

Checkup

JUNE
2014

He's on Our Team

Hit the field with an
athletic trainer, page 8

A PASSION FOR BETTER MEDICINE

 Lehigh Valley
Health Network



Terry Capuano, RN
Chief operating officer

Time to Recharge

Balancing work with relaxation keeps your mind and body fresh

When you hear the term “pony express,” you probably picture a horse and rider in full gallop. While speed and efficiency are what made them famous, the true key to their success was frequent rest breaks. If they had continually pushed themselves to the point of exhaustion before stopping, the entire system would have collapsed.

The same is true for our health network. We all race from task to task, doing whatever is needed to provide excellent care to patients and excellent service to each other. Just like those pony express teams, we must balance our hard work with relaxation. If you have some available PTO, take a trip or just do something fun. [This CheckUp story](#) offers tips on making your return from time off less stressful.

Balance is important while we work too. A quick joke or laugh with colleagues or patients goes a long way. Music is another instant stress buster, as an adorable group of children from our Early Care and Education Center recently reminded me. To help celebrate the Month of the Child, the [children sang three songs at our April Leader to Leader meeting](#). All of us in the room were immediately energized and uplifted. The topper was seeing radiologist Jeffery Blinder, MD, accompany the kids on his accordion. The entire performance was impossibly cute.

I later learned Jeff plays his accordion at the Early Care and Education Center every other week. For gifted colleagues like Jeff, entertaining others through music is a great way to relax and recharge. For the rest of us, listening is the way to go. Feeling down? Tired? Overwhelmed? Whatever your mood, hearing a favorite song can pick you up and transport you to a better place.

Music even can help us heal. [Read this CheckUp story](#) to learn more about an upcoming research study that will investigate the therapeutic impact of music. Anna Vicoso already understands that impact. A technical partner in the Lehigh Valley Hospital-Muhlenberg cardiac catheterization lab, Anna helps patients relax by [singing Elvis songs](#) as they wait for their procedures.

The next time you need a break, follow Anna’s lead. Whether it’s bopping to “Blue Suede Shoes” at your desk or hopping to [Pharrell Williams](#) in the break room, go ahead and “clap along if you feel like that’s what you wanna do.” You’ll be glad you did.

“

*...we must
balance our
hard work
with relaxation.*

”

Across-the-Board Standardization

New communication boards will enhance our patients' experience

You're not likely to find a patient room without a communication board, often called a "white board." Each board contains information about the care needs of the patient in the room. From unit to unit, however, the boards and the information on them were different. That meant we weren't communicating with patients and their families as best we could.

As part of our commitment to give patients and families the best possible experience, we're implementing standardized communication boards and standard work processes in all patient rooms. The project supports the Patient Care Services Strategic Plan and our Patient-Centered Experience (PCE) goal, which concentrates on the way we communicate with patients, respond to their needs, manage their pain and create a quiet and clean environment.

"The boards are designed to optimize clear communication among patients, their families and our staff," says nursing administrator Jackie Fenicle, RN, who managed the project. "Previously, the boards were geared primarily toward staff communication."

While adding standardized boards is the right thing to do for patients and families, it also may improve our HCAHPS (Hospital Consumer Assessment of Healthcare Providers and Systems) scores. HCAHPS is a national patient satisfaction survey issued randomly to patients following hospital stays. Our survey results affect the amount we're

reimbursed by Medicare for the care provided.

We're installing 1,073 new boards. They vary in size to fit a room's available space. They're as large as 24 x 36 inches and as small as 8 x 12 inches. Information on a board includes the date, room and telephone numbers, names of the patient's caregivers and a description of the day's plan of care. A pain scale helps caregivers track patients' pain and reminds patients that managing pain is always a top priority. Also included is information about new medication and

side effects, the patient's fall and skin risks, and any assistive devices the patient may need. Notation areas are available for transfer or discharge plans, as well as questions patients or family members may have for caregivers.

Twelve board layouts allow for customization of information based on the unit in which the patient is receiving care. For example, information on a board in a medical-surgical unit is different than information on a board in the neonatal intensive care unit. They're available in the four languages most commonly spoken by our patients: English, Spanish, Arabic and Vietnamese. Boards were purchased with philanthropic funds.

"This came about from the work of a multidisciplinary group comprising caregivers and department representatives from across our health network," Fenicle says. "They designed a comprehensive tool that will help us better communicate with our patients and families."

— Ted Williams

Lehigh Valley Health Network
A PASSION FOR BETTER MEDICINE™

OUR GOAL IS TO KEEP YOU INFORMED!

Date _____ SUN MON TUE WED THU FRI SAT

Unit _____ Room # _____ Phone # _____

Today's Caregivers

Nurse _____

Technical Partner _____

Doctor _____

Rehabilitation _____

Respiratory _____

Case Manager _____

Chaplain _____

Spokesperson _____

Your Plan For Care Today

New Medications

Side Effects

Tests & Procedures

Specialized Care

Respiratory Needs

Rehabilitation Needs

Assistive Devices

L/R L/R U/L

Diet

No Food or Drink Food # 3663

Safety: CALL DON'T FALL

Fall Risk Low High Assist x _____ Repositioned last at _____

Skin Risk Low High Bed Rest Self _____ AM/PM

Controlling Your Pain Is Important To Us!

Wong-baker FACES Pain Rating Scale

0 No Hurt 2 Hurts Little Bit 4 Hurts Little More 6 Hurts Even More 8 Hurts Whole Lot 10 Hurts Worst

What is your Pain Goal? _____

Last/Next Dose _____ AM / PM

Pain relief at home _____

Next Step

See how communication boards are customized for specific units.

Who Is a **SELECT** Student?

Meet two local members of the class of 2016

The 2016 class of SELECT, our medical school partnership with University of South Florida Morsani College of Medicine, arrived in May to begin two years of learning at our health network.

Two members of the 42-student class are returning home after completing two years of medical school in Tampa, Fla. Meet them and learn why they're a perfect fit for this unique program.



Michael Goodwin, 23

WHAT'S YOUR LEHIGH VALLEY CONNECTION?

I was born at Lehigh Valley Hospital-17th Street and lived in Upper Macungie Township. I graduated from Parkland High School before attending Saint Joseph's University, where I got my bachelor's degree in physics.

HOW DID YOU GET INTO MEDICINE?

Growing up, I was into science and intended to apply for medical school. I knew medical school was right for me after participating in medical research that was physics-oriented rather than biology-oriented.

WHY DID YOU CHOOSE SELECT?

I have a big family. We're close, and I wanted to attend medical school near the Allentown area. I found SELECT as they were admitting students for the second class. The SELECT program has standards other programs don't, with a focus on patient-centered care. That spoke to me. There is a similar "caring about your fellow man" culture at Saint Joseph's.

SELECT'S EMPHASIS ON EMOTIONAL INTELLIGENCE MAKES IT UNIQUE.

WHAT DOES THAT MEAN TO YOU?

Emotional intelligence is a fascinating part of the curriculum beginning in your first year. To me, it's been about getting to know yourself before getting to know your patients. We take personality and conflict management tests, and participate in exercises designed to measure how we handle our emotions and the emotions of others. Now we'll see how it translates into hospital and private practice settings. The focus on self-awareness puts us on the leading edge of medicine.

WHERE DO YOU SEE YOUR FUTURE IN MEDICINE?

I have a passion for pediatrics. My dad is one of 10 children, and I'm one of the oldest of 25 cousins, so I've been around kids my whole life. I've done volunteer work with kids. If I had to choose today, I'd say pediatrics, with an interest in surgery or emergency medicine.

Mary Kate Erdman, 28

WHAT'S YOUR LEHIGH VALLEY CONNECTION?

I was born in Allentown and graduated from Central Catholic High School. I graduated from Lafayette College with a bachelor's degree in mechanical engineering and also took post-baccalaureate classes at Muhlenberg.

HOW DID YOU GET INTO MEDICINE?

I've been interested in medicine since I was 5 years old. I went into engineering because I'm fascinated with the physics surrounding the development of surgical and medical tools. The way tools are advancing it will help me speak the language of the suppliers.

WHY DID YOU CHOOSE SELECT?

This program is more than learning about medicine. It provides a 360-degree picture. It's about interacting with patients, colleagues and hospital administrators. It's a holistic approach to the health care industry, and that view makes sense to me.

SELECT'S EMPHASIS ON EMOTIONAL INTELLIGENCE MAKES IT UNIQUE.

WHAT DOES THAT MEAN TO YOU?

You can look at it as developing street smarts or becoming savvy in terms of the medical profession. In the first two years, you focus on learning about yourself. It's an enlightening experience. The final two years, you use what you've learned about yourself to improve how you work with others.

WHERE DO YOU SEE YOUR FUTURE IN MEDICINE?

Nothing is 100 percent certain, but I wouldn't be surprised if I wound up in an orthopedics residency. I could see myself discussing surgical options and hardware imaging techniques with manufacturers. However, the longer I've been in medical school, the more I've found that patient care is my driving force. I've been around fantastic doctors who know how to connect with patients and families. That's what I want to do.

– Ted Williams

More Miles, More Smiles

A grant will help us continue to care for children in our mobile dental clinic

At a Central Elementary School assembly more than five years ago, a colleague asked students to raise their hand if they have or ever had a toothache. Every hand went up. At that time, Allentown School District elementary schools students were missing school an average of two weeks a year for dental pain because their families couldn't afford care.

That's why we started the Miles of Smiles mobile dental clinic. Colleagues take our "dentist office on wheels" to four Allentown elementary schools and serve children of low-income families who are uninsured or underinsured. If a child has a toothache, he or she can be seen immediately on the mobile unit. Preventive care such as routine exams and cleanings, has helped reduce the

hours of missed school because of a toothache. Since 2009, we:

- ▶ Provided care for more than 6,000 children
- ▶ Administered more than 33,000 treatments
- ▶ Provided \$2 million in charity care

Community support got the van started. Keeping it going costs \$460,000 a year. Thanks to a \$375,000 grant we will receive over the next five years from the Foundation of the American Academy of Pediatric Dentistry, the clinic will keep on rollin'. "It's exciting because all we have to do is keep running a great program," says Miles of Smiles program manager Pat Atno.

After only a few minutes inside the clinic, you understand how great the program is for children, their families and colleagues. Here are examples.





“At Roosevelt Elementary, there are fewer students coming to the health room with toothaches than there were before the mobile dental clinic came to the school. It has elevated the students’ attitude toward dental health care and educated parents about the importance of dental health for their children and themselves.”

- Donna Kipila, dental hygienist, Allentown School District

CARE THAT MATTERS

Alli loves pizza, but she couldn’t take one bite. Her tooth was so sore, eating anything was impossible. It’s a frequent problem for the fifth-grade Central Elementary School student. Tooth decay is a side effect of the medication she takes for a muscle disorder. When Alli’s parents lost their health insurance, her mom, Dawn Applegate, feared Alli wouldn’t get the dental care she needs. Now Alli receives quality care in the mobile dental van outside her school. “It’s been a big help,” Applegate says.

The rewarding feeling of caring for children like Alli is why Lucas Mantilla, DMD, works on the mobile unit. He’s one of five dentists who work on the unit, and one of 70 dentists who volunteer to serve our community and educate residents in two LVHN dental facilities. Mantilla sees how the mobile clinic makes a difference in people’s lives. “Many children miss school because they have a toothache or a fever related to a dental problem,” Mantilla says. “Instead of treating the problem, they only manage pain with over-the-counter medication.”

Alli personifies how the clinic helps keep children healthy and in school. Mantilla extracted Alli’s bad tooth. “That’s when I got my first needle,” she says. “It hurt a little, but I feel much better now.” And the pizza tastes better than ever.



THE DRIVING FORCE

Mike Youse is a jack-of-all-trades. His commercial driver’s license authorizes him to drive the 39-foot-long vehicle. Once he arrives, he spends 15 minutes setting up. He supplies the unit with power and uses its hydraulic lift system to raise the wheels off the ground and level the vehicle. “I have it down to a science,” he says. When he’s done, Youse becomes a medical secretary. He confirms and schedules appointments, registers patients and checks insurance coverage. He tries to stay healthy because only one other colleague can cover for him if he’s sick. Plus, he misses interacting with families when he’s not at work. “The best part of my job is getting to know the kids and parents,” Youse says. “You might think kids fear the clinic, but there’s a lot of happiness here too.”



PICK A SIDE AND A PRIZE

The mobile dental clinic has two treatment rooms. In one room, a dentist and dental assistant Kilsiy Delacruz (pictured) perform extractions, fillings and other restorative care. In the second room, hygienist Antoinette Seyler cleans children’s teeth and teaches them to practice good oral health using educational books and viewfinders. For children like Drea, the best part happens on the way out. That’s when they get to choose a prize. When children outgrow the clinic and enter middle school, they continue to receive care in Lehigh Valley Hospital-17th Street’s dental residency program.

- Rick Martuscelli

He's on Our Team

Hit the field with one of our new
certified athletic trainers



John Capozzolo has an eye for detail.

Working with Catasauqua High School athletes, the certified athletic trainer can notice slight differences that can shift a stretch from being beneficial to ineffective. “If I see something that isn’t safe or the proper mechanics, I’ll show them the right way,” he says.

Capozzolo recently joined Lehigh Valley Health Network (LVHN) under an agreement made with OAA Orthopaedic Specialists (see sidebar.) As part of the arrangement, nearly two dozen certified athletic trainers formerly with OAA are now LVHN colleagues.

“My colleagues and I are assigned to 12 local school districts,” he says. “I’ve been assigned to Catasauqua since I was hired about 11 years ago. I’ve loved working with the coaches, athletic directors and especially the students.”

FROM THE ATHLETIC FIELD TO THE FIELD OF ATHLETIC TRAINING

“I was always interested in medicine and active in sports in Bangor, my hometown,” Capozzolo says. “When I discovered this field, I knew it was for me.” Capozzolo earned his bachelor’s degree in athletic training from High Point University in North Carolina, where he learned about physical therapy, rehabilitation, and sports injury treatment and prevention.

Athletic training falls under the umbrella of allied health and is regulated in 47 states, including Pennsylvania. “To earn certification, you must pass a written test and practical exam,” he says. “You’re given injury scenarios and have to ‘treat’ the patient for the examiners,” he says.

Nimbleness to handle various scenarios comes in handy during a typical day. “Sports seasons flow from one to the other, so we are always changing gears and fields,” he says. “It keeps me on the move and on the phone.”

GAME DAY

During football season, Capozzolo is the point man for players and coaches. “On game day, I get to the school at 2 p.m. to pack the equipment we’ll need – things like coolers, ice, a cart, plus all the supplies for wrapping ankles, shoulders, etc.”

Then he drives to the field to set up shop. “On a typical football night, I’ll do 40 ankle tapes plus other specific tapes, such as for shoulder support,” he says. “I have just over an hour to get everyone taped up. Then the game starts, which results in re-taping or treating possible injuries.”

After the game, he checks on athletes, ices down injuries and sometimes phones parents about an injury. By the time every detail is wrapped up, the clock is approaching 11 p.m. “It’s a lot of multitasking,” he says. “Kids realize there’s just one person handling this, and they help as much as they can.”

BENEFITS OF AN EXPERT

In addition to helping student athletes on the field or court, Capozzolo also provides at-the-school support for students who are rehabbing from injuries or surgery. “I help students stay active with their strengthening activities at school,” he says. “This saves time for parents and keeps kids in school because we can do their athletic training after class.”

As he finishes the 2014 spring sports season, he’s looking forward to utilizing his new connection with our health network. “Being part of LVHN strengthens what we can offer athletes in terms of physician recommendations, physical therapy options and injury prevention information,” Capozzolo says. “It’s a win-win for me and the athletes I care for.”

– Jenn Fisher

Athletic trainer **John Capozzolo**
tapes the wrist of Catasauqua High
School junior Jacob Kober.

LVHN Acquires Specific OAA Locations and Services

On March 31, LVHN acquired three OAA Orthopaedic Specialists (OAA) locations that provide rehabilitation services:

- ▶ 250 Cetronia Road, Allentown
- ▶ 2901 Emrick Blvd., Bethlehem Township
- ▶ 1241 Blakeslee Blvd. Drive E. Lehighton

Nearly 80 OAA colleagues transitioned to LVHN as part of this acquisition. LVHN also acquired OAA’s durable medical equipment service, along with its imaging services, which include X-ray, magnetic resonance imaging (MRI), computed tomography (CT), dual-energy X-ray absorptiometry (DXA) and ultrasound. OAA will continue to independently own and operate its professional physician practice and provide medical direction for orthopedic rehabilitation services.

Show Us #OrtholnAction on Facebook

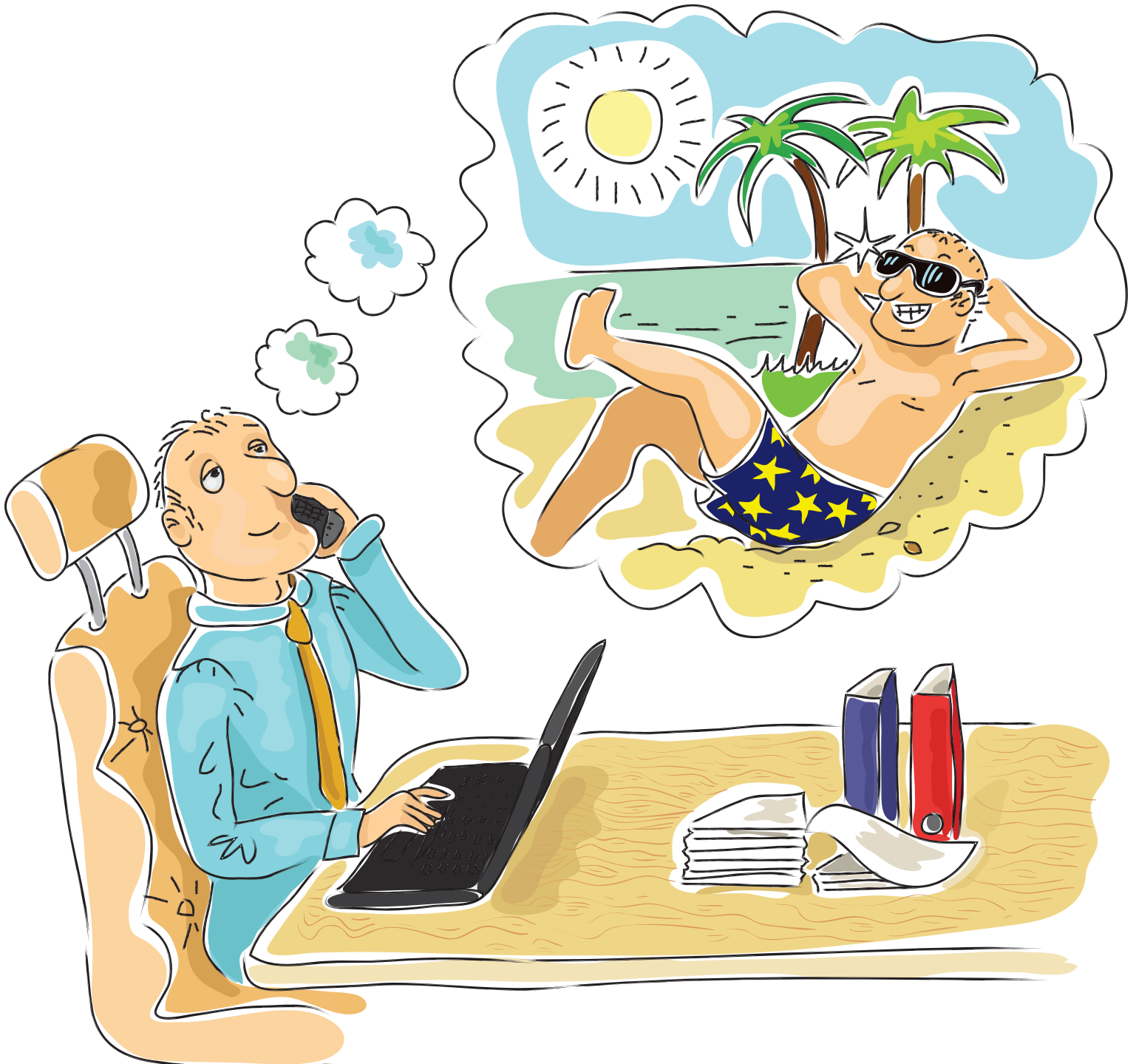
We want local high school athletes and their friends and family to:

- ▶ Visit LVHN’s Facebook page.
- ▶ Click the “Orthopedics in Action” tab at the top of the page.
- ▶ Fill out the entry form with your name, email and high school.
- ▶ Upload a photo and caption of what #OrtholnAction means to you.

The top three schools with the most photos will win cash prizes.

Minimizing Post-vacation Stress

Tips to make your return to work smooth



Ahhh bliss. Summer vacation is the time of year when deadlines and to-do lists are set aside for much deserved rest and relaxation. But how can you hang onto that peaceful, easy feeling once you return to work? The experts at Preferred EAP (Employee Assistance Program) say the advance planning skills you called on to ensure a stress-free vacation also can help you minimize post-vacation stress.

Like it takes time to settle into your vacation destination, it also takes time to adjust when you return to work. If you don't plan ahead, you can lose the restorative benefits gained from paid time off (PTO). "When you feel in control of your situation, stress is diminished," says licensed social worker and Preferred EAP program director Oliver Neith. "At the beach, you wade into the water slowly to minimize the shock on your system. You can use that same principle when you return to work."

Use these tips to help smooth the transition back to your day-to-day responsibilities.

BEFORE YOU LEAVE

- ▶ **Communicate your vacation plans.** Set your out-of-office automatic email reply to alert colleagues of your vacation and return dates.
- ▶ **Ask a colleague to handle urgent matters in your absence.** Include the colleague's name and contact information in your out-of-office message. It helps keep stress at bay while you are away and ensures people receive optimal service.
- ▶ **Don't schedule meetings for your first day back.** Use that time to catch up with emails and voicemails.

WHEN YOU RETURN

- ▶ **Schedule exercise.** Take a 10-minute walk the morning of your first day back. It will help calm you for the busy day ahead and give you time to reflect on your vacation memories.

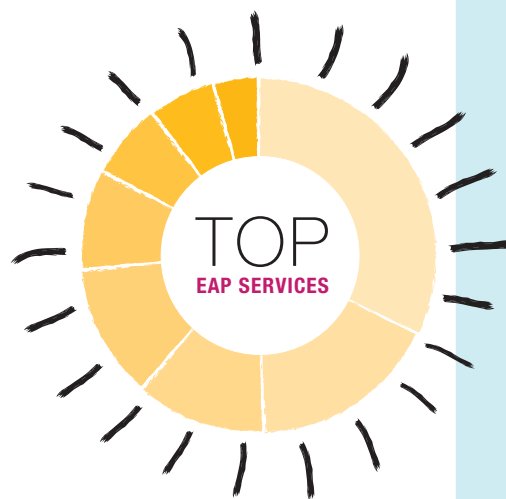
- ▶ **Manage your priorities.** Create three folders for all the tasks that piled up while you were away. Separate them into three groups: today, this week and future action items.

- ▶ **Practice mindfulness techniques.** Mindfulness meditation is a proven stress reducer. Use the time between patient encounters, or other tasks, to focus on your breathing. Breathe in and out while clearing your mind of negative thoughts. Mindful breathing takes practice, but it can be accomplished anywhere.

- ▶ **Don't work too late.** If colleagues were able to do without you during your PTO, then leaving at a reasonable hour won't do any harm.

If you're feeling overwhelmed with stress and anxiety about returning to work, speak to a counselor at Preferred EAP. A little stress is a normal part of the transition back to work, but severe stress is a sign something is wrong. A counselor can help you examine the source of your stress, find a solution and create coping strategies.

--Sheila Caballero

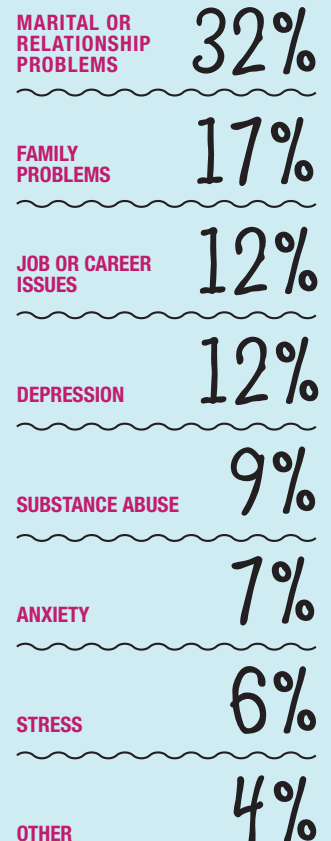


Take Advantage of Your Benefit

When you're healthy physically and mentally, you're at your best at work and at home.

To help you be at your best, our health network provides Preferred EAP services to you as a benefit. All colleagues who work more than 16 hours per week have access to counseling services provided by Preferred EAP, as do dependents covered by Choice Plus. The benefit includes up to five sessions with a counselor per episode at no cost. Sessions are confidential.

"Any stressor that can turn a bad day into a bad week is a reason to speak with an experienced professional at Preferred EAP," Neith says. Here are the top reasons colleagues use Preferred EAP services.



Next Step

To learn more about Preferred EAP services or schedule an appointment, [visit their website](#) or call 800-327-8878.

Infusion Expansion

Many patients with cancer receive chemotherapy and other treatments in one of our three locations providing infusion services. Other patients also utilize infusion services for treatment of conditions like multiple sclerosis, Crohn's disease and osteoporosis. These locations were becoming so busy, patients couldn't get the timely care they needed. We responded to this opportunity for meaningful growth by expanding infusion services throughout our health network. At Lehigh Valley Hospital (LVH)—Cedar Crest (pictured with clinical services directors Amy LeVan, left, and Jill Korn), we are adding 13 new treatment bays, bringing the total to 38. At LVH—Muhlenberg, we added nine bays, bringing the total to 24. Plus, the Health Center at Bangor, with 12 infusion bays, became the first of our health centers to provide infusion services when it opened in February.



HER MESSAGE MAY SAVE YOUR LIFE

Growing up at the Jersey shore, Kristen Larimer always applied sunscreen before going outside. Fast-forward to 2012, when at age 30, Larimer noticed a raised tan mole on her arm. Her dermatologist said not to worry, but Larimer wanted to know for sure. The results of a biopsy were suspicious, so her dermatologist referred her to [surgical oncologist Rohit Sharma, MD](#). Sharma diagnosed her with stage 0 [melanoma](#), meaning cancer cells were present in the outer layer of skin, and removed the mole. Had Larimer not been persistent, this potentially deadly form of skin cancer may have spread. Today, Larimer is a medical secretary in [Lehigh Neurology](#). Her message: "If you have a mole that doesn't look right, get it checked. People don't realize the severity of melanoma. I'm one of the fortunate people who caught it early."



Helping the International Community

Colleagues from clinical engineering are putting surplus medical equipment to good use. They donated four pulse oximeters and eight ophthalmoscope units to a new hospital being built in Tanzania. It started when a representative from the Lutheran Church of the Holy Spirit of Emmaus asked how we could support the work of missionaries in Tanzania. Colleagues examined our surplus inventory and chose these units because they were replaced by units with updated technology. After colleagues did a thorough inspection to ensure the units were working properly, church representatives graciously accepted the units and shipped them.

PUTTING **EPIC** TO THE TEST

When you're building something as complex as our new Epic electronic medical record (EMR), you need someone with a passion for quality to test it. That person is Christine Dakes (right), Epic testing and quality coordinator. "I actually wrote my master's thesis on testing and quality," Dakes says. "In June, we'll begin the first of six rounds of testing. As each round is completed, we'll correct errors and re-test until the EMR is error-free." Workflows for patient encounters and real-time billing will be tested, as will the EMR's ability to integrate with devices and systems outside of Epic. Lori Yackanicz, Epic technical team administrator, says Dakes is perfect for the job. "We're lucky to have her because the job will get done right," Yackanicz says. "Testing is the most critical part of this project, and Christine is an expert."



Service Star of the Month



(L-r) Lynsey Biondi, MD, Lisa Reinert, LouAnn Newman, RN, Charisse Stevenson, Rocky Iachini, Sonja Handwerk, RN, and Michael Moritz, MD

Multidisciplinary Transplant Team

In the fall of 2013, Charlie Lambe took a courageous step that transformed six lives. That's when Lambe was wheeled into a Lehigh Valley Hospital–Cedar Crest operating room (OR) to donate his kidney to a stranger. Lambe's kidney was removed by transplant surgeon Lynsey Biondi, MD, and flown to Barnes Jewish Hospital in St. Louis. Meanwhile, a donor in St. Louis was undergoing surgery. That kidney was flown to the Mayo Clinic in Jacksonville. A similar surgery underway in Jacksonville meant a kidney also was headed back to Lehigh Valley Hospital–Cedar Crest.

The unusual three-way pairing is an example of the United Network for Organ Sharing Kidney Paired Donation program. We participate in the Organ Procurement and Transplantation Network computer-matching program to help pair donors when they aren't compatible with their intended recipients.

Lambe wanted to give his kidney to his brother, Jeff Peplow, who was struggling with daily dialysis treatments. The two

weren't compatible, but the network found other matches in Missouri and Florida.

Nominators Cathy Feher, RN, and Hope Johnson, RN, saw the incredible teamwork it took to execute six successful surgeries. They compared it to a complex orchestra with dozens of professionals skillfully playing their part.

Sonja Handwerk, RN, led a team that communicated internally and with the other hospitals to ensure the operations were successful. The morning of the surgery, OR colleagues Kallan Dianna, RN, and Lisa Reinert volunteered to start early so the kidney could arrive on time at Philadelphia International Airport. A multidisciplinary team worked together to ensure everything went off as expected including: pre-admissions testing, lab work, administrative support, finance, pastoral care, and patient and team training. The Gift of Life Donor program transported the kidneys to and from the airport. Later that day, transplant surgeon Michael Moritz, MD, wrapped up a successful kidney transplant

THINGS TO REMEMBER WHEN NOMINATING A SERVICE STAR:

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

NEXT STEPS

- ▶ **Nominate a Service Star**
- ▶ **Congratulate these nominees:**
 - **Chris Schoenberger, RN, 6T**
 - **Thomas Krick, RN, adult psychiatry**
 - **Megan Hemminger, population health**
 - **Mark Kopac, security**
 - **Amanda Nyce, RN, 4T**

on Peplow thanks to his brother and the anonymous donor in Florida.

Colleagues on the multidisciplinary transplant team include:

SURGICAL TEAM: Lynsey Biondi, MD, Michael Moritz, MD, Kallan Dianna, RN, Lisa Reinert, Nicole Lee and Jessica Hopton

TRANSPLANT PROGRAM: Sonja Handwerk, RN, Leigh Yocum, RN, Heidi Dauter, RN, Sue Eckhart, RN, Elyse Kernan, Michelle Bickham, Gail Bauer, Brandi Kolokas, Charisse Stevenson, Gina Leiby, Jolene Bennett and Leilani Souders

LABORATORY TEAM: Robert Cirocco and Jennifer Mendiolina

OR NURSE MANAGERS: LouAnn Newman, RN, and Lori Fuehrer, RN

SOCIAL WORK: Judy Knoop

PASTORAL CARE: Tim Hasenecz

ANESTHESIA: Jeffrey Drobil, DO, and Carmella Pretti

FINANCE: Rocky Iachini

COLLEAGUES FROM THE POST-ANESTHESIA CARE UNIT, 5B AND NEUROSCIENCE ICU

—Sheila Caballero

40 Years

Lynn Cloak
MICU/SICU

Judith Demchyk
Special Procedure Unit

Scott Dornblaser
Marketing & Public Affairs

Georgine Fontaine
Emergency Department

Lillian Higgins
Emergency Services

35 Years

Colleen Brennan
Burn Recovery Center

Bonnie Brobst
Transitional Skilled Unit

Elizabeth Egan
TNICU

Barbara Grosch
NICU

Cheryl Hartman
Employee Health

Cynthia Klingaman
Obstetrics

Denise Laub
TNICU

Michael Mauser
Engineering

Debra McGeehin
LVPG Diabetes/Endocrinology

Susan Mohr
ASU-OR

Marie Orтели
Endoscopy-G.I. Lab

Susan Reiger
5K

Kathryn Rosenberger
6K

Lori Snyder
MICU/SICU

Cindy Stauffer
Breast Health Services

Shirley Wagner
LV Physicians Practice

30 Years

Elizabeth Clewell
Pain Management

Sofia Danko
Cardiac ICU

Theresa Engelhardt
Nursing Float Pool

Delia Fink
Clinical Appeals

Beth Frickmann
Operating Room

Deborah Fry
Infection Control

Janet Haines
Endoscopy-G.I. Lab

Kathleen Klokis
Pre-Op Staging

Stephanie Lacko
Diagnostic Radiology

Marjorie Lavin
Epic

Debra Leaswitch
Case Mgmt. Float Pool

Judy Nagel
Heart Station

Wendy Reiss
Operating Room

Dawn Smith
PCCU

Holly Tavianini
Neuroscience Unit

Karen Toback
Surgery Center

Debra Torcivia
MedEvac

Patricia White
Development

25 Years

Robert Bauer
Security

Susan Blest
MICU/SICU

Michele Brown
Breast Health Services

Karen Courtney
TNICU

Ruth Deturk
Open-Heart Unit

Linda Dunn
Respiratory Care Services

Lori Groff
Nursing Float Pool

Larue Hofstetter
Central Scheduling

Frank Kaczynski
Information Services

Brenda Kleinhenz
Obstetrics

Nancy Lambert
Obstetrics

Dawn Mummy
Risk Management

Kevin O'Brien
Linen Services

Alyssa Pauls
Gynecologic Oncology Spec.

Karen Peterson
Psychiatry

Christine Sonday
Pre-Admission Testing

Carol Trumbauer
Transitional Skilled Unit

Sherry Waselus
Perinatal Evaluation

Kimberly Yerger
Home Care

20 Years

Shirley Giansante
Psychiatry

Patricia Gordy
Behavioral Health

15 Years

Heather Adams
Maternal Fetal Medicine

Melissa Bury
Infection Control

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



WELLNESS ROLE MODEL Diane Hartzell

If you bump into Diane Hartzell when she's out for a "jalk," try to keep up. "I jog and walk," the Lehigh Valley Health Network histocompatibility technologist says. Since January 2013, "jalking" and abdominal exercises have helped her shed more than 40 pounds. "Numbers drive me," she says. "When I got close to 200 pounds, I was motivated to change." Hartzell used Culture of Wellness dollars for a fitness assessment with an exercise physiologist who designed an exercise plan just for her. Incorporating at least 30 minutes of activity a day plus counting calories yielded big results for Hartzell. She dropped from size 16/18 dresses to size 10. "I sometimes look in the mirror and wonder who that is," she says. "I only wish I had done this sooner."

CheckUp magazine is for Lehigh Valley Health Network colleagues.

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A PASSION FOR BETTER MEDICINE



Culture of Wellness

Schedule

CPR Family and Friends
June 2

Free! **Maternity Tours**
June 2, 11, 16 and 22

Monday Morning Moms
Starting June 2

Free! **Postpartum Support**
June 2 and 19

Baby Care
June 3 and 28

**Getting it Done in One:
Preparing for Labor,
Childbirth and Newborn Care**
June 7

Free! **Car Seat Check Event**
June 10 and 30

Breast-feeding Baby
June 12 and 24

**Preparing for Childbirth
(Saturday class)**
June 14

Safe Sitter
June 19

**Preparing for Childbirth
(Friday/Saturday class)**
June 20 and 21

Preparing for Childbirth Series
June 23

Free! **Sibling Tour**
June 29

LEARN MORE.

LVHN Fitness Group Classes

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