

CALENDAR OF COMMUNITY EVENTS

Parkinson's Support Group
 Wednesday, Feb. 1: 1-2 p.m.
 Health & Wellness Center at Hazleton, fitness center, aerobic room
 Support for people with Parkinson's disease, caregivers and loved ones.
 To register or for more information, call **570-501-6717**.

What Every Person Should Know About Stroke
 Wednesday, Feb. 1: 2-3 p.m.
 Gunderson Center for Inpatient Rehabilitation, LVH-Hazleton, sixth floor
 To register or for more information, call **570-501-4600**.

HILLTOP CAFÉ NEWS
 In celebration of the upcoming football championship game, the Hilltop Café will serve the following culinary delights on Thursday, Feb. 2:

-  French dip sandwich
-  Broiled crab cake
-  Garlic parmesan wings
-  Chipotle barbeque wings
-  Asian kicker wings
-  Calzones
-  Buffalo cauliflower
-  Corn on the cob
-  Tortellini & bacon salad
-  Crudités w/cream cheese ranch sauce
-  Pickled eggs

Jill Snyder, DO, Speaks To Local News, WYLN TV 35

Obstetrician/Gynecologist Jill Snyder, DO, Lehigh Valley Physician Group (LVPG) Obstetrics and Gynecology recently spoke to WYLN TV 35 reporter, Abby Piskal about the importance of cervical cancer screening. January is Cervical Cancer Awareness month.

Cervical cancer has been highlighted in national news since television sportscaster and television personality Erin Andrews was diagnosed and treated.

Snyder expressed how important it is for women to visit their gynecologist and receive their yearly Pap screening. It's Snyder's opinion that no woman in the U.S. should develop cervical cancer if they are screened properly.

View Snyder's interview at <https://www.wyln.tv>



Roseann Maley to Retire

All colleagues are invited to attend a retirement reception for Roseann Maley, clerk typist, financial services on Monday, Jan. 30, from 1:30-2:30 p.m. in the hospital cafeteria.

Maley began her career in financial services 47 years ago at Hazleton General Hospital.

Looking forward to retirement, Maley says she will spend more time following her nieces' softball careers.

Please stop by to wish her a happy and healthy retirement.



Congratulations on Achievement

Jennifer Kasarda, registered health information technician with an associate degree in applied science has been promoted to manager of Health Information Management (HIM) at LVH-Hazleton.

Kasarda completed her associate degree in HIM from Lehigh Carbon Community College in spring 2016 and successfully earned her credentials as a certified registered health information technician from the American Health Information Management Association in fall 2016.

Kasarda began her career in HIM at Hazleton General Hospital, 21 years ago. Her comprehensive knowledge of HIM processes and serving as a lead in both transcription and coding laid the groundwork for the responsibilities of this new position.

She will report directly to Donna Steigerwalt, HIM director, LVHN. Join us in congratulating Kasarda on her accomplishment.



SOCIAL NEWS

The following low impact exercise and yoga classes will be held at the Employment and Technology Center, third floor training room.

The classes, held from 4:15-5:15 p.m. will be low intensity cardio and body weight exercises and beginner yoga, led by an exercise physiologist. Cost is \$5 per class or 10 classes for \$40.

Schedule

February 8 and 22

March 8 and 29

April 12 and 26

May 10 and 24



Last two class dates will be determined in May.

Please bring your own mat, if possible.

To take advantage of these classes, call the fitness center at 570-501-6750.

LIBRARY SERVICES

Need information for a patient?

Patient education materials can be found on the intranet. Located in the second column, click on library services. Click on patient education materials located at the bottom of the middle column. This will take you to the following screen.



Go Red For Women on Friday, Feb. 3

National Wear Red Day® is a day to raise awareness about heart disease in women and encourage women to take action to reduce their risk. Take a photo of you and your team wearing red – or red accessories – and submit the photo with your department name to Lisa Marie Halecky by noon on Friday, Feb. 3.

Heart disease is the No. 1 killer of women, yet some people think cardiovascular disease is a man's disease. In fact, heart disease strikes more women than men. For women, heart disease is more deadly than all forms of cancer combined. National Wear Red Day® is a day to raise awareness about heart disease in women and educate women about taking action to reduce their risk for heart disease.

This year, National Wear Red Day is Friday, Feb. 3. Colleagues are encouraged to wear red or red accessories. You also are encouraged to take a photo of you and your colleagues wearing red. We'll share some of the photos on LVHN's Facebook page.

Here are things you need to know to prepare for National Wear Red Day:

- **Be creative.** If you're in a department where you wear a specific uniform, put on some red accessories. If you work in a department that allows you to wear red more flamboyantly, go for it. We want people to get the message.
- **Strike a pose.** Smile pretty for the camera, and make sure the photographer takes a horizontal photo. Horizontal photos look better on Facebook.
- **Meet the deadline.** Submit your photo by noon on Friday, Feb. 3.
- **Be a teacher.** When people ask you why you're wearing red, tell them about National Wear Red Day. Explain that although heart disease is the No. 1 killer of women, only one in five American women believe it to be their greatest health risk.



ExpressCARE Opens at the Health Center at Blakeslee

LVHN recently announced the opening of our first ExpressCARE in Monroe County and the grand re-opening of the Health Center at Blakeslee, formerly the Blakeslee Health Care Center.

ExpressCARE, located at the Health Center at Blakeslee, provides care for common illnesses and minor injuries through Lehigh Valley Physician Group–Pocono without the need for an appointment. The health center, which opened in October 2016, also provides family medicine with David Testa, DO, obstetrics and gynecology specialists, orthopedics, X-ray and ultrasound services.

Kim Fuss, CRNP, and Marge Suprum, CRNP, will provide the new ExpressCARE services. They are proud to serve the Blakeslee community because they are also Blakeslee residents.

The addition of ExpressCARE is in response to a growing community need for convenient outpatient care in Blakeslee, and demonstrates LVHN's commitment to expand services and create greater access to quality care, close to home.

