

CheckUp

this month

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A new approach to mental health care

THE NEW BEHAVIORAL HEALTH SCIENCE CENTER IS DESIGNED FOR HOLISTIC INPATIENT CARE

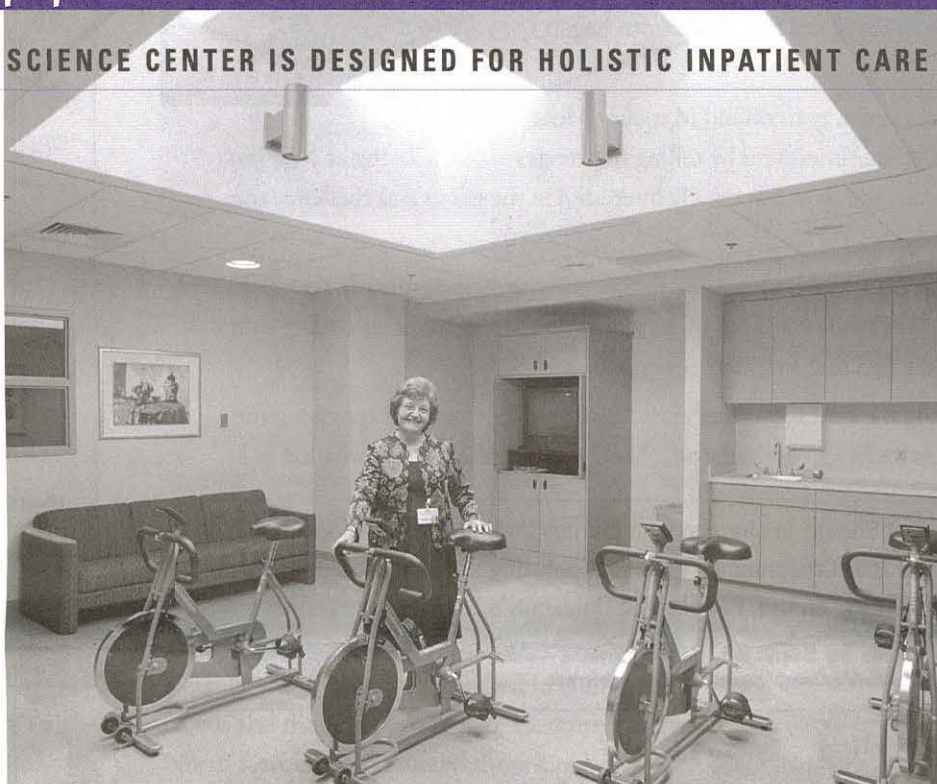
The Decade of the Brain.

For many reasons, it's an apt title for the 1990s. Federal funding for brain-related research has led to a new understanding of mental illness, and a stream of medications has dramatically improved treatment. As a result, mental health care has shifted away from lengthy hospitalization toward more flexible outpatient approaches.

In response to the "neuroscience revolution," LVHNN has rethought and reconfigured its delivery of behavioral health services. The goal: to provide just the right mix of high-quality, cost-effective, easily accessible care to meet the region's growing needs.

The changes taking place now at LVHNN reflect these advances, particularly the consolidation of inpatient psychiatric services on the Muhlenberg campus, shifted from 17th & Chew streets. The brand-new Behavioral Health Science Center at Lehigh Valley Hospital—Muhlenberg, which opened this month, houses 44 adult beds (*half of them in a secure unit*) and 12 adolescent beds.

Why centralize? "Inpatient psychiatric care today is for those with very serious acute illnesses—severe depression, psychoses, suicidal behavior and the like, who need intensive treatment for short periods of time," said Michael Kaufmann, M.D., chair of psychiatry. "Essentially, we are seeing people through a health crisis in much the same way a medical intensive care unit does. This calls for a highly specialized team and facility, and it's most cost effective to provide it in a single, integrated setting."



"We feel like pioneers in this endeavor," said Janice Barber, R.N., patient care coordinator of the Behavioral Health Science Center adult inpatient unit, shown here in the occupational therapy area.

"Skylights and an open, airy environment provides a relaxing atmosphere for our patients."

The brand new Behavioral Health Science Center also houses 44 adult and 12 adolescent inpatient beds as well as a school program for adolescents. A patio and reflecting pool will soon be part of the special amenities.

Research showed Muhlenberg to be the ideal site in terms of central location, highway access and population concentrations. The new facility is state-of-the-art in that it's designed for both psychiatric and physical care.

"More than half of the people with mental illness also have other health problems," Kaufmann said. "Our new building is designed and equipped for primary and specialty physicians to work alongside psychiatrists in addressing all the patient's needs." ■

OTHER CARE SETTINGS

In response to trends, LVHNN offers a spectrum of outpatient, residential, and other care styles and settings including:

- **Partial hospitalization**, an intensive type of outpatient care in which the patient spends several hours a day, several days a week in treatment but is able to be home overnight. In this category are Adult Transitions and Adolescent Transitions at Cedar Crest, and Alternatives (for adults) at Muhlenberg.
- **Outpatient care**, includes Muhlenberg Behavioral Health and Cedar Crest's The Guidance Program (both designed for people at a high level of functioning), and the Mental Health Clinics (treating more severe, chronic conditions) at 17th & Chew and Muhlenberg.
- **Outreach services** are at The Health Center at Trexlertown through The Guidance Program.
- **Residential rehabilitation**, in two Allentown sites, for those who need residential support or are returning to the community after hospitalization.
- **Psychiatric emergency care** is available at all three hospital sites. The department also provides home care and outreach to college students.

Do You Have Everyday Stress...Or Depression? Find Out on Oct. 5.



Maybe you're feeling depleted trying to cope with change and challenge at home or in the workplace. You think, "Could it be everyday stress or is it depression?" Take the first step to finding out by getting a FREE and anonymous depression screening on Oct. 5 at LVH—Muhlenberg or the John and Dorothy Morgan Cancer Center.

See the events calendar on page 8 for more details, and see page 5 to learn about another resource that helps LVHNN departments deal with stressful situations on the job.

Call 610-402-CARE for more information about behavioral health programs.

LEHIGH VALLEY
HOSPITAL AND
HEALTH NETWORK

Spirit of Women

A GLIMPSE OF GAIL SHEEHY AND HER MENTOR

Gail Sheehy, best-selling author of *Passages* books and keynote speaker for the Oct. 10 Spirit of Women mentoring conference, discovered her first adult mentor—anthropologist Margaret Mead—in her late 20s.

Sheehy had received a fellowship at Columbia University, and she chose Mead to guide her through her journalism studies. Their discussions began on drives home from class.

“I found out in the very beginning that one way to offend Margaret Mead is to bore her,” Sheehy said. “I had to keep her interested by telling her stories about working at *New York* magazine or the latest article I had written. She would get really interested in the issues and challenge me to look at things another way.”

And each morning, Sheehy knew that Mead—who lived just four blocks away—was already pounding away on her typewriter at 5 a.m. “No matter how badly I wanted to crawl away from a deadline or suck my thumb, I could hear her engines firing and knew I had to get up and going,” she said.

To Sheehy, Mead was a general among the foot soldiers of early feminism. “She was always giving me orders on what to be looking at—such as bachelor motherhood,” Sheehy said. “She liked having me as a lieutenant...and I was totally inspired by her.” ■

by Pamela Maurer



Join Gail Sheehy in charting your journey through life at the **Spirit of Women 2000 Conference, “Women Mentoring Women: Sharing Life’s Experiences,” on Oct. 10** at Lehigh University’s Zoellner Arts Center.

To register by Sept. 29, call 610-402-CARE or visit the web site at www.lvhhn.org/community/women.

WOMEN, BUDDY UP TO PROTECT YOUR HEALTH!

All women are at risk for cancers of the reproductive organs. Are you and your family and friends doing all you can to protect your pelvic health?



Share this checklist with your sisters, mother, grandmother and friends:

- Schedule your yearly exam and Pap test.
- Review family history and risk factors with your physician.
- Pay prompt attention to unexplained or persistent symptoms that linger for more than a few weeks:
 - Discomfort and/or bloating of abdomen
 - Constipation, diarrhea or change in bowel functioning
 - Frequent or urgent urination
 - Abnormal bleeding

Although September is **GYNECOLOGIC/ONCOLOGY AWARENESS MONTH**, you should be aware year-round. Learn more at **Seniors’ Horizons on Sept. 28 at 11 a.m.** during a talk about pelvic health.

Call 610-402-CARE for more information.

Ob/Gyn Residents Have Teen Spirit

THEY MENTOR STUDENTS IN HEALTH AT ALLEN HIGH SCHOOL

When ob/gyn resident Rochelle Steiner, M.D., steps into a classroom at William Allen High School, the students become intrigued. Before them is a doctor, barely a decade older than they are, dressed in fashionable clothing.

They ask her questions such as: Why did you decide to become a doctor? Do you have children? How old are you? Are you married?

“I don’t mind them probing into my personal life,” Steiner said.

In fact, it’s how she earns their trust during her program Mixing Education and Doctors in Communities and Schools (MEDICS). The course, taught weekly by ob/gyn residents, is geared for students from grades 10 to 12 interested in health care careers.

“The students can’t believe that I’m 28, and haven’t had a baby yet,” Steiner said. “Many of the girls feel they must have a baby before graduation, or they’re not cool. Now they’re seeing the possibilities of being a career woman.”

Steiner, a third-year resident, was recently honored by Allen for her effort in creating the program. Last year, the course educated more than 85 students from the Health Science and Fitness Academy, funded by the Dorothy Rider Pool Health Care Trust. It was Steiner’s dream to

establish MEDICS after being involved in a similar program as a medical student at Hahnemann University.

This year, the program expands as the teens shadow the residents in the hospital, witness surgery through tele-conference, practice surgical exercises in the suturing lab and present a project at an end-of-the-year health fair.

“Being in the schools helps us learn how teens think and how to talk to them,” Steiner said. “In turn, we hope they will feel like they can go to their doctor for information—that we’re not strangers.”

Beyond mentoring for health care careers, the residents have honest conversations about cardiovascular and reproductive health, and encourage students to submit their health questions in an “Ask the Doctor” box. “It’s an opportunity to ask the questions they may be too embarrassed to ask in front of their peers,” Steiner said.

The program, said teacher Dave Wildonger, is invaluable. “Because the students are building personal relationships with the residents, they are truly learning how to make healthy changes in their daily lives and excel in their future,” he said. “You can’t put a price on that.” ■



Answering the Tough Questions...

When students feel uncomfortable asking sensitive questions in front of classmates, they submit their queries to Rochelle Steiner, M.D. (above), via her “Ask the Doctor” box. Steiner then answers them the following week. Allen High recently honored Steiner for her dedication to creating the course.

Working Wonders

Award Funds PLAY Area

The young pediatric patient's eyes light up as he steps off the elevator into the waiting room for radiation oncology patients at the John and Dorothy Morgan Cancer Center. He can't help but notice the brightly colored kite stretched out on the wall above the department's new play area, a recent addition to the waiting room, thanks to the cooperative efforts of many employees and the Working Wonders program.

Radiation therapist Jan Ferrel and secretary Wendy Korutz thought a play area for their young patients and visitors was a bright idea. But a tight budget left radiation oncology director Nancy Earley wondering how she could fund such a worthwhile project.

"Because of our partnership with The Children's Hospital of Philadelphia, we are seeing more children as patients, or coming in with family members," Earley said. "They need to have something to do while they wait."

Thanks to physicists Shih-Min Lo and Carmine Pierno, and the Working Wonders program, Earley found her answer. "As we looked for ways to fund our 'kids corner' we had a Working Wonders idea approved," she said.

The trio discovered through research and talking to others in their field that chart checks for radiation therapy patients at the end of their treatment can be billed for, just like the weekly reviews that verify that correct doses were administered.

Lo, Pierno and Earley implemented a Working Wonders idea that will generate more

Congratulations to Shih-Min Lo, Carmine Pierno and Nancy Earley for working wonders!

Idea:
Charge for final radiation chart check

Total Revenue:
\$21,624

Award Amount:
\$3,200



Above, Hannah, daughter of radiation oncology nurse Mary Lenaban-Durnin, plays in waiting area equipped by physicists Drs. Shih-Min Lo (left) and Carmine Pierno.

than \$21,000 in annual revenue. The added bonus was a \$3,200 award, which they gave to the department to create the play area.

"This was nice because we got the entire staff involved in some way, shape or form," Earley said. "The award money was donated to purchase books, wall puzzles, a bead table and chairs, and a television stand."

But that's not all. The trauma neuro unit staff donated a TV, employees pitched in children's videos and the Kitty Hawk Kite Company in North Carolina contributed three kites.

Earley says the fun spot was an instant hit with the kids. "It was pretty cute. While the biomedical engineering staff was assembling the wall unit, the children were actually trying to get at it to play," she chuckled.

"We could still use short Christmas videos and colorful signage to be able to identify the area as a 'kids corner'," Earley said. Anyone willing to help should contact Earley on e-mail or by phone at 610-402-0765. ■

by Marion Varec

Want to know more about Working Wonders?

Call Jackie Straley at 484-884-4840.

To submit an idea through e-mail, go to bulletin boards and select *Forms_LVH*. Right click on *Working Wonder Idea Submission* and select *use form*. Enter your idea, and mail.

THE DOLLAR ROUNDUP!



Want to know more? Don't rely on the pony express. Giddyap to the United Way web site on LVHNN's intranet, talk to your department United Way "champeen" or contact **Linda Durishin, 484-884-4867, Maureen Sawyer, 484-884-2304, or Donna Kulp, 484-884-4860.**

HOWDY PARTNERS!

Elliot "Lone Ranger" Sussman (left) and Lou "Tonto" Liebhaber are fixin' to kick off this year's United Way drive and want to invite you to join their posse for "A Dollar Roundup for Our Community."

This year's roundup runs from Sept. 21 through Oct. 27, and LVHNN's goal is a mighty \$230,000.

Your donations will help the needy in our community—especially its children and many agencies with which the network has working relationships.

It's easy to help. Just dig deep into those saddlebags and give what gold you can afford. Shucks, you have the power to make this a better world for kids, teens, grown-ups...maybe even little doggies.

Your pledge gives you many chances to win one of hundreds of incentive prizes, like trips, meals, gifts and even a car (*so you can put the ole mare out to pasture*).

So c'mon y'all. Don't be slowpokes. Help make the Lehigh Valley a better place. Soon you will receive a pledge form. And when you hear "Kimosabe" holler "Hi-ho, Silver," you'll know LVHNN has struck gold for the community. ■

EMPLOYEE FORUMS

MEETINGS THAT FOCUSED ON YOUR INFORMATIONAL NEEDS



Elliot J. Sussman, M.D., CEO



Lou Liebhaber, COO

The American Hospital Association recently conducted focus groups of nurses around the U.S. and found concerns like those that surfaced in 1999's employee satisfaction survey at LVHHN. Staff want open, honest communication and more contact with management.

This summer, we hosted 60 employee forums throughout LVHHN, visiting nearly all patient care units and meeting with groups of employees from a variety of administrative and support areas. In addition, we had the opportunity to share our presentation with many of our volunteers and members of our medical staff. We found from the evaluations that our staff truly appreciate the opportunity to meet with us in their workplace and that the forums are valued for encouraging the exchange of ideas from a variety of viewpoints.

Employee communication has been a priority for us since arriving at LVHHN. Employee forums are the most effective and enjoyable way for us to meet personally with staff. We believe *CheckUp*, e-mail, one-on-one talks and department meetings are also essential to share news and views. Communication isn't perfect, as you've told us through the satisfaction survey. So, with your help, we're improving our current methods and creating new ones to meet your information needs.

The forums shared important information and invited meaningful dialogue regarding our recent financial turnaround. In the evaluations, most of you said this new approach worked, making you feel more valued and your time respected. Your attendance added to the success of the forums: about twice the number of you attended than in previous years.

We also learned from you that some work groups need more focused and routine communication from their supervisors, while others often see and speak frankly with their managers about department and network issues. The latter was gratifying to us, the former caused us concern.

Your feedback on our intranet-based communication efforts is vital and timely, as we seek to further develop that tool. We're also grateful for your advice on a wide range of topics, including recruitment and retention issues, staffing concerns and future communication strategies.

Future forums are now being designed, as are improvements to the communications challenges identified in the employee satisfaction survey: openness and honesty, supervisor commitment to keeping staff informed and interdepartmental relations.

Our visits with you confirmed that you are committed to the goals of LVHHN, to our patients and co-workers. This gives us great hope for the future of our organization and the well-being of our community.

We'd like to continue hearing your advice or concerns on communication at LVHHN. So please use e-mail, interoffice mail, face-to-face contact or the phone to share your ideas with us. ■

Thank you.

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PHYSICIANS TO END AETNA U.S. HEALTHCARE PARTICIPATION

One hundred seventy physicians in Allentown and Bethlehem have notified Aetna U.S. Healthcare (AUSHC) as a group that they will end their contracts with the insurer, effective Dec. 31, 2000.

The Lehigh Valley Physician Group has 33 practices in 42 locations. AUSHC enrollees will be covered for medical care provided by those physicians until Dec. 31. After that, AUSHC will not cover services provided at those offices if the contract is not renewed.

"We all feel very strongly that doctors should take the lead in making decisions and managing the care of our patients," said Donald Levick, M.D., M.B.A., chairman, Lehigh Valley Physician Group Board of Governors, and pediatrician with ABC Family Pediatricians. "Aetna U.S. Healthcare's regulations and red tape make this increasingly difficult." Levick said underpayment to physicians is not the prime issue in the group's decision to end its participation as an AUSHC provider.

The group's decision was also prompted by LVH's announcement in late July that it would end

its hospital contract with AUSHC effective March 1, 2001, affecting services provided at the CC&I-78 and 17th & Chew sites. LVH cited a \$10 million shortfall in payments from AUSHC last year as the reason for that decision.

"We believe that Lehigh Valley Hospital is the best hospital in the region, and it is our choice for

admitting our patients," said Theresa Ryan-Mitlyng, M.D., medical director, Lehigh Valley Physician Group. If the hospital contract with AUSHC is not renewed, AUSHC will not cover the costs of care for patients admitted to LVH. Patients of the group's practices who are AUSHC enrollees and would like to continue their care with their current physician may explore the following options:

- They may contact the human resource representative who handles their health insurance where they work to see what other health plans are available that include Lehigh Valley Physician Group doctors in their provider network.
- If they are enrolled in Aetna U.S. Healthcare's Medicare HMO, they may change their health plan monthly. They must send a signed, written request to the insurer or their local Social Security Administration office. They may contact AUSHC at 1-800-999-5698 and express their desire to continue using their current doctor and Lehigh Valley Hospital. ■

The department of public affairs has dedicated a special phone line to handle LVPG patient inquiries after regular physician office hours. Please direct patient calls to 610-402-2340.

How Can I Help You?



Sallie Urffer (left) and Barbara Rutt are proud to be part of the team that helps fellow employees deal with stressful circumstances.

Assistance Available for Departments That Face Stressful Situations

Solemn looks and tearful hallway conversations told Cindy Max, director of pediatrics, it was time to get help for her staff. "A little girl they had been caring for during several years had died, and the loss had a profound effect on them," Max said.

In a situation like this, who helps the caregiver? Volunteers such as Sallie Urffer, a member of LVHNN's Critical Incident Stress Management (CISM) Team.

She and other volunteer team members, who work with pastoral care and mental health professionals, are dedicated to helping their colleagues deal with work-related stress and traumatic situations. "Being part of the CISM team allows me to help others in a personal way," Urffer said.

Volunteers learn debriefing skills in a two-day seminar. The course is designed for people with non-clinical background, such as Urffer, who is grant manager for the Center of Education, as well as those with clinical experience. "It's taught me how to be nonjudgmental and an active listener," Urffer said.

The service has been invaluable to the health care providers who, by the nature of their work, deal with sensitive situations every day.

"Because health care providers are so used to taking care of other people, they sometimes tend not to ask for help for themselves," Urffer said. "We help people express their feelings by requiring that one person speaks at a time and no judgments are made. Most importantly, CISM is confidential. What is said in the room, stays in the room—no notes or recordings are made."

It was difficult at first for the pediatrics staff to express themselves in the debriefing, but the compassion from Urffer and Barbara Rutt, pastoral care coordinator, helped them open up, Max said.

"The staff were able to congratulate themselves for their dignity and feel proud about the comfort they gave the little girl and her family during the long illness," Max said. "It helped them find closure in the loss." ■

by Liz Fulmer

"How Can I Help You?" is a new column that will appear regularly in *CheckUp*. The articles feature ways your fellow employees can help you get the answers, the assistance and the service you need here at LVHNN.

Call 484-884-4819 if there's a service you'd like to read about in *CheckUp*.

When Should Your Team Seek Help?

Common signs of stress include fatigue, anxiety, irritability, memory problems and burnout. CISM can help if your team is experiencing stress from:

- Caring for many patients who were injured in a disaster event, such as an explosion or school bus accident
- Caring for many seriously ill patients
- The death, critical illness or injury of a staff member or physician
- Major changes or restructuring in your department

To activate the team or join the CISM team, call pastoral care at 610-402-8465, Monday-Friday, or page the on-call chaplain at 610-402-5100, pager ID 1556.

For a free individual counseling session, call the Employee Assistance Program at 610-433-8550.

AUGUST 2000 SERVICE STAR



Don Hougendobler: A Shining Example of PRIDE

Whether he's wheeling around a loaded garbage dumpster or removing a safety hazard from the hallway, Don Hougendobler always has a smile and a kind word for you. The director of safety for LVHNN and housekeeping at LVH—Muhlenberg is likeable, professional and polite...traits that reflect the PRIDE behaviors and part of the reason that Hougendobler is August's Service Star.

"Don is inundated with service requests at all hours and immediately addresses each situation as though it is of the utmost importance," wrote Tim Docherty, industrial hygienist, in his nomination narrative. "Don will always go out of his way to help a patient, visitor or co-worker whenever assistance is needed."

Wearing two big hats can give some people a headache, but it only seems to give Hougendobler twice the number of opportunities to make a good impression and lend a hand, even if it is 3 a.m. on a Sunday. "People throughout the network have come to know him for his brimming personality and 'can do' attitude," continued Rose Lippy, safety coordinator.

As a result, LVHNN is a safer place than ever for staff, patients and visitors, and housekeeping at Muhlenberg runs as smoothly as a newly buffed floor.

"Don truly does care, and he will do his best to ensure an appropriate and timely resolution of any issue people bring to his attention," Docherty said. "He is a model employee and a shining example of how we should all treat each other." ■

by Rob Stevens

Congratulations to all other nominees for August's Service Star—

- **Joseph Kalmer, security officer**
Nominated by Aaron Snyder, security officer
- **Carol McFadden, R.N., cardiac cath lab**
Nominated by Chris Lewis
- **Pediatric team**
Nominated by Cynthia Max, director of pediatrics
- **Louise Renninger, R.N., 4A**
Nominated by Karen Nuschke, R.N.
- **Judith Schultz, administrative secretary Trauma Center**
Nominated by Juliet Fischer, R.N., trauma coordinator

Helwig Nurse Teaches People How to Live With Diabetes

POOL TRUST GRANT FUNDS DIABETES EDUCATION

Lois Davis had seen her father and husband die from complications of diabetes.

The 57-year-old Allentown housewife feared she would be the next victim in her family of type-2 diabetes—the kind treated with medication and lifestyle changes. Her blood sugars were sky-high, she was overweight and her meds weren't working.

"I had maxed out on medications and (starting) insulin was next," Davis said.

Maintaining a blood sugar level of 80 to 180 mg/dl is the best way to prevent or delay the onset of complications, such as heart or kidney failure, stroke or blindness.



Cindy Payonk (left) demonstrates the proper way to test blood sugar on Lois Davis, while her brother Bill Trump, who also has diabetes, watches.

In January, Cindy Payonk, nurse educator from the Helwig Diabetes Center, began giving classes in diabetes education and self-care at Dr. Sam Bub's office in Emmaus, where Davis receives her care. Payonk saw on Davis' chart that she was out of control and offered her help. Davis jumped at the chance.

"Cindy covered medication, exercise, foot care and nutrition in the classes, everything that deals with living with diabetes," Davis said.

Payonk's efforts were funded by a two-year, \$100,000 grant from the Dorothy Rider Pool Health Care Trust. For three days each week, she looked for high-risk patients, then offered them help. Still, Davis' outlook was dim.

In a final effort to avoid insulin, in February, her doctor started her on Avandia, a new drug that had been getting results. For several weeks, it didn't work, either.

Then one day, with a blood sugar of 400, Davis walked around the block several times, then checked her blood. The readings started to drop. She continued walking and checking.

"I didn't relax until it was 200," she said. She had found the key. Her blood sugars now range 110-130, and she has avoided insulin.

Ironically, six weeks later, her brother, Bill Trump, only 40 years old, was diagnosed with diabetes. "Given our family history, I'd expected it, but not so early," he said.

He started medication for his blood sugar, and was soon going with Davis to the classes at Bub's office.

Like his sister, today Trump is healthy and optimistic. He walks every day, watches his diet and now drinks decaf coffee instead of soda. His blood sugars hover around an ideal 115.

"You have to take care of yourself because the complications can kill you," he warned.

With Payonk's guidance, about 200 patients in Bub's practice have been able to lower their blood sugars from an average 200 to a healthy 130.

Payonk also has launched her program at LVPG Medicine and the Bethlehem Steel Family Health Center. There's no doubt in her mind that self-care is key to preventing complications.

"Diabetes used to be a second-class disease, but now we know just how serious it can be if it's not controlled," Payonk said. "Thanks to the doctors and nurses, and the enthusiastic patients, there's hope that people with diabetes can learn to live better lives." ■

by Rob Stevens

Want to know more about the Helwig Diabetes Center? Call 610-402-CARE.

First Angioplasty Done at LVH—Muhlenberg

You could call cardiologist Anthony Urbano, M.D., and George Albright pioneers in heart care.

Eight years ago, the 61-year-old Catasauqua man was Urbano's first patient that he treated with a procedure called directional atherectomy, or roto-rooter, to clean a fatty blockage out of his left coronary artery. And the vessel's still open and healthy.

Albright made history again on Aug. 15 as Urbano's first balloon angioplasty patient at LVH—Muhlenberg. During a 40-minute procedure, Urbano, medical director of the hospital's catheterization lab, flattened a blockage against the walls of Albright's right coronary artery and inserted two wire stents in the vessel to hold it open. Tom Gavigan, Mark Miller and Carl Andreas assisted Urbano in the cath lab.

Later, Urbano gave Albright a good prognosis. "Balloon angioplasty with stents avoids bypass surgery, and gives a very good long-term outlook," he said. "Mr. Albright has been very lucky."

But it could have been very different. Albright woke up at 4:40 a.m. on Aug. 11 feeling fatigued

and uncomfortable. "Then the cold sweats started," he recalled.

Albright knew what to do. He started to dress. "I said to my wife, 'let's go.'" He was headed to the hospital.

His wife, Carlene, called their family doctor, Antonio Almazan, M.D., who directed them to the LVH—Muhlenberg's emergency department.

Albright knew it was his heart, and he knew time was short. He had suffered a heart attack in 1992, but had waited. This time he wouldn't make that mistake. He got help quickly.

"He had a mild heart attack, which would have caused extensive damage to the heart muscle if he hadn't gotten to the ED and then had the blockage opened," Urbano explained. Instead of a lengthy recovery, Albright had to take it easy for two days and then was back to his home gym and out on the golf course.

He knows his self-care is a lifelong discipline if he wants to avoid future heart problems. So he



Cardiologist Anthony Urbano, M.D., listens to George Albright's heart before discharging him. On Aug. 15, Albright became the first patient to undergo a balloon cardiac angioplasty at LVH—Muhlenberg, performed by Urbano.

walks, works out on his home gym and watches his diet, leaving nothing to chance.

"I know I have to exercise and bring down my cholesterol and triglycerides to stay healthy," Albright said. "I've been lucky twice." ■

by Rob Stevens

Lehigh Valley Hospital and Health Network's New Physician Appointments

DENTISTRY



Philip L. Tighe, D.M.D.
General Dentistry
Practice: Philip J. Tighe, D.D.S., PC
Education: Temple University School of Dentistry
Residencies: University of Tennessee Medical Center, York Hospital

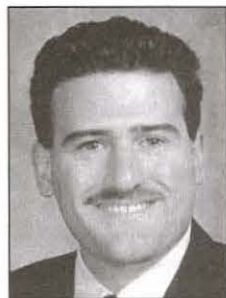
MEDICINE



Neil D. Belman, D.O.
Hematology/Medical Oncology
Practice: Oncology Hematology of Lehigh Valley, PC
Education: NY College of Osteopathic Medicine
Residency: Allentown Osteopathic Medical Center
Fellowship: Hershey Medical Center



Lisa N. Gray, D.O.
General Internal Medicine
Practice: Lehigh Valley Medical Associates
Education: Philadelphia College of Osteopathic Medicine
Residency: Lehigh Valley Hospital



Steven A. Oberlender, M.D.
Dermatology
Practice: Advanced Dermatology Associates Ltd.
Education: Thomas Jefferson University
Residency: Massachusetts General Hospital
Fellowship: Massachusetts Eye and Ear Infirmary



Nancy A. Urankar, M.D.
General Internal Medicine/Geriatrics
Practice: Mishkin Rappaport Shore & Harr Internal Medicine
Education: Case Western Reserve University
Residency: St. Luke's Hospital

OBSTETRICS & GYNECOLOGY



Joseph D. DeFulvio, D.O.
Primary Obstetrics and Gynecology
Practice: LVPG—Muhlenberg Obstetrics & Gynecology
Education: Nova Southeastern University College of Osteopathic Medicine
Residency: Lehigh Valley Hospital



D'nese M. Sokolowski, M.D.
Primary Obstetrics and Gynecology
Practice: Valley OB-GYN Associates Ltd.
Education: Jefferson Medical College of Thomas Jefferson University
Residency: Lehigh Valley Hospital

RADIOLOGY/DIAGNOSTIC MEDICAL IMAGING



Kevin R. Bannon, M.D.
Diagnostic Radiology—Neuroradiology
Practice: Medical Imaging of Lehigh Valley, PC
Education: SUNY Downstate Medical Center
Residency: NY University Medical Center
Fellowships: University of Washington; NY University Medical Center



Patricia Martin, M.D.
Diagnostic Radiology—Neuroradiology
Practice: Medical Imaging of Lehigh Valley, PC
Education: University of Pennsylvania School of Medicine
Residency & Fellowship: NY University Medical Center



Kathleen L. McDonald, M.D.
Nuclear Medicine
Practice: Medical Imaging of Lehigh Valley, PC
Education: UMDNJ-New Jersey Medical School
Residency: Overlook Hospital
Fellowship: St. Vincent's Hospital and Medical Center

SURGERY



Leigh S. Brezenoff, M.D.
Orthopedic Surgery
Practice: Coordinated Health Systems
Education: UMDNJ-New Jersey Medical School
Residency: Montefiore Medical Center
Fellowship: Nirschl Orthopaedic & Sports Medicine Clinic



Richard W. Conron Jr., D.O.
General Surgery
In practice with Mark E. Schadt, M.D.
Education: University of New England College of Osteopathic Medicine
Residency: St. Luke's Hospital



William R. Dougherty, M.D.
Trauma/Surgical Critical Care—Burn
Practice: LVPG—Trauma Surgery
Education: University of Southern California
Residencies: University of Southern California; University of California



Kevin B. Freedman, M.D.
Orthopedic Surgery
Practice: Orthopaedic Associates of Allentown
Education: University of Pennsylvania School of Medicine
Residency: Hospital of the University of Pennsylvania

Physician Provides Equipment, Goodwill to Ukraine

Mark Lester, M.D. (middle), Neurosurgical Associates of LVPG, performs surgery at LVH with the most innovative equipment available. His willingness to help those in need has led to a professional relationship with Ukrainian physicians.



In Kiev, a neurosurgeon removes a subdural hematoma using a hand drill. In Ataki, a rusty heater warms the hands of surgeons in an unheated operating room.

For employees at LVHNN, this seems mind-boggling. For Mark Lester, M.D., neurosurgeon, Neurosurgical Associates of LVPG, it is unbelievable.

Lester, who traveled to the Ukraine to find his roots, witnessed disturbing working conditions in hospitals he visited. "Doctors worked under unmanageable conditions. The things we technically take for granted are non-existent."

Lester then heard about the Recovered Medical Supplies program at LVH—a service that gives discarded medical equipment and supplies to developing countries.

In October 1997, armed with boxes from LVH, Lester flew to a hospital in Vennitsa. There he met a pioneer in interventional treatment of aneurisms.

SURGERY (continued)



Bengt L. Ivarsson, M.D.
Vascular Surgery
Practice: Bengt L. Ivarsson, M.D.
Education: Harvard Medical School
Residency: Yale-New Haven Hospital
Fellowships: Massachusetts General Hospital; Brigham & Women's Hospital



Stanley J. Kurek Jr., D.O.
Trauma/Surgical Critical Care
Practice: LVPG—Trauma Surgery
Education: Philadelphia College of Osteopathic Medicine
Residency: Conemaugh Memorial Medical Center
Fellowships: Lehigh Valley Hospital



Lawrence E. Weiss, M.D.
Orthopedic Surgery
Practice: Valley Sports & Arthritis Surgeons
Education: Robert Wood Johnson Medical School
Residencies & Fellowship: Thomas Jefferson University Hospital

Victor Scheglov proudly displayed a second generation CT scan from Germany (not used in America for over 20 years), which was installed in a basic neurology ward in an unfinished building.

But the highlight of the trip was in Ataki where the chief of staff and over 150 doctors and nurses, as well as reporters and a television crew, greeted Lester.

"I pulled out small hemostats (*mosquitos*) and people went wild," Lester said. "They didn't speak English, but I could hear them saying *mosquitos*."

Lester learned that the hospital hadn't purchased equipment or mattresses in over 11 years. In addition, they hadn't paid their employees in six months—\$60 a month for physicians, \$45 for nurses.

"Not one person complained," Lester said. "They accepted what they had with great dignity and were deeply appreciative."

"You go into medicine for a lot of different reasons, but mostly because it's your calling," Lester said. "I felt that in that hospital that day." As he left he saw tears in the eyes of the chief of staff. ■

by Marion Varec



Senior Vice President Named for Marketing & Public Affairs

CAROL BISCONTINI has been named LVHNN's new senior vice president for marketing and public affairs. Formerly the chief marketing officer at the University of Pennsylvania Health System, Biscontini will assume her new duties Oct. 9.

"We are very gratified that Ms. Biscontini will be joining our senior staff," said Elliot J. Sussman, M.D., LVHNN's president and CEO. "Her knowledge and experience in the health care field will bring a new dimension to our organization and will enhance our ability to serve our community."

Biscontini spent 13 years at the University of Pennsylvania Health System in roles of ever-increasing responsibility. Prior to her time there, she was involved in the fields of advertising, publishing and independent consulting.

"The excellence, financial stability and prestige of Lehigh Valley Hospital and Health Network represent an unusually positive platform for me as a marketing communications professional," Biscontini said. "I'm extremely pleased to have the opportunity to lead the efforts at LVHNN. My family and I look forward to the time when we will be able to relocate to the Lehigh Valley."

A graduate of Syracuse University, Biscontini lives with her husband in Lansdowne, Pa. ■

Mark Your Calendar!

Upcoming Events

SENIORS' HORIZONS

Thursday, Sept. 28 • 10 a.m. - 8 p.m.

Friday, Sept. 29 • 10 a.m. - 4 p.m.

Agricultural Hall, 17th & Chew streets, Allentown

This FREE information and entertainment fair for people 50 and older features exhibits, resources, exercise sessions and wellness screenings.

Seniors' Horizons is a community service of Vitality Plus, a program of Lehigh Valley Hospital and Health Network, AARP, RSVP, and the Lehigh and Northampton County Area Agencies on Aging. Call 1-888-584-PLUS (7587) for information.

8th ANNUAL GOLF & TENNIS CLASSIC

Monday, Oct. 2

Brookside Country Club
Macungie

This October, the Foundation of Muhlenberg Hospital Center will host its 8th Annual Golf & Tennis Classic.

Call Karen Fowler at 484-884-4810 for a registration form.



5th ANNUAL STAR CELEBRATION

Friday, Oct. 6 ★ 6:30 p.m.

Holiday Inn Conference Center
I-78 & Rte.100, Fogelsville



This event recognizes employees who have 10 years of service or more, as well as staff, departments and physicians who have demonstrated exemplary accomplishments at LVHNN.

To register, call Human Resources at 484-884-4700.

WEIGHT WATCHERS at Work

Join the Weight Watchers at Work Program sponsored by Healthy You Programs.

For registration information, session dates and times, please check the intranet site under *Departments-Healthy You* OR the LVH/Muhlenberg Bulletin Boards.

Call 610-402-7000 to register.

NATIONAL DEPRESSION SCREENING DAY



Thursday, Oct. 5

3 - 5 p.m. • CC&I-78

John and Dorothy Morgan Cancer Center
Classrooms 1A & 1B

4 - 7 p.m. • Muhlenberg

Banko Community Center, Rooms 1 & 2

Call 610-402-CARE for more information.

Spirit of Women CONFERENCE 2000

Women Mentoring Women: *Sharing Life's Experiences*

Tuesday, Oct. 10 • 7:30 a.m. - 9 p.m.

Zoellner Arts Center, Lehigh University

Be a mentor, find a mentor, get engaged in workshops and hear great speakers. *See page 2 for story.*

Call 610-402-CARE to register or receive a brochure.

WOMEN'S 5K CLASSIC 2000

The Largest All-Female Timed Event in Pennsylvania

Saturday, Oct. 21 ☉ 10 a.m.

Lehigh Parkway, Allentown

3.1 miles running/walking event to raise breast cancer awareness and funding.

Health Expo and Race Registration

Friday, Oct. 20 ♦ 4-8 p.m.

John and Dorothy Morgan Cancer Center, Atrium
CC&I-78

Call 610-402-CARE for registration information.

Recreation Committee CRAFT SHOW

Thursday, Nov. 16, 2000

Anderson Lobby, CC&I-78

Crafters Needed!

The Recreation Committee is looking for crafters to participate in its Holiday Craft Show.

Call Sharon Bartz at 610-402-9008 for information.



SERVICE ANNIVERSARIES

Congratulations to the following employees on their September 2000 service anniversaries! Thank you for your continuing service to Lehigh Valley Hospital and Health Network.

Thirty-Five Years of Service

Charlotte E. Bauer
Nurse Staffing Office
Josephine T. Cannariato
Endoscopy-G.I. Lab
Linda C. Kehler
Clinical Social Work
Gwendolyn D. Rosser
Organizational Development

Twenty-Five Years of Service

Paul Arnold
Plant Operations
Donald E. Jones
Hemodialysis Center
Kay F. Kulla
ASU-PACU/OR
Willard J. Mest
Messenger Services
Patricia M. Nolan
Medical Records

Twenty Years of Service

Debbie L. Andrews
Nursing Float Pool
Lucy Cascioli
GICU
Paula Dietrich
7C Medical/Surgical Unit
Vivian Hall
Acute Coronary Care Unit
Carolyn Hamscher
Operating Room
Susan Kavusak
Neonatal ICU

Rhonda Knittle

Pastoral Care
Joanne Kurtz
Patient Accounting
Judith McFarland
Burn Unit
Maureen Minner
Occupational Health
Nancy Nocek
Burn Unit

Barbara Pry

Electrophysiology Lab
Raymond Quinones
Plant Engineering
Maryellen Riga
Emergency Service-A
Plutarco Sanchez
Radiology Admin.
Mary G. Shore
Dept. of Medicine
Howard Snyder
Master Facilities Admin.

Carol Sorrentino

6N Adult Psychiatry Unit
Russell Sutton Jr.
ICCU/CCU
Andrea Tewari
Acute Coronary Care Unit
Emily Vazquez
Supply Distribution Services
Sherry A. Walker
Home Care-Skilled Nursing
Diane Wertman
Medical Oncology MHC
Nancy Wittman
Acute Coronary Care Unit
Colleen Yons
Patient Accounting

Fifteen Years of Service

Jamie Alloggio
6S Adult Psychiatry Unit
Kathy E. Ayers
Center for Women's Medicine
Debra A. Bower
LVHS-Finance
Anne L. Brown
ASU-PACU/OR
Diane Favere
Operating Room
Thomas J. Gavigan
Cardiac Catheterization
Debra R. Haas
Radiation Oncology
Patricia A. Matula
AMB Surg Unit-Staging
Carol Priest
AMB Surg Unit-Staging
Kathleen R. Ray
School Health
Phyllis A. Schneck
Breast Health Svcs. Admin.
Kathryn S. Swavely
Radiology-Diagnostic
Janice M. Toman
Employee Assistance Program
Maureen A. Weiss
Cancer Data Management
Susan D. Wiley, M.D.
Fairgrounds

Ten Years of Service

Denise M. Benware
Emergency Service-A
Jonelle Gilkeson
Clinical Resource Management

Karen M. Groves

Labor & Delivery
Betty A. Higgins
ICO Staging & Recovery
Ann Marie Janis
HSMP General and Admin.
Donna Marie Kapes
Clinical Resource Management
Ellen C. Kosciolk
Open Heart Unit
Lenore A. McGonigle
School Health
Cheri Mease
Patient Care Services-3S
Tina M. Mellinger
Admissions
Erika L. Shak
Chop Specialty Care
Melissa Y. Shelak
Home Care-Skilled Nursing
Stacie L. Stoult
Nursing Float Pool
Renee L. Ward
Supply Distribution Services

Five Years of Service

Colleen M. Ammary
Operating Room
Cynthia L. Amundsen
5B Medical/Surgical Unit
Amy B. Beltz
Human Resources Administration
Laura J. Benner
Transitional Trauma Unit
Diane Biernacki
Dept. of Medicine

Dale A. Breyfogle

Community Health
Aleta K. Derwinski
PACU
Tanya Doddy
Security
Thomas E. Eames
Clinical Resource Management
Edwin Echevarria
Courier Services
Lorraine Erney
EEG
Sallyann Evans
Home Care General & Admin.
Mary Sue Fisher
HSMP-G&A Patient Act.
Rosemary Fosemorti
Medical Records Transcription
Joyceann Gneiding
ABC Family Peds-Pond Rd.
Jolene M. Hammer
Physical Therapy
Donna M. Hart
GICU
Heidi N. Kober
Pediatric Unit
Pamela S. Lichtenwalner
Allentown Family Health Spec.
Barbara G. Lutte
HBSNF
Christina Molz
Open Heart Unit
Marcia E. Ortiz
HBSNF
Stacey D. Perriello
Health Center G&A

Kristen A. Pleibel

7B Medical/Surgical Unit
Amil M. Qureshi D.O.
General Pediatrics Inpatient
Lori A. Richardson
ICO Staging & Recovery
Dorothy M. Rickard
Breast Health Svcs. Admin.
Dawn M. Rivera
7A M&S Nephrology Unit
Mildred Scuzzese
Mammography
Robert Serow
Development-EXEC
Joan M. Shook
Nursing Float Pool
Linda L. Smith
4C Medical/Surgical Unit
Pamela Ann Snyder
HBSNF
Janeann C. Sorber
ICO Staging & Recovery
Roseann Sottolano
ABC Family Peds-Allentown
Kristin L. Stevens
Pastoral Care
Erika L. Strawn
Human Resources Administration
Stephanie A. Sweigart
7C Medical/Surgical Unit
Stacey L. Trexler
LVPG Collections
Ronald E. Victory
Courier Services
Jeanne M. Weiss
Southside Family Medicine

If you have news or a story idea for **CheckUp This Month**, send your suggestion by the 20th of the month for publication in the following month to Elysia Bruchok, public affairs, 1770 Bathgate, using interoffice mail or e-mail. **CheckUp This Month** is an employee publication of Lehigh Valley Hospital and Health Network's public affairs department. For additional information, call 484-884-4819.

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