

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 and last edition of CheckUp, the latest Terry's Take blog post, information about screenings for blood pressure and BMI, and Lehigh Valley Health News, our blog on LVHN.org containing timely information and health network news.

[This is the Last Edition of CheckUp](#)

Learn about a new, fully integrated communication system that will help make it easier for you to get timely LVHN news and information.

[Winter Weather Safety Tips](#)

LVHN's safety department urges colleagues to take caution in winter weather and offers tips to stay healthy and unharmed in the snow.

[Happy Thanksgiving! – VIDEO](#)

Watch a video of children at the network's Early Childhood Education Center answer questions about Thanksgiving – in unique and hilarious ways.

[Attend LVHN's Holiday Celebration](#)

You're invited to attend our annual holiday celebration, scheduled throughout the network from Dec. 9-11.

[Alliance Medical Group is now Lehigh Valley Physician Group-Hazleton](#)

They are a medical and surgical service network with 40 leading physicians and advanced care professionals in northeast Pennsylvania.

[Gift Shop at LVH-Cedar Crest Offers Sale, Evening Hours on Wednesday](#)

They will be open until 9 p.m. on Dec. 3 and all merchandise will be 30 percent off.

[Wellness - Think "S" This Thanksgiving](#)

Don't avoid your favorite treats. Think "S for Slim" this holiday.

[Wave 1 Super Users Ready to Train](#)

Next week, Epic training begins for Wave 1 super users, and we're thankful for their willingness to help lead the way to go-live.



Just Published:
**Read the final
issue of CheckUp**

**Read the latest
Terry's Take**



**KNOW YOUR
NUMBERS**
Get screened today.

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.



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< Motivational Monday: Risks are Rewarded

Alliance Medical Group is now Lehigh Valley Physician Group-Hazleton >

This is the Last Edition of CheckUp

It's true. The December 2014 edition is the last ever issue of CheckUp. But don't worry. It's just the beginning of a new, fully integrated system that will make it easy for you to get LVHN news on a daily, weekly and quarterly basis. Chief operating officer Terry Capuano, RN, has details in her monthly column, Focus on PRIDE.

This final issue of CheckUp continues our communication transformation

I arrived at Lehigh Valley Health Network (LVHN) more than 30 years ago. Much has changed since then. One constant has been this magazine, CheckUp. Whether you read it at home or over lunch, it's always been an important source of health network news and a great way to learn about colleagues. As you may have guessed after seeing this issue's cover, this is the final CheckUp.



Terry Capuano, RN
Chief operating officer

While learning about each other and our health network remains essential, how we accomplish that continues to evolve. For example, digital signs display information across LVHN, and Mission Central allows us to quickly share news, photos and videos. Just as important, it allows you to join the conversation by posting your questions, comments and ideas.

With these electronic tools in place, we transitioned CheckUp from print to a digital format last year at a significant savings (more than \$100,000 annually in print and mailing costs). While many of you enjoy the new format, a majority of colleagues indicated on a recent survey that you miss the printed publication. We listened, and thanks to your feedback are enhancing internal communication to better meet your needs.

We're enhancing internal communication to better meet your needs.

Our new, fully integrated system will deliver information three ways:

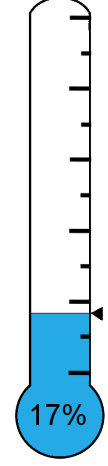
- **LVHN Today** – This will be Mission Central's new name. It will continue to be your source for daily news, announcements, real-time updates on events, goals, finances and colleague achievements.
- **LVHN Weekly** – This will be the new name for the email currently called "This Week at LVHN." The Friday email will provide links to the week's LVHN Today posts, health network publications, Lehigh Valley Health News (our community blog) and other important communications.
- **LVHN Quarterly** – This will be the name of an eight-page print magazine that will be mailed to colleagues' homes four times a year. (A shorter magazine published less frequently enables us to continue saving on print and mailing costs.) Content will focus on "news you can use," including finances, goal updates, and wellness and benefit information. This approach will allow colleagues who only read print to stay informed at

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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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- > Learn
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- > Watch

a glance.

Expect to see these tools early in 2015. They continue an internal communication transformation focused on colleague engagement. [Casual Conversations](#) with president and chief executive officer Brian Nester, DO, MBA, FACOEP, is another example. So is my new blog, [Terry's Take](#). It's a place to share stories, stay connected and enhance our relationship. Please visit and continue our conversation.

This entry was posted by [Admin](#) on November 25, 2014 at 4:17 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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Happy Thanksgiving! – VIDEO >

Winter Weather Safety Tips

*** This is a message from the LVHN safety department. ***

At several LVHN sites earlier today you could see armies of dedicated folks working hard shoveling, salting & plowing acres upon acres of LVHN parking lots and sidewalks.

Despite best efforts, severe weather adds extra risk to our daily commutes. To help minimize the likelihood you will sustain a weather-associated slip or fall, please consider the following:

- Wear sensible shoes with good traction! Put your personal safety above fashion!
- Many winter falls occur immediately as people exit their vehicle upon parking – so use extra caution when exiting your vehicle.
- The shortest route is often NOT the best route during inclement weather. We see injuries every winter when colleagues climb up and down snowy banks and climb over barriers.
- Even the best maintained lots are subject to freeze/thaw cycles and black ice. Please walk slow and cautiously.
- Use handrails when going up and down stairs.

Lastly, if you discover an untreated area that requires some extra attention, de-icing or snow-removal, please call (610) 402-8220. Let's all be careful out there and have a wonderful Thanksgiving. Thank you for all you do to make LVHN safer for our patients, visitors and colleagues.

This entry was posted by [Admin](#) on November 26, 2014 at 7:22 pm, and is filed under [Learn, 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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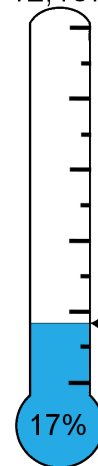
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Happy Thanksgiving! – VIDEO

What does Thanksgiving mean to you? How does your family celebrate the holiday? Each and every Lehigh Valley Health Network (LVHN) colleague has a unique answer to these questions, but none are as adorable and hilarious as the answers given by children at the network's Early Childhood Education Center. Take a few minutes to watch the video below and enjoy a laugh compliments of these smart and witty kids. Then tell us in the comments, what would you do if you were a turkey on Thanksgiving?

Have a wonderful holiday!



This entry was posted by [Ashley Miller](#) on November 27, 2014 at 10:00 am, and is filed under [Celebrate](#), [Watch](#). Follow any responses to this post through [RSS 2.0](#). You can [leave a response](#) or [trackback](#) from your own site.

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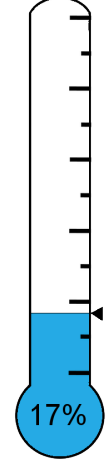
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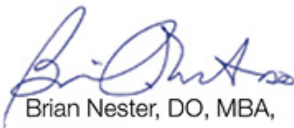
Attend LVHN's Holiday Celebration



Dear Colleagues,

This holiday season, we would like to thank each of you for your dedication and commitment to our patients and community. Your passion for better medicine makes us the exceptional health network we are today. To show our appreciation, we invite you to a celebration. You are cordially invited to enjoy the company of colleagues at Lehigh Valley Health Network's holiday party. Celebrations are scheduled throughout our health network Dec. 9, 10 and 11. Below you will find the locations and times of the celebrations, as well as the menu. [Please print the invitation](#), post it in your department and encourage colleagues to attend. We look forward to celebrating the season with you.

Wishing you health and happiness,



Brian Nester, DO, MBA,
FACOEP

President and
Chief executive officer



Terry Capuano, RN

Chief operating officer



Tom Whalen, MD

Chief medical officer

2014 Menu

Garden Vegetable Salad

Mixed lettuces with tomatoes, cucumbers and carrots, with ranch and Italian dressing

Hummus and Brushetta

Lemon garlic hummus, Mediterranean fava bean salad, balsamic tomato Bruschetta with toasted fresh pita wedges

Fresh Fruit Salad

Toss of fresh melon, pineapple and grapes

Grilled Chicken Penne

Grilled chicken tossed with penne rigate and a roasted garlic mushroom marinara

Meatballs Marshand de Vin

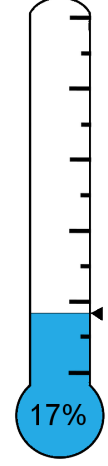
Roasted meatballs covered with a savory

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Holiday Party

DEC. 9 LVH-CEDAR CREST
*Kasych Family Pavilion
lobby*

11 a.m.–3 p.m.
4–7:30 p.m.

Café (third shift)
12:30–2 a.m.

DEC. 10 LVH-MUHLENBERG
ECC lobby

11 a.m.–3 p.m.
4–7:30 p.m.

Café (third shift)
12:30–2 a.m.

DEC. 10 LVHN-ONE CITY CENTER
*7th and 9th floor
commons areas*

11 a.m.–2 p.m.

DEC. 10 LVHN-TILGHMAN
Large conference room

11 a.m.–2 p.m.

DEC. 11 LVH-17TH STREET
Auditorium

11 a.m.–3 p.m.
4–7:30 p.m.

Café (third shift)
12:30–2 a.m.

DEC. 11 LVHN-MACK BOULEVARD
Auditorium

11 a.m.–2 p.m.

burgundy demi-glaze with cracked black pepper

Butternut Squash and Barley Pilaf

Roasted local butternut squash, aromatic vegetables and pearl barley with fresh horseradish crema

Assorted Desserts

Holiday Punch

Coffee

This entry was posted by [Admin](#) on November 28, 2014 at 11:14 am, and is filed under [Celebrate](#), [Get News](#). 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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< This is the Last Edition of CheckUp

Wellness Wednesday – Think “S” This Thanksgiving >

Alliance Medical Group is now Lehigh Valley Physician Group-Hazleton

*****This message is from John Fletcher, president, Lehigh Valley Hospital-Hazleton*****

I am pleased to announce that Alliance Medical Group, a medical and surgical service network which has been represented by more than 40 leading physicians and advanced care professionals in 21 practice sites in northeast Pennsylvania, is now officially known as Lehigh Valley Physician Group—Hazleton.

The name change is the latest step since Lehigh Valley Health Network (LVHN) merged with the former Greater Hazleton Health Alliance in January. Lehigh Valley Physician Group (LVPG) has been a not-for-profit subsidiary of LVHN serving the Allentown and Bethlehem areas since it was founded in 1993.

Lehigh Valley Physician Group—Hazleton unites the resources of Lehigh Valley Hospital—Hazleton and the Health & Wellness Center at Hazleton in order to ensure we can provide the highest quality health care to all the communities we serve. Our providers will have access to the most up-to-date health information on their patients whether they're seen at the office, in the hospital or at the Health & Wellness Center. That's a great benefit when it comes to effective management of a patient's medical conditions.

Services represented by Lehigh Valley Physician Group-Hazleton include:

- | | | |
|------------------------|----------------------------|-------------|
| -Cardiology | -Geriatric medicine | -Pediatrics |
| -Chiropractic medicine | -Internal medicine | -Physiatry |
| -Endocrinology | -Neurology | -Surgery |
| -Family medicine | -Obstetrics and gynecology | |
| -Specialty surgery | -Oncology | |
| -Gastroenterology | -Orthopedics | |

LVPG is one of the largest medical groups in the United States. In addition to the 41 providers and 21 practices with LVPG—Hazleton, LVPG in the Lehigh Valley includes more than 700 physicians and over 300 advanced practice clinicians representing 44 medical specialties in 125 practices. It's affiliated with Lehigh Valley Hospital, which has been ranked among America's Best Hospitals by U.S. News & World Report for 19 consecutive years. This year, Lehigh Valley Hospital was one of only 30 hospitals nationwide to be ranked in 10 or more specialties.



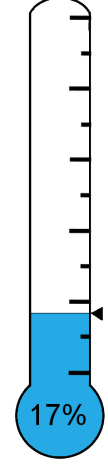
[Click here to download](#) all LVPG-Hazleton print ads.

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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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View the billboards for the LVPG-Hazleton campaign:



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< Attend LVHN's Holiday Celebration

Lehigh Valley Health News Digest: Nov. 24-28

Gift Shop at Lehigh Valley Hospital-Cedar Crest Offers Sale, Evening Hours on Wednesday



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Picture 1 of 10

Next ▶

Are you spending Black Friday fighting the crowds? There are many ways you can avoid a shopping headache and still find holiday-themed gifts for everyone on your list – including visiting a Lehigh Valley Hospital (LVH) gift shop.

To help you check off your shopping list, the Tree Top Gift Shop in the Pool Pavilion of LVH-Cedar Crest will be open until 9 p.m. Wednesday, Dec. 3. All merchandise will be 30 percent off from 5-9 p.m. Wednesday.

The sale and extended hours coincide with [Lehigh Valley Health Network's annual meeting](#), held that evening at LVH-Cedar Crest.

Take a look at our gallery of holiday gift ideas, and visit any of our four [Lehigh Valley Hospital gift shops](#) to browse the full selection.

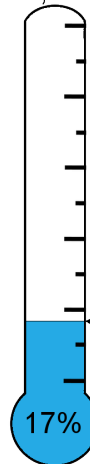
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Winter Weather Safety Tips >

Wellness Wednesday – Think “S” This Thanksgiving



Thanksgiving can be a difficult day if you're watching your weight. How can you pass up Grandma's stuffing or Aunt Edna's famous sweet potato casserole? Rather than avoiding these treats altogether, go ahead and sample your favorites, says Lehigh Valley Health Network (LVHN) internal medicine doctor [Carol Myers, DO](#), with [Lehigh Internal Medicine Associates](#). Just think “S for Slim” and follow her three tips.

- **Squeeze** – Try squeezing into some tighter-fitting clothing or moving your belt up a notch. You'll feel full faster and will be less likely to overeat.
- **Savor** – Another trick for feeling full is to savor each bite slowly. Put down your fork or spoon between mouthfuls and concentrate on the flavors. You'll appreciate what you're eating more and end up eating less.
- **Stroll** – The average Thanksgiving meal has a whopping 3,000 calories. If you go back for seconds, the calories can double. Burn some of them off with a brisk walk before or after you eat. Make it a fun group activity by inviting some other guests and even a furry friend or two.

This Healthy You Tip originally posted on Lehigh Valley Health News on Nov. 22, 2013. Want to receive Healthy You Tip information each week? Sign up to receive these emails, along with monthly newsletters with recommendations for better health and information on conditions specific to you, at [lvhn.org/subscribe](#).

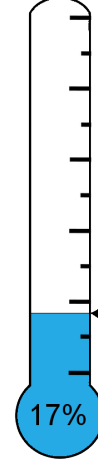
This entry was posted by [Gerard Migliore](#) on November 26, 2014 at 3:00 pm, and is filed under [Live](#)

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Wave 1 Super Users Ready to Train

The story: An Epic story of a spunky hospital network ready to take on the world with an integrated electronic medical record (EMR) system. Training colleagues is the key to its success.

The scene: Downtown Allentown, Lehigh Valley Health Network (LVHN)-One City Center, a redevelopment gem.

The music: The theme from "Rocky"

The stars for this scene: Wave 1 super users



Can you picture our first corps of Wave 1 super users confidently striding down Hamilton Street, the musical theme from "Rocky" playing in the background? This intelligent and determined group opens the doors at LVHN-One City Center, heads to the 5th floor and logs-in for their first round of LVHN Epic training. That scene that will come to life on Monday, December 1 when the initial group of Wave 1 super users begins the first round of LVHN Epic training in our state-of-the-art training facility at LVHN-One City Center.

Super Users Rock

If you are one of those Epic training stars, we know you are ready to get in the ring and start building your Epic muscles for go-live in February.

Here's what your colleagues see in you:

Agility – You put in the practice to teach your fingers to fly over the new tabs, boxes and dropdowns in our new EMR.

Positivity – You see the cup half-full. It helps you push through tough training days and helps you assist colleagues when the system is operational in February.

Winning attitude – You're enthusiastic and ready-to-learn. You will conquer any hurdles you face learning the new EMR.

Super User Training Questions

If you (as a super user) or your manager has a question or concern about training, the LVHN Epic team has set up a Sharepoint site for this purpose. "To ensure we better assist you with all of your super user needs, we have set up a centralized [Super User SharePoint site](#)," says Susan Shutt, LVHN Epic super user program manager. "All you need to do is fill out a brief form with your questions and we will respond to you."

Save this address as a favorite and access it from an LVHN-connected computer:

<http://lvhsharepoint4/etrp/Lists/Super%20User%20Staff%20Change/AllItems.aspx>

Epic Parking Pointers

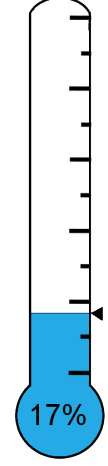
And for many, this will be the first time to visit the Downtown Allentown redevelopment area, so parking is an important topic. [Review this PDF](#) for answers to commonly asked Epic parking questions. It also includes a map showing the walking options from the two garages trainees should use, as well as a list of upcoming Allentown events that may

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impact parking.

In the Spirit of Thanksgiving

The customized LVHN Epic EMR is the result of thousands of hours of work provided by colleagues who have stepped up to the challenge.

We're Thankful for...

- 250+ Wave 1 super users who will begin their training December 1.
- 70 credentialed trainers who will present training classes at One City Center.
- Hundreds of LVHN colleagues who participated in validation sessions last year and early this year.
- 3,000 Wave 1 colleagues who will take part in upcoming LVHN Epic training in January.
- 300+ LVHN Epic colleagues – representing ambulatory, inpatient, access and revenue and information services – who work day and night to bring this transformative EMR to our network.

The LVHN Epic team wishes you and yours a Happy Thanksgiving.

Your Epic Datebook

Now: Register for Wave 1 end user training on TLC

Now: Technical Dress Rehearsals (TDR) begin in ambulatory settings

Now through May 1, 2015: Wave 2 testing

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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