

Lehigh Valley Health Network
LVHN Scholarly Works

Young Professionals

Newsletters

11-2022

Young Professional

Lehigh Valley Health Network

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YOUNG PROFESSIONALS

November 2022

Happy Thanksgiving!

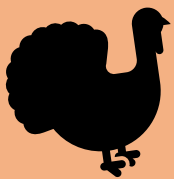
*A NOTE
FROM OUR
CO-CHAIRS*

It's been another exciting month for the YPLC. We had the distinct pleasure to attend LVHN's Nite Lites Gala benefitting LVHN Reilly Children's Hospital. This was a great night to get dressed up and mingle with our colleagues. We also gathered Halloween Goodie bags for Child Life Services.

Our Leadership Council has been busy planning exciting activities for the coming year. While we continue to plan those activities, please pay close attention for invitations to be emailed out. This month there great volunteer opportunities, we really could use your help and these events are a great way to meet new colleagues and peers in other organizations, too!

As always, we welcome your feedback on ideas and how we can continue to grow our group to make is the best experience for you and new colleagues.

Brielle Weida & Lisa Lasko



Don't let the *holiday* season stress you out!

Back by popular demand...

What Stress Looks Like in Your Life and How to Reduce It

Sajeda Bhallo, MS, LPC, CADC, CPRP

Tuesday, December 6th

12:00 - 1:00 PM

WebEx invitation out soon!

Keep a look out for upcoming Professional Development event communications!



STAY IN TOUCH

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



YoungProfessionals@lvhn.org



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



YOUNG PROFESSIONALS



A NOTE FROM OUR SPONSORS

Happy November, Young Professionals!

At LVHN, we pride ourselves on our excellent care. Providing an exceptional healthcare experience with compassion is what we do best, though we will always continue to better ourselves. LVHN is committing to the transformation of both our culture and the healthcare experience for our patients through the “Partners in Caring” journey. How do we do this?

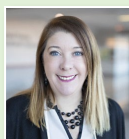
We Build Relationships – through being present and attentive. By showing others we’re here for them. By communicating to others that what they mean to us – that they matter.

We Look and Listen – by keeping our eyes up and devices down. By ensuring we see our colleagues, patients, and environment with attentive eyes. Through invitations and opportunities to connect with others.

We Make it Personal – through curiosity about individuals we encounter. By valuing and validating others. By creating a spirit and environment embracing inclusion and a sense of belonging. Through the dismissal of preconceived notions and ideas to welcome uniqueness of each person.

We Create Moments – by making someone’s day. Through demonstration of gratitude and generosity. By feeling joy through relationships in which we show and receive kindness and concern. By celebrating efforts and achievements of our patients and colleagues.

It starts with each of you. Share your ideas, your asks and actions with your team during huddles. Identify systems and structures to bring Partners in Caring to life within your team and environment. Engage and encourage others. Share Partners in Caring stories that have left you feeling inspired and #LVHNProud. Watch our culture and patients’ healthcare experience thrive through our Partners in Caring journey.



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



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



YOUNG PROFESSIONALS



“The most meaningful way to succeed is to help others succeed” – Adam Grant

We encourage you to check out these resources, below:

Partners in Caring:

[Partners in Caring – Organizational Development \(lvh.com\)](https://www.lvh.com/partners-in-caring)

Developmental Sessions:

[Development Sessions – Organizational Development \(lvh.com\)](https://www.lvh.com/developmental-sessions)

C O R N E R

J

O

Y

LVHN Fitness and the Secondary Stress Response Team invite you to join the 15-minute Stretch and Center sessions.

Start your morning with stretching, removing tension, and setting intentions for the day ahead is bound to bring you joy!

Join Us From 6:30-6:45 AM at LVH Cedar Crest

Nov 16: ECC 7
Nov 23: ECC 6
Nov 30: ECC 7

Dec 7: ECC 6
Dec 14: ECC 7
Dec 21: ECC 1
Dec 28: ECC 7

YOUNG PROFESSIONALS



COMMUNITY ENGAGEMENT

Meet our community partners and get involved.



Join the LVHN Young Professionals and sign-up to sponsor a 2022 Holiday Hope Chest!

What is the Holiday Hope Chest Program?

Each year, local youth serving nonprofit organizations (e.g. Sixth Street Shelter, Big Brothers Big Sisters, Boys & Girls Club, etc.) throughout our community submit their needs to the Volunteer Center of the Lehigh Valley for children that could use a little extra joy this holiday season.

How can I help?

The YP Community Engagement Subcommittee has pledged to sponsor 20 shoeboxes this year and we need your help! We are asking individuals to sign up to obtain a shoebox, fill it with goodies and gift wrap the box for your assigned age group / gender. You can choose to individually sponsor a shoebox yourself or choose to sponsor it within your team / department to help fill with contents. About \$25 per box is a good ballpark figure..

Please sign up [HERE](#) to sponsor a Holiday Hope Chest. Please confirm your spot by no later than Friday, November 25th.

When will the Hope Chest be collected?

More details to come if you register. The deadline for collection will be Thursday, December 1st.

How do I learn more information?

Attached is a Frequently Asked Question sheet or please visit <https://www.volunteerlv.org/holiday-hope-chests>

Thank you for helping us provide HAPPINESS IN A SHOE BOX !

Your YP Community Engagement Subcommittee