

## **One Week Left to Enroll in Benefits**

Open Enrollment ends Oct. 30.

## **42 Days Without a Diversion**

We celebrated this milestone on Oct. 22.

## **Send Your Cheer With #LVHNThanksYou**

Snap your team's pic; join our holiday campaign.

## **Saturday Flu Shot Schedule**

Clinics will be held 6:30-11 a.m. Oct. 24 and 31.

## **Trials Boost Breast Cancer Survival - PHOTOS**

Local woman shares her story.

## **Week Three United Way Winners**

See who won some cool prizes.

## **LVH-Muhlenberg Construction Update**

Project kicks into high gear this week.

## **Watch October's Leader to Leader - VIDEO**

Get an update on LVH-Hazleton.

## **Health Center at Mountain Top**

It's coming in early 2016.



## Choose Your 2016 Benefits Now; Open Enrollment Continues Through Oct. 30

BY [KYLE HARDNER](#) · OCTOBER 19, 2015

Have you enrolled in benefits for 2016 yet? There's still time. If you are an LVHN colleague and you want Choice Plus medical, dental, vision, supplemental life insurance or flexible spending account (FSA) benefits coverage in 2016, you must enroll between now and Oct. 30, 2015.

In mid-September all benefit-eligible colleagues received a detailed packet of benefits information that included:

- [What's Changing for 2016](#) – Detailed information about important benefit changes
- [2016 Choice Plus Medical Plan Brochure](#) – Information and examples to help you choose between the Choice Plus PPO and HSA health plans
- [Summary of Material Modifications](#) – A one-page sheet of the health plan changes for 2016
- [ExpressCARE or Emergency Room information](#) – A one-page sheet to help you decide the level of care required
- [Vision Plan Enhancements](#)– National Vision Administrators (NVA) will be our new vision provider in 2016.



Colleagues will have an option of electing the basic plan or a buy-up plan. [See additional discounts they provide.](#)

Please review all documents carefully before you enroll in benefits. If you didn't receive your packet, call the benefits hotline at 484-884-3199 or [view an electronic version.](#)

To receive benefits in 2016 you must enroll between now and Oct. 30, 2015. Do so through Lawson on your SSO toolbar during these dates. All LVHN colleagues must re-enroll in benefits for 2016 to be eligible. If you miss the Oct. 30, 2015 deadline, you won't be able to enroll in benefits until 2017 unless you have a significant life event (divorce, birth of a child, etc.)

This year the Health and Wellness Assessment is not required as a step to enroll in the medical plans. However, all colleagues are encouraged to take the assessment and continue to learn more about your health and taking care of yourself.

If you need assistance with your benefits enrollment, please attend an Open Enrollment help session:

**At LVH–Cedar Crest, Computer Lab 1**

- Wednesday, October 21, 7-11 a.m.

**At LVH–Muhlenberg, I/S Training Room**

- Tuesday, October 20, noon-4 p.m.
- Wednesday, October 28, 7-11 a.m.

**At LVH–17<sup>th</sup> Street Auditorium**

- Thursday, October 29, 7-11 a.m.

**At LVHN–Mack Boulevard, LVPG Training Room (second floor)**

- Monday, October 19, 7-11 a.m.

**At Health Network Laboratories, 794 Roble Road, Main Computer Training Room**

- Tuesday, October 20, 7-11 a.m.
- Thursday, October 22, 6-9 p.m.
- Thursday, October 29, 10 a.m.-1 p.m.

Tags: [Choice Plus](#) [Dental Benefits](#) [FSA](#) [Medical Benefits](#) [Open Enrollment](#) [Vision Benefits](#)

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## 2016 Choice Plus Health Plan



Choose Your 2016 Benefits Now During Open Enrollment

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Exciting New Changes for 2016 Vision Benefits

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Streamlined MyPopulytics Website Gives You Faster Access to Health Benefit and Claim Information

21 SEP, 2015

## Inpatient Access Goal Update: 42 Days, No Diversions

BY [TED WILLIAMS](#) · OCTOBER 22, 2015

Here's an important update regarding our Fiscal Year 2016 (FY16) goal regarding inpatient access: As of today (Oct. 22), it's been 42 days since our last ambulance diversion. That means we're doing a great job meeting our goal so far.

To spread the word, we will begin offering consistent, visible reminders about our network's diversion performance on the overhead digital messaging inside the Kasych Family Pavilion at LVH-Cedar Crest and here on LVHN Daily.

Inpatient access is essential for the future success of our organization. More community members continue to choose LVHN for their medical needs. Because of issues with patient access and flow through our network, we occasionally have needed to turn these patients away (go on diversion) in the past. When that happens, patients are typically directed to other health care facilities because we do not have inpatient beds or emergency department beds available.

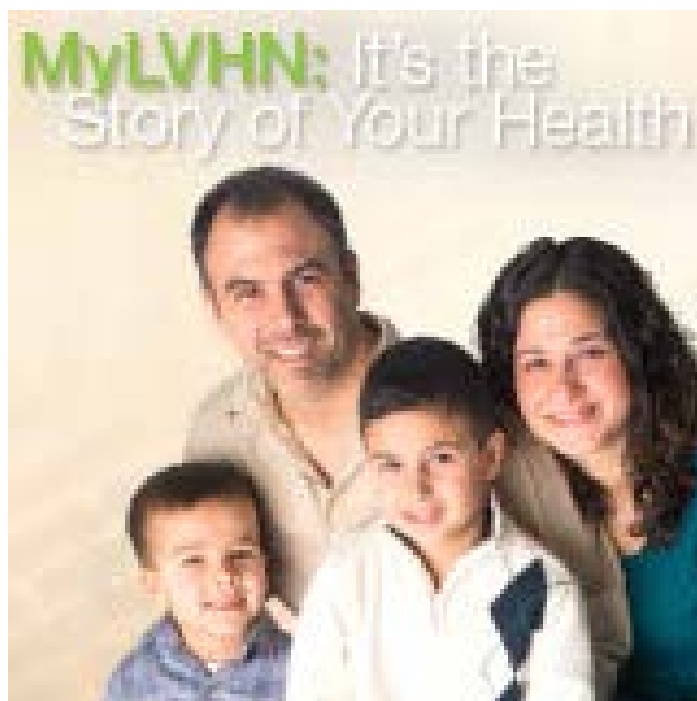
That's why our FY16 goal is to avoid diversion. We're focusing on decreasing inpatient length of stay (LOS) and



improving transitions of care throughout our entire organization. The network has committed multiple resources to avoiding diversion: we have opened and staffed inpatient beds; added staffing in areas of need; augmented clinical resources, and most importantly, changed processes to improve care. Some of these countermeasures have already been implemented, while many others will be introduced during the current fiscal year and beyond.

Tags: [Diversion](#) [Goals](#)

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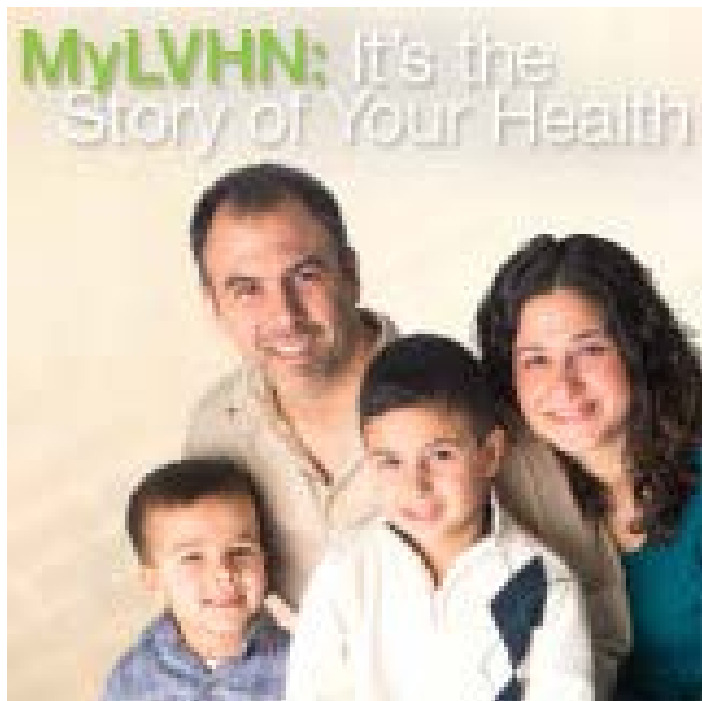
Thank you for Promoting MyLVHN

8 OCT, 2015



Inpatient Access Update

11 SEP, 2015



MyLVHN: It's the Story of Your Health

10 AUG, 2015

## Snap a Picture of Your Team and Join Our #LVHNThanksYou Holiday Campaign

BY [KYLE HARDNER](#) · OCTOBER 23, 2015

It's the holiday season, a time when we find unique ways to offer thanks. At LVHN, we are forever grateful to the community members we serve. Now we want you to help us send a giant "thank you card" to everyone throughout our region.

We're starting a campaign called #LVHNThanksYou – and you are the star. We're asking you to get your department, unit or team together, snap a picture of







yourselves and email it to us at [LVHN@lvhn.org](mailto:LVHN@lvhn.org). We'll choose some of the entries to be part of our #LVHNThanksYou television ads that will air during 69 News broadcasts from Thanksgiving through Christmas. And we'll post all photos on our LVHN social media accounts to spread holiday cheer throughout the season.

It's easy to participate. Follow these three steps:

1. **Pose** for a picture (see examples in this blog post). Have a colleague take the photo on his or her smartphone. Ideally, the photo should include three-to-seven colleagues from your department, unit or work area. Since we'll be sharing the photo, please ensure you're at your professional best, and be respectful of patient privacy. Also, make sure the photo is clear and well-lit (hint: don't stand in front of a window; it will make the photo appear dark).
2. **Email** your picture from your smartphone to [LVHN@lvhn.org](mailto:LVHN@lvhn.org). (Note: If you take the photo on an Apple device [iPhone, iPad, etc.], choose the largest file size to send.)
3. **Watch** our Facebook and Twitter accounts to see your picture, or search social media for #LVHNThanksYou. If you have your own holiday message or photo to share, be sure to post it with the hashtag #LVHNThanksYou. And watch 69 News during the holiday season to see which teams of colleagues are featured in our holiday ads.



So get your smartphone ready and prepare to send some holiday cheer to everyone in our community through #LVHNThanksYou.

Tags: [#LVHNThanksYou](#) [69 News](#) [Advertising](#) [Holiday Season](#)

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27 JUL, 2015

## Saturday Flu Shot Schedule

BY RICK MARTUSCELLI · OCTOBER 23, 2015

If you're planning to get your flu shot this Saturday at LVH–Cedar Crest or next Saturday at LVH–Muhlenberg, please note that the times listed in the Summer 2015 edition of LVHN Quarterly are incorrect.

Here are the correct times for these flu shot clinics:

### **Saturday, Oct. 24**

LVH–Cedar Crest Kasych Family Pavilion first-floor hallway

6:30-11 a.m.

### **Saturday, Oct. 31**

LVH–Muhlenberg ECC hallway

6:30-11 a.m.

All colleagues who have patient contact must get a flu shot by Nov. 23, unless an approved medical or religious exemption is granted by employee health services. The deadline to submit a request for exemption is Nov. 1.



Colleagues who do not have patient contact and choose not to get vaccinated must decline by Nov. 23.

Tags: [Employee Health](#) [Flu](#) [Flu Shot Clinic](#) [Influenza](#) [Vaccination](#)

## ☐ RELATED CONTENT



[Help Kick Influenza; Make Sure You Get Vaccinated During our Fall Flu Shot Clinic](#)

22 SEP, 2015



[It's Infectious: Flash Mob at Flu Shot Clinic Gives Hospital Employees Shot at Love – VIDEO](#)

21 NOV, 2014



Wellness Wednesday – Be Ready for Flu Season

29 OCT, 2014

## Nazareth Woman Shares Reflections on Breast Cancer Clinical Trial

BY [JENN FISHER](#) · OCTOBER 22, 2015

16519\_Cancer-Event-Photo-Gallery1


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Picture 1 of 5

[Next ▶](#)

### LVHN event celebrates survivorship and offers updates

Until 2013, Caroline Latt made sure she had a yearly mammogram. But that December was unusually hectic: Latt was immersed in helping her daughter and her daughter's family move from their home in the Wilkes-Barre area to Nazareth, where Latt would live with them. "I had a lot going on at that time, and since I only had non-cancerous cysts diagnosed before, I wasn't worried about missing my yearly mammogram," she says.

However, a relaxing moment with one of Latt's grandchildren in April 2014 brought the need for a breast exam into sharp focus. "One day my youngest grandson took a nap beside me, and I happened to roll over onto my arm," she says. "Just under my right breast I felt a large lump. It didn't hurt, but it scared me." By May 2014, Latt had a mammogram at Lehigh Valley Health Network's (LVHN) [Breast Health Services \(BHS\)](#). She then required a breast ultrasound and a biopsy. The diagnosis: stage 3 breast cancer.

Latt shared her experience as a breast cancer patient, and spotlighted the clinical trial that she is currently enrolled in through LVHN at an event held yesterday at Lehigh Valley Hospital–Muhlenberg. She also spoke about the LVHN care team that has helped her to date. "They are wonderful, wonderful!"

That team – which includes breast surgeon [Lori Alfonse, DO](#), radiation oncologist [Charles Andrews, MD](#), hematologist oncologist [Ranju Gupta, MD](#), and patient navigator Jane Zubia, RN – guided Latt through a mastectomy of her right breast, chemotherapy and radiation therapy. After those treatments were complete in January 2015, Latt enrolled in the clinical trial. "[This trial is for patients with a hormone-driven advanced breast cancer like Caroline has, who are at a greater risk for reoccurrence than other patients,](#)" Gupta says

The standard of care for this type of breast cancer is endocrine therapy, also known as hormone therapy. In conjunction with that active care, Latt takes one pill a day for the study. Study participants receive either everolimus, which is the active study medication, or a placebo, look-alike version of the pill.

“We are only testing this with patients who have a higher chance for breast cancer coming back,” Gupta says. “The trial medication or placebo is used for one year. However, study participants will continue using the standard-of-care endocrine therapy for up to five years.”

### **Clinical Trials: Access to Help and Hope**

LVHN's access to clinical trials, and in particular breast cancer clinical trials, provides area people with more options for treatments and therapies close to home. “This is an exciting time to work in the cancer field, because LVHN has become a go-to site for leading-edge clinical trials,” says Suresh Nair, MD, director of clinical trials for LVHN's oncology program. “We offer cancer studies that aren't available at most hospitals. For our patients, that opportunity means a chance for greater survival and better quality of life.”

LVHN is in process of opening a new clinical which will add another non-chemo option for women with stage 4 breast cancer positive for the estrogen receptor. “This trial is based on the work of world renowned medical oncologist Dr. José Baselga, the chief medical officer and physician-in-chief at Memorial Sloan Kettering,” Nair says. “This trial will study a new targeted anti-cancer agent in pill form (PI3 kinase inhibitor) paired with an anti-estrogen shot (Faslodex®, also known as fulvestrant).” Dr. Gupta will be the principal investigator. The clinical trial will be open at both LVH–Muhlenberg and LVH–Cedar Crest sites, as are all of the breast cancer trials.

In early 2016, [LVHN's partnership with Memorial Sloan Kettering \(MSK\) Cancer Center](#) will offer even more clinical trial options for cancer patients right here in the Lehigh Valley.

In addition to LVHN's collaboration with MSK, the LVHN cancer program will continue to offer National Cancer Institute studies, so a full menu of options will be available for breast cancer patients.

Now eight months into the clinical trial, Latt remains the active, ambitious woman she always was. “The whole month of December I am going to my home country of Burma, now known as Myanmar,” Latt says. Her plan is to meet with family and friends and talk about her breast cancer experience. “I want to make sure they are knowledgeable about breast cancer and that they know how to check their breasts, how to eat healthy. I also want them to know how breast cancer support is very important to patients. I want to share my experience and make sure they know in case someone they care about faces this disease.”

Also at the event, people who offered time, gifts or monetary donations to the cancer program were acknowledged. Without their support, many programs, patient assistance and extra forms of patient comfort would not be possible.

More information is available on the LVHN Research and Education section of our website:

[Research.LVHN.org/clinical-research](http://Research.LVHN.org/clinical-research).

View coverage of this event:

[The Morning Call](#)



Lori Alfonse   Ranju Gupta

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LVHN to Join Memorial Sloan Kettering Cancer Alliance

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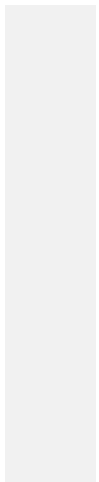
27 JUL, 2015



## Attend an Event to Build Your “Pink Q” and Earn Continuing Education Units

10 APR, 2015

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## Our Latest United Way Campaign Prize Winners–Week Three

BY [GERARD MIGLIORE](#) · OCTOBER 23, 2015

Our annual LVHN United Way campaign runs through Nov. 30. This year's theme is "Be Someone's Hero." Your donation will help the United Way of the Greater Lehigh Valley support vital community-based programs that focus on education, food access, healthy aging and emergency services.

Each week, colleagues who donate are entered into a drawing for a variety of exciting prizes. Don't fret if you don't win. Your name will automatically be entered into the following week's drawing. Below is the list of winners for week three.



Winner	Prize	Donated by
Barbara A Heagele-Benefits Dept.	Tastefully Simply Basket	Shelly Meier
Rosalie Goldstein – Head Teacher	\$29 Gift Card – Full Tray	Philly Pretzel Factory
Cathleen Webber – Clinical Quality & PI	2016 Entertainment Book	LVHN Recreation Committee
Lois R Matyas- LVPG Internal Medicine Muhlenberg	2016 Entertainment Book	LVHN Recreation Committee

Kimberly B Weiss – ICU Muhlenberg

90 Minute Massage

Elements Massage- Allentown

Susan A Sayers- Claim Support Dept. of Surgery

Women's Hair Cut & Glaze- \$90 Value

Anthony Ashley Hair Design, LLC

Next week, those who donate have a chance to win a 2016 Entertainment Book, 8 hours of paid time off (PTO), a \$29 gift card to Philly Pretzel Factory, 2 Philadelphia Flyers tickets, a Pig Pack from the Lehigh Valley IronPigs and an executive candy box from Just Born.

You can give to the campaign by clicking the United Way icon on your SSO toolbar. *(Please note: To donate to the United Way, you must click the "United Way" icon. If the icon does not appear, refresh your toolbar under the "Options" drop down. The "Give Now" icon is for colleagues to donate to Lehigh Valley Health Network.)*



Tags: [Donate](#) [United Way 2015](#)

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[Our Latest United Way Campaign Prize Winners–Week Two](#)

[Our Latest United Way Campaign Prize Winners–Week One](#)

16 OCT, 2015

8 OCT, 2015



Be Someone's Hero: LVHN United Way Campaign  
Kicks Off Thursday, Oct. 1 – VIDEO

29 SEP, 2015

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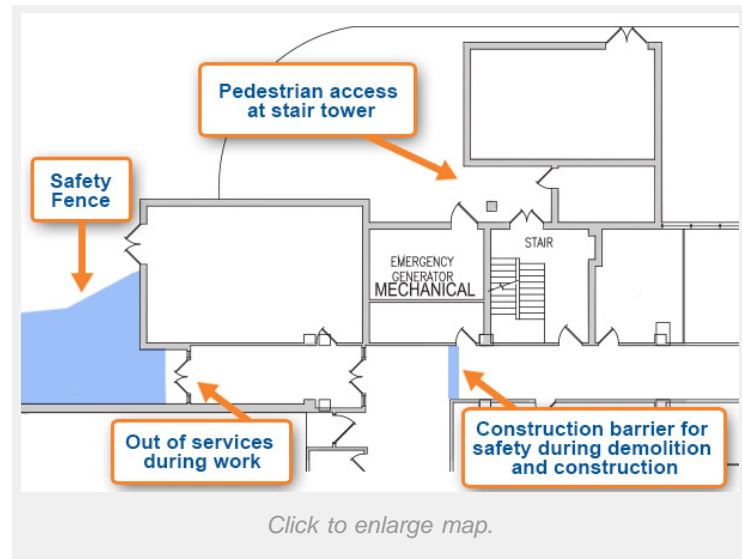
## Building Demolition Scheduled at LVH-Muhlenberg

BY TED WILLIAMS · OCTOBER 21, 2015

The Specialty Care Pavilion project on the south side of the LVH–Muhlenberg campus will be moving into high gear. This week, external demolition of the former dietary building adjacent to the south entrance complex will begin.

This phase of the construction project will include demolition, excavation, foundation work and new wall construction. While the project is ongoing, it will impact access to the hospital from the west side of the south tower.

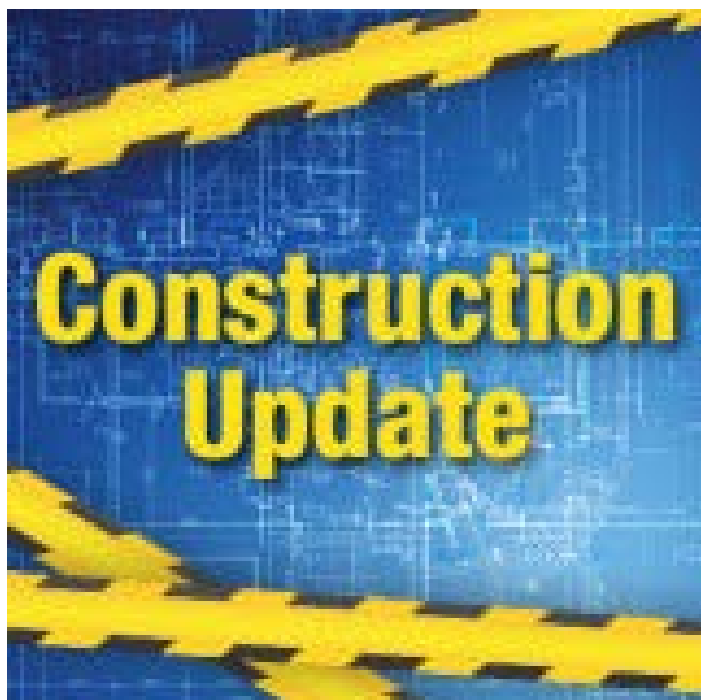
As shown on the map above, a safety fence will cordon off the area a good distance from the former dietary building. The fence will extend beyond hospital access points west of the south tower for safety reasons, making them unavailable. Pedestrians may use another access point beyond the safety fence and around the corner of the building until this phase of the project is completed.



Exterior demolition of the Banko Community Center is scheduled to begin the week of Nov. 9. The four-story pavilion, which will house obstetrics and newborn services as well as inpatient rehabilitation, is expected to open July, 2017.

Tags: [Construction](#) [LVH-Muhlenberg](#)

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LVH-Muhlenberg Parking Lot Expansion Project Begins Oct. 5

1 OCT, 2015



Groundbreaking Marks Start of Specialty Care Pavilion Construction at LVH-Muhlenberg

25 SEP, 2015



More Fencing, Parking Changes Coming to LVH-Muhlenberg Construction Site

24 SEP, 2015



## Watch October's Leader-to-Leader Video

BY [ASHLEY MILLER](#) · OCTOBER 20, 2015

Do you want to know what's going on in our health network? Watch the Leader-to-Leader meeting. Leader-to-Leader meetings are held the third Thursday each month in the Lehigh Valley Hospital-Cedar Crest auditorium and simulcast to participants at Lehigh Valley Hospital-17th Street, Lehigh Valley Hospital-Muhlenberg, Lehigh Valley Hospital-Hazleton and Mack Boulevard. Using a PowerPoint presentation as a guide, guest speakers share updates on key issues and initiatives.

[Welcome](#)

[Service Star](#)

[Patient Story](#)

[Spotlight on LVH-Hazleton](#)

[Everyday Bias](#)

[United Way](#)

*(Please note you must be logged on to our intranet with Internet Explorer in order to access the videos above. You also need to have Microsoft Silverlight installed on your computer. If the links do not open properly, try refreshing*

*your browser. If you have questions or need assistance, please contact information services at 610-402-8303.)*

Tags: [L2L](#) [Leader-to-Leader](#)

## RELATED CONTENT



[ICYMI: Your Fast and Fun Way to Catch Up on LVHN Headlines – VIDEO](#)

6 OCT, 2015



[Watch September's Leader-to-Leader Video](#)

18 SEP, 2015



Watch August's Leader-to-Leader Video

24 AUG, 2015

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## The Health Center at Mountain Top, Opening Next Year

BY [TED WILLIAMS](#) · OCTOBER 23, 2015

Early next year, residents of Mountain Top and the surrounding municipalities will be able to access health care services from Lehigh Valley Health Network (LVHN). The Health Center at Mountain Top will be located in the Weis Shopping Plaza on Route 309 between Hazleton and Wilkes-Barre. The 14,000 square-foot center will offer community members:

- Family medicine
- Gynecology
- Cardiology services
- Rehabilitation
- Imaging



And that's only the beginning. LVHN will expand its service offerings by adding additional space and specialists to the Health Center at Mountain Top in the future. This will be LVHN's 14th health center and the second one in Luzerne County, the first being the Health & Wellness Center at Hazleton.