

### [LVH-Hazleton ED Groundbreaking Set](#)

Watch the ceremony live on Facebook Oct. 22.

### [Mountain Top Rotary 5K Run/Walk](#)

Register for the event on Nov. 3.

### [Inside the Mobile Mammography Coach-Photos](#)

Take a virtual tour.

### [Meet October's Service Star](#)

They helped save a man in cardiac arrest.

### [MyLVHN Spanish Now Live](#)

It will benefit more than 52,000 LVHN patients.

### [SELECT Graduate Makes LVHN History](#)

What was Yasir Abunamous, MD, the first to do?

### [First Responders Honored for Heroism](#)

Media covers the Spirit of Courage awards.

### [Add a Professional Photo to Outlook](#)

Learn how to choose and upload your photo.

Open  
Enrollment  
Information

[Learn More](#)



Colleague Flu  
Shot Clinic  
Schedule

[Learn More](#)



Veterans  
Day  
Celebration

[Learn More](#)



## LVHN news

---

Antidote for Too Much Screen Time

---

Motor Vehicle Safety for Children

---

New Blood Pressure Guidelines

# Groundbreaking for LVH–Hazleton Emergency Department Expansion is Oct. 22

by [Jane Danish](#) · October 18, 2018

## Groundbreaking for LVH– Hazleton Emergency Department Expansion is Oct. 22

LVH–Hazleton has received all permit approvals and can now begin the long-awaited expansion of its emergency department (ED).

Colleagues are invited to a groundbreaking ceremony to kick off the construction project, which also includes expansion of the main hospital lobby and renovations to its front façade.

The groundbreaking ceremony will be held Monday, Oct. 22, at noon in front of the hospital. Can't attend in person? [Watch it live on LVHN's Facebook page.](#)



[Share](#)

# Register for the Mountain Top Rotary's 5K Run/Walk Nov. 3

by [Jane Danish](#) · October 19, 2018

LVH–Hazleton is a proud sponsor of Mountain Top Rotary's "Conquer the Mountain, Support the Cause 5K Run/Walk." The event will be held on Saturday, Nov. 3, from 10 a.m.-1 p.m. at Wright Township Municipal Park, 321 S. Mountain Blvd., Mountain Top, Pa.

This year's cause is the prevention of overdoses and suicides. A portion of the proceeds will support Wyoming Valley Alcohol and Drug Services and Hazleton's Pathway to Recovery, Counseling and Educational Services.



[Share](#)

[Click here](#) for a registration form or register online at [NEPARunner.com](http://NEPARunner.com).

## Service Star of the Month—October 2018

by [Paula Rasich](#) · October 18, 2018

A routine spring day for colleagues at 2024 Lehigh St. quickly became anything but routine. That afternoon, a knock on the office window alerted the team to a medical emergency – a construction worker was lying on the roof of the building. Instantly, an office colleague dialed 9-1-1, and the recovery team climbed onto the rooftop to assist the man.

When they got to the roofer, a man in his 50s, they discovered he was in cardiac arrest. The team started CPR, taking turns between Felke, Enriquez and Puentes, while Rinker maintained the airway until more equipment arrived. Over the next 15 minutes, they kept on with their lifesaving efforts, performing more compressions and using an AED to shock the patient's heart twice. Puentes started an IV while Houck intubated the patient.

Emergency personnel from the Allentown Fire Department as well as EMS arrived with equipment to lower the patient off the roof and transport him to the emergency department (ED). As the team placed the man onto a stretcher, his heart started beating again on its own. The patient was evaluated in the ED, and then sent to the cardiac cath lab to undergo an intervention.

“This dedicated group of professionals worked together perfectly in a risky environment,” says nominators Kim Diehl and Rita Grillo, RN. “Without their expertise, quick response and steady hands, there would very likely have been a



*(L-r) Ryan Hay, RN (emergency preparedness), Sarah Rinker, RN (infection control and prevention), Melissa Enriquez, RN (home care), Lou Puentes, RN (emergency preparedness), and Adam Felke, RN (home care), and Joshua Houck, EMT/P (not pictured)*

□ 6

□ [Share](#)

completely different outcome.”

## **Next Steps**

Nominate a Service Star.

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

### **Michael Buchanan, LVH–Muhlenberg**

During a conversation with a colleague, Buchanan overheard a patient say, “I feel like I am going to pass out.” In a flash, he rushed to the woman’s side, catching her before she hit the floor. He then guided the patient to a chair and stayed by her side until she became comfortable to leave.

### **Krystal Finneran, Taylor Gregory, RN, and Denise Ward, RN, LVH–Hazleton**

When Finneran experienced the tragic loss of her son, who was unexpectedly born at 18 weeks, Gregory and Ward did not leave her side during the heartbreaking journey. Thanks to the strength, love and solidarity she received from the nursing duo, Finneran was inspired to give back. She began raising funds for keepsake boxes and other coping supports to help others on their healing journey.

### **Elizabeth Heggan, LVPG**

After discovering a patient was homeless, Heggan left no stone unturned in sorting out housing options. She met with the patient during lunch to discuss the process and contacted county representatives, housing agencies and local organizations to learn more. Thanks to her persistence and determination, the patient secured housing.

### **Bridgette Appleby, RN, Dana Bachman, LPN, Maria Carrega, LPN, Jeanine Correll, RN, Patricia Knopf, RN, Ashley Marlatt, LPN, Allison Moyer, LPN, Juliane Neifert, RN, Tracy Riccio, RN, Lynn Roth, RN, and Beata Wirth, RN, LVHN–Mack Boulevard**

Following a visit to the ED for a suicidal crisis, the mom of a distraught young girl called to schedule a follow-up visit with a pediatric provider. The triage nurse who

answered the call advised the mom to return to the ED with her daughter, because the young girl's condition was still high-risk and unstable. After the mom refused, the triage team of nurses jumped right in, calling a pediatric practice, 9-1-1 and crisis intervention. The team's proactive effort is a testament to the profound impact attentive care can have on a patient's life.

### **Denise Laub, RN, and Pamela Di Natale, RN, LVH–Cedar Crest**

After falling down and hitting her head on a cement floor, a woman was admitted to TNICU.

Treatment required that the patient be restrained and sedated while her sodium levels were slowly increased. When the patient awoke, she became highly agitated, trying to pull out tubes. Laub and Di Natale guided the confused and scared patient and her devoted husband through the highly stressful situation, restoring calm to the family.

### **Benjamin Schuettler and Harold Herndon, LVH–Schuylkill**

In August, the communities of Pottsville and Port Carbon experienced a devastating rainstorm that caused flash flooding, turning streets into rivers. Colleagues Schuettler, also a local EMS/firefighter, and Herndon, also the mayor of Port Carbon, managed the crisis in a calm manner. Their steadfast and tireless efforts were instrumental in ensuring residents were rescued from homes, medical calls were answered, supplies were delivered and water in homes was pumped out.

# Look Inside the Mobile Mammography Coach – PHOTOS

by [Brian Downs](#) · October 19, 2018

She's big – 40 feet long, almost 9 feet wide and more than 13 feet high. She's pink and her wheels are ready to roll. She is Lehigh Valley Cancer Institute's new Mobile Mammography Coach, which was introduced during a ceremony at LVH–Cedar Crest on Oct. 18. The coach is the first dedicated mobile mammography unit in our health network and region, and one of very few in Pennsylvania. It provides a convenient way for women to have 3D screening mammograms where they're located. Click through this photo gallery and take a look inside.

□ 1

□ [Share](#)



◀ [Back](#)

Picture 1 of 7

[Next](#) ▶

“Preventive cancer screening has the power to change and save lives,” says Surgical Oncologist Lori Alfonse, DO. “We want to put that power into motion by bringing screening mammography to the workplace, schools and community organizations.” By bringing the service to them, we can provide a critical service for women who have many demands on their time. We hope it will help many more

women take advantage of one of the best cancer detection tools out there.

Lehigh Valley Cancer Institute's Mobile Mammography Coach and its crew of two provides the latest mammogram technology – including 3D imaging – which helps identify breast cancer earlier, in its most treatable stages. It uses a Peplink EPX 15 Cellular SD-WAN router, which allows for real time imaging and incredible reliability on a mobile coach as if the clinicians were providing the mammogram in the hospital. LVHN is the first to offer EPX in the United States for mobile health care and the first in the world for mobile mammography. Should a patient need follow-up care, LVHN will provide that support.

For a list of locations where the Mobile Mammography Coach will be traveling over the next couple of months, or to learn more visit [LVHN.org/mammocoach](https://www.lvhn.org/mammocoach) or call 888-402-LVHN.

[Watch WLVT-TV PBS 39's coverage](#) of the Mobile Mammography Coach.

# MyLVHN Spanish Now Live

by [Jenn Fisher](#) · October 17, 2018

## MyLVHN Spanish Now Live

More than 250,000 patients enjoy accessing their health information on MyLVHN, our popular patient portal. Until recently, all information on the portal has been in English. But now, a patient's MyLVHN information can be viewed in



Spanish, an option that is predicted to benefit more than 52,000 LVHN patients.

**What is it called?** MyLVHN Spanish

**When is it available?** Right now.

**How does MyLVHN Spanish work?**

- **org:** A toggle option appears on the top right side of the page offering Spanish as an option.
- **MyLVHN app:** The patient's phone setting for primary language (Spanish) will automatically display most MyLVHN content in Spanish.

When needed, messages from patients to the health care provider/provider's team will be translated from Spanish to English. English responses will be translated to Spanish. This includes medical advice requests, prescription refills and scheduling appointments.

Some information will remain in English (discrete data), including medication names, allergies and procedure names.

**Why is this an important upgrade?**

□ 2

□ Share

The top five LVHN clinics/health care locations with the largest Spanish speaking populations have:

- 13,000 Spanish speaking patients – for many, this is their preferred language
- 70 percent of those patients need an interpreter
- 12 percent are MyLVHN active

It is anticipated that being able to interact with health information in Spanish, as well as receiving a response in Spanish from their provider, can help increase patient engagement.

# SELECT Graduate Makes LVHN History

by [Maggie Hadinger](#) · October 15, 2018

Yasir Abunamous, MD, has made LVHN history. He is the first graduate of the USF SELECT program (class of 2015) to complete the full trajectory of his medical education at LVHN – first as a medical student, then as a resident and now as an attending physician.

Originally from Tampa, Abunamous graduated from the University of South Florida with a Bachelor of Arts in Psychology. He made the decision to join the inaugural class of USF Morsani College of Medicine’s SELECT program – offered in partnership with LVHN – and completed the first two years in Tampa. He first came to Allentown in 2013, not expecting to stay any more than the two years required as a medical student in SELECT. But he and his wife, Sumaya, became enamored with LVHN, and with the family medicine department faculty and leadership in particular. They also found a community and developed personal ties. Thus, at each fork in the road, their decision-making kept leading them to make the choice to stay here.

When asked what is the best part about learning and working at LVHN, Abunamous says, “The beauty is the degree of continuity and alignment of educational objectives. Everything I learned at each stage – as a medical student, then as a resident, and now as an attending – was affirmed and expounded upon at each subsequent stage, creating layer upon layer of reinforcing experiences. My colleagues are a huge source of support. The family medicine department has a unique sense of collegiality.”

Abunamous shares that the best part of the family medicine residency at LVHN is



□ 8

□ Share

that he had the opportunity to put into practice the principles and values he learned in SELECT, and further, he got to meet and learn directly from thought leaders who contributed to the development of the SELECT program. As an attending, he now considers it a privilege to work alongside those same individuals as colleagues.

As Abunamous reflects on his medical education and training, he recognizes the availability of opportunities SELECT and the family medicine residency opened for him. He feels that SELECT paved an amazing way for students to make contact with high-level leadership and to build long-term relationships with physician coaches.

Abunamous now precepts in the family medicine residency and is slated to begin soon as a preceptor for SELECT students.

To prospective SELECT students, Abunamous says, “I feel very privileged to have been involved in SELECT as a student, and now as an educator. I tell everyone that the value of the SELECT curriculum becomes more apparent with each advancement as a learner – from transitions as simple as shifting clinical teams or rotations, to the more significant leap of formally joining the physician workforce. I use the emotional intelligence concepts nearly every minute of my day, and I lean on the leadership concepts in multiple personal and professional contexts. The health systems information I learned helps me participate in the broader conversations and discussions that occur around me, and helps me navigate within the system more effectively.”

Abunamous is a family physician at LVPG Family Medicine– Macungie and lives in Alburtis with his wife, son and mother.

# Spirit of Courage Honors First Responders for Acts of Heroism

by [Brian Downs](#) · October 15, 2018

A firefighter and an emergency medical technician who hung onto a woman when she literally jumped from a second story window onto their ladder were two of the people

honored during the 13<sup>th</sup> annual Valley Preferred Spirit of Courage Awards Celebration held at LVH–Muhlenberg on Oct. 2. The event

recognized nine first responders, their departments and everyday citizens for acts of heroism or commitment to burn education. A burn survivor who has spent his life helping young burn survivors also was recognized.

The honorees were joined by a special guest, burn survivor and international activist Natalia Ponce de Leon. Ponce de Leon told of being burned in an acid attack in her native Colombia, and her efforts to get laws changed to protect women around the world and to bring perpetrators to justice.

Two firefighters from York, Pa. who were killed in the line of duty also were recognized. They were the first firefighters in York to die on the job since 1971.

The Spirit of Courage award program was started locally by the Burn Prevention Network in partnership with Valley Preferred and LVHN to recognize persons who have risked their lives to save others from a fire. The program also recognizes individuals and groups who have done an outstanding job promoting fire safety or burn prevention education.

Burn Prevention Network executive director Dan Dillard said this event brings together first responders, health care professionals, life-safety educators and others



[□ Share](#)

to solve difficult and costly community challenges. It helps fund specialized training for firefighters, support programs for burn survivors and training for 800,000 children every year in fire safety and burn prevention practices. “We are guided by our vision of working with partners and communities to create a world without burns,” Dillard said.

The ceremony was covered by several media outlets. Click the links below to see the news coverage.

- [PBS39](#)
- [WNEP](#)
- [Blue Ridge Cable TV 13](#)
- [The Times News](#)
- [Lehigh Valley Live](#)
- [The Morning Call](#)
- [Skook News](#)
- [EMS World](#)

# Add Your Professional Photo to Your Outlook Account

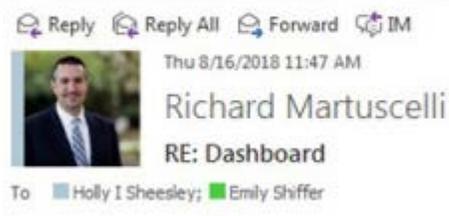
by [Rick Martuscelli](#) · October 17, 2018

Did you know you can add a photo to your Outlook email account?

Your Outlook photos serves as your professional introduction to colleagues. It also helps all colleagues connect a name to a face. That's why we've made it available.

□ 2

□ Share



## Things to consider when selecting an Outlook photo:

- Choose a recent photo of yourself.
- Make sure you are the only person in the photo.
- Wear appropriate professional or business casual attire.
- Look professional and have a pleasant facial expression.
- Do not use logos, cartoon or any inappropriate images.

## How to upload your photo (if you are using Outlook 2013):

- In Outlook, click "File" to see your Account Information page.
- Click "Change" under the picture box.
- You will be directed to Office 365.
- To sign in, use your LVHN system user identification (SUI) as an email address (example: [yourSUI@lvh.com](#)).
- Enter your password.
- Click the pencil icon.
- Upload an appropriate photo.

It may take up to 48 hours for the new photo to appear.