



### Note 14 years

Rural Health Corporation of Northeastern Pennsylvania will mark 14 years of service to patients in Luzerne, Wyoming and surrounding counties at its Annual Meeting scheduled for Friday, May 18 at Genetti's Motor Inn, Wilkes-Barre. The meeting will be conducted by Jewell E. Miller, outgoing president of Rural Health's Board of Directors. Featured speaker for the event will be Rev. James J. Doyle, C.S.C., Professor of Theology at King's College in Wilkes-Barre. Father Doyle is active in both the ecumenical and mental health fields. He is a board member of the Mental Health Center No. 1, Wilkes-Barre, Luzerne-Wyoming Counties Mental Health-Mental Retardation Program, Luzerne County Mental Health Association, Luzerne County Human Services Advisory Council, Hospice St. John, and Osterhout Library. The topic of his presentation will be "Bioethics - Today and Tomorrow." During the meeting Rural Health will conduct elections for officers and members of its Board of Directors. Special recognition will be paid to outgoing Board members and to those employees who have completed five and 10 years of service with the organization. Shown reviewing final arrangements for Rural Health's Annual Meeting are seated, from left, Jewell E. Miller, outgoing president, Shawn Murphy, Board member and Gifford J. Lawrence, first vice president. Standing, Thomas J. Dougherty, treasurer and Frank Bott, assistant treasurer.



### This won't hurt a bit

Susie Stine checks the blood pressure of Desbitt Moore last weekend at the Rea & Derick Drug Store, Church Street in Dallas. Desbitt was participating in the free blood pressure screening program, sponsored by the American Red Cross.

Dallas Post/Ed Campbell



### Officers installed

Shown here at the recent installation of officers of the Back Mountain Branch of the Mercy Hospital Auxiliary are, from left, seated, Mrs. John Thompson, Mrs. Howard Jones, Mrs. Albert Pesavento, Mrs. E. Crake, Mrs. James Connery, Mrs. Hillman Dress, Mrs. Edward Mushinski. Standing, Sister Miriam Ruth, RSM; Mrs. Nicholas Riggi, Sister M. Ruth Neely RSM; Mrs. Ken Matchett, Mrs. George Stozenski, Mrs. Paul Menapace, Sister Mary Colman Krise, RSM.

## Mercy Auxiliary installs officers

The Back Mountain Branch of Mercy Hospital Auxiliary's Installation Dinner was held recently at the Castle Inn, Dallas.

Invocation was given by Sr. Colman Krise RSM, administrator of the Mercy Center, Dallas. Louise Menapace give a brief history of the organization which was established April 10, 1956.

Recognition was given to the fol-

lowing charger members: Mrs. Stephen Tkach, Mrs. Paul Laux, Mrs. Paul Monahan and Mrs. Ben Banks.

Sheila Stozenski, president of the Mercy Hospital Auxiliary, Wilkes-Barre, installed the following officers for the year 1984-85: Terry Connery, president; Frances Dress, vice-president; Anna Mushinski, secretary; Jeanne Jones, treasurer; Eleanor Thompson, assistant trea-

surer; Jessica Thomas, corresponding secretary.

Anne Pesavento, vice president, made a special presentation of appreciation to outgoing president Anne Crake. Guest speaker was Sr. Miriam Ruth Brennan RSM, administrator of Mercy Hospital. Benediction was sung by Sr. Ruth Neely RSM.



### Membership show

The Art Gallery at College Misericordia will hold its annual membership show through May 25. Featuring art works in a variety of media by Gallery members, the show runs concurrently with the Art Gallery's yearly membership drive. Included in the exhibit will be a felt marker painting, foreground, by Stefanie Thiel, a junior at College Misericordia; a leather, wood and brass backgammon board, center, by Elizabeth Hibbard, communications director at College Misericordia; and a water color, right, by Lowry Puckey, a member of the Art Gallery's Advisory Board. At left is Marilyn Webster, director of the Art Gallery; at the far right is Sr. Mary Carl Kittell, RSM, assistant director.

## WVIA-TV's 'Auction 44' set to begin June 2

"Auction 44," TV 44's biggest and most exciting local entertainment extravaganza and bargain bonanza, is coming to the television screen

June 2. Viewers can bid and buy from home on merchandise and services donated by area businesses.

Volunteer go-getters and chairpersons are now calling upon businesses and individuals for donations to be auctioned during the live, eight-day TV event.

Go-getter chairperson in the Dallas area is Rose Mohen. She oversees the volunteer go-getters who are scouring the Dallas area for products and services to fill the Auction 44 warehouse. They are contacting wholesalers, retailers, artists, antique dealers and many other community merchants.

Those who donate to the auction will receive valuable on-air publicity and television exposure of their products in the 23-county Channel 44 viewing area.

Businesses and individuals who have not been yet contacted for contributions may call the Auction 44 office at WVIA in Pittston.

## HEINZ ON AGING

(EDITOR'S NOTE: Senator John Heinz, chairman of the U.S. Senate Special Committee on Aging, periodically writes a column on aging. This week's topic is "Facts You Should Know About Arthritis.")

Each year nearly 32 million Americans seek medical treatment for various arthritic conditions - treatments that may require regular dosages of aspirin or prescribed anti-inflammatory drugs, or more extreme measures aimed at repairing or replacing damaged joints, like physical therapy and surgery.

Despite the large number of arthritis victims and the 109 diagnosed forms the disease takes, doctors are still both uncertain of its causes, and a definitive cure.

What exactly is arthritis? In the broadest terms, it is any disorder that attacks the joints. For example, over 6 million Americans, primarily women aged 30 and over, suffer from rheumatoid arthritis, one of the most severe and crippling forms of the disease. It begins with inflammation of the tissue lining the joints, causing swelling and restricting motion. Fatigue, muscle stiffness and pain set in all over the body in most cases, sometimes destroying bones and cartilage. Although the cause of

the inflammation escapes us, it seems that the body's immune system turns on itself, mistakenly attempting to destroy an infection that does not exist.

The most common form of arthritis, called osteoarthritis, develops when cartilage on the ends of bones wears down with age. Ordinarily, osteoarthritis doesn't strike before age 60. It can, however, be brought on earlier in life by injury to the cartilage. The tennis elbow or football knee, for example, may become osteoarthritic, although proper exercise can postpone or prevent this from happening.

Arthritis can also be devastating, drastically changing the very lifestyles of its victims. Physically, the accompanying pain and swelling discourages movement of the joints, which may lead to atrophy and further exacerbate the disease. Many doctors report of the despair that dominates the psyches of arthritis patients who feel they have suddenly lost control over their lives.

According to Dr. Joseph A. Markenson, a New York City rheumatologist and assistant professor at Cornell University Medical College, a regimen of carefully crafted, daily exercise can help regain freedom of movement and a sense of self-confidence. Of course, you will have to consult your physician to devise a program tailored to your condition, but here are the types of exercises recommended by Dr. Markenson:

Stretching: These exercises keep the joints loose and muscles extended. Arthritic stretching exercises have been developed for all potential problem areas, including the hands, back, hips, knees, elbows, shoulders, neck and wrists.

Strengthening: These exercises are designed to improve the muscles and to take some of the strain of normal movements off the joints. They are mostly of the isometric variety which contract the muscles without moving the joints.

Hydrotherapy: This is exercise performed in water, which is efficient and soothing to the arthritic patient. Because water assumes 90 percent of the body's weight, greater freedom of movement is allowed without pain or risk of injury.

Dr. Markenson also advises the following when carrying out an arthritic regimen of exercise: Do not exercise beyond the point of pain; Do not exercise when you are stiffest; usually in the morning; Do not over-exert yourself in your daily life; Rest when tired; Keep a daily log of your progress; Avoid lifting and carrying heavy objects; Protect joints at all times—slide heavy things, carry a shoulder bag instead of a hand-held purse, avoid gravity stress.

Finally, check with your local chapter of the Arthritis Foundation for educational and self-help aids. The national chapter may be contacted by writing to 3400 Peachtree Road, NE, Atlanta, Georgia 30326.



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