

# Pulse

The Newsletter of the Health Sciences Library Association of New Jersey - Spring/Fall 1997 - Number 41

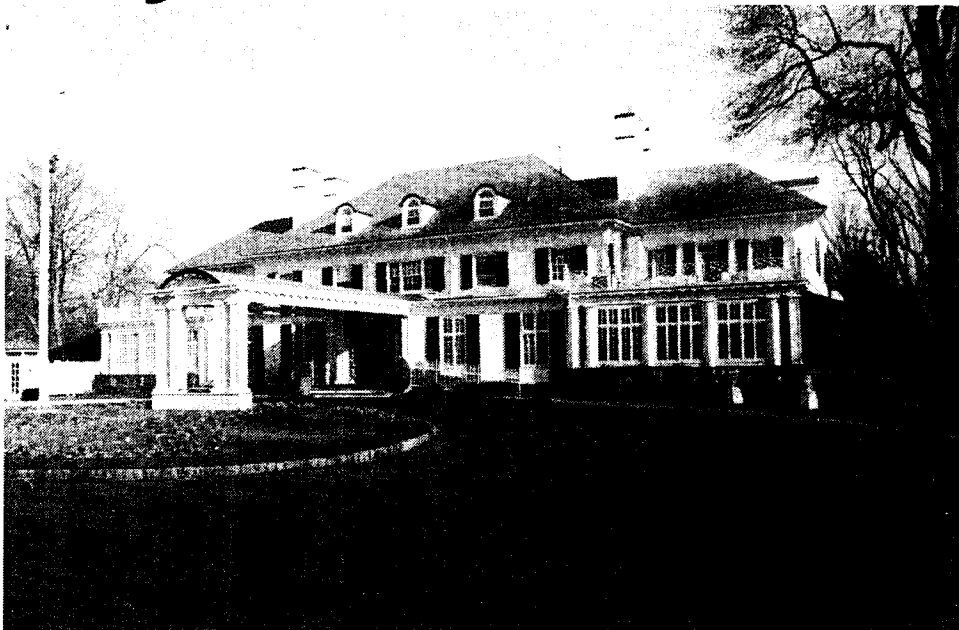
## HSLANJ Turns 25!

By Robb Mackes  
Elizabeth General  
Medical Center

On Friday, April 4, 1997, the Health Sciences Library Association of New Jersey celebrated its 25th Anniversary. Over 90 people, both current and retired members of HSLANJ, attended the gala celebration held at the Shadowbrook Inn, Shrewsbury, NJ. The day was chock-full of activities including key-note speaker, Dr. Yvonne S. Thornton, Director of the Perinatal Diagnostic Testing Center at Morristown Memorial Hospital and author of *The Ditchdigger's Daughters*.

Dr. Thornton spoke of her life growing up as a child in Long Branch, and of how her father expected nothing less than perfection from all his daughters. She told of her father building their home himself, and of the career she and her sisters had as singers. Thornton's father's one wish was to see all of his daughters become doctors. And they all did.

The HSLANJ Business meeting included Juliette Ratner reading the official proclamation from Governor Whitman and a slide show on the history of the Shadowbrook, presented by



Shadowbrook Inn, Shrewsbury, site of HSLANJ's 25th Anniversary Celebration in April.

Photo by Robb Mackes

Cheryl Newman. Kathy Moeller and Barbara Reich debuted the new HSLANJ Web Site (<http://www.njcommunity.org/hslanj>). The web page includes information about HSLANJ, as well as health information for consumers and librarians alike. Louise Yorke announced HSLANJ's new toll-free information number (888-4-HSLANJ). The toll-free telephone number serves as the primary link for people who wish to find out more about HSLANJ, as well as for members to find out whether or not a January meeting has been cancelled due to bad weather before they make the trip to Princeton.

Several people had posters available during the day. Mary K. Joyce, Morristown Memorial Hospital presented information about their new Consumer Health Library. Robb Mackes, Warren Hospital, presented a poster called, "Information Management, Warren Hospital Style," detailing how Warren Hospital's information management plan was created. Cathy Boss, Elizabeth General Medical Center, presented a poster called "The Small Hospital Library and the CQI Process," sharing her ideas for continuing quality improvement. And finally, the HSLANJ/NJLA AIDS Task Force presented their travel-

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# ***Pulse* - The Newsletter of the Health Sciences Library Association of New Jersey**

Spring/Fall 1997 - Number 41

**Editor:**

Robert T. Mackes, MLS  
Elizabeth General Medical Center

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Printed by Graphic Action Center,  
Phillipsburg, NJ.

## **A Message from your former President**

**By Claudia Allocco  
Valley Hospital**

It has truly been an honor and a privilege to serve as your President this past year. There are many dynamic and enthusiastic people in this association who give a lot of their time and commitment to HSLANJ. I would like to thank all of you for your dedication and service.

Our association exemplifies the meaning of teamwork. Please make an effort to get involved in HSLANJ activities and volunteer for a committee that is of interest to you. The rewards are most gratifying.

This year, 1997, marked the 25<sup>th</sup> Anniversary of HSLANJ. Our theme says it all: "Health Sciences Librarianship: Excellence in Patient Care, Research, Education, and Consumer Health." With our theme always in mind and in action, let us forge ahead to the 21<sup>st</sup> century with the spirit of "excellence" as healthcare professionals.

We can look forward in 1997/98 to exciting projects and programs under the devoted leadership of Janice Skica, our new president.

My presidency has truly been an exciting and memorable experience. "Thanks for the memories."

Claudia Allocco  
HSLANJ President, 1996-97

## **Questionnaires**

Several weeks ago, members received a mailing which contained two questionnaires: one was a HSLANJ Membership Questionnaire and the other was the nomination information for the New Jersey Health Sciences Librarian and New Jersey Healthcare Administrator of the year awards. They are now due!

Please complete the Membership Questionnaire and return it to Barbara Miller at Cooper Hospital-University Medical Center in Camden as soon as possible.

The Librarian and Administrator of the Year forms need to be returned to Joann Mehalick at St. Michael's in Newark as soon as possible.

Thank you!

## "Committed to Change, Ready for the Challenge!" MLA '97, May 24-28, 1997, Seattle, Washington

By JoAn Petersen  
St. Elizabeth Hospital

The "Emerald City" proved an awesome location for this year's Medical Library Association Annual Convention. With a relaxed atmosphere including "Seattle Tuxedos," gorgeous harbor and mountain vistas, turn of the century and modern architecture intermingled with small garden patios, and attraction such as the Pioneer Square historical district, Pike Place Market with its fresh flowers and seafood, the Space Needle, the Monorail, and Tillicum Village, decisions about what to do in your "spare" time were a challenge. Of course, you could always decide to "work" overtime and visit such places as Planetree or Microsoft. Throughout, though, coffee lovers learned a new meaning for the term "coffee break" after consuming the finest coffees Seattle had to offer. And let's not forget about the smoked salmon! This is truly a delight worth writing home about! If you weren't able to attend the convention, plan to tour this fabulous city soon.

Spacious accommodations were utilized for the meetings in the Washington State Convention Center. HSLANJ was well represented, and members were actively involved in presentations. During the Hospital Libraries Section business meeting, Kathy Moeller and Barbara Reich were awarded the HLS award for Technological Innovation for the construction of the extremely useful HSLANJ Web Page. Robb



Some HSLANJ Members attending MLA Conference in Seattle, WA, include (l to r) Chris Connor, Pat Regenberg, Cathy Boss, Kathy Lindner, Michelle Volesko, Cathy Weglarz, Nancy Calabretta, Doris Eaton, Barbara Miller, JoAn Petersen, Lena Feld, Micki McIntyre, Robb Mackes, Barbara Reich, Duressa Pujat, Kerry O'Rourke, and Jan Hudgens. (Some members not present for photo.)

Photo by Karen M. Zundel

Mackes was awarded the HLS Publication Award for his work on this newsletter, *Pulse*. Mackes also awarded a certificate of merit from the MLA Lesbian, Gay, Bisexual Health Sciences Librarians Special Interest Group for arranging and moderating the SIG's program, "Changing Our Minds: the Destigmatization of Lesbian, Gay, and Other Populations," featuring neurobiologist Simon LeVay.

HSLANJ members presenting posters include: Laura Mayer, Kerry O'Rourke, and Cathy Weglarz, of UMDNJ, "The Silent Majority: Communication with OVID users through and electronic survey;" Micki McIntyre and Janice Skica of UMDNJ, "Medical Students and Computers: how do they relate? The UMDNJ-SOM experience;" Su-

san Cavanaugh, Randy Brenner, Nancy Calabretta, and Barbara Miller, of UMDNJ, "Knowledge-Based Information: meeting the JCAHO Information Management standards;" and Cathy Boss, Jersey Shore Medical Center, "The Small Hospital Library and the CQI Process." Congratulations to all recipients and presenters! HSLANJ is so proud of the fine work you have done!

So many worthwhile activities took place during MLA than could possibly be touched in this brief account. However, you can find out more about it from a colleague who attended! HSLANJ members in attendance: Laura Barrett, Victor Basile, Cathy Boss, Susan Cleveland, Chris Connor, Doris Eaton, Zana Etter, Joan Fierberg, Lydia

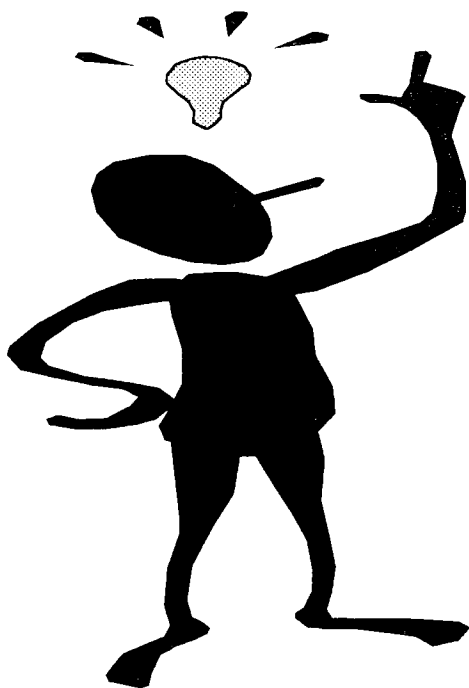
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# Reference and Research "Gems and Jewels"

By Larry Dormer  
Hackensack University  
Medical Center

The two "Gems and Jewels" highlighted in this issue are: **The Highlands Regional Library Cooperative Reference Help Service 1-800-INFO-434**, and the **Rutgers Citation/Location Center, Rutgers University Libraries 1-800-874-0067**.

The Highlands RLC Reference Help Service serves member libraries in the New Jersey Library Network (counties of Bergen, Hunterdon, Morris, Passaic, Somerset, Sussex, and Warren). When you call, you are connected to either the Morris County Library or Wayne Public Library, who service the calls. I have found them to be particularly helpful when trying to serve information needs of such departments like finance, administration, or human resources



where information tools needed are outside the scope of our collection. They will fax materials to you, or send via Comet. Some particular requests they have helped me with are: a staff member in human resources wanted a clear definition of ERISA and its provisions (the reference help center sent me a two page description with provisions from Encyclopedia Britannica), someone from human resources wanted information on the family leave act, federal regulations versus New Jersey statutes (the reference center sent me a copy of the NJ Statutes and federal regulations and an article from a NJ publication describing and contrasting both), our finance dept. was looking to see what the Americans with Disabilities Act provisions stipulate (if anything), for an employee with a chronic condition such as asthma, lyme disease (the reference center sent a copy of the provisions, and an article describing implications to employers for employees with various chronic conditions).

The Citation/Location Center is very helpful when you have only a partial citation - which can often be incorrect. They will take whatever information you can give them and with the help of their bibliographic utilities, try to find the correct citation for you (and where you might be able to get the item in question, where indicated). I call them my "Poirot detective resource when all else

fails." Recently I had a physician who was urgently looking for a publication called "Laparoscopic Drill, An Objective Measure of Individual Ability," by Henry Laws, published by University of Alabama, Birmingham. I checked all resources available to me, without any luck. I turned to the Citation/Location Center, not being very optimistic they could find it. They not only found it, they had a copy sent from the publishers office. They are a terrific resource available to us. Since I became aware of their service, I keep their 1-800 nearby on my bulletin board.

Reference and Research "Gems and Jewels" is a new column which will appear in each issue. Its purpose is to identify information resources which members have found to be "their resource gems and jewels," particular favorites which have proved to be consistently helpful in answering tough reference and research requests, or for answering queries with resources which are not in our collections. We all have our particular favorites. They can be print sources, referral centers, web sites, databases etc. Please send them to me so we can share them with our members.

*(Ed Note: Larry can be reached at Hackensack University Medical Center, 30 Prospect Avenue, Hackensack, NJ 07601. 201-996-2326)*

# In Memoriam: Elizabeth McMullen, 1914-1997

By Nancey Ryder-Cunningham  
UMDNJ-George F Smith  
Library

Mrs. Elizabeth McMullen, former manager of the Medical Library at St. Peter's Medical Center, New Brunswick, and first president of HSLANJ, passed away on January 21, 1997, in Salt Lake City, UT. She was also a very active member of the Medical Library Association, the New York/New Jersey Chapter of MLA, as well as one of the most influential professional medical librarians in the state.

Born in Oklahoma City, OK, she lived in Eau Claire, WI, and Somerset, NJ, before moving to Salt Lake City in 1988. She was graduated from Park College, Parkville, MO, in 1936, and completed her master's degree in Mathematics at Columbia University in 1941. She earned her MLS from Rutgers University in 1965.

McMullen served as mentor to scores of librarians and library paraprofessionals during her tenure at St. Peter's, and many people in the New Jersey library community can trace their beginnings to her influence. Due to the proximity of St. Peter's to the Library School at Rutgers University (3 blocks), McMullen served as mentor to many interns who were completing their degrees, and even offered housing to many a library student in her home. To the Library Committee at St. Peter's, she was part mother and part fast-talking manager, baking brownies and cutting up vegeta-

bles for their meetings, while managing to push through her agendas in her characteristic high-speed Oklahoma twang. She convinced the medical staff to donate enormous amounts of money to the library as part of their dues, and initiated joint sharing programs with Middlesex Hospital Library (now Robert Wood Johnson) and Muhlenberg Hospital. During her tenure, the library grew by leaps and bounds, and was an example for many other hospital libraries.

She gave in-depth library orientations to residents and nursing school students, trying to put "everything-you've-ever-wanted-to-know-about-medical-libraries-but-were-afraid-to-ask" into the presentations. I can still see the overwhelmed expressions on their faces, trying to keep up with her high-speed delivery. When I began my own adventure as one of her assistants in 1977, I'm sure I had the same look on my face!

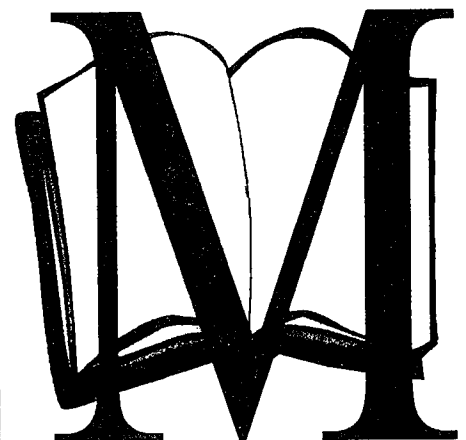
Mrs. McMullen was never afraid to tell people how she felt, sometimes ruffling feathers, but she bent over backwards to serve her library clientele. Since the Medical Library purchased and processed books and journals for all hospital departments, it was not unusual to see this tiny gray haired lady speeding by with her nurses shoes on encumbered by departmental books and catalog cards. She personally delivered every book purchased by physicians, and frequently hand-delivered photocopies they requested as well. Certainly, McMullen embodied the old fashioned per-

sonal service librarian that few of us have the time (or probably the energy) to emulate today. The list of librarians she influenced is endless, and her contributions earned her a special place in the history of early medical librarians in our region.

After her retirement, she remained in New Jersey for several years, but the effects of Alzheimer's Disease were beginning to take their toll. In 1988, she moved to Utah to be near her daughter and eventually to a nursing home where she died after a bout with pneumonia.

Her husband, Eldon, died in 1963. She is survived by three children, Wallace of Jefferson City, MO, Kelly Andre of Phoenix, AZ, and Monique of Salt Lake City. She is also survived by four grandchildren. In her final donation to medical research, she willed her body to the University of Utah Medical School.

Memorial Contributions may be made to the Alzheimer's Association, NJ Chapter, 12 Roszel Road, Princeton, NJ 08540.



# Kudos!

**Cathy Boss**, formerly Director of Library Services, Schlichter Library, Elizabeth General Medical Center, Elizabeth, NJ, has accepted a new position as Director of Library Services, Jersey Shore Medical Center, Neptune, NJ. Boss assumed the role in early June after serving nearly 25 years at Elizabeth General Medical Center.

**Doris Eaton**, formerly of Union Hospital, Union, NJ, has accepted a new position as Director of Library Services for Merck Managed Care, Montvale, NJ.

**Lena F. Feld**, Medical Librarian, JFK Medical Center, Edison, NJ. Feld was thanked for her "skilled assistance in researching the relevant literature" in an article written by a physician on staff at JFK. The article, Suppression of Vestibular Nystagmus by Forced Convergence in Normal Human Subjects, is published in *Journal of Pediatric and Ophthalmologic Strabismus*, 1997; 34(1):52-7.

**Carolyn (Hezekiah) Hoitela**, formerly of Johnson Memorial Library, New Jersey Hospital Association, Princeton, NJ, has accepted a new position as Research Librarian at The Peer Review Organization of New Jersey, East Brunswick, NJ.

**Robb Mackes**, formerly of Warren Hospital, Phillipsburg, NJ, has accepted a new position as Director of Library Services, Schlichter Library, Elizabeth General Medical Center, Elizabeth, NJ.

**Jackie Mardikian**, Medical Sciences Resource Librarian and Head, Access Services, Rutgers University Library of Science and Medicine, who was granted tenure at the University. Says Mardikian, "I could not have done it without the support and encouragement of all the wonderful health sciences librarians in New Jersey."

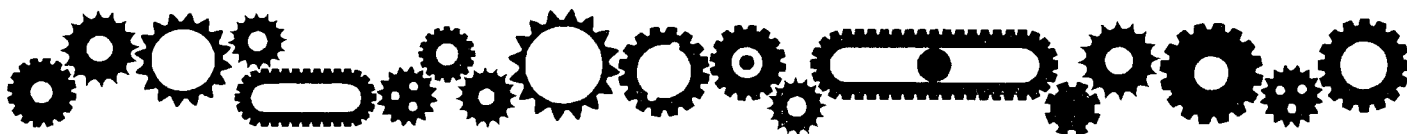
**Fred Pachman**, Library Director, Monmouth Medical Center, Long Branch, NJ. Pachman is listed in the 26<sup>th</sup> edition of *Who's Who in the East*. Pachman will also be listed in the 15<sup>th</sup> edition of *Who's Who in the World*, and the 52<sup>nd</sup> edition of *Who's Who in America*.

**JoAn C. Petersen**, formerly of St. Elizabeth Hospital, Elizabeth, NJ, has accepted a new position as Director of Library Services at Union Hospital, Union, NJ.

**Pat Regenberg**, Library Manager, Mountainside Hospital and Medical Center, Montclair. NAHSL (North Atlantic Health Sciences Librarians) chose Regenberg to speak as part of a panel at their conference this coming fall in Burlington, VT. Her topic: "The Impact of Technology on Interlibrary Loan."

**Juliette Ratner**, Librarian, Mountainside Hospital School of Nursing, Montclair. Ratner wrote a chapter that appears in *Guide for the Development and Management of Nursing Libraries and Information Resources* (NLN Press, c1997). The chapter, called Information and Educational Services, was co-written by former HSLANJ Member **Jacqueline Picciano** and Madeline Turkeltaub.

**Michelle Volesko**, Director of Library and Corporate Information Services, New Jersey Hospital Association, was appointed to the Medical Library Association 1999 National Program Committee.



# BHSL: The First 10 Years

By **Pat Regenberg**  
**Mountainside Hospital**

BHSL, the Basic Health Health Sciences Library Network, was established in June 1986 with 132 charter members from three states in Region 1. A lot has happened in the ten intervening years, and BHSL has emerged as one of the nation's largest interlibrary loan networks, operating independently of the regional interlibrary loan program and any federal or state funding.

BHSL grew out of the concurrent networking activities occurring in New Jersey, New York, and Pennsylvania in the early 1980's. The charter members were the Health Sciences Library Association of New Jersey (HSLANJ), the Brooklyn, Queens, Staten Island Consortium (BQSI), the Medical and Scientific Libraries of Long Island (MEDLI), and the Consortium for Health Information and Library Services (CHI). The members of the network today comprise more than 475 libraries from 29 consortia from all 10 northeastern states.

The BHSL Network is unique in many ways, most importantly is the willingness and spirit of cooperation among its members. We have had some growing pains and problems, but have faced them with an earnest desire to learn from them and go forward stronger and more responsive to the needs of our members. I know from the experience of the Mountainside Hospital library that turnaround

time is swift and members are always willing to fax the articles needed the same day. The cost savings to network members has always been the most significant benefit of membership. The savings for 1995, figured at \$10.00 per loan, is a whopping \$790,000 across the network! These loans are provided reciprocally among BHSL members, which would otherwise have cost when provided by area or resource libraries.

Another important factor in the development of BHSL has been the responsiveness of the folks who produce the Union Catalog of Medical Periodicals (UCMP). They listen to our needs and have been able to come up with solutions. Those of you who have been members since the beginning remember the days when you have to search through all the holders of a title to discover which BHSL library held the title. In 1989, UCMP added the asterisk as the unique identifier for BHSL libraries. In 1995, UCMP added a field for hierarchical levels, so members no longer need to search the paper hierarchies to identify the library levels.

A future development will come along with UCMP Online. Members will use this in conjunction with QuickDoc, and will have the ability to input all BHSL libraries in a method similar to DOCLINE® routing. UCMP Online will know which libraries you need to access first and, unlike DOCLINE®, will utilize ALL BHSL libraries. If you have input as to ways BHSL can improve,

we would love to hear from you! You may contact me or your consortium coordinator. It is hoped that BHSL will continue to succeed in maximizing resources for its members with dramatic cost savings, so important in the world of managed care.

## Phone Number and Area Code Changes for New Jersey

UMDNJ-SOM, Stratford, has a new fax number: (609) 566-6380

UMDNJ, Newark, has a new area code AND exchange. The new area code is 973 and the exchange is 972. Please change your speed dial memory (electronic or finger) accordingly.

UMDNJ isn't alone in getting a new area code. Most of Northeastern and Central New Jersey have gotten new area codes. The 201 and 908 area codes were each split into new codes: the 201 area code was divided into 201 and 973. The 908 area code was divided into 908 and 732. A new issue of the HSLANJ Membership Directory will appear soon on your desktops. All changes have been made where necessary.

# Hospitality Corner

By Vicki Sciuk  
Overlook Hospital

The Hospitality Committee contacts and welcomes new members, answering their questions about HSLANJ and NJHSN, letting them know about our Continuing Education programs, and introducing them at meetings. The current committee members are: Lena Feld, JFK Medical Center; Janice B. Harrell, St. Francis School of Nursing; Mary K. Joyce, Morristown Memorial Hospital; Barbara Reich, Hospital Center at Orange; and Lia Sabbagh, Englewood Hospital.

These are some new people who have joined HSLANJ in the past year. Please welcome them! If I've missed anyone, please contact Vicki Sciuk, Overlook Hospital, (908) 522-2699.



**Kevin R. Block**, University of Medicine and Dentistry, Stratford - Kevin has been working full-time in the Serials Department at UMDNJ for eight years, but a few years ago, he decided to also go to graduate school part-time. He's currently taking classes at Drexel University, Philadelphia, PA, and hopes to complete his MLS in 1998.



**Wumin Si**, St. Peter's Medical Center, New Brunswick - Wumin formerly held a paraprofessional position in MIT's business library for two years, then took a little time off to have two children. She then went to Rutgers University and got her MLS in 1994. She's been working as a librarian at St. Peter's since then, and became Manager of Library Services in July 1996.



## Sensakovic

(Continued from Page 10)

Dr. Sensakovic has also recently been recognized as one of the top five infectious disease physicians in New Jersey. He is a Professor of Medicine and Infectious Disease at Seton Hall University as well as an Associate Dean of Clinical Affairs.

## Committed to Change, Ready for the Challenge: MLA '97

(Continued from page 3)

Friedman, Robb Mackes, Catherine Marchok, Jackie Mardikian, Micki McIntyre, Joann Mehalick, Barbara Miller, Kathy Moeller, Cheryl Newman, Fred Pachman, JoAn Petersen, Duressa Pujat, Pat Regenber, Barbara Reich, Reina Reisler, Michelle Volesko, and Cathy Weglarz.

HSLANJ members serving MLA on the national level during 1996/97 are: Kerry O'Rourke, NY/NJ Chapter Council Representative; Laura Barrett, Educational Media and Technologies Section Council Representative and Government

Relations Committee Liaison; Michelle Volesko, 1999 Program Committee; Pat Regenber, Government Relations - NJ; and Fred Pachman, History of the HLS and Secretary/Treasurer. At the National Convention, the commitment to excellence is palpable and motivational, and is only made possible by the contributions of people like you who go the extra mile in sharing time and talents.

If you were unable to attend the convention, audio tapes are available by calling Audio Transcripts at 800-338-2111.

## HSLANJ Turns 25!

(Continued from page 1)

ing poster, "New Jersians Respond to the Challenge of HIV/AIDS."

The Public Relations Committee also displayed two posters. One poster detailed the history of HSLANJ, from it's first meeting through present times, including major accomplishments like BHSL. The other poster was a memoriam to Mary Anne Toner, President of HSLANJ in 1994-1995, who passed away in May 1995.

Another highlight was a membership slide show put together by Duressa Pujat. Duressa dug through the Archives looking for photos, and had members dig through their scrap books at home for pictures



Rosary Gilheany, Jackie Picciano, and Cheryl Newman visit outside the Shadowbrook Inn at HSLANJ's 25th Anniversary.

Photo by Robb Mackes

of members from meetings and conferences over the years.

During the luncheon, awards were presented to the NJ Health Sciences Librarian of the Year and the NJ Healthcare Adminis-

trator of the year.

The day ended with four tributes. Michelle Volesko gave an eloquent toast to members for the continued success of HSLANJ. Catherine Marchok read a moving tribute to her friend and colleague, Mary Anne Toner. Ann Vreeland Watkins read a tribute to her friend and colleague, Elizabeth McMullen (see related story, page 5). And Claudia Allocco paid tribute to members who retired during the previous year. They included Valentine Allen, Betty Garrison, Mary Scanlon, and Janice Sweeton.

In all, the day of celebration was a huge success. The weather was beautiful. The surroundings and atmosphere were magnificent. New Jersey's Health Sciences Librarians took the day to celebrate and appreciate themselves. "Health Sciences Librarianship: Excellence in Patient Care, Research, Education, and Consumer Health."

## Chapter Council Sharing Roundtables Scheduled for Philadelphia

By Karen M. Zundel  
McKeesport Hospital  
1998 Roundtables Co-Chair

This year's Chapter Council Sharing Roundtables are scheduled from Noon to 2:00 PM on Sunday, May 24, 1998, in Philadelphia. If you are not familiar with this annual event, the Roundtables Event is a time for Chapter members to meet informally to share experiences and expertise on a variety of topics. Chapter offices, committee members and newsletter editors are especially encouraged to attend, but all MLA members are most

welcome. If you are interested in attending the Roundtables event, you must register in advance on the MLA Annual Conference Registration Form. Please see the Preliminary Program for more details. Also, please see the October 1997 *MLA News* for highlights from the 1997 Roundtables. For more information, please contact Karen M. Zundel, Health Services Library, McKeesport Hospital, 1500 Fifth Ave, McKeesport, PA 15132, phone: 412-664-2363; fax: 412-664-2581; or email: mckmedlib@hslc.org

# Mary Scanlon: Librarian of the Year!

By Duressa Pujat

Hackensack University Medical Center

Mary R. Scanlon, MLS, AHIP, who recently retired from her position as Director of Library Services for the Robert Wood Johnson Library of the Health Sciences in New Brunswick, NJ, received HSLANJ's New Jersey Health Sciences Librarian of the Year award. The award was presented at HSLANJ's 25th anniversary celebration held at the Shadowbrook Inn, Shrewsbury, NJ, on Friday, April 4th. She served as director of the library since it was founded in 1982 and retired last December.

She was recognized for her leadership role in HSLANJ and for her contribution to health sciences librarianship. She was the president of HSLANJ in 1990-91 and has served on numerous committees within the organization. She has been active in the Medical Library Association and has presented papers at national conferences. In her presentation, Patricia Regenberg, MLS, AHIP, Library Director at Mountainside Hospital in Montvale, NJ, noted that Scanlon's library was a testimony to her keeping abreast of new developments in the health sciences librarianship. Regenberg also said that not only had Scanlon served her mentor, but she has also served as a mentor to many librarians in New Jersey.

Scanlon resides in Somerset, NJ, and is a Distinguished Member of the Medical Library Association's Academy of Health Information Professionals.

# Dr. John W. Sensakovic: Administrator of the Year!

By Duressa Pujat

Hackensack University Medical Center

John W. Sensakovic, MD, Ph.D., Corporate Director of Medical Education, St. Michael's Medical Center, Newark, NJ, received HSLANJ's New Jersey Healthcare Administrator of the Year award. The award was presented at HSLANJ's 25th anniversary celebration held at the Shadowbrook Inn, Shrewsbury, NJ, on Friday, April 4th.

In her presentation, Joann Mehalick, Library Director for St. Michael's, noted many of Sensakovic's numerous achievements in promoting the library and library services. "Dr. Sensakovic is the best advocate of information services that anyone could ask for. He is proud of the Library Resource Information Center and always includes us in hospital tours for accrediting agencies," Mehalick said. Mehalick went on to say that Sensakovic always introduces her to visitors and comments on the level of service and the importance of the library to hospital services and educational programs. He is also responsible for the extensive upgrading of the systems in the library and the upgrading of the position of the library staff. He has also accomplished the "almost impossible task of getting additional space allocated to create a video viewing area, a small community resource room, and much needed storage space," she said. "In my twenty years of experience with administrators," she said, "I have never had the cooperation and support that I enjoy at St. Michael's and it is directly due to Dr. Sensakovic."

In his acceptance remarks, Dr. Sensakovic said that if managed care had been implemented in the way it should have been, physicians, not insurance companies, would be making patient care decisions and that libraries and librarians would play a key role in providing the information that would make health care both high quality and cost effective.

(Continued on page 8)

# Alternative Medicine Program a Success!

By Kathy Lindner  
Englewood Hospital

HSLANJ members gathered on Wednesday, September 10th at the Hyatt Regency Princeton for an educational program titled, "Alternative Medicine, Perspectives of a Practitioner, a Physician, and a Librarian."

Gandharva Earl Sauls, certified Ayurveda Lifestyle Counselor, spoke first. Ayur means "life" in Sanskrit, and veda means "knowledge." He explained the three different types of "Dosha" or body types: Vata, Pitta, and Kapha. Vata types have dark hair, are either tall or short, are often cold, never gain weight, have rough, dry skin, sometimes have irregular features and thinking, but are creative and very energetic. When "out of balance," they can balance their energies with a warm sesame oil self massage. Pitta types are often hot, intense, sometimes irritable, love to learn, sweat a lot, and often have red hair and freckles. When "out of balance," Pitta types eat cooling foods such as dark, leafy green vegetables, and barley and basmati rice. Kapha types have difficulty losing weight, have soft, oily skin, are slow and stable. When they are "out of balance," they need to eat crunchy, light foods like lettuce, and stay away from dairy products. Many other traits and remedies to balance oneself can be learned from studying Ayurvedic Medicine. Participants received a questionnaire to help deter-

mine their predominate and secondary body types and a bibliography of Ayurvedic resources.

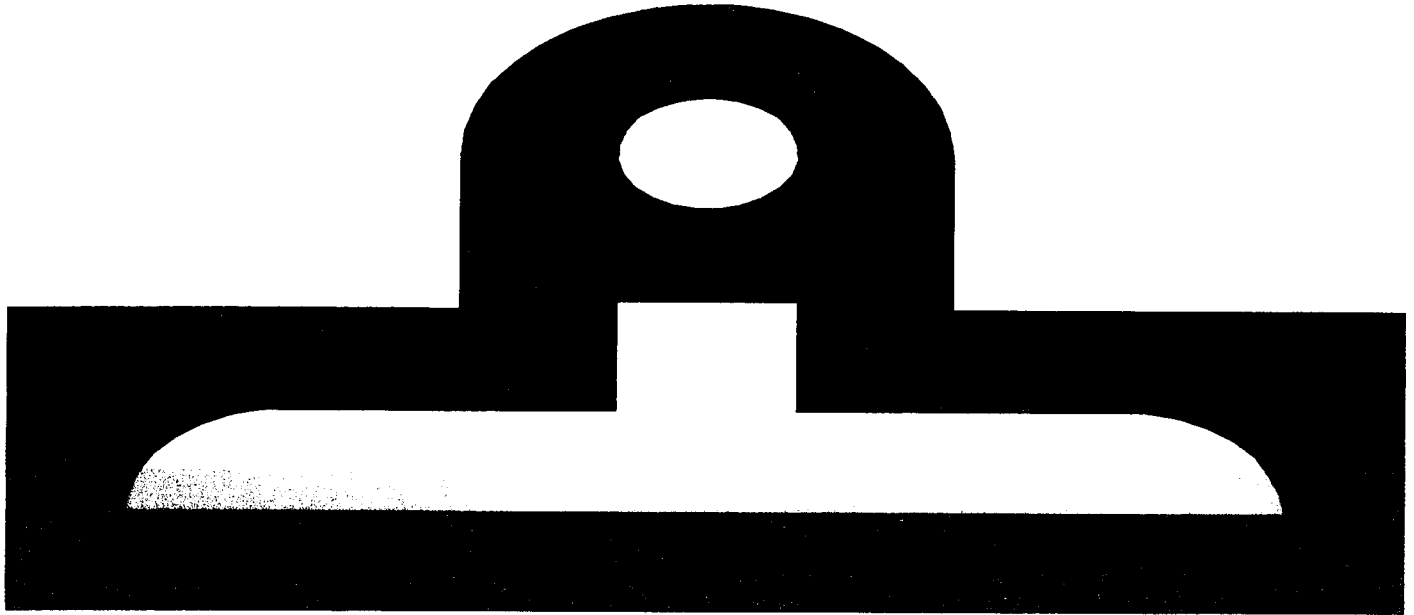
The next speaker was Dr. Douglas Ratner, Residency Program Director at Overlook Hospital. Ratner has developed rotations for his residents in many different forms of alternative medicine. He pointed out that 60-70% of the public uses alternative medicine practitioners and that \$10.3 billion is spent each year on alternative medicine modalities. Ratner recommends that his patients seek alternative medicine therapists and treatments like acupuncture for certain back ailments, St. John's Wort for depression as a choice versus prescription drugs, and biomagnetic therapy for various orthopedic problems. He and his residents visit patient's homes as part of their "environmental medicine" program. They test for levels of toxins such as radon, carbon monoxide, and benzene. He suggests limiting your use of fireplaces and charcoal grills which can be a source of carcinogens. Finding a massage therapist, considering Dean Ornish's low fat diet, and studying herbal remedies are some of his suggestions. Consider a subscription to *Herbalgram* for your libraries and consider purchasing Harvard University's Alternative Medicine tapes for your physicians. Ratner states, "you don't motivate people through fear. You motivate them through positive reinforcement."

Kathy Lindner, Director of Englewood Hospital Health Science Library, Registered

Nurse, and certified Kripalu yoga teacher, was the final speaker. Lindner explained techniques of yoga, pranayama (breathing techniques), meditation and relaxation techniques which she uses as her form of "alternative medicine" to balance stress responses. Participants were taught Khabalabati breathing to wake up, experienced self facial, neck and shoulder massage, as well as various yoga postures that can be done in your chair at work, and some simple standing postures. She explained that these techniques lower your stress response, reduce blood pressure, lower your breathing rate, relax your stomach processes, and relax peripheral and coronary arteries. Attendees shared in a standing walking meditation, repeating calming phrases in their minds. After learning alternate nostril breathing, a final visualization with music was experienced where each person designed their own personal sanctuary where they could retreat in times of stress. Anyone who didn't pick up Lindner's handouts and bibliography can contact her at (201) 894-3071.

Three MLA CE contact hours were granted for the program.





## **HSLANJ Happenings**

**Wednesday, 4 December 1997 - HSLANJ Winter Meeting, NJHA, Princeton, NJ - What's Happening in NJ with IAMS?**

**Wednesday, 18 February 1998 - Searching Clinic - PubMed: Insights into PubMed Searching.**

**Wednesday, 25 March 1998 - HSLANJ Spring Meeting, NJHA, Princeton, NJ - Jennifer Wayne-Doppke, Executive Editor of "Medicine on the Net"**

**May 20-21, 1998 - NJ Health Care Congress, Atlantic City, NJ**

**May 22-27, 1998 - MLA Annual Meeting, Philadelphia, PA**

**May 14-20, 1999 - MLA Annual Meeting, Chicago, IL**

**May 19-20, 1999 - NJ Health Care Congress, Atlantic City, NJ**

**May 5-11, 2000 - MLA Annual Meeting, Vancouver, BC**

**May 17-18, 2000 - NJ Health Care Congress, Atlantic City, NJ**