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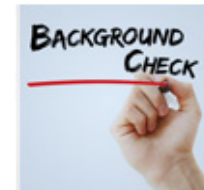
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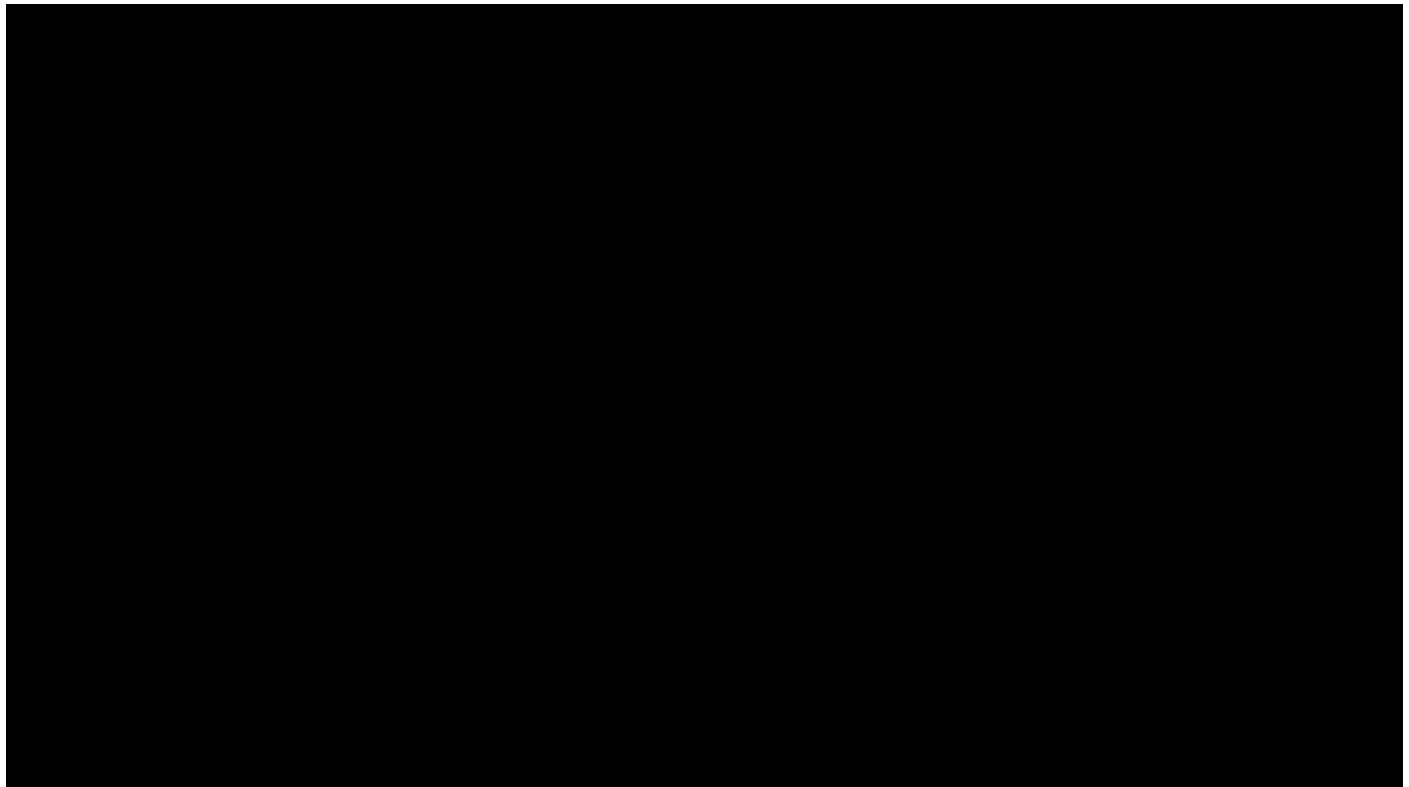
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CEO Update: LVHN's Future is Bright – VIDEO

BY [BRIAN NESTER, DO, MBA, FACOEP](#) · JUNE 6, 2019



Each month, LVHN President and CEO Brian Nester, DO, MBA, FACOEP, records a video called the CEO Update about a timely topic. In this edition, Dr. Nester talks about why all LVHN colleagues should feel optimistic this spring. Watch the video or read a transcript below.



The warm weather of spring is finally here. The grass is growing. The flowers are blooming. The air is fresh. Spring puts an extra bounce in your step because you know the future is bright with sunshine. This spring, all of us at LVHN can share in that feeling of optimism, because the future of our health network also is bright.

As the end of our fiscal year approaches, we continue to be financially strong. Plus, growth is taking

place in all the communities we serve. In Northampton County and the Poconos, we'll build new health campuses to make it more convenient for people to access our care. In Hazleton, we're renovating the hospital and expanding the emergency department. In Schuylkill County, we recently opened an ExpressCARE and we're giving people access to more services every day. This summer in the Lehigh Valley, we'll open a new lobby for Lehigh Valley Reilly Children's Hospital. And, construction continues on a new emergency department and observation unit at LVH–Cedar Crest.

As we grow, we're making strong emotional connections with families through our reinvented brand and new tagline: [Your health deserves a partner](#). With a unique and fresh approach to health care advertising, we're furthering our commitment to be here for people and their loved ones at every stage of life. And if we all move forward together – 18,000 colleagues strong – to strengthen existing partnerships and build new ones, I'm confident we will continue to build momentum and make LVHN even stronger.

And so, I would like to thank you for bringing the LVHN brand to life, and for being the partner the people of our community need, expect and deserve. Have happy and healthy spring and summer, and I'll talk with you again next month.



A handwritten signature in black ink, reading "Brian Nester".

ABOUT ME: My name is Brian Nester, DO, MBA, FACOEP, and I am the President and Chief Executive Officer (CEO) at Lehigh Valley Health Network (LVHN). I came to LVHN in 1998 as the Director of LVH–Muhlenberg's Emergency Department. Prior to becoming President and CEO in 2014, I served as the health network's Chief Strategy Officer. I am originally from Reading, and I'm proud to lead an organization that continually strives to provide better health and better care at a better cost for the great people of our community.

Preferred EAP: Restoring Personal and Workplace Well-Being Awareness Beyond Mental Health Month

BY [RICK MARTUSCELLI](#) · JUNE 4, 2019

Those of us who work on the frontlines of health care understand how stressful our work can be. We care for people at their most vulnerable time of life and consistently go above and beyond to ensure our patients receive the highest quality health care and a feeling of being cared for. But what about us? How do we care for ourselves when our job is to care for others?

The Advisory Board reported in 2014 that health care workers may be the most stressed employees. According to a CareerBuilder survey of more than 3,200 employees across multiple industries, 69 percent of health care workers report feeling stressed, and another 17 percent report feeling highly stressed. Fortunately, there is help for all LVHN colleagues.

To expand awareness beyond May's Mental Health Month, LVHN is highlighting the many supportive programs and resources available to LVHN colleagues and their dependents through its employee assistance program. Preferred EAP offers in-person counseling, life coaching and consultation for a wide array of personal and work related concerns, and the services are completely confidential.

"My highly trained and experienced professional staff understands the unique challenges facing those who work in health care," says Carolyn Lamparella, Program Director. "We want to reduce the stigma associated with reaching out for help and provide assistance long before an individual reaches a crisis point."

At Preferred EAP, individuals can seek help for:

- Marital, family and work-place relationship conflicts



- Depression and anxiety
- Balancing work and family life
- Stress management
- Life transitions and changes
- Drug- or alcohol-related concerns for self or family
- Anger management
- Grief and loss
- Critical incident stress management
- Accomplishing personal and professional goals

“We’re also committed to helping managers and supervisors create a supportive environment for colleagues so they feel comfortable caring for their emotional well-being,” Lamparella says. Preferred EAP provides training and consultation to help individuals and teams communicate and problem-solve more effectively. The organization also offers on-site critical incident support for those who experience particularly stressful patient events.

To keep its services accessible for all, Preferred EAP has day and evening appointments, usually within three days, or same-day appointments for urgent matters. The main office is conveniently located in a private location in Allentown, and the organization also works with affiliated providers across the nation for those who reside outside the Greater Lehigh Valley area. “We want to make it as easy as possible for people to take advantage of our services,” says Lamparella, “so that getting help doesn’t have to be another source of stress.”

Visit [Preferred EAP's website for information on free workshops](#). For an appointment, [contact Preferred EAP online](#), or call 610-433-8550 or 800-327-8878.

Physicians and APCs: Learn About Loan Forgiveness

BY [RICK MARTUSCELLI](#) · JUNE 3, 2019

LVHN is pleased to announce a new student loan initiative to deliver expert advice regarding loan repayment and forgiveness for our physicians and advanced practice clinicians (APCs).

This service is offered at no cost to you.

When most physicians and APCs begin practicing, they've incurred steep medical education debt. When they learn about loan relief programs and implement correctly, they reduce a major source of stress and save thousands of dollars on their student loans. They find reprieve through two programs:

1. **Public Service Loan Forgiveness (PSLF)** is a program that allows certain federal student loans to be forgiven after 120 on-time, qualifying monthly payments. This program was created by Congress in 2007 to encourage employment in the nonprofit sector. LVHN is a qualifying employer for PSLF. *Do you have federal loans? Is your loan balance equal to or higher than your current salary? If you answered yes, Public Service Loan Forgiveness may be right for you.*
2. **Private Student Loan Refinance** allows medical providers to lower interest rates with a consolidated refinance loan from a private lender. *Do you have private loans? Is your interest rate higher than you'd like? If you answered yes, Private Student Loan Refinance may be right for you.*

Student loan repayment is complex and time-consuming. We've partnered with Joy Sorensen Navarre, president of Navigate, to provide our physicians expert student loan advice at no cost to you. Whether you have [questions about student loan repayment or simply wish to review your current repayment plans](#), Navigate is a valuable tool.

During a 30-45 minute consultation with Navigate by phone/computer you will:

- Review your current plan and learn about student loan options.
- Create a customized analysis, compare estimates and determine your best option.
- Get an individualized plan with step-by-step instructions for loan consolidation, repayment plan applications, employment certification or private refinance.
- Receive unlimited follow up for future student loan repayment changes.



LVHN's student loan repayment expert will visit LVHN campuses on the following dates:

Monday, Aug. 5, LVH–Cedar Crest ECC room 6, 7:30 a.m.-5 p.m.

[Click here](#) to schedule your appointment or future consult.

Tuesday, Aug. 6, LVH–Muhlenberg ECC room A, 8 a.m.-5 p.m.

[Click here](#) to schedule your appointment or future consult.

Wednesday, Aug. 7, LVHN–Mack Boulevard, 2nd floor conference room A, 7:30 a.m.-12 p.m.

[Click here](#) to schedule your appointment or future consult.

Wednesday, Aug. 7, LVH–Pocono Serenity Room, Hughes Cancer Center, 1 p.m.-5 p.m.

[Click here](#) to schedule your appointment or future consult.

Thursday, Aug. 8, LVH–Schuylkill E. Norwegian Street, 2nd floor conference room, 7:30 a.m.-5 p.m.

[Click here](#) to schedule your appointment or future consult.

Friday, Aug. 9, LVH–Hazleton, 2nd floor small conference room, 7:30 a.m.-5 p.m.

[Click here](#) to schedule your appointment or future consult.

It's a privilege to provide this new benefit to our providers in our effort to support our mission of providing quality health care to the patients and communities we serve.

Questions? Contact Joy by email: joy@navigatestudentloans.com or by text at 612-470-3040.

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Attend Wellness Fest June 7 and 8

BY [BRIAN DOWNS](#) · JUNE 5, 2019

For more than five decades, the Lehigh Valley Hospital–Muhlenberg Summer Festival has been one of Bethlehem’s longest-running traditions and one of the hospital’s largest fundraisers. This year, the festival will be reintroduced as LVHN Wellness Fest, maintaining many festival favorites while expanding to offer new activities focused on healthy living.

“This transformation of the Muhlenberg Summer Festival now aligns the event more closely with our mission to heal, comfort and care for the people of our community,” says LVH–Muhlenberg President Bob Begliomini. “We are refocusing the festival so that it not only provides many ways to have family fun, but also to partner with the community by providing activities, screenings and resources to help you live your healthiest life.”

The festival, previously held in August, will now take place Friday, June 7, from 4-8 p.m., and Saturday, June 8, noon-8 p.m. on the north side of the hospital campus near Routes 22 and 378. The two-day event will continue to offer free admission and is open to all members of the community. Proceeds raised at the festival will also continue to support projects, programs and services that help save, change and improve the lives of patients at LVH–Muhlenberg.

Attend and you will continue to enjoy time-honored traditions like craft tents, food trucks, activities for kids and live music.

Music schedule

The Large Flowerheads, Friday, 5:30-7:30 p.m.

Major Kit and the Bionic Defection, Saturday, 1-4 p.m.



GirlCrue, Saturday, 5-8 p.m.

New to the festival will be a wide variety of health screenings, education, activities and other LVHN resources. All ages can enjoy multiple mobile emergency and health screening units including LVHN's Miles of Smiles Dental Van, LVHN/Cetronia Mobile Stroke Unit and Lehigh Valley Cancer Institute's Mobile Mammography Coach.

The festival will also include tethered hot air balloon rides for the first time, available to all ages who meet the 4-foot height requirement.

Visit [LVHN.org/wellnessfest](https://lvhn.org/wellnessfest) for updates as additional activities are finalized.

If you represent an LVHN department, service line or resource that is interested in staffing a table at LVHN Wellness Fest, contact Sandra Marsh in the LVHN Office of Philanthropy at 484-884-9119 or Sandra.Marsh@lvhn.org.

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Service Anniversary List – June 2019

BY [RICK MARTUSCELLI](#) · JUNE 1, 2019

Happy anniversary to these colleagues celebrating a career milestone at LVHN in June 2019. Congratulate them on their years of service.

45 years

Dolores Evanko, Medical Records

40 years

Diane Angst, Adult Psychiatry

Nicholas Demopulos, Laboratory

Barbara Grosch, Neonatal ICU

Cheryl Hartman, Employee Health Service

Cynthia Klingaman, Obstetrics

Pamela Klitsch, Occupational Medicine

Denise Laub, TNICU

Michael Mauser, Engineering Administration

Susan Mohr, ASU-OR

Marie Ortelli, Endoscopy – G.I. Lab

Kathryn Rosenberger, 6K

Karen Ryan, Outpatient Surgery Preop

Judy Schaufler, Quality Management

Lori Snyder, MICU/SICU

Shirley Wagner, Transitional Skilled Unit

Joanne Wertz, Recovery Room



35 years

Elizabeth Clewell, Pain Management

Sofia Danko, Cancer Center Multipurpose Area

Delia Fink, Admission Case Management

Beth Frickmann, Fairgrounds Surgical Center

Deborah Fry, Infection Control and Prevention

Janet Haines, Endoscopy – G.I. Lab

Kathleen Klokis, Pre Admission Testing

Marjorie Lavin, Clinical Informatics

Debra Leaswitch, Admission Case Management

Pattie Moro, SPU

Judy Nagel, Heart Station

Wendy Reiss, Endoscopy – G.I. Lab

Dawn Smith, Progressive Coronary Care Unit

Robin Starkes, Information Technology

Holly Tavianini, 7A – Neuroscience Unit

Karen Toback, Education Infrastructure

Debra Torcivia, MedEvac

Cathy Veronsky, Operating Room

Laura Volpe, Mental Health Nursing

Joanne Zavitsky, SPU

30 years

Robert Bauer, Security

Susan Blest, MICU/SICU

Michele Brown, Parent Education

Karen Courtney, TNICU

Ruth Deturk, Open-heart Unit

Linda Dunn, Respiratory Care Services

Brenda Eister Kleinhenz, LVPG Obstetrics and Gynecology-1245 Cedar Crest

Lori Groff, Express Admissions

Larue Hofstetter, Patient Access Center

Alicia Kowker, 6 North

Nancy Lambert, Obstetrics

Kimberly Lehrman, Home Care – Skilled Nursing

Dawn Mummey, Patient Safety

Kevin O'Brien, Linen Services

Alyssa Pauls, Cancer Support Services

Karen Peterson, Inpatient Psychiatry

Christine Sondag, Heart Station

Patricia Tomczak, Dietary

Carol Trumbauer, Clinical Appeals

Sherry Waselus, Labor and Delivery

Michelle Watts, 5 North

25 years

Kimberly Braskie, Med Surg 7

Sandra Burns, Nursing Administration

Shirley Giansante, Inpatient Psychiatry

Jennifer Herndon, Schuylkill Rehab

Debra Logothetides, Home Health Care

Helen Rouse, Supply Distribution Services

Jill Shilcuskys, Outpatient Surgery Preop

Lillian AnnWittig, Emergency Department

20 years

Heather Adams, LVPg Maternal Fetal Medicine

Melissa Bury, PICC Team

Jane Danish, Community/Public Relations

Kristin Friel, LVPg Obstetrics and Gynecology-1245 Cedar Crest

Kevin Higgins, Ultrasound

Elizabeth Hunt, Nuclear Med

Matthew Karpowicz, PACU

Cheryl Kyte, Trauma Neuro Burn Float Pool

Victoria McCloskey, LVPg Family Medicine-Hamburg

Bonita Miller, Information Services Administration

Paula Munjone, LVPg Hematology Oncology-Cedar Crest

John Pelucacci, Biomedical

Kimberly Reinart, LVPg Hematology Oncology

Deborah Rowland, HIM Provider Based Coding

David Smith, Pastoral Care

Anna Varghese, Transitional Trauma Unit

Dianne Wilson, Operating Room

Debra Wismer, Group Health Administrative Services

15 years

Julie Bennis-Riddick, Hospice Skilled Nursing

Hanif Bey, Case Management

Carole Birkelbach, Nursing Administration

Krystal Bomar, Patient Financial Services

Cindy Bowers, Pharmacy

Holly Boyer, Nursing Float Pool

Wendy Breunig, Labor and Delivery

Elizabeth Candelaria, Open-heart Unit

Craig Chuhran, Hospitalist Program

Marion Daku, PACU

Stephanie Flamisch, Inpatient Rehabilitation Center-Muhlenberg

Carla Fonseca, Operating Room

Sandra Frey, Radiation Oncology

Jaime Funk, Adolescent Psychiatry Unit

Nicole Gesell, Emergency Department

Lauren Gibas, Schuylkill Rehab

Richard Grabosky, MICU/SICU

Dana Hashagen, Nursing Float Pool

Michael Huber, Information Services

Olga Joho, Emergency Department

Brandi Kolokas, Kidney Acquisition

Jessica Kramer, LVPG Cardiology-1250 Cedar Crest

Jonathan Kyte, Regional Burn Center

Gina Leibert, Health Spectrum Pharmacy

Rezarta Lloyd, Emergency Department

Anna MacLean, 6K

Brandi McMillian, OACIS

Myrtle Nguyen, PACU

Carolyn Parker, Labor and Delivery

Meghan Pendrak, Hospitalist Program

Sheree Peters, LVHN-Tilghman Surgery Center

Soraya Powell, Lehigh Valley Anesthesia Services

Kristin Reihman, Family Medicine Education

Bruce Reiss, Information Services

Megan Ruddick, LVPG Orthopedics Specialty

Carol Stanek, Float Pool

Sarah Stephens, Maternal Fetal Medicine

Joanne Szakonyi, Hospice Skilled Nursing

Christopher Szymczak, Emergency Department

Lori Tasci, Lehigh Valley Anesthesia Services

John Towey, ICU

Mary Turick, SMG Internal Medicine

Sarah Van Zandt, LVPG Pediatrics-Trexlerstown

Mei Wong, LVPG Neurosurgery-1250 Cedar Crest

10 years

Alisa Brey, NORI Clinical

Elena Brinker, LVPG Hematology Oncology

Marianne Catanese, Grounds/Housekeeping

Lisa Dapuzzo, Center for Women's Medicine

Andrea Davis, Imaging

Jennifer Downey, Medical Oncology

Karen Ferrey, LVPG Internal Medicine-Muhlenberg

Pamela Fisher, 4K

Elizabeth Flodin, LVPG Obstetrics and Gynecology-Valley Center Parkway

Kimberly Galluzzo, Obstetrics

Marlene Gatti, LVPG Pediatrics-Broad Street

Emily Geiger, Emergency Communication Center

Laura Gilbert, Maternity

Steven Hannis, CT Scan

Vanessa Hardy, Grounds/Housekeeping

Georgette Herring, Occupational Therapy

Breeann Jensen, Lehigh Valley Anesthesia Services

Albert Kirchner, Clinical Services Observation

Monica Manchester, Medical Oncology

Angela Mazurkevich, Emergency Department

Jaclyn McNealis, PT/OT

Debra Morgan, Emergency Department

Hai-Yen Nguyen, LVPG Obstetrics and Gynecology-Fogelsville

Elizabeth Partington, Nurse Staffing Office

Samantha Rabenold, TNICU

Jeanette Reyes, Emergency Department

Amy Roth, LVPG Pediatric Surgery-1210 Cedar Crest

Christine Sarley, Medical Oncology

Elizabeth Smith, 5CP

Nicole Sonoski, LVPG Claude A. Lord Blvd.

Daniel Spatz, LVPG Family Medicine-Laurys Station

Allison Steigerwalt, Float Pool

Kathleen Straubinger, Population Health

Selena Strausser, Radiology

Melinda Walck, Physical Therapy

Judith Young, Dietary

5 years

Janet Arroyopabon, Orthopedics

Heather Azzalina, HOA Muhlenberg

Joshua Barnes, Perfusion

Grace Berlin, PGME-Rheumatology Fellowship

Natalie Bieber, LVPG Family Medicine-Easton

Michael Buchanan, Diagnostic Imaging

John Burd, 7T

Jennifer Cannon, Children's ER

Maryann Christman, Emergency Department

Patricia Conway, Diagnostic Imaging

Amanda Cuth, Speech and Hearing

Jonathan Davidson, LVPG Project Managers

David Deisher, PGME-Surgery

Casey Deleonguerrero, LVPG Obstetrics and Gynecology-Valley Center Parkway

Annamarie DeRoberts, Organizational Development

Melissa Drust, MRI

Giovanni Dutan, Mental Health Clinic

Kenneth Dzike, Emergency Department

Alexandra Evans, Trauma Center

Denise Ford, Per Diem Pool

Helen Foulke, Perfusion

Julie Fritzges, Emergency Department

Ibeth Gonzalez, Respiratory Therapy

Wade Groff, Rehabilitation

Lisa Haas, Supply Chain Administration

Wael Hanna, Nephrology Fellowship

Paula Heimbach, Transitional Trauma Unit

Michele Heller, Operating Room

Alejandro Hernandez, LVPG Family Medicine-Hamburg

Laura Hernandez, Information Services

Wilfredo Hernandez Perez, Linen Services

Joshua Houck, Emergency Preparedness

Jennifer Keefer, Housekeeping

James Kimber, PGME Cardiology Fellowship

Rachel Kinney, Hematology Oncology Fellowship

Ronald Klocek, Cardiac Diagnostics

Andrew Koons, PGME – Emergency Medicine

Christine Lanasa, Benefit

Iris Lawrence, Behavioral Health Specialty Float Pool

Helen Lewis, CPPGI

Angel Lopez, PGME-Surgery

Erik Loshnowsky, MedEvac Ground Ambulance

Laurel Lovelace, 2K South

Jessica Maier, Emergency Department

Patricia Mancuso, Diagnostic Imaging Bethlehem

Jennifer Mann, HealthWorks

Kailyn Mann, PGME Cardiology Fellowship

Erin McCarthy, LVPG Family Medicine-Easton Avenue

Marianne Mccoy, 4B

Robert Mimari, Perfusion

Mark Moyer, Information Services

Stephanie Ng, PGME-Surgery

Kaushik Patel, Hospitalist Program

Candace Peterson, Risk Assessment Program

Katie Petritsch-Bowman, Radiology

Stephanie Pinter, Pediatric Intensive Care Unit

Amanda Pinto, 7B

Shannon Reynolds, Neuro Critical Care

Adam Rivera, Emergency Communication Center

Eric Rivers, LVPG Plastic and Cosmetic Surgery-1243 Cedar Crest

Ann Ruth, HealthWorks

Roje Saleet, Hospitalist Program

Jennifer Sedor, Radiology

Eric Sewald, Rehabilitation

Morgan Stettler, Cardiac Cath Lab

Lubomira Stieber, Radiology

Rene Stoffers, Execution ROI Rev Cycle FY16

Mary Ellen Susevich, Orthopedics

Jenise Toner, Diagnostic Imaging

Jane Trumbauer, Institutional Review Board

Sean Wallace, PGME-Surgery

Deirdre Ward, LVPG Ophthalmology-17th Street

Ryan Williams, Perfusion

Heather Zinkand, Outpatient Registration

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