

There's a lot going on at Lehigh Valley Health Network (LVHN). 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, Terry Capuano's blog, information about Open Enrollment, the latest issue of CheckUp, and Lehigh Valley Health News, our blog on LVHN.org containing timely information and health network news.

[Do You 'Know Your Numbers?'](#)

We are launching a campaign that encourages colleagues to know their blood pressure and body mass index (BMI).

[Learn About Your Benefit Options – VIDEO](#)

Watch a video of the Open Enrollment education session.

[Terry's Take: Share Your Passion](#)

Read Terry Capuano's latest blog about her experience at Star Celebration and her deep admiration of our passionate colleagues.

[Relive This Year's Star Celebration](#)

Meet some of the honorees celebrating 40 years of service.

[Wellness – Prevent Chronic Back Pain](#)

Learn about things you can do to protect your back.

[Module of the Month: Radiant](#)

Radiologists and interventional cardiologists will be among those rejoicing when Epic's Radiant application goes live in August 2015.

[Maged Khalil, MD: Personal Experience Inspires Caring Approach to Cancer Care – VIDEO](#)

"I try to educate and coach the patient and be more of a friend, not just a scientist," he says.

**Read the latest
Terry's Take**



**Enroll in 2015 Benefits Today
Open Enrollment in Lawson
Oct. 10-31**



**Read the latest
issue of CheckUp**

READ LEHIGH VALLEY HEALTH NEWS

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

Mission Central

Let's make our mission possible.



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

< Motivational Monday – Recognize Your Worth

Maged Khalil, MD: Personal Experience Inspires Caring Approach to Cancer Care – VIDEO >

Do You 'Know Your Numbers?'; Screening Campaign Kicks Off At Employee Flu Shot Clinics

We are passionate about keeping our community and our colleagues healthy. It's why we require Lehigh Valley Health Network (LVHN) colleagues to get vaccinated against the flu. It's also why we encourage colleagues to maintain a healthy lifestyle through diet, exercise and healthy choices.

Now we're launching Know Your Numbers. It's a campaign that encourages colleagues to know your biometric health numbers for blood pressure (BP) and body mass index (BMI). These two numbers reveal so much about our individual health risks.

The Know Your Numbers campaign kicks off at the same time as our flu vaccination clinics. In fact, you can get confidential BP and BMI screenings at all the same locations where you get flu shots, including clinic locations, at employee health or through your primary care physician. You can even enter to win a prize. ([Learn more.](#))

The importance of BP and BMI

The relationship between BP, BMI and your overall health is a lot like the warning lights that alert you to trouble in your vehicle. When your "check engine" light goes on, you know it's time to take your car in for a tune-up. Our bodies give us warning signals too. When your BP and BMI are out of safe range, you're at greater risk for certain diseases like diabetes, heart disease, stroke, sleep apnea, certain cancers and other health risks.

"Blood pressure and BMI are good indicators of overall health," says LVHN pediatrician [Jarret Patton, MD](#), with the [Children's Clinic](#). "Lifestyle modifications can go a long way to improve overall health and minimize your risk for certain diseases. Knowing your numbers is the first step to better health."

Help us reach our 'better health' goal

When you get screened for BP and BMI, you'll be helping the network reach our "better health" goal. You'll also be entered into monthly drawings for valuable prizes that include Fitbits, restaurant gift certificates and two \$500 Visa gift card grand prizes. Colleague participation of 70 percent is required in order to reach the goal, which helps qualify us for a Shared Success Plan (SSP) bonus.

Next steps

Have questions about our biometric screenings? Read the [FAQs](#) to learn what steps we are taking to safeguard your privacy and ensure your personal health information stays secure. The FAQs also include information on the many ways you can get screened: through our flu shot clinics, at employee health, or through your primary care physician. The FAQs also include clinic dates, employee health hours and a downloadable [Health Care Provider Biometric Screening form](#) you'll need to give your doctor if you elect to have your screening through your personal provider.

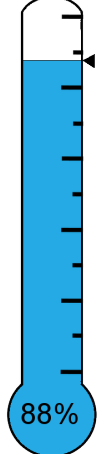
"Participation is voluntary, but we hope all our colleagues will take advantage of this opportunity to learn more about their health," Patton says. "The health care environment we're operating in rewards hospitals for keeping people healthy. That translates into better quality of life and lower health care costs for all of us."

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.

We Reached 88%

Nearly 10,000 colleagues completed their health and wellness assessment.

11,212



Watch for information on open enrollment 2015 in your home mailbox the week of September 15.

Search bar with a magnifying glass icon and a green 'GO' button.

FIND IT

- > [Be Inspired](#)
- > [Celebrate](#)
- > [Connect with Colleagues](#)
- > [Get News](#)
- > [Help Others](#)
- > [Learn](#)
- > [Live Healthy](#)
- > [Watch](#)

KEYWORDS

This entry was posted by [Sheila Caballero](#) on October 13, 2014 at 4:12 pm, and is filed under [Get News](#), [Live Healthy](#). Follow any responses to this post through [RSS 2.0](#). You can [leave a response](#) or [trackback](#) from your own site.

Leave a Comment

You must be [logged in](#) to post a comment.

Annual Meeting Answers At Your Best
benefit **CheckUp** Children's Hospital
Colleagues Community
Conversation Crucial conversations
Dr. Swinfard Epic **Facebook**
Fireside Chat fitness
ForumQuestions2013
Forums handbook Holiday
Inspiration In the News
Leader-to-Leader LVHN fitness
Marathon for Via Motivation motivational monday
Open Enrollment patient safety week Photos
Preventive Screenings Questions Quotes
Recreation Reframing Sandy Service
Excellence Awards Service Star Storm
Summit teamwork **Thanks**
Turkey Veterans Day **Video** What's
new

Mission Central

Let's make our mission possible.



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

< Lehigh Valley Health News Digest: Oct. 6 – 10 Motivational Monday – Recognize Your Worth >

Watch and Learn More About Your Open Enrollment Benefit Options; Enroll From Oct. 10-31 – VIDEO

Last week, our colleagues in human resources held Open Enrollment education sessions to help you learn more about your 2015 Choice Plus health, medical, dental, vision and flexible spending account (FSA) benefits. Using a PowerPoint presentation as a guide, the video below explains 2015 benefits choices and answers some key questions.

[Watch a video](#) of the Open Enrollment education session from Wednesday, Oct. 8, 2014.

Open Enrollment is taking place now through Oct. 31. Every benefit-eligible colleague must enroll in benefits and do so in Lawson.

Enrollment Help Sessions

Attend a drop-in help session for assistance with your benefit enrollment in Lawson.

LVH-CC computer lab 1

- Tuesday, Oct. 14: noon-4 p.m.
- Thursday, Oct. 16: 7-11 a.m.
- Thursday, Oct. 23: 3-7 p.m.
- Tuesday, Oct. 28: 7-11 a.m.

LVH-M I/S training room

- Wednesday, Oct. 22: noon-4 p.m.
- Wednesday, Oct. 29: 7-11 a.m.

LVH-17 auditorium

- Monday, Oct. 13: noon-4 p.m.
- Tuesday, Oct. 21: 7-11 a.m.

LVHN-Mack LVPG training room (second floor)

- Friday, Oct. 24: 7-11 a.m.
- Thursday, Oct. 30: noon-4 p.m.

Health Network Laboratories, 2024 Lehigh St., classroom 1

- Wednesday, Oct. 15: 3-5 p.m.
- Tuesday, Oct. 21: 6:30-8:30 a.m.
- Tuesday, Oct. 28: 6-8 p.m.
- Thursday, Oct. 30: 10 a.m.-2 p.m.

This entry was posted by [Kyle Hardner](#) on October 13, 2014 at 9:13 am, 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.

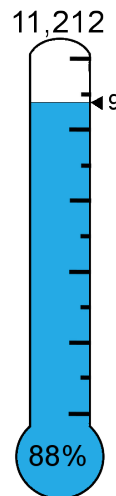
Leave a Comment

You must be [logged in](#) to post a comment.

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.

We Reached 88%

Nearly 10,000 colleagues completed their health and wellness assessment.



Watch for information on open enrollment 2015 in your home mailbox the week of September 15.

 GO

FIND IT

- > [Be Inspired](#)
- > [Celebrate](#)
- > [Connect with Colleagues](#)
- > [Get News](#)
- > [Help Others](#)
- > [Learn](#)
- > [Live Healthy](#)
- > [Watch](#)

KEYWORDS

Annual Meeting Answers At Your Best
benefit **CheckUp** Children's Hospital
Colleagues Community
Conversation Crucial conversations
Dr. Swinfard Epic **Facebook**
Fireside Chat fitness
ForumQuestions2013
Forums handbook Holiday
Inspiration In the News
Leader-to-Leader LVHN fitness
Marathon for Via Motivation motivational monday
Open Enrollment patient safety week Photos
Preventive Screenings Questions Quotes
Recreation Reframing Sandy Service
Excellence Awards Service Star Storm
Summit teamwork **Thanks**
Turkey Veterans Day **Video** What's
new

Mission Central

Let's make our mission possible.



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

< Maged Khalil, MD: Personal Experience
 Inspires Caring Approach to Cancer Care –
 VIDEO

Local Police Training Event Today >

Terry's Take: Share Your Passion



Thank you for reading the first "Terry's Take" last month, and welcome to this second one! Several colleagues wrote their affirmation to try a communication vehicle of this nature. I have many topics to relate because of rich encounters with many of you. I settled on one for this edition because of the lasting impression it has made on me.

On Friday, Sept. 12, I had the pleasure of attending the Star Celebration gala which honors colleagues for their years of service at LVHN. I try to get around to each table to say hello and thank those celebrating a milestone employment anniversary.

As I stopped at the table of clinical nursing staff and leadership from Lehigh Valley Hospital-Cedar Crest's open-heart unit, I was struck not only by their longevity but by their enthusiasm! As we spoke, one nurse who has worked in the unit for many years said she gets asked if the work is ever boring or if she gets tired of caring for the same type of patient. She responds by saying that every patient is different and special, each with his or her own unique needs and family dynamics. The clinical challenge of managing multi-system issues after surgery, new program implementations and unique patient issues has kept her patient- and family-focused and energized to come to work.



One of my favorite parts of Star Celebration is visiting each table to talk with colleagues and recognize their contributions and passion.

As you know, I have a passion for health care and have always enjoyed my career at LVHN. Hearing the passion related above from many tables energized me throughout the evening. I left feeling the people of our community are in such good hands because of the dedication of our staff on the front lines of care and also those who function in more support roles, like me.

Let's energize each other by sharing your passion at LVHN in the comments section of this post.

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.

We Reached 88%

Nearly 10,000 colleagues completed their health and wellness assessment.

11,212



9,832

Watch for information on open enrollment 2015 in your home mailbox the week of September 15.

 GO

FIND IT

- > Be Inspired
- > Celebrate
- > Connect with Colleagues
- > Get News
- > Help Others
- > Learn
- > Live Healthy
- > Watch

KEYWORDS



Terry Ann Capuano

ABOUT ME: My name is Terry Capuano, RN and I am the chief operating officer (COO) at Lehigh Valley Health Network (LVHN). I have worked at LVHN for 30 years, serving as COO for the last five years. I greatly enjoy meeting colleagues, sharing stories and enhancing relationships throughout the network. [Learn More](#)

This entry was posted by [Terry Capuano](#) on October 14, 2014 at 3:53 pm, and is filed under [Connect with Colleagues](#), [Learn](#). Follow any responses to this post through [RSS 2.0](#). You can [leave a response](#) or [trackback](#) from your own site.

5 comments

Kim Hitchings 1 WEEK AGO

Last week one of our staff nurse colleagues offered an oral presentation at the annual Magnet conference in Dallas, TX. She began her presentation to several hundred people by stating her name, that she has been a staff nurse on her medical-surgical unit for 11 years and, with her voice becoming louder and stronger, ended her AIDET introduction with "... and I LOVE IT!" Everyone began clapping for her, as her passion and energy were so evident. Yes, Terry, this nurse and so many other colleagues do indeed share your passion for health care and LVHN!

LOG IN TO REPLY

Terry Capuano 1 WEEK AGO

Kim,
I appreciate hearing about the Magnet Conference. I can understand how our nurse with evident passion would be applauded. Makes me smile just thinking of it!

LOG IN TO REPLY

Jacqueline Sellers 7 DAYS AGO

I feel compelled to share that which most inspires me at LVHN. I am inspired by one of your indefatigable nursing directors. She reminds me of the "Energizer Bunny", especially when she volunteers either at the Muhlenberg Gift Shop or as a NODA volunteer. I am most inspired by the kind and caring manner in which she exemplifies all that is great about LVHN. I am inspired to do my best to go "...above and beyond" in providing service. While such is not always easy, it is a worthwhile endeavor. I know this because the director is my sister and I am always hearing wonderful comments about her. (She won't like that I wrote this about her, so please don't mention it . 😊)

LOG IN TO REPLY

Lisa Maurey 6 DAYS AGO

I work with the sleep disorders center and the other day we had a patient on the unit that for the most part was a normal acting & coherent person, but would sometimes get confused or disoriented as per his wife's comments.

This brought me to think... the hospital has a "Code Pink" for a missing child, should we maybe think of a code for a missing adult that has dementia issues?

LOG IN TO REPLY

Terry Capuano 6 DAYS AGO

Annual Meeting Answers At Your Best
benefit CheckUp Children's Hospital
Colleagues Community
Conversation Crucial conversations
Dr. Swinfard Epic Facebook
Fireside Chat fitness
ForumQuestions2013
Forums handbook Holiday
Inspiration In the News
Leader-to-Leader LVHN fitness
Marathon for Via Motivation motivational monday
Open Enrollment patient safety week Photos
Preventive Screenings Questions Quotes
Recreation Reframing Sandy Service
Excellence Awards Service Star Storm
Summit teamwork Thanks
Turkey Veterans Day Video What's
new

Thanks for the note Jackie – I know exactly who you are talking about and she has always inspired me too!

LOG IN TO REPLY

Leave a Comment

You must be [logged in](#) to post a comment.

Search results for **#star** (6)

More LVHN Colleagues Celebrate 40 Years of Service at Annual Star Celebration

Comments: 0

10/17/14 by Ashley Miller in Celebrate, Connect with Colleagues

Each September, Lehigh Valley Health Network (LVHN) holds a Star Celebration gala to recognize the indispensable role colleagues play in fulfilling our mission to heal, comfort and care. It's a chance to thank colleagues for their dedication and commitment to excellence.

Two types of success are celebrated at the event: longevity and service excellence. Below, read about five colleagues who were honored for 40 years of service. Visit Mission Central each Friday to meet other colleagues who were honored at Star Celebration.



At age 15, **Cindy Meeker, RN**, was visiting a relative in the hospital when she knew immediately she wanted to become a nurse. After graduating from nursing school in 1974, the newly married Meeker moved to the Lehigh Valley with her husband, Bob. Meeker served as a staff nurse for many years in the open-heart unit and currently is passionate about being the director of the open-heart and transitional open-heart units. "I am proud to work with such dedicated colleagues who strive to make a difference in the lives of patients and families every day," says the Friends of Nursing and Service Star award recipient. Meeker has three children, two grandchildren, and enjoys reading and listening to country music.



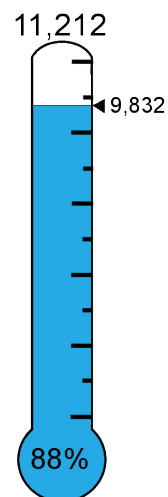
Donna O'Donnell always knew she wanted to work in the medical field. She earned a degree in medical assistance from Lehigh County Community College. O'Donnell joined our team in medical records at what is now Lehigh Valley Hospital–Muhlenberg and currently works in inpatient coding at Lehigh Valley Hospital–17th Street. "I'm still interested in learning about the advancement and new procedures in health care," she says. That's why O'Donnell has no plans to retire for a few years. "As long as I'm healthy, I'll keep working because I still love my job and the people I work with." O'Donnell and her husband of 26 years, Frank, have three sons. She is an animal lover and has a dog, parrots and chinchilla. If she ever retires, O'Donnell plans to volunteer with an animal rescue organization.

Wally Smith is thankful to work at Lehigh Valley Health Network for many reasons. A graduate of the Harrisburg Hospital Inhalation Therapy Program, Smith currently is

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.

We Reached 88%

Nearly 10,000 colleagues completed their health and wellness assessment.



Watch for information on open enrollment 2015 in your home mailbox the week of September 15.



FIND IT

- > [Be Inspired](#)
- > [Celebrate](#)
- > [Connect with Colleagues](#)
- > [Get News](#)
- > [Help Others](#)
- > [Learn](#)
- > [Live Healthy](#)
- > [Watch](#)

KEYWORDS



our coordinator of respiratory technology. He has enjoyed having the freedom and opportunity to move respiratory technology forward at Lehigh Valley Health Network. "To see your craft create medical miracles every day is what I love most about my job," says the Friends of Nursing Award recipient. Smith also is thankful to have met his wife here. "Sharon and I met on her first day of work here, and we got married two years later," he says. They've been married 34 years and have two children. When he's not working, Smith enjoys listening to music.



By day, **Nancy Snyder** works full time teaching family and consumer science in the Allentown School District. By night, she works part time as an administrative partner on the seventh floor of Lehigh Valley Hospital–Cedar Crest's Pool Pavilion. "I enjoy the immediate gratification you get in the hospital when you help someone," she says. "Not a night goes by when a nurse doesn't thank me for helping, but I'm just doing my job." Snyder has two master's degrees in elementary education. She and her husband of 41 years, Clarence, have two children and several grandchildren, with two more on the way. A former Sunday school teacher, Snyder teaches a cooking class at Second Harvest Food Bank and often does extra work with her students after school. She enjoys cooking, sewing, reading and camping.



Dorene Svanda remembers the day she was hired because construction workers were still putting the finishing touches on the new hospital on Cedar Crest Boulevard. She helped open floors on the hospital's A and C wings, and also worked on the critical care and transitional open-heart units during her career. Today she is office coordinator at Lehigh Valley Family Health Center. What's kept her here 40 years? "Helping underserved patients and having the opportunity to teach residents the business side of health care," says Svanda, who regularly learns something new too. Our transition to Epic, for example, will be the fourth electronic medical record system she will have learned. Svanda's daughter, Jacqueline Arthur, RN, is a nurse here. She has one grandson and enjoys the beach, walking, reading and

cheering for the Pittsburgh Steelers.



Bill Thompson discovered he wanted an IT career when he took electronic data processing at Upper Bucks Vo-Tech School. At age 22, he worked in the heart of Manhattan. He joined our health network as a programmer analyst in the Allentown-Sacred Heart Computer Center. Why the career move? "Our product – healthy patients – is more rewarding than any product produced in the manufacturing industry," says Thompson, who currently is a lead subject matter expert in I/S. Dealing with the challenges of hospital mergers and helping to create in-house developed hospital systems are some of his greatest accomplishments. He also met his wife here; Martha Tinsman was a Muhlenberg Hospital Center director. Thompson enjoys hunting, archery, firearms and raising bloodhounds. His dogs have been American Kennel

Annual Meeting Answers At Your Best
benefit CheckUp Children's Hospital
Colleagues Community
Conversation Crucial conversations
Dr. Swinfard Epic Facebook
Fireside Chat fitness
ForumQuestions2013
Forums handbook Holiday
Inspiration In the News
Leader-to-Leader LVHN fitness
Marathon for Via Motivation motivational monday
Open Enrollment patient safety week Photos
Preventive Screenings Questions Quotes
Recreation Reframing Sandy Service
Excellence Awards Service Star Storm
Summit teamwork Thanks
Turkey Veterans Day Video What's
new

Club champions and competed in the Westminster Kennel Club Dog Show.

[Add a Comment](#)

More LVHN Colleagues Celebrate 40 Years of Service at Annual Star Celebration Comments: 0

10/10/14 by Rick Martuscelli in Celebrate, Connect with Colleagues

Each September, Lehigh Valley Health Network (LVHN) holds a Star Celebration gala to recognize the indispensable role colleagues play in fulfilling our mission to heal, comfort and care. It's a chance to thank colleagues for their dedication and commitment to excellence.

Two types of success are celebrated at the event: longevity and service excellence. Below, read about five colleagues who were honored for 40 years of service. Visit Mission Central each Friday to meet other colleagues who were honored at Star Celebration.



After graduating from Parkland High School and Muhlenberg College, **Sandy Kulp** became a pharmacy technician. She joined our team at the newly opened hospital on Cedar Crest Boulevard. Today Kulp is an inventory coordinator, managing a multi-million dollar budget to purchase all medications for the hospital's inpatient pharmacy. Many things have kept Kulp here 40 years. "The benefits and my schedule are great, I'm close to home, and I love the people I work with," she says. "I'm here so long, I know many colleagues longer than my own kids." Kulp has two sons. She volunteers at St. John's Lutheran Church and the Elephant's Trunk, a consignment shop in Emmaus. Chocolate-tasting is one of her favorite pastimes.



While attending Temple University, **Lynn Kuster** participated in a volunteer program for students interested in health care careers. He worked in various areas, but found the pharmacy to be most interesting. After completing his internship in Philadelphia, he moved to the Lehigh Valley to be closer to his parents. Although he has been a clinical staff pharmacist in various settings throughout Lehigh Valley Health Network, Kuster says, "It doesn't matter where I work as long as I'm able to fulfill my passion for constantly improving the care we provide to patients." He and his wife, Holly, have two children and a new grandson. Kuster is active at Faith Church, where he sings in the choir. He enjoys music, reading, gardening and time spent with his two dogs.

Throughout her Lehigh Valley Health Network career, **Cheri Lawrence** only worked in one department, sterile processing. She started at Lehigh Valley Hospital–Cedar Crest and transferred to Lehigh Valley Hospital–17th Street in 1990 to be closer to home. She never imagined she'd have the same job for 40 years. "It's a great job that gives me the opportunity to work with so many nice people," she says. Lawrence appreciates the growth that has taken place throughout our health network during her 40-year career, but likes the fact that Lehigh Valley Hospital–17th Street still has a "family-oriented feeling to



it." Lawrence is an early riser. She starts her shift at 6:30 a.m. When she is not working, she enjoys reading novels.



"Mom always said I should be a nurse," says **Loretta Long, RN**, who studied at Lehigh County Community College and Northampton Community College. While visiting a friend at Muhlenberg Hospital Center, she knew she wanted to work there. Long worked on the surgical and orthopedic units, the critical care float pool, and currently works for Lehigh Valley Anesthesia Services in the OR. "I like the challenges of the OR," she says. "When you have a trauma patient, you never know what will come through the door. You have to respond quickly and get everything in order for the team." Long has two sons and one grandson. She has sold Mary Kay cosmetics for 33 years and made its National Court of Sales, a recognition that honors her sales achievements.

[Add a Comment](#)

More LVHN Colleagues Celebrate 40 Years of Service at Annual Star Celebration

Comments: 1

10/03/14 by Rick Martuscelli in Celebrate, Connect with Colleagues

Each September, Lehigh Valley Health Network (LVHN) holds a Star Celebration gala to recognize the indispensable role colleagues play in fulfilling our mission to heal, comfort and care. It's a chance to thank colleagues for their dedication and commitment to excellence.

Two types of success are celebrated at the event: longevity and service excellence. Below, read about five colleagues who were honored for 40 years of service. Visit Mission Central each Friday to meet other colleagues who were honored at Star Celebration.



After graduating from Southern Lehigh High School, **Gary Haas** enlisted in the Air Force and became a lab technician. After his discharge from the Air Force, he joined our health network as a member of the pulmonary and sleep disorders center. While working full time, he spent nine years working toward his bachelor's degree in chemistry. Today Haas is a subject matter expert in information services. "Helping people solve problems is one of the things I enjoy most about my job," he says. As a board member of People First Credit Union, Haas helped develop the credit union at the hospital in 1976. Haas and his wife, Deb, have two children and three grandchildren. In his spare time he loves to travel, work in his garden and tinker in his workshop.

While working as a candy striper, **Betty Higgins, RN**, got

just enough of a glimpse of nursing to be fascinated. After graduating from The Allentown Hospital School of Nursing and Kutztown University, Higgins began working at The Allentown Hospital. For nearly her entire career, Higgins has worked in the emergency department. "I still -enjoy the fast-paced environment, the adrenalin and the instant gratification you get when you save a trauma -patient or someone having a heart attack," she says. "When a patient is dying when he comes through the door and a few hours later he is sitting up and talking because of the care our team provides, that's what makes my job rewarding." Higgins is married to Charles and enjoys gardening, reading, doing Sudoku and traveling.



After graduating from nursing school, **Susan Horwath, RN**, worked at Muhlenberg Hospital Center. She thought it would be exciting to work at a new hospital and got her chance with the opening of what today is Lehigh Valley Hospital–Cedar Crest. Throughout her career, she worked on medical-surgical, intensive care, cardiac rehabilitation, home care and case management. Today she is an appeals nurse, working with insurance providers to ensure we get reimbursed properly for the care we provide. "I'm glad I worked in many departments over the years, because each area gave me new knowledge," she says. "You're never too old to learn." Horwath enjoys gardening, walking and traveling with friends.

When **Linda Iannelli** looks back on her career, she's proud to have worked at the same organization for 40 years. She started her career as a licensed respiratory technician in critical care, a position she held for 28 years. Seventeen years ago, she transferred to Lehigh Valley Hospital–17th Street's Sleep Disorders Center as a registered sleep technologist. She's enjoyed witnessing the amazing advancements in critical care and sleep treatments, but relationships with colleagues are what she treasures most. "We are more than co-workers. We're friends," she says. "They've helped me through life's ups and downs." A former Employee of the Month, Iannelli is planning to retire in one year. That's when she'll spend more time with her daughter, enjoying warm weather at the beach, and cheering on the Eagles and Phillies.



After graduating from Northern Lehigh High School, **Leoma Kern** became a nursing assistant at a nursing home. When she saw a recruiting advertisement for a new hospital, she wanted to be part of it. She started in supply distribution services, where she assembled the surgical tray for Lehigh Valley Hospital–Cedar Crest's first open-heart procedure. She transitioned to medical records, and then became a unit clerk on the open-heart unit. Today she's an administrative partner in the Children's ER, a department she helped open. "I never worked with children before, and I love it," says the Friends of Nursing Award recipient. "When kids come in they're crying, but most of them leave smiling, and that's great." Kern and her husband, George, have a daughter. She enjoys playing the piano and taking long walks.

[Add a Comment](#)

LVHN Colleagues Celebrate 40 Years of

Comments: 0

Service at Annual Star Celebration

09/26/14 by Rick Martuscelli in [Connect with Colleagues](#), [Learn](#)

Each September, Lehigh Valley Health Network (LVHN) holds a Star Celebration gala to recognize the indispensable role colleagues play in fulfilling our mission to heal, comfort and care. It's a chance to thank colleagues for their dedication and commitment to excellence.

Two types of success are celebrated at the event: longevity and service excellence. Below, read about five colleagues who were honored for 40 years of service. Visit Mission Central each Friday to meet other colleagues who were honored at Star Celebration.



Charleen Bower's mother worked at The Allentown Hospital School of Nursing. At age 16, Bower got her first job in the hospital cafeteria. She started at 4:30 a.m. and went to school after her shift. Today she works in central document processing and is driven to provide the best customer service. "I've enjoyed my time here and have met many wonderful people," says the Friends of Nursing Award recipient. She'll never forget the time the building flooded during a construction project. "We came in wearing waders and had to blow dry the patient records," she says. Bower and her husband, Ron, have five children and 10 grandchildren. She is active in her church, where she serves as a board member and Sunday school teacher, and enjoys scrapbooking.

After high school, **Mary Anne Clark, RN**, entered the nursing program at what is currently Lehigh Valley Hospital–Hazleton. For as long as she can remember, she wanted to be a nurse. "No one person influenced me," she says. "Nursing was always it." After working in New Jersey for a year, Clark applied for a job at the newly constructed Lehigh Valley Hospital–Cedar Crest. She loves working as a staff nurse in the GI/endoscopy unit, where she fulfills her passion for giving patients the best possible care. Clark holds the distinctive honor of receiving the Medical-Surgical Nursing Award the year Friends of Nursing began. Clark has been married to her husband, Wayne, for 36 years. They have one son and a "four-legged" son.



Growing up, **Lynn Cloak, RN**, wanted to be an elementary school teacher. While working as a candy striper, she realized she would rather be a nurse. Cloak graduated from The Allentown Hospital School of Nursing and began working at the hospital full time. Today she is a patient care specialist at Lehigh Valley Hospital–Muhlenberg, providing education to colleagues in the Regional Heart Center and intensive care unit. Cloak, who serves as an elder at her church, enjoys making wine, quilting, knitting, working in her garden, baking and shopping. She and her husband, Alan, have two children and recently started a new hobby, kayaking. "Only in calm water," Cloak says.

Richard Gehman graduated from William Allen High School knowing that he wanted to work in a trade industry. He attended Lehigh County Community College and became a plumber. After spending time working for a private company, Gehman was ready for something new. He read an ad about a local hospital looking to hire a plumber. Interested, he applied for the job and has been working at Lehigh Valley Health Network ever since. Today he is a systems foreman in charge of plumbing and air conditioning. He and his wife, Kathleen, have one daughter. He enjoys fishing, walking and hiking, and dedicates much of his spare time volunteering with the Bethlehem Special Olympics.

In second grade, **Georgine Fontaine, RN**, discovered she was destined to be a nurse when she drew a picture of herself as such. While attending high school and college,



Fontaine worked at nursing homes and enjoyed caring for the elderly. After graduating from Northampton Community College, she began her career at Muhlenberg Medical Center. Today she's the patient care manager in Lehigh Valley Hospital–Muhlenberg's emergency department. "I enjoy the fast-paced environment of the ER," says Fontaine, a proud member of the team that received a 2013 Friends of Nursing Award for establishing her department's rapid assessment unit. "It has improved patient satisfaction immensely, and now other hospitals are visiting to learn from us," she says. Fontaine enjoys spending time with her three grandchildren and traveling.

[Add a Comment](#)

LVHN Colleague of 65 Years Among Honorees at Annual Star Celebration

Comments: 0

09/19/14 by Rick Martuscelli in Celebrate, Connect with Colleagues

Each September, Lehigh Valley Health Network (LVHN) holds a Star Celebration gala to recognize the indispensable role colleagues play in fulfilling our mission to heal, comfort and care. It's a chance to thank colleagues for their dedication and commitment to excellence.

Two types of success are celebrated at the event: longevity and service excellence. Below, read about an LVHN colleague who was honored for dedicating her 65-year (and counting) career to nursing education, and three others who have been furthering the network's mission for 45 years. We will feature our colleagues who were recognized in future Mission Central posts every Friday.

Josephine Ritz, RN – 65 years

When The Allentown Hospital's director of nursing visited Fountain Hill High School, she had excellent advice for Josephine Ritz, RN, who couldn't decide if she wanted to be a nurse or teacher. "She said I should become a nurse, and if I did well, become a nursing instructor," Ritz recalls. That's exactly what she set out to do. Ritz graduated near the top of her class and at age 21, was named the night shift supervisor for the entire hospital.

Doing well as a nurse, she began working at the hospital's School of Nursing while earning her bachelor's and master's degrees. She was an assistant instructor, instructor and curriculum coordinator before being named the school's director in 1974. "That was my proudest moment," she says. "I never expected to reach that goal." Even today, education is her greatest passion.

Only a week after the school closed in 1988, she received a call from the hospital's vice president of development asking if she would be interested in [fundraising](#). Although Ritz didn't know anything about fundraising, she knew many people who might be willing to offer support. On her third day at work, she secured a \$10,000 gift. During her second week, she received another \$10,000 donation.

Ritz went on to secure millions of dollars in funds throughout her career to support nursing education. These funds help nurses return to school, attend professional conferences, earn special certification and pursue other professional excellence



presentations.

A widow (her husband, George, passed away in 1985), Ritz says she will continue to work as long as she is healthy. She has one son, two grandsons, and enjoys gardening, reading and crossword puzzles.

Nancy Beidler – 45 years

At age 16, Nancy Beidler got her first job working in The Allentown Hospital kitchen. After graduating from William Allen High School, she earned her medical assistant's certificate from Lehigh County Community College and started working in the hospital's business office. A year later, she took a job as secretary in the mental health clinic and became a case work aide. "I did home visits to help patients with [behavioral health conditions](#)," she says. "I was always interested in helping people."

In 1979, Beidler helped establish our [Transitional Living Center \(TLC\)](#), a program that helps people with mental illness make positive lifestyle changes through support, supervision and development of recovery of daily living skills. Today she is program coordinator. "There are never two days that are the same," Beidler says. "I get to help people with mental illness get back on track. It's rewarding when clients who are discharged from TLC return to show us how well they are doing."

In 2005, Beidler received the psychiatry department's Mental Health Professionals Award. In 2009, she was named Service Star of the Month for helping a patient who was diagnosed with lung cancer. "The woman was divorced and had to drive a great distance to pick up her children after school, but her car was in terrible shape," she says. "One day I stopped by a local car dealership to ask if they would give her a dependable car." The dealership agreed. The patient is still alive and has the same car.

Beidler and her husband, Barry, have been married for 37 years. She enjoys playing with her cat, Spookie, and selling Mary Kay cosmetics. "It's a different type of reward for me," she says. "I help women boost their self-confidence to help them feel good about themselves."



Susan Heffner, LPN – 45 years

A graduate of Allentown Central Catholic, Susan Heffner, LPN, always had genuine compassion for people's health concerns and a strong desire to help. This is what guided her to attend Lehigh County Community College and become a nurse. She has dedicated her nursing career to working in neurology, a field that allows her to live her passion.

"Nursing can be challenging, but it also is interesting and rewarding," says Heffner, who currently works on the neuroscience unit at Lehigh Valley Hospital–Cedar Crest. This was never more true to Heffner than when she cared for a young girl who was dependent on a respirator. During the three months Heffner cared for her, they became friends and remained close even after the girl was discharged.

Heffner is passionate about going out of her way and taking extra steps to give patients and families the care they expect and deserve. "I genuinely care about my patients and put myself in their shoes," she says. "I treat patients like they are members of my own family." The compassionate, quality care she provides led to her being named a Friends of Nursing Award recipient.

Heffner is a history buff and enjoys traveling, reading, photography and picnics with family. She especially enjoys time spent with her nieces and nephews.



Linda Konrad, LPN – 45 years

Two people inspired Linda Konrad, LPN, to be a nurse: an aunt with whom she was very close and a school nurse whom she greatly admired. Konrad attended Parkland High School and earned her nursing diploma at Lehigh County Community College. She quickly discovered her passion for caring for children.



She started her career in 1969 on the pediatrics unit of The Allentown Hospital. When the outpatient pediatrics department opened in 1992, she made the transition. Today that department is known as our [Children's Clinic](#). It's a place where Konrad feels rewarded knowing she is touching children's lives. "I still love my job," she says. "There is something special about being with young kids who have an enthusiasm for life."

In her professional and personal life, Konrad describes herself as "rooted." Not only has she worked at the same place for 45 years, she still lives in her childhood farm home. "I've always felt secure and have had no desire to venture," she says.

Her desire to help children grow into healthy adults is as strong as ever. Konrad earned a Friends of Nursing Award in recognition of work she did in our community. She hosted seat belt and babysitting programs, and did private duty nursing for a patient who had a kidney transplant. Konrad also received the Service Star of the Month award for helping a child whose mother was deaf. "She couldn't read to him, so I got the little boy equipment that allowed him to listen to stories," says Konrad, who is coordinator of the Reach Out and Read program at [Lehigh Valley Hospital—17th Street](#).

Konrad and her husband, Karl, have been married for 24 years. She enjoys knitting, reading, gardening and playing the piano.

[Add a Comment](#)

A Look Back at The Star Celebration Gala – Comments: 2 PHOTOS

09/15/14 by Rick Martuscelli in Celebrate, Get News

Each September, we hold our Star Celebration gala to recognize the indispensable role colleagues play in fulfilling our mission to heal, comfort and care. It's a chance to thank colleagues for their dedication and commitment to excellence.

Two types of success are celebrated at the event. One is longevity, as we present pins to colleagues who've been with Lehigh Valley Health Network for milestones that start with 10 years and, in some cases, reach 50 years or more.

Service Excellence Awards are the other way we celebrate success at the gala. These awards are given annually to individuals and teams that exemplify our mission through their extraordinary efforts. Several of the awards recognize workplace efficiency. Others are for compassionate care and service to our community.

Here are photos of the event, which was held Friday, Sept. 12 at Holiday Inn, Fogelsville. Every Friday starting Sept. 19, visit Mission Central to learn more about the colleagues who were honored at Star Celebration.



[◀ Back](#)

Picture 1 of 11

[Next ▶](#)

[Add a Comment](#)

< Local Police Training Event Today

Read November CheckUp >

Wellness Wednesday – Prevent Chronic Back Pain



The common cold is the No. 1 menace to your health. What's No. 2? The answer might surprise you.

Back pain is the cause of countless visits to doctors' offices and emergency rooms. It is the second most common cause of lost work days after cold and flu symptoms. More than 80 percent of people experience back pain at some point in life.

A car accident, sports injury and lifting a heavy object are obvious causes of back pain. Lifestyle factors can cause back pain too. Being overweight — especially having excess abdominal fat — strains the lower back. Lack of exercise, poor posture and sitting too much also can weaken and stress back muscles.

"For many people, back pain is caused by a simple mechanical problem with a muscle or joint," says Lehigh Valley Health Network chiropractor Gary Tarola, DC. "While it might be painful, most back pain is not serious and is very treatable and correctable."

Back pain can feel sharp, aching, dull, tingling or burning. The pain comes from damaged muscles, ligaments and nerves, or from the spine. Acute back pain will usually go away on its own within one to six weeks.

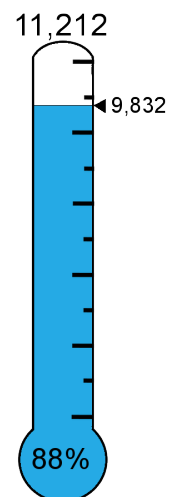
This week's wellness challenge: Follow Tarola's tips to prevent chronic back pain.

- **Stay active.** The spine is designed for motion, and movement is required for healthy disks, the shock absorbers between your spine's vertebrae. "Because disks have no blood supply, they get nutrients through movement," Tarola says. "Staying active lubricates joints and keeps your muscles strong."
- **Stay positive.** If back pain hits, don't get depressed and think you have to spend days in bed. Research has shown that continuing ordinary activities within the limits permitted by pain results in a speedier recovery than rest.
- **Eat healthy.** Stay away from processed, fatty foods, which cause inflammation in the body that can lead to pain. Fruits, vegetables and whole grains are best for your back and overall health.

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.

We Reached 88%

Nearly 10,000 colleagues completed their health and wellness assessment.



Watch for information on open enrollment 2015 in your home mailbox the week of September 15.

Search bar with a magnifying glass icon and a green 'GO' button.

FIND IT

- > Be Inspired
- > Celebrate
- > Connect with Colleagues
- > Get News
- > Help Others
- > Learn
- > Live Healthy
- > Watch

KEYWORDS

- **See a chiropractor.** “If you have an underlying condition causing back pain, or if your lifestyle puts you at greater risk for recurring pain, a chiropractor can help,” Tarola says. Your chiropractor can teach you additional ways to prevent problems and provide treatment options.
- **Bend, reach and lift properly.** Put one foot forward to take weight off your back. When standing still in the kitchen, lean against the counter with your hips and thighs.

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

This entry was posted by [Amanda Coe](#) on October 15, 2014 at 3:00 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.

Leave a Comment

You must be [logged in](#) to post a comment.

Annual Meeting Answers At Your Best
benefit CheckUp Children's Hospital
Colleagues Community
Conversation Crucial conversations
Dr. Swinford Epic Facebook
Fireside Chat fitness
ForumQuestions2013
Forums handbook Holiday
Inspiration In the News
Leader-to-Leader LVHN fitness
Marathon for Via Motivation motivational monday
Open Enrollment patient safety week Photos
Preventive Screenings Questions Quotes
Recreation Reframing Sandy Service
Excellence Awards Service Star Storm
Summit teamwork Thanks
Turkey Veterans Day Video What's
new

Mission Central

Let's make our mission possible.



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

< Learn About Delivering Quality Care Across the Care Continuum

More LVHN Colleagues Celebrate 40 Years of Service at Annual Star Celebration >

Module of the Month: Radiant

When you first hear the word 'radiology,' you might picture an X-ray of a broken bone. Accessing that patient's radiology record would mean you need to open multiple medical record systems to get a complete picture of their care. In some cases, there is still a fair amount of paper documentation that is still necessary. But when we move to the inpatient Epic electronic medical record (EMR) system



here at Lehigh Valley Health Network in August 2015 (Wave 2), all aspects of radiology will be readily available through one application called, *Radiant*. Instead of requiring colleagues to log into several systems to review radiology information, *Radiant* will interface, or 'talk to,' systems that will remain after go-live, allowing easy access to patient radiology data and reducing the need for manual, pen-and-paper documentation.

And since radiology services are wide-ranging, *Radiant* will help other LVHN services from mammography to non-invasive cardiology and beyond.

Key features of *Radiant*

Critical results tracking – Critical results tracking allows the reading radiologist to flag a result for follow up by the primary care provider.

Integration of patient information – A key feature of Epic is integrating all of the components that make up a patient's medical record in one place – for a radiologist, this means not digging around in Centricity Enterprise (CE) for physician notes or labs, or looking in Onbase or GE RIS for scanned documents.

Icons facilitate communication – Icons will be used to designate a patient's status to other users. For example, an icon that shows the patient's study has begun will communicate to another technologist that he or she should see a different patient.

Productivity report functions – Robust productivity reporting will help improve quality and streamline the patient's care within radiology.

Hyperlinking across technologies – One of the benefits of Epic will be the use of hyperlinking between applications. For example, a cardiologist will be able to view results in Prosoolv without leaving Epic. For the radiologist, everything they need for a particular study will be driven by and integrated with Epic. For example, when they click "Study Review" in Epic it will launch PowerScribe for Dictation and the related studies in GE PACS based on the accession number.

Your Epic Datebook

Coming Soon: Wave 1 training assignments on TLC

Beginning December 1: Wave 1, ambulatory [super user](#) training AND early bird *Cadence* training for front desk colleagues

Beginning January 5, 2015: Wave 1 end user training

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.

We Reached 88%

Nearly 10,000 colleagues completed their health and wellness assessment.

11,212



Watch for information on open enrollment 2015 in your home mailbox the week of September 15.

 GO

FIND IT

- > [Be Inspired](#)
- > [Celebrate](#)
- > [Connect with Colleagues](#)
- > [Get News](#)
- > [Help Others](#)
- > [Learn](#)
- > [Live Healthy](#)
- > [Watch](#)

KEYWORDS

January 16, 2015: Deadline for Wave 2 inpatient super user applications

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

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

Keep up with news about the LVHN Epic transformation on the [LVHN Epic intranet site](#).

This entry was posted by [Jenn Fisher](#) on October 16, 2014 at 4:32 pm, 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.

Leave a Comment

You must be [logged in](#) to post a comment.

Annual Meeting Answers At Your Best
benefit CheckUp Children's Hospital
Colleagues Community
Conversation Crucial conversations
Dr. Swinfard Epic Facebook
Fireside Chat fitness
ForumQuestions2013
Forums handbook Holiday
Inspiration In the News
Leader-to-Leader LVHN fitness
Marathon for Via Motivation motivational monday
Open Enrollment patient safety week Photos
Preventive Screenings Questions Quotes
Recreation Reframing Sandy Service
Excellence Awards Service Star Storm
Summit teamwork Thanks
Turkey Veterans Day Video What's
new

Mission Central

Let's make our mission possible.



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

< Do You 'Know Your Numbers?': Screening Campaign Kicks Off At Employee Flu Shot Clinics

Terry's Take: Share Your Passion >

Maged Khalil, MD: Personal Experience Inspires Caring Approach to Cancer Care – 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!

Maged Khalil, MD, was inspired to become a doctor by the physicians who supported his family medically and emotionally when his sister died of complications of surgery.

Now, as a hematologist oncologist with Lehigh Valley Health Network, he treats his patients as partners. "Through the process I try to educate and coach the patient and be more of a friend, not just a scientist," he says.

Khalil sees patients at [Hematology-Oncology Associates](#). He is board-certified in medical oncology and internal medicine.

Get to know him with this video.



This entry was posted by [Alyssa Young](#) on October 14, 2014 at 1:03 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.

Leave a Comment

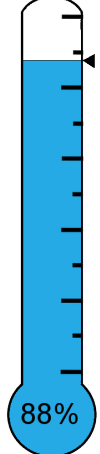
You must be [logged in](#) to post a comment.

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.

We Reached 88%

Nearly 10,000 colleagues completed their health and wellness assessment.

11,212



Watch for information on open enrollment 2015 in your home mailbox the week of September 15.

FIND IT

- > [Be Inspired](#)
- > [Celebrate](#)
- > [Connect with Colleagues](#)
- > [Get News](#)
- > [Help Others](#)
- > [Learn](#)
- > [Live Healthy](#)
- > [Watch](#)

KEYWORDS

Annual Meeting Answers At Your Best
benefit CheckUp Children's Hospital
Colleagues Community
Conversation Crucial conversations
Dr. Swinfard Epic Facebook
Fireside Chat fitness
ForumQuestions2013
Forums handbook Holiday
Inspiration In the News
Leader-to-Leader LVHN fitness
Marathon for Via Motivation motivational monday
Open Enrollment patient safety week Photos
Preventive Screenings Questions Quotes
Recreation Reframing Sandy Service
Excellence Awards Service Star Storm
Summit teamwork Thanks
Turkey Veterans Day Video What's
new