

Health



Troops visits hospital

Girl Scout Junior Troop 633 of St. Paul's Lutheran Church, Shavertown, recently visited the pediatrics department at Nesbitt Memorial Hospital. Members of the troop handed out handmade Halloween favors to young patients who remained in the hospital during the Halloween season. From left, first row, Stacey Gobbler, Michelle Metzger, Mindy Henry, Kara Wojtowicz, Heather Adams, Valerie Gorda and Jennifer Krakosky. Second row, Maria Farris, Mary Ann Ochman, Karen Wisniewski, Karen Adams, troop leader; Valerie Marino, Lori Buss, Melanie Belles and Robin Dennis. Third row, Mary Ann Sutton, troop volunteer; Deborah Biago, R.N.; Fran Burkert, R.N.; Emma Belles, assistant; Jennie Metzger, assistant; and Nancy Kingsbury. All troop members are residents of Shavertown.



Nurses honored

Wilkes-Barre General Hospital's Surgical Service Department observed the Seventh Annual Operating Room Nurses Day on November 14 to recognize those who care for patients before, during and after surgery. A lobby display demonstrated OR nurse functions and surgical instruments. Pictured above are some of General Hospital's Surgical Service employees. From left, first row, Judy Maxwell, R.N., Plymouth; Alice Weaver, R.N., Tunkhannock; Rose McGovern, R.N., Hunlock Creek; Liz Jamieson, R.N., Ashley; Lucy LoBrutto, R.N., Pittston; Maureen O'Malley, R.N., Hughestown; Carolyn Brubaker, C.S.T., Dallas; Patty Sokola, R.N., Hanover Township; Janet Taabit, C.S.T., Wilkes-Barre and Lisa Zorzi, R.N., Wilkes-Barre. Second row, Lynn Carter, R.N., special project director, Penn Lake, White Haven; Frank Capalka, R.N., assistant head nurse, Swoyersville; Megan Sponseller, aide, Dallas; Diana McCorkle, R.N., Wilkes-Barre; Edwina Soreth, C.S.T., Plains; Kim Brislin, C.S.T., Ashley; Betty Jane Minella, C.S.T., Pittston; Barbara Spencer, R.N., Harding; Beverly Sharkey, R.N., West Pittston; Helen Kraynak, R.N., assistant head nurse, Edwardsville; Lois Tappan, C.S.T., Lyndwood; Lynne James, R.N., Shavertown; Ralph Sharp, C.S.T., Wilkes-Barre; Michelle Thomas, R.N., Wilkes-Barre; Janet Kupstas, R.N., Kingston; Patty Hokien, R.N., Duryea and Robert Lorah, C.R.N.A., administrative director, Kingston. Third row, David Hewitt, aide, Dallas; Chris Costa, C.S.T., Port Blanchard and Doug Madjeski, aide, Ashley.

Optometrists offer gift ideas

Children of all ages love to Christmas shop for toys and games. This year when selecting presents for the children on your Christmas list, consider giving toys and games that contribute to the child's vision development says the Pennsylvania Optometric Association (POA).

The vision skills needed during infancy and preschool years are the same skills a child will need to learn to read, to participate in sports, to learn in school, to drive a car and to perform any tasks in life. The POA offers gift ideas for babies through five months of age that help stimulate an infant's sense of light.

Those toys suggested for older age groups will help develop a child's general movement skills, including the eye-hand coordination

skills required for writing and participating in sports; shape and discrimination skills needed for reading and visualization, and visual memory skills needed for comprehension and for the ability to interpret concepts.

The POA recommends the following toys:

Birth to five months: crib mobiles, sturdy, bright, large rattles; large, bright balls; bright balls; wooden blocks; toys requiring sorting of shapes and sizes; large puzzles; riding toys pushed with the feet not pedaled.

Eighteen months to three years: toys requiring hammering of pegs; beanbag or ring-toss games; toys requiring sorting of shapes and sizes; large puzzles; wooden blocks,

toys encouraging crawling; tricycle; rocking horse, large balls.

Three years to six years: building toys with large components that

snap together; stringing beads; puzzles; chalkboard; crayons; finger paintg; modeling clay; simple

sewing cards; large balls; toys calling for matching up parts; peg board.

Protect your eyes

Anyone playing racquetball, squash, or tennis should wear eye protection, says Dr. James Tribbett, President of the Pennsylvania Optometric Association (POA).

According to POA, government figures show that several thousand Americans suffer eye injuries every year while playing raquet sports and the number is growing. Some have had potentially blinding injuries requiring surgery or laser beam treatment.

Dr. Tribbett warned that eyeglasses prescribed for everyday wear, even though they have impact-resistant lenses, do not offer sufficient protection for racquet sports. Neither do contact lenses.

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*responses to spring 1985 survey

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