Meet SLAC Medical Department

If your head is pounding or you need clearance to handle hazardous material, it may be time to visit the SLAC Medical Department, located in the A&E Building, room 137. There is an extensive menu of health services offered to SLAC employees during regular business hours.

Sharon Cone, Administrative Associate, will schedule your medical appointment, arrange for your medical records to be available, and hand you a myriad of health-related literature if you request it. Sharon can also arrange appointments for psychological and substance abuse counseling through the Employee Assistance Program. Kevin Carr, LMFCC, is on-site Tuesdays for one-on-one counseling.

Dr. Maria Lungu, M.D., M.P.H. (who is also board-certified in occupational medicine) conducts physical examinations, and occupational health nurses Gloria Labrador, R.N., C.O.H.N., Bonnie Fields, R.N., and part-time nurse Pat Spalding, R.N., handle personal health evaluations, as well as tending to allergies or minor injuries. If your job requires it (e.g., if you are in the "most exposed" to physical hazards in the workplace category as outlined in the ES&H Manual, Chapter 3), you will obtain pre-placement exams or medical surveillance. Also, be sure to call well in advance of your overseas business trip to receive relevant immunization information. Gloria and Bonnie are also part of SLAC's emergency services group that responds to 9-911 emergency calls.

Sylvia Ong is the Wellness Program Coordinator. The most popular sessions she coordinates include smoking cessation, weight management, aerobics classes, and a noon walking club. If you feel you are at risk for repetitive motion injuries, talk to Sylvia about the Ergonomics Program. Work-site ergonomic evaluations are performed by Gloria Labrador.

When should you handle injuries or illnesses yourself, and when do you call the Medical Department or 9-911? Dr. Lungu suggests that you use common sense. Administer first aid only if you have been trained to do so. Call 9-911 immediately if an accident victim could have broken bones, is unconscious or paralyzed, is bleeding excessively, or is contaminated with a hazardous substance. Above all, avoid making the injury/illness worse!

Having an on-site Medical Department specialized in occupational medicine helps to maintain high employee healthcare standards, minimizes chances for infection and medical complications from work-related injuries, and decreases the number of sick leave hours employees would need to take if they had to go off-site for basic medical services.

To contact the Medical Dept., call ext. 2281. For a life-threatening emergency, or if you are calling after hours, dial 9-911. You can also send mail to the Medical Dept. at MS 25, or email to toots@SLAC.Stanford.edu.

To keep informed about current medical topics and receive Medical Dept. information, you can read the monthly newsletter, New Options for Wellness (NOW), and check out the Dept.'s new website at: http://www.slac.stanford.edu/esh/medical/slacmed.html.

— Ann McKillop

SLAC Medical Dept. staff. Standing (l to r): Dr. Maria Lungu, Sharon Cone (receptionist), Sylvia Ong (Wellness Coordinator). Sitting (l to r): Nurses Bonnie Fields and Gloria Labrador.
Black History Month
Schedule of Events

Black History month is a festival of lectures, exhibits, historical files, and community activities that celebrate the story of the survival and continuing creativity of African-Americans. The lectures listed below will be held in the SLAC Auditorium from 12 noon to 1 pm on the date indicated.

Wednesday, February 5:
Mr. Jay T. Harris, Chairman and Publisher of the San Jose Mercury News, will kick off Black History month this year.

Other speakers who will help us celebrate Black History month are:

Wednesday, February 12:
Dr. Cheryl Shavers, General Manager of Advanced Technology Operations at Intel Corporation. Dr. Shavers was recently inducted into the International Women in Technology Hall of Fame.

Wednesday, February 26:
Colonel William "Bill" Campbell (USAF - retired), Tuskegee Airman and former commanding officer of the all-Black 99th Fighter Squadron. Colonel Campbell was the first Black airman to fly a combat mission in World War II.

The Black Association of SLAC Employees (BASE) invites you to come and enjoy these interesting and varied speakers as we celebrate Black History month.

—Al Ashley

Chuck Fruedenthal Retires

You may not know him, but he certainly knows who you are. For the past 24 years, Chuck Freudenthal has quietly processed SLAC's dosimeter badges. Chuck was first hired at SLAC in 1968 as a scanner, or data analyst. He quickly moved to the position of radiation survey technician, and then to dosimetry technician.

Chuck estimates that he has read approximately 100,000 dosimeter badges during his tenure at SLAC. That adds up to 200,000 thermoluminescent LiF disks—each manually read by Chuck. He has seen the quarterly dosimeter population grow from 250 dosimeters per quarter to over 650 dosimeters a quarter.

In retirement, Chuck plans to travel and pursue his interests in photography and astronomy. He also plans to continue his studies in number and Galois theory, relativistic and quantum philosophy.

— Roxanne Jones

10 Year Service Awards

Thirteen SLAC staff members celebrated 10 years of service in December. A reception was held for them in the cafeteria with snacks and champagne. Each awardee received a 10-year pin from Stanford and a watch from SLAC, along with words of praise from SLAC Director Burton Richter.

The honored employees were: Terry Anderson; John Arthur; Sean Brennan; Pisin Chen; Jonathan Dunn; Kenneth Fairfield; Sharon Haynes; Mark Hoyt; Thomas Neal; Edward Norwood; Morris Swartz; Carol Tam; and Nadine Wright.

Welcome Guests and New Employees

The following people joined SLAC through mid-January:

Yuriy Besov, Klystron; Cameron Booth, Information Services; Christopher Chaput, Experimental Group EK; Xinh Huynh, SLD; Gino Isidori, Theory; Gregory LeBlanc, SSRL; Mark Long, Information Services; Timothy McPhillips, SRL; Gerald Miller, Theory; Claudio Pellegrini, SSRL; Rodney Reape, Information Services; Christopher Road, Experimental Group C; Vladimir Savinov, Experimental Group E; Yong Sun, ARD-A; Julia Thom, SLD; and, Dorian West, A/D Maintenance Support.

Work Safe, Work Smart

As of January 14, there were 51 calendar days that elapsed without a lost time incident being filed, according to Sharon Haynes, the Workers’ Compensation Coordinator.
SLAC Holiday Party

SLAC celebrated the holidays with a luncheon held December 19th. There were over a thousand people in attendance, and the cafeteria catered the event. In addition to the party, SLAC once again held a food drive and collected 972 pounds of canned goods for the Second Harvest Food Bank, as well as many toys for the Red Cross.

Photos: P.A. Moore
Mary Ross of ES&H’s PPO Department has been working on plans for a child care center here at SLAC for several years now. She is doing her best to make sure there will be full enrollment in the center, if and when it is built. She is shown here with sons (l to r) Gabriel and Miles. Gabriel was born on November 8, 1996. He weighed 8 lbs. 13 oz., and was 20.5 inches long at birth.

FYI...

RIDES for Bay Area Commuters has announced WEB access at www.rides.org. This on-line service can help you get to work faster, easier, cheaper, and with less impact on the environment. Try the free Matchlist to start carpooling or vanpooling to SLAC.

Advance vacation check? You can receive early payment of any regular paycheck that would normally be issued during your vacation leave. Recent experience shows that you need to make sure that your request for an early paycheck was actually received in Personnel. Make sure that your “Application for Advance Vacation Pay” is handed to someone in Employee Relations or Personnel to help assure that your check will be waiting for you prior to your vacation.

Take Our Children to Work Day. On April 24th, we will have the opportunity to invite girls and boys, between the ages of 9 and 15 years old, to come to SLAC with their parents or guardians. If you wish to volunteer to work on this event or to get a meeting schedule, please contact Jan Crehore at ext. 2336 (email: crehore@slac.stanford.edu).

Dates to Remember...

Feb. 4 Noon  Stanford String Quartet Recital (Auditorium)
Feb. 5 Noon  Black History Month Kickoff Speaker Jay T. Harris (Auditorium)
Feb. 11 9am-4pm  SLAC VM Phaseout Fair (Auditorium/Breezeway)
Feb. 12 Noon  Black History Month Speaker Dr. Cheryl Shaver (Auditorium)
Feb. 26 Noon  Black History Month Speaker Col. Wm Campbell (Auditorium)

(For complete listing, visit http://www.slac.stanford.edu/grp/pao/event.html on the web)