Halstead, Ph.D., director, Microbiology, Immunology and Virology of HealthEast Laboratories, presented an abstract at the 88th Annual Meeting of the American Society of Microbiology held recently in Miami.

The abstract addressed a study which investigated the stability and effectiveness of several drugs used to treat kidney patients.

Joseph C. Guzzo M.D., kidney specialist, **James A. Giardina**, R.Ph., M.S., director, Pharmacy TAH—LVHC, and **Andrea Geshan**, R.N., CIC, nurse epidemiologist (TAH), were co-investigators in this study which was supported by a \$3,500 grant from the Dorothy Rider Pool Health Care Trust.

Nan L. Holland, R.N., B.S.N., C.E.N., has been appointed instructor of ambulatory-surgical care at TAH site. Prior to her appointment, she was a nursing education instructor for the emergency center and outpatient areas at Forsyth Hospital, Winston Salem, N.C.

Susan Holecz, R.N., M.S.N., C.C.R.N., clinical instructor (LVHC), recently graduated from Widener University where she earned her master's of science degree in nursing.

Charlene Wilson, R.N., B.S.N., 6B (LVHC), recently received her bachelor of science degree in nursing from Kutztown University.

Jane Ziegler, R.D., M.S., chief clinical dietitian (TAH), was elected to the nominating committee of the Pennsylvania Dietetic Association for a two-year term.

Walk Your Way

Summer is the perfect season to shake off the lunchtime doldrums and begin using your free time to walk your way to fitness, sport and health.

Before you begin, please remember the following pointers:

(1) Maintain erect posture. Walk tall! Do not lean forward or back. It is hard to know if you are doing this, so ask someone to go with you and observe your posture.

(2) Plant your feet on your heels, not the forefoot. Try to get your feet pointing straight ahead.

(3) Keep your eyes on the road, 15 to 25 feet in front of you. You might want to glance down at your feet once in a while to see how they are lining up, but do not keep looking down. Looking down can create muscle tension, make

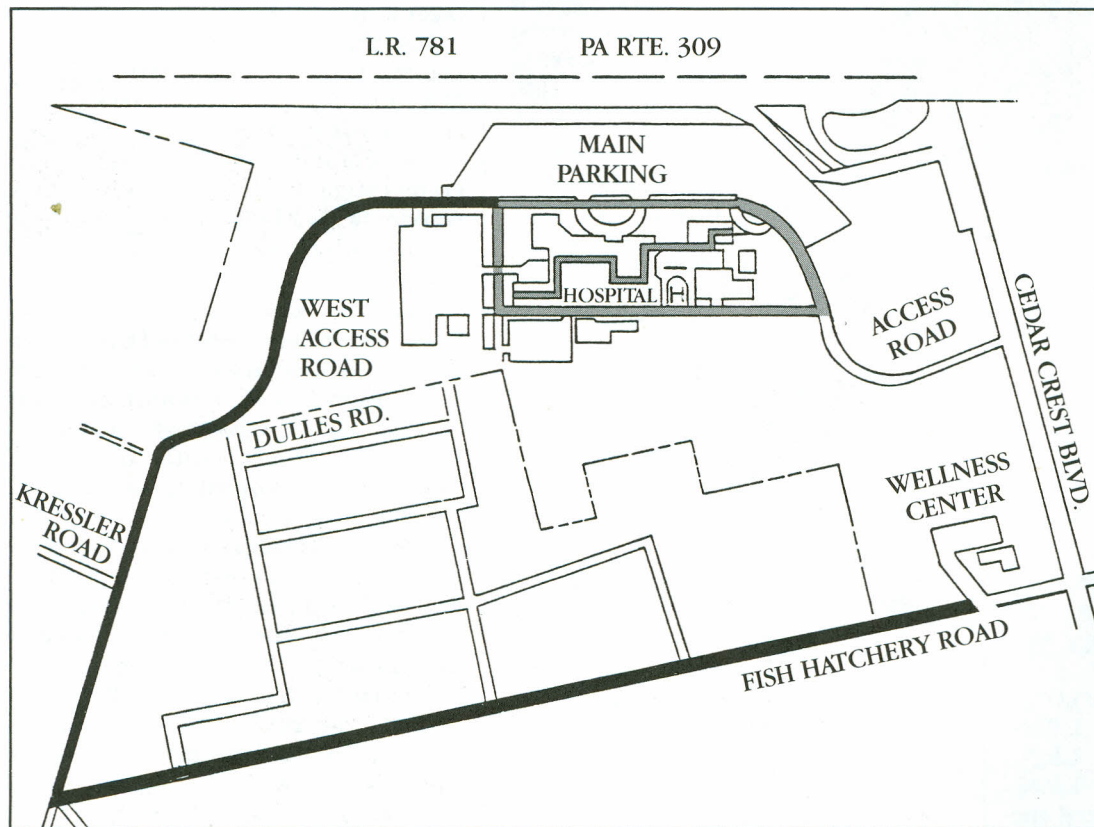
you look depressed and actually make you feel depressed.





Remember, the purpose of walking is not to see how fast you can go. It can even be dangerous. If you go for speed before you are walking regularly for at least five or six weeks, you can easily develop sore, aching muscles in your calves, shins, thighs and groin. You might not feel it when you are walking, but it will catch up to you. Then you will not feel like walking at all. So, if you want to improve, you are far better off going slow than fast.

There is no known health advantage to walking particularly fast. All the health advantages come from walking regularly — maybe four, five days a week.

Below are maps and distances for each hospital site. Put on those sneakers and get going!

LEHIGH VALLEY HOSPITAL CENTER

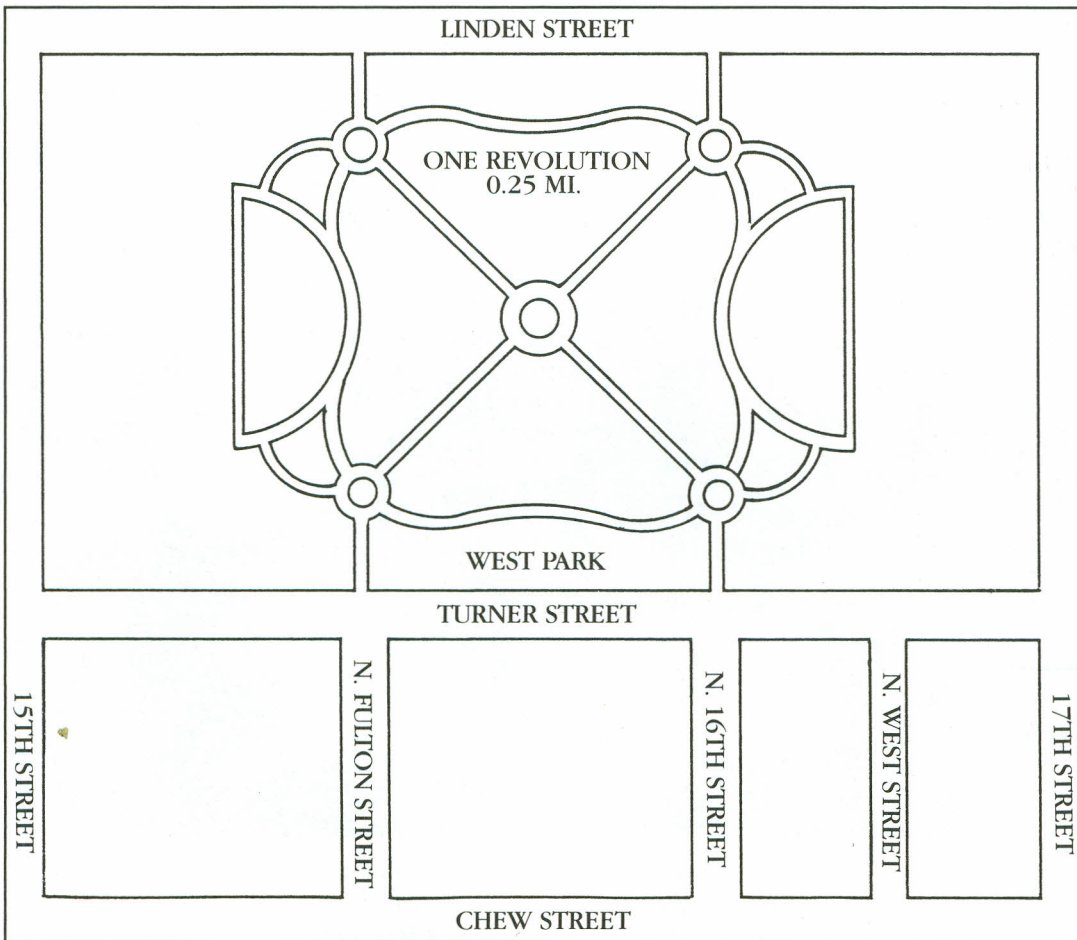


KEY	
	LOOP AROUND HOSPITAL COMPLEX (0.66 MI.)
	WEST ACCESS RD. TO KRESSLER RD. (0.43 MI.)
	KRESSLER RD. TO WELLNESS CENTER (0.9 MI.)
	INDOOR PATH 2ND FLOOR (0.24 MI.)



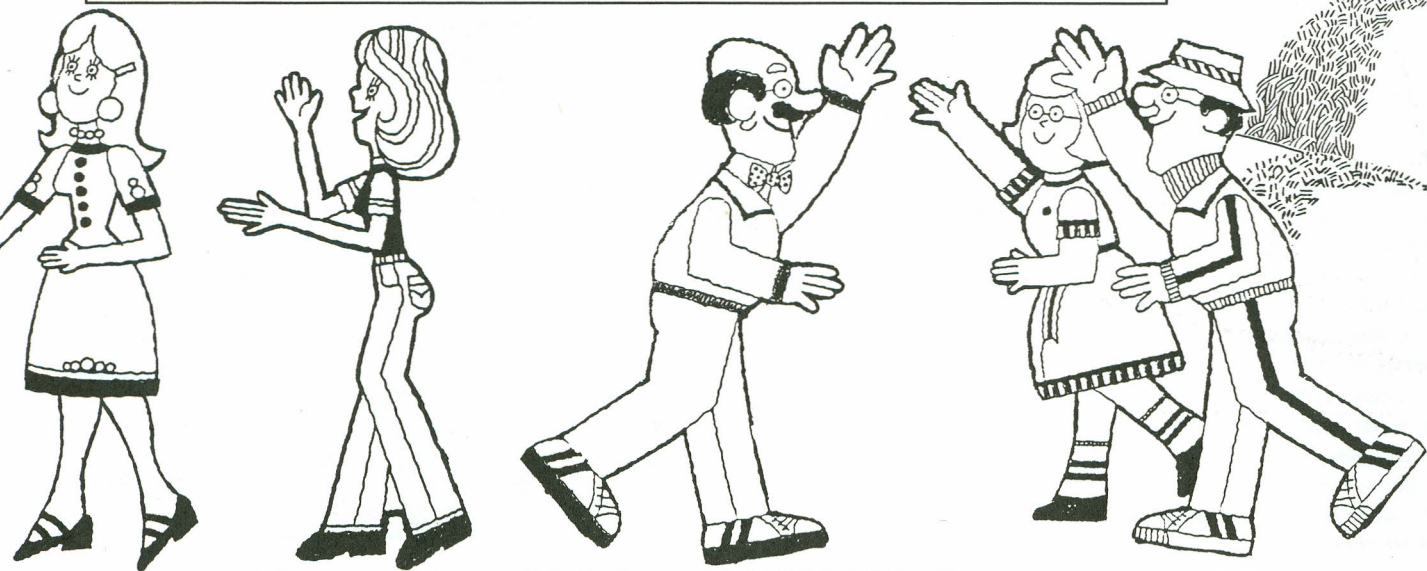
ay To Fitness

THE ALLENTOWN HOSPITAL



KEY

- LOBBY/ONCE AROUND PARK/LOBBY (1.0 MI.)
- LOBBY TO TURNER STREET (0.10 MI.)
- TURNER STREET TO N. 16TH STREET (0.09 MI.)



CCCC Staff Has Productive Month

Several highly successful programs kept the staff of the Comprehensive Community Cancer Center especially busy during May.

The "We Can Weekend," a retreat for cancer patients and their families, was attended by 46 patients and families and 18 facilitators.

Staff members assisting in the program included: Robert Post, M.D., and Sandra Smith, R.N., M.S.N., program directors; and The Rev. Allan Kramer-Moyer (Pastoral Care: LVHC), The Rev. Ann Huey (Lehigh Valley Hospice), Jeanne Guilfoyle, ACSW (CCCC), Joy DuGan, R.N., M.S.N. (CCCC), Jean Wagner, M.Ed. (CCCC), Dee Darragh, R.N., B.S.N. (CCCC), Sara Jane Williams (Cath Lab) and Mickey Harris, M.D. (Internal Medicine Resident).

The program was so successful the CCCC is hoping to offer the "We Can Weekend" annually or semi-annually. The following is an excerpt from a letter written by a participant:

"...the caring of these volunteers to the patients was out of this world. We attended many workshops. We laughed, we sang, we talked, we cried, we shared, we coped... We

learned so much. Any cancer patient would greatly benefit by a retreat such as this."

Shortly after the "We Can Weekend," the CCCC staff geared up for a breast cancer screening program in which 93 women participated. Screening included a physical exam of the breast, mammography and breast self-examination instruction.

In addition to the CCCC staff, Mary Lenahan Durnin, R.N. (LVHC-6C), Sandy Schwartz, R.N. (LVHC-Patient Education) and Bonnie Kosman, R.N.

(LVHC-Patient Education) and several physicians volunteered their time.

Near the end of the month the CCCC held a skin cancer screening program during which 245 people were screened at TAH clinics.

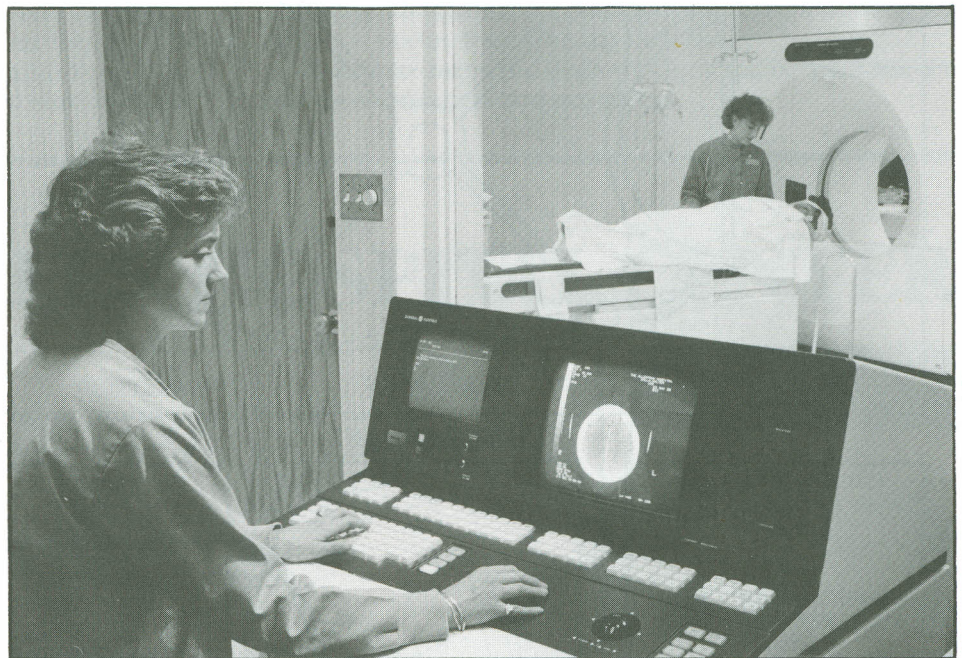
Under the direction of Arthur Sosis, M.D., the following physicians donated their time: James Wall, M.D., Alan Schragger, M.D., Elizabeth Knapper, M.D. Janet Snyder from HealthEast, another volunteer, assisted with registration.

Grateful Employees Say 'Thanks'

A special thanks to all those at the Hospital Center who helped us through a very difficult time both before and during our "hospital" wedding and later, especially Kathy Mundt, Blood Bank supervisor, the Perfusion Department, Cardiac Cath Lab, Employee Health, Hospital and Nursing Administration, the Operating Room, the Recovery Room, Respiratory Therapy, The Allentown Hospital Plasmapheresis Center, and all you brave platelet donors!

Patty and Jeff Gustafson

(Jeff was discharged from Habnemann over a month ago. His condition has been steadily improving every day with almost no complications. The tremendous support and kindness that everyone has shown during this time paved a smooth and easy road to recovery.)



Computerized tomography (C.T.) scanner technicians, Cindy Freed (left) and Christine Reppert, work with the new General Electric 9800 Quick Scan located at The Allentown Hospital site of TAH—LVHC. The Hospital received this state-of-the-art C.T. scan machine in the beginning of May. This new piece of medical equipment is more improved and much faster than the previous machine. For example, a spinal scan is now five times faster and most routine scans take only three seconds.

Help Available For Alcoholics

Behavioral Health Consultation Services is sponsoring regular Alcoholic Anonymous meetings at both hospital sites.

At TAH, the group meets every Thursday at 6:30 p.m. in the Sixth Floor Tower Conference Room. Meetings at LVHC are held every Tuesday at 7 p.m. in the auditorium alcove.

All patients, family and staff are invited to attend. For information, contact Elaine Beschen, Lead Counselor, BHCS, at ext. 2808 or page 3665.

Welcome To TAH—LVHC

The Allentown Hospital—Lehigh Valley Hospital Center extends a warm welcome to new employees. Joining the hospital family at the LVHC site:

Chemistry: Jan Gushen

Computer Services: Craig Koller

Critical Care Internship: Lori Graf

General Services: James Dunkle, Henry Grasso, Annamae Kasunic

Laboratory Administration: Dawn Hoppes

Laboratory Computer: Christopher Stevens

Linen Room: Joseph Paulowski

Medical Records: Vicki Perdick

Microbiology: Fariba Asghari

Nuclear Medicine: Christine Scherer

Nursing Services: Joan Ardoline, 4C; Joann Gilmore, Recovery Room; Malvina Goodwin, SSU; Sandra Prowant, PCCU; Diana Roberts, SSU; Michelle Stoudt, 4A; Beth Strebin, Operating Room; Lisa Teti, 7B; Cynthia Waldman, PCCU; Diane Wartzenuft, 4A; and Joan Williams, Operating Room

Respiratory Therapy: Tina Demyan

Supply, Processing and Distribution: John Sidoti

Telecommunications: Barbara Mayes

Joining the hospital family at TAH site are:

Business Office: Kimberly Hawk

Central Processing: Marjorie Grimes

Library: Barbara Cline

Social Services: Patricia Root

WomanCare: Marie Murphy

Volunteer Orientation

An orientation program for adults interested in volunteering at the Hospital Center will be held on Tuesday, July 5 from 8:30 a.m. to 4:30 p.m. in Classroom 1.



Children of TAH—LVHC and HealthEast employees, ages kindergarten through third grade, recently attended a Tommy Trauma Prevention Program and MedEvac Tour. Participants especially enjoyed a first-hand, close-up look at the MedEvac helicopters.

Volunteers Needed For Drum Corps Event

Lehigh Valley Behavioral Health Center, an adolescent chemical dependency treatment program of HealthEast, has agreed to supply volunteers and other support for the 1988 Drum Corps International East competition to be held at J. Birney Crum Stadium, Allentown, Aug. 5 and 6.

"We are supporting this competition because it represents a healthy leisure time activity that teaches basic life skills and provides a healthy alternative to kids who want to say 'no' to alcohol and drug use," explains Linda Unser, adolescent addiction counselor and community liaison for the BHC.

To volunteer, please call Linda at 398-1060.

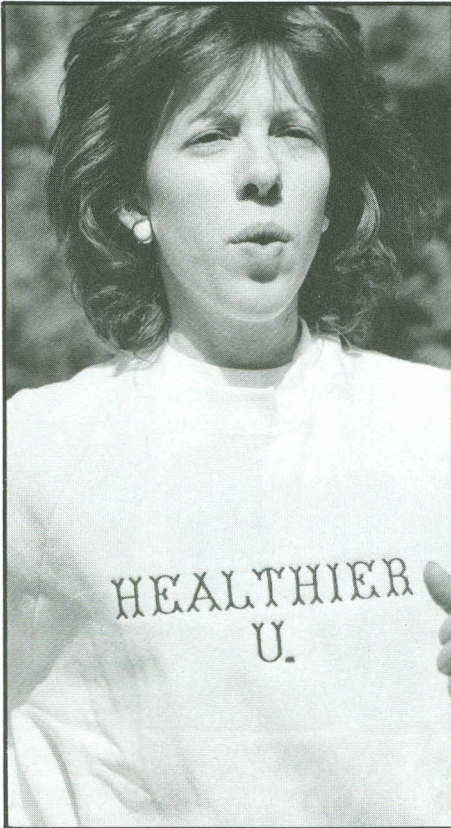
CheckUp Welcomes HealthEast Employees

In the spirit of unity and to continue on-going efforts to come together as a single health care team committed to excellence in meeting the growing needs of this area, employees of HealthEast will also receive *CheckUp* beginning with this issue. *CheckUp's* coverage will be expanded to include news for and about HealthEast employees.

Do Not Delay — Paradise Nearly Full

There are only a few spaces left for the Nassau-Paradise Island trip scheduled for Sept. 30 to Oct. 3. The trip, sponsored by the Hospital Center's Recreational Committee, includes roundtrip non-stop air transportation, accommodations at the Loews Harbour Cove Hotel, breakfast and dinner daily, gratuities, taxes and various other "extras."

Deadline for reservations is Friday, July 8. For more information, call Roberta Bokrosh, LVHC Pharmacy, at ext. 8880.



Natalie Updegrave of Allentown, a registered dietitian and Healthier U. instructor, was a U.S. Women's Olympic Marathon hopeful prior to being eliminated at the trials held earlier this year in Pittsburgh.

WomanCare Program Scheduled For LVHC Site

WomanCare of The Allentown Hospital will sponsor a program entitled, "Exercise and Eating for the -80s" on Tuesday, July 12 at noon in Classroom 1 at the LVHC site and Wednesday, July 13 at 7 p.m. in the School of Nursing Auditorium at TAH site.

The guest speaker will be Natalie Updegrave, registered dietitian. Learn the latest about eating, exercise and creating a healthy lifestyle for you and your family. Good nutrition and fitness are important keys to a more energetic you!

For more information or to register, call WomanCare at 778-3800.

Educational Happenings

Tuesday, June 28

LVHC - Medical Terminology - 9 to 10:30 a.m., Classroom 3

Wednesday, June 29

TAH - Stroke Team Meeting - 9 to 10 a.m., Cafeteria Conference Room

TAH - Vascular Access Devices - 1 to 2:30 p.m., O.R. Conference Room

LVHC - CPR Certification Part I (non-nursing) 1 to 4 p.m., Classroom 4

Thursday, June 30

LVHC - CPR Certification Part II (non-nursing) 1 to 2:30 p.m., Classroom 4

Tuesday, July 5

LVHC - New Employee Orientation - 8:30 a.m. to 4:30 p.m., Classroom 3

LVHC - Medical Terminology - 9 to 10:30 a.m., Auditorium Alcove

Wednesday, July 6

TAH - Stroke Team Meeting - 9 to 10 a.m., Cafeteria Conference Room

LVHC - CPR Certification Part I (non-nursing) - 9 a.m. to noon, Auditorium Alcove

Thursday, July 7

LVHC - CPR Certification Part II (non-nursing) 9 to 10:30 a.m., Auditorium Alcove

Audiovisual Training Sessions Available

Since Sept. 1987, the new auditorium and classrooms located in the Anderson Wing have been in full operation. Having a more spacious and attractive educational area has put a greater demand on the services of Educational Development with regards to audiovisual equipment and classroom requests.

To ensure that all meetings and educational activities run as smoothly as possible, Educational Development has scheduled a number of training sessions for operating equipment and light and sound systems in the auditorium and classrooms. These sessions should be attended by all those who anticipate involvement in their department's educational activities.

Classes will be held in the auditorium on Wednesday, July 13 from 10 to 11 a.m.; Thursday, July 14, from 10 to 11 a.m.; and Friday, July 15 from 2 to 3 p.m. Contact Educational Development (LVHC) at ext. 8320 to register.

CPR Certification Course Planned

The Educational Development department is offering a CPR Certification Course which consists of two parts. Part I, which is the theory of CPR, is scheduled for: Monday, July 23, 1 to 3 p.m. in TAH Auditorium.

Part II, which is the mannequin practice and testing, is scheduled for: Thursday, July 28, 1 to 3 p.m. and Friday, July 29, 9 to 11 a.m. Both sessions will be held in TAH Auditorium.

It is necessary to attend both parts of the program. For additional information, call ext. 2430. Registration is required.

Medical Terminology Course Offered

A seven-week medical terminology course, based on the Dean Vaughn system of memory development, will be held at the Hospital Center beginning Tuesday, June 28. Participants will learn 350 Greek and Latin roots, suffixes, prefixes and how medical terms are formed. A final exam will be given during the last class.

The cost of the program is \$15 per person. For more information or to register, contact Educational Development (LVHC) at ext. 8320.