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Your wrap-up of the week's news from LVHN.

New Voluntary Benefit Package Enroll in insurance and other lifestyle products.

Help Recruit RNs to LVHN Kim Jordan explains how you can help.

Have a Project That Transforms Care? Apply for a Pool Trust grant.

Enroll in 'Worth the Weight' It will help you meet your weight-loss goals.

Phantoms' Nurse Appreciation Night Get discounted tickets; have fun with colleagues.

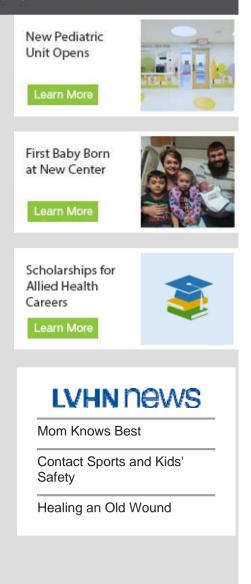
Meet our LVHN Lovebirds – Photos These married couples also are colleagues.

Lynn's Turn: Encouraging Acts of Kindness Here are 10 kind things you can do.

LVPG Practice of the Month – Photos Meet Center for Women's Medicine colleagues.

Colon-Rectal Cancer Info Session Learn to reduce your risk on March 7.

LVHN Master Clinicians Physician are honored for their clinical care.



Information on LVHN Weekly is for LVHN colleagues only and cannot be accessed on smartphones or computers outside of LVHN's network.

New Voluntary Benefit Package

BY **RICK MARTUSCELLI** · FEBRUARY 13, 2019

You provide exceptional care every day and deserve to be rewarded and recognized for your work. To show our continued gratitude for all you do, we are expanding our competitive benefits to include a new voluntary benefit package. This new benefit package supports your priorities and goals, and celebrates "one LVHN" because it is available to all colleagues network-wide.

A new, best-in-class portfolio of richer voluntary benefit plans has been developed at nearly the same or lower pricing than what is currently offered to colleagues. This exciting offer will include accident, critical illness and hospital indemnity insurance, as well as other lifestyle products such as pet insurance, legal assistance and identity theft protection services. This new package will



replace the existing products currently provided at each LVHN entity.

A special enrollment period will occur from Feb. 25, 2019 through March 15, 2019. We are partnering with The Hartford to provide an online portal that makes enrollment quick and easy. The site is rich in information to assist with your decision-making process, and telephonic support is available at any time during the process should you need it.

Each colleague will be receiving a series of emails prior to and during this special enrollment period with detailed information regarding the new products being offered, portability of existing products, where available, as well as instructions on enrollment.

We're excited to offer this benefit package to you and your loved ones. It's one more way we're working to make LVHN the best place to work and grow in the region.

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Help Recruit RNs to LVHN

BY KIM JORDAN, DNP, RN · FEBRUARY 15, 2019

As you know, we continue to focus on hiring staff and filling vacancies to create a great environment for our patients *and* our caregivers. While it may seem the efforts associated with hiring are isolated to managers and our HR team, they aren't. You can play an important role in helping us meet face-to-face with the right candidates who will bring their skills, talents and collaborative outlooks to our hospitals. (And by the way, even if you are not in patient care services, I encourage you to share this information and help us recruit great nurses!)

Over the next few weeks, we are holding a number of events designed to recruit experienced RNs. We all know that LVHN is a great place to work. I am



asking each of you to help us recruit our new colleagues by doing three things:

1. Share our recruiting events on social media.

If you use Facebook or LinkedIn, you can easily share any or all of the following to your friend group or professional connections. To help add even more impact to the share, please include your own message about why you love working at LVHN. Be sure to include the hashtag #LVHNProud.

Facebook

LVH–Pocono RN recruiting event, Feb. 18

LVH–Hazleton RN recruiting event, Feb. 26

Lehigh Valley-area RN recruiting event, March 12

LinkedIn

Recruiting information and RSVP to share for all locations

2. Talk to people you know.

Do you happen to know an experienced RN? Call, text or meet up in person. Even if your friend or acquaintance seems satisfied with their current workplace, it doesn't hurt to mention that we are recruiting experienced nursing staff. You can offer your own perspectives on your work at LVHN, and suggest that they can get even more information by attending a recruitment event. And if they truly are not interested, ask them if there is another colleague who might be open to the opportunity and then send them the links to upcoming recruiting events.

3. Extend another invitation.

If you know an experienced RN who would be a perfect fit at LVHN but they can't attend one of the above events, we have another opportunity to meet and greet coming up at the end of March.

What: Network-wide Recruiting Event

When: March 26, noon to 6 p.m.

Where: LVH–Cedar Crest

Kasych Family Pavilion

Richard Fleming Educational Conference rooms 6, 7 and 8

No RSVP required for this job fair-style event. We will have representatives from all participating departments available to meet interested candidates and conduct onsite interviews. Light refreshments will be served.

You make me #LVHNProud

All of you who provide our standing care, day after day, are the best representatives of LVHN. Please share, please like, please spread the word about the upcoming recruiting events. Encourage people to join our team. Show potential hires why LVHN is a great place to work and why we are #LVHNProud. Because of your professionalism compassionate care, you make me #LVHNProud every single day.

Kim

P.S. Just a reminder, my email is open to you. Send ideas or questions to me at: Marie.Jordan@lvhn.org.



Kini Sordan

About me: My name is Kim Jordan, DNP, RN, and I am Senior Vice President and Chief Nursing Officer at LVHN. I came to LVHN 15 years ago as director of the open-heart and transitional open-heart units. I consider it an honor and a privilege to lead our outstanding nursing colleagues.

Have a Project that Supports Transforming Care? Apply for a Pool Trust Grant

BY RICK MARTUSCELLI · FEBRUARY 13, 2019

The Dorothy Rider Pool Health Care Trust (The Pool Trust) awarded \$750,000 to LVHN to support efforts that have the potential to transform and improve patient care and outcomes. Half of this allocation will fund clinical projects, and half will fund projects that address social determinants of health or community-based patient care barriers. Colleagues from all departments – clinical and nonclinical – are welcome to apply. Project proposals may request funding up to \$25,000 for a project period up to two years. Here are details about the awards and how to apply.



The Clinical Transformational Excellence Award will give financial

support to proposed projects that demonstrate potential to transform health care delivery and provide greater value to patients. Selected projects will identify innovative clinical interventions, patient care challenges and other issues that impact the clinical care of patients. Proposals must address a specific patient-care barrier. Direct questions to Grants@LVHN.org.

The Community Transformational Excellence Award will support projects that address the social determinants of health, such as issues related to housing, mental health, food insecurity and education. These social determinants have been identified as having a great influence on the health and well-being of patients. Proposals must address a specific social determinant of health or community-based patient care barrier. Direct questions to Carmen Guzman-McLaughlin.

How to apply

- Step 1: Complete the Transformational Awards form online. The Office of Grants will confirm receipt of your initial submission.
- Step 2: If your initial submission meets the funder's criteria, you will be asked to further develop your proposal by completing a more detailed narrative and budget. Templates will be emailed to you.
- Step 3: Submit your completed application to Grants@LVHN.org. Project leaders must demonstrate department approval by copying departmental leadership on the submission email.
- Project leaders must demonstrate department approval to submit.
- Proposals and/or questions can be submitted at any time through Grants@LVHN.org.

Guidelines

- Project proposals are no more than five pages in length.
- Awards cannot be used to fund FTEs for existing projects. Project concepts must be new or an expansion of an existing project.
- Successfully funded applicants of research projects have 45 days to develop a formal research protocol for submission to the appropriate Departmental Research Review Committee and the LVHN Institutional Review Board (IRB). Members of the Research Leadership Advisory Council (RLAC) and the Network Office of Research and Innovation (NORI) will be assigned to the project to assist investigators in navigation of the human subjects review process. For assistance with research study design, contact NORI_stats@LVHN.org.

1 🛛 Share

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Enroll in 'Worth the Weight'

BY MADELINE CHAFFEE · FEBRUARY 13, 2019

My Total Health at LVHN is excited to announce a new weight management program that aims to put participants in the driver seat of their own weight management journey.

"Worth the Weight: Thinking Beyond Numbers on a Scale" is an eight-week program designed to meet and honor participants where they are, and help teach cognitive and behavioral skills to support long-term weight management. The program is open to all interested LVHN colleagues network-wide.

The program, developed by Registered Dietitian and board-certified Health and Wellness Coach Tiffany Ritter, employs a three-pronged approach, including an



interactive workbook, an online orientation with eight on-site group sessions, and tailored health coaching during and after the sessions.

The first two sessions will launch on March 5 at the following times and locations:

- LVH–17th Street, 10-11 a.m.
- LVH–Muhlenberg, 2-3 p.m.

Additional sessions will be held at different times and locations across the health network, including LVH-Schuylkill, LVH-Hazleton, LVH-Pocono and LVH-Cedar Crest, throughout the year.

To enroll in one of the March 5 sessions, call 888-402-LVHN by Feb. 19. If you are interested in learning more about future sessions or have questions, please call 1-800-955-6620, option 2, or email mytotalhealth@lvhn.org.

Nurse Appreciation Night With Lehigh Valley Phantoms

BY RICK MARTUSCELLI · FEBRUARY 12, 2019

The Lehigh Valley Phantoms are holding a "Nurse Appreciation Night," and LVHN colleagues are encouraged to purchase tickets and attend.

Saturday, April 6, at 7:05 p.m.

Lehigh Valley Phantoms vs. the Wilkes-Barre/Scranton Penguins PPL Center, Allentown

Tickets are \$18 per person. That's a savings of \$8 per ticket. Seats are in lower level sections 107 and 108. Seating will automatically be assigned at the time of reservation in our reserved LVHN section.

Click here to order tickets. Tickets must be purchased by March 6 to guarantee your seat. All nurses, staff, family and friends are welcome to attend.



Twenty-five nurses will be selected to be recognized as a group on the ice as part of nurse appreciation night. During the check-out process, you will be asked to check if you are an LVHN nurse. This must be checked in order to be entered as a potential selection. Those selected will be contacted one week prior to the game.

Tickets are not refundable. The employee is responsible for resale of tickets if unable to attend. An online convenience fee of \$3.39 will be applied per ticket. For questions, or to order over the phone, e-mail arubinstein@phantomshockey.com or call 484-273-4548.

Meet our LVHN Lovebirds - PHOTOS

BY RICK MARTUSCELLI · FEBRUARY 13, 2019

Not only is LVHN a great place for care, it also can be a great place to find true love. It was for these colleagues. As we celebrate Valentine's Day, read the romantic stories of married couples who are also LVHN colleagues.

Melissa and Jerry Rodriguez met on the phone about 10 years ago while working their respective jobs at LVHN. Melissa was a coder working at LVHN-Mack Boulevard. Jerry was a behavioral health specialist working at the Weight Management Center. Melissa called Jerry to discuss a few cases they shared. "I noticed her angelic voice and it inspired me to inquire if she would like to meet for lunch," Jerry says. Melissa accepted. They shared coffee and a sandwich in a convenience store parking lot one day in the pouring rain. That day sealed their fate. Today they continue to party and dance together as husband and wife as often as possible. They're married for seven years and remain in the same jobs. "Melissa continues to help me remain



compliant with my clinical notes and compliant in most all areas of life," Jerry says.

Kevin Vrablik, MD, is Medical Director of Employee Health Services and an Occupational Medicine Physician with LVPG HealthWorks. Lia Vrablik is a Diagnostic Technologist with LVPG HealthWorks. They met at Penn State College of Medicine when he was a medical student and she was radiologic technology student. They'll be married 25 years in July.

Amy and Tim Morrissey have been together 24 years and will be married 16 years in August. "Being a part of the health network myself for almost four years in central scheduling, it was a goal to have my physical therapist husband come on board with the best health network," Amy says. Tim is now a PT at our Trexlertown location for thearly two years. They have a 7-year-old daughter, Alaina, and two cats who keep their lives full of craziness and love.

Ryan and Kaitlyn Sutliff met when Kaitlyn interviewed for a technician position at the LVH-Cedar Crest pharmacy in 2011. Ryan also was a pharmacy technician at the time, and was the first colleague she met when she came in for an interview. "He wished me good luck, which clearly worked," Kaitlyn says. "We started dating a few months later, and had a fairytale Walt Disney World wedding in 2016." They both still work for Health Spectrum Pharmacy. She is a Clinical Sales Representative and he is the Systems Analyst for our Specialty Pharmacy. When they aren't working, they like to spend time with their Corgi, Gus, and travel to Disney as much as possible.





Bill and Nancy Reppy were introduced in 1990 by a mutual friend when Bill was the Director of Radiology (he is now President of LVH-Schuylkill) and Nancy was an ICU staff nurse. At that time. there were many single staff members who would go out together after work at the local clubs. "We socialized as a group for about a year before we started dating in 1991," Nancy says. They were married in 1993 with many of the staff from the former Good Samaritan in attendance. "One of my favorite moments as a 'work couple' was during the 'Y2K' preparation when we rang in the new century in the hospital cafeteria with our 11-month-old son, because we both had to check on equipment in our respective departments," Nancy says. They are now married 25 years and their son is a sophomore at Kutztown University.

For **Bryan and Alexandra Evans**, it started with a handshake. Shortly after starting his job, Bryan (Manager of Operations and Business Development, MedEvac/Emergency Transport) was being introduced to Hazleton colleagues when he first met Alexandra, Trauma Program Manager, in her office. Two months later, they were in a meeting together and realized they have many similar interests. "We got married a year and a half later, bought a new house and are loving life with our two children, Eliza and Thomas, and two puppies, Alta and





Okemo," Alexandra says.

Tia and Price Burger met at LVHN about six years ago. He was a transporter and she was a Cat Scan Tech. "He would bring us patients, and I thought he was the cutest thing I have ever seen," Tia says. They ended up seeing each other out one night and it was love ever since. They got engaged at the flu campaign on Nov. 8, 2014, where he surprised her with a flash mob. They got married in 2016. Now there is a baby Burger on the way in June.

Dave and Jamie Marth met in 2001 while working in the LVH-Cedar Crest ER. At that time, he was a Technical Partner and she was a Receptionist in the waiting room. They started dating in 2002, were engaged in the summer of 2003 and married in the fall of 2005. More than 13 years later, they are blessed with two children. "We love spending as much time as we can as a family traveling to the Smoky Mountains of Tennessee and the Outer Banks of North Carolina," Dave says. Jamie has been at LVHN for 18 years and is currently an Administrative Partner in the ER. Dave just celebrated 20 years at LVHN and currently works as a Technical Service Manager for the respiratory care department. "Jamie and I are firm believers that you can have a successful relationship with your best friend working in the same place of employment as long





as you both continue to put the time and energy into everything," Dave says.

Michelle and Scott Henning met through mutual friends in 1993. Michelle worked at LVH-Cedar Crest; Scott for Albarell Electric. They shared many common interests, but only dated a few months when the "first part" of their love story ended. Almost 10 years later, Scott, still employed by Albarell, was working at the hospital. He took a chance and inquired if Michelle was still employed at LVHN. She was. He called her at that moment. They talked and decided to have dinner and catch up. Five years later they married. In 2014, Scott began working at LVH-Muhlenberg in the engineering department.

Charlie Hartzel and Michelle Burgess met about four years ago on 7C, the inpatient oncology unit at LVH-Cedar Crest. Charlie was working as a technical partner while completing his RN degree, and Michelle was a new nurse orienting to the floor. They became friends quickly, before eventually realizing their true love for each other. Soon they were inseparable. Their story began with a game of mini golf followed by breakfast at a diner after a long night shift. However, their first "real" date involved celebrating their shared love of tacos and margaritas. They are now happily engaged (with two adorable pups) and will oficially tie the knot in February 2020.







Lynn's Turn: Encouraging Acts of Kindness

BY LYNN TURNER · FEBRUARY 10, 2019

It seems there's a "day" for everything. Some are odd, like "National Hot Dog Day" or "Wear Pajamas to Work Day." Other "days," however, are great because they truly bring people together. For example, "National Random Acts of Kindness Day" is coming up on Feb. 17.

Kindness abounds at LVHN, but let's prepare for the nationally celebrated day but cultivating acts of kindness all week long (Feb. 10-17). A random act of kindness is an action to offer kindness to anyone. Kindness starts with one: one compliment, one smile, one kind act, one person.

Kindness is at the core of our PRIDE behaviors. PRIDE begin with the way we



treat one another and flow into how we treat our patients and community members. When a colleague receives a random act of kindness, he or she will want to do something special for someone else because another colleague was kind to them. PRIDE and random acts of kindness interact and interrelate with each other. They are contagious and drive people to act the same in return.

There are a number of ways you can show kindness to someone unexpectedly. Here are 10 unique kindness ideas you can do this week:

- 1. Thank someone who provides a service to you.
- 2. Buy the coffee or tea for the person behind you in line.
- 3. Compliment the first three people you talk to each day.
- 4. Endorse a skill or leave a positive recommendation on LinkedIn.
- 5. Write positive and inspirational sticky notes.
- 6. Send an encouraging email to a colleague.
- 7. Inform a colleague about an internal job opening for which you think he or she would be perfect.
- 8. Ask a colleague to join your lunch group.

- 9. Bring in a treat for the entire department.
- 10. Offer unsolicited advice, especially to a new colleague, who seems to be confused.

Maya Angelou once said, "I've learned that people will forget what you said, people will forget what you did, but people will never forget how you made them feel." Although we do express kindness every day at LVHN, try to show kindness in a way you normally wouldn't this week. Have fun being a little extra kind this week and join us in our network-wide celebration of kindness.



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.

4 □ Share Print Email

LVPG Practice of the Month: Center for Women's Medicine – PHOTOS

The Center for Women's Medicine is one exceptional practice. While managing social determinants of health in our community's most vulnerable women – including adolescent girls – colleagues provide comprehensive care that includes gynecologic exams, prenatal care, immunizations, screenings and a plethora of additional community resources to high-risk obstetric patients.

As part of the center's unique model of care, community outreach liaisons meet with newly pregnant women to proactively identify potential social barriers that may exist and/or prevent the patient from visits within the next nine months. Liaisons work in collaboration with care managers and clinicians to connect patients with the personalized resources they need to be successful and healthy.

Personalized patient resources include, but are not limited to:

- Completion of medical assistance applications
- Transportation offered by the center
- In-house lactation education and support provided by Lactation Specialist Ayesha Patterson
- Multiple patient education classes offered in Spanish and English
- An incentive program where moms can accumulate points as they attend appointments and classes; these points can then be redeemed by the patient for baby items at the "baby store."

Clinicians ensure patients not only adhere to their individual health care needs, but feel a sense of belonging and value. Cared for with the utmost respect and dignity, patients are truly part of the Center for Women's Medicine family. When a patient does not show up for visit, community outreach liaisons serve as "boots-on-the-ground support" by going out into the community to locate the patient and get her back in for care. This outreach helps to develop a trusting relationship between patients and their care teams, thus leading to enhanced public health and optimal patient outcomes.

The direct approach to patient care and high-level community involvement has a profound impact on colleagues. "When I heard about the high level of community involvement that took place at the center, it shaped my decision to become part of the team," says Clinical Manager Jessica Morton, RN. "Seeing it first-hand, I feel privileged and proud to be one of its leaders. The care we provide to the community is empathetic, sympathetic and nonjudgmental, providing care right where the patient stands. The work we do isn't easy but very much worth it. The power of what we do together is much greater than anything we could accomplish standing alone."

Sarah Mahalchick, RN, loves working at the center because of its commitment to delivering high-quality care in a high-volume practice. "We all have a passion for caring for our patients and its shows," she

says. "We work together to achieve the best possible outcomes for each of our patients, no matter the situation. We have a unique office in that we have such a high flow of patients and that our patient's needs can be complex. We deliver the care we all would want from our health care system."

The clinic also offers a unique "one stop shop" for women with high-risk pregnancy to access specialists within maternal fetal medicine, endocrinology and/or psychiatry. By connecting identified patients to specialized resources, care teams reduce patient anxiety and provide comprehensive care.

Veronica Gonzalez, MBA, Administrator of Community Practices for Lehigh Valley Physician Group, is proud that the clinic is designed to be culturally sensitive and linguistic appropriate with an embedded full-time trained medical interpreter for the language of Spanish. It is also a learning site for two sets of medical residents – OB/GYN and family medicine. "Every single staff member, provider, and leader is passionate and committed to the mission of servicing our most vulnerable women and educating future physicians," Gonzalez says.

This sentiment is felt by many colleagues working and learning here. "The Center for Women's Medicine is a great place to work and learn," says OB/GYN Resident Emma Qureshey, MD. "The staff are constantly looking for ways to better care for this underserved population, and it shows. I feel fortunate to have my residency training here."

While embarking on the development of care teams, colleagues focused their efforts on achieving preventive health quality goals. As of December 2018, the center met its department preventative health goals and achieved "green" in the following areas:

- BMI screenings and follow up
- Screening for clinical depression and follow-up plan
- Annual wellness visit-Medicare/Medicare Advantage
- Children vaccination
- Colorectal cancer screening
- Breast cancer screening

Colleagues at the center understand how local epidemiologic factors, health disparities, chronic medical conditions and availability of resources can impact patient populations in the community.

"Providing care in the center is the essence of medicine," says Joseph Patruno, MD, Past President of the LVHN Medical Staff. "We care for many of the most vulnerable and deserving members of our community in an environment focused on education, quality and a commitment to both medical and surgical needs but also vital social determinants. It's a place I know I make a difference, and being part of the team reminds me why I entered medicine and wanted to be a doctor, to truly make a difference in the lives of others."

Andrea Waxman, MD, concurs with Patruno. "It's rewarding to work here and make a difference," she says. The center not only fosters comprehensive care and community partnerships, but empowers long-

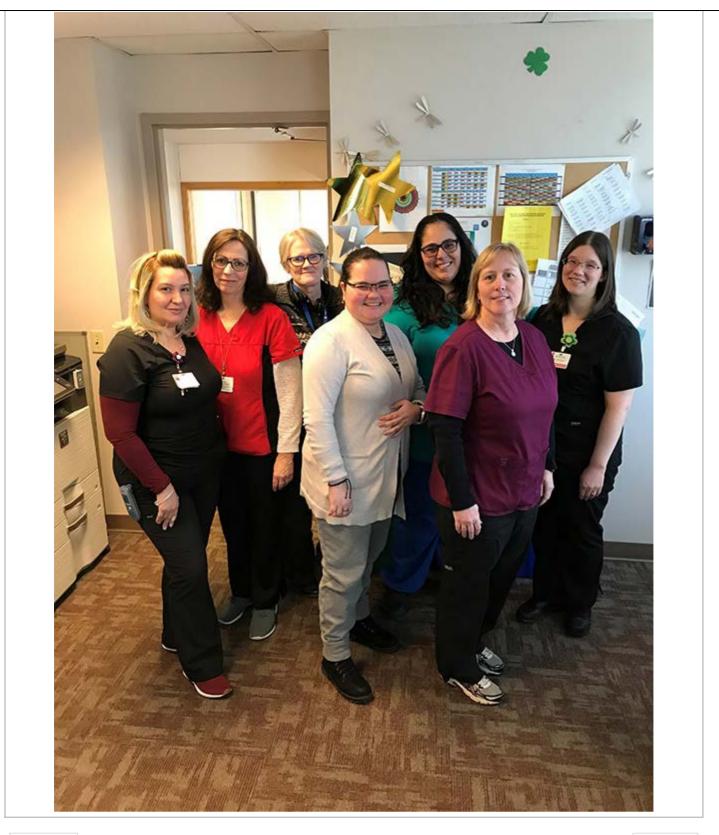
term colleague engagement as well. Just ask Jane Laudenslager, RN. She's worked for the Center for Women's Medicine (formerly the OB/GYN clinic) for more than 30 years. Throughout her tenure, Laudenslager witnessed the clinic's progress and evolution. "The one thing that hasn't changed is the mission of our unit, which is to help the women of our community get high-quality care," she says

Laudenslager is not alone. Stephanie L. Jay, PSR, a 26-year colleague of the center, continues to love what she does. "I truly love interacting and helping our OB/GYN patients of the Lehigh Valley," she says. "Every day is an adventure, and I look forward to the challenge."

The Center for Women's Medicine is truly an exceptional practice deserving of many accolades. Please join in celebrating their efforts, commitment and continued community support.

To learn more about the services and medical staff working at the center, visit the Center for Women's Medicine website.

Call-center



Back

Picture 1 of 6

Next ►

Free Colon-Rectal Cancer Information Session March 7

BY JENN FISHER · FEBRUARY 11, 2019

It's not often you get to walk through a colon replica, but on March 7, you will have that unique opportunity.

Lehigh Valley Cancer Institute is holding a free community information to shed light on colon-rectal cancer risk factors, the importance of screening and the latest treatments and advances. Also as part of this event, a giant-size replica colon will give you a chance to learn what polyps, diverticula, colitis and Crohn's disease looks like.

Colon-rectal cancer is the third most common cause of cancer death in the U.S. The good news is it's highly curable if caught early. Everyone should be screened for colon-rectal cancer



beginning at age 50, unless you have a family history of the disease or certain other risk factors, and then earlier screening may be needed.

Attend the Colon-Rectal Cancer Community Forum

Date: Thursday, March 7

Time: Program begins at 5:30 p.m.; registration begins at 5 p.m.

Place: LVH–Cedar Crest

Kasych Family Pavilion

Richard Fleming Educational Conference Center

Medical Imaging of Lehigh Valley Educational Conference Rooms 6, 7 and 8

A light dinner will be served at this event.

Register: Sign up for the Colon-Rectal Cancer Community Forum online at LVHN.org/coloncancerevent, or call 888-402-LVHN (5846).

Speakers and topics

Four Lehigh Valley Cancer Institute colleagues will speak at the event, including:

- Linda Lapos, MD Colonoscopy: Screening and Prevention
- Candace Peterson, MS, LCGC Advances in Genetic Testing for Colon-Rectal Cancer
- Giovanni Bonomo, MD Minimally Invasive Treatment Options
- Jennifer Brennan, RD, CSO, LDN Get the Facts About Nutrition and Your Colon

3 🗆 Share

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LVPG Physicians Receive LVHN Master Clinician Award

BY MARCIANN ALBERT · FEBRUARY 15, 2019

A fundamental basis of service to the mission of LVHN is clinical excellence. Across institutions like LVHN, exceptional clinicians' role model and teach clinical skills to elevate the practice of others and often extend commitment to the art of medicine beyond their immediate professional environments.

These distinguished individuals are often considered to be "Master Clinicians." The LVHN Master Clinician Award recognizes and celebrates remarkable clinical contributions, while synchronously strengthening commitment to leadership and patient care education for the future.

Master Clinicians provide tangible and intangible contributions to our medical training programs.



Recognizing the role such individuals play in shaping LVHN's model of care is integral to community health, patient outcomes, quality metrics and our continued success.

This award is envisioned to be the highest network-wide honor for clinical care given to an LVHN clinician.

Master Clinicians recognized at the General Medical Staff Meeting on Dec. 10, 2018, include:

- Gavin Barr Jr, MD
- Abby S. Letcher, MD
- James M. Ross, MD
- Stacey Smith, MD

Master Clinicians recognized at the June 12, 2017, General Staff Meeting include:

- Deb Bren, DO
- Kimberly Brown, MD
- Mark Knouse, MD
- William Scorza, MD