

There's a lot going on at 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 editions of Healthy You and Magnet Attractions, Terry's Take, and Lehigh Valley Health News, our blog on LVHN.org containing timely information and health network news.

[Even More Chances to Win During Heart Month](#)

Know your numbers, win prizes and help us earn a Shared Success Plan (SSP) bonus.

[You Asked, We Listened](#)

Thanks to colleagues' suggestions, LVHN Fitness-Muhlenberg will be open weeknights until 9 p.m.

[Help Us Find OR Nurses to Join Our Team](#)

If you know an OR nurse, tell her about our upcoming recruitment event.

[Congratulations to the Winners of Lehigh Valley Phantoms Tickets](#)

Find out if you won two tickets to the game on Saturday, Feb. 28.

[Third Core Bundle on The Learning Curve](#)

It must be completed by March 31, 2015.

[Robert Budinetz, MD, Wants to Help You Prevent Health Problems – VIDEO](#)

This primary care physician focuses on prevention instead of waiting for health problems to arise.



Read the latest
issue of Healthy You

Read the latest
Terry's Take





Read the latest
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Magnet Attractions

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a blog on LVHN.org containing
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Congrats to January's 'Know Your Numbers' Winners; Even More Chances to Win During February Heart Month



Congratulations to our January "better health" goal contest winners: Caroline Simock (physical rehabilitation) and Leyna Ortiz (department of surgery). They both will receive a Fitbit Flex wristband as a result of their participation in "Know Your Numbers," our biometric screening campaign. You can win too.

Now, there's even more chances to win during February Heart Month. We're holding weekly prize drawings for restaurant gift certificates in addition to our regular Fitbit drawings. You'll also have a shot at one of two grand prize drawings for a \$500 VISA gift card at the end of fiscal year 2015.*

To be eligible to win, you must participate in our biometric screenings for blood pressure (BP) and body mass index (BMI). Screenings take just minutes and are an important barometer of your overall health and well-being. To complete your screenings:

- You can self-report your BP and BMI to employee health if you've already been screened by your primary care provider (PCP) within the past six months. Simply download the [Biometric Screening form](#) and email the completed form to Heather.Childress@lvhn.org or fax it to employee health (610-402-1203).
- Get screened by your PCP and fax in the results on the biometric screen form (610-402-1203).
- Visit employee health during [walk-in hours](#).
- Ask your department head to call 610-402-CARE. If your department has 16 or more colleagues who've committed to being screened, a registered nurse will come to your department in January or February.
- Exercise physiologists and athletic trainers at LVHN Fitness and Steel Fitness can conduct screenings too. Colleagues can get screened at LVHN Fitness during [select hours](#) whether or not you are a member. Screenings also are taking place at Steel Fitness for gym members only. Visit the registration desk at a gym near you to schedule your screening.

*Two Grand Prize winners will be drawn from our entire pool of entrants on June 30, 2015. In addition to monthly Fitbit prizes and February Heart Month prizes, there also will be impromptu prize drawings through the end of the fiscal year.

This entry was posted by [Sheila Caballero](#) on February 4, 2015 at 2:02 pm, and is filed under [Get News](#), [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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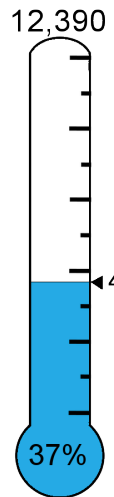
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Help Us Reach Our 'Better Health' Goal!

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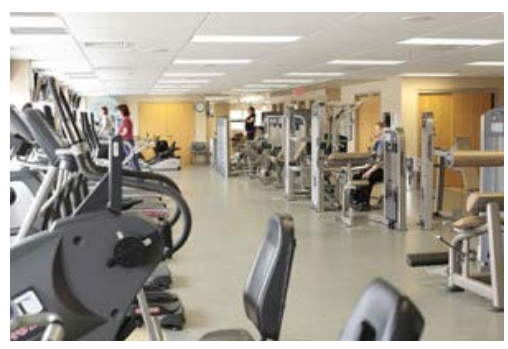
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You Asked, We Listened; LVHN Fitness—Muhlenberg to Expand Evening Hours Starting Feb. 9

In her recent "Terry's Take" blog here on Mission Central, chief operating officer Terry Capuano, RN, encouraged colleagues to stay well by using their [Culture of Wellness](#) benefit program and working out at [LVHN Fitness](#). In response, several colleagues at Lehigh Valley Hospital (LVH)—Muhlenberg who regularly work past 7 p.m. weeknights expressed concern about being unable to get to our [LVHN Fitness—Muhlenberg](#) location prior to its 8 p.m. closing time. At the same time, colleagues also mentioned this same topic during leadership rounds at LVH—Muhlenberg.



Since you asked, we listened. Now, starting next Monday (Feb. 9), the LVHN Fitness location at the Health & Wellness Center at Muhlenberg (1770 Bathgate Road) will be open until 9 p.m. on weeknights. This will allow colleagues who work until 7 p.m. ample time to hit the fitness center after work.

Starting Feb. 9, the facility's new hours will be:

- Mon.-Fri. – 5 a.m. to 9 p.m.
- Sat.-Sun. – 7 a.m.-3:30 p.m.

"When Terry shared with us our colleagues' concerns at LVH—Muhlenberg, we worked with our staff here at LVHN Fitness—Muhlenberg and found a way to stay open later," says Craig Souders, LVHN's director of rehabilitation, who oversees our LVHN Fitness locations. "By expanding our weeknight hours, we're making it easier for those colleagues to plan for a full workout."

With this change, all three LVHN Fitness locations (at Cedar Crest, Muhlenberg and One City Center) now are open until 9 p.m. weeknights.

Thank you for sharing your feedback with us both through leadership rounds and Mission Central. Your input helps us create a better workplace.

This entry was posted by [Kyle Hardner](#) on February 4, 2015 at 3:00 pm, and is filed under [Get News](#), [Live Healthy](#). Follow any responses to this post through [RSS 2.0](#). You can [leave a response](#) or [trackback](#) from your own site.

3 comments

Jennifer Chrin 1 WEEK AGO

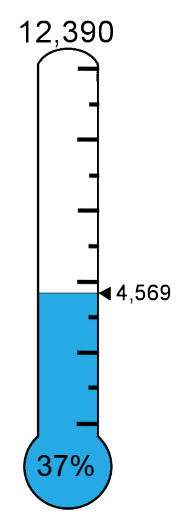
I wish the the fitness center at Mack offered group fitness classes. Especially once the

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weather gets warmer, we could utilize the right outside the fitness center and I think that you would get a great turn out. We even have the auditorium that do group fitness classes there offered after work before work or even during lunch. I think that offering classes once or twice a week would be a great way to get people to join the gym with LVHN.

[LOG IN TO REPLY](#)

Jennifer Chrin 1 WEEK AGO

*utilize the grass areas-left that out.

[LOG IN TO REPLY](#)

Denise Snyder 1 WEEK AGO

Thank you to all who made this possible! Lets all take advantage of this opportunity to become well an fit for 2015!

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Help Us Find OR Nurses to Join Our Team

Our designation as a Magnet™ hospital by the American Nurses Credentialing Center proves that Lehigh Valley Health Network (LVHN) recruits and retains the best nurses. However, as we continue our organization's growth, we've seen a shortage of nurses, and projected job openings for nurses nationwide will remain high through 2022, according to the U.S. Bureau of Labor Statistics.

You can help us continue our Magnet tradition and find the right colleagues to work alongside you. If you know an RN with operating room experience who would like to join our team, tell them about our Operating Room (OR) Nurse Information and Interview Event on Saturday, Feb. 7. Nurses who attend the event will have the opportunity to meet nursing leaders, tour our technologically advanced ORs and interview with future colleagues.



So, if you know an OR nurse who might be interested, urge him or her to call 610-402-CARE today to register. We will be emailing invitations to candidates to attend the event, which is scheduled to start at 10 a.m. on Feb. 7. The location of the event will be included in the invitation.

This entry was posted by [Kyle Hardner](#) on February 2, 2015 at 1:19 pm, and is filed under [Get News, Learn](#). Follow any responses to this post through [RSS 2.0](#). You can [leave a response](#) or [trackback](#) from your own site.

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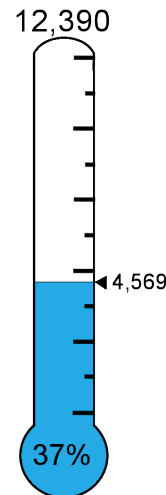
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Congratulations to the Winners of Lehigh Valley Phantoms Tickets!

Congratulations to those Lehigh Valley Health Network (LVHN) colleagues listed below for winning tickets to the Lehigh Valley Phantoms game on Saturday, Feb. 28. Each winner will receive a total of two tickets. Tickets may be picked up at the PPL Center box office beginning **Monday, February 9**. The box office is located at 7th & Hamilton Streets. Hours of operation are Monday-Friday, 10 a.m. – 5 p.m. and open Saturdays and Sundays on event days only. Tickets also may be picked up on the evening of the game.



Tickets will be reserved under the names of the winners as listed and **only released to those individuals**. Photo identification, such as your network ID badge or driver's license, will be required at the time of pick up.

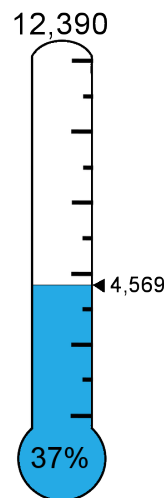
| | | |
|------------|-----------|-------|
| Agentis | Daniel | C1182 |
| Allwein | Karen | U3819 |
| Annunziato | Lisa | C1430 |
| Beck | Sherri | B3543 |
| Benedict | Karen | U8736 |
| Blair | Russell | B3947 |
| Bortz | Jean | U1806 |
| Bowers | Krista | V6618 |
| Brunner | Lisa | C4271 |
| Burlew | Cynthia | C3788 |
| Chaputa | Marie | V9936 |
| Collins | Bonnie | U7069 |
| Comstock | Linda | B6026 |
| Costello | Brian | J2817 |
| Davis | Rick | C1194 |
| DeFranco | Catherine | U2935 |
| Demczyszyn | John | U1985 |
| Detweiler | April | B3647 |
| Detweiler | Candi | B3852 |
| Dillman | Charlene | C2456 |
| Dinic | Jelena | A0469 |
| Dougherty | Rebecca | B7430 |
| Fabian | Dawn | B6584 |
| Faza | Charlene | |

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| | | |
|------------------|----------------|---|
| Fort | Lisa | B9259 |
| Fuhrman | Cathy | U7739 |
| Gouzouasis | Barbara | U2608 |
| Green | Leazette | B7211 |
| Hamlin | Douglas | U8301 |
| Held | Cindy | B7649 |
| Helman | Erica | C4386 |
| Hoffert | Robert | B9276 |
| Hunkele | Debra | V8352 |
| Jarvis | Loree | C1723 |
| Jones | Karima | B4486 |
| Katustiak | Rebecca | U2187 * Winner of the puck drop* |
| Kistler | Sandra | I0153 |
| Kloiber | Terry | B3103 |
| Kollar | Dena | B3033 |
| Koons | Dawn | B2429 |
| Labarre | Heather | B8205 |
| Laird | Tracey | B8373 |
| Lewis | Ian | I0346 |
| Lopez | Joseph | C2925 |
| Lopez | Diego | U1225 |
| Manini | Robin | B2806 |
| Marsh | Hugh | U5397 |
| Matyas | Lois | C3120 |
| Moatz | Pamela | B7647 |
| Moll | Michele | U6632 |
| Nino | Janet | U4359 |
| O'Neill | Melissa | V4440 |
| Pillow | Karen | V6156 |
| Posivak | Karlee | C0089 |
| Prazenka | Debra | X0130 |
| Reccek | Erica | U9773 |
| Reph | Donna | C0494 |
| Rogers | Laura | B0904 |
| Russell | Andrea | U5486 |
| Schall | Jenna | |
| Schmick | Tammy | U1212 |
| Seiferheld | Lydia | B6791 |
| Shlanta | Cindy | B5998 |
| Silvonek | Cheryl | U9134 |
| Stivala | Kelly | U6231 |
| Strouse | Jennifer | |
| Strzepek | Teddi | C2528 |
| Sullivan | Theresa | |
| Thibault | Timothy | U6139 |

| | | |
|-----------|-----------|-------|
| Toman | Helen | U7876 |
| Velazquez | Gloria | B7402 |
| Ventresca | Annamaria | C2348 |
| Viola | Nicole | U8771 |
| Wieder | Tricia | C3331 |
| Wirth | Mary Ann | U4473 |

This entry was posted by [Admin](#) on February 2, 2015 at 12:48 pm, 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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Third Core Bundle on The Learning Curve

The third core bundle of fiscal year 2015 will be available on The Learning Curve (TLC) in February. The mandatory training must be completed by March 31, 2015. The third-quarter bundle includes courses about The Joint Commission's 2015 regulations. Based on your job responsibilities, you will be assigned the clinical, non-clinical or home care version of the bundle. To access the bundle, click the TLC icon on your SSO toolbar. Your assignment will be listed on the "To Do" list on your Learner home page. This is the third of four bundles that will be available in fiscal year 2015.

This entry was posted by [Rick Martuscelli](#) on February 3, 2015 at 6:00 pm, and is filed under [Get News, Learn](#). Follow any responses to this post through [RSS 2.0](#). You can [leave a response](#) or [trackback](#) from your own site.

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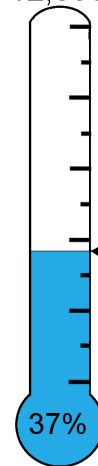
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Lehigh Valley Health News Digest: Feb. 2 – 6

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Robert Budinetz, MD, Wants to Help You Prevent Health Problems – VIDEO

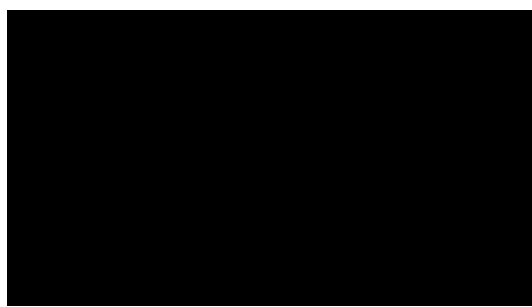
We are producing videos of our doctors and advanced practice clinicians (APCs) to help our community find trustworthy health care providers. We will share them here to introduce you to these colleagues. You'll learn about their personality, philosophy of care and inspiration for practicing medicine. These videos are embedded in our website's [Find a Doctor](#) tool, where you can learn about each provider's educational background and more. Enjoy!

As a primary care physician, [Robert Budinetz, MD](#), focuses on preventing health problems for his patients, rather than waiting until they arise to treat them.

"I can assure my patients that I will help them as best as I can and that I will always look out for them," he says.

He is a board-certified family medicine doctor with Lehigh Valley Health Network. He sees patients at [Lehigh Area Medical Associates of LVPG-CMA](#).

Get to know him with this video.



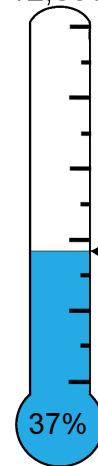
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