

CHECKUP

Vol. 1 No. 18 October 28, 1988

Smoking Policy Changes Outlined

As reported in the last issue of *CheckUp*, effective Jan. 1, 1989 smoking will be prohibited in all internal facilities of TAH—LVHC.

This policy is being instituted to provide a healthier environment at TAH—LVHC by eliminating the health hazards associated with smoking and to promote the safety, health, morale and well-being of all persons who come to the hospital to receive medical care, work, visit or learn.

(please turn to page 2)

Great American Smokeout Nov. 17

The Great American Smokeout is Thursday, Nov. 17. This is the day all smokers are encouraged to quit smoking — at least for the day with the hopes of permanently quitting in the near future.

The HealthCounts Program will have educational materials, pamphlets, buttons, posters, adopt-a-smoker certificates and much more available from the American Cancer Society. Employees are invited to visit the HealthCounts booths outside the Cafeteria and in the Lobby at both TAH and LVHC sites.

Food Services will be providing fresh vegetable trays to all departments and nursing units to encourage individuals to quit smoking for the day. **Department heads are asked to designate an individual from their shift to pick up their tray from Food Services.**

In addition, there will be a Smoking Cessation Hypnosis session offered free to employees from 7 to 8:30 p.m. in TAH auditorium. Call HealthCounts at 821-2150 for additional details.

Hospital Must Retain Tax Status

The Allentown Hospital—Lehigh Valley Hospital Center has earned its not-for-profit status by providing many free health services to the community, relieving government of some of its burden. TAH—LVHC and this community stand to lose millions of dollars for patient care if its tax status is changed and those most in need and those involved in caring for them could suffer as a result.

Being “not-for-profit” does not mean an organization must lose money or do no better than break even. Just as a family cannot afford to

spend more than it earns and needs to save for the future, a hospital must also earn more than it spends so that it will have the medical equipment and staff to provide high quality health care for the community in the future.

Because TAH—LVHC is operating effectively, it has excess revenues over expenses. The hospital's excess revenues are used to: (1) continue to care for those in need who cannot pay; (2) maintain and upgrade existing services, equipment and facilities; (3) establish necessary new pro-

grams, and; (4) support many services, such as Lehigh Valley Hospice, Burn Center, and TAH site clinics, which fill an important need but cannot stand on their own financially.

Each year, the hospital has voluntarily made public more financial and operational information than is required. This information illustrates that the hospital's good financial performance is by no means remarkable among the nation's well-regarded hospitals and health systems.

(please turn to page 4)



The Allentown
Hospital—
Lehigh Valley
Hospital Center

A HealthEast Hospital

WANTED: Blood Donors

Employees of TAH—LVHC and HealthEast have the opportunity to become members of Miller Memorial Blood Center. This membership entitles the member or her family to receive blood when needed. Members are asked to donate blood once a year to fulfill the hospital's quota.

The quota for each site is determined by taking 30 percent of the number of employees enrolled in the program. If the quota is not met, then only those members who have donated blood or who have provided a substitute donor will be eligible for the benefit.

Miller Memorial Bloodmobile will be at the Hospital Center on Monday, Oct. 31 from 2 to 5 p.m., and on Tuesday, Nov. 1 from 9 a.m. to noon in Classroom 1 of the Anderson Wing.

Appointments can be scheduled by contacting Rose Ann J. Wiley in Personnel (LVHC) at ext. 8842.



Is this a scene from the movie "Mr. Roberts"? Well, not exactly. The star of this scene is not Henry Fonda, but William Gee, M.D., medical director of the Vascular Lab (LVHC). Gee, a retired Navy captain, could not resist having a little fun recently when he came upon this pathetic plant. The fun-loving director gathered all the props and recreated this scene from "Mr. Roberts." What appears to be the deck of the "USS Reluctant" is actually a dumpster at the LVHC site. There is no official word yet on whether Mr. "Gee" Roberts was able to save the plant.

Smoking Policy Changes Outlined (from page one)

The details of this policy, along with a variety of programs and support groups to help employees address their smoking dependencies, were outlined at a recent staff meeting. Every hospital employee will receive a copy of the policy before the year's end from Samuel Huston, president and chief executive officer of TAH—LVHC.

According to the policy, smoking is prohibited within 100 feet of the main hospital entrances and the entrances to the Emergency Departments, Medical Office Buildings, Anderson Wing (LVHC site) and the School of Nursing (TAH site).

Smoking is prohibited on patient care units. However, with a written order from the attending physician and in accordance with applicable safety guidelines of the hospital, a patient will be permitted to smoke.

Employees who wish to smoke

must use scheduled break and meal periods for this purpose.

Employees are expected to assist in the enforcement of this policy and ask anyone who is observed smoking in the hospital to stop smoking immediately.

Smoking cessation programs, counseling and support groups will be available to TAH—LVHC employees who require assistance in addressing their smoking dependencies. These services will be made available through Employee Health and the HealthCounts program.

Individual health counseling for smoking cessation as well as SmokeStoppers, a behavior modification approach, and smoking cessation through hypnosis classes are available through HealthCounts.

Upcoming smoking cessation through hypnosis classes will be held on Nov. 17, 7 to 8:30 p.m., at TAH site

and Dec. 8, 2 to 3:30 p.m. at the LVHC site. For information or registration for either service, call 821-2150.

The nationally known SmokeStoppers classes will be offered to hospital and HealthEast employees at a special rate through March 1989, with the incentive of a full refund if completed.

The next SmokeStoppers class begins on Nov. 2, and more will be offered after January. To register for this five-week class, call 821-2150.

Experts recommend exercise to reduce stress and anxiety when trying to quit smoking. Twelve aerobics classes are offered at the Wellness Center, adjacent to the LVHC site, and two are given at TAH site. Call 821-2150 for information on these exercise classes.

Nicorette gum will be prescribed through Employee Health at both hospital sites.

Making The Rounds

Cathy Chadwick, R.N., Dara Kardos, R.N., Robin Kostolsky, R.N. and Kathy Rosenberger, R.N., Shock/Trauma staff nurses (LVHC), have earned their CCRN certification.

Two members of the Communications Department of HealthEast, **Christine Messina Boyer**, vice president, and **Susan M. Schantz**, editorial manager, recently addressed members of the Appalachian Health Care Public Relations and Marketing Association. Their topic was "Evaluation Techniques: Tracking the Results of Communications and Special Events."

Two LVHC staff nurses recently presented a poster session at the Mid-Annual Meeting of the American Association of Neuroscience Nurses in Seattle, Wash. The session, "EEG's in the Clinical Setting" was presented by **Beth Delin, R.N.**, and **Chris Wargo, R.N.**

Edith J. Snyder, R.N., clinical coordinator of the Emergency Medicine Institute at the LVHC site, recently presented a poster session at the Third International Intensive Care Nursing Conference held recently in Montreal.

Eric D. Bakow, M.A., RRT, associate director of Respiratory Care (LVHC), was a guest lecturer at Pulmonary Grand Rounds held at Deborah Heart and Lung Institute, Brown Mills, N.J. Eric also delivered a lecture at the Trauma '88 Conference held recently in Atlantic City.

Michael DeSantis, RT, RDMS, ultrasound supervisor (LVHC), served as a clinical instructor at an ultrasound seminar sponsored recently by Hershey Medical Center.

David Palanzo, C.C.P., Perfusion (LVHC), presented two papers at the annual meeting of the American Academy of Cardiovascular Perfusion (AACP) held recently in New Orleans. His speech will be printed in *AACP Proceedings*, a magazine which includes the abstracts and articles which were presented at the annual meeting.



Eileen Pozzi, R.N., C.E.N., flight coordinator, University MedEvac, and chairman of the safety committee of the American Society of Hospital Based Emergency Air Medical Services (ASHBEAMS), recently visited Duke University Hospital, Durham, N.C. Eileen was invited to perform a safety audit of the Life Flight Program at Duke.

Rick Frazer, flight operations manager of University MedEvac and a member of the safety committee of ASHBEAMS, completed a similar audit of the Staff for Life Program at the University of Missouri, Columbia, Mo.

Three members of the HealthEast family were guest speakers at recent meetings of the Allentown-Salisbury Kiwanis Club. **Barbara Cincera**, di-

rector of the Lehigh Valley Behavioral Health Center, spoke on adolescent substance abuse; **Elaine Beschen**, substance abuse counselor (TAH), spoke on myths concerning alcoholism and drug addiction. **Dorothy Lyons**, addictions counselor (LVHC), spoke on drug and alcohol intervention. (Lyons is now program director of the Personalized Adult Addictions Treatment Program at Slate Belt Medical Center.)

Edward Denny, M.D., director of NICU (TAH), recently served as moderator and speaker at a March of Dimes seminar. His topic was "Care of High-Risk Infants from Hospital to Home."

Nancy G. O'Connor, R.N., M.S.N., M.B.A., Financial Services, recently had an article published in the October issue of *Nursing Management*.

Andrea Geshan, R.N., coordinator of AIDS Activities office, presented a lecture titled "Caring for Someone with AIDS" at the Faith Tabernacle Deliverance Temple.

Karen Verholy, Radiology (LVHC), recently passed her registry exams and is now a member of the American Society of Radiological Technicians.

Sheryl Repischak, director, Out-patient Services (TAH), recently completed her master of science degree in Human Resource Administration from the University of Scranton.

Reception To Honor Five-Year Employees

Two receptions have been planned to recognize TAH—LVHC and HealthEast employees with five years of service.

On Thursday, Nov. 10, from 2 to 4 p.m. in Classroom 1 (LVHC), a reception will be held for the LVHC site and HealthEast employees.

A reception has been planned for TAH site employees on Friday, Nov. 11 from 2 to 4 p.m. in the Cafeteria (TAH).

Five-year employees will be presented with service pins and certificates, and refreshments will be served at both events. Sarajane Williams, administrative coordinator of the Cardiac Catheterization Laboratory (LVHC) will provide harp music.

Invitations have been mailed. If you are a hospital or HealthEast employee with five years of service but did not receive an invitation, please call Kathy Fracas, ext. 8839 (LVHC), Ann Kelby, ext. 2930 (TAH) or Mary Kay Gooch, ext. 7936 (HealthEast).

Tax Status *(from page 1)*

TAH—LVHC meets the five-part test for being a charity as listed below:

- (A) Advance a charitable purpose;
- (B) Donate or render gratuitously a substantial portion of its services;
- (C) Benefit a substantial and indefinite class of persons who are legitimate subjects of charity;
- (D) Relieve the government of some of its burden; and
- (E) Operate entirely free from the profit motive.

Charitable Purpose, Donated Services

During fiscal year '88, TAH—LVHC provided over \$8,869,000 in free care and charitable contributions, including \$6,690,000 in uncompensated care and Medicaid shortfall.

Planning for the hospital's new program, Families in Transition, started in 1986 long before there was any talk of taxing not-for-profit hospitals. This program provides care for uninsured citizens during their enrollment in job training programs and will involve a commitment of several hundred thousand dollars.

Serves Those In Need

No one is ever turned away on the basis of ability to pay.

In addition, TAH—LVHC gave about 20,000 patients free or subsidized care through TAH clinics.

Our public outreach programs, such as cholesterol screening, diabetes education and AIDS testing and education benefit all who are interested regardless of their economic status.

Relieves Government Of Some Burden

Clearly, if our hospital did not provide free care to those who are unable to pay and did not absorb the shortfall of Public Assistance and Medicaid payments, the burden of those services would fall upon the government.

In addition, \$600,000 has been provided to the area's emergency medical service system, including the training of more than 60,000 emergency medical personnel.

No Profit Motivation

TAH—LVHC is governed by members of this community who donate their time to serve on the

Board of Directors. There are no investors or stockholders who receive payments. All earnings go back into hospital and health services for the citizens of this region.

In addition, the hospital has received community support evidenced by the millions of dollars contributed to the hospital over the years and the countless volunteer hours donated. Without this support the hospital would not be able to continue its current level of service.

Losing the hospital's real estate tax exemptions means far more than simply being liable for real estate taxes. It means the hospital could be vulnerable to between \$6 and \$8 million in other taxes and added costs. The ability to carry out a charitable mission would be seriously impeded. The hospital may no longer have the resources to respond to community need, offer community outreach programs and remain a leading employer in this area.

The Allentown Hospital—Lehigh Valley Hospital Center

Estimated Value, Free Care And Charitable Contribution

Description	Estimated Amount
1. Uncompensated Care (including charity and other write-offs, Hill-Burton, excluding bad debts)	\$3,000,000
2. Medicaid and Public Assistance Shortfall	\$3,690,000
3. TAH Clinics Subsidy	\$150,000
4. Wellness and Health Promotion (e.g., screenings and education)	\$480,000
5. Lehigh Valley Hospice subsidy	\$215,000
6. Emergency Medical Services (e.g., Allentown ambulance and regional EMS support)	\$600,000
7. AIDS Control	\$20,000
8. Behavioral Health Programs, including mental health — mental retardation	\$514,000
9. Other Hospital-Sponsored Programs (i.e., WomanCare, Poison Center, School Health Fair)	\$200,000
TOTAL ESTIMATED FREE CARE AND CHARITABLE CONTRIBUTION	\$8,869,000



Stroke Awareness - Watch Your Diet

EDITOR'S NOTE: October has been designated as Stroke Awareness Month. Members of the hospital's Stroke Teams coordinated a series of programs and events designed to increase stroke awareness. The following article, edited for space limitations, was submitted by Carol Ruspantini, R.D.

According to the American Heart Association's 1986 *Stroke Facts*, cardiovascular accident (CVA) or stroke remains one of the leading causes of death in the United States. Although there are some risk factors which cannot be controlled, changes in life style and eating habits can significantly reduce other risk factors.

Diet can play an important role in helping to control risk factors such as hypertension, increased blood cholesterol and lipid levels and obesity.

Following basic eating habits, such as those established by Dietary Guidelines for Americans, along with any diet, medications and exercise prescribed by a physician, can control risk factors to some extent.

The Guidelines include the following: (1) eat a variety of foods, (2) maintain desirable weight, (3) avoid too much fat, saturated fat and cholesterol, (4) eat foods with adequate starch and fiber, (5) avoid too much sugar, (6) avoid too much sodium, (7) if you drink alcohol do so only in moderation.

Cholesterol is found in animal products such as meats, whole milk and whole milk products, cheeses and butter.

Total fat calories should be monitored in the diet. Teflon pans, non-stick cooking sprays and method of

(Please turn to page 7)

It's Your Week - *CheckUp* Salutes You

Pastoral Care Week: Oct. 23 - 29

"Pastoral Care: Persons For Persons" is the theme for National Pastoral Care Week. This theme will provide an opportunity for the pastoral caregivers of TAH—LVHC's Pastoral Care Departments to highlight their contributions in the care of patients, their families and staff.

The chaplain and pastoral caregiver crosses institutional, economic, cultural, racial and ecclesiastical boundaries to represent a presence and desire for wholeness in human life.

According to the Rev. Gregory Palmer, director of Pastoral Care (TAH), "Pastoral Care demonstrates a dedication to human dignity, an appreciation for individual differences, a balance of acceptance and accountability, a dedication to justice and mercy, and an incarnation of love and hope."

Cardiovascular Nurses Week: Nov. 7 - 11

Cardiovascular Nurses Week will focus on the theme "I Am Heart Smart." Nurses at TAH site ACCU have planned a number of special events designed to educate people in the prevention of, and recovery from, cardiovascular disease.

Planned activities include: Monday: Open House reception in ACCU (TAH), 9 to 11 a.m., 1 to 3 p.m., 8 to 10 p.m.; and 2 to 4 a.m. (Tuesday); Tuesday: Trivia Day, a day of questions and answers in which participants can win prizes; Wednesday: "New Beats in Cardiology," a symposium geared toward the professional caring of cardiac patients (preregistration is required); Thursday: Healthier You, special events aimed at keeping hearts healthy; and Friday: "More Informed You," in-services on Heartline and the cardiac teaching program.

Operating Room Nurses Day: Nov. 14

A variety of activities have been planned in observance of Operating Room Nurses Day.

Allentown Mayor Joseph Daddona will present a proclamation to Ann Fatzinger, R.N., Operating Room (TAH) and president of the Association of Operating Room Nurses, announcing Operating Room Nurses Day. This event is scheduled for Monday, Nov. 14 at 2:30 p.m. in the Lobby of TAH site. Everyone is welcome to attend.

Operating Room tours at TAH site will be open to the public on Monday, Nov. 14 from 6 to 9 p.m. and on Saturday, Nov. 19 from 9 a.m. to noon. Tours will be scheduled every half hour and reservations may be made by calling 778-CARE.

There will also be a display in TAH lobby.

At the LVHC site, Operating Room nurses will offer free blood pressure checks on Monday, Nov. 14 from 8 a.m. to 2:30 p.m. in the Hospital Center's lobby.

National Radiology Technology Week: Nov. 7 - 13

During this week, The American Society of Radiologic Technology recognizes the anniversary of the discovery of X-rays by a German physicist, Conrad Wilhelm Roentgen.

This is a special time to reflect on the growth, professionalism and importance of the hospital's radiological technologists for their continued dedication and commitment to providing quality patient care.

(Information regarding scheduled events to commemorate a "special week" should be submitted to the Communications Department at TAH site.)

Junior Volunteers Service Honored

Junior Volunteers of The Allentown Hospital site recently attended a recognition event in their honor.

Over 60 junior volunteers donated approximately 5,500 hours of their time to the hospital this past summer.

Cindy Kuzma of Allentown was recognized for providing 500 hours of service.

Those who contributed 250 hours included: Kelly Bauder, Lisa Krevanchi and Michelle Olson, all of Allentown; Dana Assed, Lori Colombo and Chrissy Stinner, all of Whitehall; Alison Giniewski of Coplay; and Lila Meitzler of Emmaus.

Volunteers contributing 75 and 50 hours of service were also honored.

Junior volunteers must be at least 13 years of age. Duties include delivering mail and flowers to patients, assisting with transporting patients between departments and miscellaneous tasks involving office and clerical work.

Anyone interested in more information should contact Hazel Kramer (TAH) at ext 2391 or Maria Dresen (LVHC) at ext. 8897.

Cholesterol Screening Set

The Lehigh Valley Stroke Program will continue Countdown Lehigh Valley by offering cholesterol screenings at South Mall, Nov. 2 to 5, from 10 a.m. to 8 p.m. The cost is \$5.

On The Lighter Side

Did you ever wonder why Sue Talipski, Radiology (LVHC), moves around the department so fast?

Most likely, it is because she recently placed second in the National Roller Skating Championships in Lincoln, Neb.

Our congratulations, Sue, but be careful with the litters on those corners!



Auxiliary To Sell Poinsettias

The Auxiliary of The Allentown Hospital site and Segan's Bloomin' Haus will present this year's holiday poinsettia sale on Friday, Dec. 9 in the lobby at TAH site.

Beautiful, high quality poinsettias will be available in your choice of colors. In addition to the popular single-branch plants with five full blooms, a double-branch poinsettia with 10 full blooms, a potted holly plant, a 6 1/2 inch pot of white mums and many more varieties will also be offered. Hanging baskets will be available in 25 bloom and 35 bloom.

Advance orders may be placed in the Volunteer Office (TAH). Deadline for orders is Nov. 18. Remember — order pickup will be Friday, Dec. 9. Please plan to visit the bake sale that will also be held in the lobby on pickup day.

Recreation Committee News

Seats Still Available For Chippendale Trip

There are still a few seats available for the bus trip to see the Chippendales on Saturday, Jan. 14. The cost is \$45 per person which includes transportation and admission to the show. For more information, contact Stan Jones at 791-9637.

November Film Special Announced

The film special for November at the LVHC site is Disc film processing for \$2.79. The regular price is \$3.14.

Time Change For Trip To Caesar's Casino

There has been a change in the time for the trip to Caesar's Casino on Saturday, Nov. 12 sponsored by TAH Recreation Committee. The bus will leave TAH site at 7:30 a.m. and will leave Atlantic City at 4:15 p.m., arriving in Allentown at 7 p.m.

There are only a few seats remaining. To register, call Hazel Kramer at ext. 2391. The cost is \$17 per person.

Important Pension Plan News

All employees who previously worked at either The Allentown Hospital or the Allentown and Sacred Heart Hospital Center and transferred between sites during their employment are asked to contact the Human Resources Department at their site.

The department must be advised of the employee's dates of employment at each specific site in order to complete each employee pension plan information in regard to the merger. This will assure accurate documentation of the correct number of years of service and pension credit.

Call Ann Kelby at ext. 2930 at TAH site, Kathy Fracas at ext. 8839 at LVHC site or Kim Seidel at ext. 7936 at HealthEast before Dec. 1 with this important information.

Congratulations

Steve Pyne, Respiratory Care (LVHC), became a new father on Sept. 12. His son, Jacob Michael, weighed 11 pounds, 5 $\frac{3}{4}$ ounces and was 23 $\frac{1}{2}$ inches long.

There are two celebrities in the Radiology Department at LVHC.

Sandi Adams received two third-place awards for paintings submitted to The Great Allentown Fair. Sandi's pictures were also displayed in the Radiology Department.

Barbara Toczek's West Highland terrier recently became a national champion. The competition took about 10 months of hard work and required traveling through many states. Congratulations to Barbara and *Biljonblue Bright Banner*.

Tami Ruch, R.N., 4B (LVHC), became the bride of Joseph Pizzuto on Sept. 10 in St. Francis of Assisi Church, Allentown.

Carolyn Kern, R.N., Nursing Education, Patient Education and Research (LVHC), and her husband, Rick, became the parents of a baby boy on Sept. 25.

Monika Geist, R.N., 7C (LVHC), married Kevin Bruns on Oct. 1 in St. John's United Church of Christ, Kutztown.

Debi Short, a well-known Lehigh Valley artist and volunteer at the LVHC site, was recently presented with the Allentown Spirit Award by Allentown City Council in recognition of her concern for others. In addition, Debi was honored by the Good Shepherd Rehabilitation Hospital for her achievements and for overcoming her disability as part of Good Shepherd's 80th anniversary celebration.

(Items for this column may be submitted, in writing, to the Communications Department at your site.)



Earlier this year, (from left) Diane Wertman, R.N., senior staff nurse, Recovery Room (LVHC), Scarlet Brenfleck, R.N., associate head nurse, Recovery Room (LVHC) and Barbara Hanks, R.N., nursing director (LVHC), walked 10 miles through one of the most severe thunderstorms of the summer. Their deed did not go unrewarded. Together, they collected over \$400 which was donated to Dream Come True, an area organization that helps dreams come true for chronically or terminally ill children in the Lehigh Valley. The walk-a-thon was sponsored by Twin County Cable Television.



Stroke Awareness (from page 5)

food preparation can reduce the amount of fat. Baking, broiling, grilling and boiling are the preferred cooking methods.

Those instructed to limit their sodium intake should remember one teaspoon of table salt contains about 2000 mg of sodium. Adding salt to foods at the table should be avoided and salt should be used only moderately in food preparation. Processed foods such as cold cuts, hot dogs, bacon, sausage, scrapple and many "convenience" items, along with pickles, olives, sauerkraut and pickled veg-

etables contain large amounts of sodium.

Portion size control is also important. Foods which are high in fiber, such as whole grains, bran cereals, fruits and vegetables, incorporated into the diet, can contribute to a "feeling of fullness" and can be helpful for weight reduction.

Exercise, along with diet, can promote more efficient weight loss.

For additional details on the role of diet in a healthy lifestyle, consult the hospital's registered dietitians.

BLS Instructor Requirements Set

In order to recertify as a Basic Life Support Instructor, a number of requirements must be completed this fall. The instructor must:

- prepare a one-minute single rescuer strip on Recording Annie;
- demonstrate satisfactory performance of basic life support sequences;
- receive update of Pediatric Life Support Course recently developed by the American Heart Association. (There are no changes in pediatric sequences); and
- complete a 50-question written examination.

Recording Annie will be available in the Learning Lab of the GSB (LVHC) until Nov. 17. The lab is open weekdays from 7 a.m. to 6 p.m. Recording Annie will also be available at TAH site in Conference Room C, 345 West St., from 7 a.m. to 4 p.m. until Nov. 21.

The following sessions have been scheduled so participants can complete the remaining requirements:

Nov. 1 - 8 to 10 a.m., Conference Dining Room (LVHC)

Nov. 7 - 1 to 3 p.m., Classroom 2 (LVHC) Nov. 9 - 1 to 3 p.m., TAH School of Nursing, Room 1911, Nov. 21 - 1 to 3 p.m., Auditorium (TAH)

If you have any questions, please call Ruth Haines, ext. 2430, Barbara Moyer, ext. 1726 or pager 1205; or Nancy Stott, ext. 1719 or pager 1921.

Healthier U. 'Passes Test'

Healthier U. is offering a course titled "Test Anxiety" on Tuesday, Nov. 8 from 7 to 9:30 p.m. at Lehigh County Community College in Schnecksville for a fee of \$15. The course will discuss how to anticipate and control responses to test stress.

For more information or to register, call ext. 9821.

HealthCounts Plans Weight Watchers Class

Holidays are the times we traditionally throw diets to the wind and over-indulge in food. To help you make it through the holidays without sacrificing your goal of getting and staying trim, HealthCounts will be offering an eight-week Weight Watchers at Work class at the LVHC site for all employees.

Weight Watchers at Work has been adopted to fit the lifestyle of working people and can accommodate new members as well as members who have been participating in the At Work Program. It is based on Weight Watchers Quick Start Plus Program. Some of the topics to be discussed include: Staying Trim Over The Holidays, Coping With Coffee Breaks And Candy Machines, Brown Bagging With Panache, Beating The 5 O'Clock Syndrome, Stress Management Techniques and Maintaining Motivation.

Classes will be held Wednesdays from 7 to 8 p.m. beginning Nov. 16. The cost to employees is \$64 with a \$10 refund for attending all or all-but-one of the sessions. In order to run the class, at least 15 individuals must participate. Registration closes on Friday, Nov. 11. For more information and to register, contact HealthCounts at 821-2150.

Educational Happenings

Monday, Oct. 31

Happy Halloween!

Wednesday, Nov. 2

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

Friday, Nov. 4

LVHC - CPR Certification (non-nursing) - 9 a.m. to noon, Classroom 4

Monday, Nov. 7

TAH - New Employee Orientation - 8 a.m. to 4:30 p.m., Auditorium

TAH - Infant/Child CPR - 7 to 10 p.m., Auditorium (Call ext. 2430 to register)

Tuesday, Nov. 8

LVHC - Community CPR - 2 to 5 p.m., Auditorium Alcove

ELECTION DAY - Don't forget to vote

Wednesday, Nov. 9

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

Thursday, Nov. 10

LVHC - CPR Recertification (non-nursing) - 1 to 4 p.m., Auditorium Alcove



Cancer Center To Sponsor Programs

On Tuesdays, Nov. 8 and 15, the Comprehensive Community Cancer Center (CCCC) will sponsor "Chemotherapy: In Theory and Practice," a program for health care professionals interested in cancer care. The program will be held from 8 a.m. to 4:30 p.m. in Classroom 2 (LVHC). Approved by the Pennsylvania Nurses Association for 17.4 contact hours, the program is free to hospital and HealthEast employees.

The Greater Lehigh Valley Chapter Oncology Nursing Society is sponsoring an oncology product update on Wednesday, Nov. 9 from 4:30 to 6:30 p.m. at the Hamilton Plaza, 4th and Hamilton Sts., Allentown. Sales representatives for 16 companies will display their products and services. Sandra Bernstein, R.N., C.S., counselor with the Alliance for Creative Development of Lansdale, will be the featured speaker. Her topic is "How Can Superwoman Take Off Her Cape?"

For more information on these programs, call the CCCC at ext. 2582.