When I first began to work at ASH five years ago, I was awed by how a mental hospital works. I was so involved learning about it that I rarely stopped to think that there could be improvements. In fact, I accepted hospital policy and its approach towards patients as the best possible course of action under the circumstances.

Time and experience have led me to feel differently, to feel that there can be improvements, especially in the area of patient-staff relationships. My outlook towards mental health work has moved from "treating sick patients" to "working with unhappy people." This change in my outlook did not happen overnight. It's in the process of happening now. I have a long way to go before I will feel satisfied that I'm not acting with a patronizing, condescending attitude towards hospitalized people.

One of the things that taught me a great deal about better client-staff relationships is the recent interest in Patients Rights. I heard the phrase many times before I took a personal interest in it. Patients Rights in both medical and mental institutions, have received great attention lately. A number of hospitals have evaluated their policies and published their own Bills of Rights. Some law suits have caused legislators, health agencies, and law enforcement officials to question and clarify patients legal rights.

For example, one development in 1971 that affected all Pennsylvania State Hospitals was the Dixon decision that the 404 Commitment was illegal. This commitment was also known as the two-physician commitment, the 311-312, and the 302. The decision was based on the fact that a person could be held indefinitely at a hospital without benefit of legal defense. All that was necessary to detain him was the statement of two doctors, not necessarily psychiatrists. Many of our clients had been committed on the 404. Now a person can commit himself or be committed with the benefit of a court hearing.

The entire area of Patients Rights is relatively new to mental health service, especially as provided in State Hospitals and other large institutions.

In this series of articles, a look will be given to what other hospitals are doing and what the courts are saying about the civil rights of people who are hospitalized.

Elizabeth Jokiel

EDITORS NOTE

The following is the first article in a series concerning the now and very prominent issue of civil rights within the state hospital setting. The purpose of this series is not speculative as to "what should be" but rather a look at where it is now. The articles themselves were written by ASH employees and represent some extent their personal feelings and views and should be seen within that context.

More and more within the near future, major decisions will be made both within the legal context and the administrative one which will center on the rights of patients. These decisions will have an effect on all employees and it is the opinion of this Editor that an aware and knowledgeable employee is the one that can best deal with these changes and keep in focus our basic goal "to help people."

D. Christ, Jr.
Editor

The book's theme is, "Be good, sweet maid, and let who will be clever."

Gilder points out that men are at best an uncouth, uncivilized lot, and even the jobs of which women are so envious are highly overrated if not actual puffery and fakery.

"Women on the other hand are creative (look at all those babies) couth, and cuddly influences for the good, the true, and the beautiful when - and only when - they stay at home and get on with it and stop annoying the males with talk of liberation and equal rights."

Author's conclusion - a piglet's lot is not a happy one (nor is his wife's). Author's advice to women: "Old out fer yer marriage lines, dearie."


A hybrid of experimental psychology and social casework, this book attempts to apply behavior modification techniques to certain aspects of social work theory and practice.


A welcome change from the usual descriptive work, this volume deals with the multidisciplinary approach to the treatment of retarded children.


Another book on encounter groups - but this one evaluates what groups do and how well they do it.


A general, very practical approach to drug therapy for mental and emotional disorders written by a pioneer in the clinical evaluation or psychotherapeutic drugs.


A how-to-book for the layman interested in the why and how of man's behavior and in the meaning of existence, using transactional analysis and gestalt experiments.


The author observed at the age of five that there was a lot more to family life than met her small eye. She decided to become a "detective on parents" to try to solve some of the puzzles she saw. Forty-five years later she further decided that family life is still a puzzle, but now she has some answers.

Margaret Caffrey

What's Happening on the 11-7?

Mrs. Vonda Schultheis, RN on WX went to Georgia on her vacation the end of February.

She also celebrated her 39th birthday March 12th. Some of her friends from 11-7 surprised her at a dinner at the Shartlesville Hotel on March 14th.

Mrs. Grace Sedler from AD 2 retired February 16th. She had a big surprise when told to come to inservice in the personnel canteen. There was cake and coffee for her and a radio from the 11-7 shift. Lots of luck, Grace.

Mrs. Edith Heath, Supervisor on 11-7 celebrated her 25th Anniversary on March 19th. "Good Luck, Cliff."

There's a rumor going around that there's a certain supervisor on 11-7 who's going to give her husband Vitamin E when she retires. Good Luck.

Who's the female on 11-7 shift that can lock herself in the patient's shower room and panic 's when she can't unlock the door because of the malfunction of her key?

Mr. & Mrs. Harvey Hummel, 11-7, had an A A A tour to the Mardi Gras in New Orleans, La. They said it was beyond description. You would have to go and see it yourself. They had a wonderful time.

V. Petrakovich
Dietary Tidbits

Happy Birthday Wishes to HELEN McHugh who celebrated hers on the 10th of this month, also to JERRY FURST, who, celebrated his on the 9th and to our butcher, CHARLIE ANTHONY, whose big day was the 24th.

Congratulations to "MICKEY" LEWIS on the addition of a daughter to his family; also, to DAVID FRAKEL on the birth of a son.

Felicitations to PAULINE and TOM MARTIN on their 31st wedding anniversary March 6th. They have 4 children and 2 grandchildren. Also, TOM celebrated his birthday on February 25th.

We hope MAE FERRY and STELLA HECKMAN are both back at work by the time this goes to press. Our good health wishes to both.

The sincere sympathies of staff go out to FRANCISCO and MIRIAM VEGA on the loss of their beloved son.

What kitchen cooking supervisor lost his rooster in his hen house???

May Davis

AFSCME News

BETTY MOORE, Recording Secretary of AFSCME Local #2061, Allentown State Hospital, will be the delegate going to the International Convention in Hawaii this coming June.

At the meeting of February 20th, held at the Moose Lodge, Hanover Avenue, the guest speaker for the evening was Miss Patricia Kesling, Services and Information representative for Mayor Gordon Novak, Bethlehem, who spoke in behalf of the mayor. Much valuable information was received, followed by a question and answer period.

At this meeting names for delegates and new committee members were received from the membership; appointments to committees will be made and announced in forthcoming issues of the States. The meeting closed with the serving of barbecues and other refreshments.

On March 11th from 9:00 a.m. to 5:00 p.m. at the Penn-Harris Hotel, AFSCME held its first Health Care Institute. Speakers were Jerry Wurf, Jerry McIntee, and Ernie Rewoniski, all International representatives. The keynote speaker at this event was Senator Richard Schweiker who was introduced as one of the very few politicians who is almost 100% for the laboring man and woman. This meeting was attended by approximately 200 Presidents, Vice-Presidents and Council representatives. Its purpose was the future of the Health and Welfare of the mentally-ill and mentally-retarded.

Mike Sumja

Condolescences

The sincere sympathies of staff go out to FRANCISCO and MIRIAM VEGA on the loss of their beloved son.

CHAPLAIN W. BRAXTON COOLEY resigned as of March 1st from the Chaplaincy Division to take a job as a Teaching Chaplain for the Bureau of Correction State Correctional Institute - Camp Hill, Pennsylvania
Can you find the 23 sports events listed above. Remember they are forwards, backwards, vertical, horizontal, and diagonal. Good luck, answers next month.

Can you make sense out of the letters below? Give it a try. Answer next month.

example: ALLENTOWN, PENNA.

1. AIDB BIZC WHY AFJWGWL HCB FKBNWGL
   OFFJ HF I MSBHBJ OIE. HOIN HCB FWB
   MBXFJB. — INHCFL NWMDFW

2. BEWJD JT MULF TOPK UIF TPQUPS JU
   GBMMJ, UIF MCQHFS JU EXFMAT VQPO DOE
   UIF EFFQFS JU TJOLT JOUP? UIF NJOE.

— DPMFSJEHF.

Deadline for Next Issue April 12th

**DIDJA KNOW**

**CHAPLAINCY** .... Happy Birthday greetings to ELAINE REED who celebrated hers on the 14th.

**CHILDREN'S ACTIVITIES** .... Happy Birthday greetings to RON KLINE whose big day was March 15th.

**POWER HOUSE** .... CHARLIE MILLER and his missus recently went into New York City to see the Easter Pageant at Radio City as well as the Broadway show "Mame".

**ADULT SOCIAL SERVICE** .... Happy Birthday greetings to CONNIE ENTLER who celebrated hers on the 25th.

You are invited into JOE DORIA'S office to see his children's "etchings" --- the youngsters enjoy doing their art work in school and he is proud to exhibit their workmanship.

**ADULT MEDICAL RECORDS** .... DEBBIE PAULES had two happy events in February to celebrate, her birthday on the 20th and wedding anniversary on the 28th.

For that very special birthday, her 21st, PAT DAUSCHER, bought herself one terrific birthday present; it is a brand new Toyota!!

**INSTITUTIONAL COLLECTIONS** .... DORIS MOLL'S son, John, became an Eagle Scout on February 21st, at St. James United Church of Christ, Allentown. BSA Commissioner John Helfrich made the award.

**NURSING** .... A surprise baby shower was held for DR. NYAK on Friday March 1st. Gifts of a Swing-O-Matic, a sterilizer, Playtex bottles plus miscellaneous items were tendered the recipient who took a maternity leave on the 15th.

**DENTAL DEPARTMENT** .... DARLENE BEDICS is having some fun with a little experiment in this department. She purchased some tiny little "specks" which soon hatch into Sea Monkeys, a form of protozoa which are purported to live about a year. These are minute particles, the size of a pinpoint, which can grow up to one-half inch long. When Darlene began this experiment she put some water in a bowl plus some purifier and then put in the eggs. It should prove interesting to keep a close watch on this latest "happening" in this area.

**ADULT MEDICAL RECORDS** .... Anniversary greetings to ALVERDA KISHBAUGH and hubby who celebrated their 27th on March 22nd.

Maxienne Weissenberg (who wishes to acknowledge with many thanks items for this column supplied by MARY ALPUBERI, AD 3).

Happy Anniversary to LINDA HAUSER, Purchasing Department and her hubby who celebrated their 5th wedding anniversary on March 8th. The couple dined and dined at Benetz Inn and Linda received her traditional orchid corsage for the occasion. The celebration did not end here however, it continued on to Sunday evening at home where they again dined and dined and dined until things got out of hand and the finale turned out to be that they would be the first witnessed and documented Streakers in Catasaquay --- minus hats and sneakers! Truly an end to a perfect weekend!

Also in Purchasing --- Happy Birthday greetings to BARBARA SAYLOR who celebrated her 21st birthday (??) on Thursday March 14th. The super fantastic cupcakes which she baked and brought in for the occasion made it extremely bad for everyone's diets.
CONNIE ENTLER recently spent a most enjoyable vacation by taking a six-day "Windjammer Cruise" to the British Virgin Islands. The group flew to San Juan, Puerto Rico and the ship left from Tortola which is one of the islands and wound its way through the others. The "home ship" was called The Yankee Clipper, a 197 foot sailboat which had originally been owned by the Vanderbilt family. Inasmuch as most of the islands are mountainous, the group enjoyed hiking over much of the terrain which is sparsely inhabited. Of course, swimming — either off the boat or at the beaches — was another favorite pastime. Connie relates that one of the high spots was a dinner of "roast pig" on the beach and also said that the food was "fantastic". She returned sporting a wonderful tan and feeling very rested.

Another of our staff also had a wonderful vacation in the south and returned with a very fine tan complexion. DR. SILFIES AND HIS WIFE were in Hollywood, Florida, on the East Coast for 17 days and while there he was able to see Dr. Fiedler for a brief get-together. Incidentally, Hollywood is slightly north of Miami. The couple enjoyed swimming and remarked that temperatures were in the high 70's and low 80's, "really perfect". In addition, they went on a sight-seeing tour on The Jungle Queen which took them from Ft. Lauderdale along the famous Intra-Coastal waterways. Also, they went dancing in a famous night spot, visited relatives and generally had a relaxing and most enjoyable time. Dr. Silfies remarked that at one point he noted a boat sale in progress where the price, according to the master of ceremonies, was "$5,000.00 — per foot"!! Just think what a small sloop or yacht would come to, at that rate!

Two of our nursing staff, BARBARA VALANIA and CONNIE BUTTO were others from our hospital who went south for a vacation. They took a four-day trip to Freeport, the Bahamas, where they had a good rest and plenty of relaxation. This is a two-hour flight from Philadelphia; we were informed that "the water is very blue and the sand very white" on this island. For fun, they shopped at the International Bazaar and Connie "hit the jackpot" at the Casino; in all, short but sweet. We were also informed that they bought some beautiful paintings which are done in ivory.

MRS. PAULINE SCHIEPP of the Fiedler Admissions Building's cafeteria on the 2nd floor had a glorious vacation recently. She took a Delta airline from Philadelphia to the Mardi-Gras and it was a sensational five days of pleasure. She relates that during the parade she "caught beads". An explanation of this ritual is that "the rich are supposed to throw out beads so that the poor may catch them and thereby derive good luck by so doing".

Pauline goes on to tell that the tour included a most pleasant boat trip up the Mississippi River at which time she observed Russian ships being loaded with grain for shipment abroad! Another interesting facet of the tour was attendance at a smorgasbord on the 44th floor of the Marriott Hotel in New Orleans, from which a beautiful view of the city could be seen. In addition, there was a bus tour of the city which took them around Tulane University as well as around the bayous. Pauline commented that the azaleas and tulips were blooming in the city park, a gorgeous sight to behold. She saw the famous Bourbon Street where all the students were congregating, also the French Quarter and French Market where she had donuts and coffee at an open-air cafe. In addition, she had breakfast at the well-known Brennan's Restaurant, this being from 8:30 to 10:00 a.m., a lengthy and delicious repast; this was followed by a walking tour to see Jefferson Park where all the artists gather and where she was able to see all kinds of paintings.

Another highlight of the tour for Pauline was attendance at a dinner and ball for which all of the ladies were in formal dress. Truly a vacation to be long-remembered.

Marianne Weisenberg
The "Swing" Shift

Tis the month for the wearing of the green. Out of all the birthdays this month only one is on St. Patrick's day. That's Kathy Hoffman, LPN-CG; the others are: Dorothy Lashbach, PA 2 EL 3-4; Sylvia Ross, PA 2-SC; Ned Bateman, PA 1 ADM 3; Alma Moyer, PA 2-Home 5; Dorothea Marason PA Tr.-M 3-4; Paul Birdsaal, PA 1-SC; Rose Serfass, PA 2 L 1-2; Barbara Wampole, PA 1-0 3-4.

Two other birthdays this month are Miss Donna Petak and Mrs. Margaret Kistler.

Late birthday greetings to those whose birthdays were in February and were not noted then. John Rachko, PA Tr.-CG; Thomas Edwards, PA Tr.-N 3-4; Ruth Murray (LOA); Catherine Quaye, LPN-M 3-4; Estelle Seigfried, LPN-CB; Georgene Donchez, PA 1-M 1-2; Helen Velekai, PA 2 O 1-2; Margaret McGrath, PA 2-Horne 3; also, Kenneth Zeckman, PA 2 of the Farm Colony (11-7).

This Month my article should be called the "switch" shift instead. There's been so many changes in ward and shift assignments.

ERNIE MOYER of AD 3 went from 3-11 to 11-7. SANDRA MOYER of CG 3-11 transferred to Hilltop Haven, 11-7. ALMA MOYER of Hilltop Haven, 3-11 moved to Home 5. IRENE MENDESEN of AD 3 moved to CB. HELDA GIESEKE moved from M 3-4 to AD 3. MARGARET SILLMAN went from M 3-4 to AD 2. JAMES HOLZINGER transferred from L 3-4 to AD 3.

Our sympathies go to Mrs. Cathy Neff, RN on the loss of her grandfather.

March seems to be retirement month. Mrs. Elsie DelGrosso and Mrs. Edith Heath, both 11-7 Supervisors and Mrs. Goldie Bedner, Switchboard Operator are all retiring this month. We're going to miss you ladies!!

Answers to last months crazy letters are:
1. When the gasoline shortage gets too bad, do what your grandparents did -- get a horse.
2. Not what we give, but what we share, For the gift without the giver is bare; Who gives himself with his aims feeds three, himself, his hungering neighbor, and me. James Russell Lowell.

"Swing" shift, continued

I understand that some of our puzzle fans are from the PP & L, greetings ladies.

Speaking of the puzzles -- a word of advice to all before you get yourselves in trouble. Please try not to do them during working hours. Our employers are not going to be too happy if they find us doing them instead of our work. OK?

It's time for vacations to begin again. Several of our 3-11 employees are going on some very interesting trips. Tune in same place for the next few months and hear all about them.

Happy Anniversary to Mr. & Mrs. Eldon David. It was on the 19th.

3-11 has some new faces: Hazel Byrd, PA 1-3-4; Sally Towne, RN-M 3-4; Joanne George, PA Tr.-M 3-4; Clara Gladden, PA 1-M 1-2; Harold Beam, PA Tr.-L 3-4; and Paul Pritchett, PA Tr.-L 3-4. Welcome!

Bill Pettite gave up smoking we hear, but now he goes around with saltine crackers in his pocket.

In case you haven't noticed -- Mr. Stork will be paying some of our 3-11 employee's and their husbands a visit. Mrs. Quaye of M 3-4 is due March 29, Mrs. Stettler of L 1-2 is due June-July, and Mrs. Hoffman of CG is due October 2.

Mrs. Hoffman's sister (Mrs. Sandra Kline of M 1-2) became a mother of a little girl - Melissa Ann on February 11th.

SECRET STUFF: The grapevine tells me that the M3-4 don juan's favorite meal is rump roast and pizza.

It also tells me that an attendant on L 1-2 can't sit down for awhile.

Mrs. Maryann Tirpak (LPN, Hilltop Haven) was privileged to be with her daughter-in-law and son (Ann and Alan) from labor to delivery of their son and her grandson, Alan Paul Tirpak on February 27, 1974. Alan Paul was christened on Sunday, March 10th.

Dorsh
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Next Stater Meeting April 15th

FOR SALE
650 Trailer Hitch - For Travel
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WITH OUR RETIREEES

DANNY KERN, formerly Carpentry Foreman, who retired on March 1st after 15
years of service, was given a farewell
reception at Stahley's Cellarette by fellow-staffers. Gifts of cash and a
wine-making set were given to Danny.

CLEORA SCHULER, form the laundry, retired
on March 15th, also after 15 years with us. A farewell tea was held at which
time a substantial bond was handed to
Cleora from her co-workers, as a parting
gift.

GOLDIE BEDNAR was tendered a farewell tea
and reception on Thursday, March 21st, by
her co-workers and fellow staff-members.
Goldie retired officially on March 29th.
Beside the familiar scroll with its many,
many names - so she can remember us all -
Goldie was the recipient of many person-
type gifts plus a monetary offering.
Goldie was with us for 14 years.

Maxienne Weisenberg