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Delicious buffet, great seats and rally towel included.

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Learn how LVPG provides essential breastfeeding support.

Your 2019
Bonus and Merit
Increase

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Progress Notes:
You Want Me
To Do What?

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LVHN news

Back to School Sleep
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Lynn's Turn: Where Are YOU on Your Priority List?

BY LYNN TURNER · SEPTEMBER 5, 2019

Sixty-six percent of full-time employees in the United States say they don't strongly believe they have work-life balance. The result? In the workplace, 60 percent of employees experience poor morale; 36 percent report poor productivity, and 41 percent say there is high turnover and burnout/fatigue.

How do we address these concerning statistics? How do we make more time for ourselves for the sake of our health? Recently, Kristin Behler, Director of Health and Wellness at LVHN, shared her story with me. Her story will help you learn how to prioritize "you" amid life's many challenges.



Kristin's story

When Kristin returned to work following her second maternity leave, she worried whether she could handle everything on her plate. With two young boys, a husband who works into the night, a career that deserves her full attention, an ill father, and a home that needs maintaining, she often felt depleted, as many of us frequently do. Kristin was losing herself. Every day, she was so focused on doing things for others that she didn't have time to take care of herself.

Kristin's life-altering decision

Kristin called a health coach, a confidential service that is free to all LVHN colleagues. They worked



Kristin Behler and her boys

together to set goals that include “me time” for her. Now, Kristin schedules at least 150 minutes each week for herself, time she regularly uses to walk, run or exercise at the gym. At the advice of her health coach, Kristin also made a priority list to circle items on the list that bring her joy and to continuously add items she finds joyful over time.

One year later, Kristin continues to talk with her health coach every month. She still makes “me time” goals, and is focusing on other areas of wellness such as healthy eating and creating family-fun experiences that bring her loved ones together.

Take Kristin’s advice

You often hear about “balancing your life” and “putting yourself first.” Actually doing it, however, can be very difficult. Life is a balancing act. Sometimes you have less time for yourself, and sometimes you have a little more. Remember, “You” always has to be in the picture.

Meet with a health coach

At LVHN, your health and the health of all colleagues is a top priority. That’s why we offer free health coaching to colleagues through My Total Health. To schedule a confidential call with a health coach, [visit mth.lvh.com](http://mth.lvh.com) or call 610-969-0487.

We also can learn from one another. Leave a comment below and tell us how you create “me time” for yourself.



A handwritten signature in black ink that reads "Lynn Turner".

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.

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Terry's Take: I Love What I Do. What Do You Love About LVHN?

BY [TERRY CAPUANO](#) · SEPTEMBER 2, 2019



I have been blessed. Over the past 30-plus years, I've loved every job I've had at LVHN. I cherish my time providing care and education as a nurse. I treasure my experiences leading a skilled and uniquely talented team of nurses as Chief Nursing Officer. And today, I'm honored to serve our health network and community as Chief Operating Officer. I love LVHN's mission, the colleagues with whom I work, and the work I do.

At a recent Leader to Leader meeting, I was honored to meet colleagues and teams throughout our health network who, like me, love what they do. We call them our ["Colleague Engagement Megastars."](#) They are colleagues from the 21 departments that achieved the highest engagement scores in our recent Colleague Engagement Survey.

Even though their departments vary in size and they come from different areas within our health network, they all have something in common: They enjoy what they do and they enjoy working together as a team. To all our Megastars: Congratulations! Thank you for being role models for all of us and for showing us that work can be rewarding, fulfilling and fun.

The work environment at LVHN also involves teamwork and partnership. During our [Pop-up Parties](#), colleagues are being asked to complete the phrase: "A partner always..." The No. 1 answer thus far is: "A partner always has your back."

Working in a supportive team environment in which there is trust, respect, a feeling of support and a heavy dose of working through issues professionally is vitally important. Our culture and work environment also are reasons I love LVHN.

I am continually amazed by all the amazing things we do. I constantly hear stories of incredible devotion to and partnership with patients by our caregivers, as well as those who do not provide direct care. That makes me smile and appreciate my colleagues. I hear stories about our quality (think Leapfrog, U.S. News and Magnet), and it makes me LVHN Proud to know we always challenge ourselves to raise the bar even higher.

I could go on and on about all the reasons I love what I do, and why I appreciate working at LVHN. I'd love to hear what you love about being an LVHN colleague. Leave a comment on this post and share the things that make you #LVHN Proud.

I look forward to reading your comments, and I thank you for partnering with the people of our communities in a way that exudes excellence!

Terry



Terry Ann Capuano

About me: My name is Terry Capuano, RN, and I am the Executive Vice President and Chief Operating Officer at LVHN. I have worked at LVHN for more than 30 years and consider it an honor to serve as your COO. I greatly enjoy meeting colleagues, sharing stories and enhancing relationships throughout the health network. [Learn More](#)

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ExpressCARE–Lehighton Now Open – PHOTOS

BY [KATIE CAVENDER](#) · SEPTEMBER 3, 2019



ExpressCARE Lehighton opened its doors today, allowing the people of Carbon County to receive walk-in care for minor illnesses and injuries at a moment's notice.

“ExpressCARE is a great service that allows for immediate access in a convenient location right in the community for everyday injuries and occurrences that do not require an emergency room,” says Grant Greenberg, MD, LVPG Family Medicine. “ExpressCARE, partnered with a primary care practice, can serve as a home for your acute, chronic and preventive medical care with a family physician.”

LVHN cut the ribbon to this facility last week, marking LVHN's 20th ExpressCARE in the health network. A community open house followed, which included tours of the facility and information about the care offered at this location.



ExpressCARE-Lehighton is located at 363 North First Street. It will be open from 8 a.m. to 8 p.m. 365 days a year. LVHN plans to open an ExpressCARE in Palmerton later this year. The service will be available at the Pencor Services, Inc. building at 528 Delaware Ave.

In addition to ExpressCARE, LVHN announced in August it will build a new hospital along Blakeslee Blvd. (Route 443) in Mahoning Township, [LVH-Carbon County](#). Initial plans call for a hospital that includes all private rooms for inpatient care, and a medical office building which combined will occupy 89,000 square feet of space. The health network expects to break ground on the project next spring and anticipates opening in fall of 2021.

Get Tickets to the Phantoms Season Opener

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

Ready for hockey season? Here's a fantastic opportunity provided by the LVHN Recreation Committee to get tickets to the Lehigh Valley Phantoms season opener. Here are the details.

Lehigh Valley Phantoms vs. Providence Bruins
Saturday, Oct. 5, 7:05 p.m.

Private Sky Lounge Deck with full two-hour buffet
Assigned seat will be in section 208 (below the deck)
\$50 per person

To order and pay for tickets, call Group Sales Manager Trevor Herrick at 484-273-4552. If there is no answer, leave a voicemail and he will return your call. You must pay by credit card. Tickets will be emailed to you or held at the box office.

Here are even more reasons to buy tickets:

- Every colleague who purchases tickets will be entered into a drawing for a ride on the Phanboni during the second intermission. Two winners will be selected.
- All fans receive a Phantoms opening night rally towel.
- Buffet includes hot dogs and burgers (with fixings), potato salad, house-made chips, assorted cookies and brownies and non-alcoholic beverages.

Tickets can be ordered until Sept. 20, but don't wait. A limited number of tickets are available.

If you need ADA seating, have allergies or have questions, email Kelly.Beauchamps@lvhn.org.



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See the Radio City Christmas Spectacular

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

The LVHN recreation Committee invites you to join the world-famous Rockettes and the entire cast (including Santa!) for the kind of breathtaking stage effects that earned Radio City Music Hall the title “Showplace of the Nation.” With perennial favorites like the show-stopping “Parade of the Wooden Soldiers” and the majestic “Living Nativity,” this is the holiday treat your family won’t want to miss.

Radio City Christmas Spectacular

Dec. 18

\$115 per person for orchestra seating

Bus transportation leaves from LVHN-Mack Boulevard at 7:50 a.m.

Show begins at 11 a.m.

Bus leaves New York City at 6 p.m.

[Complete the registration form](#) and reserve your seat today.



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Service Anniversary List – September 2019

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

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

50 years

Barbara Pease, Supply Distribution Services

John Zimmerman, Housekeeping

45 years

Susan Horwath, Clinical Appeals-Denial Management

Linda Iannelli, Sleep Disorders

Leoma Kern, Children's ER

Cheri Lawrence, Sterile Processing

Nancy Snyder, 7C

Bernard Valasek, Nuclear Medicine

40 years

Debra Binder, LVPG Obstetrics and Gynecology–Trexlerstown

Denise Bodish, Adolescent Psychiatry Unit

Eric Jones, Pharmacy

Donna Malisko, Financial Services

Conni Papillon, Emergency Department

Tammy Schaeffer, LVPG Family Medicine–Trexlerstown

Linda Winkelspecht, Pre-Admission Testing

35 years



Michelle Adamcik, HIM Clinical Outcomes

Teresa Bogert, 4T

Cathy Cerami, LVPG Hematology Oncology–Cedar Crest

Margaret Ann Enama, Stress Lab

Jacqueline Forster, Same-Day Surgery

Elaine Iachini, LVPG Obstetrics and Gynecology–1245 Cedar Crest

Kathleen Knapp, Comprehensive Stroke Center

Lynne Richard, HIM Facility Based Coding

John Brown, Shuttle/Valet

30 years

Kimberly Cromyak, Information Services

Carol Forrester, Radiology-Diagnostic

Debra Harrison, ExpressCARE

Lynne Hausman, School of Nursing

Michele Kratzer, Adolescent Psychiatry Unit

Constance Malick, Case Management

Karen Mummey, Patient Registration

Diana Polumbo, Med Surg 7

Charlene Silva, Lehigh Valley Anesthesia Services

Elizabeth Steppan, Emergency Department

Roseann Swiderski, Case Management

25 years

Sandra Andrews, Housekeeping

Mira Conti, PACU

Gail Fox, Information Services

Marcy Klouser, PreOp-Same-Day Surgery

Melissa Repp, Execution ROI Rev Cycle FY16

Cindy Welch, Patient Finance Services

Jessica Zambrana, Contracts/Products/Supplier

20 years

Craig Beecroft, Adolescent Psychiatry Unit

Karen Christman, LVPG Maternal Fetal Medicine—3900 Hamilton

Selicia Chronister, Network and Provider Services

Carolyn Cochrane, Department of Emergency Medicine

Robin Eckert, Patient Accounting

Albert Edel, Information Services

Erica Fajardo, LVPG Obstetrics and Gynecology—17th Street

Sheila Grossett, Float Pool

Evelt Key, Comprehensive Health Services

Delsin Lindtner, Ambulatory Surgery Unit

Angela Pospischil, CECE Center

Karen Reber, Emergency Department

Tracy Remaley, Behavioral Health Specialty Float Pool

Stacy Rodriguez, Float Pool

Harry Savage, Supply Distribution Services

Kathleen Schaeffer, Credentialing Services

Mary Serfass, HIM Provider Based Coding

Stacy Sieger, Network and Provider Services

Bernard Smith, Division of Education

Patricia Socko, Engineering

Kristen Suda, Behavioral Health

15 years

Tia Amorim, Payor Based Care Cordination

Nicole Baker, Interventional Radiology

George Brzostowski, LVPG Internal medicine–Nazareth Road

Melissa Carmody, Rehabilitation Services

Luann Dailey, Comprehensive Health Services

Faith Edwards, Partial Hospitalization

Rose Grimshaw, Engineering

Rickard Gubich, Engineering

Hulya Hartley, Radiology

Marie Hermany, Specialty Float Pool Emergency Department

Alfred Jordan, Operating Room

Bardhyl Kobilja, Heart Station

Steven Laughlin, CT

Daniel Lozano, LVPG Burn Surgery–1210 Cedar Crest

Christopher Lycette, LVPG Neurosurgery–1250 Cedar Crest

Constance Moll, NORI

Sandra Olm, Electrophysiology Lab

Cynthia Pany, Parent Education

Nancy Payne, Radiology

Kelly Pica, LVPG Obstetrics and Gynecology–Pond Road

Judith Prinz, LVPG Family Medicine–Cetronia Road

Thya Riley, MICU/SICU

Dynora Rivera, Comprehensive Health Services

Herb Schrepfer, Information Services

Cynthia Smith, Cancer Support Services

Pamela Sonon, LVPG Family Medicine–Hamburg

Lisa Stenger, Emergency Department

Brian Thompson, Epic

10 years

Altagracia Alba De Jesus, Adolescent Psychiatry Unit

Kameliya Ayvazova, Pharmacy

Nicole Beidler, Hospitalist Program

Rebecca Borrelli, LVPG Family Medicine–Trexlerstown

Sherry Burinsky-Bottor, Lehigh Valley Anesthesia Services

Deborah Campbell, Miles of Smiles

Rina Caradonna, CT Scanning

Amanda Crane, Adolescent Psychiatry Unit

Andrea DeFanti, LVPG Internal Medicine–1230 Cedar Crest

Nicol Donton, Emergency Department

Fidel Espinosa, Security

Kellie Flaim, 6 North

Kathryn Garner, LVPG Family Medicine–Emmaus

Candace Hall, Home Health Care

Michelle Johnson, Emergency Department

Laurissa Kashmer, LVPG Pediatric Endocrinology–17th Street

Carol Kress, Information Services

Abigail Lewis, 5 North

Cynthia Martin, LVPG Family Medicine– Emmaus

Tina Mason, EEG

Lisa Maurey, Sleep Disorders Center

Megan McVaugh, Patient Accounting

Mary Ann Miller, Precertification Department

Amarilis Montalvo, Sterile Processing

Theresa Morgan, Imaging

Alma Ohl, LVPG Cardiology–1250 Cedar Crest

John Pettine, Physician Documentation

Linda Phile, Information Services

Tonya Rohl, Per Diem Pool

Jessica Rush, Hospitalist Program

Christine Saad, LVPG Ophthalmology–17th Street

Linda Seemiller, Behavioral Health

Gina Shaw, Revenue Cycle Coordinators

Cheryl Shoneberger, Radiation Oncology

Christine Steward, Radiology-Diagnostic

M Bijoy Thomas, LVPG Gynecologic Oncology–1240 Cedar Crest

Danielle Tufnell, Open-Heart Unit

Amanda Vaitis, Cardiac Cath Lab

Jenna Varga, Information Services

Audrey Wright, 2B

Thomas Young, Marketing Sales and Business Development

Kimberly Zeigenfuse, Adolescent Psychiatry Unit

5 years

Faisal Al-Alim, Orthopedics

Arjumand Ali, LVPG General Surgery–Muhlenberg

Jubelkys Aponte, Labor and Delivery

Marie Bartos, Library Services

Amanda Becht, 4T

Robin Bohanan, LVPG Family Medicine–Brookhill

Martin Burridge, Information Services

Frank Capoccia, Administration

Carmen Cardenas, LVPG Pediatrics–Broad St

Albertito Cardona, Wound Care

Brandi Carls, LVPG Family Medicine–Lantern Lane

Cara Corpora, LVPG Family Medicine–Easton Avenue

Heather Cruz, Emergency Department

Geangina Day, Wound Care

Robert Decolli, Internal Medicine

Stephanie Diaz, LVPG Oncology–Pocono

Savannah Drake, LVPG Family Medicine–West End

Meredith Dull, Emergency Department

Jessie Eberts, 3B

Justina Faust, Health Spectrum Pharmacy Services

Joni Fogel, Operating Room

Getsabel Franzone, Patient Accounting

Andrew Garger, Arena Medical Operations

Megan Giangliulo, Inpatient Rehabilitation Center

Kayla Girton, ABCFP/Rice PHYS Capacity Pilot

Rosa Gomez De Jesus, LVPG Adolescent Medicine–17th Street

Kelly Haberern, Labor and Delivery

Debra Halupa, LVPG Family Practice–Pine Grve

David Hoffman, Patient Transport Services

Kayla Janaskas, Case Management

Stephanie-Marie Jones, LVPG Obstetrics and Gynecology–1245 Cedar Crest

Kathy Kellman, Bed Management

Munawer Kermalli, Health Care Research

Megan Kern, Health Spectrum Pharmacy Services

Kristina Kreuzburg Paul, Inpatient Rehabilitation Center

Katrina Labar, Rev Cycle Ed-Process Improve

Courtney Laub, Emergency Department

Dawn Leathers, CT Scan

Jean Lipsky, Health Information Management

Tanya Maldonado, Lehigh Valley Family Health Center

Carolyn Mangornong, Cancer Data Management

Courtney Marsicano, LVPG Geriatric and Internal Medicine–Drums

Katherine Martin, Psychiatry

Krystal Martinez, Cardiology/Pulmonology

Anniemarie Mcfarlane, ExpressCARE

Brenda Mclaughlin, Ooutpatient Intake Department

Brendan Moriarty, ATC Services

Holly Mullen, Case Management

Michael Nicotra, Perfusion

Justyne Nolen, Revenue Cycle Coordinators

Emily Oncay, Radiology

Karlana Phillips, NICU

Dorene Pongrazzi, Wellness Cafe

Kenneth Pors, Operating Room

Kelly Reed, Communications

Alvaro Reymunde Duran, LVPG Pediatrics–Broad Street

Patricia Ringler, LVPG Cardiology–Muhlenberg

Alan Ritz, HO Clinical Services

Richard Russell, LVPG Family Practice–Pine Grve

Becky Schaeffer, LVPG Family Practice–Pine Grve

Melissa Shaner, LVPG Urogynecology–Pond Road

Angela Sirak, Population Health

Caitlyn Sitoski, Fitness Center at the Health & Wellness Center at Hazleton

Brandy Snyder, IRF Nursing

Jessica Snyder, 7C

Jaclyn Solick, Marketing Sales and Business Development

Margaret Solis, Child Life Department

Dorothy Stehly, Rehabilitation Services

Erica Stone, Behavioral Health

Erin Troxell, 340B Team

Michelle Wanamaker, Strategic Operations

Cristin Weicker, Internal Medicine

Beth Wetzal, Emergency Department

Michelle Winter, ATC Servicesvand

Tarah Wisser, 5CP

Margie Yasenchak, Group Health

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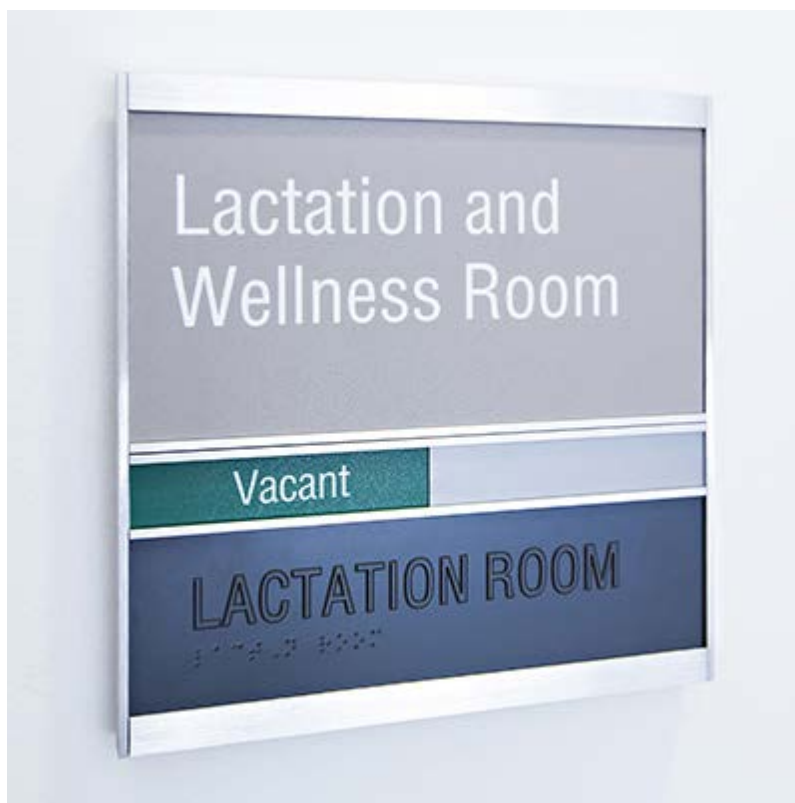
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Lactation Services in Pediatrics

BY [MARCIAANN ALBERT](#) · SEPTEMBER 4, 2019

LVHN's lactation team offers many prenatal and postnatal resources to help families prepare for the birth of a baby and provides support once baby is here. Made up of inpatient and outpatient consultants, this patient-centered network team educates expecting and/or new parents on the benefits of breastfeeding and best choices to feeding your newborn.

LVPG's pediatric lactation service team is 10 years strong, with the service seeing the most growth happening over the last five years. Outpatient consultants support patients within LVPG Pediatrics and LVPG Family Medicine by creating a nonjudgmental, supportive environment where breastfeeding mothers can choose the best feeding plan for themselves and their families.



[Learn more about the lactation teams on LVHN.org](#) and how LVHN helps breastfeeding mothers choose how to feed their newborn.

[See the location of LVHN lactation rooms](#), which provide quiet space for colleagues and visitors.

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