



Bariatric/Weight Loss Management Info Session

Monday, March 13
6-8 p.m.
Health Center at Mountain Top

Monday, March 27
6-8 p.m.
LVH-Schuylkill S. Jackson St.
420 S. Jackson St., Pottsville

Call 570-501-4LVH to register or for more information.

Stroke Support Group

Monday, March 27, 2 p.m.
Gunderson Center for Inpatient Rehabilitation
Call 570-501-4632 for information.

Senior Choice Lunch and Learn

Topic: Gut Check 101
Speaker: Martin Walko, MD
Tuesday, March 14
11:30 a.m.-1 p.m.
Genetti's Catering
Route 309, Hazleton
Call 570-501-4752 for more information.

MANDATORY EDUCATION



Reminder: If you have not yet completed your mandatory education modules, please do so no later than March 31. A new bundle of modules will be added April 1.

We Heard You

Improvements to communication and leadership visibility

In the recent LVHN Colleague Survey, you said communication from and visibility of leadership were areas where we have opportunities for improvement. LVHN is continually looking for ways to communicate important information to you and receive feedback on your successes and challenges. That's why we're introducing new opportunities for two-way conversations.

Leadership Rounding. To be effective leaders, senior leaders must be aware of what is and isn't working within the organization. The best way to find out is to hear it directly from you.

Just as department managers round in their departments, senior leaders will begin leadership rounds. Starting as a pilot program on the nursing floors, senior leaders will rotate through each nursing floor once a week on a three-week cycle on all shifts. These rounds will be scheduled. The schedule will be included in LVHN Weekly-Hazleton.

Rounding will help build relationships and trust between you and our leaders. It will help you feel more comfortable talking with leaders about your challenges and give you an opportunity to share your success stories.

To ensure rounding is successful, your feedback is very important. Consider these questions before leaders arrive on your floor: What is working well? Do you have the tools, equipment and information needed to do your job? Which processes and systems need improvement? Is there anyone who should be recognized for doing a good job? Is there a patient that should receive a visit?

Leadership rounds begin next week. Please take this opportunity to speak with our leaders as they walk through your area during these times.

Leadership Rounds

Location	Date and Time	Leader
7th floor	March 14 at 10 a.m.	John Fletcher
6th floor	March 16 at 1:30 p.m. and 4 p.m.	Anthony Valente, MD
5th floor	March 16 at 2 p.m.	Michael Golden
4th floor	March 15 at 11:30 p.m.	Michele Konitzer
3rd floor	March 17 at 9 a.m.	Murray Swim
2nd floor	March 16 at 7:15 a.m.	Melissa Curto
ED	March 15 at 8 a.m.	Michael Evans, MD

Town Hall Meetings. A combination of the former Colleague Forum and Casual Conversations formats, Town Hall Meetings will give you the opportunity to hear updates on LVHN news and news specific to Hazleton. You'll also have a chance to have a causal conversation with LVH-Hazleton President John Fletcher about topics most important to you.

Town Hall Meetings are scheduled at the LVH-Hazleton campus and Health & Wellness Center at Hazleton on the following dates and times:

Town Hall Meetings

- March 20 at 4 p.m., LVH-Hazleton first floor conference room
- March 21 at 10 a.m., LVH-Hazleton first floor conference room
- March 21 at noon, LVH-Hazleton BEC first floor conference room
- March 24 at 1 p.m., Health & Wellness Center imaging conference room



Welcome to the LVHN family.

LVPG: **Kyle Atchison**, supervisor, LVPG Surgery

Congratulations to the following colleagues celebrating milestone service anniversaries:



35 years

Connie Smith, transcription services

30 years

Martha Goida, pharmacy

10 Years

Margaret Haley, laboratory

SOCIAL NEWS

Now that spring is almost here, we will be adding more trips, shows and sporting events to the Recreational Activities page on the intranet. Here are the latest additions:



- ◇ LVHN 5K Run/Walk
- ◇ Hersheypark tickets
- ◇ IronPigs baseball
- ◇ Phillies baseball
- ◇ NYC gourmet shopping trip and more

Washington, D.C. Trip

There are a few seats left on the bus for the HEART trip to Washington, D.C., on April 29. The April 22 trip is sold out.

For more information, go to the Recreational Activities page on LVH–Hazleton’s intranet.

LVHN 5K Run/Walk Set for April 29

Register today for the 2017 LVHN 5K Run/Walk.

Proceeds from the event will benefit the Health & Wellness Center at Hazleton’s fitness trail.

The fitness trail, located at the Health & Wellness Center at Hazleton, offers the community a well-maintained one-quarter-mile walking trail. An additional one-third-mile loop of the trail includes the Alliance Challenge, a steep grade for those who want more than a flat surface. Fitness stations and benches along the trail allow for extra activity and rest breaks. Here are details about the 5K Run/Walk.



April 29 at Hazle Township Community Park

9:30 a.m.: Free Fun Run for children 11 years old and younger

10 a.m.: 5K Run/Walk

The early registration fee is \$20 (deadline is April 15). When you register early, you’re guaranteed to receive a run/walk T-shirt. The race-day or late registration fee is \$25.

Download the registration form from lvhn.org/calendar or on the LVH-Hazleton intranet under Recreational Activities. It includes:

- Details about payment
- Course description and records
- Directions to Hazle Township Community Park
- Information about awards and age categories (Note: Special awards will be given to colleague teams, as well as the first male and female colleague to finish the run and walk.)

Best Fork Forward by Molly Sweeney, CDE

Every year, National Nutrition Month is celebrated in March. This year, the Academy of Nutrition and Dietetics slogan is “Best Fork Forward.” We all try to eat as well as we can, workout regularly and maintain a positive attitude. Let National Nutrition Month jump-start your lifestyle modifications to better yourself and your family.

Some easy ideas to try:

- Eat breakfast in the morning
- Drink more water
- Eat your vegetables
- Move
- Prepare meals early
- Eat slowly



The most important thing to remember: Start *slow*. Rome was not built in a day.

Your PRIDE is Showing!

A patient writes ...

“My wife and I changed doctors on the recommendation of our two sons to go to LVH (LVPG Family and Internal Medicine–Alliance Drive) for our choice of doctors. What a good choice. We can’t realize the difference in services we received. They took their time and discussed our complete needs and concerns. This we appreciated because we never had this service before.

We would like to point out the services Amanda Evans (PA-C) provided us with. She was awesome and what a fine personality she has. She recommended blood work which I did get. The person that took my blood work was also very nice. Amanda got the results and called me and then called in a prescription for me. I thought this was very nice of her.

There also was an LPN who took my pressure and other things. She was a very nice person, too, and should be complimented.”