Hazleton-Saint Joseph Medical Center will be offering a new membership program to the women of the Greater Hazleton Area beginning in January. This service is a unique benefit to the women of the community. The membership is open to all women ages 18 and up and is structured similar to the existing Senior Choice Program already in place at St. Joe’s.

The Medical Center’s goal in serving the members is to provide vital information regarding the facility and its services and other community information or referrals that may be of help to the Womankind members.

The Womankind Program offers the following benefits to its members:

- Quarterly Womankind newsletter.
- Monthly Womankind lecture series.
- Insurance hotline
- Discount rate for St. Joe’s Fitness Center.
- Discount rate for screening mammograms.
- Discount rate for pap smears processed at St. Joe’s laboratory facilities.
- Discount rate for CPR, Prenatal classes.
- Discount rate for prenatal classes.
- Free “Before the Stork” package.
- Free prenatal vitamin supplements.
- Free calcium supplements.
- Free iron supplements.
- Free physician referral services.

The membership program is completely free of charge. Identification cards will be provided to all members after completion of the application to distinguish members as a Saint Joseph V.I.P.

An open house will be scheduled for the public on Wednesday, April 15. See Womankind on back page.

Barbara M. Yamulla, Womankind Representative (seated left) and Sandra J. Shaker, Director of Medical Imaging and Women’s Care (standing), sign up a new member to the Saint Joe’s Womankind Program.

Researchers have found increasing daily calcium intake in a group of 12-year-old girls resulted in significant gains in total body and spinal bone density, which could lower the risk of osteoporosis in later life. The study at Penn State’s Milton S. Hershey Medical Center represents a significant advance in the development of strategies to prevent osteoporosis.

By measuring the total skeleton of the girls, the researchers found that the girls who received extra calcium increased the rate of bone building by 20 percent. At that continued rate, the supplemented girls could have 6 percent greater bone density by the age of 18, providing significant protection against osteoporotic fractures.

See Calcium on back page.
By Lia Ciotola, A.C.S.W. 
Counselor/Consultant 

Adolescence is a period of natural struggle toward establishing identity and independence. For many of our teens, it is a hellish rollercoaster ride filled with depression and for some, tragic despair.

As societal pressures thicken, as family life supports grow thinner, our teens all too often become more aimless and confused. A mind boggling number of stressors impact on our children through this delicate period that serve to trigger depressive symptoms. Low parental support is a key factor that underlies low self esteem with teens. Dysfunctional families and families separated by divorce leave them all to often without the necessary structure and support to move healthfully through this critical growth phase.

Teens battling daily with issues like alcohol and drugs, teen pregnancy, AIDS, crime, school pressures, peer pressures, have reason to be confused, to feel anxious, angry, depressed, especially when they are at a loss to cope, due to a lack of healthy, loving, adult guidance and support.

Internal issues of physical growth, bodily changes, hormonal changes, sexual maturation are critical during adolescence, and contribute significantly to depressive levels in our teens. In this area, females experience a chronically higher rate of depression than males. They tend to become less satisfied with their bodies, their self esteem tends to plummet.

Adolescent females are three times more likely to have been sexually abused - the impact of which results in lower self esteem, unhealthy choices in relationships with peers, sexual problems, physical illness, etc.

Anorexia Nervosa and Bulimia, two eating disorders with underlying depression, usually afflict the female population with its onset most often in early teen years.

School failure, academic difficulties, social pressures at school often lower self esteem in teens and can lead to serious depression problems.

More than 5,000 teens commit suicide each year. In addition, thousands more unsuccessful attempts are made. Staggering figures.

How do we help our teens through the darkness that comes with depression. How can we move toward helping them build a positive sense of themselves. Professionally, treatment modalities compare with those outlined in my last article on Depression and Healing.

The most sustained, long lasting healing must be found, however, in loving parental support within healthy family systems. Teens want more independence, but they still need the good structure found in a home where there is order and routine. A home where parents structure quality time with them and work toward an atmosphere of mutual respect and trust. A home where parents listen without critical judgements. A home where parents foster open communication and focus on strengths not weaknesses.

Find ways to be spontaneous with your teens. Engage them in enjoyable activities, enjoyable conversation. Have fun as a family. Lighten up and give them a break from the serious insanity they face each time they walk out your door and have to deal with the madness of this world.

Most importantly, shower them abundantly with praise and love and regularly validate their unique specialness as individuals. We all need this kind of affirmation, but they need it more.

Remember, depression has a lot to do with loss. Recovery has a lot to do with love.
The 1994 series of Womankind lecture series began on January 13 with a lecture titled "Life Alone - Loss... a Time to Grow." Nancy Grotevant, an extension agent for the Pennsylvania State University Cooperative, spoke to a receptive audience in a lecture aimed at helping the bereaved cope with their losses.

The next lecture talk in the series will be held on Thursday, February 10. At that time, Mary Jean Greco-Golomb, the Pennsylvania State Chairwoman of DES Action of Pennsylvanians will address the issue of DES. Diethylstilbestrol (DES) is a powerful synthetic hormone that was given to prevent miscarriages from 1941 to 1971. Since that time DES has been linked to serious adverse health problems found in daughters of women who were given the hormone during pregnancy.

On Thursday, March 10, "Understanding Depression" will be the featured topic of Lia Ciotola, A.C.S.W., counselor and consultant. If you followed the articles that Lia wrote for Womankind, you know that she is well versed in the cause and treatment of depression.

"Organ/Tissue Donor Information" will be the topic of discussion for Corrine Morgan. Corrine is the Transplant Coordinator for the Delaware Valley Transplant Program. Organ and tissue donation are lifesaving tools that are rarely thought about during our daily lives. We hope that you will attend this lecture, which can enlighten many of us to the importance of tissue and organ donations.

A popular speaker, Dr. Philip Domin, will be featured once again by St. Joe's on Thursday, May 12. Dr. Domin's presentation will be entitled "Women Under Stress - The Use of Hypnosis and Self Relaxation." If you experience stress in your everyday life, come and learn how you can use Dr. Domin's techniques to relieve stress and improve quality of your life.

After a summer hiatus, Dr. Ki Bum Lee will address the subject of "Infertility." Dr. Lee will speak about the causes of infertility and the treatments that are now available. If you have been trying to conceive and have not been successful, this lecture is for you.

Being the financial manager is a role that many women are now assuming, whether they are single or married. It is often up to the woman to try to create a budget that she or her family can live with. Now there is help in an area that is often neglected: taxes. "Taxes - How to Not Only Survive, But Thrive Financially," is the subject of a lecture by Larry Heydt. He is a representative of the Copeland Company. This lecture will be held on Thursday, October 3.

Dr. Louisa Voutsinas, gynecologist and obstetrician will be the featured speaker on Thursday, November 10. She will present "Menopause and Hormone Replacement Therapy." The proper treatment for the symptoms of menopause are very important to every woman. Come and learn about the latest treatments available and how they will help enhance your life.

The series will end for the year on Thursday, December 8. "Women in the Workforce - The Successful Resume," will be presented by Bernard C. Rudegeair, President and CEO of Hazleton-Saint Joseph Medical Center. Mr. Rudegeair will tell you exactly what executives today are looking for on a resume. Even if you are not currently looking for a job, knowing how to prepare a good resume is an important skill.

All lectures are open to the public free of charge and are held in the board room on the second floor of the Medical Center. If you wish to attend, we ask you to please call Barbara Yamulla and register for the lecture you are interested in. We hope to see you there.

Labor and delivery classes announced

Labor and delivery classes announced

Now is the time to enroll in the labor and delivery classes presented by the Medical Center to provide the expectant couple with information on pregnancy, labor and birth. Choose the class that is for you by following the schedule below.

If your baby is due in May or June 1994, classes will be held on March 9, 16, 23, 30, and April 6 and 13. Due July or August 1994, classes will be May 11, 18, 25, and June 1, 8, and 15. Due September or October 1994, classes will be July 13, 20, 27, and August 3, 10, and 17. Due November or December 1994, classes will be September 14, 21, 28, and October 5, 12 and 19. Due January or February 1995, classes will be November 9, 16, 23, 30, and December 7 and 14.

Expectant mothers are encouraged to attend these classes with the father or a labor partner. Classes are held in the basement cafeteria from 7:30 p.m. to 9:30 p.m. The fees for classes are $25.00 a couple for in house delivery or $35.00 a couple for out-of-town delivery.

Please fill out the registration form below and mail it along with your check made payable to Hazleton-Saint Joseph Medical Center to:
Attention: Paula Triano
Hazleton-Saint Joseph Medical Center
687 North Church Street
Hazleton, PA 18201.

LABOR & DELIVERY CLASS REGISTRATION

(Please clip and mail with your registration)

Name:

Address:

Phone:

Obstetrician:

Date of Classes:

Amount Enclosed:
Continued from front page

13, 1994 from 9-11 a.m., 1-3 p.m., and 6-8 p.m. in the board room on the second floor of the Medical Center to introduce them to the program. Refreshments will be served and application information will be available.

Sandra J. Shaker, Director of Medical Imaging and Women’s Care and Barbara M. Yamulla, Womankind representative, spearheading the membership program at the Medical Center, will be available at the open house to enroll new members.

For more information regarding the Womankind membership program, call 459-4592. Don’t delay in making this positive step for your health at Hazleton-Saint Joseph Medical Center, Hazleton’s Choice for Woman’s Care.

Continued from front page

Previous work on calcium has been focused on postmenopausal women. “This study points to the importance of calcium intake during adolescence,” said Tom Lloyd, Ph.D., study coordinator and professor of obstetrics, gynecology and pharmacology at Penn State’s College of Medicine. “What we’ve found is that the best time to concentrate on calcium intake and skeletal health is when people are younger, not older, he explained. “That’s because 95 percent of the skeleton’s maximum strength is achieved between the ages of 2 and 18 years.” The teenage years are particularly critical because hormones during puberty increase the rate at which bones are built.

The extra calcium in the study came from calcium citrate malate. The researchers believe that source of calcium to be more easily absorbed and better at maintaining bone health in postmenopausal women than calcium carbonate supplements.

(Source: The Journal of the American Medical Association, August 18, 1993; News Releases, Penn State College of Medicine and the American Medical Association.)

Bernard C. Rudegeair
President and Chief Executive Officer
Patrick J. Ward
Director of Marketing and Public Relations
Sandra J. Shaker
Director of Medical Imaging And Women’s Care