

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, Dr. Nester's 2014 Annual Meeting presentation, the latest edition of Healthy You, 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.

[CheckUp is Gone. What's Next?](#)

Learn more about how we are making it easier for you to receive health network news and information.

[Watch December's Leader-to-Leader Video](#)

See presentations about Epic, our street medicine and comprehensive stroke programs, and the amputee support group.

[Service Stars of the Month – December 2014](#)

Carolyn Beitler, Jaime Brunnabend, Jenna McLane and Megan Tibaldi help an elderly couple in need.

[Service Anniversary List – January 2015](#)

Congratulate colleagues celebrating an anniversary in January.

[Help Patients Get Health Insurance](#)

Tell patients about Healthy PA, a program that helps people get quality, affordable health care coverage.

[Announcing Week 11 United Way Prize Winners](#)

Find out who won prizes for donating this week and learn how you can give back to our community.

[Wellness - Snow Shoveling is Not for the Faint of Heart](#)

Gauge your snow shoveling risk factors.

[Play and Learn at the Epic Playground](#)

It's a hyperspace environment that will let you play in the Epic system with zero-risk of breaking it.



Read the latest
issue of Healthy You

Better
Health
Better
Cost
Better
Care

Watch
Dr. Nester's
Annual Meeting
Presentation

KNOW YOUR
NUMBERS

Get screened today.

READ LEHIGH VALLEY HEALTH NEWS

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



« Help Patients Get Health Insurance Play and Learn at the Epic Playground »

CheckUp is Gone. What's Next?

The third Thursday of the month was traditionally the day a new edition of CheckUp was released. However, the [December 2014 issue of CheckUp](#) was the last ever edition of Lehigh Valley Health Network's magazine for colleagues. This change is part of a communication transformation that will make it easier for you to receive health network news and information.

Beginning this month, you can find some the stories and features you've always enjoyed reading in CheckUp on Mission Central. These include:

- [Service Star of the Month](#) (will be posted Dec. 19)
- [Service anniversary list](#) (will be posted Dec. 19)
- What's Happening – a list featuring Culture of Wellness classes, events for colleagues, VALIC retirement seminars, discounts for colleagues and more (will be posted Dec. 23)

Mission Central also is where you can find [Terry's Take](#), a blog by chief operating officer Terry Capuano, RN. It replaces her monthly CheckUp column, Focus on PRIDE, and provides a place for you to comment, share stories and have a conversation with colleagues.

In the early part of 2015, our communication transformation will kick into high gear. That's when a new, fully integrated communication system will be introduced. It will include:

LVHN Today – This will be the new name for Mission Central. With a brand-new look and simpler navigation, our blog for colleagues will continue to be your source for daily news, announcements, real-time updates on events and more. Many of the stories and features you enjoyed reading in CheckUp will be posted on LVHN Today.

LVHN Weekly – This will be the new name for the email currently called "This Week at LVHN." The email will continue to arrive in every colleague's inbox each Friday with 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 a new eight-page print magazine that will be mailed to all colleagues' homes four times a year. LVHN Quarterly will give you news you can use at a glance. It will contain information about our finances, goals, benefits, wellness initiatives and strategy during these times of health care reform. On the cover, you'll find your "to-do list," which contains the things all colleagues should do in the months following the magazine's release.

These changes stem from feedback received from colleagues during a recent survey about the way LVHN keeps you informed. Many colleagues indicated they didn't have time to read LVHN news during work and missed receiving a printed publication at home. By reintroducing a printed magazine and integrating our other communication tools, all colleagues will be able to access information in the way that is most convenient to them.

CheckUp Archives

- [December 2014](#)
- [November 2014](#)
- [October 2014](#)
- [September 2014](#)
- [August 2014](#)

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Help Us Reach Our 'Better Health' Goal!

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



GO

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This entry was posted by [Rick Martuscelli](#) on December 18, 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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« Service Anniversary List – January 2015

Service Stars of the Month – December 2014

»

Watch December's Leader-to-Leader Video

Do you want to know what's going on in our health network? Watch the Leader-to-Leader meeting. Leader-to-Leader meetings are held the third Thursday each month in the Lehigh Valley Hospital-Cedar Crest auditorium and simulcast to participants at Lehigh Valley Hospital-17th Street, Lehigh Valley Hospital-Muhlenberg, Lehigh Valley Hospital-Hazleton and Mack Boulevard. Using a PowerPoint presentation as a guide, guest speakers share updates on key issues and initiatives.

Scroll down to view videos of each of the speakers.

(Please note you must be logged on to our intranet with Internet Explorer in order to access the videos. You also need to have Microsoft Silverlight installed on your computer. If the links do not open properly, try refreshing your browser. If you have questions or need assistance, please contact information services at 610-402-8303.)

- Introductions and Honor Roll
- Service Star
- LVHN Street Medicine
- EPIC Update
- Comprehensive Stroke Program
- Lehigh Valley Amputee Support Group

This entry was posted by [Admin](#) on December 19, 2014 at 11:58 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.

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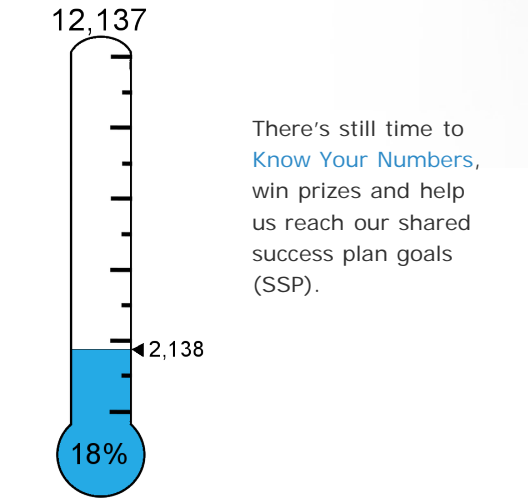
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« Watch December's Leader-to-Leader Video

Lehigh Valley Health News Digest: Dec. 15 – 19 »

Service Stars of the Month – December 2014



Megan Tibaldi was returning from lunch when she found an elderly man lying on the ground beside his car outside the Health Center at Trexlertown. Alarmed, she ran into the clinic to alert colleagues Jaime Brunnabend, Carolyn Beitler and Jenna McLane of an apparent fall victim. The team moved quickly to assist and soon discovered two elderly individuals lying on the black macadam road.

As the colleagues surveyed the scene, it became apparent the elderly man and his wife hadn't fallen, but had been struck by a passing car. They helped the man roll out from underneath the car's door, but the woman's situation was even more serious. She lay trapped and bleeding under the car's tire.

A bystander was instructed to call 9-1-1, and Beitler ran to get help from physicians at Trexlertown Family Medicine. In the meantime, rehab colleagues Brunnabend, Tibaldi and McLane found blankets and pillows to comfort the victims while they waited for EMS to arrive.

As the elderly woman began to fade in and out of consciousness, Brunnabend lowered herself to the ground, gently stroked her hair and spoke to her in an attempt to keep her calm and awake. Within minutes, Trexlertown Medical Center physicians and nurses arrived on the scene and administered oxygen.

Once EMS arrived, the colleagues turned their attention to the driver of the car, an elderly woman standing alone in the rain. Brunnabend comforted the driver – who was clearly shaken by the events unfolding before her – and inquired about her wellbeing. She then escorted the woman inside to get warm and to call her family. The woman was so overwhelmed by Brunnabend's kindness, she threw her arms around her exclaiming, "You are an angel."

While the female accident victim eventually succumbed to her injuries, she was never alone during her ordeal. Instead, she was treated with dignity and respect by a team of colleagues known for their compassion and professionalism.

Nominators Elvia Diaz, Michael Fleming and Craig Souders see the colleagues in action every day. "They were the first on the scene, knew what to do and never hesitated to assist in any way that was needed," they wrote in the nomination. "They are a true team."

Next Steps

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[Nominate a Service Star](#)

Congratulate these nominees:

- **Alaina Dunn, RN, and Joan Shultes** – emergency department, Lehigh Valley Hospital-Cedar Crest
- **Stephen Hemperly** – dermatology
- **Infection control and prevention and emergency preparedness** – Lehigh Valley Hospital-Cedar Crest
- **Deanna Shisslak** – parent education
- **Amy Davis** – Health Spectrum Pharmacy
- **3A/ICU staff and resident nurses**
- **Christina Kulp and Dawn Pudelka** – hospice

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This entry was posted by [Sheila Caballero](#) on December 19, 2014 at 1:15 pm, and is filed under [Be Inspired](#), [Connect with Colleagues](#). 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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Service Anniversary List – January 2015

40 Years

- Sandra Kutz, medical records
- Dorothy McGinley, post anesthesia care unit
- Elaine Walz, infection control and prevention

35 Years

- Loretta Gogel, pediatric intensive care unit
- Donna Gollie, Children's Clinic
- Elaine Holmes, bariatrics
- Dorothy Kurinec, radiology
- Gayle Levas, Muhlenberg Behavioral Health
- Dawn Mazzuca, 6B
- Monica Michalerya, Cancer Center
- Patricia Pavelco, Burn Recovery Center
- Brenda Pensyl, Cancer Center
- Carol Saxman, Ambulatory Surgery Unit
- Nancy Schlener, post anesthesia care unit
- Cheryl Silvonek, clinic call center
- Karen Steixner, cardiac cath lab
- Thomas Toth, Children's Clinic
- Kim Wechsler, LVH-17th Street operations

30 Years

- Valerie Bridegam, radiology
- Kim Deluca, Helwig Health and Diabetes Center
- Beverly Peters, information services

25 Years

- Kyle Campbell, financial services
- Sharon Knerr, College Heights OB/GYN
- Carol Maurer, College Heights OB/GYN
- Carol Montes, hospice/home health
- Lori Schmoyer, Fairgrounds Surgical Center
- Joan Shea, pre-admission testing
- Margaret Stoudt, 3T
- Lori Yackanicz, Epic

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20 Years

Debra Kulbaba, precertification
Angela Lutz, respiratory care services
Dorothy Morrone, cancer support services

15 Years

Keith Brooks, linen services
Haley Caponigro, clinical social work
Miriam Colon, ABC Family Pediatricians
Ruth Dulaney, emergency department
Nadine Ernstam, radiology
Donnel Frantz, transitional open-heart unit
Angela Gero, Health Spectrum Pharmacy
Stephen Lobko, Lehigh Valley Anesthesia Services
Dara Wesneski, information services
John Willoretta, information services

10 Years

Jessica Ayers, Regional Burn Center
Pete Barbour, Lehigh Neurology
Kristen Beierlein Lal, respiratory care services
Tina-Marie Bernini, Breast Health Services
Alexis Bove, Health Spectrum Pharmacy
Carmen Campione, 2K South
John Castaldo, Lehigh Neurology
Virginia Coleman, LVHN Fitness
Maritza Cruz, Center for Women's Medicine
Nancy Delp, Lehigh Neurology
Katie Ehrhardt, surgical specialists/trauma
Marie Everhart, nurse staffing office
Maria Flores, progressive coronary care unit
Stephanie Frey, transitional skilled unit
Mario Gentile, Populytics
Michael Hartman, Lehigh Valley Anesthesia Services
Susan Heck, Helwig Health and Diabetes Center
Helen Holland, intensive care unit
Cynthia Hughes, marketing sales and business development
Sharon Hyndshaw, LVHN Fitness
Joann Johnson, medical/surgical intensive care unit
Erin Joyce, post anesthesia care unit
Timothy Kelly, nursing float pool
Karen Kemmerer, Lehigh Neurology
Barbara Kozak, Regional Heart Center-Medical
April Kroninger, LVPG reimbursement

- Ann Leidheiser, Epic
- Glenn Mackin, Lehigh Neurology
- Natalie Mangold, Helwig Health and Diabetes Center
- Holly Marakovits, Riverside Family Practice
- Timothy Marakovits, Epic
- Jeffrey Mathieu, family practice-education
- Susan Mathieu, family practice-education
- Jan Milinichik, LVHN Fitness
- Mary Morgans Seagreaves, post anesthesia care unit
- Crystal Mousseau, transitional skilled unit
- Daniel Mulcahy, hospitalist program
- Maria Plamenco, post anesthesia care unit
- Maura Price, cancer program
- Eileen Reitz, pediatric unit
- Krista Remmel, Lehigh Neurology
- Mary Beth Rusiewicz, volunteers office
- Coleen Schmick, pharmacy
- Peggy Shaw, Lehigh Valley Heart and Lung Surgeons
- Debora Solensky, cardiac cath lab
- Barrie Jean Souilliard, LVHN Fitness
- Lorraine Spikol, Lehigh Neurology
- Michele Taglioli, LVPG billing
- Dana Tucker, emergency department
- Maryann Vanya, rehabilitation services
- Jay Varrato, Lehigh Neurology
- Donna Volkert, rehabilitation
- Tina Wagner, LVPG Internal Medical
- Tryllis Weinstein, LVHN Fitness
- Pauline Worman, LVHN Fitness

5 Years

- Mary Boland, medical records
- Julie Clark, LVPG Diabetes/Endocrinology
- Carolyn D'Aquino, precertification
- Dennis DeFrain, security
- Donald Deluca, Lehigh Valley Anesthesia Services
- Ronald Dolan, clinical engineering
- Elaine Donoghue, Children’s Clinic
- Rachael Endy, emergency department
- Amanda Frey, 6N adult psychiatry unit
- Erin Howerter, operating room
- Dorothy Jones, perioperative services
- Rubina Khokhar, financial services

- Daniel Kiefer, obstetrics/maternal fetal medicine
- Anita Kurt, emergency medicine
- Zarifa Lawson, patient transport services
- Deborah Leeck, neonatal intensive care unit
- Sandra Lerman, psychiatry
- Lisa Makhoul, pediatric unit
- Rebecca Miller, emergency department
- Sara Morales, specialty float pool
- Anita Muth, Healthworks
- Brittany Reeger, respiratory care services
- Susan Rutt, Outpatient Burn Center
- Annie Singh, ER observation
- Brian Spadt, 6T
- Elizabeth Verheggen, health system research and innovation
- Sandra Witman, nursing float pool

This entry was posted by [Alane Mercer](#) on December 19, 2014 at 11:47 am, and is filed under [Celebrate](#), [Connect with Colleagues](#). 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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Help Patients Get Health Insurance

If you care for patients who are uninsured or underinsured, you can help them get the quality, affordable health care coverage they deserve. How? Tell them about Healthy PA.

Healthy PA is a new state plan that reforms Medicaid and creates a new private coverage option (PCO) for more than 600,000 eligible Pennsylvanians between the ages of 21 and 64. Many people who previously did not qualify for Medicaid may now qualify for coverage.

We're educating people about Healthy PA and helping them sign up at Lehigh Valley Hospital-17th Street's Mark J. Young Community Health and Wellness Center. You can download and print the following documents and give them to patients who might benefit from Healthy PA:

- [Directions](#) to the Mark J. Young Community Health and Wellness Center (English and Spanish)
- [Healthy PA Q&A](#) (English and Spanish)

LVHN also is hosting free Healthy PA information sessions where people can learn about the plan and enroll. Sessions will be held in the Lehigh Valley Hospital-17th Street auditorium on:

- **Monday, Dec.22: 10-11 a.m.**
- **Monday, Jan. 12: 11 a.m.-noon**

People can call 610-402-CARE to register.

This entry was posted by [Rick Martuscelli](#) on December 18, 2014 at 2:30 pm, and is filed under [Help Others](#), [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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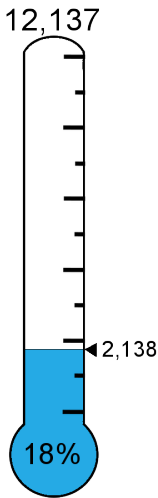
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Help Us Reach Our 'Better Health' Goal!

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

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Announcing Week 11 United Way Prize Winners

Our annual LVHN United Way campaign began on Oct. 1 and runs through Dec. 30. Each week, colleagues who donated are entered into a drawing to win prizes. Below is the list of winners for week nine.

- Debra Peter / 5K Medical Surg Unit - LVHN Fitness Center – One Month Pass – One City Center
- Jennifer McDonald / Cancer Financial Services - LVHN Apparel – Jacket/Vest
- Alexis Kainz / Department of Medicine - United Way Campaign Gift Bag
- Kathy Fink / Children's Clinic at LVH - United Way Campaign T-shirt
- Jennifer Vicidomini / 5K Medical Surg Unit – Macy's – \$25 Gift Card
- Kathleen Brown / Helwig Center - Fandango – \$25 Gift Card
- Stacy Ryan / CECE Center – Longhorn Steakhouse – \$25 Gift Card
- Ashley Miller / Marketing – Bath & Body Works – \$25 Gift Card

You can still give to the campaign by **clicking the United Way icon on your SSO toolbar**. *(Please note: To donate to the United Way, you must click the United Way icon. If the icon does not appear, refresh your toolbar under the "Options" drop down. The "Give Now" icon is used for colleagues to donate to Lehigh Valley Health Network.)*

If you gave last year and increase your contribution by at least one dollar per week (or donate \$260 or more), you'll be entered into the United Way's drawings for a new 2014 Fiat (or \$10,000 in cash) or a genuine Martin guitar (\$4,000 value).

Your donation will help the United Way of the Greater Lehigh Valley support vital community-based programs that focus on education, food access, healthy aging and emergency services. [Watch this video](#) to see how some area families have benefited from these programs.

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KNOW YOUR NUMBERS

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Wellness Wednesday: Snow Shoveling is Not for the Faint of Heart



Digging out of winter's snow is taxing, and not for the faint of heart. In fact, depending on the water content of the snow, the weight per cubic foot can range from just over 3 pounds for fluffy snow to a heart pounding 20-plus pounds for wet snow.

"Whether you are in shape or not, shoveling snow is exerting work," says Lehigh Valley Health Network cardiologist [Benjamin Sanchez Jr., MD](#), with [Lehigh Valley Heart Specialists](#) in Allentown. "And the more sedentary you are, the greater the impact on your heart when you shovel."

A 2010 study looked at the incidence of [snow shoveling injuries](#) in the United States over a 17-year period. It found that about 11,500 people end up in the emergency room each winter due to shoveling injuries, most in the muscle strain and slip-and-fall categories. While heart attacks accounted for just under 7 percent of emergency room visits during the study time period, they were responsible for 100 percent of snow-shoveling-related deaths.

"Several factors come into play when you shovel," Sanchez says. "The weight of the snow, coupled with the cold air, plus any risk factors you may have, could trigger a heart attack."

This week's wellness challenge: Gauge your snow shoveling risk factors.

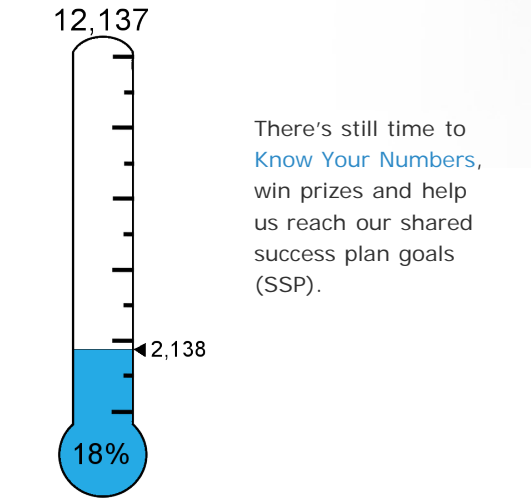
- Are you a smoker?

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- Are you sedentary?
- Are you [diabetic](#) or [prediabetic](#)?
- Do you have [angina](#) (chest pain)?
- Do you have [hypertension](#) (high blood pressure)?
- Do you have a [lipid disorder](#) (high cholesterol)?

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If you answer “yes” to any of these, you need to talk to your doctor about whether shoveling snow is appropriate for you.

“Snow shoveling is an aerobic activity, and in some instances would be considered a high-intensity aerobic exercise,” Sanchez says. “The sudden demand on the cardiovascular system caused by shoveling increases blood pressure, and that pressure can rupture cholesterol plaque that may line your arteries. If that happens, the plaque or a clot can block blood flow to the heart, causing a heart attack.”

If you are shoveling, pay attention to your body for signs of trouble.

Symptoms that demand attention:

- Chest discomfort or pain that lasts more than a few minutes
- Discomfort or pain in one or both arms, the back, neck, jaw or stomach
- Shortness of breath with or without chest discomfort
- Cold sweats
- Nausea
- Lightheadedness

If you or someone you are with experiences any of these symptoms while shoveling (or elsewhere) call 911.

“Don’t wait for the next snowstorm – talk to your doctor if you have any risk factors,” Sanchez says. “And if you do, my advice is: don’t push yourself. Instead, pay a teen or a neighbor to handle your shoveling. It is simply not worth taking a chance with your life.”

This Healthy You Tip originally posted on Lehigh Valley Health News on Feb. 7, 2014. 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 [Jenn Fisher](#) on December 17, 2014 at 3:30 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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Play and Learn at the Epic Playground

If Greek philosopher Aristotle had access to social media, he would absolutely give a thumb's up, "like" or heart to the Epic Playground. *"Whatever we learn to do, we learn by actually doing it: men come to be builders, for instance, by building, and harp players by playing the harp."* ~ Aristotle

In keeping with Aristotle's millennia-standing philosophy, our super users and end users will become skillful with the LVHN Epic electronic medical record (EMR) system when they actually dig in and actively use it.

The first step toward becoming proficient with LVHN Epic is by doing the required elearnings for your role. You can find them on The Learning Curve (TLC). They must be completed BEFORE your first day of end user training. After that, in-class training will expose you to several hours of "how-to" lessons so you can learn how to do your work using Epic.

But then the last way, and possibly the most important, is reinforcing what you have learned by playing in the Epic Playground. This hyperspace environment lets you play in the Epic system with zero-risk of breaking it. You can try, try, and try again until you get the hang of your task.

When can I play at the Playground?

After attending your 100 level class, you will receive access to the Playground. Look for an icon with the letters **PLY** on your Single Sign-On Toolbar.

What will I do there?

At the end of each class, you will receive an exercise packet of the topics you learn that day. Along with the packet, you will be given a classroom information sheet with login usernames and password. In this sheet, you will also receive patient and provider information that you will use with your exercise.

How often should I play?

It is highly recommended that once you gain access to the Epic Playground, you go there frequently to practice and explore. Playing in the Epic Playground will help familiarize you with the system and your tasks, and build your confidence as you prepare for go-live on February 18.

Epic Playground Techy FAQs

Where is my Epic Playground Access button?

Learners will have access to the playground via their Single Sign-On (SSO) Toolbar. Look for an icon within the toolbar that has the letters **PLY**.

What if I don't see the Epic Playground icon in my SSO toolbar?

If for some reason the **PLY** icon does not appear, please refresh your SSO Toolbar by clicking on the "Options" icon on the toolbar and choosing the "Refresh Application List" option. It should appear on the SSO toolbar then.

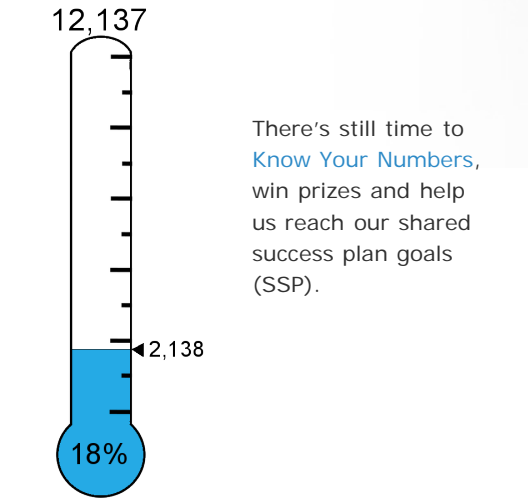


Welcome to Mission Central. It's the place to get and share information about our health network. Here, you can share stories, ask questions, be inspired, celebrate our accomplishments, learn to be at your best and more. Visit frequently to stay energized at work and help make our mission possible.



Help Us Reach Our 'Better Health' Goal!

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



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I refreshed the SSO Toolbar, but the PLY icon is still not there—what should I do?

If the PLY icon still does not appear after refreshing your SSO Toolbar, it is possible that your LVHN badge was not recognized. Please call 610-402-EPIC and choose option 4 to leave a voicemail message asking for Playground access. Remember to leave your system user identification (SUI) number on the voicemail.

Your Wave 1 Datebook

Time’s getting short: Register for Wave 1 end user training on TLC

Now: Technical Dress Rehearsals (TDR) in ambulatory settings

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

Jan. 5, 2015: Wave 1 end user training begins

Feb. 4, 2015—March 11, 2015:[PTO restrictions in effect for Wave 1](#) (ambulatory) colleagues

Feb. 7—8: Wave 1 conversion weekend

Feb. 9:Wave 1[Cadence](#)Go-live

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

Feb. 21 and beyond: Optimization

Your Wave 2 Datebook

Now: Wave 2 inpatient equipment delivery and set-up

Now through May 1, 2015: Wave 2 testing

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

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—Aug. 14, 2015:[PTO restrictions in effect for Wave 2](#) (inpatient) colleagues

Aug. 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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