Preventing Cooking Fires

Watch What You Heat

Cooking is the leading cause of home fires and injuries.

Cooking equipment is involved in more than 100,000 reported home fires each year and most of those involve the kitchen stovetop. Most cooking fires occur because of unattended cooking.

Safety Tips:

• Pay attention to your cooking. Stay in the kitchen when you are frying, grilling, broiling, or boiling food.
• If you must leave the room, even for a short period of time, turn off the stove.
• When you are simmering, baking or roasting food, check it regularly, stay in the home, and use a timer to remind you.
• If you have young children use the stove’s back burners whenever possible.
• Keep children and pets at least 3 feet away from the stove.
• When you cook, wear clothing with tight-fitting sleeves.
• Allow food cooked in a microwave oven to cool for a minute or more before you remove it from the oven and use an oven mitt.
• Open microwaved food slowly. Hot steam escaping from the container can cause painful burns. Let food cool before eating.

Fire Prevention Week Quiz Answers:

1. The leading cause of fires in the kitchen is: B. Unattended cooking
2. If you leave the kitchen for even a short period of time while you are frying, grilling or broiling food, you should: C. Turn off the stove
3. If you are simmering, baking, roasting or boiling food: A. Check it regularly and stay in the home
4. When young children are present: B. Use the stove’s back burners
5. Spilled food and grease from burners, stove tops and ovens should be: A. Cleaned up to prevent a fire
6. If a small grease fire starts in a pan: B. Smother the flames by carefully sliding the lid over the pan and turn off the burner
7. When heating food in the microwave: C. Use only microwave-safe containers or dishes to heat food
8. If you have a fire in your microwave: B. Turn it off immediately and keep the door closed
9. Keep kids away from cooking areas by enforcing a “kid-free zone” of: A. 3 feet around the stove
10. You should treat a burn with cool water for: C. 3 to 5 minutes

October 22nd Begins National Pastoral Care Week... A Message from our Chaplains

We wish to offer our partners in care our appreciation for your support of our ministries. With you, the sufferings of all here at ASH, are heard and valued and thus transformed into material from which a recovering community is raised. We cross institutional, economic, cultural and ecclesiastical boundaries in integrating spirituality into the healing of the whole person. Answering our call to serve in this hospital has been life giving to us.

Peace and all good to all of you.

Your Chaplains,
Doug, Bruce, Joyce and Ed

Pastoral Care Quiz: Who and why was a national institute and association established to provide clergy the intense training necessary to prepare them for the specific ministry known as “Chaplaincy”?

Answer: In 1942, an Episcopal priest, Anton Boynton, founded an institute as a result of the inadequate pastoral care he received while suffering with “Schizophrenia”.

Allentown State Hospital, 1600 Hanover Avenue, Allentown, Pennsylvania 18109
Shop Bon Ton’s Community Day

Shop Bon Ton’s Community Day on November 11th at all BON TON locations. Purchase a booklet for $5.00 and receive $10.00 towards your purchase plus 4 discount coupons. Shop on that day and use the $10.00 off coupon when you spend $10.00 or more, plus these 4 savings coupons:
20% off single regular or sale priced item of apparel, footwear, or fine jewelry item, 15% off single regular or sale priced item of ladies or men’s suits and outerwear along with home store, 10% off single regular or sale price of small electronics and furniture. All proceeds will benefit the Patient Indigent Fund which supports all patients without money & gives them $5.00 spending money each and every week. Please contact David Camp in Volunteer Resources x3441 for tickets.

ASH Dashers at the Capital

Saturday, September 16th started out with anticipation as nine individuals left from Allentown State Hospital to attend the NAMIWALKS PA in Harrisburg. NAMIWALKS PA was part of a national effort to raise awareness for our country’s need for world class treatment and recovery system for people with mental illness. After a wonderful scenic ride to Harrisburg, the participants were greeted by members of NAMI PA and received T-shirts, breakfast bars and refreshments. Honeybun, the therapy donkey and Timmy, the therapy dog were also on hand to greet everyone. Mark, one of the ASH Dashers, remarked on the warm welcome received by the animals from Berwick. The registration site was located directly behind the Capital building with a view of its spectacular fountain and was in front of Soldier’s Grove, a beautiful, serene park dedicated to the memory of PA soldiers of different conflicts. Before the start of the NAMIWALK PA, participants had an opportunity to meet other walkers from diverse parts of the state. At 10 a.m., the program began with remarks from officials in the organization, including the President of NAMI PA, who we later had an opportunity to meet and who personally thanked us for our eager participation in this worthwhile event. At 10:30 a.m., the 3K walk began under an arch of colorful balloons with over 250 walkers and proceeded around a course of scenic state office buildings. David, one our walkers, commented on the beauty of the exquisite architecture. Susan and Marlene, other ASH Dashers, were also amazed at the grandeur of the Capital area. Bottled water and comfort stations were available along the route. After completing the walk, the participants were treated to a delicious lunch of kosher grillers, chips, soda, bottled water and candy, with seconds available. The walk concluded, the ASH Dashers wanted to see more of our Capital, so after directions from our Capital police, we proceeded to the front entrance of the Capital. We were able to secure a guided tour which lasted approximately a half hour and included the Rotunda, the House of Representatives and Senate Chambers and the Supreme Court. Carol and Steven remarked on the beautiful artistry of this one hundred year old building, which will be celebrating this milestone with special festivities on October 4th. After an exciting and educational day, the ASH Dashers arrived back at the hospital with great positive memories.

Note of Thanks from a Recent Retiree:
To those who contributed monetarily to my retirement party and gift, I thank you very much. I want to thank Roseanne and Ken for working on the beautiful plate with all your well wishes on it. Mike, thank you for taking care of the pizza and the photographs; you’re the best. Roseanne for making everything right from getting the volleyball signed by the patients, the cake (along with Keith – Thanks Keith), the decorations at Mahoney’s-you’re my girl.

Well I have to thank my other girl- Joan Kester, she was the original sports girl club. Thanks for helping take care of the pizza.

David Rodriguez, the state hospital paparazzi, thanks for taking photos of the TR Dept. on Thurs and picture at Mahoney’s-you are definitely a good man. Kathy “Mum” Kmetz – the best boss a guy could have and a better mom. Thanks Sam for always being a good gym partner. To Dr. Storm, thanks for presenting me the “We Care” certificate at the SRS Director’s Meeting, for my 32 years of service.
Thanks Again,
Pat Marshall

COMING EVENTS:
Volunteer Resources is kicking off its fundraising season for the Fall & Winter Months! In addition to selling Entertainment Books and Enjoy the City Books, the following events will be taking place:
 – Nov. 1st: Books are Fun Fundraiser - Adm. Bldg. Lobby
 – Nov. 11th: Bon Ton Community Day Fundraiser
 – Dec. 8th: Mobile Holiday Mall - M7

ASH Dashers at the Capital

(One dasher not pictured)