

# CHECKUP

Vol. 1 No. 13 August 19, 1988

## Health Benefits To Change

Changes in the health benefits plan will soon "benefit" employees.

The new plan, while still in draft form, becomes effective Oct. 1 for employees and their families. Improvements have been made in coverage applying to physician office visits.

For example, employees pay a flat rate of \$12 per physician office visit while the plan absorbs the remainder of the cost. In order to receive this coverage, physicians must be enrolled as a Panel Provider in the HealthEast program.

Physicians who enroll as Panel Providers will have agreed to adhere to a fee scale developed by our physicians and HealthEast. "The fees are in line with the local market as well as insurance company averages," explains Thomas Seabourne, senior vice president, Human Resources.

Employees who elect to use non-Panel Providers will be subject to an annual deductible of \$250 and payment will be provided at a rate of 75 percent of the accepted service fee.

For example, an employee receiving a service from a non-Panel Provider (after meeting the \$250 annual deductible) rated at \$100 would receive \$75 payment from insurance and would have to pay the balance of \$25. Employees using a Panel Provider would simply pay \$12.

### Employee Meeting Schedule On Page 6

The same 75 percent and \$250-a-day deductible coverage applies to employees who use non-HealthEast hospitals. Employees using HealthEast facilities will continue to receive 100 percent coverage.

"Employees have to make choices under the new plan. If an employee elects to go to a non-Panel Provider physician or non-HealthEast facility, the employee will be electing to share the costs," Seabourne explains.

In September, employees will receive a complete listing of all physicians enrolled as Panel Providers.

"We realize some employees do not live close to our physicians and facilities," Seabourne explains. "Those living beyond an established mile radius of a HealthEast facility will receive the same benefits as those using Panel Providers, although we certainly encourage them to use our facilities and providers. The exact areas involved will be determined by ZIP code."

Those employees who incur emergencies or those in need of services not provided by any Panel Provider will receive the same benefits as those using Panel Providers. In addition, in certain exceptional situations the old benefits coverage will apply. However, after June 30, 1989 there will be no exceptions.

"The cost of our health plan more than doubled over the past three years. If this rate were to continue, it would necessitate our considering reducing coverage or eliminating parts of our health plan, which other large companies have done," Seabourne says.

"This plan offers our employees a choice. We want employees to understand that we are making every effort to not take away from them by improving the health plan if they use our Panel Providers," Seabourne continues.

Employees will soon receive a schedule of health benefits which explains the program. In addition, a series of informational meetings has been scheduled during which employees will have the opportunity to pose questions to senior management.

It is important to note that the above information refers to the health plan only and does not apply to the dental plan.



# After The Merger . . .

## Education Director

Jan E. Stahler, R.N., director of Patient Education at Lehigh Valley Hospital Center since 1985 and LVHC site acting director of Clinical Programs since 1987, has been appointed director of Nursing Education, Patient Education and Nursing Research for TAH—LVHC.

In this role, Stahler will report to the senior vice president of Nursing. She will be responsible for overseeing all activities relating to the development and implementation of educational programs by Nursing Services and Patient Education. In addition, she will supervise all clinical instructors, clinical specialists, patient education coordinators and the nurse researcher.

Stahler came to LVHC as a staff nurse in 1978. She has worked in Vascular Surgery, Critical Care units, and Shock/Trauma. In addition, she has served as an instructor in the Open Heart Unit, coordinator of Patient Education and acting director of Patient Education.

A graduate of West Chester University, Stahler earned a bachelor of science degree in nursing. She received a master's degree in nursing from the University of Delaware.

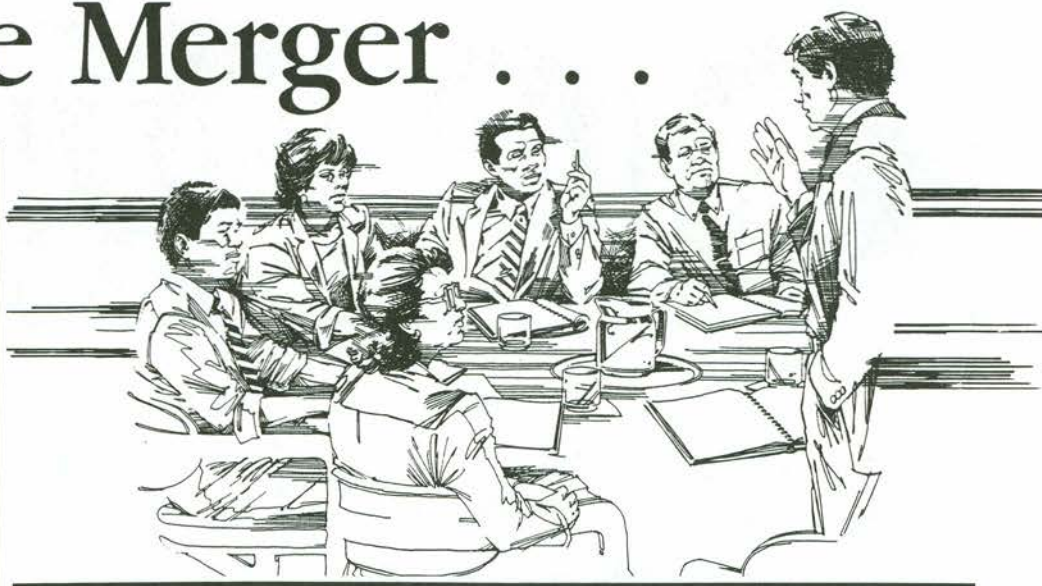
## Infection Control

Mary Ellen Beideman, R.N., Infection Control coordinator at LVHC since 1974, has been appointed coordinator of Infection Control for the merged hospital. Her duties in this position will include planning, organizing, managing and evaluating all infection control activities within TAH—LVHC.

Before working at LVHC, Beideman served as a staff nurse and nurse epidemiologist at TAH from 1972 to 1974.

A member of many professional and civic organizations, and a frequent lecturer on her areas of expertise, Beideman has also collaborated on numerous publications relating to infection control.

Earlier this month, she received her master's degree in nursing from the University of Pennsylvania. She is certified as an Infection Control Practitioner by the Certification Board of Infection Control.



## Fair Parking Changes Begin

If you have recently visited TAH site, you are well aware that the parking dilemma has begun as a result of The Allentown Fair. Since the hospital is required to vacate the parking lots in the Allentown Fairgrounds, special parking is available to employees, physicians and volunteers. This parking plan has been announced through individualized memorandums issued last week and will remain in effect through Tuesday, Sept. 13.

The following parking arrangements have been implemented to accommodate employees:

\*Employees using the Gordon Street and West Street lots will be moved to the 17th and Hamilton Street temporary lot.

\*The William Allen High School parking garage is available Tuesday, Aug. 16 through Monday, Sept. 5.

\*The Emmanuel United Church of Christ lot is available Tuesday, Aug. 16 through Tuesday, Sept. 13 from 6:30 a.m. to 5:30 p.m., Monday through Saturday.

\*The South lot at LVHC will be available to TAH employees as well as LVHC employees. A commercial bus will transport employees using this lot. The bus hours are 5:30 to 9 a.m. and 3 to 6 p.m.

\*For your convenience, "The Tunnel" van hours will be extended during fair month. The scheduled runs will be Monday through Friday, 5:30 a.m. to 6 p.m.

## Street Cleaning Suspended

The Allentown Parking Authority has suspended city street cleaning regulations through Sept. 13 for a specific area around TAH site. Employees will not have to observe street cleaning signs if they park from Hamilton to Tilghman Streets between 15th and 23rd Streets.

## Fair Complimentary Parking

Free parking in the Liberty Street and Soap and Salt (next to Color Craft, 16th Street) parking lots will be available to all employees attending the fair between 5 p.m. and 1 a.m. Your hospital photo identification or HealthEast gray tag identification must be presented to the parking lot attendant upon entering the lot.

Fair month parking is going to be difficult. We appreciate your cooperation and support during this period of temporary displacement. If you have any questions regarding fair parking, do not hesitate to call the Parking Hotline, ext. 8220, Monday through Friday, 8:30 a.m. through 4 p.m.



*Members of the 48th graduating class of The Allentown Hospital Program in Medical Technology were honored at commencement exercises held recently. Class members were: (from left) Cynthia Barron, White Haven; Jeffrey Lindner, Stillwater; Catherine Martin, Allentown; Mary Potochny, Nesquehoning; and Laurie Powell, Milton. Based in HealthEast Laboratories, students rotate through both TAH and LVHC sites in order to study the different specialties within clinical laboratory science.*

## HEALTHCOUNTS

### 'The Most Important Investment You Will Ever Make'

HealthCounts, the HealthEast employee wellness program, is designed to help all of us adopt and maintain healthy lifestyles. Its goal is to have healthy and happy employees. The HealthCounts Program offers a comprehensive list of health promotion classes throughout the year in conjunction with Healthier U., TAH—LVHC community wellness program.

HealthCounts' newest employee wellness incentive program features "sending you to school" or paying for part of your tuition toward health promotion classes. This is accomplished by refunding you a portion of the registration money for attending all or all but one of the sessions in a scheduled class.

This fall, Healthier U. is launching a new series of health promotion classes at a number of community locations such as Lehigh County Community College and its satellites, the Allentown YMCA/YWCA, the Jewish Community Center and the Bethlehem Public Library. Several classes

will also be offered at HealthEast hospital sites through the HealthCounts Program.

Prices for health promotion classes will vary depending upon whether the classes are offered at community locations or hospital sites. Therefore, refunds regarding the new HealthCounts incentive program will also vary.

HealthCounts also provides a personalized approach to health counseling in the areas of weight control, smoking cessation, cholesterol reduc-

tion, nutrition education, hypertension reduction, stress management, aerobic fitness and health risk analysis.

Contact HealthCounts at 821-2150 to:

- learn more about the incentive program and its refunds and discounts toward health promotion classes;
- inquire about a schedule of classes offered throughout the year;
- make an appointment with a Health Counselor to confidentially discuss special health promotion topics.

### Enthusiastic, Reliable Person Needed

The Patient Education Department at the LVHC site is looking for an enthusiastic, reliable individual to volunteer approximately six to eight hours per week. Specific times are negotiable. The job entails extensive walking with a cart to deliver materials to storage areas throughout the hospital. This individual would also monitor the inventory and restock the delivery cart on a weekly basis. Clerical skills would be helpful but are not required.

If interested, please call ext. 8775 for more information.

# Fellowship

## ISO: VOLUNTEERS NEEDED FOR STUDIES

### Somatosensory Evoked Response

Somatosensory Evoked Response, a test used in the diagnosis of multiple sclerosis and spinal cord lesions, is currently performed in the EEG/Neurodiagnostic Laboratory. To obtain important information for a research study they are completing, the lab is in need of 10 to 15 individuals between the ages of 20 and 45 to volunteer for this test within the next three months.

The test is performed by placing electrodes attached with cream to the head, back and leg. A light pulsating electrode is placed at the ankle to serve as the stimulus to produce the test. It is not uncomfortable and the most that is felt is a tingling sensation at the point of stimulus in the ankle. The test is not harmful and takes approximately 60 to 90 minutes.

Anyone interested in participating in this program or in obtaining further information should contact the EEG/Neurodiagnostic Laboratory at ext. 8860.

### Nyctalopia Study

Do you avoid driving at night because the headlights from oncoming cars nearly "blind" you? Do you have trouble finding a seat in a dark auditorium? If so, you could suffer from nyctalopia which encompasses night-blindness or any degree of difficulty adapting to the dark.

Dean F. Dimick, M.D., vice president for academic affairs and endocrinologist, and Harry W. Buchanan IV, M.D., ophthalmologist, have initiated a pilot study to examine nyctalopia.

*If you have any of the symptoms mentioned, please volunteer to be studied by calling ext. 2404, Monday through Friday, 8:30 a.m. to 4:30 p.m.*

## Recreation Committee Elects Officers

New officers were recently elected for the LVHC site Recreation Committee. The new officers include: Stan Jones (Archives), president; Donna Oswald (Food Service), vice president; Sharon Bartz (Cardiac Catheterization Laboratory), secretary; and Susan Fitch (Personnel), treasurer.

Also elected were the following new members-at-large: Roberta Bokrosh (Pharmacy); Vicki Hackett (Histology); and Vicki Spohn (Nursing Services).

There are still seats available for the bus trip to Baltimore's Inner Harbor. For information, contact Stan Jones at 791-9637.

## Walkers Needed For 10-Mile Benefit



Would you like to help make a "dream come true" for a seriously, chronically or terminally ill child?

TAH—LVHC is forming a team to join in this year's Dream Come True 10-mile walk-a-thon. The benefit walk takes place on Saturday, Aug. 27 beginning at 9 a.m. at the Northampton Borough Park.

All participants will receive a TAH—LVHC T-shirt. To register, call Barbara Hanks, Nursing Administration (LVHC) at ext. 8264.

Earlier this summer, three new participants in the HealthEast Management Fellowship Program arrived at TAH—LVHC and HealthEast. Lawrence (Larry) G. Duncan and Letitia (Tish) M. Scott have been named Fellows and Anne Roche will serve as a resident.

The trio will spend the next year in the HealthEast system, both at the hospitals and at HealthEast central offices at Cedar Crest College, observing and participating in the day-to-day management of our multi-faceted health care organization. This experience will come in the form of two five-month rotations, running August to December and February through June.

"The structure of the training is stronger than ever and I believe the contributions and insight provided by our Fellows will be invaluable," observes Ann Lyon, assistant vice president and coordinator of the Management Fellowship Program, now in its fourth year.

Duncan received his master of science degree in Health Systems Management in June from Rush University in Chicago.

He earned a bachelor's degree in Preprofessional Studies and Anthropology from the University of Notre Dame. He completed administrative residencies at Rush-Presbyterian-St. Luke's Medical Center, Chicago, and Thomas Jefferson University Hospital, Philadelphia.

Duncan will be spending a lot of his time between now and December at TAH and LVHC sites as he does a management rotation with Philip Brown, executive vice president.

Coming to HealthEast was almost like coming home for Duncan, whose family is from South Jersey. "My key area of interest is ambulatory care management," Duncan says. "Working at HealthEast will give me exposure to different types of institutions and the various types of management they require."

# Program Offers On-The-Job Training

Scott received her master's degree in Health Administration, with concentrations in marketing and planning, from Ohio State University.

She completed an administrative residency at St. Francis Hospital and Health Center, Blue Island, Ill. Her projects during this training included studying and proposing methods for reducing waiting time in the ER and determining the feasibility of adding dentistry procedures to the services offered by the hospital.

A 1986 graduate of the University of Dayton, Scott earned a bachelor's degree in Business Administration. Her major area of study was management and she minored in psychology.

She will be spending the next five months learning the ins and outs of systems relations with HealthEast President David Buchmueller. "I was attracted to HealthEast because it offered me exposure to a diversified and still growing health care system," Scott says. "I wanted a fellowship that provided opportunities at both the corporate and institutional level."

Roche will be a familiar face to many employees at the LVHC site. She spent the summer of 1986 as a work/study student in Nursing Services at the Hospital Center.

Roche is currently working towards a master's degree in Health Science, with concentrations in finance and management, at The John Hopkins University School of Hygiene and Public Health in Baltimore.

A 1987 graduate of the University of Scranton with a bachelor of science degree in Hospital Administration, Roche did an internship as an administrative assistant to the executive director of the Lackawanna County Department of Human Services, Scranton. She also performed administrative research at St. Peter's Hospital in Albany.

"I am most interested in geriatrics," Roche explains. "I look forward to spending time at the skilled nursing facility at Slate Belt Medical Center."



*Anne Roche (left), Tish Scott and Larry Duncan.*

Until the year's end, Roche will be assigned to Paul Nurick, executive vice president, HealthEast, as she follows him through the paces of corporate planning, finance and information services.

Faculty for this year's HealthEast Management Fellowship Program includes Philip Brown, Buchmueller, and Nurick as coordinating precep-

tors; and the following project preceptors: Kenneth Baab, James Burdine, Dr.P.H., G. John D'Aurora, Phillip DiChiara, Richard Duncan, Janine Fiesta, Esq., Vaughn Gower, John Hart, Richard Hudson, Mary Kinne-man, Richard Kisner, Darryl Lippman, Michael Luck, Ph.D., Ann Lyon, Thomas Paisley, John Salventi, Ph.D., Bonnie Smith, Marie Weissman, Headley White Jr., M.D.

# Welcome New Employees

The Allentown Hospital—Lehigh Valley Hospital Center and HealthEast extend a warm welcome to new employees.

Joining the hospital family at the LVHC site are:

**Admitting:** Linda Siegfried, John Horoski

**Chemistry Lab:** Lisa Deblasse, Mary Ann Kenny

**Emergency Services:** Frances Fasching

**Financial Services:** Terry Wells

**Food Services:** Margaret Janowiak, Nathan Peterson III

**General Services:** William Downey, Zakieh Nimch

**Hematology Lab:** Annette Kopec, Larisa Morganbesser

**Laboratory Computer:** Jan Radokovitch, Garfield Haughton

**Medical Education:** Robert Berk, Todd Griffith, Gregory Hicks, Mark Jessen, Surender Kurapati, Virgilio Marinas, John Moffitt, W. Randall Russell, William Sardella, Glen Tinkoff, Mark Zerkovic

**Messenger/Mailroom:** Dominick Froio

**Microbiology:** Diane Unger

**Microsurgery:** Bret Horvath

**Nuclear Medicine:** David Hutnick

**Nursing Float Pool:** Michon Borbe

**Nursing Services:** Beth Chasar, 4C; Judith Fryer, STU; Cheryl Hall, 6C; Deborah Hodges, 7C; Rebecca Kapustiak, 6A; Karen Kozden, 5A; Michele Pluta, ACU; Sophia Raikin-Danko, ACU; Lisa Snyder, 4A; Cheryl Staso, SSU

**Operating Room:** Debra L. Reed

**Operating Room Training:** Beverly Gross, Dianne Hvizdos, Linda Justick, Carol Palewicz, Elizabeth Quigley, Stephanie Stine, Gail Weber

**Pharmacy:** Patty Bauer, Cheryl Haftl, Karen Leibenguth, Christine Tomari

**Physical Medicine:** Denise Parker

**Radiology:** Michelle Dietz, Jan Ferrel, Michelle Repash, Karen Verholly

**Radiology/Diagnostic:** Jane Bainhauer

**Recovery Room:** Julie Byrne

**Respiratory Therapy:** Robert Leshko, Michele Singley

**Secretarial Pool:** Debra Barnes, Mary Dinbokowitz, Tricia Falcone, Donna Kish, Mary Miller

**Security:** Steve Pasco

**Shock Trauma:** Susan Folk

**SPD:** Glen D. Fuhrman, Sharon Kemmerer

**Utilization Review and Discharge:** Elizabeth Christman

Joining the hospital family at TAH site are:

**Anesthesia:** Linda Angstadt

**Business Office:** Dawn Roth

**Dialysis Center:** Eileen Waldron

**Dietary:** Kathy Usry

**Home Care:** Barbara Fox, Eleanore Geller, Debra Sokol

**Housekeeping:** Andres Rodriquez, Joseph Warnagiris

**Laboratory:** Kimberly Boyer

**Laboratory Administration:** Marla Hoyt, Nadine Ulshafer

**Nursing:** Lori Albright, 6T; Karen Emery, 6T; Lisa Gogel, 4S; Lauren Jessen, Labor and Delivery; Karen Opiela, ACCU; Terry Robinson, ICU; Rachel Weinstein, Psychiatry; Bea-

trice Zaraca, ICU

**Nursing Administration:** Cheryl Wescoe

**Nursing Education:** Elizabeth Himes

**Nursing Float Pool:** Maureen Berrier, Susan Henry, Amy Hostelley, Lorraine Mattrey, Susan Miller, Debra Stern, Kathleen Trapp, Mary Welsh

**Nursing Orientation:** Susan Imboden, Cecelia Karas, Lisa Kutz, Debra Reinsernweaver, Valerie Wessner

**Occupational Therapy:** Nancy Hadjokas

**Personnel:** Catherine Harper

**Psychiatry:** Michele Kline, Marilyn Stonestreet

**Purchasing:** Monica Taylor

New employees at HealthEast include former employees of Computer Services at TAH—LVHC and:

**HealthPage:** Donna Martin, Donna Knute

## SAVE THIS SCHEDULE Employee Meetings Planned

In order to update employees on the changes being made in the HealthEast Health Plan and to discuss other hospital issues, several employee meetings have been scheduled at both hospital sites. A schedule for meetings at HealthEast will be announced soon.

Meetings at the hospital sites will be held in the Auditoriums and are as follows:

### Monday, Aug. 29

TAH - 12:30 to 1:30 p.m., 2 to 3 p.m.

### Tuesday, Aug. 30

LVHC - 2 to 3 a.m., noon to 1 p.m., 4:30 to 5:30 p.m.

### Wednesday, Aug. 31

LVHC - 6:30 to 7:30 p.m.

TAH - 11 p.m. to midnight

### Thursday, Sept. 1

LVHC - 2 to 3 a.m.

TAH - 4:30 to 5:30 p.m., 6 to 7 p.m.

### Tuesday, Sept. 6

LVHC - 2 to 3 p.m., 3:30 to 4:30 p.m.

### Wednesday, Sept. 7

TAH - 2 to 3 a.m., 9 to 10 a.m.

LVHC - 5 to 6 p.m.

### Thursday, Sept. 8

TAH - 2 to 3 a.m., 9 to 10 p.m., 10:30 to 11:30 p.m.

### Friday, Sept. 9

TAH - 10:30 to 11:30 a.m., 4 to 5 p.m.

### Monday, Sept. 12

TAH - 1:30 to 2:30 p.m., 3 to 4 p.m.

### Wednesday, Sept. 14

LVHC - 2 to 3 a.m., 9 to 10 p.m., 10:30 to 11:30 p.m.

### Thursday, Sept. 15

TAH - 3:30 to 4:30 p.m., 5 to 6 p.m.

### Friday, Sept. 16

TAH - 7:30 to 8:30 a.m., 9:30 to 10:30 a.m.

### Monday, Sept. 19

LVHC - 7 to 8 a.m., 8 to 9 a.m., 11:30 a.m. to 12:30 p.m.

### Tuesday, Sept. 20

LVHC - 1 to 2 p.m., 2:30 to 3:30 p.m.

# Congratulations Nursing Notes

**Charlene Ottinger**, L.P.N., Anesthesia (LVHC) and her husband, Joe, Pharmacy (LVHC), became the proud parents of a baby boy on June 5. Colin Geoffrey weighed in at 8 pounds, 10 ounces and was 21 inches long.

There seems to have been a baby boom on 5B (LVHC). **Judy Kropf**, R.N., and her husband, Dave, recently became the parents of a baby boy, Joshua David. **Julie Mohoney**, R.N., and her husband, Chris, also have a new addition to their family. Their son's name is Zachary Ryan.

**Janet Peck**, R.N., 7B (LVHC), recently became a new mother of twins. Janine and Jason were born on June 17.

Two employees of Home Care of the Lehigh Valley have recently become parents. **Sharon Sulzer** and her husband, Brian, had their first child on June 17. Peter Edward weighed 7 pounds and was 20 inches long.

**Robin Koch**, R.N., and her husband, Donald, became parents of a baby boy on July 8. Chad Richard weighed 7 pounds, 11 3/4 ounces and was 20 1/2 inches long.

**Mary Rogal**, Heart Station (LVHC), recently became a grandmother. Her daughter, Debra Semmel, delivered a baby girl on Aug. 2. Emily Anne weighed 9 pounds, 2 1/2 ounces and was 22 1/2 inches long.

**Sharon Smith**, R.N., Shock/Trauma Unit (LVHC), and her husband, **Raymond Smith**, Respiratory Therapy (LVHC), marked the arrival

of a son on July 13. Ryan Thomas weighed 10 pounds, 3 ounces and was 21 1/2 inches long.

## Medallion Award Nominations

Nominations are now being received for the HealthEast Medallion Award which annually recognizes one professional nurse from each of the four components. Awards will be presented on Nov. 2.

The award consists of a monetary presentation and an inscribed bronze medallion. "The purpose of the award is to recognize a nurse who has made a brilliant contribution to the practice of nursing in each of the components of HealthEast," explains Margaret McDonnell, R.N., acting director, Friends of Nursing.

Nominations must be submitted no later than Sept. 28. To be eligible, the

nominee must be a professional nurse employed within the HealthEast system for at least one year.

## Council Seeks Volunteers

The Allentown Hospital Friends of Nursing Hospital Council is seeking volunteers to serve on various committees. Nurses are encouraged to volunteer for one of the following committees:

- 1) Nominations: Barbara Drobnicki, ext. 2474
- 2) Selections: Doris Fisher, ext. 2424
- 3) Events: Andy Geshan, ext. 2413
- 4) Philosophy-Rules-Regulations: Josephine Ritz, ext. 2910 or 2275; or Joan Schultes, ext. 2293
- 5) Fund Raising: Susan Keller, ext. 2259
- 6) Publicity: Josie Cannariato, ext. 2277.

## Missing Children Lecture Topic

Across our country, 1.5 million children are reported missing from their homes each year.

Bringing the alarming situation closer to home, area police departments receive nearly 2,000 calls per year reporting a missing child or teenager.

If these statistics concern you, plan to attend "Missing and Exploited Children," a free presentation co-sponsored by the parent's advisory committee of Magic Years Child Care Center and the department of educational

development at TAH site. This lecture will be held at 7 p.m. on Wednesday, Sept. 14 in TAH School of Nursing Auditorium.

Richard Drabic, M.S.W., employee education program coordinator, Valley Youth House, and a representative from the Children's Rights of Pennsylvania will be the guest speakers. They will discuss ways to minimize the risk of a child or teenager being abducted or exploited. Attention will also be given to what parents can do if something should happen to their child.

### Our mission is your health.

HealthEast, a not-for-profit regional health care system, is more than 8,000 professionals, employees and volunteers working to provide you with quality, comprehensive health services.

The HealthEast components include The Allentown Hospital—Lehigh Valley Hospital Center, Gnaden Huetten Memorial Hospital and Slate Belt Medical Center.

## HealthEast Softball Team Recognized

Now that Coach Katie Scaief (HealthEast) is replacing her softball mitt with thoughts of volleyball and bowling, she wants to express her appreciation to the following people who participated on the HealthEast softball team: Cathy Ball (TAH), Tony Ball (LVHC), Ray Barz (HealthEast), Dave Boyer (HealthEast), Fred Heller (HealthEast), Andy Hutchinson (HealthEast), Helga Klemp (LVHC), Ruth Kotz (LVHC), Bob Lazansky (HealthEast), Darryl Lippman (HealthEast), Lisa Miscavage (HealthEast), Richard Richard (LVHC), Clark Scaief (HealthEast) and Linda Williams (LVHC).

Thanks also to those who were only able to make "weekend" games: Joel Messick (Spectrum Administrators), Jeff Hutchinson (HealthEast) and Mike Hutchinson (HealthEast).

# Educational Happenings

**Monday, Aug. 22**

LVHC - CPR Recertification (non-nursing) - 1 to 4 p.m., Classroom 2

**Tuesday, Aug. 23**

TAH - Fire Safety - 9:30 to 10:30 a.m., 10:30 to 11:30 a.m., 1 to 2 p.m., 2 to 3 p.m., Auditorium

**Wednesday, Aug. 24**

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

TAH - Fire Safety - 9 to 10 a.m., 10 to 11 a.m., 2 to 3 p.m., Auditorium

**Thursday, Aug. 25**

LVHC - Community CPR - 7 to 10 p.m., Auditorium Alcove

**Monday, Aug. 29**

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

**Tuesday, Aug. 30**

TAH - Fire Safety - 9:30 to 10:30 a.m., 10:30 to 11:30 a.m., 1 to 2 p.m., 2 to 3 p.m., Auditorium

**Wednesday, Aug. 31**

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

TAH - Fire Safety - 10 to 11 a.m., 1 to 2 p.m., Auditorium

**Thursday, Sept. 1**

TAH - Fire Safety - 8 to 9 p.m., 9 to 10 p.m., 10 to 11 p.m., Auditorium

**Friday, Sept. 2**

TAH - Fire Safety - midnight to 1 a.m., 1 to 2 a.m., 2 to 3 a.m., Auditorium

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



*Mike Spleen, director of Biomedical Engineering (TAH—LVHC), explains some of the equipment handled by his department to several youth volunteers as part of the Summer Lunch and Learn Program.*

## Youth Volunteers Attend Program

Over 80 youth volunteers attended the Summer Lunch and Learn Program, an inservice program developed to introduce youth to the numerous health care careers available in a hospital setting.

Representatives from a number of Hospital Center departments and nursing units presented programs during the month-long event.

Speakers presented an overview of their departments, their careers and

educational requirements. Topics discussed included critical care nursing, staff nursing, clinical programs, radiology, biomedical engineering, pharmacy, hematology, blood bank and microbiology.

The four-week Summer Lunch and Learn Program, now in its second year, was coordinated by Fran Fauzio, work study student in the Hospital Center's Volunteer Services Department.



## Singers Wanted

Are you a soprano, alto, tenor, or bass? If so, your vocal talents are needed to help organize the LVHC Auxiliary Chorale. The purpose of the Chorale is to entertain patients at various times during the year, particularly during the Christmas season and other holidays.

Anyone interested in singing with the Chorale should call Sylvia Hajewski at 432-9862.

## Self-Help Arthritis Course Offered

A six-week, self-help course for people with arthritis in the Lehigh Valley area will be held at the LVHC site beginning Wednesday, Sept. 7. The course will meet for six consecutive Wednesdays from 7 to 9 p.m. in Classroom 1 of the Anderson Wing of the Hospital Center.

The self-help course, sponsored by the Eastern Pennsylvania Chapter of the Arthritis Foundation, will provide information and daily living skills to help people with arthritis cope with their disease. Topics to be covered during the six-week course include exercise, joint protection, diet and nutrition, use of medication, pain management and patient/physician communication. The issues of quackery, non-traditional treatments and psychosocial aspects of arthritis will also be discussed.

Preregistration is required for the course. For more information, contact Sandy Schwartz, course leader, at ext. 8775.