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LVHN Weekly-Pocono

Newsletters

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LVHN Weekly-Pocono

Lehigh Valley Health Network

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LVHN news

Stroke 101: What You Need to Know

When Ear Infections Keep Coming Back

Sleep Tied to Children's Behavior & Development

Important Announcement Regarding Coordinated Health

BY [BRIAN NESTER, DO, MBA, FACOEP](#) · SEPTEMBER 19, 2019

Special Announcement



**This message is from Brian Nester, DO, MBA, FACOEP,
Lehigh Valley Health Network President and Chief Executive Officer.**

I'm writing to inform you of important news. LVHN has signed a binding Letter of Intent to acquire the assets of Coordinated Health. The transaction is subject to notification to the federal antitrust agencies and observance of one or more waiting periods under the Hart-Scott-Rodino Act (HSR). The Federal Trade Commission is currently conducting the HSR review. The Pennsylvania Attorney General's office is also reviewing the transaction. If cleared by the government to close, Coordinated Health will become a part of LVHN.

Coordinated Health (CH) is a hospital and health network with 22 locations throughout the Lehigh Valley, Northeastern Pennsylvania and western New Jersey. CH employs more than 1,200 highly skilled personnel working in outpatient offices, two hospitals and two Ambulatory Surgery Centers.

LVHN and CH will remain separate and independent health systems while they await these government reviews. The review process typically takes between 30 and 60 days, and sometimes longer. We will keep you informed when there is additional information to share.

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Monroe County Hospice House is Now Open

BY [PAMELA RIDDELL](#) · SEPTEMBER 17, 2019

The Monroe County Hospice House is open and accepting patients who need intensive care at the end of life. The house also supports families who need brief respite care.

“Although most patients choose to remain in their homes when receiving hospice services, there are times when the disease progression makes it no longer feasible for care to be provided in any other setting than an inpatient facility,” said Elizabeth Wise, President of Lehigh Valley Hospital-Pocono. “If that need arises, our dedicated Hospice House will ensure that we can continue providing physical, social, spiritual and emotional care for patients and their families during the last stages of life.”



Hospice House

The service returned to the facility at 412 E. Brown St. in East Stroudsburg after passing regulatory approvals from the Pennsylvania Department of Health and support from an Advisory Committee of community members, chaired by Mark Primrose, Esquire.

The group formed to assess to the future of the Hospice House and hospice services in Monroe County and recommended re-opening with a three-year commitment of support and financial growth from additional community members using the service. The team, in cooperation with the LVHN-Pocono Foundation, has raised more than \$220,000 to support the house.

Following the Committee’s recommendations, LVH-Pocono leaders reviewed the suggestions and worked diligently with Committee members to determine clear steps that would make operation of the house viable both now and in the future.

“The attention around hospice care increased awareness and communication among in-hospital providers and gives us an opportunity to continue to grow the program for those who need it going

forward,” Wise said. “We remain committed to end-of-life care as we balance and reconcile the desires of the community with our organizational resources and the needs of all our patients. We thank our Community Advisory Committee for their unwavering support of the Monroe County Hospice House.”

The LVHN-Pocono Foundation and Community Advisory Committee continue to seek philanthropic support from our community through a fund for donations called “Hospice House—Today, Tomorrow & Always.” Online donations can be made by visiting give.lvhn.org/pocono, or you can mail a check, payable to LVHN—Pocono Foundation, 206 E. Brown St. East Stroudsburg, Pa. Please indicate “Hospice House” on the memo line. For more information about how you can help with fundraising, call 570-476-3530.

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Rock Show Is Poconos Musician's Tribute to Hughes Cancer Center

BY [TED WILLIAMS](#) · SEPTEMBER 17, 2019

It's been six years now, but Pieter Holland remains unable to thank the health care professionals at Dale and Frances Hughes Cancer Center at LVH—Pocono enough for what they did for him.

"I wouldn't be here if not for the great people at Hughes Cancer Center," says the 68-year-old Holland, a musician known throughout eastern Pennsylvania for his popular 24/7 web radio station Live from Rock 'n Roll Ranch. "This is a way for me to express my gratitude."

Holland and his wife, Sally, have organized a special benefit rock show, "Rockers for Hughes Cancer Center," at noon on Sept. 22 at the Pocono Manor.

Admission to the benefit concert is \$10

per person. Six bands will play at the benefit including Holland's own Pieter Holland Band as well as Long Time Coming, Felix And The Cats, Friar Point Band, Bad Influence, and Who Knows Band. Eric Noone and Lyman Winner of the Frogtown Chophouse in Swiftwater, Pa., will be the special guest masters of ceremony.

Holland, a well-respected guitarist and drummer who has played with top artists such as Tina Turner, Joe Walsh, Stephen Stills and Glen Campbell, began his cancer journey after injuring his right shoulder moving equipment at his studio in March 2013. While getting his shoulder checked, his orthopedic specialist noticed a growth on his left arm and referred him to Hughes Cancer Center.

"It turned out to be stage 4 Merkel cell carcinoma," Holland says. "Three days later, they removed the tumor and found the cancer had spread to the lymph nodes. I started intensive chemotherapy and radiation immediately."

Many times during his cancer treatment, Holland felt ready to give up. He credits all of his Hughes caregivers for constantly picking up his spirits with their positive attitudes. He was overjoyed when he



was deemed cancer free.

“Merkel cell carcinoma is a rare and very aggressive form of skin cancer,” says Suresh Nair, MD, Physician-in-Chief, Lehigh Valley Cancer Institute. “The wonderful outcome in this case is a testament to the outstanding care offered every day at the Hughes Cancer Center.”

Holland had another health scare last February. He was about to have surgery for a bone spur on his foot at LVH–Pocono when his blood pressure measured extremely high. “I had a cardiac stent implanted in Las Vegas in 1998 and initially the thinking was the problem was related to that.” Holland says. “It turned out I had four arteries each with 98 percent blockage. I ended up getting quadruple bypass surgery. So LVH–Pocono has really saved my life twice.”

For more information about the concert, call 570-595-0622.

To learn more about Dale and Frances Hughes Cancer Center at Lehigh Valley Hospital–Pocono, call 888-402-LVHN (5846).

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LVH–Pocono is #LVHNProud at StroudFest – PHOTOS

BY ADMIN · SEPTEMBER 16, 2019



Stroudfest is an annual community event that attracts thousands of visitors to downtown Stroudsburg for a day of musical entertainment, a chance to enjoy local artisans and vendors, as well as learn more about area non-profits. The 2019 edition provided a perfect opportunity for LVH–Pocono to showcase our partnership with the people of our community and share important health information.

Visitors to the LVH–Pocono tent had the opportunity to receive information about CPR, Stop the Bleed tourniquet techniques and opioid overdose education. Those who stopped by also received useful LVHN giveaways. Thank you to all who volunteered and showed that they are #LVHNProud.



Service Star of the Month – September 2019

BY [PAULA RASICH](#) · SEPTEMBER 19, 2019

Tracy Riccio, RN, and Bridgette Appleby, RN, Access Center, LVHN–Mack Boulevard



Minutes matter when it comes to saving a life. Access Center Triage Nurse Tracy Riccio, RN, received a call from a distraught mother needing advice about her six-week-old premature baby. Overnight, the infant's breathing had become labored and he was looking very pale. The mother told Riccio that her baby was coughing and sneezing throughout the night, and that his chest puffed out while he slept. Riccio continued to ask questions about the infant's condition and symptoms. The mother continued to explain that the baby was lethargic, eating less frequently and had a low temperature. Suddenly, the mother began screaming. Her baby stopped breathing and started turning blue. Instantly, Riccio began coaching the mother through CPR. Access Center Triage Nurse Bridgette Appleby, RN, overheard the phone call and dialed 911. Riccio kept calm, guiding the new mom through rescue breaths, opening the baby's airway and chest compressions. After frantic moments, the baby was resuscitated. He started breathing, and the mother reported that her baby was awake, alert and crying. Riccio then assured the mother that EMS was on the way. "Tracy and Bridgette's quick thinking and actions, team collaboration, and calm, steady support for the mother and baby during this challenging phone call is an example of the many ways that this team provides exceptional quality care to our patients and community every

day,” says nominator and Access Center Nursing Triage Manager Tina Weikel.

Next Steps

Nominate a Service Star.

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

Colleagues from the Emergency Department, Special Care Nursery, and Labor and Delivery, LVH–Muhlenberg

A preterm infant (born before 25 weeks of pregnancy) was delivered in the emergency department (ED). The ED staff resuscitated, stabilized and monitored this critically ill patient, working seamlessly with members of the NICU team. The infant left LVH–Muhlenberg only two hours after being born.

Sarah Fye and Ruben Rosado, 2K South, LVH–Cedar Crest

A multiple-vehicle accident occurred on I-78 in front of LVH–Cedar Crest. As they were arriving for work, Fye and Rosado heard the crash from the parking lot. Acting quickly, they ran across the field to the scene. Even before first responders arrived, they began giving aid to three trapped passengers. Their quick action helped save lives.

Patricia Casals, Shelly Oplinger, Mary Karounos and Elizabeth Salvadore, LVPG–Cardiology

A couple was leaving the office when the wife began screaming. Her husband was showing signs of a stroke. The team of colleagues jumped into action to help this patient. Thanks to their diligence and immediate medical attention, the patient was stabilized and moved to LVH–Cedar Crest for further treatment. Three days later, the patient’s wife called to express her gratitude. Her husband made a full recovery in time to celebrate their 49th wedding anniversary.

Michael Dodson, PA-C, LVPG Orthopedic Trauma, LVH–Pocono

On a brutally cold winter day, Dodson learned his colleague fell and broke her leg outside the office. Dobson went to stay by her side until the ambulance arrived. He then rode along with his colleague to the hospital and wouldn’t leave her side until her husband arrived.

David Blankenhorn, Plant Engineering, LVH–Schuylkill

An elderly couple came to the front switchboard requesting to be seen in the ED. The woman, who had difficulty understanding English, wasn’t feeling well. Blankenhorn noticed the couple struggling and offered to help by showing them how to get to ExpressCARE. After retrieving a wheelchair for the visibly weak woman, he wheeled her to her car, then had her husband follow him to ExpressCARE. When they arrived, he collected another wheelchair and escorted the patient and husband inside.

Ruth Clark-Ramos, RN, Access Center, LVHN–Mack Boulevard

Clark-Ramos received a call from a stressed mother who needed to schedule a follow-up appointment at the Children's Clinic. Her premature baby had feeding issues. Without transportation, the mom had no way to get there. Clark-Ramos took the time to schedule the appointment plus coordinate cost-free van service through the Center for Women's Medicine. The grateful mother now has transportation to and from appointments.

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Here are the Winners of the Kids Greeting Card Contest

BY [ADMIN](#) · SEPTEMBER 16, 2019

We asked for creative and artistic kids to step up, and you delivered. This summer we hosted a contest called “Greetings for Good,” requesting LVHN colleague’s children and grandchildren to submit their original artwork for the cover of greeting cards that will benefit the Colleague Relief Fund. The response was sensational, as we received so many imaginative and unique entries.

A committee voted and 12 winners were selected. These winners will appear on the front of cards in boxed sets. There will be two different box styles available with six cards in each. Detailed information on how and where to find boxes of these adorable cards will be coming this fall.



Thank you to everyone who participated in this fun initiative. All participants will be acknowledged, even if they were not selected as a winner. Please note, if there was no contact information included with your child’s art, we will not be able to reach you. Stay tuned for “unclaimed art” information in a future post. If you have questions, please contact Andrea.Kneedler@lvhn.org.

The winners are:

Felicity Coulthard, age 11

Annabelle Kotkiewicz, age 7

Paige Pryor, age 7

Quinn Calarco, age 7

Darcy Conrad, age 9

Alanah Rinker, age 8

Gia Rogers, age 5

Mackenzie Usilton, age 5

Harper Higgins, age 5

Michael Colistra, age 8

Jocelyn Linkashunas, age 11

Gabriella Carey, age 10

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Join us at the 2019 Walk to End Alzheimer's

BY [AMANDA BIALEK](#) · SEPTEMBER 18, 2019

Join LVHN colleagues at the 2019 Walk to End Alzheimer's. The walk is on Saturday, Sept. 28, at the ArtsQuest Center at SteelStacks. The Fleming Memory Center hopes you'll join their team, "FLEMINGos." LVHN is a sponsor of this year's walk.

More than 5 million Americans are living with Alzheimer's. Together, we can raise awareness of the disease and funds to support research efforts for the Alzheimer's Association. Sign up soon to receive a free team T-shirt. Quantity is limited.

Walk to End Alzheimer's

Date: Saturday, Sept. 28

Time: Registration begins at 8 a.m. There will be an opening ceremony at 9:15 a.m. The walk will start at 9:30 a.m.

Location:

ArtsQuest Center at SteelStacks
101 Founders Way
Bethlehem, PA 18015

How to register:

- Visit [2019 Walk to End Alzheimer's](#).
- Respond to the participation question and Click "Join a Team."
- Select Fleming Memory Center from the dropdown menu.
- Click "Search for a Team" and join team FLEMINGos.

Tag LVHN and the Alzheimer's Association on social media:



#LVHNproud

#ENDALZ

#Walk2EndAlz

For more information about the event, visit [Alzheimer's Walk Event Information](#).

If you aren't able to join the walk, you can use the same link ([2019 Alzheimer's Walk](#)) to pledge your support.

If you have questions about the event, email colleague [Kristin Fox](#).

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Ambulatory Referral Update

BY [MARCIANN ALBERT](#) · SEPTEMBER 17, 2019

There are several important ambulatory referral updates listed below for practice colleagues who have touchpoints in the patient referral process:

LVPG ambulatory referrals that went live in August

- LVPG Gynecology–Schuylkill Manor Road
- LVPG Hematology Oncology–Easton
- LVPG Gynecology–Frackville

LVPG ambulatory referrals going live in September

- LVPG Cardiology–Easton-Phillipsburg, a brown-bag practice of LVPG Cardiology; the first day of patient care is Sept. 10
- LVPG Chiropractic Medicine–Hausman Road, this practice was previously named LVPG Chiropractic Medicine-1243 Cedar CRest
- LVPG Family Medicine–179 East Stroudsburg, this practice goes live Sept. 16
- LVPG Ear, Nose and Throat–East Stroudsburg, their Epic go-live date was Sept. 9, and the first day of patient care is Sept. 16

