

Raises

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The board approved a one-year lease of four rooms of the former Dallas Township High School to Luzerne Intermediate Unit 18 for an alternative education class for secondary students in danger of dropping out of school, for \$4,800 plus utilities and additional costs.

The district will provide lunches through its food service contractor, while I.U. 18 will supply janitorial service and transportation.

I.U. 18 has spent more than \$5,000 renovating the classrooms, which will house two classes of no

more than 15 students each, supervised by one teacher and one aide per class.

In personnel matters, the board hired Deborah Pike as a 3/4 time music teacher at the Westmoreland School and approved a list of substitute professional and non-professional personnel.

Transportation contracts for special education and private school students out of the district in the amount of \$1,139 per day for 17 routes were approved.

Flu clinic

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As for the cost, Ellen explains, "For persons with Medicare part B, the flu shots will be paid by simply showing their Medicare cards. Otherwise there is a nominal charge of only \$8....a real bargain, and no coupons needed!"

Two healthcare industry people who should know have commented further. Dr. Bernard Healey, Director Luzerne County Department of Health, says, "We are pleased that the VNA is continuing their very worthwhile program. It is the best preventative there is for protection, and many would be at risk without it...especially the elderly."

And Dr. Robert Brown, Infection Control Specialist at Wilkes-Barre General Hospital, adds, "Good idea! We recommend this kind of program, especially for anyone over 65, or for those whose immune systems may be lowered by any number of conditions, like asthma or diabetes."

Healthcare workers or anyone around children are other high risks. This program simplifies the whole problem of how to reach those persons." The flu clinic has also been called, in terms of preventing premature death for many a real "big bang for the bucks."

In fact the same thing could be said for the work of the Visiting Nurse Association. Last year their three divisions combined to serve 3,310 patients with over 71,000 visits. Everything from IV's to eye drops are provided, as often as needed, 24 hours a day, 7 days a week.

One division, called "High Intensity Care," gives skilled treatment to seriously ill homebound patients. Another called "Low Intensity Care," offers general nursing procedures for chronically ill patients who can't perform the treatments themselves, and a third division, "Supportive Care," gives a hand to frail and elderly, or convalescing patients.

Some of the costs for this work are covered by insurance, others with United Way support for eligible patients through a sliding fee scale based on monthly income.

VNA's clinic workers, and most people today, abbreviate influenza to "flu" but to our ancestors it was something quite different: "I think I got the grippel" was a common complaint to them. They knew it from the sudden chills, temperatures shooting up and their bones aching. Headaches and a dry cough came along for the ride and it usually lasted up to five days. However, in older persons, their lack of energy and fatigue would hang on for weeks.

When vaccines came into the picture the virus types, which often originate in Asia and are given names like "A/Beijing/32" quickly show their deadliness by changing enough to make a vaccine ineffective, almost like something from outer space. But just as quickly drug companies change their formulae to cope with the new virus strain.

Today, what they call "calculated estimates" forecast what strain will be active in the coming season, and, starting in January, prepare production, packing and shipping plans accordingly. They haven't been wrong yet and are not likely to be.

One thing anyone connected with a prevention program involving vaccines always tries to stress, and to kill once and for all any public misconception, is that **flu shots do not cause flu!** They cannot ever, and will not ever, cause what they are designed to prevent. Even side effects are very rare, perhaps a brief arm soreness at the most. The purity of today's vaccines is 100%.

Another question often asked is whether older people should receive flu vaccines. This matter has become less controversial than it was many years ago. If you are at special risk of a serious infection because of heart or lung disease, or if in the past you have had a prolonged bout of influenza, you should definitely receive the vaccine.

Many authorities recommend that everyone over the age of 65 be vaccinated. Since outbreaks usually occur in midwinter, the vaccine is given in the fall so that your body has time to build up resistance. Certainly the benefits of yearly vaccinations are far greater than any problems and represent a truly vast gain for very little cost.

Influenza epidemics, when many people are affected fairly rapidly at the same time, tend to peak within two to three weeks and subside within a month. We are fortunate that vaccine production, as monitored by the Center for Disease Control in Atlanta, and in collaboration with the World Health Organization, has become so sophisticated and effective.

To illustrate our good fortune, we've had no pandemics, which mean, as opposed to epidemics, over a widespread geographical area and involving an exceptional number of people. The most recent were 20 years ago and began in China. One in 1918 was responsible for an estimated 20 million deaths. If these statistics tend to scare you into getting a flu shot this fall...good!

See you at Mr. Z's.

What to do for the flu

Flu patients are not necessarily hospital patients, unless complications occur such as pneumonia. Home patient care is intended to relieve symptoms and should stress the following:

- Drink a lot of liquids. Your body requires more fluid when you have a fever.
- Use mouthwashes. Gargle with warm saline solution...make it yourself.
- Warm baths and/or heating pads will ease that aching back and those throbbing joints.
- Aspirin will help that headache. For adults, two five-grain tablets every four hours is standard treatment.
- Cut visitors down to zero.
- Dispose of tissues properly. Then wash hands to prevent virus spreading.
- Watch for any sign of another temperature rise...notify physician if this occurs.
- Return only gradually to normal activities.
- Get a flu shot!

VNA members to fight flu

Several Back Mountain members of the VNA/League for Home-Health Services, an auxiliary to the Visiting Nurse Association, recently attended an orientation to the VNA's Flu Prevention Campaign.

VNA volunteers from Dallas are VNA/League President Mariellen Mosca, JoAnn Hall, Shirley Moore, Jean Major, Eleanor Schmeiss, and Jule Wilkins. Ann Russin, VNA's Director of Education and the Flu Campaign Coordinator, is also from Dallas.

Shavertown residents who are VNA volunteers are June Baum,

Shirley Forney and Betty Killian.

Other Back Mountain volunteers are Lisa Baker of Lehman, Shirley Conyngham of Trucksville and Blanche Coslett of Hunlock Creek.

They will provide assistance at the VNA's Fight the Flu Clinics to be held at local department stores, malls, grocery stores and senior citizen centers.

For information about the times and locations of Flu Clinics for the general public, call the VNA Flu Hotline at 1-800-840-3344. The VNA is a United Way Member Agency.

Mozart Club to meet

The Fall dinner of The Mozart Club of Wilkes-Barre will be held September 19 at 5:30 p.m. at the Church of Christ Uniting, Kingston. The Quartet of The First Presbyterian Church will perform.

The members of The Quartet are Susan Kelly, soprano, Helen Ralston, alto, Dr. Alan Baker, tenor and Christopher Wilski, bass.

A member of the National Federation of Music Clubs, The Mozart Club welcomes anyone interested in club membership.

Reservations for the dinner or information concerning club membership may be obtained by calling 288-1488.

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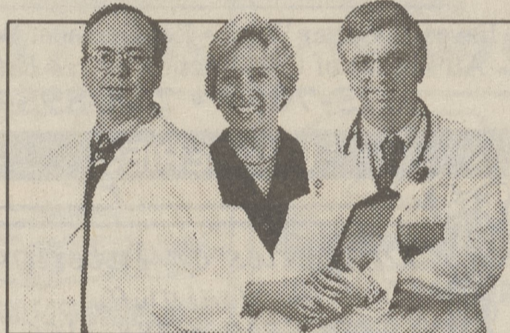
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Introducing the Mercy Family Health Center.

You are invited to visit the Mercy Family Health Center on Thursday September 29 from 3 to 6 p.m. Come out to meet our physicians and tour the facility. Free health screenings and refreshments will be available.



Dr. John Carey, Fran McGlynn, Dr. Robert Czwilina

The new Mercy Family Health Center now makes it easier than ever for residents of the greater Back Mountain area to access the exceptional quality of care for which Mercy family medicine is known.

Expansion of hours and the addition of physicians Robert Czwilina, DO, John Carey, MD, and nurse practitioner Fran

McGlynn, CRNP, combine to provide yet another means to conveniently satisfy all of your family's health care needs.

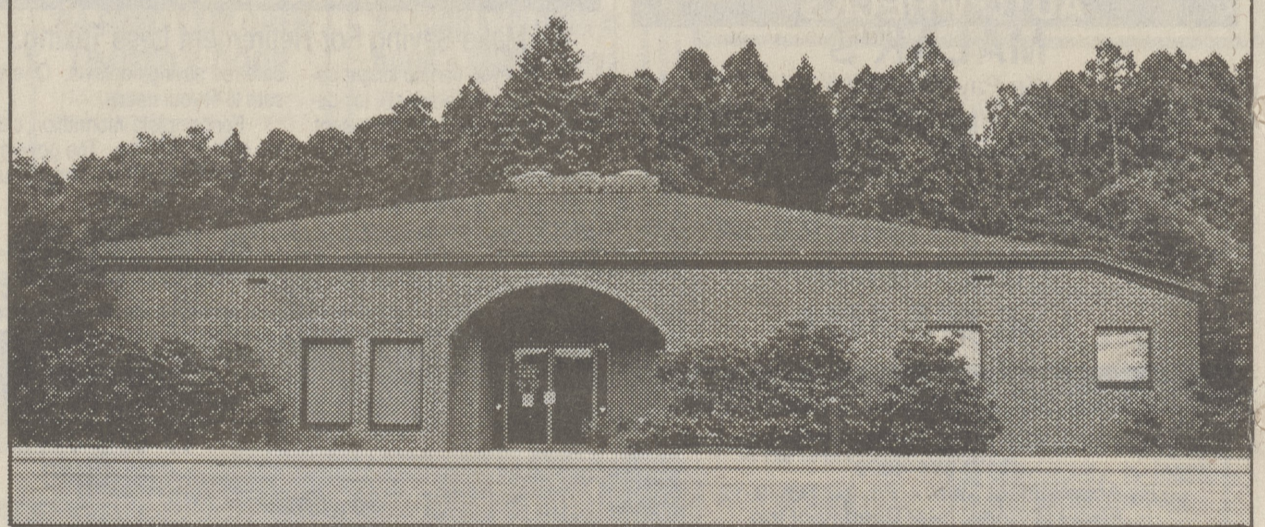
Complete X-ray and diagnostic laboratory services enhance the Center's ability to meet the majority of your family's day-to-day medical requirements—promptly and efficiently.

The Mercy Family Health Center is located at 199 Lake Street, Dallas. Appointments are available by calling 674-5325.

Other physician offices located at the Mercy Family Health Center: Vincent A. Carboni, MD, Pediatrics and Allergist; Dennis J. Gaza, MD, Internal Medicine; Joan E. Greulich, MD, Pediatrics; Clinton J. Lehman, MD, Internal Medicine.

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