

First DAISY Award Presented

The award honors exceptional nurses.

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Family Support Room on L&D

It's a place where families can grieve in private.

Service Anniversary List

Who is celebrating a career milestone in June?

Friends of Nursing Award Recipients

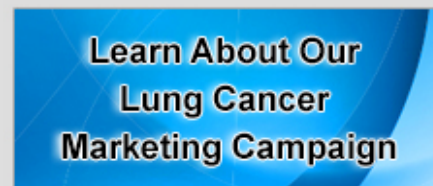
Meet more colleagues who accomplish the exceptional.

Hot Sale at Optical Effects

Save 20 percent on Ray-Ban sunglasses.

Retirement Seminars Scheduled

Prepare for Defined Benefit Pension Plan changes.



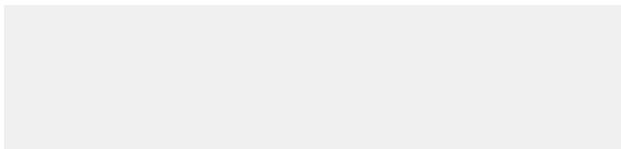
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LVHN Presents First DAISY Award

by [Jenn Fisher](#) · June 1, 2016

When last month's Medallion
Lecture concluded, senior vice



president for patient care services and chief nursing officer Anne Panik, RN, asked the crowd at the LVH–Cedar Crest auditorium to stay for the presentation of LVHN’s first DAISY Award – an award that honors exceptional nurses.



Brenda Carroll, RN, Lisa Bickel, RN and Jeanne Vogt, RN. Bickel was named LVHN’s first DAISY Award recipient on May 17, 2016.

“Lisa Bickel, would you please join us up front,” Panik said. Bickel is

a registered nurse at the LVH–17th Street inpatient hospice and received the Dr. Fred Fister Award for Excellence in Hospice Nursing at the 2014 Friends of Nursing celebration. As she made her way to the front of the auditorium, Panik went on to describe the mission of the [DAISY Foundation](#), which was established in 1999 in memory of J. Patrick Barnes, formerly of Seattle, who passed away following an auto-immune illness. (DAISY stands for “**D**iseases **A**ttacking the **I**mmune **S**ystem.”)

“During Patrick’s 8 week hospitalization, his family was awestruck by the care and compassion his nurses provided not only to Pat but to everyone in his family,” Panik says. “So one of the goals they set in creating a foundation in his memory was to recognize extraordinary nurses everywhere who make an enormous difference in the lives of so many people by the super-human work they do every day.

“Lisa, I am pleased to let you know that you are Lehigh Valley Health Network’s first DAISY Award recipient. You were nominated by not just one person, but by eight of your colleagues in hospice care who see you as an exceptional, caring nurse,” Panik says.

Jeanne Vogt, RN, director of LVHN’s hospice, read excerpts from the multiple nominations sent in on behalf of Bickel. “Lisa has a true hospice nurse heart. She is humble and an exceptional role model.’ ‘Lisa amazes me with the dedicated and personalized care that she provides to all her patients.’ ‘Lisa shows fierce support of

her team and acknowledges their excellence in care.’ ‘Lisa is a gifted artist and a kind-hearted nurse. She’s always there and ready to help anybody that needs her’,” Vogt read.

She went on to recount a poignant example of Bickel’s compassionate care: Helping celebrate the 58th wedding anniversary of one of her patients. Upon learning of the upcoming anniversary and the desire of the patient to share that milestone with her husband, Bickel set wheels in motion to hold a vow renewal ceremony at the hospice. She scheduled an officiant, decorated the hospice’s family room for a wedding, and showcased photos of the couple. In addition, she paid for a wedding cake, a boutonniere and corsage, and arranged for food donations to share with all who could attend. On the day of the ceremony, Bickel helped the patient get ready in a special outfit selected by the patient’s husband, and then watched as the couple exchanged their wedding vows. A few weeks later, the patient passed away.

“Soon after that, the patient’s husband stopped by the unit to share his pictures from that unforgettable day,” Vogt says. “He said he is blessed with the memories of a special celebration that was made possible by Lisa.”

Incoming chief nursing officer Kim Jordan, RN, shared the background on the recognitions Bickel receives as a DAISY Award recipient. “You will receive a small stone statue called, ‘The Healer’s Touch.’ This piece is hand-carved by Shona artisans in Zimbabwe from serpentine stone, which is believed to have healing properties. Also, Cinnabon® cinnamon rolls are provided to your entire unit because we know nursing is a team sport and though we can only honor one person with this award, we want to acknowledge everyone’s efforts.” ([Read more about the Cinnabon connection to the DAISY Award here.](#)) Bickel also received a certificate and a DAISY Award pin.

The audience gave Bickel a standing ovation. “Thank you so much. I am blessed to work with incredible people who make a difference in people’s lives every day,” she says.

How to nominate a colleague

Each month, LVHN will honor a nurse with a DAISY Award, which will be presented in a short ceremony at her or his unit or department. If you work with an exceptional

nurse, or have been a patient or a patient's family member who experienced care from an exceptional nurse, consider nominating her or him for a DAISY Award.

Learn more and complete the short nomination form at LVHN.org/DAISY_Award_0.

Half-Off Membership to LVHN Fitness—One City Center in June

by [Nicholas Fritz](#) · June 2, 2016

Looking to lose some weight and get fit before your summer vacation?

LVHN wants to help you accomplish your goals and save money while doing it.

If you become a member at our state-of-the-art [LVHN Fitness–One City Center](#) location in downtown Allentown this month, you'll get half-off your first full month's membership fee. So if

you're an adult (age 12-59), instead of paying the normal \$55 fee for your first full month, you'll pay just \$27.50. Additional discounts apply if you are a student, military member, if you take a family membership or if you are an LVHN employee. LVHN employees are eligible to receive Culture of Wellness reimbursement for fitness memberships with eight visits per month to the fitness center



Membership entitles you to:

- Work out on more than 40 cardiovascular machines
- Use our complete line of weight-training equipment
- Participate in group classes
- Benefit from free, dedicated parking in the Eighth Street Arena Garage
- Utilize other [LVHN Fitness locations](#)(1243 S. Cedar Crest Blvd., Allentown, and 1770 Bathgate Road, Bethlehem)

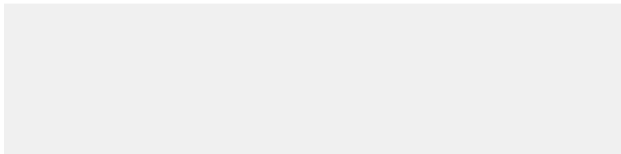
Learn more about fitness membership benefits and [becoming a member](#).

To take advantage of this short-term special, call 484-862-3001.

Extending Patient Care by Helping Families Grieve

by [Ted Williams](#) · May 31, 2016

*New practices to help families
through tough times. From the*



*spring 2016 issue of Magnet®
Attractions.*

On the worst day of Sarah Rinker's life, her mom had nowhere to go. Rinker, was in the process of delivering a son she knew had been lost to a severe congenital heart defect. She and her husband Stephen had a last request of their LVH–Cedar Crest labor and delivery team – a



Sarah Rinker, RN

moment to hold their Samuel and say goodbye. Rinker's mom, Janet, felt the couple should be alone for their moment of grief.

Janet also wanted to remain close by in case Rinker needed her. So she walked into the bathroom of Rinker's room, closed the door, sat on the floor, put her face in her hands and had her own moment of grief for Samuel.

"I found out what Mom did a few weeks later," says Rinker, of infection control and prevention. "I knew right then I wanted to do something for other families facing what we had faced. This was a place where most people are experiencing the joy of welcoming a healthy child into the world. There was no place for those experiencing the opposite."

That was in January 2014. Because of a fundraising and donation effort spearheaded by the Rinkers, today the Samuel Rinker Memorial Family Support Room is available on the labor and delivery unit for family members feeling such a loss. Sarah Rinker also helped to pick out furnishings and artwork for the room.

"We've heard how appreciative people who have needed the room have been," Rinker says. "It's a comfort to us to be able to help others."

There are other hospital units with similar reflection rooms around LVHN, but Barbara Rutt, RN, manager of pastoral care, says space is simply at too much a

premium for them to be commonplace. However, she's approaching the need differently.

"We in pastoral care believe it's not so much a designated room as getting involved in the grieving process," Rutt says. "Chaplains are able to create the space needed to grieve and provide support to patients and families."

Rutt is working with Jennifer Silva, RN, administrator for women's and children's services, on a process where units could alert pastoral care when a loss is anticipated so a member of Rutt's team could provide such assistance.

"We see it as a wonderful extension of network patient care," Rutt says. "Our training gives us the tools to provide specialized supportive care, or assist in giving bad news. We could be a big help in that regard."

Service Anniversary List – June 2016

by [Nicholas Fritz](#) · June 2, 2016

Happy anniversary to all colleagues celebrating a career milestone at LVHN in June.

40 Years

Beth Eck, staging

Bonnie Lynn, NSICU

Lora Macknis, Children's Clinic

Sharon Salapka, PICC team

Deborah Williams, transitional skill unit

35 Years

Ruth Clark-Ramos, Children's Clinic

Linda Drexinger Durishin, organizational development

Debra Klingler, 6B

Kimberly Leaver, central business office

Audrey Lichtenwalner, The Heart Station

Teri Lippowitsch-Vogel, TNICU

Linda Mejias, organizational development

Brenda Miller-Reeser, bed management

Lisa Myers, supply chain analytics

Nancy Robson, emergency department

Nancy Saeger, supply management

Cassandra Snyder, pain management

Kathy Sommer, 6B

Darla Stephens, clinical services

Karen Zurn, emergency department

30 Years

Margaret Bennett, open-heart unit

Mary Browning, labor and delivery

Donna Burkos, base service unit

John Collins, MICU/SICU

Deborah Feden, Lehigh Valley Physicians Practice

Danita Fenstermacher, 7C

Kathy Fink, Children's Clinic

Teresa Frederiksen, nurse staffing office

Karen Hanzelman, ambulatory surgical unit

Christine Hess, home care

Kathleen Hoffert, nuclear medicine

Maureen Hojnacki, express admissions unit

Karen Jones, open-heart unit

Nicholas Jupina, adolescent psychiatry

Martina Oswald-Remaly, open-heart unit

Susan Pool, information services

Gloria Reenock, labor and delivery

Linda Reinhart, TNICU

Tracey Reither, Wound Healing Center

Carol Shalaway, PACU

Sharon Strock, cardiac ICU

Pamela Swoyer, TNICU

Vicki Trexler, MICU/SICU

Cynthia Ward, cardiac catheterization lab

Lori Washburn, transitional skilled unit

Roberta Werkheiser, cancer financial services

Laurie Wimmer, wound ostomy continence

25 Years

Michelle Bernier, electrophysiology lab

Melissa Bubbenmoyer, cardiac ICU

Marlene Calpin, ICO staging and recovery

Sandra Casella, physical therapy

Shirley Cesanek, cardiology

Eugene Finn, MICU/SICU

Vivian Foulke, NICU

Darlene Garon, cardiac rehabilitation

Colleen Koskovich, Cancer Center multi-purpose area

Melisa Kubic, heart failure program

Bonnie Langella, pharmacy

Emily Mari, medical oncology

Susan McCauley, TNICU

Maureen McDonough, emergency department

Bonnie Mihalik, ASU-OR

Kirstin Urland, pre-op staging

Jeanna Werner, emergency department

Denise Witek, coding

20 Years

Joseph DeFulvio, LVPG Obstetrics and Gynecology–Valley Center Parkway

Patricia Geisinger, LVPG Family Medicine–Cetronia Road

Orion Rust, LVPG Maternal Fetal Medicine–3900 Hamilton Blvd.

Brett Williamson, base service unit

15 Years

Jeremy Benninger, Epic

Regina Bright, home care

Kristy Fegley, pharmacy

Anthony Glynn, information services

Stephanie Gohsler, health center operations

Sheila Green, emergency department

Sharyn Jones, pharmacy

Marc Juretus, information services

Tiffany Keeler, Wound Healing Center

Susan Kelly, case management

Nancy Ketner, wound ostomy continence

Ann Kirka, pharmacy

Robert Kramer, psychiatry

Melinda Lichtenwalner, Regional Heart Center

Michele McCloskey, patient receivables

Christine McFarland, LVPG Pediatrics–Laurys Station

Angela Mendez, NICU

Stacy Mesics, pharmacy

Bryn Pencil, respiratory care services

Robert Pencil, NSICU

Lisa Popovich, PACU

Doreen Shaver, float pool

Stacey Smith, LVPG Internal Medicine–3080 Hamilton Blvd.

Megan Snyder, 6T

Tracey Spittler-Hassler, labor and delivery

Manmeet Thakral, 4T

Erin Treaster, LVPG Bariatric Medicine–1243 Cedar Crest

Tanya Viera, Center for Women's Medicine

Tina Weikel, nurse staffing office

Lisa Willett, 6N

Tammy Wolfe, coding integrity

Jichao Ye, vascular lab

Jenelle Yost, obstetrics

10 Years

Anthony Ardire, quality and patient safety

Jean Bakke Cain, LVPG Neurology–1250 Cedar Crest

Marcie Basile, emergency department

Jasmina Becirovic, health information management

Gessenia Becker, women's specialty float pool

Karen Bilger, LVPG Obstetrics and Gynecology–Valley Center Parkway

Ann Bordenick, LVPG Internal Medicine–1230 Cedar Crest

Mary Brislin, clinical social work

Jennifer Brown, emergency department

Alyssa Bruchko, LVPG Neurology–1250 Cedar Crest

Joseph Candio, LVPG Internal Medicine–1230 Cedar Crest

Michelle Carraro, emergency department

Kimberly Castagna, Epic

Dawn Colon, 7K

Ashley Conaway, transitional skilled unit

Eleanor Cosic, LVPG Internal Medicine–1230 Cedar Crest

Carrie Dauscher, ICU

Amy Davis, pharmacy

Joyce Dumbach, coding

Lori Dzojko, LVPG Internal Medicine–1230 Cedar Crest

Kelly Ely, 5K

Heather Endy, MICU/SICU

Emily Ezdon, pharmacy

Tracy Gemberling, LVPG Bariatric Medicine–1243 Cedar Crest

Jeffrey Gesell, emergency department

Rosalie Goldstein, CECE Center

Tara Goss, LVPG Urology

Karissa Graham, 7A

Clara Granados, operating room

Susan Hassay, Children's Clinic

Cecilia Hatch, imaging

Lindsey Hayde, Lehigh Valley Anesthesia Services

Margaret Hayn, HealthWorks

Melissa Heckman, LVPG Obstetrics and Gynecology–1245 Cedar Crest

Robin Heller, emergency department

Holly Hess, medical oncology

Jill Hickman, LVPG Family Medicine–Laurys Station

Debra Hontz, LVPG Family Medicine–Kutztown

Shannon Huffaker, NORI

Alexis Kainz, department of medicine

Gregory Kainz, LVPG Obstetrics and Gynecology–Pond Road

Kristen Kametz, LVPG Pediatric Gastroenterology–1210 Cedar Crest

Laurieann Kapun, coding integrity

Mary Keifer Kimock, information services

Jennifer Keller, LVPG Family and Internal Medicine–Bethlehem Township

Jonathan Kochuba, LVPG Internal Medicine–1230 Cedar Crest

Adam Kotkiewicz, LVPG Hematology Oncology–Muhlenberg

Robert Kovacs, LVPG Internal Medicine–1230 Cedar Crest

Pamela Kozerski, LVPG Cardiology–Muhlenberg

Christine Krick, transitional open-heart unit

Thomas Lakata, LVPG Internal Medicine–1230 Cedar Crest

Holly Lingo, operating room

Susan Lohrman, LVPG Urology

Margaret Mancini, 7A

Christina Mathioudis, vascular lab

Colleen McBrearty, cardiac catheterization lab

Krysten McGovern, 4K

Christine McGuinness, home care

Amanda McMillion, Regional Burn Center

Lauren McNelis, supply distribution services

Jennifer Meihofer, Regional Health Center–Medical

Tara Mertens, home care

Jennifer Mesker, pharmacy

Amber Messinger, cancer support services

Laura Milillo, Regional Health Center–Medical

Mariselle Millan-Rios, LVPG Urology

Sara Mindler, emergency department

Madhulika Misra, LVPG Internal Medicine–1230 Cedar Crest

Megan Mojeda, case management

Sharon Nikoleyczik, Diagnostic Care Center

Lovey Ochse, perioperative services

Kerri Orlando, 6K

Jenna Ottinger, electrophysiology lab

Andrew Palmiotti, radiation therapy

Jessica Paukovits, TNICU

Regina Pena, TLC

Jennifer Phillips, Institutional Review Board

Patricia Quinlan, hospitalist program

Shawn Quinn, emergency department

Erik Resch, nursing float pool

Mary Reuther, 5CP

Marianne Reynolds, Children's ER

Raizalie Roman, cancer support services

Kelly Ryan, Regional Burn Center

Kimberly Schaffer, pain management

Theresa Siffel, home care

Bruce Silverberg, LVPG Cardiology–1250 Cedar Crest

Constance Simpson, emergency department

Donna Smith, float pool

Kerry Snyder, health care analytics

Rebekah Souder, 6K

Erin Sweet, emergency department

Gail Tashner, clinical social work

Michelle Violante, pharmacy

Rebecca Weiss, LVPG Family Medicine–Trexlerstown

Kenneth Williams, 6N

Matthew Winas, LVPG Internal Medicine–1230 Cedar Crest

Denise Woodworth, health care analytics

Sally Wright, nursing float pool

Crystal Zellner, nursing float pool

5 Years

Afaf Abdouche, ambulatory surgical unit

Emine Alendar, cancer services

Lisa Allwein, NORI

Jessica Baker, 7B

Linda Balogh, nursing float pool

Rebecca Beil, LVPG Rheumatology–3080 Hamilton Blvd.

Martha Beishline, revenue cycle systems

Cindi Boderman, 5CP

Julie Brita, accounts payable

Veronica Brohm, Lehigh Valley Family Practice Associates

Tamara Charles-Gonzalez, 7KS

Mary Clare Dinan, HealthWorks

Vanessa Conaway, float pool

Becky Costenbader, LVPG Pediatrics–Pond Road

Valentine Croft, partial hospitalization

Jacob Culichia, health care analytics

Lynn Cunningham, Burn Recovery Center

Jessica Dalton, 2K south

Michael Daniels, nephrology fellowship

Stacy Davis, cardiac ICU

Nadyne Dias, pediatric rehabilitation

Patrick Duffy, PGME surgery

Nancy Duro, radiology administration

Shannah Dutko, emergency department

Malia Eischen, PGME surgery

Shannon Emerich, nursing float pool

Stephanie Erwin, patient receivables

Tina Everett, risk management

Danielle Festa, transitional open-heart unit

Frances Feudale, emergency department

Erin Gallagher, LVPG Family Medicine–1251 Cedar Crest

Gerie Garcia, bed management

Anthony Georges, LVPG Pediatric Surgical Urology–1210 Cedar Crest

Terri Gerny, LVPG Obstetrics and Gynecology–Pond Road

Doris Golebiewski, therapy

Meghan Good, PGME surgery

Justin Guthier, PGME cardiology fellowship

Serena Hatcher, MICU/SICU

William Hendricks, ultrasound

Thomas Juszczyk, supply distribution services

Devin Kennedy, emergency department

Jasmine King, MICU/SICU

Jennifer King, 3A IPCU

Jessica Knauss, inpatient psychiatry

Sheila Knecht, supply management

Donna Kocher, HealthWorks

Kristen LaDuca, 6K

Andrew Langley, emergency department

Alexandria Limpar, NSICU

Chelsea Lutte, maternal fetal medicine

Todd Malseed, ICU

Victoria McCarty, emergency department

Colleen McClay, palliative medicine

Lianne McGinn-Bunn, ExpressCARE

Joanna McKnight, health care research

Cynthia McPeek, operating room

Michael Modeski, LVPG Maternal Fetal Medicine–Montage

Mary Monroe, medical records

Scott Moscatelli, information services

Ranjit Nair, hematology oncology fellowship

Ashley Nelson, LVPG Family and Internal Medicine–3080 Hamilton Blvd.

Patricia Nothstein, obstetrics

Matthew Ottinger, emergency department

Lauren Overby, PICU

Kristen Picone, Regional Heart Center–Medical

Victor Reis, PGME surgery

Pamela Rimmel, coding integrity

Allison Robbins, transitional trauma unit

Donna Rodenbaugh, 5T

Hassam Saif, PGME cardiology fellowship

Jennifer Schlegel, enterprise analytics

Nicole Seip, LVPG Urology

Mohammad Shafqat, PGME surgery

Muhammed Sheikh, LVPG Pediatric Neurology–1210 Cedar Crest

Peggy Shupp, volunteers office

Roxanne Smith, Cardiac Diagnostic Center

Susanne Spiezio, Breast Health Services

Bridget Stein, Wound Healing Center

Amanda Stephens, LVPG Pediatric Neurology–1210 Cedar Crest

Susan Stine, LVPG Hematology Oncology–Muhlenberg

Michelle Turzanski, open-heart unit

Darcie Wagner, ultrasound

William Weidner, engineering

Adriane Weigand, 2K south

Matthew Young, Epic

2016 Friends of Nursing Recap No. 4: More Award Recipients

Accomplish the Exceptional

by [Jenn Fisher](#) · June 3, 2016

At the start of National Nurses Week in early May, we held our annual Friends of

Nursing celebration. Each week we are featuring stories about our Friends of Nursing award recipients. This week you can read about honorees from several nursing specialties, as well as recipients of the remaining medical staff awards. Meet this week's Friends of Nursing award recipients:

Administrative Partners Shine

Our **Medical Staff Administrative Partner Award** recipients are most definitely leaving legacies of caring.

Amy Rehrig began her career working in inpatient units before transitioning to outpatient cancer infusion services at the Health



Center at Bangor, where she also covers rehabilitation services. Rehrig has worked with a local ambulance service to make her calls a priority when patients experience a drug reaction. She also started a wig collection service to offer free wigs to patients losing their hair. To clean and care for the wigs, she works with beauticians in her hometown.

Rehrig takes time from her busy desk duties to help people having difficulties with the self-registration kiosk. She remembers those who become frustrated and quietly checks them in before they start the process. In all weather conditions, she assists patients with wheelchairs from their cars into the clinic, keeping them safe, warm and dry. Not once throughout her interview for this award did she use the word "I" or said she did anything on her own. Rather, she always said, "My colleagues and I," and "we."

At the end of each day of our

Magnet[®] site visit, the appraisers met with Anne Panik and others to review the day. On the day they visited the LVH–Muhlenberg Infusion Center, they spoke about, "that little ball of fire" when referring



to administrative partner **Pat**

Tunison, recipient of our second **Medical Staff Administrative Partner Award**.

Each year, Tunison adopts a patient who has few friends or family. She takes them someplace special, like the casino or a show, and invites them to her house for holidays. She gives away the turkey we receive each year at Thanksgiving to needy patients. She uses her annual bonus, doubled by her husband from their personal funds, to decorate the unit for the December holidays. In fact, the night before her interview for this award, she was at work well past her shift, on her own time, planning the unit Valentine's Day decorations. And beyond the unit, she volunteers for our annual flu shot clinics and Musikfest health tents.

Patient Observation Assistant Stands by her Patient

Marsha Henritz, patient observation assistant, was nominated for the **Medical Staff Promotion of Patient Care Award**, by a patient's wife, who wrote, "Because my husband was combative due to his dementia, and had nose packing and IV tubing,



Marsha stood almost the entire 12-hour shift directly by his side, often holding his hand to prevent harm. Her kindness, attention to detail, compassion, courtesy and care were exceptional. She asked if she could rub his feet with lotion, noted a small cut and reported it to the nurse so it could be taken care of. The icing on the cake was as she was about to leave, she asked us in a very politically correct manner if it would be OK if she prayed for my husband and our family. I was an ER nurse and never ever saw anyone in this type of role as wonderful as Marsha."

Excellence in all Care

The Magnet criteria speak to interprofessional collaborative practice. According to Marion Daku, nurse in the LVH-Muhlenberg ICU, the poster child for collaboration is



Linda Cornman, recipient of **The Medical Staff Award for Excellence in the Delivery of Respiratory Care**.

Daku writes that Cornman constantly goes above and beyond her duties by assisting nurses, medical residents, technical and administrative partners with their tasks – even turning and bathing patients and running for linens and equipment.

Cornman strives for excellence in everything she does, such as:

- Co-chairing our annual Research Day
- Successfully achieving three different professional credentials in various specialties
- Precepting students from several colleges and serving on the colleges' advisory boards
- Presenting at regional and national conferences
- Representing LVHN in the community by teaching life support classes, and volunteering at Musikfest and the flu shot clinics
- Participating in breast cancer and asthma walks

'Send Them Home Sally'

Sally Sherman, recipient of the **Award for Excellence in Case Management**, was nominated for this award by two registered nurses on 4K South – both of whom stated that if Sherman is on a case, they never have to worry about discharge preparations for their patients.



“Send them home Sally” makes their job incredibly easy. She’s always on top of things, always organized and seemingly knows what might be needed ahead of time. Sherman herself said, “From the time I was a little girl, my desire was to become a nurse. I have done different types of nursing, but being a case manager is most rewarding. After spending hours arranging services for a patient and the patient smiles and says thank you, I feel proud of the work I have accomplished and proud to work at LVHN.”

Advanced Practice Clinician is Champion for Nurses

The recipient of the **Advanced Practice Clinician Award**, **Laura Slomiak** has been building her legacy as a physician assistant for 22 years, many of those years within our emergency department at LVH–Muhlenberg.



According to her RN nominator, Jennifer Dargan, she always knows it’s going to be a really good evening when Slomiak comes to work. Another RN nominator, Susan Jonovitch, wrote, “Laura is a champion of the nursing staff. She always has high praise for us and never allows anyone to feel unappreciated.”

Pharmacist Excellence

The recipient of the **Award for Excellence as a Pharmacist**, **Lauren Grantz** is an active member of the National Association of Specialty Pharmacy and was one of the first pharmacists in the country to successfully pass the board certification for Specialty



Pharmacy. Indeed, she was invited to offer an educational presentation at the annual Specialty Pharmacy Summit. Unfortunately, that Summit occurred the same time as the Friends of Nursing ceremony and was in Las Vegas. Grantz’ attendance

at the Summit was deemed to be extremely important to our own specialty pharmacy program and ultimately our health network.

Delivering Rehabilitation Legacy

Lauren Garges, recipient of **The Bill and Nancy Mason Award for Excellence in the Delivery of Rehabilitation Services**, became the first pelvic floor physical therapist in the Lehigh Valley in 2004. Today, she is a sought-after specialist who successfully treats



the most difficult pelvic floor dysfunctions in both males and females, such as the 95-year-old woman who had bladder leakage when she lifted a watering can in her four-day-a-week nursery job. After just three sessions, the patient called Garges to cancel her final visits as she no longer had a problem and was too busy to fit in her therapy. Another patient was a cyclist who had tremendous pain and could no longer ride. But after six tail bone manipulations by Garges, the patient completed a triathlon and was pain-free. Another patient was a young woman with a condition that prevented her from consummating her two-year marriage. After Garges' treatment techniques and family education, this woman conceived and gave birth to two sweet children.

More Stories from Friends of Nursing 2016:

- [Friends of Nursing Awards Kick-off National Nurses Week at LVHN](#)
- [Professional Legacies: 2016 Friends of Nursing Award Recipients Accomplish the Exceptional](#)
- [More Professional Legacies: 2016 Friends of Nursing Award Recipients Accomplish the Exceptional](#)
- [2016 Friends of Nursing Recap No. 3: More Award Recipients Accomplish the Exceptional](#)

Cool Shades, Hot Sale at Optical Effects

by [Jenn Fisher](#) · June 2, 2016

Have you always longed for a cool pair of Ray-Ban® sunglasses? Now

is the time to get them – and save some money too.



Optical Effects, located at [LVPG Ophthalmology-17th Street](#), is

offering a 20 percent discount on all the latest Ray-Ban sunglasses for a limited time: **through June 30.**

The discount applies for all Ray-Ban non-prescription sunglasses. No insurance coverage permitted.

However, most of the styles can be made with prescription lenses, allowing employees and their families to use their NVA insurance benefit on some seriously cool – and eye-protective – shades.

For more information, call Optical Effects at 610-969-3065 or stop by. No appointment is needed.

Your Retirement Plan at Work Seminars in June

by [Nicholas Fritz](#) · June 3, 2016

There is a change coming regarding pension benefits for some colleagues. Current

participants in the Defined Benefit Pension Plan will stop earning pension credits in the plan Dec. 31, 2016. From that point forward, these people will automatically be enrolled in the Defined Contribution Plan. The benefits you earned up to Dec. 31, 2016, under the Defined Benefit Pension Plan will be protected and will be payable to you at retirement if you are vested in accordance with the plan document. There will be no changes for Defined Contribution Pension Plan participants.



VALIC Retirement, the company managing our retirement plans, will host the seminar “Your Retirement Plan at Work” to help colleagues better understand this change. Seminars will be held at the following locations:

June 14 – 12-1 p.m., LVHN–Mack Boulevard room 6B

June 15 – 12-1 p.m., LVH–Cedar Crest ECC room 9

June 16 – 12-1 p.m., LVH–17th Street auditorium

June 22 – 12-1 p.m., LVH–Muhlenberg ECC room D

Registration is required to attend one of these seminars. [Click here to register](#) and enter one of the following codes:

For LVHN–Mack Boulevard seminar: LVHALL11AZ

For LVH–Cedar Crest seminar: LVHALL11AV

For LVH–17th Street seminar: LVHALL11AR

For LVH–Muhlenberg seminar: LVHBET11AS

VALIC Retirement advisors are available to help you at:

LVH–Cedar Crest:

Jeff Hofmann: 610-402-8801

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