

Lehigh Valley Health Network  
**LVHN Scholarly Works**

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Young Professionals

Newsletters

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12-2021

## Young Professionals

Lehigh Valley Health Network

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# YOUNG PROFESSIONALS



## A NOTE FROM OUR CO-CHAIRS

Happy Holidays Young Professionals!

The holiday season is a special time of year meant for making meaningful memories and following cherished family traditions. We thought it would be fun to share with all of you our most favorite holiday traditions that have led to countless memories being made with those we love.

### Ashley's Holiday Tradition:

Every year, on the night before Christmas Eve, one person in my family is selected to hide a pickle ornament somewhere deep within the tree. Now I know this may sound silly, but it is a huge tradition in our German family. The person who finds the pickle on Christmas Eve is able to open a present under the Christmas tree! We look forward to this tradition each year and alternate the person who hides the pickle.

### Christina's Holiday Tradition:

Baking Christmas cookies with my family has been one of my fondest holiday traditions ever since I was a little girl. Over the years this tradition has evolved to include gifting over 100 dozen cookies to friends, family, colleagues, neighbors, or anyone else that wants them, which sounds absurd, but I love every minute of it. Each year, as I bake, roll, and mix each recipe I'm reminded of all the wonderful memories made with each one over the years. Memories that include conversations over cookies with loved ones that are no longer here to being able to use my grandmothers sacred rolling pin for the first time as a young child, which was a really big deal. For me, I don't just bake cookies, I bake memories that are truly an extension of my family being shared with the people all around me.

This holiday season, we encourage you all to make meaningful memories with those you love the most. So, hug your loved ones a little tighter, be thankful a little more, and cherish your own family traditions like we do. We're both so thankful to have you all as a part of this group!

Christina Tomsic  
& Ashley Bubbenmoyer



DECEMBER 2021

## MARK YOUR CALENDAR

Don't miss this upcoming event.



### *Holiday Stockings for Pediatrics*

The **LVHN Young Professionals Community Engagement Sub-Committee** has partnered with the LVHN Child Life department to bring cheer to our community by filling stockings for children who are in the hospital over the holidays.

*We are looking to fill **50** Stockings and your participation in this community event is greatly appreciated!*

Please consider creating a **Holiday Stocking!** Sign up [HERE](#).

**Stockings are needed by Friday, December 17th to be isolated prior to passing them out.**

*More information will follow for those who sign up.*

Thank you in advance! We truly appreciate all you do for our patients and families!

## STAY IN TOUCH

SEND YOUR UPDATES  
SEND YOUR QUESTIONS  
BECOME A MEMBER  
MAKE A SUGGESTION



[YoungProfessionals@lvhn.org](mailto:YoungProfessionals@lvhn.org)



[@LVHN Young Professionals](https://www.linkedin.com/company/lvhn-young-professionals)

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## SPOTLIGHT INSIGHTS: Diversity, Equality, Inclusion

The December Dilemma is a time of year where multiple holidays collide and people with good intentions can find themselves in the middle of potentially toxic misunderstandings. This phenomenon occurs in workplaces across America and can also have impact on global workplaces. Within this fact sheet from *Tanenbaum* it highlights some of the religious and cultural observances during this time of year as well as tips that can help create an inclusive workplace during this holiday season.

For more information and tips on things you can do during this time of year, please visit the link below.

[Tanenbaum Workplace Fact Sheet - The December Dilemma](#)

## PROFESSIONAL DEVELOPMENT

### Professional Headshots

No appointment needed

### Weekly Opportunities

- Fridays: Mack Blvd., Lobby from Noon-12:30 p.m.
- Wednesdays: Cedar Crest, Children's Lobby from 8-9 am.

### Monthly Opportunities

- LVH-Hazleton, Front entrance area hallway, First Tuesdays 10 - 11 am.
- LVH-Schuylkill, Main Lobby, First Tuesday Noon - 1 pm
- LVH-Muhlenberg, Outside Café, First Wednesday **Noon - 1 pm**
- LVH-Pocono, Cancer Center (2<sup>nd</sup> floor of the lobby by the Pepsi machines), **First Wednesday 9 - 11 am.**



### In Case You Missed It

If you couldn't attend the most recent Virtual Leadership Exposure Panel featuring Dr. Timothy J. Friel, MD and Dr. Jennifer Stephens, DO [click here to watch the recorded session.](#)

Password: Zj3zhYnN

# YOUNG PROFESSIONALS



## A NOTE FROM OUR SPONSORS

As we make our way through the holiday season and embark on a brand-new year filled with New Year's resolutions and well wishes, it's important that we remember to put our health and wellbeing first. Maintaining a healthy lifestyle goes much deeper than just your physical health – it also includes your emotional, financial, and social wellbeing.

This is a great time to remember that Lehigh Valley Health Network offers comprehensive health and wellness offerings through the My Total Health Portal found here: [mth.lvh.com](http://mth.lvh.com)

Within the portal colleagues can find valuable resources such as health activities and challenges to take part in, a health assessment, action plans, and access to a personal health coach.

We encourage you all to take advantage of this great resource and thank you all so much for your hard-work and dedication throughout this past year.

Happy Holidays and Happy New Year!  
Lynn and Chrissie



Chrissie Hartner, DNP  
Administrator, Patient Care Services, Lehigh Valley Hospital



Lynn Turner, MBA  
Senior Vice President and Chief Human Resources Officer

Use #LVHNYoungProfessionals on social media to help

**Spread** the Word!