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LVHN Weekly-Pocono

Newsletters

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1-4-2019

## LVHN Weekly-Pocono

Lehigh Valley Health Network

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## Discounted Health and Wellness Products

Shop online through My Total Health.

## Service Anniversary List

Who is celebrating a career milestone in January?

## Donation to Hughes Cancer Center

The gift will greatly benefit our patients.

## No Pass Zone Champions

Colleagues honored for diligence to patient care.

## Sights and Sounds of the Season

Families served by Salvation Army attend party.

## LVHN Sports Performance Programs

Achieve your health and wellness goals.

## LVPG Practice of the Month

Meet colleagues from Centro de Salud.

## Thank You for a Terrific 2018

[Watch Now](#)



## Gifts of Gratitude and Health

[Read more](#)



## NFL Video Includes LVHN

[Read more](#)



## LVHN news

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LVHN's Most Popular Baby  
Names

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It's Snow Fun Skiing and  
Snowboarding

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How to Use a Pacifier

# Shop Online for Discounted Health and Wellness Products

BY [RICK MARTUSCELLI](#) · JANUARY 3, 2019

Amp up your wellness experience with a one-stop shop for health and wellness products at a discounted rates. Through LVHN's My Total Health program, you can now shop online for leading brands of fitness and wellness technology products, including Fitbit®, Garmin®, Apple® and more – all at discounted rates. You'll find everything from activity trackers, fitness and recreation equipment to parent and child, healthy eating, and healthy lifestyle essentials.

[Click here to visit the website.](#)

Options include, but are not limited to:

Activity trackers, including the latest styles in leading brands like Fitbit® and Apple Watch®

Healthy eating tools, with everything from food processors to coffee brewers and cookware

Fitness and recreation equipment, including wireless headphones, yoga mats and Birkenstocks

Parent and child resources, with parent-friendly items like breast pumps, bottles and a ball chair for kids

Healthy living essentials, with items such as heart rate monitors, meditation goggles and personal humidifiers

iRedeemHealth products are not eligible for wellness dollar reimbursement.

Questions? Email [mytotalhealth@lvhn.org](mailto:mytotalhealth@lvhn.org).



# Service Anniversary List – January 2019

BY [RICK MARTUSCELLI](#) · DECEMBER 31, 2018

Happy anniversary to these colleagues celebrating a career milestone at LVHN in January. Congratulate them on their years of service.

## 40 years

Robin Beach, LVPG Obstetrics and Gynecology–  
Kutztown

Sally Getz, MICU/SICU

Barbara Hallowell, clinical services

Audri Kalinowski, medical/surgical 5

Denise Kuntz, cardiac catheterization lab

Carol McDonald, recovery room

Katie Montz, CT scan

Rhonda Nagy, behavioral health clinic

Susan Ruth, short stay hospital/3T

## 35 years

Andrea Andrews, quality management

Valerie Gogel, operating room

Donna Phillips, adult psychiatry

## 30 years

Theresa Carfara, department of family practice

Patricia Dunton Sotak, PACU

Ricky Farley, engineering



Kathy Hsu, division of education

Maryanne Ilch, pediatrics unit

Maxine Kennedy, supply distribution services

Lori Mallas, medical records

Vicki McIntosh, nurse staffing office

Rebecca Meinhart, adolescent psychiatry

Susan Nonnemacher, 5CP medical surgical unit

Sharon Petrulsky, labor and delivery

Richard Riccio, 2K south

Patricia Schlegel, speech and hearing

Tami Severlp, rehabilitation

Christine Ulshafer, Operating room

Lori Ungurean, behavioral health clinic

## **25 years**

David Pogar, pharmacy

Regina Rapali, laboratory

James Shaak, operating room

## **20 years**

Carmella Cappellini, LVPG Surgical Oncology–1240 Cedar Crest

Craig Carvin, home care

Janine Eisentraut, HIM clinical outcomes

Martina Escueta, 3A IPCU

David Freeman, Health Spectrum Pharmacy infusion

Richard Goy, HealthWorks

Marna Greenberg, emergency department

John Morgan, HealthWorks

Amy Moyer, cardiac rehabilitation

Kimberly Repnyek, patient receivables office

Josephine Sinno, LVPG Family Medicine—Tobyhanna

### **15 years**

Beverly Allen, 7B

Sheila Belisle, physical therapy

Mark Bixler, rehabilitation

Kimberley Briest, nursing float pool

Iraida Candia, special care nursery

Vincent Cavallaro, 4K

Alisa Circosta, 6K

Michael Columbus, Health Spectrum Pharmacy infusion

Debra Craig, float pool

Lyn Daubert, 5CP

Jacqueline Deveaux, ultrasound

Xiomara Franco, labor and delivery

Kim Geiss, coding integrity

Melissa Geitz, hospitalist program

Nelida Grampp, emergency department

Colleen Green, behavioral health

Adam Helman, Health Spectrum Pharmacy

Joseph Isganitis, medical/surgical 4

Joyce Jenkins, home care

Denise Karll, MICU/SICU

Leslie Maston, hospice

Cynthia Maugle, Lehigh Valley Anesthesia Services

Veronica Miranda, Children's Clinic

Deborah Moran, case management

Kimberley Orkwis, respiratory care services

Lisa Pavolick, emergency department

Dahna Phillips, PACU

Thomas Rebuck, LVPG financial planning/budget

Gloria Robinson, LVPG Family Medicine—Hamburg

Phyllis Santo, endoscopy/G.I. Lab

Roberta Schwendeman, Breast Health Services

Elizabeth Smith, Health Spectrum Pharmacy infusion

Eneida Vargas, clinical services observation

Jennifer Von Steuben, operating room

Kathleen Weddigen, information services

Rebecca Willis, occupational therapy

## **10 years**

Kimberly Alvarez, patient accounting

Kristin Aneskevich, maternal fetal medicine

Margaret Beamish, physical therapy

Audrey Bland, dietary

Kris Boyle, care management

Brenda Carroll, hospice unit

Kathryn Christman, clinical services observation

Suzanne Cornish, per diem pool

Nicole Cory-Reddinger, home care

Kerensa Dempsey, Emergency Medicine Institute

Kassondra Dunlap, LVPG Urology

Norman Egan, Lehigh Valley Anesthesia Services

Abeer Esposito, LVPG Ophthalmology–17<sup>th</sup> Street

Sharon Falcione, obstetrics

Christian Fink, recovery room

Marybeth Frantz, care management

Warren Furry, neonatal ICU

Tammy Gilbert, patient accounting

Belinda Greene, preferred provider network

Michael Grezzo, pediatric unit

Veronica Hasberry, rehabilitation

Brian Haug, information services

Janice Kainz, emergency department

Mary Grace Kressly, ICU

Erica Lyden, per diem pool

Margaret McCabe, medical education

Susan McCann, LVPG General Surgery–East Stroudsburg

Timothy McCann, education infrastructure

Sue McCormick, 5 north

Katie Mertz, geriatric psychiatry

Gloria Mitsock, dietary

Karen Panik, LVPG Family Medicine–Emmaus

Sheri Paules, legal

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Karlee Posivak, LVPG Family Medicine—Macungie

Cynthia Pratt, critical care unit

Robert Ramos, behavioral health

George Rosario, engineering

Lisa Rowe, 2B

Jamie Santee, supply distribution services

Cathy Sophy, quality management

Richard Stubblefield, radiology

Heather Sugarman, LVPG Family Medicine—Vine Street

Deborah Tavernier, hospice/home health aides

Maria Villacrese, population health

James Walker, MedEvac

Eleanor Wallace, LVPG reimbursement

Tiffany Walsh, sterile processing

Eric Wanuga, pharmacy

Lisa Wetzel, post operative unit

Tara Young, Wound Healing Center

Stacie Zeth, pharmacy

## **5 years**

Kelly Barrieres, LVPG Cardiac and Thoracic Surgery

Andrea Brenneman, rehabilitation services

Erica Briggs, emergency department

Ann Marie Chlebovec, mammography

Jennifer Christman, rehabilitation

Lori Csensits, home care

Lucitania Dejesus, ExpressCARE

Melanie Desplat-Mouter, adult psychiatry

Michael DiLeo, magnetic imaging

Robert Doll, LVPG Endocrinology–1243 Cedar Crest

Sammar Dorvil, pharmacy

Matthew Duerr, magnetic imaging

Sarah Engler, BeneFIT

Lynne Fowler-Blatt, magnetic imaging

Barbara Fox, emergency department

Kimberly Fritts, physical therapy

Daniel Gavio, chiropractic

Jennifer Griffin, rehabilitation services

Ashleigh Heltzinger, Patient Access Center

Jodi Hostetter, home care

Katarzyna Jabbour, family medicine education

Siham Jafar, magnetic imaging

Kay-Ann Jones, LVPG Internal Medicine–Bethlehem Township

Susan Lane, medical records

James Lang, ExpressCARE

Nahyra Lanzo, maternal child education

Hollis Lawson, 5K

Tracy Lengen, gastroenterology

Lori LeVan, magnetic imaging

Gloria Lowy, guest services

Jennifer Lyons, rehabilitation services

Donna Massare, magnetic imaging

Amira Mccree, LVPG Oncology Surgery–Pocono

Lara Moyer, operating room

Casey O’Neil, pediatric rehabilitation

Matthew Opatovsky, LVPG financial planning/budget

Christopher Parker, magnetic imaging

Richard Ramos, information services

Sarah Rennalls, Children’s ExpressCARE

Teresa Rivera, precertification department

Drew Rosenberger, MedEvac ground

Bonnie Rumble, electrophysiolgy lab

Brenda Sanchez, 5T

Anissa Schneck, LVPG Obstetrics and Gynecology–Fogelsville

Susan Scott, imaging

Samantha Shaak, community health

Randi Shupp, emergency department

Jeffery Smee, LVPG Chiropractic Medicine–1243 Cedar Crest

Spencer Stack, physical/occupational/speech therapy

Ryan Stahler, rehabilitation

Joan Stanford, information services

Stacie Steigerwalt, operating room

Kiera Stokes, pharmacy

Gloria Stola, LVPG Family and Internal Medicine-Alliance Drive

Andrew Szwast, rehabilitation

Adam Trexler, home care

Alycia Webb, rehabilitation services

Alysia Wenzel, 6K

Shaitayea Williams, LVPG Internal Medicine–Muhlenberg

Donna Youngkin, magnetic imaging

Kelly Zarnas, Children's Clinic

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# Donation to Hughes Cancer Center Benefits Patients

BY [HOLLY YACYNYPCH](#) · DECEMBER 27, 2018



The Doreen Mirams Memorial Foundation recently presented a gift in the amount of \$25,250 to LVH-Pocono to assist patients at the Dale and Frances Hughes Cancer Center. The Doreen Mirams Memorial Cancer Fund was established in 2013 by the Mirams Family to provide financial assistance to any patient with cancer experiencing financial hardship during their diagnosis and treatment. To date the Mirams Foundation has donated more than \$65,000 to the LVHN-Pocono Foundation.

# LVH-Pocono Colleagues Honored for Diligence to Patient Care

BY [HOLLY YACYNYCH](#) · DECEMBER 28, 2018



LVH-Pocono colleagues Morgan Alcaro, RN, 3B, and Lucille Smale, environmental services, were honored with the November No Pass Zone Champion award. They were recognized by their peers for always answering a call light when they see one on.

Response time to a call light is one of the most highly correlated factors to a patient's overall satisfaction with his/her stay. Patients often view their call light as their "lifeline" to staff and help.



# Community Enjoys Sights and Sounds of the Season at LVH-Pocono

BY [HOLLY YACYNYCH](#) · DECEMBER 27, 2018

LVH-Pocono hosted a holiday party for families served by the Salvation Army in December. The dinner included a visit for the children by Santa Claus along with warm donations of hats, gloves, blankets and more.

Families enjoyed music from the VNA Hospice volunteers and holiday games. A special thank you to the volunteers who participated to make the event special for the families.

East Stroudsburg High School North chorale stopped by the Hughes Cancer Center to sing for patients and staff.

The students filled the Hughes Cancer Center, inpatient rehab facility, main lobby and cafeteria with sounds of holiday cheer.



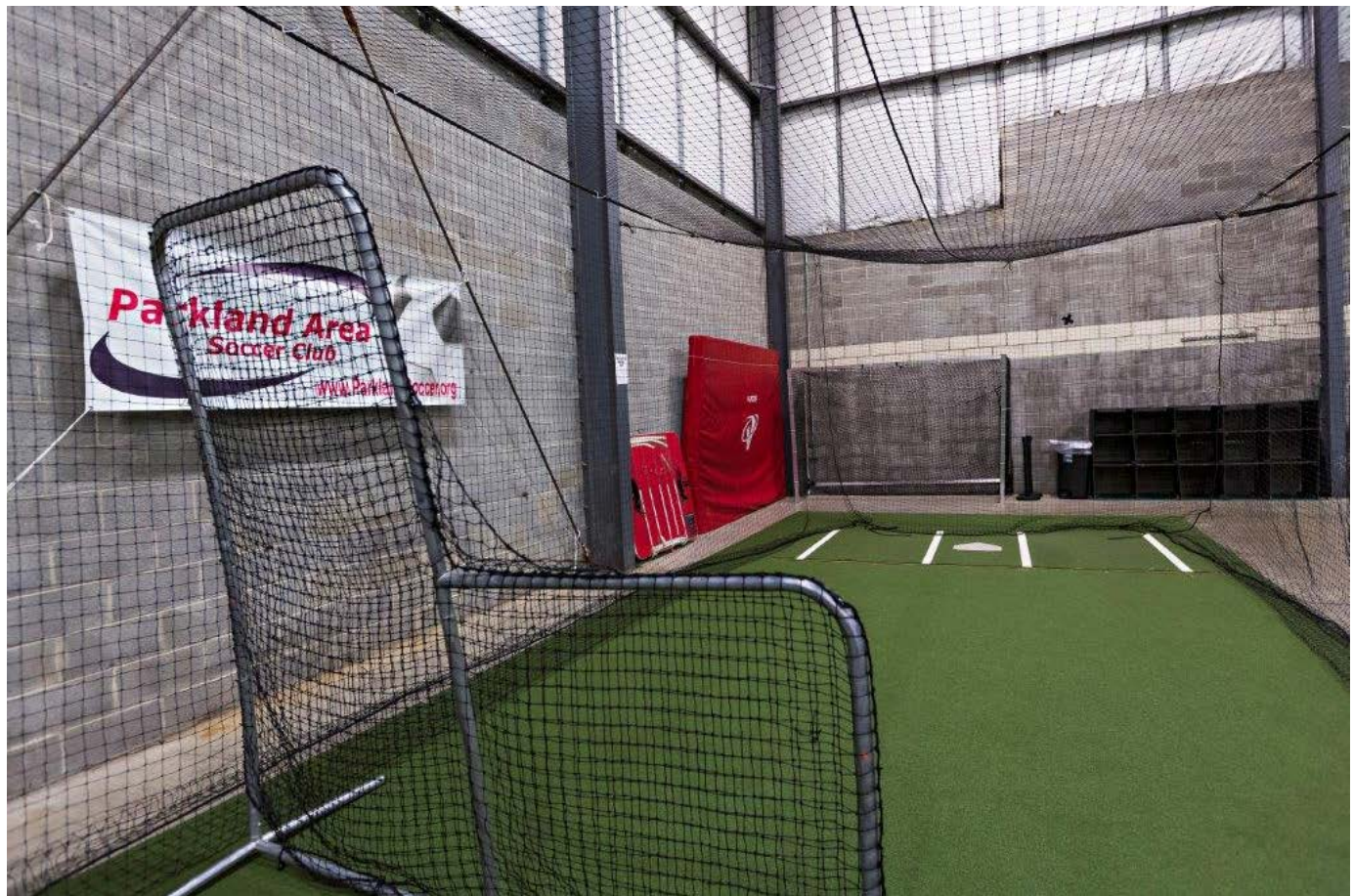
# Maximizing Potential: LVHN Sports Performance Programs and LVHN Sports Academy

BY [MARCIANN ALBERT](#) · JANUARY 2, 2019

Looking to maximize your wellness, enhance your health or find a sports program that best fits the athlete in your life? Curious about field rentals for team building, events and other activities? Well, look no further. LVHN sports performance programs, available at the LVHN Sports Academy, include something to fit everyone's need.

LVHN sports performance offers a free week trial to athletes to try one of their many programs. Programs are designed to enhance an athlete's ability to perform within a given sport. From corrective or restorative exercise, conditioning, agility and balance, to personal training – you can find fundamental components of sports performance all under one roof – the LVHN Sports Academy, 155 Nestle Way, Suite 100, Breinigsville, PA, 18031.

SA1





“Whether you are an athlete looking to gain a competitive edge or desire to improve your overall health, our programs located within this facility offer many different options to help people achieve their wellness goals,” states Daniel Knappenberger, Sports Performance Specialist and Personal Trainer.

If winter weather makes you shiver, this facility can help you stay warm with two large turf fields (ideal for soccer, lacrosse, field hockey, etc.), batting cage (pitching machine and portable pitching mound), and a lounge area perfect to host league events, family gatherings, team building or birthday parties. The lounge amenities include 55 inch TVs, pool and ping-pong tables (available only if space is rented), recliners and seating for up to 35 people.

Field and/or lounge rentals are available:

- Monday through Friday, 3-9 p.m.
- Saturday through Sunday, 8 a.m.-9 p.m.

If being stronger, faster, and healthier is on your New Year’s resolution list, don’t miss the opportunity to train here. Email program questions to [sportsperformance@lvhn.org](mailto:sportsperformance@lvhn.org) or call 484-862-3035.

# LVPG Practice of the Month: Centro de Salud

BY [MARCIANN ALBERT](#) · DECEMBER 26, 2018

Nestled in the heart of Allentown beams a luminous beacon of care. A place where the complementary talents of colleagues meld together to enhance patient and community health. Centro de Salud shines as an exceptional practice where the concept of TEAM (Together Everyone Achieves More) is more than just an acronym.



Colleagues value their role in serving high-risk populations experiencing health disparities. This sentiment is felt across all roles, be it clerical, clinical or provider. "Centro de Salud is a quality-oriented clinical practice that has achieved the Triple Aim taking care of vulnerable people," says [Orlando J. Penaloza, MD](#). "This is the result of hard work by many colleagues, and team effort and provider engagement is certainly the chief factor in its success."

Madgdalene Cruz-Rivera, Clinical Quality Educator, LVPG Clinical Services, is thrilled that Centro de Salud was selected for LVPG's practice of the month. "They deserve to be recognized for their tireless efforts in caring for patients in our community," she says. "This department continuously demonstrates passion and purpose and is committed to ensuring patient safety, experience and outcomes through quality care."



Practice colleagues are excited to share their passion for delivering efficient, high-value care to patients in the community. "We are small and mighty; a resilient team, full of passion and commitment for our community," says Practice Manager Sheyla Torres.

Through staff engagement and education, consistent patient outreach, routine practice data analysis, and real-time feedback, Centro de Salud propelled into the TopBox of LVPG's FY19 Group Practices Monthly Patient Satisfaction Report for November 2018.

Colleagues within this practice know they are making a positive impact on health outcomes for patients with chronic conditions such as asthma, diabetes, hypertension and heart disease. When asked what makes Centro de Salud so unique, Office Coordinator Tanya Maldonado says, "Culture. Love. Kindness. Resilience. Family."

Medical Assistant Lina Faberlle agrees with Maldonado. “We are not a team because ‘we’ work together, we are a team because we respect, trust and care for each other,” she says. By participating in new initiatives, riding the wave of practice challenges and expanding the scope of community outreach, Centro de Salud unceasingly raises the bar on high-value care.

For many colleagues with touchpoints across the community, Centro de Salud represents more than just medical care. “It is truly more than a practice; the living spirit among the team is what drives us to thrive through thick webs of difficulties,” says Certified Diabetic Educator Mercedes Jurkiewicz, BSN. “We constantly maneuver in our work toward providing better care to all those coming to us.”

In conjunction with the amazing care they deliver, colleagues build a foundation of fun. Examples include, but are not limited to:

- Monthly colleague birthday celebrations
- Professional week acknowledgements (i.e. MA Week, Nurses Week)
- Holiday potlucks
- Annual Christmas party and secret Santa
- Culture Fridays, done twice a year and includes colleagues sharing food from their cultures

By respecting, honoring, supporting and promoting culturally competent care and community values, Centro de Salud’s light of hope shines brightly.

To learn more about this practice, visit the [Centro de Salud webpage on LVHN.org](#).