

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, the latest edition of Magnet Attractions, information about the Turkey Toss and screenings for blood pressure and BMI, and Lehigh Valley Health News, our blog on LVHN.org containing timely information and health network news.

## [Correction on Turkey Toss Date for Lehigh Valley Hospital–Muhlenberg](#)

On Thursday, Nov. 20, turkeys will be distributed at the Dorney Park parking lot and LVH-Muhlenberg parking lot, not Mack Boulevard as is printed on your certificate.

## [Saluting Our Veterans](#)

See our coverage of Tuesday's Veterans Day celebrations.

## [Sports Collectibles Sale Next Week](#)

The Auxiliary of Lehigh Valley Hospital is holding the sale in LVH-Cedar Crest's Jandl Family Pavilion.

## [Wellness - Holiday Recipe Makeovers](#)

Substitute unhealthy ingredients with healthier alternatives.

## [Walking the Epic Walk: Workflow Walkthrough for Wave 2](#)

Inpatient colleagues had a chance to show what the new LVHN Epic EMR is made of.



**Just Published:**  
Read the latest  
issue of  
**Magnet Attractions**



**Correction on  
Turkey Toss  
Dates**

**KNOW YOUR  
NUMBERS**

**Get screened today.**

**READ LEHIGH VALLEY HEALTH NEWS**

a blog on [LVHN.org](http://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: You're Where You're Meant to Be

Wellness Wednesday – Holiday Recipe Makeovers >

## Correction on Turkey Toss Date for Lehigh Valley Hospital–Muhlenberg

You have received your turkey coupon in the mail, but **there is a correction in the locations.** We will give turkeys at Lehigh Valley Hospital–Muhlenberg on Thursday Nov. 20. Please see the flyer below for the correct dates, times and locations of the turkey toss. Please [download the flyer](#) and share this message with your colleagues who do not regularly check email or Mission Central.

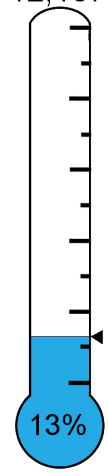
Please remember to bring your coupon from the mailing to pick up your turkey. Thank you and Happy Thanksgiving.

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### Help Us Reach Our Wellness Goal!

Many colleagues have already gotten their biometric screenings for blood pressure and body mass index.

12,137



There's still time to [Know Your Numbers](#), win prizes and help us reach our shared success plan goals (SSP).



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- > [Connect with Colleagues](#)
- > [Get News](#)
- > [Help Others](#)
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# Oops – We Fowled Up!

## Corrected Turkey Toss Dates, Times and Locations

**Tuesday, Nov. 18 • 2-5 p.m.**

Laurel Mall parking lot – Hazleton

**Wednesday, Nov. 19 • 2-5 p.m.**

Dorney Park parking lot and LVHN–Mack Boulevard parking lot

**Thursday, Nov. 20 • 2-5 p.m.**

Dorney Park parking lot and LVH–Muhlenberg parking lot

**(NOT MACK BOULEVARD)**

*Reminder: You must present a coupon to receive a turkey.  
(Coupons mailed to your home Nov. 1.)*



This entry was posted by [Ashley Miller](#) on November 11, 2014 at 12:00 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.

## 2 comments

Lisa Gulley 3 DAYS AGO

No coupon. But there are still a few days left....

LOG IN TO REPLY

Liz Fulmer 3 DAYS AGO

Hi Lisa,

I will sent you a turkey coupon via inter-office mail. Where should I sent it?

Liz Fulmer, marketing

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< Wellness Wednesday – Holiday Recipe Makeovers

Walking the Epic Walk: Workflow Walkthrough for Wave 2 >

## Saluting Our Veterans

Nov. 25, 1976 is a day Sarah and Larry Krick will never forget. Their Thanksgiving dinner ended with a surprise announcement from their only child, Tom, a high-school junior: he planned to join the Navy following graduation. "I cried, prayed and did everything I could to change his mind," Sarah says. "We had lost our other two children as infants. That's what made it so hard."



Tom, now a registered nurse in LVHN's behavioral health department, eventually won over his parents and served two decades as a submarine sonar technician before heading to nursing school. "I saw the Navy as a way to do something special with my life," he says. Krick (pictured above with his parents) was among the veteran colleagues who participated in our Veteran's Day celebration, held Tuesday at Lehigh Valley Hospital-Cedar Crest.

The ceremony was simulcast to LVH-Muhlenberg, LVH-17th Street, LVH-Hazleton and LVHN-Mack Boulevard. More than 500 colleagues – including 68 veterans – gathered at these five sites to thank those who served or are still serving in our armed forces. President and chief executive officer Brian Nester, DO, MBA, FACOEP, an Army Reserves veteran, opened the ceremony by declaring Nov. 11 "a day to celebrate and honor all living veterans."

Nester also thanked representatives from our partner organizations in a regional veteran health care initiative. The group held a press conference later in the day to [announce its readiness](#) to support a new Department of Veterans Affairs patient-centered community care program.

After a formal posting of colors, five veteran colleagues joined in a musical tribute to the armed forces by proudly posting the flags of their respective service branches: Rhonda Moore (Army); Krick (Navy); Kalman Illyes (Coast Guard); Frank Capoccia (Air Force); and Bill Matthews (Marines).

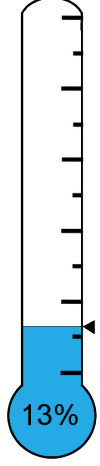
Continuing the flag theme, children from the pre-kindergarten class at LVHN's Early Childhood Education Center charmed the crowd with a rousing rendition of "You're a Grand Old Flag." The children closed the celebration by shouting out words of praise and support that began with each of the letters in "Grateful."

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Grateful also describes Sarah Krick's attitude toward the men and women who serve our country.

"It was certainly difficult not having our son around all those years, but it was well worth it," she says. "Because of Tom and so many others like him, we still enjoy our freedom. Without them out there, where would we be?"

All Americans can be thankful that question will never need an answer.

(View additional photographs from the event in the gallery below.)



[◀ Back](#)

Picture 1 of 5

[Next ▶](#)

This entry was posted by [Gerard Migliore](#) on November 13, 2014 at 3:57 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.

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

< Walking the Epic Walk: Workflow Walkthrough for Wave 2

Lehigh Valley Health News Digest: Nov. 10-14

## Sports Collectibles Sale Next Week Inside at Jaindl Family Pavilion at LVH-Cedar Crest

Need some special holiday gifts for your favorite sports fan? The Auxiliary of Lehigh Valley Hospital is conducting a sale that might fill the bill.

A sports collectibles sale featuring items from Major League Baseball, the National Football League, the National Basketball Association, the National Hockey League and top National Collegiate Athletic Association schools will be held Nov. 18-21 at the top of the steps on the second floor of Jaindl Family Pavilion, Lehigh Valley Hospital—Cedar Crest.

More than 250 items including sports gloves, beach towels, umbrellas, steering wheel covers and car mats will be available at reasonable prices. Cash, credit cards and checks will be accepted. A payroll deduction (\$150 limit per pay period) also is available as payment for full-time employees. All proceeds will benefit the auxiliary.

The sale will be conducted Tuesday, Nov. 18, through Thursday, Nov. 20, from 7 a.m. to 6 p.m. On Friday, Nov. 21, the sale will be held from 7 a.m. to 4 p.m.

This entry was posted by [Ted Williams](#) on November 14, 2014 at 3:15 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.

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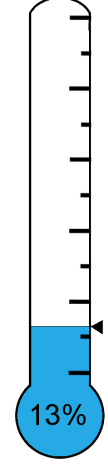
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Mission Central | Sports Collectibles Sale Next Week Inside at Jaindl Family Pavilion at LVH-Cedar Crest

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< [Correction on Turkey Toss Date for Lehigh Valley Hospital–Muhlenberg](#)

[Saluting Our Veterans](#) >

## Wellness Wednesday – Holiday Recipe Makeovers



The holidays are here, which means that it's time for family gatherings, office parties – and tons of guilt-inducing goodies. If you find it impossible to resist traditional favorites like cookies, pie, potato filling and gravy, then indulge in moderation, says family medicine physician [Linda Loffredo, MD](#), of Lehigh Valley Health Network.

“Losing 5 pounds after the holidays is not overly difficult,” Loffredo says. “But losing 20 pounds after a month-long free-for-all is far more daunting. Be aware of the calorie content of what’s offered and make smart choices.”

**This week’s wellness challenge:** Try substituting some of your favorite unhealthy ingredients with healthier alternatives.

You don't have to forego grandma's famous pumpkin cheesecake. Get creative instead. “Often it takes just a few tweaks,” says health network dietitian Heather Johnson.

Unless indicated otherwise, use the same amount of the substitute ingredient.

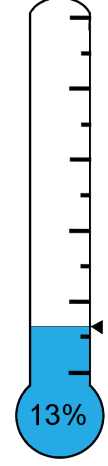
Recipe calls for:	Use instead:
Oil	Applesauce
Butter	Half butter and half applesauce or prune puree
Cream cheese	Low-fat cottage cheese pureed until smooth
Cream	Fat-free half-and-half or evaporated skim milk
1 egg	2 egg whites
Sugar (granulated)	Sugar substitute, or use half the sugar suggested and add vanilla or cinnamon to intensify sweetness

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1,592

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Johnson recommends making only one or two substitutions at a time. Get used to subtle differences in taste and texture, and then change something else, if necessary. “Be brave and experiment,” she says. And don’t forget to watch your portion sizes. Updated recipes may be better for you, but reduced fat and calories still add up.

If you don’t have the time – or courage – to experiment on your own, speak with a dietitian. Your dietitians can take any recipe and show you how to reduce fat, salt, sugar and calories to better suit your nutritional goals. “The new version may not taste exactly like grandma’s, yet it still can be delicious,” Johnson says. Better yet, it will be healthier for your family. And that’s a tradition any grandmother would love.

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 November 12, 2014 at 4:00 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.

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< Saluting Our Veterans

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## Walking the Epic Walk: Workflow Walkthrough for Wave 2

Winter is knocking at our door, but last week the Lehigh Valley Health Network (LVHN) Epic transformation team spent a day looking forward to next summer as they presented workflow walkthroughs for Wave 2 (inpatient settings). Wave 2 is scheduled to go-live with our new electronic medical record (EMR) on August 1, 2015.



Workflow walkthroughs showcase applications that will be used when the Epic EMR is implemented. "It's an exciting day for us to present Epic as we interpret it and built it," says Michael Sheinberg, MD, project lead for LVHN Epic. "This customization has been done with the input and validation of many LVHN subject matter experts and provider champions."

Several hundred LVHN colleagues attended sessions held at Lehigh Valley Hospital (LVH)-Cedar Crest and broadcast to LVH-17th Street, LVH-Muhlenberg and LVHN-Mack Blvd. locations. Presentations were also recorded and will be available for viewing in the next week.

Throughout the day, LVHN colleagues presented individual workflows associated with:

- [ASAP](#) –emergency module
- Stork – obstetrics/labor and delivery module
- ADT – admission-discharge-transfer module
- [OpTime](#) – perioperative services module
- [Radiant](#) – radiology module
- Willow – pharmacy module
- [Resolute HB \(Hospital Billing\)](#) – hospital billing module

### Walking Along with "Patient Paul"

Additionally, two sessions were presented to highlight how patient information flows into a patient's medical record and how that same information is available from one encounter to the next. For these sessions, Wave 2 colleagues used several Epic modules that came in to play during the care of single patient, "Paul Appleseed". Appleseed entered our system at the LVH-Muhlenberg emergency department with pain in the lower right abdomen. Instead of waiting in a line, he is seen by the emergency department (ED) triage nurse, Brandi Mcmillian, RN. "Using my badge to log-in (Tap and Go functionality), I arrive Mr. Appleseed and make sure he doesn't have an existing record in our system. Then I go to the 'Triage' navigator and document his chief complaint, allergies, review home medications and chart his vital signs," she says.

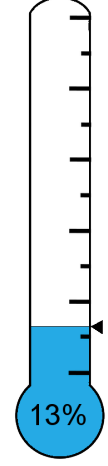
While Appleseed waits for the ED provider to see him, the emergency department registrar completes information about who the patient wants to be notified about his care, as well as checks on guarantor or insurance information (which can be confirmed with a 'click'.) The patient also can sign a HIPAA form using an e-signature pad that is integrated into the EMR.

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## Transitioning from ED to OR

Soon, Appleseed's care moves to the physician. "When I select the patient's name, I can review the summary report from the triage nurse," says emergency department physician David Richardson, MD. "The ASAP complaint-based templates have been modified by our subject matter experts to guide and remind providers to ask the right questions at the right time." A complete history is often the key to the correct diagnosis.

Soon, it is confirmed that Appleseed has appendicitis and requires emergency surgery. His case information transitions to the OpTime module which follows a patient from pre-op to intra-op to post-op. When he is out of surgery, patient logistics moves into action and identifies where Appleseed will room.

## Discharge Details

As the walkthrough continues, the patient is ready to be discharged, which means additional cues from the EMR come into play. "The system requires medication reconciliation and discharge instructions to be taken care of," says Bob (Rovinder) Sandhu, MD. "I can use SmartSets to select general surgical discharge instructions about diet, activity and signs of infection the patient should be aware of."

The discharging nurse will also see "Best Practice Advisory" alerts that can be reviewed prior to patient departure, and will also have an opportunity to help the patient sign-up for [MyLVHN](#), [the patient portal](#).

The integrated sessions compressed a multi-day patient stay into 90-minutes, but thoroughly demonstrated how each Epic module is integrated into the whole EMR system. "It's one system, one database," says Sheinberg. "As providers, it improves communication about the needs of our patients throughout the network, from the first point of contact to the last. It's truly a transformation, and one we are excited to bring to colleagues at LVHN and the people of our community."

## Your Epic Datebook

**Now:** Register for Wave 1 end user training on TLC

**Now through May 1, 2015:** Wave 2 testing

**November 24:** Technical Dress Rehearsals (TDR) begin in ambulatory settings

**December 1:** Wave 1, ambulatory [super user](#) training AND [early bird Cadence training](#) begins

**January 5, 2015:** Wave 1 end user training begins

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

**February 4, 2015–March 11, 2015:** PTO restrictions in effect for Wave 1 (ambulatory) colleagues

**February 7–8:** Wave 1 conversion weekend

**February 9:** Wave 1 [Cadence](#) Go-live

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

**March 23–27:** Wave 2 pilot training

**May 11–31:** Wave 2 super user training

**June 1–July 26:** Wave 2 end user training

**July 20, 2015–August 14, 2015:** PTO restrictions in effect for Wave 2 (inpatient) colleagues

**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](#).

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