

Lydia Deane Breaks Barrier Of Prejudice

...Dr. Lydia Deane Honored

There is a certain exhilaration in being the first to break through a barrier of sexual discrimination. Ask Lydia Giberson Deane, M.D. She knows the feeling!

Chosen as Leisure Worlder of the Month for August, Dr. Deane typifies the articulate, intelligent, interested, interesting, active woman of today in the latter years of retirement. Her portrait will hang in the rotunda of the sales office during the month that she is being honored for her outstanding previous and current achievements.



LYDIA DEANE
...Honored

DR. DEANE HAS numerous "firsts" in her career and of which she takes pride in recalling. She was the first woman to address the early morning session of the National Safety Annual Convention in Atlantic City, N.J. before an audience of 2,500; she organized and M.C.'d the first Round Table on "Psychiatry in Industry" ever held in the United States; she was the first woman to become Associate Editor of the Journal of Industrial Medicine, the first woman to be elected as a Fellow of the American Association of Industrial Medicine, voted outstanding Professional Woman of the Year in New York State; the first woman appointed as Assistant Vice President of the Metropolitan Life Insurance Company; and the first woman to be elected as a Fellow of the American Association of Industrial Physicians and Surgeons. From the 1930's through the 1960's, this was a major break-through for a woman in a man's world of medicine.

It all began in Bath, New Brunswick, Canada on June 1, 1899 when Dr. Deane made her entrance into a world that would one day recognize her courage, her abilities and her determination to face challenges head on.

She did pre-medical work at the

University of Alberta, Edmonton, Canada and graduated in medicine from McGill University, Montreal in 1928. She interned at Buffalo City Hospital where she rode ambulance the night of the Smith-Hoover election when the Buffalo waterfront burned down. Following this, Dr. Deane interned in Neurology at the Neurological Institute, New York City and did Neurological and Psychiatric post-graduate training at Butler Hospital and Emma Pendleton Bradley Hospital in Providence, Rhode Island.

IN 1932 SHE JOINED the medical staff of Metropolitan Life Insurance Company's head office in New York City and later went on the President's staff as Assistant Vice President. She was one of four people who pioneered Industrial Psychiatry in America and served the company as a consultant to large industries on Emotional problems.

Her tenure with the Metropolitan lasted 30 years during which time she also lectured at all the leading universities, wrote about 70 articles, chapters for books, among other activities, retiring in 1960.

Until 1967 she lived in Santa Barbara and following the death of her husband, came to Leisure World where, she smilingly admits "work really began."

PERSONAL INVOLVEMENT is important to the retirement years, she believes and attributes the idea of self-renewal as the key to a fulfilling life in retirement.

"If people do not feel they are doing something worthwhile, they just wither away and die," she says. "Leisure World is a wonderful concept that has been beautifully carried out, but it is up to the individual to make the decision what he wishes to do with his life." The decision for Dr. Deane was activity in its broadest sense and she wasted no time in becoming involved in community activities.

Previously she was Treasurer of Las Solteras; Vice President of A.A.R.P.; Vice President, People To People; Secretary, Parade of Platform Stars; Vice President, Canada Club; Secretary-Treasurer, Mutual #16; Member of Golden Rain Foundation Board for three years serving on the following committees: Member of Community Relations, Chairman, Fees Committee, Member of Medical Facility Committee, and Liaison member of Health Committee.

CURRENTLY SHE IS second vice-president of Saddleback Community Hospital since 1973; Chairman of Community Relations Committee, three years; Member of Joint Conference Committee, three years; Member of Support Group Committee, one year; Member of Nominating Committee, one year; Member of Education Committee,

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Administrative and Medical Group, two years.

Her work as Chairman of the Community Relations Committee of Saddleback Community Hospital has many facets. She started Meals on Wheels; serves as Chairman of Newcomers Group; secured help from Art Guild Association for exhibits at the Hospital; has held several public forums; established Lime Aides - Junior Volunteers; beautified the clinic area, hospital lobbies and atrium; acts as M.C. of the weekly television show "You and Your Health"; helped to establish (1) Child Guidance Clinic here - (2) Planned Parenthood Clinic - (3) Arthritis Center - (4) Adult Care Center, which is now in formation.

She is presently serving as a member of the Mental Health Advisory Board of Orange County; is a member of the Executive Committee of the Mental Health Association of Orange County; a member of the Planning Committee of the United Way; Serves on two committees of the Saddleback Community College; a member of the Arthritis Foundation Board of Directors; Member of the American Cancer Society, Orange County;

Member of the House of Delegates, Orange County Health Planning Council; Member of the Board of Directors, Saddleback Savings & Loan Association.

"THE BEST WAY to help oneself is to become interested in something new," she says, "but not forgetting that everyone needs a quiet time in each day to be alone, to ponder and to resolve one's thoughts into a harmonious pattern." The best medicine? It's laughter, Dr. Deane believes, acknowledging that a sense of humor enables one to cope with difficulties as they come.

An impressive listing of recognition on her accomplishments appears in such volumes as "Who's Who in America"; "Who's Who in Industrial Medicine"; "International Who's Who"; "Who's Important In Medicine"; "World Biography"; "Who's Who of American Women"; "American Men of Medicine"; "Canadian Who's Who"; "Two Thousand Women of Achievement"; "International Who's Who in Community Service"; "The World Who's Who of Women"; "Community Leaders and Noteworthy Americans"; "Notable Americans of the Bicentennial Era"; "International Biography Association Year Book."

Socially, she is listed in the National Social Register and the Los Angeles Blue Book.

AWARDS INCLUDE: Canadian Governor General's Medal for Teaching Ability at age 16; Professional Woman of the Year in New York State (1960); Award as a Noteworthy Community Leader; Award from Girl Scouts of America; recipient of a plaque from American Heritage Research Association as a valuable Human Resource; Humanitarian Award from Arthritis Foundation, Orange County Chapter; Certificate of Merit from the Orange County Board of Supervisors for outstanding work in the Health Field of Orange County.

She holds professional Fellowships in the American Psychiatric Association, since 1933; Industrial Medical Association and is a Fellow of American Public Health.

Dr. Deane's goal for the future? "The biggest thing I could leave for Leisure World is a hospital that is viable and going... a Board made up of individuals both inside and outside the Leisure World community who will capture the enthusiasm of the young and the wisdom of the old. I'd like to feel that someone would say: 'She was here!'"