Hospital Week: Miracles happened

Hazleton-Saint Joseph Medical Center—Where miracles happen every day!

That was the theme for last month’s 1994 celebration of Hospital Week, which began with our traditional chapel service.

We were pleased to have Rev. Andrew Hvozdovic, parochial vicar of St. Joseph’s Church in Hazleton, as our speaker. Assisting Father were students from Bishop Hafey High School, who sang songs from their recent production, “Godspell.”

Thanks also go to our Sisters and to Father Dominic for helping to make it a meaningful service.

Tuesday our employees took advantage of the health screenings offered in the Lab, Respiratory, Audiology and Employee Health. Thanks to everyone who helped “take care of the staff.”

Wednesday saw something new: Family Fitness Day down at the Rehab Center. Area citizens took advantage of tours of the facility, cholesterol and blood pressure screenings, lectures on parenting skills and family safety and a sneaker seminar. Little ones (and big ones) had fun with the Red Barons’ Grump.

We’d like to thank Eileen McAndrew of Catholic Social Services, Officer Fedullo of the Hazleton Police Department and Nike for their participation.

Wednesday also was the day we celebrated and recommitted ourselves to our mission with a special service in the chapel. The program included scripture readings, prayer, meditation and a video highlighting the way mission affects us on a daily basis. Thanks to Sister Paulette, Mary Malone and Pat Ward for a meaningful and moving experience.

Thursday was game day! Our three competitions included a poster contest, baby picture contest and a scavenger hunt. Building and Grounds took first place in the poster contest. ICU was second and the first-year Radiology students third. Joan Warner was our baby picture winner and Sandi Kulick was the successful scavenger.

Friday we honored our employees for their dedication to the Medical Center (see related story). Thanks to Dietary for another wonderful luncheon.

The week ended on May 17 with the Walk/Run, which drew a record number of entrants.

All in all, it was a fine celebration and we’d like to thank the committee for their hard work: Gerise Serock, Mary Malone, Pat Ward, Joann Colarco, Chris Belusko, Paula Triano, Polly Ann Maduro, Dottie Burrell, Pat Vasello, Margie Matteo and Donna Thomas.
**Fun at the Mardi Gras**

Even though snow, ice and sleet forced postponement of the annual Mardi Gras, costumed revelers had a great time. Donna and Joe Thomas reigned as King and Queen.

**Employees honored for service**

St. Joe’s honored long-time employees for their dedication and service during the 1994 Hospital Week celebration.

Honored for 10 years of service were: James Fisher, Sheila Gasser, Victoria Greco, Sandi Kulick, Paulette Laskos, Michele McKeown, Dorothy Moran, Donna Murmello, Lori Ann Steiner, Donna Thomas, Patricia Yacina, Mary Yanak and Pam Ralston.

Fifteen years: Carol Albrecht, Joann Calarco, Deborah Cheeseman, Joseph Cukauskas, Eugene Ferrari, Richard Flynn, Bernie Goffa, John Hreha, Mary Hyduke, Judy Ervin, Cathleen Lapchak, Barbara Payne-Mathis, Donna Slavick and Dale Webster.

Twenty years: Arlene Correll, Patricia DeJoseph, Janet Eckrote, Dolores Evanko, Anna Gasper, Maxine Link, Andrea Schofield, Mary Ann Sofianek and Vonnie Wagner.

Twenty-five years: Mary Ellen Antolick, Rita Houser, Barbara Pease and Sister Generosa.

Thirty years: Sister Fides and Sister Theresa Marie.

Thirty-five years: Catherine Chaiko and Sister Celine.

Forty years: Evelyn Carr.

Forty-five years: Sister Francesca.

Congratulations to all these valued employees!

**Office Olympics teams hustle for charity**

Members of St. Joe’s three teams in the annual Easter Seals Office Olympics were, kneeling, from left: Barbara Yamulla, Adm.; Mary Malone, Adm.; Karen Flannery, Fin.; Rhonda Koseuk, QA; Kim Stout, PT; Paula Hughes, PT; and Rosella Sheppard, QA. Standing: Craig Gimbi, H.R.; Sue Farley, H.R.; Debbie Kaschak, QA; Lee Ann Dudinyak, Adm.; Janet Witkowski, Adm.; Dan Amerise, Fin.; Trina Bassak, PT, and Dan Bassak, Bio-Med.
St. Joe’s holds 10th annual Fun Run/Walk

St. Joe’s employees joined fitness buffs from throughout the area who converged on the Freeland Satellite in May for the 10th annual Hazleton-St. Joseph Medical Center 5K Run and 3K Walk on May 17.

The event, which is becoming more popular every year, drew a record number of entrants.

Mark Stich and Jule Ann Yurish were the employee winners in the Run, while Tom Pecora and Barbara Yamulla took employee honors in the walk.

Tim Tyson clocked in at 27 minutes, 41 seconds to win the male division overall title in the Run, while Barb Owens ran the course in 38:20 to win the female division.

Among the walkers, Ed Zindell took the male division with a time of 26:30 and Gloria Rawls won the female division in 25:54.

Here’s the rundown on the winners in each category:

**5K Run**

**Male Division**

14-and-under
1. Corey Smith, Hawley (30:38); 2, C.J. Hoetzel, Hawley (33:22).

15-19
1. Justin Pugliese, Beaver Meadows (32:50); 2, Randy Kurolo, Berwick (32:53).

20-24
1, Mike Rieder, Milton (28:43); 2, Scott Coll, Weatherly (29:41).

25-29
1, Mario Matriccino, Hazleton (35:06); 2, Dan Amerise, Hazleton (35:39).

30-34
1, Steve Gasper, Hazleton (30:02); 2, Dave Stich, Drums (30:11).

35-39
1, Dave Pisak, Hazleton (30:20); 2, Paul Petruzzi, Hazleton (31:15).

40-44
1, David Horvath, Palmerton (28:51); 2, Ron Geasel, Berwick (32:53).

45-49
1, Steve Mardyniak, Hazleton (30:29); 2, Mike Lisnock, Sugarloaf (32:34).

50-59
1, Bob Dennison, Wilkes-Barre (35:31); 2, Jim Forbes, Sugarloaf (36:46).

60-and-over
1, Al Swinick, Wilkes-Barre (36:00); 2, Joe Kesselring, Hazleton.

**Female Division**

15-19
1, Beth Searfoss, Freeland (49:17).

20-29
1, Michelle Walutes, Hawley (39:46); 2, Patricia Van Eeder, Conyngham (45:10).

30-34
1, Anita Owens, Chester Springs (45:43); 2, Anne Amerise, 63:01.

35-39
1, Carmella DiPippa, Berwick (38:42); 2, Tricia Kormonick, Sugarloaf.

40-49
1, Jule Ann Yurish, Freeland (40:56).

**3 K Walk**

**Male Division**

12-and-under
1, John Paul Yagalla, Drifton (41:45).

16-19
1, Robert Zola, Hazleton (39:45).

20-29
1, John Mattern, Hazleton (33:28).

30-39
1, Don Walutes, Hawley (32:17).

40-48
1, Patrick McMahon, Wilkes-Barre (28:08).

50-59
1, Ron Shields, Blain (26:36).

60-and-over
1, John Yakubik, Hazleton (42:03).

**Female Division**

12-and-under
1, Elizabeth Fellin, Hazleton (47:12).

13-15
1, Kim Yagalla, Drifton (41:12).

16-19
1, Annie Polidora, Drums (36:03).

20-29
1, Lynn Beechnay, Hazleton (34:37).

30-39
1, Marion Barr, West Hazleton (33:08).

40-49
1, Barb Lisnock, Sugarloaf (35:00)

50-59
1, Ruby Tolert, Wilkes-Barre (33:29).

60-and-over
1, Margaret DeLuca, Hazleton.

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Employee winners at the Fun Run/Walk were, from left, walkers Tom Pecora and Barbara Yamulla and runners Jule Ann Yurish and Mark Stich.
Ease into summer exercise program

By Donna M. Thomas, R.N.
Employee Health Nurse

Well, now that the "Wonderful Winter of '94" has left us, we can look forward to a few months of summer happiness.

Most everyone vegetated this winter and put on a few pounds, so if you're determined to get in shape, go moderately. Every year as warm weather sets in, doctors see an increase in "overuse" injuries. Condition your muscles by doing leg lifts, arm curls and low-impact aerobic activities such as bicycling and walking. Once you move on to more strenuous activities, increase time and distance gradually.

If you take only a small sip of fluid when swallowing a pill or capsule, it's not enough. You need 6 ounces - some before, to lubricate your throat, and some after, to make sure the medicine is completely dissolved.

Did you know stress in teens raises hypertension risks, according to a recent article in the New York Times? The age of adolescence can stir enough physical distress to more than double the risk of early onset of hypertension in some boys and girls, a new study has found.

When teenagers feel that their strivings are continually frustrated, the resulting stress can lead to chronically elevated blood pressure. High blood pressure usually develops in adulthood.

For girls, the issues were social rivalries and struggles for dominance. For boys, a feeling that they were unsupported in their struggles to succeed was more responsible. "There is real physiological impact from the frustration of teenagers' strivings in life," a researcher said. "This chronic stress may increase their cardiovascular risk early in life."

New efforts to combat the high blood pressure focus on prevention rather than treatment:
- Watch the weight.
- Consume low salt and other sources of sodium.
- Become physically active.
- Drink less alcohol.
- Consume more potassium.

Sounds like the same treatment that works for adults.

Spending hours on the phone may give you more than a sore ear. You could end up with a rash, especially if the receiver has traces of hair spray or perfume, which can cause contact dermatitis, or hair oil, which can produce acne. To eliminate the source of irritation, swab the receiver every day with a cotton ball moistened with alcohol.

Counting to 10 isn't the best way to cool your temper. While you're mentally reeling off numbers, you're building up steam, not calming down. You explode at 10.

And when you're mad, the first instinct is to make the other person feel bad. The most effective tactic is to walk away and collect your thoughts. Leave without an explanation if necessary. It may seem rude, but it's nicer than what you might have said.

You can stop heartburn or irritable bowel syndrome from keeping you awake by going light on fat and calories at least two hours before bed. If not, stomach acid backs up, resulting in discomfort.

Is your personality making you sick? Optimists are more likely than pessimists to pay attention to potential health problems. Optimists remember more about symptoms and risks - they obtain information to protect themselves, which explains why they live longer.

Driving can cause weight gain: people nibble when on the road. When we drive, we become overstimulated and our other senses want equal attention. So drivers snack and turn on the radio to create a sensual balance.

The same thing happens watching TV, at sports events and other activities. You get so involved in the activity, you don't realize how much you're eating. The longer the event, the bigger the threat to your diet.

Well, goodbye for now. Happy summer - and don't forget the sunscreen.
Miracles happen... Every Day

The administrative team scoops out some cold delights at the “Blizzard Thank-You Party.” Employees lived up to this year’s Hospital Week slogan, “Miracles Happen... Every Day,” by making it to work throughout the miserable winter of '94.

The Red Barons
Grump fools with Peter Rudegeair during Family Fitness Fun Night, one of the highlights of National Hospital Week.

The Bishop Hafey High School “Godspell” cast performed during the Hospital Week Chapel Service.
Father Domnick retires as chaplain

The Rev. Alphonsus M. Domnick, who prayed for and cheered patients at St. Joe’s for the past 15 years, has announced his retirement as the medical center’s chaplain.

Father Domnick, who will reside at Villa St. Joseph in Dunmore, will be succeeded as chaplain by the Rev. Austin E. Flanagan, who most recently resided at St. Lucy’s Rectory in Scranton.

On June 3, Father Domnick observed the 50th anniversary of his ordination and two days later he celebrated a Mass of Thanksgiving at the medical center chapel.

In Dunmore, where Father grew up, he was known as Giovanni D’Amico, one of nine children of the late Ralph and Concetta (Carra) D’Amico. His brother, the Rev. Carmen D’Amico, has served in churches throughout the Scranton Diocese, including Most Precious Blood in Hazleton.

Father adopted his new name while he was a student at St. Bernardine’s Monastery in Hollidaysburg. Since acquaintances had always had trouble pronouncing “D’Amico,” and since four other students were named John, he agreed to change his name to Alphonsus Maria Domnick, in honor of St. Alphonsus.

The young priest served at parishes in Pennsylvania, Oregon, Minnesota and Ohio, supervising and building missions and churches for the Franciscans.

In 1979, Father Domnick broke a leg and shoulder when he fell from a ladder while remodeling the rectory at his parish in Windham, Ohio. While he was recuperating at his brother’s parish in Elkland, Tioga County, the Scranton Diocese offered him the chaplaincy at St. Joe’s.

He accepted, and the medical center has been the beneficiary ever since.

What’s going on

✓ The Value Analysis group is looking at wound care products and is encouraging staff members to submit suggestions for the committee’s review.

✓ IBAX Order Entry went live in April and everyone survived! Thanks to all for the hard work and cheerful team play.

✓ Our Process Improvement teams are in full swing and working on a number of projects. Check the storyboards down in the cafeteria and see what’s happening.

BSNs awarded

Congratulations to both Jule Ann Yurish and Laura Holderman who received their BSNs from Wilkes University.

They also were inducted into the National Honor Society, Sigma Theta Tau. Good job!

Births

• Suzanne and Michael Marencin welcomed Christopher Anthony into their home. Suzanne is an LPN on the fourth floor.

• Heather and James Kehler became the proud parents of Brett Taylor on May 4. Heather is a Pharmacy Tech.

• Debbie and Paul Lipinski also added to the Medical Center’s extended family with the birth of Aaron Paul on May 2. Debbie is the Pharmacy Supervisor.

We wish all the new parents much joy and happiness.

April wedding

Pharmacy’s been busy.


Upcoming events

July 8 – Red Barons baseball game.
July 28 – Annual Golf Tournament.
Sept. 17 – Employee Picnic.