

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 issue of CheckUp, information about the Colleague Forum, taking your Health and Wellness Assessment, and Lehigh Valley Health News, our blog on LVHN.org containing timely information and health network news.

[Attend a Colleague Forum](#)

Attend our 30-minute Colleague Forum on Thursday, Aug. 28. Learn about this forum, and new opportunities to interact with acting president and CEO Brian Nester, DO.

[Muhlenberg Summer Festival Starts Wednesday](#)

Support the network by bringing your family and friends to the 53rd annual summer festival. Enjoy free parking and admission, daily ride specials and more.

[First Core Bundle on The Learning Curve](#)

Colleagues must complete the TLC training by Sept. 30.

[Wellness – Are You Wearing the Right Shoes?](#)

Examine your footwear collection to determine if you need to replace your sneakers.

[Epic Sneak Peek & Wave 1 Super Users Meet – VIDEO](#)

Learn about ambulatory workflows and super users.

[Becky Thomas-Creskoff, MD, Brings Understanding as a Mom When Caring for Children – VIDEO](#)

She knows the advice she gives the children under her care can inspire real change.



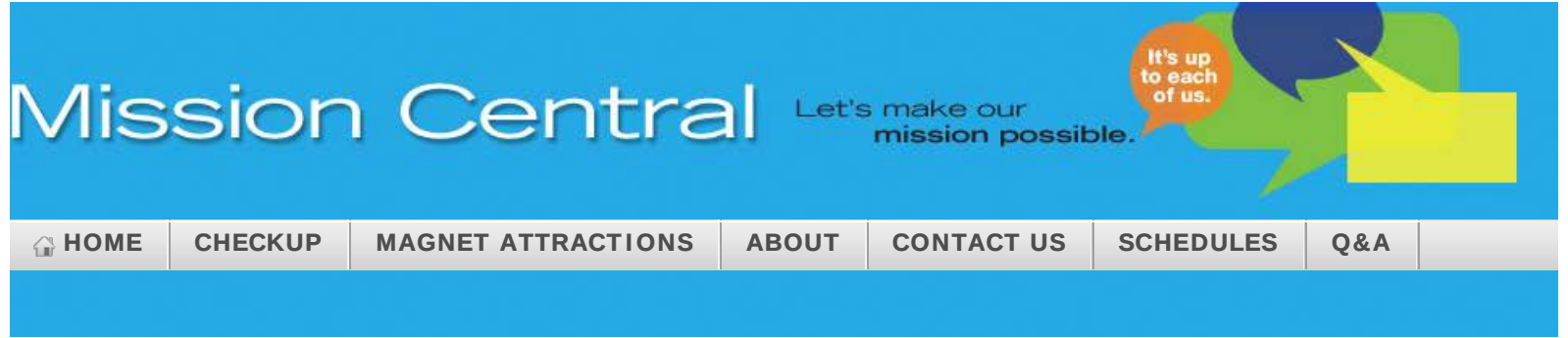
Read the latest
issue of CheckUp



**Take your Health and Wellness
Assessment by Aug. 29**

READ LEHIGH VALLEY HEALTH NEWS

a blog on LVHN.org containing
timely health information and
health network news.



« Lehigh Valley Health News Digest: July 28 – August 1

Motivational Monday: Today is Your Day »

Attend a Colleague Forum

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

Attending a Colleague Forum is a great way for you to get important information about our health network and ask questions. At your request, we're changing things this year. The changes will help you get more timely information about our health network and continue the conversation with our leaders throughout the year – all in a manner that fits into your busy schedule.

Here's what we're doing throughout the year:

One 30-minute Colleague Forum will be held Thursday, Aug. 28 at 2 p.m.

Live location: Lehigh Valley Hospital-Cedar Crest auditorium

Simulcast locations:

Lehigh Valley Hospital-17th Street auditorium
Lehigh Valley Hospital-Muhlenberg ECC rooms B, C and D
Mack Boulevard auditorium

Just show up. No RSVP is required. [Download and print the flyer](#), post it in your department and encourage colleagues to attend.

During the first 20 minutes, you'll get to know me a little better and learn how we did on our goals for fiscal year 2014. You'll also learn about our goals for fiscal year 2015, which are based on [better health, better care and better costs \(The Triple Aim\)](#), as well as [steps you can take to help us achieve them](#). During the final 10 minutes, you'll have an opportunity to ask questions. You also can [submit questions now on Mission Central](#).

Beginning Sept. 2, you can watch a video of the forum on Mission Central at your convenience. If you can't watch a video on your computer, a recap of the forum's content will be provided in text. You can ask a question on Mission Central too. We'll forward your question to the colleague who can best answer it and post the response ASAP.

We'll continue the conversation at events in the fall. I'll host casual conversations during different shifts. These events will give you another opportunity to talk with me, ask questions and stay engaged with our health network. Dates and locations will be announced on Mission Central.

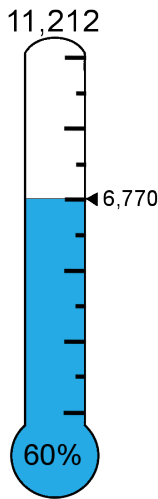
A new Colleague Forum will be held in February. That's when you'll get an update about where we stand on our goals at the mid-point of our fiscal year. You'll also learn more about things you can do to help us reach our goals and be at our best. Between February and August, we'll host more sessions for casual conversation.

These changes will give us more opportunities to communicate with each other and stay informed. I look forward to talking with you throughout the year and working together to achieve better health, better care and better costs.

Welcome to Mission Central. It's the place to get and share information about our health network. Here, you can share stories, ask questions, be inspired, celebrate our accomplishments, learn to be at your best and more. Visit frequently to stay energized at work and help make our mission possible.

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53rd Annual Muhlenberg Summer Festival

August 13–16, 2014

Lehigh Valley Hospital–Muhlenberg

Schoenersville Road, Bethlehem

It's the third year at our new location, adjacent to the main hospital entrance (at the intersection of Schoenersville and Macada roads). [Get directions.](#)

http://www.lvhn.org/facilities_directions/hospital_locations/lehigh_valley_hospital_muhlenberg/directions_and_transportation

5–10:30 p.m. Wednesday–Friday

12–10:30 p.m. Saturday

The festival maintains a very important purpose: to raise funds to support projects, programs or services that help save, change and improve the lives of our patients at [Lehigh Valley Hospital–Muhlenberg](#).



(http://www.lvhn.org/facilities_directions/hospital_locations/lehigh_valley_hospital_muhlenberg).

Admission and parking on the hospital grounds are free.

Special attractions

Crafts and art show, KiddieLand, attic treasures, MORA club book sale, plant sale, bake sale, cash raffle, festival foods, rides and games, 2-penny candy, bingo

Free entertainment nightly 7–10 p.m.

Wed., Aug. 13: Crazy Hearts

Thurs., Aug. 14: Philadelphia Funk Authority

Fri., Aug. 15: The Beat Tells Tribute Act

Sat., Aug. 16: The Large Flowerheads

Special afternoon entertainment 1–4 p.m. TBD

Pay-one-price ride specials

Wed. 5–10 p.m. – \$20

Thurs. 5–10 p.m. – \$20

Sat. 12–5 p.m. – \$20, includes an entry for a bike drawing

Tickets for a cash raffle will be sold for \$1 each or six for \$5, for a chance to win up to \$500. The winner will be contacted after a drawing at the end of the festival.

For more information, call 610-402-CARE.

Summer festival photo gallery



The duck pond is a popular attraction in Kiddieland.



Muhlenberg Summer Festival - Lehigh Valley Health Network



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It's up to each of us.

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« Motivational Monday: Today is Your Day

Wellness Wednesday – Are You Wearing the Right Shoes? »

First Core Bundle on The Learning Curve

The first core bundle of fiscal year 2015 is available on The Learning Curve (TLC). The mandatory training must be completed by Sept. 30. This bundle includes courses related to our Corporate Compliance Program, which helps you follow LVHN standards and policies as well as the laws and regulations applicable to your job functions. The bundle also includes important information regarding patient rights, identity theft and influenza. To access the bundle, click the TLC icon on your SSO toolbar. Your assignment will be listed on the “To Do” list on your learner home page.

This entry was posted by [Rick Martuscelli](#) on August 6, 2014 at 9:30 am, and is filed under [Get News, Learn](#). Follow any responses to this post through [RSS 2.0](#). You can [leave a response](#) or [trackback](#) from your own site.

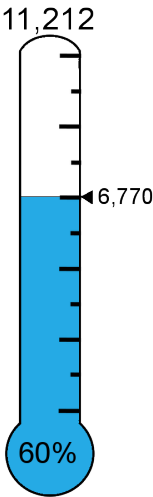
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Wellness Wednesday – Are You Wearing the Right Shoes?

BY [AMANDA COE](#) · AUGUST 6, 2014



If you're enjoying the summer by running outdoors or hiking with your family, you need to take care of your feet. If you're wearing the wrong shoes, you risk [plantar fasciitis](#), [Achilles tendonitis](#), or knee, hip or [back pain](#). "Don't

think you can make your old shoes work a little while longer,” says family medicine physician [Amy Miller, DO](#). “Running and walking should be enjoyable, and if you get sore or injured, it won’t be.”

Look for a feeling of comfort with your running shoes. Just because a sneaker is labeled as a running shoe doesn’t mean it’s for you. “Go to a specialty running store, where you can lace up your sneakers and try them out on a treadmill or take a lap around the block,” Miller says. The staff in specialty running stores can help pair sneaker choice with your foot type and running regimen.

You also need to learn your shoe type. You should know if you’re flat-footed, have a high arch or how much your foot turns inward. If you’re a new runner or restarting after taking time off, see your primary care doctor for a complete physical. He or she may recommend a footwear assessment by a physical therapist who will evaluate your gait and the way your foot strikes the ground.

This week’s wellness challenge: Examine your footwear collection to determine if you need to replace your sneakers.

When buying shoes, use these tips from the American Academy of Orthopedic Surgeons.

- Go to the shoe store at the end of the day. That’s when your feet will be their largest from all the walking and standing you’ve done.
- Buy a shoe one-half inch longer than your longest toe.
- The forefoot should not be crowded; be sure your toes can extend.
- Be sure there’s a snug fit around the heel of the shoe.
- Stand when your feet are measured because your feet expand when bearing weight.
- In many people, one foot is larger than the other. Shoes should be fitted to your longer and wider foot. Although the toe box should be spacious, too much space can make your feet slide, causing blisters.
- Keep in mind that shoes with more shoelace eyelets allow a more custom fit.

Proper shoe lacing is important, both in the types of laces you use and how you lace them each time you put your shoes on. Simply lacing your shoes or sneakers properly, along with choosing a shoe that fits your foot correctly, can add comfort to your stride and prevent foot injuries. Follow these tips:

- Loosen the laces as you put on the shoes. This prevents stress on the eyelets and the backs of the shoes. In fact, take all the laces out when trying on a pair of shoes at the store and re-lace with equal tension.
- Always begin with the eyelets closest to your toes and pull the laces using one set of eyelets at a time to tighten the shoes. This prevents stress at the tops of the shoes and creates a better fit.
- The traditional method of lacing—crisscross to the top of the shoe—works best for most athletic shoe wearers.
- For wide feet: Use the eyelets closer to the tongue of the shoe. This allows greater width to the lacing area and has the same effect as letting out a corset.
- For narrow heel and wider forefoot: A narrow heel and wider forefoot is a common problem among women. Consider using two laces for a combination fit. Use the closer set of eyelets to adjust the width of the shoe at the forefoot and the wider set to snug up the heel to prevent the heel from acting like a piston.

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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Lehigh Valley Health News Digest: August 4 – 8 »

Epic Sneak Peek & Wave 1 Super Users Meet – VIDEO

Are you interested in a peek at the Lehigh Valley Health Network (LVHN) Epic workflows for wave 1 areas? Then buckle up in the LVHN DeLorean and head *Forward to the Future* for a quick visit to February 2015...[February 18, 2015](#), to be exact.

That's the trip subject matter experts, practice managers and hundreds more took at Lehigh Valley Health Network's first Workflow Walkthrough (WFWT) for wave 1 areas of our Epic electronic medical record. "This is a chance to see the system that you have all built," Donald Levick, MD, chief medical information officer told the group.

"Where we're going, we don't need paper."

Several workflow walkthroughs were presented, including a walkthrough of a patient in an ambulatory setting using [EpicCare Ambulatory](#). Patient "Marty McFly" was experiencing shortness of breath and called to make an appointment. LVHN colleagues Sue Ottolini, Rose Marie Brown, RN and Maria Jones, M.D. skillfully presented each step of "Marty's" journey. "After making Marty's appointment using the [Cadence](#) application, I am alerted by another Epic application, *CareEverywhere*, that there are records available for him outside of LVHN," said Sue Ottolini. "So before I close this out, I can request access so the records are ready for the provider when 'Marty' arrives for his visit."

Brown was "Marty's" nurse, and continued showing how the *EpicCare Ambulatory* application workflow works. "After completing his vital signs, I can use the tab key to review allergies and medications," she said. "And while I am talking with Marty, I can set his preferred pharmacy for future convenience." Once pre-visit care is completed, she locks down the application for security.

That's when we see another side of Epic. "Both the nurse and I can unlock the patient info using our ID badge to 'tap and go'," Maria Jones, M.D. said. "Within the integrated patient record, the provider can quickly go through the patient medical history and click 'yes' or 'no' buttons, as well as select a button that looks like a sheet of paper to open a notes section."

The provider also fills out the history of present illness (HPI), a review of systems (ROS) and within the physical exam section, can select symptoms by body system, as well as make notations using a body illustration.

After completing "Marty's" physical exam, his billing information was also explained showing the steps from office to revenue and access.

"We are not quite done, but this gives you a snapshot of how cool this system is," said Michael Sheinberg, MD, project lead for LVHN Epic.

Take a trip back to July 29 and watch video from the workflow walkthroughs so you can learn more about the patient portal, which will use a familiar name, MyLVHN, as well as about anticoagulation management, immunization administration, and how *Cadence* – the appointment scheduling application – and the *Welcome* kiosks will work.

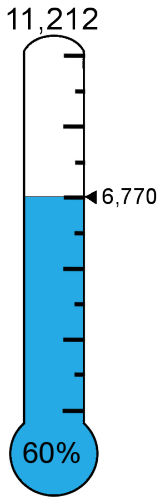
[Watch Part 1](#)

[Watch Part 2](#)

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Wave 1 Super Users Kick-off

The same week as the wave 1 workflow walkthrough took place, LVHN Epic colleagues also welcomed wave 1 ambulatory super users to the Epic transformation project. Morning and afternoon sessions held at all Lehigh and Northampton county LVHN hospital campuses, as well as several outlying sites, such as the ExpressCARE in Bangor, introduced the new super users to their responsibilities.

“This role is critical to the successful launch of the Epic EMR at Lehigh Valley Health Network,” said Michael Sheinberg, MD, project lead for LVHN Epic.

Ambulatory sites will go-live with Epic on February 18, 2015, affecting all Lehigh Valley Physician Group (LVPG) practices, as well as several ancillary services like clinics and rehabilitation locations. “We’re the icebreakers,” said Michael Rossi, MD, president of LVPG. “This is a game changer in the way we work and deliver care to our patients.”

As Rossi explained, LVPG alone has more than 300,000 unique patients. “We need your leadership, your expertise and your trust,” he said. “I look forward to working with you as we do this together.”

Super users will attend super user training for the role(s) they will support in December 2014, and will provide support and train again in January 2015 alongside their colleagues. “After that we will have dress rehearsal and then go-live on February 18,” Sheinberg said.

Super users will help smooth the go-live process and resolve problems at their sites. If a larger problem comes up, they are empowered to use the [tiered communication system](#) to escalate ‘up’ any issues that need attention or resolution. After go-live, super users will maintain their roles to communicate any optimizations of the system and help deliver refresher training to users in their practices.

A Wave 2 Super User Kickoff will occur as it gets closer to the August 1, 2015 inpatient go-live date.

[Watch video](#) from the super user kick-off to learn more about super user roles and responsibilities.

Please note that if you are a wave 1 super user, you must view the video on The Learning Curve (TLC) to earn credit. You can search in TLC by name, ‘Epic Wave 1 Super User Kickoff Meeting’ or by course code: USEWAV1F15.

Have you updated your calendar yet?

August 1 through October 31: Testing Epic applications

Beginning December 1: [Super user](#) training:

Beginning January 5, 2015: End user training

Late January 2015: Dress Rehearsal

February 18, 2015: [Go-live for Wave 1, ambulatory settings](#)

August 1, 2015: Go-live for Wave 2, hospital-based settings

Not sure about Epic [SMEs](#) or [CTs](#)? (Not CT scans, FYI)

It’s all Epic, all the time, on the LVHN [Epic](#) intranet site.

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Becky Thomas-Creskoff, MD, Brings Understanding as a Mom When Caring for Children – 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!

[Becky Thomas-Creskoff, MD](#), knows the advice she gives the children under her care can inspire real change.

The board-certified pediatrician with Children's Hospital at Lehigh Valley Hospital feels privileged to help their well-being.

"I try to bring sympathy; I try to bring understanding as a mom, and try to support that family with as much resources as we can," she says.

She sees patients at [ABC Family Pediatricians](#) in Trexlertown. Get to know her with this video.



This entry was posted by [Alyssa Young](#) on August 7, 2014 at 1:40 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.

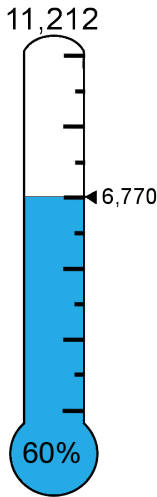
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