In October, 1994 St. Joe's welcomes a new chaplain
By now we hope everyone has had the opportunity to welcome Father Austin Flannegan, our new hospital chaplain. Father joined us this past summer and is available to minister to the spiritual needs of our patients and staff. We look forward to a long and happy relationship.

Welcome to the Medical Center family, Father.

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After the Tourney: Winners in the annual Hazleton-Saint Joseph Medical Golf Tournament at Edgewood-in-the-Pines pose with tourney officials after the July 28 event. From left: Bernard C. Rudegeair, CEO; Debbie Kaschak, committee member; winners Frank Stancato Jr., Tom Evanko, Dan Matriccino and Tony Bonomo; committee members Mary Malone and Jim Fisher and Dr. John Amentler, chairman. The tournament attracted 115 golfers.

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From the president
On Aug. 6, 7 and 8 the Standard-Speaker and the Times Leader carried articles regarding the ongoing discussion of Hazleton-Saint Joseph Medical Center and Hazleton General Hospital. Two Times Leader reports reviewed confidential draft documents that have been used during the informal discussions with KPMG Peat Marwick, the facilitator.

At the July board meeting of each hospital, the boards did vote to enter into a Letter of Intent. This begins Phase Two of the discussion process which I have updated you on at employee quarterly meetings. The article in the Times Leader was based on draft documents which were leaked unofficially. No final decisions have been made.

The respective boards are committed to the Hazleton community. The discussions have been based on enhancing healthcare services in the community. The information regarding possible reductions and cutbacks was inaccurate.

The discussions with Hazleton General Hospital have been a journey which started in July of 1993. We have continued, as the healthcare market around us has rapidly changed, with the goal to improve healthcare for our community.

The coming months will continue to challenge the healthcare industry on national, state and local levels. I will continue to update you on these events as they progress.

Sincerely,

Bernard C. Rudegeair
President and CEO
Thoughts on food, pinkeye and more

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

Can you believe it's fall already? Where did summer go? To those of you who were fortunate enough to vacation—hope it was fun and relaxing. To those of us who didn't: maybe next year.

Let's start out with one of our favorite subjects—food. Americans are definitely hooked on pizza. The national consumption of mozzarella has doubled in the last 12 years.

Did you know that a medium, regular crust pizza without all the extras is equal to 9 grams of fat and 250 calories a slice. Eat three slices like most of us do and we have all the fat we need for one day.

There is some hope—the regular crust pizza at Little Caesar's and Domino's is lower in fat and you can order half the cheese.

It is becoming more evident that crunchy vegetables such as broccoli, cabbage, brussels sprouts and cauliflower might be helpful against breast cancer. It is the component sulforaphane that is in the broccoli medley that can stop or slow formation of the cancer. It is never too soon to think about preventing osteoporosis. Good advice includes:

- Get enough calcium. The National Institute of Health recommends 1,000 mg. a day for women 25 to 50. Dairy foods or supplements are the best providers.
- Exercise regularly. Walking, jogging, tennis and other weight-bearing activities maintain bone strength. See your gynecologist if periods are very irregular; sometimes more estrogen is needed.

It may appear that everyone is out there walking, running or exercising, but young women are less physically active. Between 1985 and 1990, surveys show the amount of time women under 35 spent exercising—whether aerobic or other—dropped 16 percent.

Pink eye or conjunctivitis, which is usually a contagious disease of children, is becoming more prevalent in an adult form. No one knows why, but it can be potentially epidemic.

Unlike the child version, which is bacterial and passed by physical contact, the adult type is caused primarily by an airborne virus that can be transmitted through coughs and sneezes. There is no cure, but until it clears, which is usually 1 to 4 weeks, cold compresses, eye drops or a prescription eye cream or trip to the doctor are the best treatment.

To avoid spreading it, make sure no one else uses your towels, pillowcases or anything that comes in contact with your eyes.

It's not a problem women talk about openly, but a large number suffer from urine leaks. Weak pelvic muscles are usually the cause, but incontinence also is a result of bladder infections, obesity, patients taking antihistamines or antidepresants. Young female athletes are particularly susceptible.

Strengthening pelvic muscles with Kegel exercises can help; also avoiding caffeine, alcohol, acidic fruit juices, artificial sweeteners, spicy dishes and chocolate, all of which can irritate the bladder.

If a cold and flu aren't enough, millions of women have to suffer from cold sores. They are also brought on by stress, bright sunlight, chocolate and other foods.

In addition to avoiding all these, you can apply an SPF-15 lip balm on days when you're out of doors. The prescription drug Acyclovid can relieve symptoms and speed healing, but over-the-counter creams don't help too much and those with cortisone worsen cold sores.

To avoid passing the infection, refrain from contact until the blisters are healed in 5 to 10 days.

Speaking of flu—don't forget flu shots this week. Schedules are posted throughout. Makeup shots can be given up to Nov. 15. Call me at Extension 449.

In closing, just wanted to share an inspiring poem written by Carole Larsen, a cancer victim:

What Cancer Cannot Do
Cancer is so limited...
It cannot cripple love,
It cannot shatter hope,
It cannot corrode faith,
It cannot eat away peace,
It cannot destroy confidence,
It cannot kill friendships,
It cannot shut out memories,
It cannot silence courage,
It cannot invade the soul,
It cannot reduce eternal life,
It cannot quench the Spirit.
It cannot lessen the power of the resurrection.
Teen-age volunteers help out at St. Joe's

More than 100 energetic young people from the Hazleton area joined the rank and file of our staff this summer as part of “Summer Volun-TEEN ’94.”

This year’s program provided 30 departments in the hospital with volunteer staff for a period of eight weeks. New volunteer placements were the Outpatient Department, Audiology and CAT Scan.

The young volunteers contributed a total of 3,800 hours of service.

This year’s Volun-TEENS were honored with an awards ceremony in the cafeteria. Certificates of appreciation, service pins and special presentations were given to our teen “staff.”

Six of the teens won three-year pins: Amanda Gettig, Operating Room volunteer; Bethany Klein, Nursing volunteer; Staci Klein, Pharmacy volunteer; Michael John Matteo, ICU and Stock Room volunteer; Melissa Moran, Nursing and CAT Scan volunteer, and Erica Price, Housekeeping and Nursing volunteer.

Twenty-eight of our teens also were awarded the President’s Youth Services Award. Recipients were selected on two levels, presidential and national. Recipients on each level received certificates from the White House, letters from President Clinton and pins from the Points of Light Foundation.

It was great to have such an overwhelming response to this year’s program and such a wonderful showing by St. Joe’s staff for the ceremony. A special “thank you” to all the departments and staff that made the program such a great success.

Free! $500 in Savings on a Pennsylvania Dutch Getaway!

Ask for your free Winter Getaways Brochure containing $500+ worth of discounts on lodging, attractions, restaurants and shopping.

Available in Personnel
Predict 1st snow, win a free meal

Are you ready for the winter snow?
To ease the pain, we'll offer a gift certificate to the Ovalon restaurant to the employee who predicts the first inch of snow on the Medical Center's front lawn after Nov. 1.
Measurements will be determined by the Snow Committee.
Entries need to be in by Oct. 31, so we won't count any October storms (Hope we don't get any!)
In the case of multiple correct entries, the winner will be chosen by a drawing.
So hurry, send your entry to Personnel by Monday, Oct. 31.

Welcome aboard

Welcome to the following employees who have joined the Medical Center family:
- Shelly Lee, Medical Records Clerk;
- Margaret Yost, Medical Transcriptionist-Radiology;
- John Regula, Director of MIS;
- Dennis Ganc, Health and Fitness Aide;
- Mary Ellen Smith, Per-Diem, R.N.- Industrial Medicine;
- Sara Bankes, Pharmacy Aide;
- Kim Braskie, Unit Clerk 1-3 M/S;
- Carmen Marsit, High School Aide-Medical Records;
- Cynthia Kardisco, Director of Patient Accounts;
- Kelly Fisher, Medicine Reconciliation Clerk;
- Maria Damiano, Audiologic Tech;
- David Broskoskie, Bio-Med Tech;
- Dorothy Sweet, Satellite Physician Practice Manager;
- Theresa Kringer, Home Health Aide;
- Michael Lesher, Pharmacy Aide;
- George O'Gorman, Per-Diem R.N.-ER;
- Tanya Piehota, PT;
- Dianne Wysocky, Registration Clerk;
- Ann DeMauro, MLT, ASCP;
- Anthony Urillo, PT;
- Katherine Lo, Pharmacist;
- Deborah Naradko, OT;
- Tom Blackwood, R.N.-3M/S;
- Tracy Brennan, Nuclear Med Tech;
- Gerald Flowers, Building & Grounds Tech;
- Heidi Spangenburg, Housekeeper;
- Gina Romancheck, R.N.-3M/S;
- Mary Howay, PTA;
- Margaret Hassler, OR Tech;
- Diana Tarone, R.N.-3M/S;
- Paula Triano and Dale Fey, who were wed at Most Precious Blood Church Sept. 3. Paula is our Educational Coordinator.
- Tom and Sandi Kulick, on the marriage of their daughter, Jennifer, to Keith Laylo at Holy Rosary Church on Sept. 10. Tom works in Security and Sandi is the secretary in Personnel.

Open Line

We received a recent Open Line question regarding parking on Eighth Street next to the Business Office.
The suggestion was that those spots be designated for visitors and not used by employees. Unfortunately, since that is on-the-street parking, we cannot designate spaces.
Employees are reminded, however, that we have two lots available: Eighth and Wyoming and Seventh and Church and you are encouraged to use these lots.
Don't forget to place your comments and questions in the Open Line box located on the information desk in the lobby. Signed forms will receive a personal reply; we will try to answer unsigned requests in Lifelines.

Congratulations

Sisters Generosa, Rita Marie and Celinia had a wonderful time on their visit to the Holy Land and we're happy to have them back.

TRAVELERS: If you think they look happy, you're right.