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LVHN news

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Fogelsville, Whitehall ExpressCARE Hours

How Is a Hernia Treated?

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LVH–Hazleton to Launch Lawson HR/Payroll System March 25

BY JANE DANISH · MARCH 14, 2018

On March 25, LVH–Hazleton will launch the Lawson human resources (HR)/payroll management system. This is an integrated, network-wide system where all HR and payroll information will be stored and maintained. The system also makes it easy for you to access your information. Here are answers to questions you may have.

Why is the Lawson HR/payroll system important to me? Lawson is an interactive system giving all colleagues the ability to access, view and manage their own HR and payroll information. Now you'll be able to perform the following functions without contacting HR or payroll for assistance:

- View your pay stubs each pay period. **Effective with the Lawson go-live, paper pay stubs will no longer be provided.**
- View your time-off balances and benefits.
- Complete your yearly benefit enrollment.
- Update your demographic information (i.e., address, phone number, W4, etc.).
- Complete a self-review and annual performance review (starting late spring).
- View job descriptions and much more.
- In May, you will have access to a “My Total Rewards” statement showing your compensation, benefits and retirement information.

How can I access this information? Beginning March 25, the various tools and features of the Lawson system will be conveniently located and easily accessible through the new online Colleague Resource Center (CRC). Accessible from your SSO toolbar by clicking the icon shown here, the Colleague Resource Center is a “one-stop shop” for all of your HR-related information. (Please do not click the icon before March 25.) **How can I learn more about this new system?** You are strongly encouraged to attend one of the following training sessions to learn how to access your HR/payroll-related information through the Colleague Resource Center. Each colleague training session will be 30 minutes or less. Working with your manager, please schedule a time to attend that is convenient for you and your department’s activities. Registration information and a scheduling link will be forwarded to all colleagues in the near future. To start planning your schedule, here are the training dates and times: **Colleague Resource Center Training** *Due to room space limitations at the Health & Wellness Center, LVPG colleagues are asked to attend training sessions at LVH–Hazleton.*



Training Dates	Non-Manager Colleagues	Sessions (Held every 30 minutes from start time)	Training Location
March 28	Hospital and LVPG colleagues	7:30-11:30 a.m.	ETC, 3 rd floor
March 28	Hospital and LVPG colleagues	12:30-4:30 p.m.	ETC, 3 rd floor
March 29	Health & Wellness Center colleagues	8 a.m.-12 p.m.	Lower level conference room
March 29	Health & Wellness Center colleagues	12:45-4:45 p.m.	Lower level conference room
April 2	Hospital and LVPG colleagues	7:30 a.m.-12 p.m.	ETC, 3 rd floor
April 4	Hospital and LVPG colleagues	7:30-11:30 a.m.	ETC, 3 rd floor
April 4	Hospital and LVPG colleagues	12:30-2:30 p.m.	ETC, 3 rd floor
April 6	Hospital and LVPG colleagues	12-4:30 p.m.	ETC, 3 rd floor
April 9	Hospital/LVPG colleagues	7:30-11:30 a.m.	ETC, 3 rd floor
April 9	Hospital/LVPG colleagues	12:30-4:30 p.m.	ETC, 3 rd floor

Integrating the HR and payroll functions and providing you with the opportunity to access, view and manage your own information is one more way we are creating a great work experience for you. Please contact your manager with any questions.

Lynn's Turn: The Support You Deserve

BY LYNN TURNER · MARCH 14, 2018

“LVHN provides an exceptional colleague experience from hire to retire.” This is the mission of our human resources (HR) and organizational effectiveness (OE) teams. Every day, these colleagues come to work energized to make LVHN the best place to work and grow in the region. This has also been my top priority since I joined LVHN a little more than one year ago. I cannot think of a better place to be and I am fully committed to creating a great work environment for you.

One thing that makes LVHN a great place to work is the support you receive from our HR and OE teams. The work they're doing right now exemplifies their commitment to you. For example:



- The Colleague Resource Center recently launched in the Lehigh Valley (and will be live at all LVHN locations later this year). It's an online tool you can visit to find all the HR-related information you need in one location. You also can use it to submit a question and get a response from HR.
- Free professional development classes provided by OE colleagues are designed to help you grow and thrive as an individual, and make LVHN even stronger.
- The Colleague Engagement Survey will take place April 9-23. It's your opportunity to share your thoughts about working at LVHN and your ideas to make it even better. Our leaders, supported by our HR and OE teams, will listen to you. Based on your survey answers, we'll take action and make LVHN an even better place to work. I'm looking forward to hearing from each of you.
- Our new [Colleague Relief Fund](#) is available to help colleagues who have experienced an unexpected hardship or tragedy, such as a fire, flooding or trauma.
- We continue to revise current policies and create new ones to ensure all colleagues receive the support they need to flourish.

You deserve support because you are what makes LVHN unique. You are LVHN, and our success starts with you. When you have a great work experience, you're at your best to give our patients and their loved ones an outstanding care experience. You deserve the support of a great team. My colleagues and I vow to give it to you.

If you have an idea about how we can provide even more support to colleagues or create an even better

work experience, I'd love to hear from you. Just [email me](#). I look forward to learning about your ideas. Thank you for all you do and for making a difference every day.



A handwritten signature in black ink that reads "Lynn Turner".

About me: My name is Lynn Turner, Senior Vice President and Chief Human Resources Officer. In this blog, I will write about the issues important to you, share information about our policies and how LVHN works to support you. In return, I hope you will feel comfortable asking questions and sharing your concerns.

Participate in Our New Health and Wellness Challenges

BY RICHARD MARTUSCELLI · MARCH 13, 2018

Sometimes you need a little boost to get going in a new direction. LVHN is giving colleagues four more reasons to engage in health improvements with a series of health challenges designed for motivation and enjoyment. The challenges are part of My Total Health, LVHN's comprehensive program that provides a wide selection of resources for emotional and physical health, as well as social and financial well-being. **Challenges make healthy activity easier** The purpose of the challenges is to encourage healthier lifestyle behaviors. They create a supportive, positive climate of fun to help you adopt or maintain a healthy way of living. LVHN's new health challenges cover three areas on which many colleagues want to focus:

1. Relaxation and work/life balance
2. Physical activity
3. Weight management

Accept a personal challenge You are invited to participate in four challenges taking place now through December. Here's the schedule.

Challenge	Description	Challenge Start	Challenge End
Relax and Revive	Renew your outlook with a few moments of downtime.	March 26	April 22
Step it Up	Increase physical activity and improve your well-being.	May 14	July 15
Lose for Health	Lose a little weight to make a difference in your health.	Aug. 20	Oct. 14
Maintain Don't Gain	Prevent weight gain while enjoying the holidays.	Nov. 14	Dec. 26

You can enroll in the Relax and Revive challenge beginning March 19. During this challenge, you'll aim to clear your mind and renew your body for at least 15 minutes a day. You'll enter the number of minutes you relax or practice a stress-control technique into a tracker. As you reach milestones, you'll review motivational messages and discover more ways to relax. Clear your mind and renew your body with this stress management challenge. Aim for at least 15 minutes daily. They may be all you need to revive a busy day. Enter the number of minutes you relax or practice a stress-control technique into the tracker. Use the chart to view your efforts over time. As you reach each milestone, review motivational messages and discover more ways to relax. To enroll in this challenge and to learn about the other challenges, visit the My Total Health portal at MyTotalHealth.lvh.com.

Welcome New Colleagues – March 2018

BY JANE DANISH · MARCH 14, 2018

We are happy to welcome these new colleagues to our LVHN family.



(Front row, l-r)

Victoria Ramano, CRNP, LVPG Internal and Family Medicine; Kara Sedlack, RN, 4th floor medical/surgical; Patricia Momenzadeh, RN, Family Birthing and Newborn Center; Ashley Hoffman, 4th floor medical/surgical; Marilyn Gutierrez, LVPG Orthopedics and Sports Medicine; Jeffrey Perez, LVH-H patient registration
(Back row, l-r) Ralph Yanuzzi, RN, nursing administration; Laura Smith, HWC imaging; Nathan Eskin, HWC rehab

Service Star of the Month – March 2018

BY EMILY MITCHELL · MARCH 15, 2018

Colleagues from LVH–Muhlenberg’s intensive care unit, perinatal evaluation, labor and delivery, emergency medicine and respiratory departments, and LVPG Obstetrics and Gynecology



Bringing a child into the world is one of the most beautiful acts of service in which health care professionals have the privilege of participating. Yet as life comes into the world, it also can quickly escape. Such was nearly the case at LVH–Muhlenberg’s Family Birth and Newborn Center until colleagues from six departments pulled together to save a new mother facing life-threatening problems.

The patient suffered three critical complications in rapid succession, requiring the staff to think quickly and act even quicker. Led by obstetrician/gynecologist Lisa Dapuzzo-Argirou, MD, colleagues from labor and delivery worked hard to stabilize the patient who was experiencing post-partum hemorrhaging following an emergency C-section. She was transferred to the intensive care unit (ICU), where the staff worked closely with Dapuzzo-Argirou and OB resident Melissa Dion, MD, to stabilize the patient’s blood pressure.

As nurses administered medication and provided compassionate care, the physicians never left their side. Once the patient was stabilized, colleagues noticed she had become restless. They grew concerned that something else may be wrong. Their instincts were correct.

They asked the patient a series of “yes or no” questions that led them to diagnose the patient was suffering a neurological issue. Her CAT scan revealed bleeding in her brain, and she was told she would be transferred by MedEvac to the neuroscience ICU at LVH–Cedar Crest.

As the patient began to weep, colleagues quickly made arrangements to bring her newborn baby to the ICU. When mom and baby finally met for the first time, there was not a dry eye in the room. As mother and child bonded, colleagues took photos of the meeting (having received the patient’s permission) and sent them to the father, who was already on his way to LVH–Cedar Crest.

“What happened that night was nothing short of a miracle,” says nominator Eva Fox, RN. “Without the teamwork that was demonstrated that night, the patient’s bleed could have progressed into an insurmountable level.” It’s proof that it takes teamwork to save a life.

Next Steps

Nominate a Service Star.

Congratulate these PRIDE Award recipients. The PRIDE Award is part of our expanded [Service Star Award program](#).

Michelle Massi, RN, LVHN–Mack Boulevard After completing her 12-hour shift, a hospice patient in crisis needed extra care. Massi helped serve the patient in her home, making it a 16-hour day.

Michelle Loux, LVH–Cedar Crest Loux graciously assisted a hospice patient and her mother with a scheduling issue that left the patient in tears. She went above and beyond to correct the issue, patiently checking Epic to correct the issue and ensure the patient was seen.

Amy Kerstetter Staub, Matthew Coffman, Caroline Robert de Massy and Miriam Santos, LVH–Muhlenberg When a man in the parking lot went into cardiac arrest, Kerstetter-Staub and Coffman ran from the third floor to perform CPR. Meanwhile, Robert de Massy and Santos consoled the patient’s family and gave the EMTs information upon arrival.

Lisa Lindaur, MD, LVPG After accepting a critically ill patient into the ICU, the patient coded, and a hospital-wide alert was activated. Along with actively resuscitating the patient, Lindaur continued to take additional ICU requests and accept patients.

St. Patrick's Binge Drinking Risks- VIDEO

BY [JENN FISHER](#) · MARCH 16, 2018

Ads featuring leprechauns, four-leaf clovers and mugs of green beer are out in full-force promoting pub crawls and other St. Patrick's Day events, all aimed at encouraging people to drink early and often. While you might share an Irish toast with your friends ("Sláinte" or "health"), there's nothing healthy about the near-mythical boozing that's become associated with the Irish holiday.

"Drinking enough alcohol to get drunk quickly is considered binge drinking," says emergency room physician [Andrew Miller, DO, Lehigh Valley Hospital–Cedar Crest](#). "For a man, that means drinking five or more drinks within two hours, or a woman drinking four or more drinks in that same timespan."



Binge risks

Drinking that much alcohol within a short period of time puts you at risk for a number of issues. "Your balance becomes impaired, so that puts you at increased risk for falling. Alcohol lowers your body temperature, so this time of year, excess drinking puts you at risk for hypothermia. And when you over-consume alcohol, you are certainly at risk for alcohol poisoning which places your blood alcohol concentration above .08 percent," Miller says.

Because reasoning and concentration are among the first executive functions affected by alcohol consumption, the Centers for Disease Control and Prevention says binge drinking increases the chances you could be involved in a car crash, either as a passenger or driver. You may also be at higher risk for physical or sexual assault.

Improve your luck

Instead of falling for pub crawl mentality, choose a healthier St. Patty's Day plan.

- Enjoy a toast with your friends but then stick to water.
- Make sure if you drink alcohol that you also eat to slow absorption of alcohol.
- Know when it's time to stop drinking.
- Opt to be the designated driver for your friends and only drink water, soda or other no-alcohol

beverages. [Watch the video we're sharing on social media](#) reminding people to celebrate responsibly.

Need help?

If you are with someone who has consumed alcohol to excess, seek emergency help. “People who are that intoxicated can asphyxiate on vomit,” Miller says. If the concern is more about alcohol dependence, have an honest discussion with your primary care physician. “Your physician or health care provider can help determine if you have a drinking problem and then help you find the right help,” he says.

Do you need a primary care physician? Call [888-402-LVHN](tel:888-402-LVHN) (5846) or visit LVHN.org/findadoc.

Service Anniversary List – March 2018

BY [JANE DANISH](#) · MARCH 14, 2018

Happy anniversary to colleagues who are celebrating career milestones in March. **35 years** Jeannette Bezick, 5th floor medical/surgical **30 years** Mary Lou Cusatis, 7th floor medical/surgical Angela Ehrenfried, respiratory therapy Ann Swett, 7th floor medical/surgical **25 years** Cynthia Corrado, RN, Healthy Beginnings Mary Ann Cusat, RN, Healthy Beginnings **20 years** Linda Moscon, RN, ICU **10 years** Tina Beach, RN, emergency department Vivian Mummey, laboratory Margaret Neiswender, LVPG Gastroenterology Roxana Piampi, RN, emergency department Colleen Simon, medical transcription **5 years** Tami Ambosie, marketing

