

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, details about our goals for fiscal year 2015, and Lehigh Valley Health News, our blog on LVHN.org containing timely information and health network news.

[LVHN Opens New ExpressCARE, Rehab, Sports Medicine and Fitness Locations in Three Counties](#)

Lehigh, Northampton and Luzerne counties have new LVHN services open now or opening soon.

[People Goal Hits the Max](#)

Seventy percent of colleagues set a health and wellness goal.

[Michael Rossi, MD, Named President of LVPG](#)

This change in title makes the position more consistent with leadership at top physician groups around the country.

[Ed Dougherty Named Acting Chief Marketing Officer](#)

He will give marketing executive leadership support and representation as we formulate and implement our network plans.

[LVPG's Dave Regan Leaving LVHN](#)

After 12 years with the network, he is embarking on a new chapter in his career.

[Wellness – Stop Summer Kidney Stones](#)

Evaluate if there are lifestyle changes you can make to help prevent painful stones.

[Teacher + Tech Savvy + Patience = Epic Credentialed Trainers](#)

LVHN is looking for full-time credentialed trainers for the Epic transformation project.

[Hamed Amani, MD: Burn Patients Are Our Family – VIDEO](#)

He and his team do everything in their power to heal devastating burn injuries.



Read the latest
issue of CheckUp



Learn About Our
FY15 Goals



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a blog on LVHN.org containing
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- MAGNET ATTRACTIONS
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- CONTACT US
- SCHEDULES
- Q&A

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Lehigh Valley Health News Digest: July 7 - 11

LVHN Opens New ExpressCARE, Rehab, Sports Medicine and Fitness Locations in Three Counties

If you live in Lehigh, Northampton or Luzerne counties and are looking for Lehigh Valley Health Network's (LVHN) services, you now have more options available to you. The following new services and facilities either are open or will be opening within the next two weeks:



Clockwise from top left are new LVHN locations: ExpressCARE in Hazleton, rehabilitation in Bethlehem, LVHN-One City Center and ExpressCARE at the Health Center at Bath.

- **ExpressCARE Bath** opened Monday inside the Health Center at Bath, 6649 Chrisphalt Drive. There you can receive care without an appointment for common illnesses and minor injuries. Hours are 8 a.m. to 8 p.m. Monday through Friday, and 9 a.m. to 3 p.m. weekends and holidays.
- **ExpressCARE Hazleton** will open on Monday, July 14, in the Hazleton Shopping Center, 564 W. Broad St. This is the first Luzerne County location for **ExpressCARE**, which offers care without an appointment for common illnesses and minor injuries. Hours are 8 a.m. to 8 p.m. Monday through Friday, and 10 a.m. to 6 p.m. weekends and holidays. Call 570-501-4000 for more information.
- **LVHN-One City Center** in downtown Allentown (707 Hamilton St.) will host a **community open house** 5-7 p.m. Tuesday, July 15. Come **take a tour** of this state-of-the-art facility that will be your destination for all things sports medicine and fitness related. Call 610-402-CARE to RSVP. LVHN-One City Center opens for business Wednesday, July 16.
- **Rehabilitation services** opened Tuesday at 3024 Easton Ave. in Bethlehem. Another rehab services location opens at One City Center on July 16. With the addition of these two new offices, there are now **17 outpatient rehabilitation locations** to provide greater convenience for occupational therapy, physical therapy, speech therapy and audiology services.

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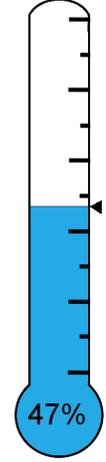
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- HOME
- CHECKUP
- MAGNET ATTRACTIONS
- ABOUT
- CONTACT US
- SCHEDULES
- Q&A

< Motivational Monday: Add to Your Quality of Life

LVPG's Dave Regan Leaving LVHN >

People Goal Hits the Max

Back in May, Lehigh Valley Health Network (LVHN) and Health Network Laboratories (HNL) colleagues enrolled in a Choice Plus health plan reached more than 60 percent participation in the Health and Wellness goal-setting challenge, also known as our annual People goal.

"Once we reached the Target level of participation, we knew we had some momentum going into the last month of the fiscal year," says Debby Patrick, LVHN senior vice president of human resources.

"With that momentum, colleagues from LVHN, HNL and Populytics went all-out to encourage others who hadn't set a wellness goal to log into MyPopulytics.com and set one," says Stacey Asbell, operations and health plan management administrator with Populytics.

Max Goal ♥ You

Between emails to colleagues, reminder signs in staff areas, as well as providing computers in cafeterias to make sign-up easy, LVHN and HNL colleagues achieved 70 percent participation in 'set' wellness goals for the year: 6,867 participants among 9,864 Choice Plus enrollees overall.

"This was a fabulous result thanks to the efforts of everyone who set a wellness goal, and everyone who helped encourage our colleagues to set their goals, from Deans of Wellness to department managers to the folks with Populytics," Patrick says.

"We thank everyone who helped us reach the Maximum People goal," Asbell says. "We know the power of goal-setting and believe taking time to think about and set a goal will help our colleagues improve their health."

June Wellness Goal Prize Winners

Achieving Max goal was only part of the fun for June. Final prize winners also were selected from among everyone who set a goal. Prizes awarded included the monthly prizes as well as Grand Prizes for the culmination of the fiscal year.

June monthly prize winners are Matthew Weintraub, Lehigh Valley Hospital (LVH)-Cedar Crest, emergency department, and Susan Mohr, LVH-17th Street, Ambulatory Surgery Unit. They will each receive a \$100 gift card to the Promenade Shops at Saucon Valley.

Our Grand Prize recipients are Barbara Ebert from LVH-Cedar Crest, open heart unit and Colleen McBrearty from LVH-Cedar Crest, 3A interventional progressive coronary unit. Each will receive a \$550 Bear Creek gift card and a \$300 Promenade Shops gift card.

"Congratulations to all," Asbell says. "And thanks to each person who set a goal and joined in the health and wellness movement at LVHN."

"By setting a wellness goal, our colleagues have made a difference for themselves and others they work with every day," Patrick says. "It's another step in our journey toward a culture of wellness that benefits each of us, our families and our community."

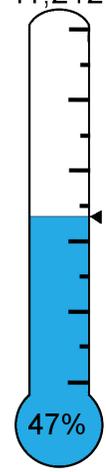
While our FY14 contest is over, pursuit of health and wellness continues. For help with [goal setting](#), contact a [BenefITSM](#) wellness coach at 610-969-0445 or by email at wellnesscoach@valleypreferred.com. For [chronic illness coaching support](#), contact Choice

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Recreation Reframing Sandy Service
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- CHECKUP
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- ABOUT
- CONTACT US
- SCHEDULES
- Q&A

< Wellness Wednesday – Stop Summer Kidney Stones

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Michael Rossi, MD, Named President of LVPG

This message is from Thomas Whalen, MD, chief medical officer

I am pleased to announce that [Michael Rossi, MD](#), will become president of [Lehigh Valley Physician Group \(LVPG\)](#) effective July 9.

Dr. Rossi has been physician executive director for LVPG since 2009. This change in title makes the position more consistent with leadership at top physician groups around the country. LVPG is the 13th largest physician group in the U.S. and is responsible for more than 80 percent of our patient contacts. LVPG, with over 1,000 physicians and advanced practice clinicians, is critical to the future of Lehigh Valley Health Network.

Prior to becoming physician executive director for LVPG, Dr. Rossi became chief, cardiology and medical director of the Regional Heart Center in 2003. In 2008, he became the endowed chair in cardiology. He has been practicing with our medical staff since 1992.

Dr. Rossi received his medical degree from the Brown University School of Medicine in 1984 and earned a master's degree in business administration from DeSales University in 2011. He completed his residency in internal medicine at Robert Wood Johnson University Hospital in 1987 and completed a fellowship in cardiology at Temple University Hospital in 1992. He is board certified in cardiovascular disease and internal medicine.

We look forward to the continued success of LVPG under Dr. Rossi's leadership.

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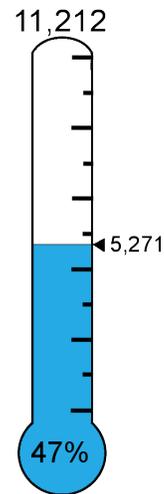
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- HOME
- CHECKUP
- MAGNET ATTRACTIONS
- ABOUT
- CONTACT US
- SCHEDULES
- Q&A

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Ed Dougherty Named Acting Chief Marketing Officer

*****This message is from Brian Nester, DO, MBA, FACOEP, acting president and chief executive officer*****

Patient and community engagement are key ways we fulfill our mission at Lehigh Valley Health Network (LVHN). The relationships we form with our patients and community members gain increased importance as together we navigate these challenging times in health care delivery.

One of the ways we build these relationships is through marketing initiatives that support LVHN programs and educate the community about the services we provide. As chief strategy officer, I've been keenly aware of the important relationship between strategy, business development, marketing and public affairs.

To this end, I am announcing today that I am appointing Ed Dougherty as LVHN's acting chief marketing officer. This position has been vacant since October 2013. I believe it is important for marketing to have executive leadership support and representation as we formulate and implement our network plans.

Susan Hoffman, vice president, marketing and public affairs, will report directly to Ed during this interim time. This new reporting relationship will continue while we anticipate a nationwide search for a chief marketing officer over the next year, and Ed will continue to lead our business and network development division.

Starting his 14th year of service to LVHN, Ed has been involved in projects ranging from business development for the 2005 expansion of LVH-Muhlenberg to the merger with the former Greater Hazleton Health Alliance to the recent development of LVHN-Tilghman. He earned his undergraduate degree in journalism from the University of Missouri and a master's in business administration from the University of Iowa. Prior to joining LVHN, his experience included broadcasting, strategic consulting and market research, media sales and the instruction of communication management at Penn State University.

Over the years, Ed and Susan have worked closely together as we've opened new health centers, acquired practices, launched service lines and merged organizations. We look forward to the continued success of LVHN under this new reporting relationship.

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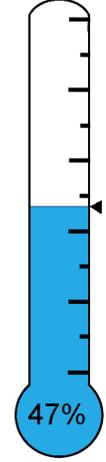
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Open Enrollment patient safety week Photos
Preventive Screenings Questions Quotes
Recreation Reframing Sandy Service
Excellence Awards Service Star Storm
Summit teamwork Thanks
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- HOME
- CHECKUP
- MAGNET ATTRACTIONS
- ABOUT
- CONTACT US
- SCHEDULES
- Q&A

< People Goal Hits the Max

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LVPG's Dave Regan Leaving LVHN

*****This message is from Michael Rossi, MD, Physician Executive Director, Lehigh Valley Physician Group (LVPG)*****

For the past 12 years, we've enjoyed the efficiency and expertise David Regan has brought to Lehigh Valley Health Network (LVHN), and in particular to his role as Senior Associate Executive Director of Operations for LVPG. Now Dave is embarking on a new chapter in his career.

It is with mixed emotions that I inform you that Dave has accepted a position with WellSpan Health, an integrated health care system based in York, PA. Dave lives in Lancaster, and his new position will significantly reduce his commute time to work.

Dave joined LVHN in 2002 as Vice President of Physician Practice Services. In 2006 he was named Vice President and Associate Executive Director of specialty practices for LVPG. In his most recent position, which he assumed in 2009, he has been responsible for the daily operations of LVPG, which comprises 144 practice locations supporting approximately 1,000 physicians and advanced practice clinicians.

Please join me in thanking Dave for his excellent service to LVPG and LVHN. We wish him a bright and prosperous future. We will be conducting a national search to fill the Senior Associate Executive Director of Operations position in LVPG.

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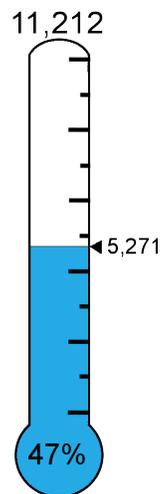
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Recreation Reframing Sandy Service
Excellence Awards Service Star Storm
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new



< Ed Dougherty Named Acting Chief Marketing Officer

Michael Rossi, MD, Named President of LVPG >

Wellness Wednesday – Stop Summer Kidney Stones



Kidneys have an important job. They filter out waste chemicals from your blood, which leave your body through urination. Sometimes your kidneys are unable to flush out these chemicals, which can build up and crystallize in your kidneys. The result is a kidney stone.

You're more likely to develop a kidney stone if you aren't taking in enough fluids. This is why summertime is the "season" for stones.

The National Institute of Diabetes and Kidney Disease (NIDKD) estimates that about one million people in the U.S. are treated for kidney stones each year. They mostly affect people between the ages of 20 and 40, and once a person develops one stone, they are more likely to develop more stones in the future. Stones can be as small as a grain of sand or as large as a golf ball.

There are four common types of stones. The two most preventable and most common are those caused by a buildup of calcium or uric acid. Other stones can form from an infection (struvite stone) or from a genetic condition (cystine stone).

There are no warning signs for kidney stones. Small stones are usually passed unnoticed. So how do you know you have a stone? You'll feel it. "Pain begins in your lower back and can radiate to your abdomen," says urologist [Angelo Baccala Jr., MD](#), of Lehigh Valley Health Network. "The pain is intermittent, very intense and may include nausea and vomiting." Fever or chills mean there is an infection.

These conditions may increase your chance for developing kidney stones:

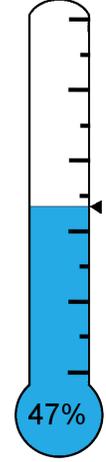
- Family history of stone formation
- An inherited condition that causes the body to absorb too much calcium
- A low level of citrate in the urine, which may contribute to calcium stones
- Overactive parathyroid glands
- Urinary tract infections
- Gout

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Bowel disease

- High blood pressure

This week's wellness challenge: Evaluate if there are lifestyle changes you can make to help prevent kidney stones.

There is no definitive way to stop kidney stones from developing, but there are simple changes you can make to help prevent them. Fluid intake is one important step.

"Increasing the amount of water you drink decreases the chance of a stone forming or causing a problem," Baccala says. "It allows your body to produce more urine and flush out stones when they are small and before they build up and become a problem." [How much water](#) should you drink per day? As a general rule you should drink enough so you don't feel thirsty and do have light-colored urine.

Another common cause of kidney stones is eating too much salt- or sugar-laden foods, which cause calcium stones. If you developed calcium stones in the past, talk with your primary care physician about things you can do to prevent them. Your physician may prescribe medication to lower your uric acid or help dissolve small stones. There are other medicines that break down calcium concentrations in urine, thereby decreasing your risk.

Do you have a topic or question for Wellness Wednesday? Leave a comment and let us know what you want to read about.

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Preventive Screenings Questions Quotes
Recreation Reframing Sandy Service
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- CHECKUP
- MAGNET ATTRACTIONS
- ABOUT
- CONTACT US
- SCHEDULES
- Q&A

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Teacher + Tech Savvy + Patience = Epic Credentialed Trainers

Do you have a knack for teaching? Are colleagues always turning to you for help with tech-related questions? Is *Patience* your middle name? If you answered 'yes' to some or all of these questions, consider joining Lehigh Valley Health Network's (LVHN) Epic transformation project as a credentialed trainer (CT).



Credentialed trainers will conduct end-user training using curriculum designed by LVHN Epic certified instructional designers. The people who fill the CT positions are considered critical for the successful implementation of our new electronic medical record (EMR) system, with the goals of minimizing interruption to patient care and maximizing end-user proficiency.

Who's an Epic CT candidate?

The credentialed trainer position differs from that of super users because CTs are hired into full-time roles within the LVHN Epic EMR project. Both internal and external candidates are welcome, however "ideal" credentialed trainer applicants will come from within LVHN and Lehigh Valley Physicians Group (LVPG). Knowledge of LVHN workflows is preferred, and general knowledge of the healthcare industry is important.

A credentialed trainer has...

- Prior training experience.
- Passion for teaching adults.
- Strong communication skills.
- Engaging personality that engages all levels of staff.
- Patience and ability to adapt to challenging classroom situations.
- Ability to consistently present scripted training materials to large groups.

What's involved with the job?

Consistent efforts and a high-level of commitment is needed from CTs before, during and after the Epic EMR implementation. Credentialed trainers will work with LVHN Epic management and instructional designers to ensure a smooth and successful go-live.

In addition to teaching the approved curriculum, CTs have other responsibilities associated with end-user training:

- Prepare for class.
- Set up the classroom.
- Facilitate the class.
- Follow up on any outstanding questions that arise in the classroom.

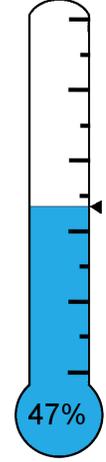
Credentialed trainers will also collect valuable feedback from trainees in class and report that information to the certified instructional designer.

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How do I get involved?

Applicants, both internal and external, will be required to officially apply for posted positions on the LVHN website at www.lvhn.com/careers. Internal colleagues will utilize the "current employees only" area and apply for the position labeled Epic Software Educator.

For more information about the CT program, please take a look at the [Epic Credentialed Trainer Program Document](#). If you have any questions, please contact [Kristy Arthofer](#), the credentialed training program manager.

Another way to get involved: Ambulatory-setting super users

Do you work in an ambulatory setting? The Epic EMR transformation needs YOU to check out the super user program. Non-provider super users are critical to end-user success. [Learn about the Epic super user program](#) and [submit your application](#) today.

We're another week closer to February 18, 2015. That's when Wave 1 of LVHN's Epic EMR goes-live in ambulatory settings.

It's time to make plans for Wave 2, hospital-based settings go-live date. It's scheduled for August 1, 2015.

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Forums handbook Holiday
Inspiration In the News
Leader-to-Leader LVHN fitness
Marathon for Via Motivation motivational monday
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Preventive Screenings Questions Quotes
Recreation Reframing Sandy Service
Excellence Awards Service Star Storm
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Turkey Veterans Day Video What's
new



- HOME
- CHECKUP
- MAGNET ATTRACTIONS
- ABOUT
- CONTACT US
- SCHEDULES
- Q&A

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Hamed Amani, MD: Burn Patients Are Our Family – VIDEO

We are producing videos of our doctors and advanced practice clinicians (APC) to help our community find trustworthy health care providers. We will share them here to introduce you to these colleagues. You'll learn about their personality, philosophy of care and inspiration for practicing medicine. These videos are embedded in our website's [Find a Doctor](#) tool, where you can learn about each provider's educational background and more. Enjoy!

Hamed Amani, MD, feels exhilarated when burn patients return to the Lehigh Valley Health Network [Regional Burn Center](#) looking and functioning the way they did before their injury. He and his team do everything in their power to heal devastating [burn injuries](#), he says.

"These patients are our family the minute they walk into our burn unit and forever," he says.

Amani is a burn surgeon with [Surgical Specialists of the Lehigh Valley](#). He is board-certified in surgery and surgical critical care.

Get to know him with this video.



This entry was posted by [Alyssa Young](#) on July 8, 2014 at 1:45 pm, and is filed under [Connect with Colleagues](#), [Watch](#). Follow any responses to this post through [RSS 2.0](#). You can [leave a response](#) or [trackback](#) from your own site.

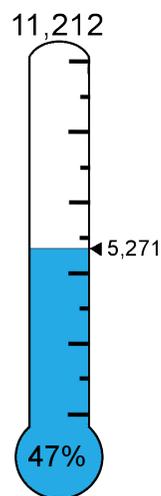
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