

HOLY CROSS HOSPITAL NEWS

VOL. 8 NO. 10

SILVER SPRING, MARYLAND

OCTOBER 1972

Pre-Natal Classes

Sessions Aid Young Parents-to-Be



Sharon Smith, R.N., Labor & Delivery, begins one of the instruction sessions for young parents-to-be in the hospital cafeteria.

"New Life in the Family" is the theme of a six-week course of instruction conducted at Holy Cross Hospital for young couples soon to become parents for the first time.

The first "graduates" of the pre-natal instruction program are 19 young area couples who met each Wednesday evening for two-hours during the past six weeks to receive instruction, counseling, guidance and advice from volunteer members of the Obstetrics Department's nursing staff.

Instruction and lectures included information about the physical and emotional changes and adjustments wives and husbands experience during the nine-month gestation period, the supportive role of the husband, the physician, and the nursing staff during labor and delivery,

and guidelines for good post-natal care for the new mother and her baby — the "new life in the family."

The program is designed to complement the work of the mother-to-be's private Obstetrician and was developed with strong support from the hospital's physicians who comprise the Department of Obstetrics/Gynecology.

Husbands who participated said the information they learned greatly reduced their apprehensions and gave them a feeling of being actively involved in the drama of bringing a new life into the world.

The husbands and wives who completed the first course and those who will start a new course in November were referred to the program by

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Bazaar Plans Announced

The annual bazaar of the Holy Cross Hospital Auxiliary will be held on Monday, November 6 from 9 a.m. until 8 p.m. in the hospital auditorium.

Featured booths will be Baked Goods, under the joint chairmanship of Mrs. Herbert Bergson and Mrs. Esther Dean; Hand Made, Mrs. M.W. Cullen; Christmas Items, Mrs. John E. Stahl; Stuffed Animals, Mrs. George Zahn; and White Elephants, Mrs. Paul F. Widmayer and Mrs. Charles Hansen. The White Elephant stand will take in the Book Stand this year, and also an innovation: a new and unused items booth which will encompass everything from waffle irons to wearables.

A drawing will be held at the close of the bazaar to award these prizes: a \$100 Savings Bond, a black enamel gold-trimmed Boston Rocker, a 19" Madame Alexander doll with high-chair, and a Rain Forest terrarium. The top prize to be awarded will be a pair of tickets on the 50 yard line for the Redskins-New York Giants football game on Sunday, November 12 at RFK Stadium.

Tickets for the drawings are now available at the Hospital Gift Shop and from members of the Auxiliary.



A check for \$4,300, proceeds of the annual Fashion Show-Luncheon sponsored by the Auxiliary, is presented to Sister Helen Marie, C.S.C., Administrator, by Mrs. Henry Baysek, General Chairman.

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their private physicians.

The course of instruction was developed cooperatively by Head Nurses and nursing staff members of the Obstetrics Department assisted by the hospital's Inservice Education Department and medical staff members. Assistance also was given by the Obstetrical Departments of Providence Hospital and Columbia Hospital for Women where similar programs are being conducted.

Between 15 and 20 nursing staff members participate actively in the program and their enthusiasm has increased as their "students" have shown interest and gratitude. Guest lecturers include representatives from the Anesthesiology and Dietary Departments of the hospital.

Besides lectures and demonstrations, the young couples have benefitted from audio-visual presentations, including slides and films. Pamphlets and books on various aspects of pre-natal and post-natal care are distributed to participants to supplement the instruction program.

The hospital's Obstetrical Service is located on the Third Floor, providing 44-patient beds and 50 bassinets. It is one of the most active OB Departments among area hospitals averaging nearly 300 deliveries a month over the past several years.



Sister Jane Ann, C.S.C., of the Inservice Education Department, Dr. Josiah Sacks, of the hospital's Medical and Dental Staff, Mrs. Mary Walker, R.N., Post-Partum Head Nurse, and Dr. Lois Lee, of the Anesthesiology Department, discuss the progress of the six-week instruction program.



Setting up models and visual aids in preparation for one of the Wednesday night classes are, left to right, Margaret Curry, R.N., Evaline Creek, R.N., Carol Graham, R.N., Sharon Smith, R.N., and Mary Lee Kane, R.N.



Discussing plans for one of the lectures are, left to right, Mary Lee Kane, R.N., Dr. Seamus Nunan, Chairman of the Department of OB/Gyn, Sharon Smith, R.N., Mary Walker, R.N., and Evaline Creek, R.N.



Chatting during a coffee break are, left to right, Barbara and Brian Bourjaily, Trudy and David Oursler, Pat Ward, R.N., Nancy Danver, R.N., and Elizabeth O'Connor, R.N.

Meet: Donna Archer. . . Your Fellow Employee

A ten minute chat with Donna Archer will give you a new appreciation of the quality the French call "joie de vivre" — the joy of living. She talks about her work and her leisure time activities with equal enthusiasm and leaves you a little breathless with the wide range of her interests.



Donna holds a Bachelor of Arts Degree in Biology from Youngstown State College and received her Certificate in Physical Therapy from Ohio State University at Columbus. Following her graduation, in June, 1971, she came to Maryland and passed the State Boards exam, thus becoming a Registered Physical Therapist.

A tall, attractive brunette, Donna's warm, friendly personality

comes through in a sparkling smile with which she greets patients, co-workers and visitors.

The eldest of three children, Donna grew up in Hubbard, Ohio, and developed an early interest in water sports, including sailing, swimming and skiing. She holds both the Senior Life Saving Certificate and the Water Safety Instructor's Certificate.

But she also enjoys tennis and bicycling and has been known on occasion to leave her VW at home and "bike" it to the hospital from her Silver Spring apartment.

As though all of these interests were not enough, Donna has taken a number of courses at the University of Maryland, including an art course she completed recently and one she is currently involved in — Horse Management.

In November, 1971, Donna came to Holy Cross for her first fulltime job as a therapist and thoroughly enjoys her work and her co-workers in the Department of Physical Medicine.

She particularly likes living in the Washington area because it offers so many advantages — zoos, art galleries, free concerts, sailing, swimming, tennis, water skiing, etc., etc.

Wagons Make Trip to X-ray, Surgery, Easier

The trip from the Pediatrics Unit to X-ray, Lab, or Operating Room has been made a little less frightening for youngsters thanks to two wagons donated recently.

The wagons, equipped with padding and seat belts, replace the traditional wheeled crib with its big siderails. One wagon is called "The Road Runner". The other is named after J. Everett Schrider, a long-time volunteer at the hospital, who assists at the Information Desk in the lobby.

When Mr. Schrider recently retired from the Office of Hospital Construction at the Veterans Administration, his co-workers donated the two wagons to the hospital in his name.



Nancy Hillock, LPN, gives Christopher A. Gutt (waving) and David H. Leith, Jr., a ride in one of the little red wagons.

Employee Christmas Ball Plans Announced

Plans for the annual Christmas Dance have been announced by Curtis Johnson, OR Orderly, who is serving as Committee Chairman.

The dance and breakfast will be held at Indian Spring Country Club on Layhill Road several miles north of the Glenmont Shopping Center.

The Medical and Dental Staff will host a cocktail hour from 8 p.m., to 9 p.m., for all employees and their spouses prior to the dance which is scheduled to start at 9 p.m. Breakfast will be served between midnight and 12:30 a.m., and the dance will end at 1 a.m.

Tickets, priced at \$12 per couple, will be on sale beginning November 6 and will be available to employees only. If employee response by November 24 does not fill the Ball Room, tickets will then be available for employees to purchase for guests.

Ticket sales representatives will be designated for each floor and on all work shifts.

New Administrative Resident Arrives

Frederick S. Gaschen, Jr., last month began a one-year administrative residency program at Holy Cross Hospital.



Mr. Gaschen is a student in the Department of Health Care Administration at George Washington University and, upon completion of his residency here, will be eligible for his Master's Degree in Health Care Administration.

A native of Philadelphia, Mr. Gaschen moved with his family to Cumberland, Rhode Island. He holds a Bachelor of Science Degree in Business Management from the University of Rhode Island.

Mr. Gaschen's hobbies include tennis, distance running, touch football and photography.

Recent Dietary Staff Changes Reported

Mrs. Julie Rao has been promoted to Administrative Dietitian. A native of China, Mrs. Rao holds a bachelor's degree from Columbia Union College and a master's degree from Rutgers University.

Mrs. Ellen Lin has been promoted to Head Therapeutic Dietitian. She holds a bachelor's degree from Winthrop College in South Carolina.

Gene Broomell has been promoted to Food Service Manager. Now

working toward a degree in Business Administration at Maryland University, he joined the dietary staff in 1963.

Mrs. Susan Hawkins joined the staff last month as a Therapeutic Dietitian. She holds a bachelor's degree from the University of Texas.

Other staff changes include: Mrs. Jean Moore, David Jacobs and John Hosinski, all promoted to Food Service Supervisors, and Mrs. Catherine Spoerlein, who joined the staff as Cafeteria Supervisor last month.



Members of the Spiritual Apostolic Subcommittee observe a closed-circuit TV broadcast. Standing, left to right are: Rev. Raymond Roderick, Glenmont United Methodist Church; The Rev. Herbert Lamb, Grace Episcopal Church; Rev. Roger Fortin, Hospital Chaplain; and Rev. Barron Maberry, St. Stephen's Lutheran Church. Seated, left to right, are Rabbi Joseph Brandriss, Har Tzeon Congregation; Sister Maurita, C.S.C.; and Mrs. Marguerite Sherman, secretary. Other members of the Subcommittee are Rev. Ross Morrison, First Baptist Church of Wheaton; Sister Suellen, C.S.C.; and Rabbi Tzvi Porath, Ohr Kodesh Congregation.

Chaplain's CORNER

Behavioral scientists consistently demonstrate that in stress situations most people seek religious help. Our patients, obviously, are no exception to this general pattern.

Because of their confinement, patients have little access to religious services — they have to make do with a visit from a clergyman or Sister.

Through the generosity of our hospital Auxiliary, we now are able to bring religious services to the patients' bedsides through closed-circuit television. Plans are now being made by the Spiritual Apostolic Subcommittee to begin televising the Catholic Mass, various Protestant services, and some Jewish services.

The equipment donated by the Auxiliary enables broadcast to all TV sets throughout the hospital on Channel 6. Initially, the equipment will be used to broadcast religious services. However, other departments will be able to prepare live telecasts or videotapes for presentation to patients or employees. Thus, it will fill a teaching function, too.

So, we extend our thanks to our dedicated Auxiliaries. Their efforts help us do a better job, one we can all be proud of — providing the best patient care we possibly can.

Father Roger Fortin, Chaplain



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