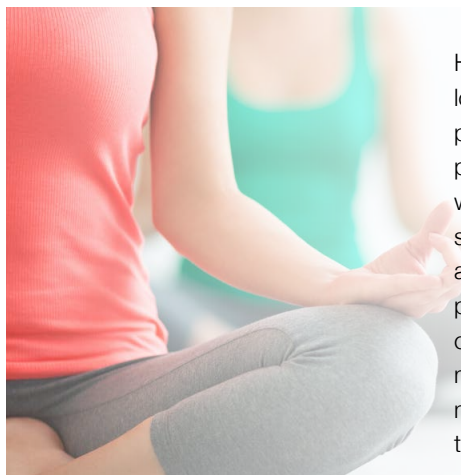


## Gentle Yoga Classes to Begin in July



**Beginning in July**, the Fitness Center at the Health & Wellness Center at Hazleton will offer low-impact, gentle yoga classes. Designed for people who may not be able to bear a lot of pressure on their wrists or shoulders, the class will focus on seated stretches, warriors and some balances. Classes are open to the public and will be held each Thursday from 4:15–5:15 p.m. The class fee is \$10 per class, or a punch card of 10 classes for \$60 (non-Fitness Center member) or \$40 (Fitness Center member). For more information or to register for a class, call the Fitness Center at **570-501-6750**.

## Leadership Rounds Continue

LOCATION	DATE AND TIME	LEADER
7th floor	June 28 at 4 p.m.	Melissa Curto
6th floor	June 27 at 9 a.m.	John Fletcher
4th floor	June 30 at 11 a.m.	Anthony Valente, MD
3rd floor	June 29 at 9:30 a.m.	Michele Konitzer, RN
2nd floor	June 30 at 7 a.m.	Michael Golden, RN
ED	June 27 at 3:30 p.m.	Murray Swim

## Your PRIDE is Showing



### Kudos to Ashley Boyle,

nursing assistant in our Gunderson Center for Inpatient Rehabilitation, for her care and compassion and for making a difference in someone's life. Boyle was coming in for the 11 p.m. shift on Saturday, June 10, and saw a man who looked like he needed help walking near the back of the hospital by the employee entrance. She asked the man if he was OK, and he showed her that he had burned his hand and needed care. Boyle was empathetic to this patient and personally walked him through the basement and escorted him up to the emergency department. She did a warm handoff to ensure he was taken care of by staff there.

**Here is a letter of appreciation** received from a patient who was a guest on the fifth floor/telemetry unit.

"I was recently in the hospital for 12 days. I had the best care possible. I had nurses that made my stay so nice. You are lucky to have such wonderful nurses. They do so much more than just take care of your health problems; they were personable and so caring. I think it has to be very hard to be so pleasant all of the time. But they were. I think they deserve a big thank you and pat on the back because they are wonderful."

## Congratulations

**Maurissa Laudeman**, quality management, successfully passed her licensing exam in social work and is now a Licensed Social Worker. She works on the fourth floor nursing unit. Please congratulate her on this professional achievement.

## COMMUNITY EVENTS

### Stroke Support Group Session

Monday, June 26 • 2–3 p.m.  
Gunderson Center for Inpatient Rehabilitation  
Call **570-501-4632** for more information.

### Bariatric/Weight-loss Management Information Session

Monday, June 26 • 6–8 p.m.  
Health Center at Mountain Top  
Call **570-501-4LVH** to register or for more information.

## QUICK NOTES

✔ **The deadline to register** for LVH–Hazleton’s colleague picnic at Knoebels Amusement Park is July 3. The registration form can be found on the intranet under “Recreational Activities.” For more information, contact the administration office at extension 6204.

✔ **There are only seven days** left to complete your Mandatory Education bundle. Go to the LVH–Hazleton intranet and click the “Annual Mandatory Education” link. For assistance, contact your manager or the education department at extension 4326 or 4906.



## Celebrating the New Inpatient Rehabilitation Center–Pocono

**Independence Day was celebrated** at Lehigh Valley Hospital (LVH)–Pocono on June 20 – sort of – as the new Inpatient Rehabilitation Center–Pocono was formally dedicated in a ribbon-cutting celebration on the hospital’s third floor.

“I know we’re actually several weeks away from the July 4th holiday,” said LVH–Pocono President Elizabeth Wise. “I’m talking about a different kind of independence. This is the independence our patients will feel once they’ve completed their rehabilitation inside this new facility.”

The new center, which will serve adults 18 years and older, will provide a full continuum of services for patients. LVHN’s multidisciplinary approach to rehabilitation care includes specialized rehabilitation physicians, rehabilitation nurses, and physical, occupational and speech therapists.

“We didn’t think Independence Day fireworks would work too well in here, but what we’re celebrating today is certainly worthy of some serious fanfare,” said LVHN Executive Vice President and Chief Operating Officer Terry Capuano. “This new inpatient rehabilitation center will allow adults to receive short-term rehab without having to leave LVH–Pocono.”

### **The Inpatient Rehabilitation Center–Pocono includes:**

- ▶ 12 private patient rooms
- ▶ A therapy gym, featuring cardio equipment, resistance bands and weights
- ▶ A kitchen where patients can work on activities of daily living, such as cooking on the stove
- ▶ State-of-the-art rehabilitation technology that people who are learning to stand or walk again can use to move around the gym and kitchen

Patients with conditions that would necessitate care at the Inpatient Rehabilitation Center–Pocono can expect a minimum of three hours of intensive, specialized rehabilitation therapy almost every day for an average of two weeks. People recovering from conditions such as stroke, neurological disorders, orthopedic injuries, amputations, post-surgical conditions or other debilitations are most likely to use the center.

LVH–Pocono is home to the health network’s fifth inpatient rehabilitation center, now making LVHN the largest provider for inpatient rehabilitation in the region with 108 beds. LVHN’s other inpatient rehabilitation centers are located at LVH–Cedar Crest, LVH–Muhlenberg, LVH–Hazleton and LVH–Schuylkill.



## Arrival of the Family Health Pavilion

**Like a family awaiting word of a new arrival**, a large crowd of colleagues, government officials, donors and other special guests held a collective breath Monday, June 19, as Bethlehem Mayor Robert Donchez struggled to cut the cord – er, ribbon – for the new Family Health Pavilion at LVH–Muhlenberg.

The mayor finally sliced through the teal blue ribbon imprinted with the theme “Celebrate the Future.” Excitement was high in the capacity-room crowd during remarks from LVHN President and Chief Executive Officer Brian Nester, DO, MBA, FACOEP, and other leaders.

“Today we celebrate the future of our community with the opening of the Family Health Pavilion,” Nester said. “That future includes the future babies who will be born here – as many as 2,000 annually. It also means celebrating the future state of independence for patients in our new Inpatient Rehabilitation Center–Muhlenberg.”

The 161,000 square-foot building arrived early and under budget. Doors opened to patients on Wednesday, June 21, rather than in July as originally projected.

### PERSONALIZED BIRTH EXPERIENCE

Floors two and three are home to Bethlehem’s only labor and delivery unit, as well as a level II neonatal intensive care unit for babies born at 32 weeks gestation or later. Yet the blueprint for our obstetrical services involves more than bricks and mortar. We also intend to give families a personalized birth experience that includes shared decision making with physicians and more choice for moms and their families.

### INTENSIVE THERAPY

Floor one features our Inpatient Rehabilitation Center–Muhlenberg, which provides intensive physical, occupational and speech therapy, as well as leading-edge technology for patients recovering from stroke, neurological disorders, orthopedic injuries, amputations and post-surgical conditions.

The celebration included tours and rehab demonstrations of the Bioness Vector Gait System – technology that holds patients upright in a harness as they learn to walk again after an illness, injury or procedure.

### OTHER FEATURES INCLUDE:

- ▶ A multi-purpose room that can be used for meetings, events and family education classes
- ▶ The Pavilion Café featuring meals, snacks and a Starbucks drinks menu
- ▶ Lehigh Valley Children’s Hospital Play Center – a colorful and supervised play space for children
- ▶ An outdoor courtyard where families can share a meal or a quiet moment and rehab patients can practice walking on different surfaces
- ▶ The Grace Shop, our newest Auxiliary-run gift shop, where visitors can purchase balloons, cards, jewelry, home décor and clothing