

# Checkup

APRIL  
2014

## Healthy Inspiration

Who's motivating her, page 6

A PASSION FOR BETTER MEDICINE

 **Lehigh Valley  
Health Network**



**Terry Capuano, RN**  
Chief operating officer

*Each one of us has the power to motivate others – even if we don't realize it.*

## Model Behavior

We can motivate each other to achieve wellness goals

**Spring is finally here, and not a day too soon.** For many people, the warmer temperatures and extra daylight are annual signals to head outside and get moving again. Exercise is always a good thing, so I applaud those efforts. Even better would be a year-round commitment to wellness.

That commitment requires hard work, and even more important, perseverance. How do you stay motivated when it's the last thing you feel like doing? Sometimes the answer is closer than you think. Each one of us has the power to motivate others – even if we don't realize it. Twice recently, I was reminded of that fact.

Several days a week, I run on a treadmill at LVHN Fitness-Muhlenberg. I often end up next to respiratory therapy manager Chris Fenstermaker. Though we don't say much beyond "hello," it's very energizing to watch him and think, "He's not stopping, so I won't either," or "He's speeding up, so maybe I can too." One day we finished at the same time and Chris said, "I like running next to you. When I see you run faster it makes me run faster too." We had to laugh at the irony. All that time we were silently motivating each other and never knew it.

Sometimes a simple comment can spur people on. One day in early January, I was running next to LVHN patient care services director Jeanne Manavizadeh, RN. I usually run five miles on a "long run day," but this time I kept going. I finally stopped after eight miles and said to Jeanne, "I'll never be able to that again." She immediately shot back, "Sure you will. You'll just get right back on that treadmill and do it." The next time I ran, her encouraging words kept pushing me: "Jeanne believes I can do it, so maybe I can." And I did. Although Jeanne doesn't know it, she also motivates me by her example. [Read why in this CheckUp story.](#)

You can be a wellness role model too. One way is to [set a personal wellness goal](#), which is part of our 2014 People goal. More than 40 percent of colleagues have taken this step so far. It's OK to keep it simple. Eat more veggies. Ease stress with monthly massages, quiet time, lunchtime strolls or playing more with your children. Already have enough wellness behaviors? Then commit to maintaining them. Who knows? You just may inspire someone to reach for the stars.





# An Image Taker

Jeremy Batman epitomizes what it takes to be a radiologic technologist

**Like most young boys, Jeremy Batman was a daredevil.** Nothing was cooler than seeing how far he could ride his bike off a jump. Then came the day he fell, landed on his hand and discovered something even cooler – X-rays. “I thought it was so interesting to see a picture of the bones in my hand,” he says. That fall and X-ray led him to pursue a career as a radiologic technologist.

Radiologic technologists are the colleagues who perform diagnostic imaging procedures such as general X-rays, magnetic resonance imaging (MRI) and computed tomography (CT) scans. They work very closely with radiologists, the physicians who specialize in reading images to diagnose and treat diseases and injuries.

## Next Step

Learn about our new [online system for tuition reimbursement](#).

Since his fall, Batman, now 27, received extensive education to attain his dream. He currently is working here as a technologist aide and taking advantage of our tuition reimbursement benefit to attend Northampton Community College’s radiography program. Education includes anatomy, chemistry, biology, physiology, patient positioning and safety courses. Between semesters, students complete 40 hours of clinical studies a week in the hospital. “It’s a very rigorous program,” says Batman, who will graduate with an associate’s degree in May. But the education will not end there.

After graduating with a two- or four-year radiography degree and becoming registered with the American Registry of Radiologic Technologists, the technologist may choose to receive further education to become registered in a radiology specialty. Mammography, CT scan and interventional radiology are among the areas in which you can specialize. Batman would

like to specialize in interventional radiology, the field that uses imaging technology to treat blocked or bleeding blood vessels without surgery. It’s one of the methods used to diagnose and treat patients having a stroke. “The urgency of the field is what I enjoy,” Batman says. “It’s very rewarding when a patient is diagnosed in time and gets the proper care based on the images I obtained.”

To maintain certification, technologists must complete 24 hours of continuing education every two years.

No matter the field in which our technologists specialize, helping to relieve patients’ anxiety is an important part of the job. “We do everything possible to make our patients as comfortable as possible while giving our physicians the quality images they need,” Batman says – images that are as clear as the one of a fearless young boy’s hand. “I broke it that day,” Batman says, “but look where it got me.”

– Rick Martuscelli

# Mountain City Representation

Hazleton leaders join the LVHN Board of Trustees

**At its highest point, Hazleton is 1,886 feet above sea level, making it the highest city in Pennsylvania.**

Now that we're providing care in what's been called the "Mountain City," we must ensure the quality of our care is just as high.

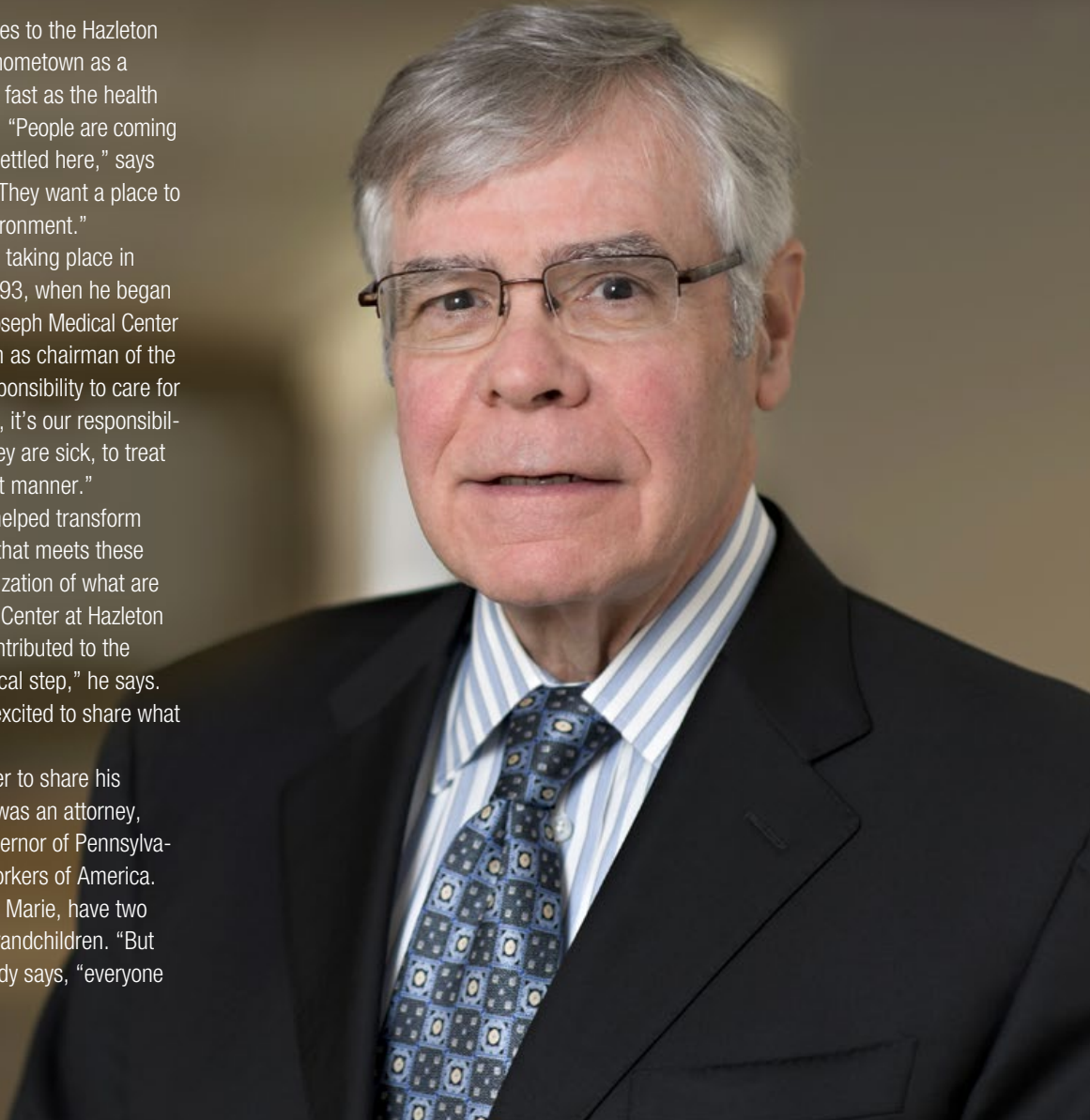
To help us, we added two Hazleton-area natives to Lehigh Valley Health Network's (LVHN) Board of Trustees – Tom Kennedy and Anthony Veglia, MD. Their leadership contributed to the success of the former Greater Hazleton Health Alliance (GHHA). Meet them and learn how their experience can help our health network reach new heights.

With the influx of new people and cultures to the Hazleton area, **Tom Kennedy** describes his hometown as a dynamic community that is changing as fast as the health care industry. He embraces the changes. "People are coming for the same reasons people originally settled here," says Kennedy, a local attorney since 1969. "They want a place to raise their children in a safe, loving environment."

Kennedy also embraces the changes taking place in health care. He has seen many from 1993, when he began serving on the board of Hazleton Saint Joseph Medical Center (a former GHHA entity), through his term as chairman of the GHHA board. "Years ago, it was our responsibility to care for people who were sick," he says. "Today, it's our responsibility to keep people healthy, and when they are sick, to treat them in an accommodating and efficient manner."

Kennedy is among the leaders who helped transform Hazleton's health care system into one that meets these responsibilities. The addition and revitalization of what are now respectively the Health & Wellness Center at Hazleton and Lehigh Valley Hospital–Hazleton contributed to the success. "The merger was the next logical step," he says. "We have much to offer LVHN and are excited to share what we've learned."

As an LVHN trustee, Kennedy is eager to share his lifelong experience with law. His father was an attorney, and his grandfather was Lieutenant Governor of Pennsylvania and president of the United Mine Workers of America. Kennedy and his wife of 43 years, Anne Marie, have two daughters – also lawyers – and eight grandchildren. "But when you're from a small town," Kennedy says, "everyone is family."





## Next Step

Learn more about the members of our [Board of Trustees](#).

**Anthony Veglia, MD**, and his wife of 31 years, Kathleen (a dermatologist), have three daughters who are pursuing careers in health care. With all the challenges facing health care professionals during this era of reform, Veglia has been asked why he didn't discourage his daughters from careers in medicine. He responds by saying, "Being a physician remains the greatest career a person can have."

Veglia's mother, a nurse, inspired him to become a physician. He received his medical degree from Hahnemann University. His father-in-law, a primary care physician, taught him that caring for people throughout a lifetime is an extraordinary privilege. It's a lesson he holds dear as a board-certified internist and president of Lehigh Valley Hospital–Hazleton's medical staff, a position he has held since 2009. In this role, Veglia is the liaison between hospital administrators and its more than 250 physicians and advanced practice clinicians.

With LVHN's Board of Trustees, Veglia will share the perspective of his community and its hospital, as well as his 30 years of experience as a practicing physician. He's passionate about emphasizing the role of primary care physicians in patient care. "Primary care physicians are critical in the health care system," Veglia says. "We are the patient's first entry point and provide a continued focus for all health care services. Good primary care is critical to eliminate duplication of services and unnecessary costs."

Veglia's goal is to do what's best for the place he calls home. "I have a personal desire to enhance health care in my community," he says. That's why he is excited to welcome our health network to the Mountain City. He says, "LVHN brings the skill and expertise that can transform health care in Hazleton."

– Rick Martuscelli





# She's the Inspiration

More than 100 pounds lighter, Tina Handwerk (center) motivates colleagues like Lou Ann Mellinger Corkery (left) and Lisa Schoenly to live well

**2013 was a year of transformation for Tina Handwerk.** She's the 56-year-old [Health Network Laboratories](#) colleague who revamped her diet, committed to daily exercise and transformed her mindset to lose more than 100 pounds. Colleagues were introduced to Handwerk in the latest [Colleague Forum video](#).

"If people haven't seen her in a while, they honestly don't recognize her," says lab assistant Lisa Schoenly. Even Handwerk was surprised by the reactions. "People ask, 'Where's Tina?' even when I'm standing right there," she says.

Several things motivated Handwerk to take charge of her health. "I wanted to walk up stairs without losing my breath

and stop taking medications for conditions related to my weight," she says. "If I felt I was going to slip, I kept thinking, 'What do you want to accomplish?'"

Handwerk's impressive weight loss and positive attitude are inspiring people to ask her for advice and encouragement. One of them is Lou Ann Mellinger Corkery, a registered respiratory therapist at Lehigh Valley Hospital-17th Street. "I chatted with Tina several times about what she was doing to lose weight," Mellinger Corkery says. "I thought about what she said, and in November I joined the gym. If she can do it, I can do it."

Since starting her weight-loss journey, Mellinger Corkery has lost 12 pounds.





## Tina Inspired Him Too



Troy Smith is a friendly, hardworking Culligan® Man who delivers water to the LVH-17th Street lab where Tina Handwerk works. “You know how you see someone frequently and don’t realize something is changing,” Smith says. “Well, while I was hooking up the tanks, I looked around and asked if Tina was there. She said, ‘I’m here, Troy.’” He was astonished at the change. “I didn’t realize she was shrinking.”

After talking to Handwerk about her weight-loss strategies, Smith started making changes too. “When I need a snack during the day, now I eat a fiber bar with less than 6 grams of sugar,” he says. “My wife and I started reading labels to avoid foods with too many carbs or too much salt. And last summer, I started bike riding in the parks near my home.”

Since he started losing weight, Smith’s doctor said he no longer has prediabetes. “She inspired me,” Smith says. “I can’t wait to get out riding again so I can lose even more weight.”

## Tina’s Weight-Loss Tips

- ▶ Take a class at the Helwig Health and Diabetes Center.
- ▶ Eat more frequent, smaller meals.
- ▶ Watch your carbs.
- ▶ Exercise daily.
- ▶ Know that you can do it.

“I’m 58 years old and starting my life again,” she says. “My husband and kids are very encouraging, and I have more energy than I’ve had in years.”

Schoenly, who occasionally works in the lab with Handwerk, also was inspired. “I saw how dedicated she was to making this work and noticed what she was eating,” Schoenly says.

Schoenly had been jogging for six months without seeing any appreciable results. But after talking with Handwerk about her diet, Schoenly reduced her carb intake. “I love carbs, but they weren’t helping me lose weight,” she says. “Since I reduced my carbs and continued exercising, I lost more than 20 pounds.”

Now in the next stage of her transformation, Handwerk recently had surgery to remove extra skin that no longer fits her smaller physique. “I’m making up for lost time,” she says. “I’m not even thinking about retiring. I want to get the most out of this life.”

– Jenn Fisher

## Next Steps

- ▶ Enroll in a [Culture of Wellness class or program](#).
- ▶ Develop and submit your wellness (People) goal. Our goal is to have 60 percent of colleagues develop a plan by June 30. This goal is so important, it’s linked to our Shared Success Plan (SSP) bonus.

# Supporting a Soldier

Nicole Urban-Miller, RN, is honored by the U.S. Department of Defense

**One by one, representatives of area government officials came up to give her framed proclamations praising her efforts.** A representative of the U.S.

Department of Defense handed her a national award. She smiled as the 40 people who gathered for the ceremony in the Lehigh Valley Hospital–Muhlenberg conference room applauded her. But Nicole Urban-Miller, RN, really didn't get it.

"All I did was my job," says the 40-year-old patient care coordinator for the hospital's adult psychiatric unit. "My father was in the Air Force and my ex-husband was a Marine, so I'm always glad to see people helping those serving our country because truthfully, we don't do enough for them. But I really didn't do anything special."

The Department of Defense disagrees. On Feb. 17, Urban-Miller was awarded the Patriot Award, which reflects the efforts of a service member's manager who goes out of his or her way to ensure leave from employment for reservists called into service. U.S. Army Reserve Specialist Kaytlin "Kayt" McConnell nominated Urban-Miller for the honor. McConnell also is a mental health technician on the unit.

Over the last year, McConnell knew her 7221st U.S. Army Medical Support Unit would be deployed to Afghanistan at some



Several colleagues who are veterans gathered to honor Nicole Urban-Miller, RN, who received the Patriot Award.

point. Urban-Miller worked with her to make the transition as smooth as possible. "We worked with Kayt's schedule so she could get more hours to make some extra money before she deployed," Urban-Miller says. "We made arrangements so she could attend weekend training sessions, and provided support for her so she could take care of things here and at home before she left."

Shortly after McConnell left for pre-deployment training in Fort Carson, Colo. in early January, Urban-Miller received a call from the U.S. Department of Defense's Employer Support of the Guard and Reserve office. That's when she learned she was going to receive the Patriot Award for assisting McConnell.

In addition to the Patriot Award, Urban-Miller also received special citations from the offices of U.S. Sens. Bob Casey and Pat Toomey, U.S. Rep. Charlie Dent, and Pennsylvania Sen. Pat Browne. Pennsylvania Rep. Justin Simmons attended the ceremony and presented a special citation.

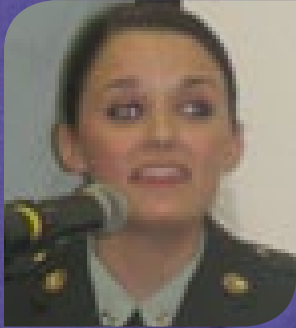
McConnell is expected to be overseas for a year. When her unit returns, she'll go back to her position at LVH–Muhlenberg. "We all love Kayt, but what I did to help her is the same thing I would do for anyone on our team," says Urban-Miller, who has been with Lehigh Valley Health Network for 13 years. "It's part of my job to be there for all the members of my team in every way I can."

– Ted Williams





Nicole Urban-Miller, RN,  
received a national award for supporting  
colleague and U.S. Army Reserve Specialist  
**Kaytlin McConnell** (right).




# From 50,000 Feet to You



Epic teams guide the EMR project




**Karen Craig**  
Administrator,  
education team



**Randy Bankes**  
Manager of interfaces, conversions,  
security and testing teams



**Mark Rebimbas**  
Ambulatory application  
coordinator



**Lynnette Clinton**  
Manager, process team for  
access and revenue



## Next Step

Visit the [LVHN Epic Transformation intranet site](#) to meet the other Epic transformation leaders pictured on page 10. You'll get the 50,000-foot view to the eye-to-eye view of their teams and learn how they are making the dream of a new, integrated EMR a reality.



In April, our journey to transition our multiple electronic medical records (EMR) systems to a unified and integrated Epic EMR hits the half-year mark. At that point, ambulatory go-live will be only 10 months away.

Since October, Lehigh Valley Health Network (LVHN) Epic champions and subject matter experts (SMEs) have been reviewing and voting on proposed workflows in more than 100 validation and specialty validation sessions. In addition, teams representing business and service functions have been gathering information to shape the look and function of the EMR.

The process, applications, technical and instructional design teams see the Epic EMR transformation from the 50,000-foot view of the project all the way to the end-user view. Team members not only see the big picture, they pull together every detail to ensure we're prepared to serve our patients at go-live with a sophisticated, efficient EMR system.

The team with which most colleagues will interact is the education team. This group of instructional designers (IDs) and credentialed trainers (CTs) will teach colleagues how to use Epic efficiently. Over the next several months, the IDs will refine lessons to ensure you learn everything you need to know so the transition to Epic is smooth.

Karen Craig leads the education team and shares insights about their work and how it will impact you, the end user.

### Karen Craig Administrator, education team

#### 50,000-foot view

"The education team falls under instructional design. The IDs will create curriculum that will be taught to colleagues based on prepared lessons provided by Epic. We hope to use as many prepared lessons as possible. However, some departments or areas will need customized learning modules, which our IDs will create."

#### 5,000-foot view

"Providing education for Epic will be unlike anything ever done at LVHN. We are used to point-and-click, 'tell me how to do it' training. Epic training is based on context and patient scenarios. It will require users to understand the 'how' and 'why,' and the most efficient way to do the workflow. Training will include practice exercises and time for colleagues to 'play around' to get to know the EMR's features."

#### Bird's-eye view

"We're working closely with security and process teams to determine which people and functions can be combined in training sessions, and which ones need to be separated. We also will develop a team of credentialed LVHN Epic trainers who will actually teach the classes. To achieve credentialing, the candidates will receive six

weeks of training by our IDs. During the fifth week, Epic representatives will give the green light if they believe the trainees are ready to move on. This credentialing is specific to the customized version of our Epic system."

#### Eye-to-eye view

"One way we'll ensure colleagues have access to a knowledgeable Epic user is by training super users. Super users will take numerous classes to get familiar with the Epic EMR. During training, super users will sit with colleagues to provide at-the-elbow support. At go-live, super users will serve as resident experts in their department or practice to help colleagues with questions or problems."

#### Looking ahead

"Education for Wave 1 areas will take place December 2014 through February 2015, when go-live for Wave 1 occurs. Classes will be held six days a week, 12 hours a day so colleagues will be able to find a class that works with their schedule."

— Jenn Fisher



## A Gift for the Heart



**To celebrate American Heart Month and Valentine's Day**, Marilyn Jimenez, RN, and her colleagues at Lehigh Valley Hospital–Muhlenberg's Regional Heart Center-Medical gave each patient a red carnation. The flowers were donated by the unit's reward and recognition committee, and reminded patients and families of the importance of having a healthy heart. Patients like Marie Paulin appreciated colleagues' thoughtfulness and caring. One patient said this was the first time he had ever received a flower on Valentine's Day.

## MOTIVATIONAL WORDS

### **Senior vice president of patient care services**

**Anne Panik, RN**, addressed more than 300 graduates at DeSales University's January commencement, offering advice on how to perform checkups on their career and life. Panik encouraged graduates to check their vision, reflexes, heart and balance – but not in the literal sense. "I first suggest that you check your vision...that is, your vision of the future you," she said. "There is a great power in future visioning. It can help you plan for the 'next act' in your career or life." [Read her complete speech](#). Among the graduates was Janelle Sharma, CRNP, who recently completed her doctorate in nursing practice and was one of five students of nursing practice to receive their doctoral hoods.





## PREPARATION Through Simulation



### **A 25-year-old female falls while hiking and suffers**

**broken ribs.** She arrives in our trauma-neuro intensive care unit (TNICU) awake and alert, but suddenly loses consciousness. A code blue is called. What should caregivers do next? (L-r) Angie Strausser, RN, Carolyn Darabaris, RN, Julia Werkheiser, RN, and Susan Steidel, RN, were among the more than 70 TNICU nurses who prepared for such a scenario during the unit's annual Validation Days. This year, TNICU's education council and a team from the division of education collaborated for months to incorporate the use of a mannequin and complex simulated patient scenario into the education, which was well-received by the staff.

## Grateful for Great Care

**Case manager Rachel Dries (left), always promoted our health network.** But as an expectant mother with a high-risk pregnancy, she learned just how good our care is. "I had high blood pressure and kidney problems that added complexity to my pregnancy," Dries says. "But the attentive, collaborative care I received from [Karen Tiedeken, CRNP \(right\)](#), [John Smulian, MD](#), and [Sharon Maynard, MD](#), was amazing." They are members of our [pregnancy hypertension and kidney center program](#). Colleagues from nephrology and [maternal fetal medicine](#) see patients jointly and coordinate care, a unique service that helps distinguish our program. A grateful Dries thanked Tiedeken in an email. She wrote, "I actually enjoyed coming to the appointments. I always felt part of the conversation. That was really important to me." Her daughter, Cecelia (CeCe for short), was born three weeks early, but spent only a few days in our NICU. Dries is doing great, and CeCe is thriving, just as expected.



# Service Star of the Month



## Lori Schanz, RN

Emergency department  
Lehigh Valley Hospital–Cedar Crest

Emergency department colleague Lori Schanz, RN, was driving home from work one mid-January night when she encountered a stopped tractor-trailer blocking most of the lane. Thinking it was odd for the truck to be parked there, Schanz pulled up alongside and asked the driver if he needed help. He did need help, desperately.

The driver was unconscious and blue in color. Schanz and another bystander pulled the driver from the truck. Schanz found he had a weak pulse. She cleared his airway and started CPR. A few weeks earlier, she had been recertified under the new CPR guidelines, so the technique was fresh in her mind.

After what seemed like an eternity for Schanz – but was actually only five sets of chest compressions – emergency medical

services (EMS) personnel arrived. They used a defibrillator to get his heart beating again, while Schanz used an ambu bag (a type of ventilator) to force air into his lungs.

After shocking him three more times with the defibrillator, the EMS crew brought him to Lehigh Valley Hospital–Cedar Crest. There, he received **therapeutic hypothermia**, a treatment that slows metabolism, prevents dangerous swelling and gives the patient a better chance to heal.

Later, Schanz visited him in the cardiac intensive care unit to see how he was doing. “He was sitting up,” Schanz says, “and when I told him who I was, he was so happy to see me. He was so grateful that I found him on the side of the road. He even called me his guardian angel.”

– Matthew Burns

### THINGS TO REMEMBER WHEN NOMINATING A SERVICE STAR:

- ▶ **Choose a colleague or a team** of colleagues.
- ▶ **Tell a story.** Specifically explain how the colleague or team did something extra special.
- ▶ **All colleagues and teams** can be nominated. You don't have to provide direct patient care to be a Service Star.

### NEXT STEPS

- ▶ Nominate a Service Star
- ▶ Congratulate these nominees:
  - **Jon Davenport, RN, Linda Castrine, RN, Mara Franko, RN, Laura Runne, RN, Becky Taylor, RN, and Sean Reynolds,** Lehigh Valley Hospital–Cedar Crest emergency department
  - **Clarissa Rosario,** progressive care unit
  - **Valerie Bridegam,** radiology; **Carolyn Suess,** TeleHealth; **Gina Grabowski,** information services; **Katie Fogarty, Al Edel and Lacy Gashi,** Lehigh Valley Hospital–Hazleton
  - **Maryann Krobath,** Lehigh Valley Hospital–Muhlenberg nursing float pool
  - **Colleen Bolks, RN,** Lehigh Valley Hospital–Cedar Crest emergency department



## 40 Years

**Charleen Bower**  
Central Document Processing

**Bruce Curry**  
Psychiatry

**Richard Gehman**  
Engineering

## 35 Years

**Nancy Christman**  
Diagnostic Care Center

**Roger Hedrick**  
Pharmacy

**Elizabeth Karoly**  
Quality Assessment

**Susan Merryfield**  
NSICU

**Deborah Rabuck**  
NICU

**Debora Reitenauer**  
Patient Transport

## 30 Years

**Ginger Christman**  
Sterile Processing

**Joan Edwards**  
Central Scheduling

**Renee Schick**  
Emergency Services

## 25 Years

**Cynthia Anderson**  
Respiratory Care

**Jo Bednar**  
Internal Audit

**Mildred Bradley**  
Medical Oncology

**Bonnielou Brandmeir**  
OHU

**Nancy Dirico**  
TSU

**Heidi Kistler**  
PACU

**Joyce Litwak**  
TTU

**Janet Morton**  
HealthWorks

## 20 Years

**Harry Lukens**  
Information Services

## 15 Years

**Donna Black**  
Fairgrounds Surgical Center

**Amy Broadfield**  
ABC Family Pediatricians

**Frank DiLorenzo**  
ASU/OR

**Richard Fronheiser**  
Information Services

**Susan Jonovitch**  
Emergency Department

**Doris Kardos**  
Medical Records

**Neil Kocher**  
Emergency Department

**Cheryl LeVan**  
Health Spectrum Pharmacy

**Justina Panebianco**  
Operating Room

**Kimberly Robertson**  
Operating Room

**Joseph Roth**  
LVPG Collections

**David Tarr**  
Operating Room

**Amy Trumbore**  
Cardiac ICU

## 10 Years

**Shawn Boyer**  
Hamburg Family Practice

**Kristen Brown**  
Hamburg Family Practice

**Joseph Casso**  
Information Services

**Linda Colarusso**  
HealthWorks

**David Domin**  
Physical Therapy

**Ryan Fogarty**  
Epic

**Melissa Fusselman**  
OB/GYN Assoc.

**Regina Hammerstone**  
LVPG Billing

**Tracy Hillias**  
Hematology Oncology Assoc.

**Jennifer James**  
TSU

**Jill Johnson**  
ED Registration

**Cynthia Kalmar**  
Operating Room

**Florence Kern**  
HealthWorks

**Pamela Klaus**  
Coding Integrity

**Nicole Longbons**  
Health Care Analytics

**Maria Mackins**  
Radiology

**Mary McMenamin**  
Patient Accounting

**Matthew Mihoerck**  
LVPG Billing

**Pakama Noggala-Haynes**  
Nursing Float Pool

**Jolie Paulus**  
Home Care

**Luis Rivera**  
Security

**Lynn Schaeffer**  
Volunteer Services

**Tammy Shaffer**  
Trauma

**Cynthia Shoff**  
Information Services

**Donna Stoeckel**  
Labor and Delivery

**Kimberly Thompson**  
Research and Innovation

**Tami Transue**  
Lehigh Neurology

**Vicki Wetzel**  
Sterile Processing

**Melissa Ziegler**  
Operating Room

## 5 Years

**Megan Allen**  
Labor and Delivery

**Jackeyln Behler**  
MacArthur Family  
Medicine

**Lisa Borger**  
Training

**Kathy Briggs**  
Fairgrounds Surgical  
Center

**Elke Burroughs**  
5T

**Sally Derr**  
Cardiac ICU

**Christine Deschler**  
Quality

**Gargi Getz**  
LVHN Fitness

**Sulay Giraldo**  
Children's Clinic

**Jane Grube**  
Division of Education

**Brandon Helffrich**  
Pediatric Unit

**Cathy Jacob**  
LVHN-Tilghman

**Byron Kelly**  
Information Services

**Samantha Kindred**  
Health Center at Bangor

**Jennifer Kornhausl**  
Nuclear Medicine

**Amanda McAdams**  
7C

**Deborah McCoy**  
Primary Care Assoc.

**Noga Nir-Kistler**  
Information Services

**Tonya Ortiz**  
Diagnostic Care Center

**Donna Panico**  
Muhlenberg Primary Care

**Janice Petrucci**  
Children's Clinic

**Christina Pirre**  
Diagnostic Radiology

**Kathleen Post**  
LVPG Diabetes/Endocrinology

**Marcia Summers**  
Pediatric Unit

**Jasmine Wenner**  
Information Services

*CheckUp magazine is for Lehigh Valley Health Network colleagues.*

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Susan Hoffman

**Director of  
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Pamela Riddell

**Editorial Manager**  
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Rick Martuscelli

**Creative Manager**  
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*CheckUp, a 2013 MarCom Award gold winner and  
2014 AAMC Award for Excellence Honorable Mention recipient*

Get a list of **Culture of Wellness** classes and programs.  
Call **610-402-CARE** for details or to register.



## WE'RE FIT FRIENDLY

For the second consecutive year, Lehigh Valley Health Network (LVHN) earned a Gold Award as an American Heart Association **Fit-Friendly Worksite**. "To earn the award, LVHN demonstrated how wellness is promoted throughout the network," says Kathleen Marano of the American Heart Association Lehigh Valley office. "Studies suggest implementing fitness and wellness programs help increase productivity, and reduce absenteeism and health care costs." LVHN's fit-friendly benefits include:

- ▶ **MyFitnessPal**, a smartphone app that tracks food choices and syncs with FitBit® devices
- ▶ **Mindful food** options in cafeterias, prepared by Sodexo chefs like John Soder (above)
- ▶ **Mapped walking trails** inside and outside our buildings
- ▶ **Culture of Wellness** health and wellness programs

– Jenn Fisher



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A PASSION FOR BETTER MEDICINE



## Culture of Wellness

### Schedule

**Preparing for Childbirth (six-week series)**  
Starting April 2

**Breast-feeding Baby**  
April 3 and 22

**Preparing for Childbirth (Saturday/Sunday class)**  
April 5 and 6

**Free!** **Sibling Tours**  
April 6 and 27

**Free!** **Adult Maternity Tours**  
April 6, 14, 23 and 27

**Monday Morning Moms**  
Starting April 7

**CPR for Family and Friends**  
April 7

**Free!** **Postpartum Support**  
April 7 and 17

**Baby Care (two-week series)**  
April 8 and 15

**Free!** **Car Seat Check Event**  
April 11 and 22

**Preparing for Childbirth (one-day class)**  
April 19

**Baby Care (one-day class)**  
April 26

**Learn more.**

### LVHN Fitness Group Classes

Being an LVHN Fitness member allows you to partake in a variety of classes. Call **610-402-CARE** for more information. Get a list of **class locations and descriptions**.