

GLAT: On call after attack

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age. Dog attacks on children are frequent," Glat said Tuesday, one day after he held a Center City news conference.

"We get one or two a week. Usually it is a neighbor's dog or a family dog who attack children. It's not always the face. We often get legs and arms torn up.

"I guess pit bulls are on everyone's mind. It could have just as easily been neighbors with golden retrievers.

"In this case all the surgery was all done in the ER. We have a deep sedative we use on children in cases like this in the emergency room. We can be a little more



DR. PAUL GLAT

aggressive in these cases with children than we are with adults."

When pediatric trauma cases are brought into emergency rooms, doctors find themselves with two patients - the child and the

parents. Children also have special needs and fears that need to be dealt with as the surgeon is working.

"A procedure that would take only a minute with an adult could take a half-hour with a kid," Glat said.

Glat, who has a local office in Bala Cynwyd, has two young children, an 8-year-old girl and a 5-year-old boy.

He's acutely aware of the kinds of accidents and traumas that lead children to see him.

"I am also head of the burn unit at St. Christopher's," he said.

"We get a lot of burns and animal bites and a variety of household injuries. I do a lot of ear reconstructions and repairs for cleft lip and palate. There is a lot of head and neck repairs and cyst removal.

"A lot of the burns come from hot water. Leaving boiling water on the front of the stove or placing a coffee cup or soup in a place where children can reach it causes a lot of face, shoulder and chest burns in the year-and-a-half to 3-year-old age groups.

"Of course it's good to teach little kids not to go near strange dogs. They should be taught a healthy respect for animals."

Glat practices with Dr. Mark Granick, Dr. Charles Long and Dr. Emily Pollard in the Philadelphia Plastic Surgeons office in Bala Cynwyd. Their practice includes most forms of plastic surgery, including cosmetic surgery.

"I find all my work very gratifying and interesting," he said.

"I operate on people from ages zero into their 80s or 90s. I operate from head to toe.

"I'm never bored. Pediatric reconstructive surgery is very gratifying."

Glat's advice to people considering plastic surgery is "know who your surgeons are."



Main Line Life staff photo — PETE BANNAN

Main Line Meals on Wheels volunteer Jane Wilson of Rosemont checks on 99-year-old Betty Brennan. Wilson has volunteered for J2

Summer's here — and so is shortage of volunteers for Meals on Wheels

By Judy Thomas

Main Line Life Correspondent

Main Line Meals on Wheels has popularized drive-by feeding just as Robin Williams' character in the film *Mrs. Doubtfire* popularized drive-by fruiting.

Volunteers fuel this charitable vehicle, but, according to Main Line Meals on Wheels volunteer coordinator Maureen Eisele, this summer they are hard to come by.

"There is an ongoing need" for volunteers but that "summers are exceptionally difficult," she said. There is "not an increased volume in recipients," she explained, but a greater "need for volunteers because of summer vacations."

Paoli Memorial and Bryn Mawr hospitals are providing the goods at a "minimal fee," according to volunteer Ora Ehmann. For \$29 a week, patrons receive a "brown bag" lunch and hot meal for dinner five days a week. But volunteers are needed to mobilize the meals. Drivers, visitors — who deliver food to the door of the recipient — and pantry aides are in demand, Eisele said.

"People don't realize that you don't have to commit for life or a year," she said. She encouraged volunteers to try it a few times to determine if it is rewarding.

She said that most volunteers work once a week, but that some work once or twice a month. Main Line Meals on Wheels executive director Marie O'Neill said the Paoli office currently delivers about 50 meals a week. Eisele said the Bryn Mawr location is serving up to 80.

O'Neill said the Paoli Hospital needs an additional 10 volunteer substitutes a week. Bryn Mawr Hospital, according to Eisele, typically has more than 20 substitute slots to fill.

Eisele estimated "the driver and the visitor should figure on a two-hour commitment" to complete their route. The pantry aide, she said, can expect to spend no more than an hour and a half in the kitchen. She said the volunteers gather to pack and distribute meals between 10 a.m. and 1 p.m. Monday through Friday.

"We spend a lot of time going back to our core volunteers," she said.

Meals on Wheels is not to be confused with drive-through or fast food. Recipient Peter Mina of Ardmore described Main Line Meals on Wheels as "nutritious and convenient."

"It's not the Four Seasons," he joked, "but they do a good job."

"It's a wonderful, wonderful program," said volunteer Connie Degerberg. "It's nutritious and they don't have to go shopping."

Some Meals on Wheels volunteers, like Degerberg, dish out ample helpings of chat to recipients.

"People assume we're serving food," Eisele said. "In many of these households, we are the only people they see in a day."

The volunteer's company, Ehmann said, is "just as valuable as the food."

"You go away with a feeling that you made a difference," she said.

"People assume we're serving food. In many of these households, we are the only people they see in a day."

Connie Degerberg
Volunteer

One patron, Marian Yellin of Haverford, said "it's just wonderful" when volunteers "have a nice thing to say." Amelia Cozens of Haverford, who just underwent her "third hip replacement," said she is utilizing Main Line Meals on Wheels for the third time.

She said she is very satisfied with the service and finds it "very affordable." "The food is good to excellent," she said. "I find when I don't have it, I eat junk food."

Yellin said she was pleasantly "surprised" to find a "peanut butter and jam" sandwich one day in her lunch. She said she hadn't had one "since high school."

Another patron, Betty Brennan of Wynnewood, who recently turned 99, said she "couldn't ask for better" macaroni and cheese or spaghetti and meatballs. She said the string beans weren't to her liking, but that she's "so grateful there is somebody who fixes meals" for her.

Brennan said she has been receiving Meals on Wheels for "a little over a year." According to O'Neill, the length of patronage varies depending on individual need.

John Hentz, vice president of Main Line Meals on Wheels, said the organization caters to a variety of individuals. "They can be elderly, convalescent, homebound" or handicapped, he said. "Some are full-time patrons, and some are just temporary."

"The major criteria for determining their eligibility is their ability to shop and cook," he said.

To volunteer for Meals on Wheels, call 610-296-7660 or 610-296-8826.