

CHECKUP

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Valley AIDS Plan Wins National Applause

A 17-month study and comprehensive long-range plan dealing with HIV/AIDS health and human services in the Lehigh Valley has won national acclaim. The hospital played a key role in the plan's development.

The 125-page report looks at virtually every aspect of AIDS cases and HIV exposure in the Lehigh Valley, and was the result of a broad coalition of government agencies, companies, healthcare institutions and community organizations pooling resources.

The brainchild of David Beckwith, PhD, administrator and director, Clinical Laboratories, TAH—LVHC, the project became an initiative of the United Ways of Lehigh, Northampton and Warren Counties and received major funding from The Dorothy Rider Pool Health Care Trust.

The project essentially summarizes the demographic sources and trends of AIDS/HIV in Lehigh and Northampton Counties, and concludes that the more than 300 AIDS patients being treated at

TAH—LVHC are the tip of an HIV iceberg that may already affect between 6,000 and 7,000 residents of the two counties.

The plan outlines directions that should be taken in considering all the health and human services needs of not only those who have the infection, but those who are at risk and those who are affected by the epidemic. It outlines everything from a vigorous prevention program to hospice needs for those in terminal stages.

Impressed with the community spirit and level of cooperation, Gary R. Noble, MD, MPH, assistant surgeon general, Centers for Disease Control, wrote, "Your coalition is on the leading edge of America's response to the HIV/AIDS challenge. Your creative use of public/private collaboration to produce a plan for Lehigh Valley's response to the HIV/AIDS challenge is of particular relevance to state and federal public health institutions today."

Considering the local plan a na-
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What's News

Alcove Offers Holiday Discounts

The Auxiliary of The Allentown Hospital announces that the Alcove Gift Shop will extend a holiday discount of 20 percent between Nov. 11 and Dec. 31 to staff and employees of HEI/TAH—LVHC. Items included in the discount are stuffed animals, toys, gifts, and jewelry.

PNC, LWV Symposia

The Professional Nurse Council and the League of Women Voters of the Allentown Area will host two programs on the topic of "Delivery and Financing of Healthcare" on Oct. 11 and Oct. 15.

The Oct. 11 program, at LVHC site auditorium, begins at 1 p.m. Speakers include Pa. Rep. Karen Ritter; Ann Moyer, administrator of the Phoebe Home; Kathy Kunkle, Lehigh Valley Business Conference; and Nan Rush, office manager, Trexlertown Community Health Center.

The Oct. 15 program, at TAH site auditorium at 7 p.m., will feature Pa. Sen. Roy Afflerbach; Headley White, Jr., MD, senior vice president, Medical and Academic Affairs; and Garland Archer, vice president for compensation and benefits, Chrysler First.

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The Allentown
Hospital—
Lehigh Valley
Hospital Center

A HealthEast Hospital

What's News

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The presentations are part of a national two-year study of healthcare issues affecting everyone.

Two Cups Of Gratitude...

Speaking on behalf of the Parents' Advisory Committee of the Lehigh Valley Hospital Children's Center, Diane Carpenter, director, Human Resource Development, expressed appreciation to those who donated and purchased baked goods at a recent bake sale in the Anderson Wing at LVHC site. Equipment and toys, art supplies, books and field trips for children at the day care center will be purchased with the proceeds from the event.

SIDS Benefit

A dinner-dance, to benefit the National Sudden Infant Death Syndrome Foundation, will be held Nov. 2 from 6 to 11 p.m. at Saucon Valley Acres. Tickets are \$25 per person, and include dinner, music, mixers, and refreshment. For additional information, contact Joe Peck, ext. 8686, between 2 and 10 p.m., or Janet Peck at 797-0802.

Geriatrics Survey

Department heads are urged to complete and return by Nov. 8 a survey assessing needs for geriatric patients. Lisa Lacko, RN, clinical specialist, Medicine,

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CheckUp is a biweekly publication of the Public Relations Department of HealthEast, Inc. / The Allentown Hospital—Lehigh Valley Hospital Center. To submit an article or for additional information, call ext. 3007.

Our Quality Policy

Our commitment is to quality in everything we do. This can only be achieved if we provide services that conform to clearly understood requirements. We are dedicated to continuous improvement in our work processes. Our approach is based on "Prevention" and the concept of "Do it right the first time."

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New Rights For Patients

Advance Directives On The Horizon

"Advance directives" will soon be a common term around TAH—LVHC.

These are directions patients give about the kind of healthcare they wish to have — or not to have — if they ever lose the ability to make decisions for themselves.

Advance directives enable the patient to communicate, either verbally or in writing, personal preferences and values to guide future treatment decision-making, as well as specific instructions to a surrogate, family members and caregivers. Advance directives and advance planning keep the patient's wishes and values at the center of the decision-making process, even after the patient loses decision-making capacity and the ability to participate directly in treatment decisions.

There are two kinds of advance directives: living wills and healthcare powers of attorney. A living will acts as a guide for those who may need to make medical decisions on the patient's behalf. It enables the patient to list what kinds of care he wants and does not want. A healthcare power of attorney allows the patient to name someone else to make decisions about his healthcare if he should be unable to do so himself.

On Dec. 1, the Patient Self-Determination Act (PSDA) goes into effect. It applies to all healthcare institutions that participate in Medicare or Medicaid, including hospitals, nursing homes, home health agencies, hospices and health maintenance organizations. These facilities, such as TAH—LVHC, will be required to:

- Give written information to patients on admission about their rights under state law, including the right to formulate advance directives such as living wills and

durable powers of attorney for healthcare and the right to accept or refuse treatment.

- Provide written information about the facility's policies with respect to patient involvement in the healthcare decision-making process.

- Ensure compliance with state law on patients' rights and advance directives.

- Document in the medical record whether or not the individual has executed an advance directive.

- Provide education for staff and the general community on advance directives.

The PSDA and state statutes that define procedures and conditions for the use of advance directives have resulted from the wide social endorsement of the principle of patient autonomy or self determination.

TAH—LVHC is currently devising a system to meet the requirements of the PSDA through a committee chaired by Joseph Vincent, MD. Further information and education will be provided as it is available.

How Much Fat?

"Pinch-an-Inch", a popular computerized body fat analysis offered by HealthCounts, returns in November. A personalized recommendation for ideal weight and percent body fat, the free analysis takes just minutes. Scheduled dates are Nov. 6 and 8 at TAH site and Nov. 11 and 12 at LVHC site, with times to be announced shortly.

Registration is not necessary, but prize drawings will be held for those who participate. Additional information is available from HealthCounts at 821-2150.

Making The Rounds

Judy Shaw, COTA/L, Psychiatric Rehabilitation Services, was recently named president of District VI, Pennsylvania Occupational Therapy Association.

Susan Holecz, RN, MSN, clinical specialist, Emergency Department, recently presented two lectures at the Emergency Nurse's Association Scientific Assembly in San Francisco. The lectures were titled "Trauma in Pregnancy" and "Code Red: Direct Admission to the OR."

Candace Rakow, administrator, Nursing, was invited to participate in the 1991 National Perinatal Association Leadership Seminar in Washington, D.C. The seminar included 50 leaders in perinatal healthcare from throughout the country, and was held to involve member organization leaders in the NPA's strategic planning process. Rakow is secretary of the Pennsylvania Perinatal Association.

Joseph Habel, a second year student in the hospital's School of Radiologic Technology, was named the recipient of the 1991 Board of Associates Scholarship. A native of Hazelton, he works as a landscaper to support himself during his schooling. Habel expects to complete his training in August, and hopes to secure a position at TAH—LVHC.

Congratulations

John Thompson, RRT, Respiratory Care, and his wife, Zecillia, are the parents of a daughter, born Aug. 27. Chelsea weighed 6 lbs., 12 oz., and was 19 inches in length at birth. She has a brother, Jeremiah.

Colleen Kannuck, unit clerk, 5C, married Timothy Nickel on Sept. 28.

Joann Gilmore, RN, staff nurse, PACU, and her husband, Charles Jr., are the parents of a daughter, Amanda Lauren. Born on Sept. 25, she weighed 7 lbs., 10 oz., was 20 inches in length and has a brother, Charles III.

Carol Fox, RN, BSN, CCRN, CNS Unit, and her husband, Dan, are the parents of a daughter, Amanda Rachael, born Sept. 25. She weighed 7 lbs., 1 oz., and was 21 inches in length.

Susanne Everitt, PT, Physical Therapy, and her husband, Dave, welcomed a son, David Arthur IV, on Sept. 20. He weighed 9 lbs., 5 oz. and was 21 inches in length.

Rose Floriani, RN, staff nurse, Emergency, gave birth to a son, Nicholas Alexander, on Sept. 2. He weighed 6 lbs., 10 oz., at birth.

Former Miss America To Visit

Kay Lani Rae Rafko, RN, Miss America 1988, will present a special lecture, "Nursing: A Personal Perspective," on Tuesday, Nov. 5 at 10:15 a.m. in LVHC site auditorium and at 1 p.m. in TAH site auditorium. Registration is required on forms available in all nursing units and at Nursing Administration.

Rafko has worked extensively with oncology and AIDS patients and was a key organizer in a new hospice program to care for the terminally ill.

The lecture is funded by Friends of Nursing and sponsored by the Professional Nurse Council.

What's News

Geriatrics Survey

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says the purpose of the study is to help establish an agenda to meet the needs of older patients and visitors at TAH—LVHC. While department heads should consult with their staffs, she asks that the department head complete the survey and return it as soon as possible.

The Geriatrics Interest Network in the hospital will compile results and develop priorities for corrective actions to improve service.

Benefit Toy Sale

The Parents Advisory Committee of the Lehigh Valley Child Care Center will hold a "Discovery toy sale" in LVHC site main lobby on Oct. 18 from 8 a.m. to 4 p.m. Proceeds benefit the center.

Research Deadline Nears

The Research Advisory Committee will meet Oct. 30 to review clinical/epidemiological research proposals and requests for funding from the medical and professional staff of TAH—LVHC. Proposals are due Oct. 15 and further information and guidelines are available from James Reed, PhD, at the Research Department office or by calling ext. 8889.

HRD Activities

The next *hospital orientation* will begin at 8 a.m. at LVHC site on Monday, Oct. 21.

Stress and Burnout — Care for the Caregiver, will be offered Oct. 18 from 9 to 11:30 a.m. in Classroom 4, LVHC site. Call ext. 2430 to register.

The Second Annual Critical Care Symposium will be held Nov. 9 from 7:45 a.m. to 12:30 p.m. at LVHC site auditorium. Faculty includes Charles J. Fisher, Jr., MD, FACP, FCCP, FCCM, FACEP, University Hospitals of Cleveland, Cleveland, Ohio; Michael Rhodes, MD, chief, division of Trauma, TAH—LVHC; and Joseph E. Vincent, MD, medical director, Critical Care, TAH—LVHC.

Pain: The Patient's Experience, the
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Flow Cytometry: The Newest Frontier

It's a box about the size of a medium-sized table-top photocopier, with a computer monitor and keyboard tethered to one end.

What goes on inside the box boggles the mind.

Simply put, a blood sample is funneled, one cell at a time, past a laser beam, which precisely counts every type of cell in the stream. This takes place in milliseconds — so quickly that a high-speed computer is needed to log and store the data for analysis. Called "Flow Cytometry," it is the latest addition to the huge range of services in Clinical Laboratories and is perhaps the furthest out on the frontiers of technology.

The equipment was only a vague dream 20 years ago, and until recently was so huge and expensive that it was limited to a few research facilities. It is still uncommon in hospital settings — only a handful in Pennsylvania offer the service.

Staffed by Cynthia Spittle, MT (ASCP), the new lab officially goes on line Oct. 21. An open house, featuring slide presentation and tours at 1:30 and 3 p.m. Oct. 17, will be held in the OR conference room at TAH site.

At the top of the list of the new lab's functions is monitoring a specific set of cells, known as CD4, in AIDS patients. Spittle explains that this particular group of "helper" cells is critical to the body's immune system. Normally, there's greater than 500 or so swimming about in a cubic millimeter of blood. When there are fewer than 200, the immune system has been crippled. Coupled with a positive HIV antibody test, it's diagnostic proof that a patient has a full-blown case of AIDS.

Currently, the hospital serves about 300 AIDS patients and estimates suggest that in the Lehigh Valley alone between 6,000 and 7,000 persons have been exposed to the HIV virus.



Cynthia Spittle, MT, demonstrates an exotic new device that uses a laser to run high speed counts and sorts of cells of all kinds. Known as Flow Cytometry, it's a vital aspect of service to a diverse range of patients, including AIDS, leukemia and transplants, all of whom have concerns about the relative strength of immune systems.

Spittle, who comes from the research facilities of Smith Kline Beecham, says that beyond a confirmation test, a CD4 count also helps monitor the progress of the disease and the effect of pharmaceutical treatment.

Yet that's only the beginning of the role of Flow Cytometry in a variety of medical disciplines.

The status of the immune system is important for transplant patients, and Flow Cytometry can do exotic tissue typing work. As such, it will be a partner with the HLA lab in working to not only match organs for transplant but help manage the necessary immunosuppressant medication program that follows surgery.

It's also of high value in diagnosis and prognosis of leukemias, especially in the context of determining the lim-

its of how aggressive a chemotherapy treatment plan can be.

Finally, it serves as an important support service for tumor analysis, Hematology and Histology, as well as Immunology.

How the device works looks magical. A sample is loaded in one lower corner and shifting patterns of dots immediately fill areas of the computer screen as the sample is analyzed for types and numbers of cells. The technician can isolate specific cell counts, tag cells with fluorescent coding, and, in minutes, produce both summarized data and scatter charts of the specimen.

Spittle says she looks forward to not only being part of the clinical team, but to have the opportunity for research work as well, especially in areas of DNA analysis and immunology.

Hospital To Host Major Conference On Immunology

A major conference on the topic of "Immunology and Microbiology in the Immunosuppressed Patient" will be held Oct. 29 and 30 in the auditorium at LVHC site.

The program is sponsored by the Lehigh Valley Association for Clinical Microbiology and Immunology and the Bureau of Laboratories, Pennsylvania Department of Health.

Faculty includes: Barry D. Kahan, MD, PhD, the University of Texas Medical School at Houston; James L.M. Ferrara, MD, Harvard Medical School and Dana-Farber Cancer Institute; Steven Bulova, MD, Hahnemann University; David R. Snyderman, MD, Tufts University School of Medicine and New England Medical Center; Rein Saral, MD, Emory University Medical Center; Steven Dummer, MD, Vanderbilt University School of Medicine; and George Healy, PhD, Centers for Disease Control.

Moderators include Diane Halstead, PhD; Ron Master; RoseAnn Jakubowitch, PhD; and John Mandel. Registration fee is \$35 for members of the association and \$60 for non-members; student fee is \$10.

For additional information contact Halstead at ext. 8510.

Valley HIV/AIDS Plan Wins Nationwide Recognition

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tional model for dealing with the disease, the Centers for Disease Control is paying close attention to the progress of the project.

Additional applause came from United Way of America, which cited the program as a national model and recommended replication of the community-wide approach of the local coalition.

The Pennsylvania Department of Health has asked the coalition to collaborate with four adjacent counties — Berks, Schuylkill, Monroe and Carbon — to apply the model to qualify for Ryan White Title II funds. This project is called AIDSNET.

Beckwith says, "AIDSNET is an important vehicle to implement recommendations contained in the plan. We are, however, committed to identifying local agencies, churches, schools, corporations and volunteer groups which will take ownership for a recommendation and incorporate it into their own agenda.

"It is this kind of broad-based community sponsorship that will determine the success of our planning efforts. In truth, a plan is only as good as the results it produces," Beckwith continues.

Large Grant Awarded

A major grant was awarded TAH—LVHC to establish a family-centered clinic for AIDS patients, include non-traditional families. The grant was nationally competitive and under the federal Ryan White Title III program. Andrea Geshan, RN; Mary Ellen Beideman, RN, and David Beckwith, PhD, wrote the proposal.

At The Beginning...

Members of the original 1989 Lehigh Valley AIDS Task Force included Beckwith and Andrea Geshan, RN, Infection Control and AIDS Activities Office. Also on the task force were the Rev. Nancy Adams, St. Luke's Hospital; Glen Cooper, Bethlehem Bureau of Health; Rose Craig, Lehigh Valley Chapter of the American Red Cross; Philip Deitch, Easton Hospital; Edward Hanna, St. Luke's Hospital; Kathleen Kelly, Northampton County Department of Human Services; Wesley Kosinn, MD, Easton Hospital; Anne C. Taylor, United Way of Northampton and Warren Counties; William Vogler, Center for Humanistic Change; and Mark Walker, St. Luke's Hospital.

In addition to TAH—LVHC, HealthEast and the Pool Trust, support for the project came from the Allentown-Lehigh County Chamber of Commerce; Bethlehem Chamber of Commerce; Burroughs Wellcome Co.; Chrysler First Inc.; F.A.C.T — Fighting AIDS Continuously Together; Houreigan, Luger, Spohrer & Quinn; IBM; Lehigh University; Lehigh Valley Chapter, American Red Cross; Media Resources, Inc.; The Morning Call; Muhlenberg Hospital Center; Northampton County Department of Human Services; Robwin Press, Inc.; Rodale Press, Inc.; St. Luke's Hospital; Treher Office Products; United Way in Lehigh County; and United Way of Northampton and Warren Counties.

Symposium Considers HIV Exposure

"HIV Infected Healthcare Worker" is the topic of a day-long symposium offered by the Human Resource Department on Nov. 22 at LVHC site auditorium.

Faculty includes David Beckwith, PhD, Clinical Laboratories; Jeffrey Burtaine, MD, Healthy Business; Andrea Geshan, RN, Infection Control; Rose Haas, RN, Employee Health Services; Bobby Jones, DVM, MPH, Pennsylvania Bureau of HIV/AIDS; and N. Sue Reinke, Personnel Services.

Registration is at 8 a.m. and the program adjourns at 4 p.m. There is no fee for hospital employees, but there is a \$5 charge for lunch. Registration is with Human Resource Development, ext. 8320.

Topics include Discovery and Disclosure; Counseling Patients and Employees; Investigation of Exposures; Assessment/Fitness for Duty; Reassignment of Duty and a panel discussion.

What's News

HRD Activities

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Clinician's Challenge, will be the topic of a regional symposium on Friday, Nov. 15, beginning at 7 a.m. Faculty includes Margo McCaffery, RN, MS, FAAN, co-author of *Pain: Clinical Manual for Nursing Practice*; Yasin Kahn, MD, TAH—LVHC; Pamela Kedziera, RN, MSN, OCN, Fox Chase Cancer Center, Philadelphia; Susan Lovegrove, MSW, ACSW, LSW, Good Shepherd Rehabilitation Hospital; Margaret M. McMenemy, MSPT, Lehigh County Community College; Carla Rodgers, MD, Jefferson Pain Center, Philadelphia; Mary Rutkowski, DC, Fogelsville; Mark Stehly, CNMT, Health Options Institute, Northampton; and Linda Woodin, RN, MSN, Hershey Medical Center.

There is a \$25 fee for hospital staff and registration is by calling ext. 8322.

Diabetes Symposium

The Lehigh Valley Chapter, March of Dimes, is the sponsor for a Helwig Diabetes Center symposium on Thursday, Oct. 24 from 8:30 a.m. to noon at Gnadon Huetten Conference Center, Lehighton. Topic of the program is "Diabetes and Pregnancy: A Brave New World." Registration fee is \$8.

Faculty includes Karen Friendly, RD, CDE, Helwig Diabetes Center; Larry M. Merkle, MD, FACP, chief, section of Endocrinology, TAH—LVHC; Helen R. Seifert, RN, MSM, CDE, Helwig Diabetes Center; and Mary Swierczynski, RN, BSN, CDE, Helwig Diabetes Center. For additional information or registration, contact the March of Dimes chapter at 694-8040.

Trauma Re-Accredited

The Pennsylvania Trauma Systems Foundation has re-accredited TAH—LVHC as a regional resource trauma center, as well as accrediting additional qualifications in pediatric trauma. The re-accreditation process for the former will take place again in 1993, while for the latter it will be in 1992.

Hospital Chaplaincy

Pastoral Care Role A Diverse One

It is as difficult a telephone call to make as it is to receive: a member of your family has been critically injured in an accident, and is in the Shock Trauma Unit.

The task of this announcement, as well as being present when family members arrive in both states of shock and high anxiety, falls to the hospital chaplain on call. In a hospital with a regional trauma center, the sad chore happens with regular frequency.

Yet this is only one part of hospital chaplaincy services provided by the Department of Pastoral Care at TAH—LVHC, a unique form of ministry that is both continually varied and challenging.

Chaplains come from all denominations and must work in a highly ecumenical setting. The Rev. Emily Jean Gilbert, assistant director, Pastoral Care, observes, "A chaplain must be comfortable with belief systems very different than his or her own ... which means you must know your own very well."

Crisis situations represent the daily barrage of tasks facing hospital chaplains, who not only must possess the unique temperament to handle it but also must have 1,600 hours of Clinical Pastoral Education in addition to all the formal theological education.

Most dramatic are trauma cases and ministry to families of trauma patients. Chaplains, comments Marilyn Rourke, RN, head nurse of the Shock Trauma Unit, are often caught right in the middle. On one side of the wall, highly skilled medical teams work in time frames measured in seconds to save lives. On the other side, families are desperate for news and the opportunity to see their loved one.

Less dramatic is a full load of pastoral visits to patients through-

out the 832-bed hospital, the largest in Pennsylvania. Illness and injury can prompt deep and provocative questions among patients. For some, a visit by their own pastor is important and the Pastoral Care Department serves as a focal point for making those connections. Many have no particular church affiliation and yet have the questions: Why is this happening to me? How will I cope? How is my life changing?

Rev. Gilbert points to an observation in *Hospital Ministry — The Role of the Chaplain Today* by Lawrence E. Holst: "The role of the chaplain is the attempt to help others through words, acts and relationships to experience as fully as possible the reality of God's presence and love in their lives."

She explains that this can be through functions that are overtly pastoral — leading worship, preaching, praying, reading scripture, sharing sacraments, hearing confession — or through more covert means. "We often have conversations in which no overtly religious language is used, but which may be very profound. We do not give answers, but help one come to one's own answers."

It comes down to acting as "a companion on the journey toward healing (which does not always mean cure). Chaplains deal with ultimate medicine," she explains. While they join the war against suffering, they do not seek to explain or cure disease "but rather we engage the sufferer to find hope in God being the last word."

This can sometimes mean the chaplain's role is not unlike "a prophet in the Old Testament sense, an ethicist, a comforter or a witness to God's love."

As a member of a team pre-

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Symposium Eyes Future Design

"Dynamics in Leadership: Momentum for Redesign" is the topic of a Nov. 7 and 8 symposium sponsored by the Pennsylvania Eastern Region of Nurse Executives and the Eastern Regional Affiliated Organization of Nurse Managers.

The event will be held at Skytop Lodge in Skytop, Pa., and will feature presentations by Flavio P. Corrocher, an organizational development consultant, and Gary P. Shows, a specialist in operations management for service sector clients of Booz, Allen and Hamilton, Inc., Atlanta, Ga.

Elisabeth Williamson, RN, director, Friends of Nursing, will present the introduction, "Nursing 2000: Our Agenda Now."

Objectives of the symposium are to understand the nature of change, develop an awareness of the change process, practice using tools for managing change, plan for future organizational change, explore concepts which shape hospital restructuring, recognize drivers of service and cost performance and identify implementation approaches for restructuring focused on the patients.

Additional information and registration materials are available from Linda Moyer, Nursing Administration, TAH site, ext. 9510.

Hospital Chaplaincy

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pared to meet psychosocial needs of patients, the chaplain must be able to differentiate between the need for pastoral, social or psychiatric help and sometimes serve as an intermediary. And chaplains are not only intermediaries; they also seek to support hospital staff in the care of patients and families.

Not all denominations require a unit of Clinical Pastoral Education (which is about 400 hours of service and education), but the specific training can be of great value for clergy working in settings other than hospitals. TAH—LVHC offers accredited CPE for both theological students and ordained clergy and has a special extended program for those already serving parishes throughout the region.

But as grueling as the task can become, there are high rewards, too. It can be a pleasant request to marry hospital staff members or the joy of seeing a patient return to his home and family with renewed hope and spirit after struggling

through some very dark hours.

But hospital chaplaincy is not limited to serving patients and visitors. There are 5,000 employees, more than 600 members of the medical staff and over 800 volunteers. Staff benefit from chaplaincy services ranging from a quiet hug of support to memorial services for employees to wedding ceremonies.

The Rev. Colleen Kristula, chaplain, says they "are in a position to recognize the tensions inherent in hospital work and the importance of caring for the caregiver."

Staff are encouraged to call the chaplains for their own needs as well as those of the patient — they're available 24 hours a day on pager 1556.

The work of Pastoral Care will be highlighted during National Pastoral Care week, Oct. 21-25. Watch the lobbies at the hospital sites for displays and more information about Pastoral Care.

What's News

Consultative Service Moves

The Breast Cancer Consultative Service has moved from the former Outpatient Radiology area on the second floor of LVHC site to the fourth floor in offices immediately off the elevator and previously occupied by Digestive Sciences.

The Calendar

Oct. 14 — *Prestige Health Conference*; 9:30 a.m. to 3:15 p.m.; Tompkins Center, Cedar Crest College; includes workshops on health topics and issues important to adults aged 50 and older. Sponsored by Prestige Health. To register, or for more information, call 798-7370.

Oct. 16 — *"Your Child's Temperament"*; learn to understand and effectively deal with your child's temper; 7 p.m.; Auditorium, TAH site. Sponsored by *WomanCare*, and the hospital's Pediatric Department. Call 778-3800.

Oct. 16 — *"Community Resources for Cancer Care"*; Make Today Count Education Series; 7:30 p.m.; LVHC site. Sponsored by Comprehensive Community Cancer Center. Call 778-2582.

Oct. 19 — *"Fun and Frolic Fest... for the physically challenged and the emotionally worn out"*; a day designed to have fun while learning to cope with the stresses of everyday life. Features 18 workshops with topics ranging from chair aerobics to personal relationships to square dancing. Registration 9 a.m.; program 9:30 a.m. to 3 p.m.; Allentown College of St. Francis de Sales. Sponsored by a variety of non-profit, community health-care agencies. To register or for more information, call 776-8270.

Oct. 22 — *Stress, Imagery and Well-Being*; instruction on how to use imagery to reduce stress; five-week class; 7 p.m.; Conference Room B, TAH site; registration and fee required. Sponsored by HealthCounts. Call 821-2150.

Oct. 23 — *"Choices in Contraception"*; outlines options in contraception, including the new Norplant implant; noon

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What's News

The Calendar

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and again at 7 p.m.; Auditorium, TAH site. Sponsored by *WomanCare*. Call 778-3800.

Oct. 22 — *Life Loss and Bereavement*; 10 to 11:30 a.m., Slate Belt Nursing and Rehabilitation Center, The Rev. Anne Huey, director of support services, Lehigh Valley Hospice. Sponsored by Prestige Health. Call 798-7370.

Oct. 24 — “*Women & Money Series: Budget Tips for One Income Households*”; noon and again at 7 p.m.; auditorium, School of Nursing, TAH site. Sponsored by *WomanCare*. Call 778-3800.

Oct. 29 — “*Giving Up Guilt*”; explores ways to deal with unhealthy guilt; speaker: Farhad Sholevar, MD, medical director, Department of Psychiatry, TAH—LVHC; noon; Auditorium, TAH site. Sponsored by *WomanCare*. Call 778-3800.

Oct 30 — *Coping with Vision Loss: Services For Visually Impaired and Their Support Systems*; 7 to 8:30 p.m.; Room 900 School of Nursing, TAH site; Mary Ann Karweta, Northampton County Association for the Blind. Sponsored by Prestige Health. Call 798-7370.

♦ **Oct. 30 — *Overview: Heart Healthy Nutrition***; Speakers: Herbert Hyman, MD, gastroenterologist, and Jane Ziegler, RD, dietitian; 7 p.m.; Auditorium, LVHC site; registration required. Sponsored by Chronic Disease Education Committee of TAH—LVHC. Call 821-2150.

Nov. 4 — “*Chronic Fatigue Syndrome, Fibromyalgia and Other Fatigue Disorders*”; Speakers: Gene Ginsberg, MD, general internist and geriatrician, and Karen Moore Schaefer, RN; 7 p.m.; Auditorium, TAH site; registration required. Sponsored by Chronic Disease Education Committee of TAH—LVHC. Call 821-2150.

Nov. 4 — *Diabetes: Signs and Precautions*; 10 to 11:30 a.m.; Room 900 School of Nursing, TAH site; Kim Sterk, RN, Helwig Diabetes Center. Sponsored by Prestige Health. Call 798-7370.

Time To Plan For Mini-Flex

Plan now for your benefits in 1992. In coming issues, *CheckUp* will feature a series of articles featuring plans offered through the Mini-Flex benefits package.

This article outlines the voluntary Supplemental and Dependent Life Insurances. Employees must be scheduled to work at least 16 hours a week to participate.

Family financial security is important. To help your family through the transition in case of your death, the hospital provides a basic life insurance program at no cost to employees scheduled at least 16 hours a week. Additionally, through Mini-Flex benefits, if you work at least 16 hours per week you can purchase a number of supplemental policies that can increase your coverage and provide increased protection for members of your family.

If you are looking for additional life insurance to enhance your basic life coverage, you might consider Supplemental Life. You may select coverage from a minimum of \$10,000 up to a maximum of \$500,000 in increments of \$10,000. The cost of Supplemental Life Insurance coverage is based on your age and the amount of coverage you select. Payment is made through payroll deduction.

Your coverage will become effective on the date your application is approved by Reliance Standard Life Insurance Company or Jan. 1, 1992, whichever is later. You will be required to complete a short medical questionnaire and application, which is included in the Mini-Flex Benefit packet you will receive in October.

You also have the option to purchase life insurance for members of your family at low group rates. The options available to you include coverage for your spouse only, or spouse and dependent chil-

dren. You may elect Dependent Life Insurance for your spouse at a minimum amount of \$10,000 up to and including \$500,000 in increments of \$10,000. If you choose to include your dependent children, you may elect coverage in amounts of \$2,500 up to \$10,000 in increments of \$2,500.

Please plan carefully. You may not make a change to your selection except during the open enrollment period in November or if you have a life status change. It is also important to note that *if you participated in 1991, enrollment is not automatic for 1992; you must enroll again if you wish to participate.*

Human Resources will conduct employee meetings during the first three weeks of November to give you a brief overview of the programs. Questions can be answered, and assistance will be available in filling out the appropriate forms.

Reception Moves

Human Resources announces that the reception to recognize five-year employees on Nov. 7 from 2:30 to 3:30 p.m. will be held in the TAH site School of Nursing auditorium.

The event was originally planned for the cafeteria, but was shifted to accommodate preparations for the Italian night dinner on the same day, sponsored by the Auxiliary of The Allentown Hospital.

Free Screenings

The Professional Nurse Council will conduct free blood pressure screenings in the lobbies of both hospital sites from 3:30 to 5:30 p.m. at TAH site and from 5:30 to 7:30 p.m. at LVHC site on Oct. 14.

The Marketplace

Items for Sale

Sofa with 2 built-in recliners, must sell, \$375 or best offer. Call 262-0786.

Atomic 205 skis and Marker bindings, black. Both brand new and never used. Changed hobbies! Call 770-1336.

Large metal dog cage, used six months, \$85. Call 395-0194.

Ladies white shoe ice skates, size 6, like new, call 434-0468 after 4 p.m.

Childs bike carrier w/wheel bracket, \$5. Call 797-9443.

Ajay Octa-gym, good condition, exercise machine converts into rowing set-up or can be changed for vertical arm, chest or leg exercises. Tension or resistance provided by adjustable hydraulic cylinders. Steel tubing construction. \$35 or negotiable. Call 791-4661.

ATI air purifier, HEPA filter for respiratory illness and allergy problems, used one season. Orig. cost \$450, asking \$300. Air compressor, 1 hp, 12 gal, \$120. Call 437-9249.

Spinning wheels, "cottage" type, walnut, cherry, oak, hand-crafted, great Christmas gifts, must see. Call 759-2028.

Atari 7800 system, like new, includes 7 games, \$70. Call 691-1659, leave message.

Oreasonic electric organ with bench, two keyboards, spinet, \$225, like new. Teal french fryer with book of recipes, used once, cost \$69, will sell for \$30. Call 432-7900.

Franco Belge coal stove, \$500. Weatherby Vanguard 300 Winchester mag w/4x12 Tasco, \$500. Call 767-8632.

King size waterbed, dark wood, large mirror, 2 cabinets with glass front and lights inside, has padded sides, \$500 or best offer. Heating unit included. Call 395-4873.

Items for Sale

Lange ski boots, size 4, \$25. Nordica ski boots, size 5-1/2, \$10. Hart freestyle skis w/ marker bindings and Atomic poles, size 180, \$180. Junior hockey equipment: Cooper pants w/suspenders, Kolto elbow pads, TPH shoulder pads, Cooper shin/knee pads, \$50. Call 434-8471.

Lowrey coronation organ, full-size keyboard, many presets and voices, Lowrey glide and golden harp, bench has storage space, walnut finish, asking \$1,500 or best offer. Call 266-9187, leave message.

Oak dining room suite includes table and four cane-back chairs w/velour seats and two matching arm chairs, server w/marble inlaid top and glass front with one shelf; china closet with glass front and two glass shelves, table leaf, pads, matching light and two tablecloths and napkins. Asking \$1,500 or best offer. Call 266-9187, leave message.

10 speed Huffy boys bike, ridden 5 miles, \$65. Girls bike, Sears, ridden 55 miles, \$50. Call 262-3161.

Computer, Packard Bell, 386/25 mhz, 3-1/2-1.4mb and 5-1/4 1.2 mb floppy drives, 80 mb hard drive, vga monitor, 4 mb ram, mouse and 2400 baud modem. Call 398-7234.

Casciotone CT-360 keyboard, excellent condition, best offer. Call 966-5659.

Hard top for Jeep CJ7, tan with brown doors, good shape, call with offer. Truck accessories: wooden storage/camper bed for 8 foot truck bed, \$50; rollbar with lights and wires for 8 foot truck, \$125. Call 867-6711.

Cross Country skis, boots, poles. Rossignol skis will fit approx 5'5" person. Salomon boots and bindings, equivalent to size 7-1/2. Like new,

Items for Sale

used only a few times, paid \$200, will sell for \$50. Call 776-1322.

Ski boots, Lange Z Comfort, size 9, grey, worn one season, \$75. Call 395-9272.

Alto saxophone, Yamaha YAS 62 with Ralph Morgan #8 mouthpiece, excellent condition, used one year, \$1,500. Call 395-9272.

Free gerbils. Call 261-2473.

Two Buescher clarinets, \$100 each. One music stand, \$10. Good condition. Call 398-8573.

Oak dining room table, includes six chairs and pad, and leaf. Must see to appreciate. Price negotiable. Call 434-9504.

Personal computer, Laser PC3, portable, IBM compatible, brand new, fits in briefcase. Use as word processor and personal organization functions. Features include spell checker, calculator, appointment book and alarm clock. Complete with carrying case. \$225. Car stereo, Pyle subwoofers, two 10-inch speakers, sealed enclosure, 150 watts each, \$150/pair with box. Mountain bike frame, 21 inch Reflex ALX 6000, all aluminum, includes front derailleur and seat post, \$200. Call 282-4199.

Vehicles for sale

1989 Ford Bronco, Eddie Bauer Series, navy and tan, tan interior, excellent condition. \$13,200 or best offer. Call 395-0194.

1979 Ford Mustang looking for a home. Head rebuilt, many other components replaced. Very reliable, needs some work. \$300 or best offer. Call 865-3852.

1988 Dodge Grand Caravan SE, 49,000 miles, AC AM/FM/Cassette, PS, PB, PW and

Items for Sale

seats, midnight blue/wood grain, \$10,500 call 838-1485. 1978 Fiat Spyder convertible, original owner, 63,000 miles, perfect condition, new tires, am/fm radio, best offer. Call 398-9193.

1984 Pontiac Trans Am, 8 cyl, 49,000 miles, AT, AC, Cruise, tilt, black, AM/FM/cassette, power windows, power locks, good condition. must see. \$5,200 or best offer. Call 285-6356.

1988 Chevrolet conversion van, fully equipped and excellent condition, charcoal and black interior, am/fm stereo and US conversion package. Price negotiable. Call 398-7234.

Recreational vehicle-motorhome, 1989 Driftwood by Rockwood. Air conditioned cab, 2 roof air conditioners, 6.5 kw generator, queen sized rear bed, microwave oven, refrigerator, freezer, TV, remote control VCR, roof storage pad, sleeps six comfortably. Excellent condition, \$43,500/will negotiate. Call 865-4858.

1983 VW GTI, black, all extra features, exterior and interior in excellent condition. 69,000 miles, asking \$3,800. Call 434-5481, leave message.

1990 Dodge Grand Caravan SE, exc. condition, 25,349 miles, 5 year, 100,000 mile warranty, ac, am/fm/cassette, ps, pb, owner has company car, asking \$13,900. Call 770-9386.

Real Estate for Sale

West End twin, minutes from TAH and LVHC sites, recently remodeled, 3 BR, bath, LR, DR, modern kitchen, full basement, detached garage, natural woodwork, new 200 amp service, many extras.

The Marketplace

\$104,900 or make an offer. Call 820-0967.

Beverly Hills — wooded tranquility, prime location, custom-built spacious bi-level situated on beautiful landscaped hillside lot. Four BR, 2-1/2 baths hardwood floors, all electric, 20 min. from TAH—LVHC. Southern Lehigh School Dist., \$204,000. Call 967-2009.

Outdoor World membership. Great family fun, wonderful retirement consideration. Best offer. Call 717-845-0284.

Unique Parkland contemporary with stunning interior, under 5 min. to LVHC. Cedar siding and cathedral ceilings, big windows, large living room and family room with fireplaces, deck, 4 BR, 2 baths, 2/3 AC, park-like, private, mature trees, 3524 Byrd Ave. \$209,900. Call 433-2283 for appointment.

Salisbury ranch, 3 BR, 1-1/2 bath, family room, LR, kitchen, finished basement, wood stove, covered patio, storage room, storage shed, nice

neighborhood, \$102,900. Call 797-0802.

Modular home in Highpoint Park, 12x66, 14' living room, 16' enclosed porch, near Shephard Hills, the golf course and LVHC. Own your own home for \$17,000. Call 391-9280.

Half twin, 813 3rd St., Whitehall (Fullerton) Move-in condition, nicely decorated, convenient location, off street parking, living room, large dining room, both newly carpeted, modern kitchen and bath, 3 BR, all large and newly carpeted, finished attic, large fenced yard, \$83,900. Call 264-9871.

Real Estate for Rent

Lesavoy Arms luxury apartment, exclusive 22nd and Allen Streets in West End. Large condominium style apartment with LR, DR, Eat-in kit, 2 BR, 2 full baths on upper level. Lower level with finished Bedrm/Den, full bath, storage room, carport incl. Call 439-0911 after 6 p.m.

Killington VT — 1 BR or 2 BR condo, beautiful views. Call 837-1822 or 437-4524.

Four BR townhouse near TAH. New kitchen, LR, DR, full basement and bath. One car garage included. \$675/month plus utilities. Security, references. Call 398-6207.

In need of (preferably) female to share expenses at Devonshire Apt. after first of year. Call 791-5121.

House for rent, North Allentown, 3 BR, LR, DR, eat-in kitchen, yard. Newly painted. \$700/mo plus utilities and security. Refrigerator and stove. No pets. Call 820-7648 between 7 and 9 p.m.

Wanted

Barbie Corvette Power Wheel and a Little Tykes outdoor playhouse (any model for either item). Call 965-3328.

Services

Drywall—Ron Knute Drywall, commercial or residential, fully insured, free estimates. Call 435-9109 or 770-0409.

Your skin must last you a lifetime. Are you nourishing or damaging it with the products you are using every day? Find out now. Free skin care clinic introducing a revolutionary line of state-of-the-art products. Call for appointment, 759-0724 after 2 p.m.

Housecleaning. References, reasonable rates. Call 740-0537.

Child care in my home, 2 blocks from TAH. Call 776-5071.

Help Your Auxiliaries
Help Your Hospital
... buy your gifts at
**The Tree Top
Gift Shop
(LVHC Site)
The Alcove
Shop
(TAH Site)**

The Marketplace is provided as a free service to employees of HEI/TAH—LVHC, and is published in the first edition of *CheckUp* each month.

All submissions must be on the attached form, and must include the employee's name, department and a daytime phone number. Submissions without this information will be discarded. **Only employees, volunteers or staff physicians may submit items for publication.**

Marketplace ads may only be run for two consecutive months and will not be accepted for re-publication until an additional two months have passed. We reserve to reject, revise or edit submissions and publication does not constitute an endorsement of product or service.

Send submissions to Public Relations, 1243 S. Cedar Crest Blvd., Attn: Marketplace.

Deadline for the November Marketplace is October 31.

Marketplace Submission

Check Category: Items for Sale Vehicles for Sale

Real Estate for Sale For Rent Wanted Services

Copy (Please print or type): _____

Home Phone (will appear in ad) _____

Submitted by: _____

Department _____ DAYTIME phone _____

