

CALENDAR OF COMMUNITY EVENTS

Bariatric/Weight-Loss Management Information Session

Monday, Jan. 16: 6 p.m.
 Health Center at Mountain Top
Presenter: Martin Walko, MD
 General and Bariatric Surgeon
 Lehigh Valley Physician Group (LVPG) Surgery-Health & Wellness Center
 To register or for more information, call **570-501-6322**.

Someone You Love: The HPV Epidemic

Wednesday, Jan. 15: 5-7 p.m.
 ECC Room 5, Kasych Family Pavilion, LVH-Cedar Crest, Allentown
 To register or for more information, call **610-402-CARE** or visit **LVHN.org/events** and click on the listing under "Upcoming Events."

SOCIAL NEWS



Winter Bliss Dinner/Dance
 Friday, Jan. 27
 6 p.m.–midnight
 Genetti's Ballroom,
 Rt. 309, Hazleton

The deadline to purchase tickets is Jan. 18. For more information and a reservation form, visit the LVH-Hazleton intranet, click "Recreational Activities," then "Colleague Special Events."



POCONO HEALTH SYSTEM IS NOW PART OF LVHN

Pocono Health System (PHS) is now part of Lehigh Valley Health Network (LVHN). Representatives from both organizations made the announcement at a news conference on Jan. 3 at Lehigh Valley Hospital (LVH)—Pocono, the new name of our East Stroudsburg hospital.

"Our organizations came together to ensure people receive the quality health care they expect and deserve right here in the Poconos," says LVHN President and Chief Executive Officer (CEO) Brian Nester, DO, MBA, FACOEP (second from left). "We are committed to further investing in services such as obstetrics, surgery, cardiology, neurology, stroke care, orthopedics and others that make LVH—Pocono the region's only full-service hospital."

Dr. Nester said the integration of the two organizations will take time. LVHN will build upon the strong foundation of health care excellence established at PHS with a multi-year plan to grow services, improve technology and recruit more physicians to the region.

In addition to formally announcing that the merger was official, Dr. Nester also introduced Elizabeth Wise (second from right) as LVH—Pocono's Acting President. Also pictured are LVHN Board Chairman John Stanley (left) and PHS Board Chairman Andy Worthington.

To view photos and a video of the celebration, visit LVHN.org/PoconoMerger.



COMMUNICATION CASCADE KEEPS YOU INFORMED

You told us you rely on your leaders and managers for information. The Communication Cascade elevates the role of leaders in keeping you informed. Here is how LVHN leaders will share information with colleagues via the Communication Cascade.

- **LVHN President and CEO** Brian Nester, DO, MBA, FACOEP, will provide a State of the Health Network address twice a year at a Leader to Leader meeting. In addition, each month he will record a video about a timely topic. Because many colleagues at LVHN locations in Hazleton currently are unable to view videos, leaders and managers will view the videos at their monthly Management Council meetings and share the information from these videos with you.
- **Hospital presidents and other leaders** will host Town Hall meetings at their respective hospitals. As many leaders already do, presidents will regularly round on all units on all shifts to talk with you. They'll also share health network news with directors and managers at daily leadership huddles (beginning mid-January at LVH—Hazleton), who will then share that information with their teams.

Congratulations to the following colleagues who are celebrating a career milestone at LVHN:

5 Years

Hameed Butt, MD, LVPG Surgery; **Roseann Kunkel**, LVPG Surgery; **Georgina Zipovsky**, LVPG Surgery

10 Years

Melanie Broyan, LVPG; **Grace DiMarco**, medical records; **Marybeth Dougherty**, laboratory; **Molly Stettler-Lehman**, finance; **Jolene Scatton, RN**, medical surgical

15 Years

Melinda Craigle, financial services; **Lisa Gaydoscik**, medical records; **Steven Yenshaw**, transportation

25 Years

Stephen Tutko, housekeeping

30 Years

Sandra Cusatis, ICU; **Marybeth Dymek, RN**, family birthing center; **Elizabeth Otter**, communications; **James Sharp**, plant operations

35 Years

Emma Jean Saxon, pharmacy

40 Years

Maria Snyder, medical records; **Joseph Stank**, pharmacy

45 Years

Maryann Montz-Wetzel, LVPG Surgery

YOUR PRIDE IS SHOWING

A patient writes...

“I just wanted to say thank you (**Amy Sotak** and **Robert Meridionale**, radiology services) for being so kind during a hard time for me. A simple act of bringing me tissues and talking to me when I was upset made my day a little easier. Thank you for doing what you do.”

Managers should review LVHN Weekly–Hazleton with their teams during huddles or staff meetings to keep colleagues up to date on important news about LVHN and LVH–Hazleton. Remember, you can always read LVHN Weekly–Hazleton, Healthy You and other LVHN mediums to stay informed on your own.

LUNG CANCER SCREENING NOW AVAILABLE

Are you at high risk for developing lung cancer?

Lung cancer screening may provide peace of mind and a chance to detect lung cancer at an early stage. The United States Preventive Services Task Force has found evidence to support low-dose computed tomography (CT) screening for lung cancer if you:



- Are age 55-80
- Have a 30 pack-year smoking history (which means one pack a day for 30 years; two packs a day for 15 years, etc.)
- Currently smoke or quit smoking within the past 15 years

Low-dose CT (LDCT) screening for lung cancer is a new program available now through the LVHN Cancer Center–Hazleton. Talk to your primary care provider about your smoking history and potential risks and benefits from an LDCT scan. A written prescription is always required. Once an out-of-pocket expense, LDCT screening now is covered by Medicare, and the Affordable Care Act requires private insurers to cover it without cost-sharing.

All scans with either suspicious lesions or definite malignancies will be reviewed at LVHN’s Lung Nodule/Thoracic Multidisciplinary Clinic. Our panel of lung, surgical and cancer specialists will speak with you about the findings and discuss “next step” options.

For more information on the lung cancer screening program, call 570-501-5075.

HEALTHY HABITS IN THE NEW YEAR

Looking to improve your health, lose a few pounds and feel better this year? Molly Sweeney, registered dietitian, suggests taking small steps over the course of the year, which will lead to healthier eating habits and get you ready for that beach vacation.

“Break that fast,” says Sweeney. “Eating first thing in the morning will get your metabolism going.” She suggests varying your breakfast options and stresses the importance of including fruits and vegetables in your menu.

All foods can fit into a healthy diet. It is the portions that are sometimes the culprit. Measuring out servings will decrease the amount of food you consume. It will also increase the variety of foods you choose to eat.

Eat protein, which helps you feel full and is essential for growth, healing and recovery from injury. Protein sources include meats, poultry, fish, eggs, dairy, beans and nuts.

Staying hydrated by drinking plenty of water will decrease the amount of food you consume. Many people eat because they think they are hungry when in actuality they are thirsty.

Start now and start slow, get enough sleep, and don’t be afraid to try new things. There are going to be bumps in the road, but keep moving forward.