John L. Wachter, director of the mental health institute for children at Allentown State Hospital received the Social Worker of 1983 award from the Lehigh Valley Division, National Association of Social Workers, on 3-16-83. Wachter, who is president of the 169 member local chapter, received the annual award at a dinner in Thompkins College Center at Cedar Crest College.

A social worker at Allentown State Hospital for 21 years, Wachter said his field today "is kind of depressed area due to the current economy, but I think it will swing back."

"During the 60's, there was a great push for development of social services, but in these economic times it's not getting as much emphasis as in the Kennedy or Johnson administrations," said Wachter. One area of social work receiving more attention lately, Wachter said, is dealing with problems on the job.

"Industry loses a great deal of money each year from employees with problems and emotional difficulties arising from the job. With effective involvement, those problems can be solved, leading to higher work productivity. It's a field that's coming into its own," he said.

His career, Wachter said, "is a satisfying job for people who like to work with other people."

Presenting Wachter the award was Joshua Epstein, director of social services at Allentown State Hospital and former chapter president.

Guest speaker at the dinner was Dr. Phyllis Black, a faculty member of Marywood College Graduate School of Social Work, who spoke about standardization and license procedures in the profession and the impact of federal spending cuts on social workers and the local community.

Wachter, 44, and his wife, Marilyn live in Hanover Township with their son Glenn, 17 and daughter Kelly, 14.

The Bethlehem native graduated from Moravian College, earned his master of social work degree from Bryn Mawr College of Social Work and Social Research, and is a member of the Academy of Certified Social Workers.

Wachter is also a consultant to several nursing homes and maintains a private practice in marriage and family therapy.
The continual soaring cost of medical insurance is of paramount concern to all Commonwealth taxpayers. This concern is amplified as more discussions are being centered on whether employees will have to pay a portion of future medical insurance premiums. The logical reaction is questions related to how costs can be reduced and what alternatives exist. For the former, I have periodically indicated, on these pages, what actions employees can take to restrict costs (second opinions, selective use of emergency facilities, personal health measures, etc.). As far as an alternative is concerned, there is another health plan available that all employees should investigate in order to determine whether they are receiving the best available medical insurance for their specific situation. This "other" plan is HMOPA - Health Maintenance Organization of Pennsylvania.

An HMOPA Open Enrollment Period will be conducted between April 25th and May 13th and have an effective date of July 1st. In conjunction with this period, the Office of Budget and Administration is mailing an Open Enrollment Brochure to all eligible employees. This brochure will contain a Benefits comparison, HMO rates, and HMO advantages/disadvantages. Temporary, part-time, or those already enrolled in Medicare and 65 Special are not eligible. In addition to the mailings, there will be HMOPA briefings for ASH employees on May 3rd and May 4th at:

9am/3pm - Admissions Auditorium
10pm to midnight - Nursing Conf Room

Eligible employees are encouraged to attend one of the briefings and compare HMOPA with the present Blue Cross/Blue Shield for services and cost. Time off to attend a briefing can be arranged through your immediate supervisor. Any follow-up questions that persist can be referred directly to HMOPA by contacting 821-8203.

For those who decide that HMOPA is their choice, the Personnel Office will process your change. Remember that the deadline for HMOPA enrollment is May 13, 1983.

Items of Interest:

- Next holidays are May 17 (Primary Election Day) and May 30 (Memorial Day).
- As election day nears, it behooves all employees to remember that we cannot actively participate in political campaigns. If you have doubts as to the legality of any activities, contact the Personnel Office.
- Race Track - Penn National: 5/22; $20 ($10 deposit required with reservation); includes bus, clubhouse admission, racing program and delicious buffet; deadline for final payment and reservation is 5/13.
- Phillies vs. Mets; bus trip on 7/3; $18.50 per person ($10 deposit with reservation); date for final payment and reservation is 6/24.

Time Theft:

Time theft, the deliberate abuse of waste of on-the-job time, is an ever-increasing problem. A nation-wide survey indicated that time theft cost the U.S. economy at least $125 billion in 1982.

Time theft is greater than the estimated total cost of all recognized crimes against "business (including pilferage, kickbacks, arson, insurance fraud, embezzlement and vandalism). Unfortunately, time theft almost invariably goes unrecognized, unreported and unchecked.

The study is based on an analysis of detailed interviews with top executives of 325 corporations from coast-to-coast. All of the respondents were asked for their carefully-considered estimates of the average amount of weekly time theft, per employee, within their own companies. Their responses ranged from as little as 20 mins. to as much as 50% of the total work time. The result was a weekly time-theft average of four hours and eight minutes per employee. While noting that everyone is entitled to a reasonable amount of on-the-job socializing, or to be late once in a while, it is apparent that employees who willfully misuse their working time are, in no uncertain terms, stealing from their company.

Remember that the company that we are all working for is "your" company - the State! You are the stockholder - your dividend is in the form of lesser or greater taxes.
Fire Marshal personnel have recently completed an "upgrading" of the Hospital's fire apparatus. When the hospital received this 1968 International/Kale forestry unit was not much of a factor in fighting fires at the Hospital. But rather, by its design, was limited to brush fire and automobile fire service.

Members of the Fire Marshal's section of the Safety/Fire/Security Division, at virtually no cost to the Hospital, have recently completed a rebuild program aimed at converting this unit into a "Mini-Pumper", similar to those in use by larger city departments. Naturally, this required the assistance from other sections of the Hospital, including Plumbers, Carpenters, Painters, the Machine Shop and the Garage.

The piping has been changed to allow for a greater gallonage intake and higher pressure discharge. In addition, an electric rewind booster hose reel has been added to the top of the Fire Truck, from which it can be deployed to either side of the vehicle. This was not possible before due to rear-facing, manually wound reels, requiring a minimum of three men to deploy effectively.

Two pre-connected cross hose lays of 1½" attack line have been added, complete with the necessary plumbing, to enable either one-man or two-man advancement of these larger diameter attack lines to a fire.

Recognizing the need for volume or pressure of water streams beyond the capability of the staffing to physically carry an appliance known as a "deluge gun" has also been added. When connected and charged, this gun is of to 1000 Gallons Per source.

Additional compartment racks have been installed to facilitate the Hospital's total inventory reserve breathing apparatus tanks, which were previously kept at the Fire Station.

A 300 watt portable floodlight, complete with a power inverter as an electrical supply, has also been added.

All protective "turnout" gear, heretofore hung in the station, has been placed in new compartments, ready for quick, easy access by the Hospital Disaster Team members. Larger 2½" supply hose, previously carried in side compartments and requiring hand laying by at least 3 men, is now carried in a new, rear-discharge compartment, from which it can be laid "on the move" by the driver.

A new "high-rise pack", composed of 100 feet of 1½" lined attack hose, a variable stream nozzle and necessary wrenches, compacted into a package capable of being carried by one man into an interior upper story fire situation is also now on board. This pack can be attached to a building stand-pipe system rather than having to be fed through hundreds of feet of hose from the pumper.

A full set of forcible entry tools is carried also, and the unit is now equipped with a two-way radio.

An E.M.T. level first responder case containing emergency medical treatment supplies, burn dressings, sterile water, bandages, antiseptic creams, tape, cravats, splints, etc., has also been added and is carried along with the "Reeves" litter. This was done to eliminate the need for the same department personnel having to leave the fire scene to get these supplies from the ambulance.

In addition, the department has processed the training of four members as "first responder", through the Allentown Police Academy, and has one E.M.T.

Currently, Safety/Fire/Security Division personnel man the Hospital's ambulance on a 16 out of a 24 hour basis, to which their "first responders" respond, and are all C.P.R. certified.

In conclusion, the Division has trained approximately 60 people from various departments in all aspects of institutional fire prevention and suppression through a 24-hour institutional fire brigade course.

John McMahon, Fire Marshal
Safety and Security

P.S. If a Safety or Security Officer is required and cannot be reached on the office phone, call the hospital telephone operator.
Jean Hummel, Guardian Officer

I started my employment with the state in 1972 at Danville State Hospital in the accounting office. I transferred to Allentown State Hospital in 1976 to the purchasing office. A promotion as Fiscal Technician. Supervisor to the accounting office happened in 1979, and now in 1983 I am the Guardian Officer.

Each position has been a challenge in learning the procedures as well as learning to deal with new people. In previous jobs I had never had to deal directly with the residents - this opens up a whole new area which I have found to be "quite an experience".

My main goal as Guardian Officer will be to communicate to the rest of the institution what our office represents and why it originated. With the knowledge and abilities of my co-workers (Rose Mary Heller-Capps and Regina Anders) I'm sure we'll succeed. I thank them for their help and encouragement!

At home, I have two daughters: Debbie, 16 yrs old and Diane, 14 years old, and I must mention we have a dog Molly [I didn't tell the girls she's not really related]. I enjoy playing racquetball, reading, and being with Deb and Diane.

Brenda Minnich, Fiscal Assistant

The new but familiar face you see in Payroll is Brenda. She has been with ASH since January of 1975. She started as a ward clerk in C.B. transferring to Shettel Cottage when it opened. November of 1979 [the day after Thanksgiving] she was promoted to Clerk Typist 2 in our Pharmacy.

1979 was also the year that she started back to school - LCCC to earn her Associate Degree in Accounting. Unfortunately, she can only go part time, but she's looking forward to graduating with her degree in 1984.

Brenda is the proud mother of 4 children: Son, Keith will graduate in May from Muhlenberg with honors (Phi Beta Kappa) and will be entering Medical School in the fall; Son, Kevin is attending Vo-Tech part time studying electricity; Daughter, Karen is currently a senior at Emmaus High School and will be attending business school to study Accounting [Brenda says she's taking after her daughter]; Youngest son, Kurt is a 6th grade student at Emmaus and will be entering Junior High in fall.

Brenda's favorite family member is of course, husband Lee. Lee has been working for the Allentown Morning Call for 29 years as a Compositor.

Fraances Engle-Fiscal Assist-Supervisory

Fran started state service in November of 1959 at Retreat State Hospital. She was working in the Purchasing Dept. as a Clerk Typist 3.

In June of 1975 she transferred to Allentown State Hospital as a Clerk 2 in the Accounting Dept. Since that time she's been promoted to Clerk Typist 2 in 1976. Fiscal Assistant in 1982 and with the promotion of Mrs. Jean Hummel out of the department was promoted to Fiscal Assist-Supervisor this past March.

Fran has 1 son. Richard who graduated last year from Penn State as an Electrical Engineer. She shares her home with her mother, Lucena.

When Fran gets the opportunity she likes to cook, crotchet, or paint. And if she gets a long vacation, she loves to travel.

James Serfass, Carpenter Foreman

Jim has worked in the Carpenter Shop since 1969 with 6 yrs previous service here at ASH as an attendent (aide). He is active as a member of the Credit Committee of the ASHE Federal Credit Union.

until his recent promotion, Jim had served as President of AFSCME Local 2061.

Jim is married to Margaret Serfass, Clerk Typist 2 in Dietary.

Congratulations on your promotion, Jim.
Happy Birthday wishes to:

May 2  David Weller
16  Eleanor Miller
16  Wanda Nathan
17  Cathy Jarugin
18  Jules Budinetz
25  Hilda Sawka
25  Carol Sterner
26  Kenny Stocker

Sincere Condolences to Eugene Horvath whose uncle died on March 10th, and to Pauline Martin whose uncle died early in April. Our thoughts and prayers are with them and their families at this time.

Wedding anniversary congratulations to Barbara and Donald Leibensperger, who will celebrate 27 years of marriage on May 14th. Continued happiness to you both.

Eleanor and Charles Miller and Eleanor’s father enjoyed a week’s vacation in late March to Florida. They visited the perennial Disney World and the fabulous new EPCOT Center.

In late March through Easter, Gail and Joe Loder and their daughter Laurie visited their daughter Rhonda in Boston, Massachusetts. They enjoyed sightseeing along the historic Freedom Trail, a day in Salem, and dining out, every night in five of Boston’s finest restaurants.

On April 29th, Julio Diaz will retire from State employment after 8½ years. He’s looking forward to planned trips to Puerto Rico and Florida. He and his wife of 22 years, Senta, have 9 children: the oldest, a sophomore at United Wesleyan College and the youngest entering kindergarten this Fall.

Good luck, Julio, and have a long and happy retirement!

Gail Loder

ANSWERS TO “DO YOU REMEMBER WHEN?”

1) RV Building was built in 1915 and used as a male admissions unit. In later years, prior to the construction of Shettel Cottage, it served as a residence for children between the ages of five and twelve. It was a two-story building with a basement which contained a cafeteria. RV was torn down in November 1973. (Information provided by Nancy DeFiore and John Wachter).

2) The vegetable kitchen was in operation until 1973. That was also the year the hospital switched to tray service. Thirty patients were employed there and worked from 7AM to 3PM. Strawberries, peaches, rhubarb, asparagus, and tomatoes from the Farm Colony were cleaned and then used fresh in Dietary. Fruits and vegetables left over were frozen to be used at a later date. In addition, patients peeled hard boiled eggs and potatoes. (Information provided by Anmae Schnell).

On April 3rd, “Easter Dinner” was served in the Dietary lunch room when everyone who was working brought in a different food item. It was truly a gourmet delight.

Gail and Joe Loder recently announced the engagement of their daughter, Karen, to Timothy Furst, Housekeeping Dept., and son of Jerry and Peggy Furst. A 1985 wedding is planned. Congratulations!

MOVIE TRIVIA: Can you pick out the actress who played in the movie listed?

1. JEZEBEL
   a. Bette Davis
   b. Vivien Leigh
   c. Donna Reed

2. MARJORIE MORNINGSTAR
   a. Elizabeth Taylor
   b. Shelly Winters
   c. Natalie Wood

3. MARIE ANTOINETTE
   a. Norma Shearer
   b. Judy Holiday
   c. Celeste Holm

4. REBECCA
   a. Merle Oberson
   b. Wendy Hiller
   c. Joan Fontaine

5. MARY POPPINS
   a. Julie Andrews
   b. Patricia Neal
   c. Marsha Mason

6. THE UNSINKABLE MOLLY BROWN
   a. Barbara Streisand
   b. Debbie Reynolds
   c. Barbara Stanwyck

7. ALL ABOUT EVE
   a. Joanne Woodward
   b. Anne Baxter
   c. Eva Marie Saint

8. HELLO DOLLY
   a. Barbara Streisand
   b. Liza Minnelli
   c. Ruth Gordon

9. THE PRIME OF MISS JEAN BRODIE
   a. Claudette Colbert
   b. Maggie Smith
   c. Janet Gaynor

10. ROSEMARY’S BABY
    a. Mia Farrow
    b. Sissy Spacek
    c. Maureen O’Hara

Answers will be listed next month.
Allentown State Hospital
Resignations/Retirements for Jan. & March 1983

Mr. Robert J. Grim — Retire
Start: 12-26-72
Res: 1-7-83

Mr. James H. Schrader — Retire
Start: 1-22-62
Res: 1-7-83

Mrs. Kathleen T. Curtis — Retire
Start: 2-3-64
Res: 1-7-83

Mrs. Jacqueline Marish — Retire
Start: 3-18-68
Res: 1-7-83

Mrs. Alma C. Craig — Retire
Start: 3-13-58
Res: 1-21-83

Mr. Raymond R. Hohn — Retire
Start: 8-26-68
Res: 2-4-83

Mrs. Dorothy K. Wenhold — Retire
Start: 1-28-57
Res: 2-4-83

Ms. Pamela M. Leibig
Start: 1-2-68
Res: 2-4-83

Mrs. Nancy J. Mitchell — Retire
Start: 9-17-62
Res: 3-4-83

Rev. Everett D. Bergen — Retire
Start: 4-29-57
Res: 3-18-83

The following was copied from a recent safety publication.

While waiting in the checkout lane of a dept. store, I saw a woman grab her toddler by the arms and hoist her from the floor into her own arms. The crying child brought back an unsettling memory of an experience I had as a young mother.

It was naptime for my toddler, who was sitting in a large recliner. I reached over and took his hands and slid him to the front of the chair. No jerking, no dangling him in the air, yet he began to cry and hold his arm. I couldn't believe that I could have injured him; but by afternoon he still complained, so I took him to the doctor.

His arm was x-rayed, and to my dismay the radius bone in the arm had rolled out of place at the elbow. With gentle manipulation, the doctor rolled the bone back into place.

The doctor informed me that a small child's arms are not strong enough to hold his full body weight. He said this type of injury happens many times when a child is walking down the street with an adult who pulls on the child's arm as they step up onto curbs. I have seen many adults doing just that and worse. A child should never be pulled, jerked, pick up or swung by the arms. There is nothing fun about the pain it would cause.

---

Dr. Adriaan J. Van Gaalen, Staff Physician I, Medical Surgical

Dr. Imrich Gombar, Psychologist I
Hilltop Haven

PUZZLE #8

[1] WE NWRE
[2] R APP
[4] YETLEPTE
[5] TRED O

Fact-finder.
The Pharmacy and Therapeutics Committee, a sub-committee of the Medical staff is chaired by Joseph Ternini, M.D. Committee members include Harilal Dalsania, D.D.S., Haroun Shamai M.D., Lydia Mallare M.D., Mary Anne Kuhns R.N., Paul Roth Purchasing, Richard Raffensperger Director of the Pharmacy and Bernadette Erci, laboratory Recording Secretary.

The purpose of the committee is both educational and advisory. It engages in the objective evaluation, selection and use of drugs within the institution. The committee deals with contemporary problems in therapeutics, selecting the best therapeutic agents to be used for the management of disease and rejecting those which become obsolete. The primary objective is to promote rational drug therapy. The committee does not dictate or establish drug therapy but provides the physician with a resource list of medication to meet clinical needs, and avoids duplication. The Pharmacy and Therapeutics Committee serves as an advisory group to the Pharmacy, Medical, Nursing and Administrative staff. It deals with the evaluation, selection, procurement, control, distribution and administration of drugs and supplies issued by the pharmacy for use in the hospital. The committee assists in the formation and implementation of programs to meet the needs of the professional staff. This assures complete and current knowledge of drugs. The committee also reviews medication errors and adverse drug reactions to insure safe drug therapy. The pharmacy reports significant or unexpected adverse drug reactions to the manufacturer and to the appropriate government agency.

The communication organ of the committee is the hospital formulary. This is a continually revised compilation of pharmaceuticals and reflects the current judgment of the committee and medical staff. It serves as a guide to the dispensing, prescribing and administering of drugs.

The committee invites persons to attend its meetings who can contribute from their specialized knowledge and experience. They meet every other month in the hospital pharmacy.

Timothy Haaf

"DO YOU REMEMBER WHEN.....?"

We've added a new feature to this issue of the Stater called, "Do You Remember When...?" It's meant to be a bit of a brain teaser and also to give those employees who have worked here a number of years an opportunity to reflect back on "the good old days." So, without further ado, here's our first two offerings for your nostalgic pleasure:

1) RV Building was standing next to CB Building. What was it used for, and when was it torn down?

2) The vegetable kitchen was operating in the basement of the Main Building. What was done there, and what year did it close?

Laundry Lines

The Laundry Department would like to wish the following people a happy birthday: Nellie Engle on April 15th and Santiago Alvarado also on April 15th, and we would also like to wish the following people a happy belated wedding anniversary: Kenneth Bretz - April 6th and Bob Marlatt - April 27th.

Garry Rollins

A happy and belated 32nd wedding anniversary wish to a very special couple from a loving but forgetful daughter-in-law.

K, Gilfert., R.N.

Dona,

When shall we order shrimp again, your co-workers can't wait to savor the taste of "fresh" seafood.

Dear Credit Union Member:

Did you know that the success of the Credit Union is completely dependent upon the savings efforts of our members? Without savings we could not lend money and this defeats one of the basic purposes of all Credit Unions to make loans available at a reasonable rate.

We put every dollar you save with us to good use and in the days ahead we will take great pride in watching your account grow.

Please Note: New hours for Credit Union:
7:00 A.M. - 1:00 P.M. daily
PLEASE STOP IN
An accident in an office can be just as painful and costly as an accident in a plant. Oftentimes insurance costs, medical and hospital bills, and lost time from work are involved. Of course, to these direct costs we must add several indirect costs: disruption of work, injuries to others, property damage, and increased work load for co-workers, should the injured party miss time from work.

Falls are the most common office accident, accounting for the greatest number of disabling injuries. In fact, office workers are twice as likely to suffer falls as non-office workers.

Office safety is already a part of the daily routine of many of our employees. Since safety is everybody's business, we all should develop an interest in following safe practices both on and off the job, and in correcting unsafe conditions.

Office fires are also common. Observe strict housekeeping standards and store flammable substances in safety containers and fireproof cabinets. Matches, and smoking materials must be confined to designated smoking areas and extinguished before being discarded. Know your fire escape route and where and how to activate the fire alarm system.

Office safety is already a part of the daily routine of many of our employees. Since safety is everybody's business, we all should develop an interest in following safe practices both on and off the job, and in correcting unsafe conditions.

Howard Cosell walked into the Doctor's office with a toad on his head.

"What can I do for you?" said the Dr.

The toad answered, "Get this wart off my rear!"

A man walked into a moving firm personnel office to apply for a job.

"Can you drive a van?" they asked him.

"Yes I can," he answered.

"Can you drive the larger vans?" they asked.

"Yes, them too!" he said.

He was given his first job assignment. On the way to the delivery site he had to pass under a R.R. bridge. Thinking he could make it, he kept going only to get stuck.

Along came a cop who asked the usual question, "Are you stuck?"

"No," said the van driver. "I was delivering this bridge and forgot the address."