

There's a lot going on at Lehigh Valley Health Network. In case you didn't catch all the latest news, here's a recap of what happened this week. Here are links to Mission Central posts, the latest issues of CheckUp and Healthy You magazines, and Lehigh Valley Health News, our blog on LVHN.org containing timely information and health network news. You also can link to Mission Central's "Contact Us" page where you can comment about anything, including this email, ask a question or share a story.

## [Watch Dr. Swinford's April Fireside Chat – VIDEO](#)

He acknowledges your hard work, thanks you for your dedication and asks for your help as we amp up our efforts to manage costs. The video includes closed captioning so you can watch even if your computer doesn't have sound.

## [Read May CheckUp](#)

Meet Friends of Nursing Award recipients, as well as colleagues who are going back to school, reducing workplace injuries and building trust with Gemba Walks.

## [Photo Contest Encourages Students to Show Their #OrthoInAction](#)

If you know a student who plays sports, visit LVHN's Facebook page and show us their #OrthoInAction.

## [Join Our Memorial Day Observance on May 15](#)

All colleagues are invited to honor those who died serving our country in times of war.

## [Attend A Lehigh Valley IronPigs Game](#)

Learn which nights LVHN is sponsoring and register to win two tickets to the June 19 game.

## [In the News: April – VIDEO](#)

See clips and read articles from local and national media that featured Lehigh Valley Health Network this month.

## [I Pink I Can](#)

Join four LVHN physicians for an informative discussion about hot topics in breast and gynecologic health.

## [Wellness: Don't be a Stress Eater](#)

Learn ways to combat emotional eating.

## [Coming to a Big Screen Near You—VIDEO](#)

See how bigger monitors will help you work in Epic.



Read the latest  
issue of **CheckUp**



Ask Questions  
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Read the latest  
issue of **Healthy You**

**READ LEHIGH VALLEY HEALTH NEWS**

a blog on [LVHN.org](http://LVHN.org) containing  
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< Lehigh Valley Health News Digest: April 14 – 18

Motivational Monday: Stay on the Right Track >

## Watch Dr. Swinfard's April Fireside Chat – VIDEO

Statistics show we are very busy caring for the people of our community. That's a good thing. However, you may feel stressed because you're working harder than ever. In his latest Fireside Chat, president and chief executive officer Ron Swinfard, MD, acknowledges your hard work and thanks you for your continued dedication to our mission.

The video below includes closed captioning so you can watch even if your computer doesn't have sound. To view the closed captioning, click the "CC" button at the bottom of the video.

At April's Leader-to-Leader meeting, Dr. Swinfard spoke after chief financial officer Ed O'Dea gave an update about our health network's finances and growth. It provided background for another topic Dr. Swinfard discussed: managing costs. In the months ahead, managing costs will become even more important as patients begin to shop for health care at the best price.

Dr. Swinfard talked about steps we have taken to manage costs, including creating an even leaner fiscal year 2015 (FY15) budget. Our next step will be to create goals for FY15 that will help us fine-tune our focus on being a high-value health care provider.

You can help too. Dr. Swinfard wants you to envision your department in the future and ask yourself how your department can improve the quality of your work with the lowest possible costs. No idea is off the table. Think big and brainstorm how you can remove larger amounts from your department's budget.

Watch the video and share a comment. Then start generating ideas. When you have one, share it on the [Contact Us page](#) on Mission Central so we can learn from each other.

Dr. Swinfard is hosting more Fireside Chats this year to keep you informed. The next chats will be held in August and November. You'll be able to watch them on Mission Central.

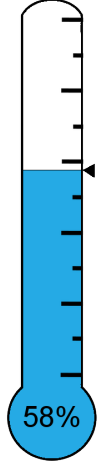


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### KEYWORDS

For a comprehensive review of what was discussed in this quarter's fireside chat, [read the latest financial update](#).

This entry was posted by [Admin](#) on April 18, 2014 at 4:55 pm, and is filed under [Get News](#). Follow any responses to this post through [RSS 2.0](#). You can [leave a response](#) or [trackback](#) from your own site.

## 7 comments

Diane Deiter 21 DAYS AGO

Is there a way to reduce the rental of un-used office buildings? Do we have wasted space in current buildings (such as: School of Nursing, MACK, 2166 Bldg., etc..) that can be more efficiently used, and save on expensive building rental fee's?

LOG IN TO REPLY

Jennfier Fink 19 DAYS AGO

The Network has a Real Estate Strategy in place that will consolidate Administrative space into 4 key facilities over the next 5 years. These facilities represent either owned facilities or facilities that have a lower than market lease rate. This will allow us to exit current high-rent leases and open up campus square footage for clinical usage.

Jennfier Fink, Director of Planning & Interiors

LOG IN TO REPLY

Mark Henderson 21 DAYS AGO

Inspiring speech Ron. I see a lot of ways to save money. I see a lot of paper being put in the recycle bins. Why can't more be put on the computer instead of paper? I understand not everything can be put on the computer. Can money be saved by outsourcing our printing. I am sure printing equipment is expensive to maintain.

LOG IN TO REPLY

Donald Hougendobler 20 DAYS AGO

Hello Mark. My name is Don Hougendobler. I've been at LVHN for 23 years and work in the Environmental Health and Safety. Thank you for your question and your interest in improving our environment and suggestions for cost savings with regard to our printers, copier and paper use. We have estimated that over a half a million dollars is spent each year at LVHN on paper!

In 2012, our Supply Chain colleagues started exploring ways to save paper and money by researching the impact of our current use of our copiers and printers. We learned that toner for printers and copiers makes up more than 55% of office supply expenses and paper for copiers and printers constitutes more than 24% of office supply expenses

In January 2013 the LVHN Managed Print Services program was implemented. This program was developed by a cross functional team of representatives from Supply Chain Management and I/S. The team selected Fraser Advanced Information Systems, as the exclusive partner to manage the LVHN Managed Print Service Program, which includes equipment, supplies, toner (excluding paper and staples), preventive maintenance, parts and repair, software, installation and training. Key components of this new program included setting all copiers and printers to double-sided and black and white.

The program was first implemented at LVHN-Mack Blvd. with outstanding

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results! Prior to implementation, the FY12 actual average monthly costs of office supplies at Mack Blvd. was \$16,461. In FY13 this decreased to \$13,387. Today, the FY14 YTD actual average monthly costs of office supplies is \$7,600!

There are several other things that colleagues can do to make a significant impact on our paper and office supply costs at LVHN:

- Don't print or copy anything you don't have to
- Use the print menu to print only the pages you need
- Proofread on screen
- Print to file instead of print to printer (i.e. print to a pdf. file)
- Scan and distribute documents electronically or via email
- Use computer equipment for meetings (view on screen with projector)
- File an electronic copy instead of a paper copy
- Select two-sided copies when printing if your printer has the capability but is not yet set to default to double-sided copies
- Print in gray scale when printing to color printers or multifunction machines. Only print in color when necessary. Color toner is up to six times more expensive than black toner.

[LOG IN TO REPLY](#)

Concerned Employee 14 DAYS AGO

Hi Don,

I am not sure if this has been considered or not, but I know that if you change the font it can save considerable costs on printing. The size and style do matter and can be a significant cost saving.

There is a tremendous amount of paper waste in our department, and I know that can be improved upon. It seems font size can improve some of it, more info would be printed on less paper, saving both ink and paper.

Thanks for the info

[LOG IN TO REPLY](#)

Cynthia Spence 20 DAYS AGO

Thank you for adding the closed captioning!

[LOG IN TO REPLY](#)

Darryl Rotherforth 19 DAYS AGO

I am a relatively recent addition to LVHN and chose this organization because we manage the business of healthcare in a personal and considerate manner. It sounds like you want us to identify process changes that can potentiate cost savings without sacrificing the quality of care or the caring relationships we create.

A couple of things present themselves from the Fireside Chat which may help stimulate the conversation regarding cost containment. I know we have had some success in cost savings in the past. Revisiting and /or reviewing these successes might be beneficial for us. Additionally, it may be helpful to prevent repeating similar attempts, or to avoid duplicating errors from those attempts. Knowing the history of our attempts may serve as a starting point for continuing these efforts.

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Mission Central | Watch Dr. Swinfard's April Fireside Chat – VIDEO



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## Read May CheckUp

You can learn something new every day. This edition of CheckUp tells the stories of colleagues who are doing exactly that. Read it and you also will learn tips to be at your best at work and home.

Here is what's inside the May issue:

- [Learn how to conduct a Gemba walk](#) that builds trust between colleagues
- [Terry Capuano, RN, shares stories](#) from her recent Gemba walk at LVHN-Tilghman
- [Going back to school](#) is one of the best decisions Lynette Clinton and Lisa Ondush, RN, ever made
- [Emergency department resident John Ashurst, DO](#), is a teacher, researcher and award winner
- Committees are discovering new [ways to prevent workplace injuries](#)
- [Our Friends of Nursing Award recipients](#) shape a bright future
- [Meet Brigitte Naratil](#), our Service Star of the Month
- [Get tips to strengthen your glutes](#) so you can exercise without pain
- Learn how we're [reducing office supply costs](#)
- Meet colleagues who are [supporting patients who had knee-replacement surgery or heart care](#)

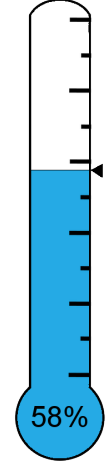


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When you [visit the CheckUp section](#), you can page through the issue virtually, download and print the issue or read each story individually on Mission Central. Read the May edition today and learn something new.

This entry was posted by [Rick Martuscelli](#) on April 17, 2014 at 11:00 am, and is filed under [Get News](#). Follow any responses to this post through [RSS 2.0](#). You can [leave a response](#) or [trackback](#) from your own site.



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< Coming to a Big Screen Near You – VIDEO

Making Bacon: LVHN Sponsoring 21 IronPigs Games This Season >

## New Social Media Contest Encourages High School Students to Show Their #OrthoInAction; Prizes Set for Winning Schools

Does your son or daughter play sports for his or her local high school? Did you play sports when you were in high school? If so, visit Lehigh Valley Health Network's Facebook page and share a photo of your Orthopedics in Action (#OrthoInAction). It's a new contest on social media. To enter, go directly to LVHN.org/orthoinaction from your mobile or desktop device. You can also follow these directions to enter on your computer at home:

- Visit our LVHN Facebook page, facebook.com/lvhealthnetwork
- Click the "Orthopedics in Action" tab at the top of the page
- Fill out our entry form with your name, email and high school and upload your photo.



You can include a caption that describes what #OrthoInAction means to you. Examples include:

- A loved one rebounding a basket in one of their first games back from an injury
- Running the road and weight training to stay strong and healthy
- A throwback photo of you and your high school teammates celebrating a championship
- Training with a physical therapist to heal your knee

The school with the most photos will win a \$5,000 prize, with a \$2,500 prize for second and \$1,000 prize for third. The contest will run through May 31. All photos will be pre-screened prior to posting. Prizes will be presented at the winning schools in June.

This entry was posted by [Ted Williams](#) on April 17, 2014 at 4:52 pm, and is filed under [Get News](#). Follow any responses to this post through [RSS 2.0](#). You can [leave a response](#) or [trackback](#) from your own site.

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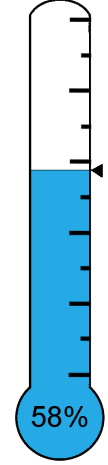
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## Join Our Memorial Day Observance on May 15

All colleagues are invited to join LVHN's May 15 Memorial Day observance to honor those who died serving our country during war. Originally established to honor Civil War dead in 1868 and called Decoration Day, the holiday later was renamed Memorial Day to recognize the fallen from all conflicts. While the annual federal observance is the last Monday in May, our event is Thursday, May 15 to enable more colleague participation.



Our observance will consist of two identical 15-minute ceremonies. The first, from 10-10:15 a.m., will take place immediately after the May Leader to Leader meeting. If you are not scheduled to attend that meeting, you can view a simulcast at the following locations:

- Lehigh Valley Hospital (LVH)-Cedar Crest, Kasych Family Pavilion, Medical Imaging of Lehigh Valley conference rooms 6,7,8
- LVH-17<sup>th</sup> Street auditorium
- LVHN-Mack Boulevard auditorium
- LVH-Muhlenberg, the Frank Banko Educational Conference Center rooms B, C, D
- LVH-Hazleton training center

The second ceremony will take place from noon-12:15 p.m. in the LVH-Cedar Crest auditorium. All colleagues are invited to attend. This event will not be simulcast. Both ceremonies will include participation by a veteran of each of the following five conflicts: World War II, Korea, Vietnam, Gulf War and the War on Terror.

All service colleagues (active duty military, honorably discharged veterans and members of the guard and reserve) are invited to wear their uniforms (in whole or in part; caps and fatigue jackets acceptable, class A, B or C acceptable) to work on May 15. Consult with your supervisor, as appropriate, if you plan to wear your uniform.

This entry was posted by [Gerard Migliore](#) on April 16, 2014 at 10:30 am, and is filed under [Connect with Colleagues](#). Follow any responses to this post through [RSS 2.0](#). You can [leave a response](#) or [trackback](#) from your own site.

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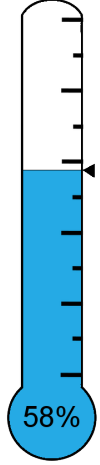
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## Posts tagged *IronPigs14*

### Making Bacon: LVHN Sponsoring 21 IronPigs Games This Season

Comments: 0

04/18/14 by Ted Williams in Learn

Can you smell the bacon? Baseball fans in the Lehigh Valley can, and Lehigh Valley Health Network (LVHN) is proud to play a part by sponsoring 21 Lehigh Valley IronPigs home games at Allentown's Coca-Cola Park this season. Consistent with our mission to heal, comfort and care for the people of our community, each LVHN supported game promotes an important health-related message for children and adults.



Lehigh Valley Health Network is a proud sponsor of the Lehigh Valley IronPigs.

To promote physical activity for children, we support an IronPigs tradition – Kids Run The Bases. After each Sunday home game, children are invited to take the field and run around the bases in front of a roaring crowd. Each child gets a gift after crossing home plate. Kids Run The Bases takes place on April 13 and 27; May 11 and 25; June 8, 22 and 29; and Aug. 3, 17 and 24.

LVHN also supports two IronPigs Education Game Days on April 29 and May 12. They're part of the IronPigs' Swine Smarts program, where local teachers use elements of baseball in their lesson plans (for example, focusing on the math used in calculating a hitter's batting average; or the science used to name the food groups at the ballpark concession stands). Nearly 6,000 students from schools through our region take part in Education Game Days each season. LVHN contributes health topics for teachers and promotes physical activity and proper nutrition at the games. These Education Day events will also include promotion of Children's Hospital at Lehigh Valley Hospital.

Nine additional LVHN-sponsored game nights are:

- June 19 – LVHN night
- July 23 – Health Fair night
- April 25 – Orthopedics night
- May 9 - Strike Out Stroke night
- June 5 – Children's Hospital at Lehigh Valley Hospital night
- June 20 – Heart and Vascular Center night
- June 28 – LVHN Cancer Program and the Robotic Simulation Olympics Finals
- July 2 – Sports Medicine night
- August 29 – Urology night

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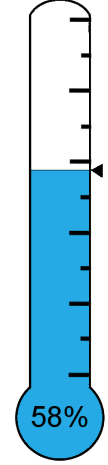
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### KEYWORDS

# Now Is Your Chance to Win Free Lehigh Valley IronPigs Tickets

Comments: 0

04/17/14

by Ted Williams in Get News

The 'Pigs are back, and if you're one of 250 lucky Lehigh Valley Health Network (LVHN) colleagues, you'll get to see them play for free.

LVHN is sponsoring the June 19 game between the Lehigh Valley IronPigs and Charlotte Knights at Allentown's Coca-Cola Park, and a ticket drawing is now available to all colleagues. The random drawing will select 250 colleagues, each of whom will each win two tickets on the PPL picnic patio. Winners also will enjoy a free buffet.

You can register for the random selection process by calling 610-402-CARE until May 16. See Mission Central on May 19 for the announcement of the winners.

[Add a Comment](#)

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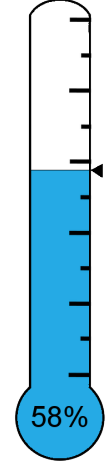
A study about the effects of running, especially longer distances, whose lead author was a Lehigh Valley Health Network physician gained significant national and international attention recently as it showed that more might not be better. Check out one of these stories in this month's LVHN in the News. The April video also features two reports on AIDS/HIV care and treatment, including one in Spanish. LVHN has surpassed the 100 mark in the number of TAVR heart valve procedures we've performed. Meet the 91-year-old woman who benefited from the 100th procedure. Learn more about the healing benefits of music from a cancer physician who sings as a hobby. Lastly, you can view a preview story about this year's Mini Medical School, which runs through April.

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Other stories:

- [Read more](#) about local siblings who were involved in a life-saving, three-way kidney swap involving LVHN.
- [Read more](#) about the Lehigh Valley's health care heroes including those from LVHN who were recognized recently by Lehigh Valley Business.

This entry was posted by [Brian Downs](#) on April 18, 2014 at 3:05 pm, and is filed under [Get News, Watch](#). Follow any responses to this post through [RSS 2.0](#). You can [leave a response](#) or [trackback](#) from your own site.

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< [Motivational Monday: Clear Your Mind](#)

[David Winand, MD, Wants to Get You Back to Your Family – VIDEO](#) >

## I Pink I Can

### Empowering women to make informed decisions regarding their health.

Have you found conflicting information about breast and cervical cancer screenings confusing? Wondering if you should have genetic evaluation for breast or gynecologic cancer?

Join four Lehigh Valley Health Network physicians for an informative discussion about current hot topics in breast and gynecologic health on Thursday, May 15, beginning at 5:30pm. A light dinner will be served, and you will have a chance to receive gifts and prizes.

[CEUs will also be offered.](#)

**Location:** Lehigh Valley Hospital-Cedar Crest, Kasych Family Pavilion, Medical Imaging of Lehigh Valley Conference Rooms 6, 7 and 8.

Call 610-402-CARE (2273) to register.

#### I Pink I Can Panel

[Priya Sareen, MD](#), radiologist, Medical Imaging of Lehigh Valley

#### “How Dense Are You?”

Informing patients about breast density is now required by several states, including Pennsylvania. We will talk about breast density and its associated breast cancer risk, as well as imaging techniques that can pierce the visual barrier caused by dense breast tissue.

[Lori Alfonse, DO](#), surgical oncologist, Lehigh Valley Surgical Oncology

#### “Hey, where are you going with those?”

The topic of ‘prophylactic mastectomy’ has been prominent in recent headlines as many newsworthy women select this procedure. We will review valid reasons for genetic evaluation (and disqualifiers), the misnomer of ‘prophylactic mastectomy,’ as well as options to reduce breast cancer risk, including but not limited to surgery.

[Katherine Harris, MD, PhD](#), hematologist-oncologist, Hematology-Oncology Associates

#### “What’s the right treatment for me?”

Early breast cancer detection and more effective therapies have resulted in greater numbers of breast cancer survivors than ever before. As our survivor list grows, we also see the growing importance of minimizing long-term side effects of treatment. Learn about advances in breast cancer biology, how that insight allows for more individualized treatment, and how it ultimately results in therapy with a better balance of risks and benefits.

[Richard Boulay, MD](#), gynecologic oncologist, Gynecologic Oncology Specialists

#### “Pap smears, who needs them anyway?”

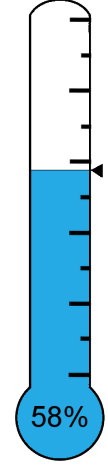
News reports can be confusing, especially when it comes to women’s health and annual exams. You may wonder: When should I get a Pap test? How frequently? When should I stop? We’ll discuss the updated Pap test guidelines and provide information that will help

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you discuss what's best for you at your next doctor's appointment.

This entry was posted by [Jenn Fisher](#) on April 15, 2014 at 2:45 pm, and is filed under [Live Healthy](#). Follow any responses to this post through [RSS 2.0](#). You can [leave a response](#) or [trackback](#) from your own site.

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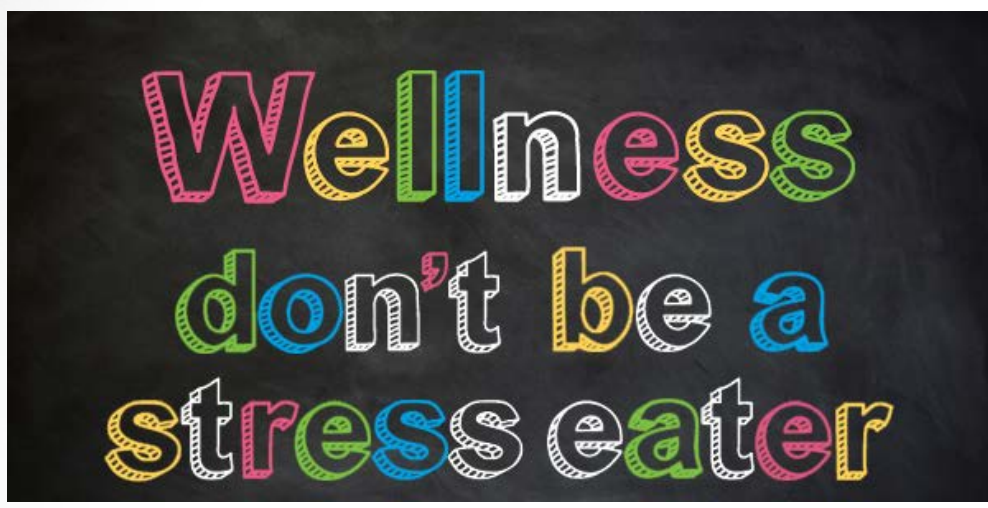
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## Wellness Wednesday – Don't be a Stress Eater



In March, we asked what topics you want to learn about in future Wellness Wednesday posts. One colleague responded, "I'm a stress/boredom eater. What triggers eating for me and not for others, and what tips are there for working through those moments?"

"Cravings are triggered by different things for different people," says Judith Miller, behavioral health specialist at LVHN's Weight Management Center. "What you generally recognize as a food craving is due to 'emotional hunger' rather than actual hunger." There are clues to help you know when you are experiencing emotional hunger.

### Emotional hunger:

- Comes on suddenly
- Causes you to crave certain foods, such as chocolate, without accepting a substitution
- Involves mindless eating
- Doesn't stop when you are full
- Creates feelings of guilt, shame and self-loathing about your eating habits

### Common causes of emotional hunger include:

- Social triggers: when you eat around others as an activity
- Mood triggers: when eating is a response to depression, anxiety, anger or loneliness
- Situational triggers: when you eat to pass the time while you're doing activities like watching TV or attending a sporting event
- Negative thoughts: when eating comes from negative self-worth

**This week's Wellness Wednesday challenge:** Examine how much of your eating is emotional and how much is due to actual hunger.

"Food cravings last an average of 10 minutes," Miller says. "If you crave food when you're feeling stressed or bored, think of alternative activities you can do rather than eating."

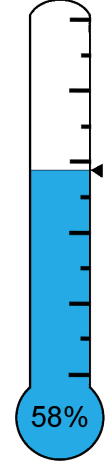
Try these activities:

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- Take deep breaths
- Call a friend
- Play a game on your phone, tablet or computer
- Work on a hobby or craft
- Read a book
- Exercise or take a walk

When looking for a distraction, choose an activity that is not eating compatible. You also can create a “distraction kit” with everything you might need to make a “food-free zone” at home or work.

Look for ways to reward yourself outside of food, such as scheduling a massage or planning a vacation.

A good way to predict your food cravings is to keep a journal. “Journaling your food cravings and emotions is a tool that can help increase awareness of triggers for emotional eating,” Miller says. “Journaling also is beneficial to increase accountability of what you are eating and decrease mindless eating.” Not having comforts foods in the house also helps.

For more information on avoiding emotional eating, contact the Weight Management Center at 610-402-5000 and meet with a behavioral health specialist.

Do you want to see a Wellness Wednesday based off of one of your questions? Leave a comment and let us know what you want to see!

*Have you participated in the FY14 People Goal? Go to [MyPopulytics.com](http://MyPopulytics.com) and set your own wellness goal. Not only will setting your goal keep you healthier, but it also will make you eligible to win monthly prizes and a grand prize at the end of fiscal year 2014. When you're healthy, you're at your best for colleagues, patients and their families. Help LVHN serve as a role model by taking steps to improve your wellness.*

This entry was posted by [Amanda Coe](#) on April 16, 2014 at 1:38 pm, and is filed under [Live Healthy](#). Follow any responses to this post through [RSS 2.0](#). You can [leave a response](#) or [trackback](#) from your own site.

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## Coming to a Big Screen Near You – VIDEO

You know how challenging a small screen can be when you need to see a document. Consider reviewing an organization chart on a cell phone screen – not so simple or convenient. As pieces move into place for the launch of the Epic electronic medical record (EMR) system at Lehigh Valley Health Network (LVHN,) bigger computer monitors will play a big role in that implementation, too.

After conducting site visits and conferring with other Epic sites, LVHN has decided to place 24" computer monitors in all areas where patient documentation is being performed or has the potential to be performed. The use of these monitors was recommended to fully leverage the Epic software and the workflows that have been approved through [validation sessions](#).

### The Big Why

What we learned from Epic, sites around the country, as well as nearby Epic clients (Lancaster General Hospital, Reading Health System and Children's Hospital of Philadelphia,) is that larger monitors make sense.

Documentation at the point of care is more efficient through the use of larger monitors because they provide more information on the screen, like patient information and note writing tools. Having the ability to see more on a single screen improves efficiency and the accuracy of documentation. In addition, Epic programmers are coding the system to be utilized on large screen monitors most effectively

The standard design includes 24" monitors in exam rooms with fast badge login (Tap and Go) technology, and other point-of-care delivery locations. Along with this high-level design, we will create custom deployment plans by unit or practice to ensure we cover the workflows specific to those areas.

### Preparing for the Screen Switch

The Epic technical team will lead the deployment of the 24" monitors, and has already started laying the groundwork. The team has visited all wave 1 areas to determine where the new monitors will go. The staff at those sites also provided input on where the monitors should go, because as the ultimate end-users, they know the optimal locations for use.

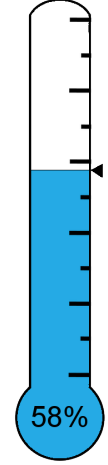
Curious about the new monitors and the "Tap and Go" log-in? Check out this video for a demo.

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Learn more about the LVHN Epic transformation on the [LVHN Epic intranet site](#).

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