

Nov. 22, 2019

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LVH-Schuylkill surprises the community with free coffee.

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Our patients and providers are prominently featured.

[Join a Study on Colon Health](#)

If you're a healthy adult, consider participating.

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

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Superheroes

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LVHN news

Tricks to Handling Holiday
Stress

ExpressCARE vs. ER

How to Prevent the Flu

FTC and Pennsylvania Attorney General's Office Allow Coordinated Health Acquisition to Move Forward

by [Brian Nester, DO, MBA, FACOEP](#) · November 21, 2019

Special Announcement



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

At Lehigh Valley Health Network (LVHN), we're committed to keeping you informed. I want to share with you good news about LVHN's intent to acquire the assets of Coordinated Health.

The Pennsylvania Attorney General's office review is complete, and the Coordinated Health acquisition may now move forward. As we announced last week, the Federal Trade Commission cleared both parties to move forward in completing this process.

As you can imagine, there are many details to address. We anticipate that transaction documents will be finalized in the coming weeks. LVHN and Coordinated Health will operate as separate entities in the meantime.

We will keep you updated as this exciting endeavor continues.

Introducing Gympass: New Benefit Gives You Access to Fitness Facilities

by [Kirstin Reed](#) · November 20, 2019

You shared feedback in the 2018 Health and Wellness Survey, and we listened. The majority of colleagues expressed interest in gaining broader access to fitness facilities that best fit their needs and geographic locations.

In response, eligible LVHN colleagues can now utilize a new, discounted fitness benefit that aligns with the My Total Health goal to give you convenient access to programs and services that allow you to thrive.



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Broader access to fitness facilities

A new partnership with **Gympass** will give you access to a network of fitness facilities. This will complement the free access eligible colleagues already have to LVHN Fitness.

Here's how you can benefit from using Gympass:

- Create a routine or discover new activities. You can visit the same gym or a different one every day.
- You'll save money with your corporate membership. Plans start at just \$9.99 per month.

By becoming a member you can also **invite your dependents to join**.

Follow these steps to start your Gympass experience:

- Download the Gympass app on Google Play or App Store.
- Sign up for free. Enter your LVHN SUI (user ID) and create a password to start your Gympass experience. Gympass is not currently available to LVH–Pocono colleagues or union colleagues at LVHN sites in Hazleton and Schuylkill County.
- You can also visit gympass.com/us/lvhn-us to learn which gyms are participating and to view plan options.
- [Download this flyer](#) for more information.

If you have questions about Gympass:

- Email help.me@gympass.com.
- Call 844-478-4744.
- Chat via the app or on gympass.com.

Changes to the My Total Health program further promote a culture of health and wellness at LVHN, which gives you the exceptional colleague experience you deserve. Watch for additional program enhancements coming at the start of 2020.

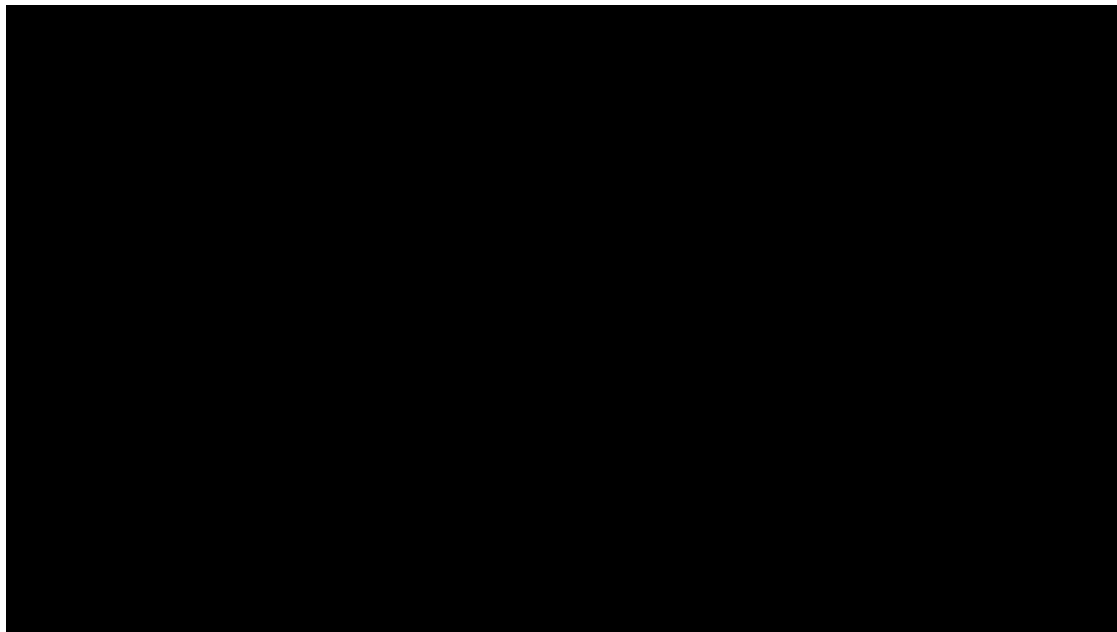
Final Steel Beam, Including Colleagues' Names and Pledges, Placed on New ED – PHOTOS and VIDEO

by [Rick Martuscelli](#) · November 22, 2019

More than 700 tons of steel were used to frame the new acute care facility at LVH-Cedar Crest. On Nov. 21, the last steel beam was placed. Written on that beam were colleagues' signatures and their pledges to provide the very best care to the people of our community.

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Community partners, media and colleagues came together for a topping-off ceremony. The event marked the placement of the final beam on a facility that will include a new adult emergency department (ER), Children's ER and observation unit.



Image 1 of 8

The facility will include 97 adult beds in the ED (we currently have 42), 27 beds in the Children's ER (we currently have 12), and three trauma bays. That's 127 total beds. The facility also includes designated diagnostic testing, laboratory and pharmacy space, designated space for behavioral health care, and more.

For patients who need additional care but do not require an inpatient hospital stay, this facility includes a 59-bed observation unit for adults and a 12-bed observation unit for kids adjacent to the ED. This provides ultimate flexibility for the coordination of care.

The adult ED and observation units are built as modules. Each module has 12 beds. As patient volumes fluctuate, modules can be opened and closed to ensure patients receive care as efficiently as possible. This model gives us the flexibility to have up to 151 ED beds for adults and children, making this the largest ED in Pennsylvania.

The facility is also designed to provide the best possible health care experience. The amount of parking spaces will more than double. The adult ED, Children's ER

and observation unit will each have their own covered entrance and spacious waiting rooms. Food service will also be available.

The expanded ED and observation unit for adults is expected to be complete late in 2020. The new Children's ER and observation unit will open in mid 2021.

Former Colleague Spreads Thanksgiving Sunshine – VIDEO

by [Katie Cavender](#) · November 21, 2019

Some people have the power to change the mood in a room with a simple smile, and Bonnie Drabick is one of those people. Drabick lives every day as if it were Thanksgiving by expressing gratitude and appreciation to those around her. As a former LVHN colleague, Drabick worked in the operating room and sterile processing. She's known for her positive attitude and warm personality, earning her the nickname, Sunshine.

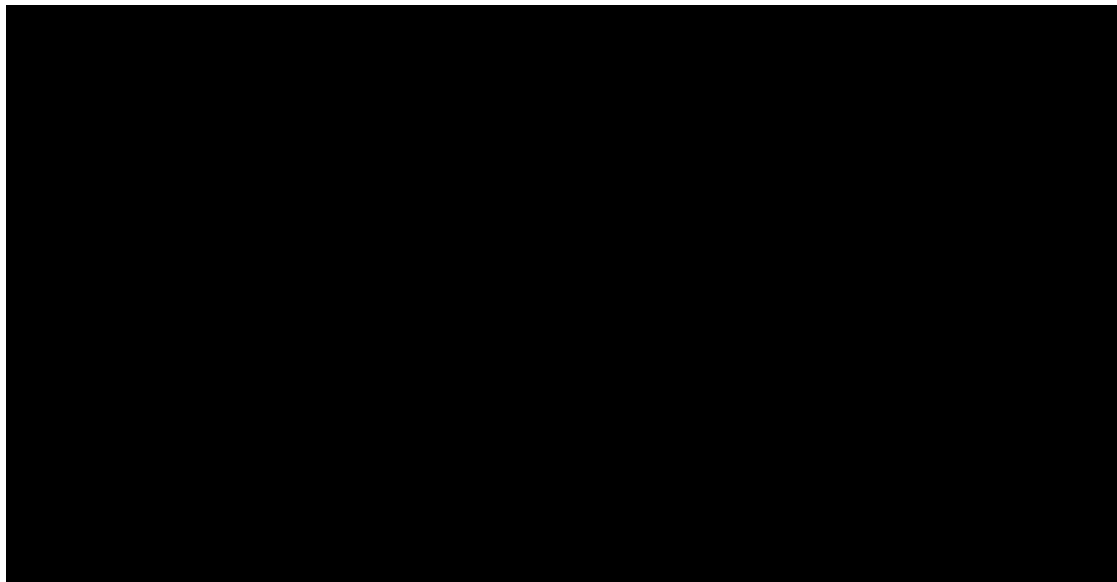
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Drabick was diagnosed with stage four pancreatic cancer in March but has maintained her bright outlook on life. Bonnie's positivity and energy touched her care team, so when Bonnie expressed an interest in creating a video to share her message the team got to work, they contacted the Lauren Pearl Halper Fund, which fulfills wishes of patients in hospice, and generously funded this video. It is Bonnie's wish for the video to be shared not only with you, but with as many people as possible.

Help Make Bonnie's Wish Come True

Share this video to help Bonnie's wish come true. Visit the [LVHN Facebook page](#) or [LVHN Twitter page](#) to find the video. We encourage you to share the post and tag someone you are thankful for, because when it comes to expressing gratitude to those we love "the time is now."



Senior Leaders Say ‘Thank You’ – VIDEO

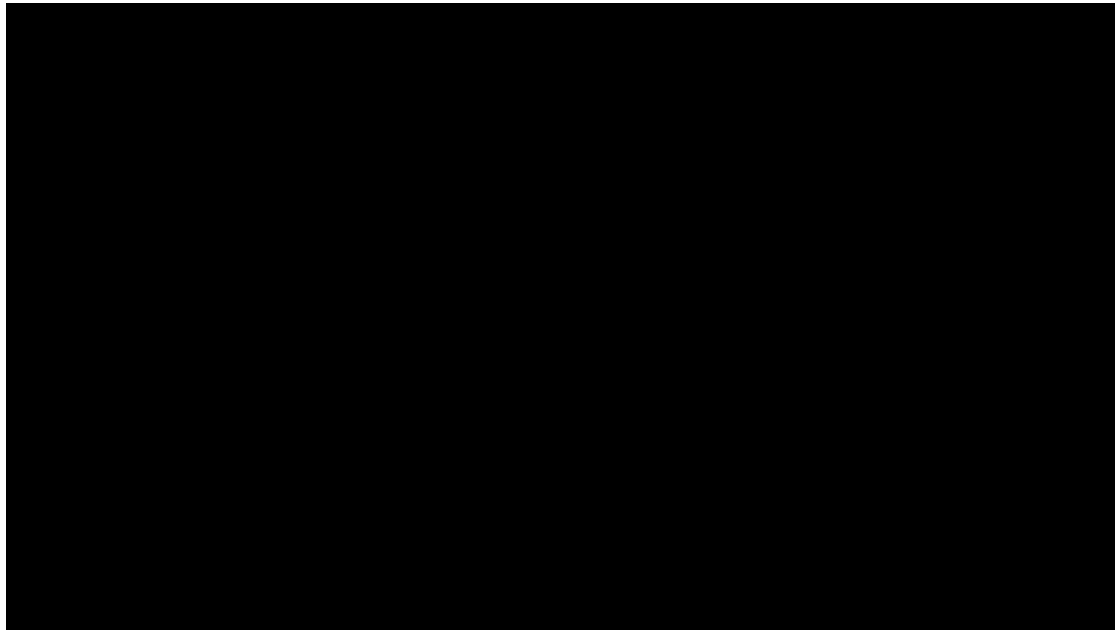
by [Katie Cavender](#) · November 21, 2019

This time of year reminds us to pause and take a moment to express our appreciation for our family, friends and team members. Senior leaders want to take this opportunity to tell you, the colleagues of LVHN, thank you.

To express their heartfelt appreciation, each member of the CEO Council member delivered their message of thanks in their own way.

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Terry's Take: Three Sets of Two Words With One Message

by [Terry Capuano](#) · November 18, 2019

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I recently participated in a video for our LVHN colleagues. During the video shoot, I was asked to share two words that are meaningful to me.

What an interesting question! Words are powerful when the rights ones are chosen. So, I've been giving this a lot of thought. I've come up with three sets of two words that I would like to share with you, my valued colleagues.

Set 1: Health and Happiness

These words provide me with the capacity to practice my faith, meaningfully interact with family and friends, and be fulfilled by my professional commitment to LVHN and the community we serve. I have a sign in my office that says, "I think I will be happy today." I try to choose happiness consistently because it frames a positive outlook on life and the situations we encounter.



My next sets of two words are inspired by you.

Set 2: Dedication and Commitment

Your dedication to our patients, their families and the communities we serve is unsurpassed. And I truly admire your commitment to quality and service. Everything you do to make LVHN exceptional is greatly appreciated.

Set 3: Thank You

You are the foundation of the excellent care and service we deliver every day. For that, I am immensely grateful.

What two words are meaningful to you? Leave a comment on this post to share them and explain why the words are meaningful to you. I look forward to hearing from you.

May you and your loved ones enjoy a peaceful and healthy holiday season.

With sincerity,

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](#)

Service Star of the Month – November 2019

by [Paula Rasich](#) · November 21, 2019

Melissa Kubic, Population Health, LVHN–One City Center

Here are words you are not likely to hear from a patient who crosses paths with Melissa Kubic: “I had too much follow-up care.”

After looking over the discharge summary of a patient who had been hospitalized for congestive heart failure, Kubic noticed a diuretic was missing from the medication list. She had questions.

The patient's chart showed that a prescription had been faxed to the pharmacy, but the diuretic was removed from the medication list without explanation. In addition, the patient was supposed to start taking a blood thinner, but the pharmacy wouldn't fill the prescription without prior authorization. To top it off, the patient's prescription assistance card was declined.

Time was a consideration. Kubic knew without medication, the patient could develop a dangerous blood clot. She tried to reach the ordering physician but was unsuccessful. Eventually she connected with the covering provider, who explained the mix-up regarding the diuretic. The physician informed her that the patient should return to the hospital for anticoagulation monitoring because the prescription for the blood thinner could take up to five days to be filled.

Kubic knew there had to be a better solution. She kept making phone calls until she found her answer. Health Spectrum Pharmacy would accept the patient's prescription assistance card and give him a 30-day supply of blood thinners right away. “Melissa advocated for her patient, ensured his safety and prevented an



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unnecessary readmission,” says nominator Alisa Matthews.

Next Steps

Nominate a Service Star.

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

Alexandra Corpora, Security, LVH–Cedar Crest

Awaiting psychiatric placement, a patient’s aggressive behavior toward staff in the TNICU resulted in multiple code oranges. Corpora came to the bedside of this extremely emotional and agitated patient, spending several hours on two occasions. By simply talking and listening to the patient, Corpora calmed the individual down and prevented any more aggressive outbursts.

Thespina Godshalk, Clinical Coordinator, School-Based Behavioral Health, LVH–17th Street

Trauma-related stress, anxiety and depression are affecting a record number of students. Thanks to efforts led by Godshalk, hundreds of area students on Medical Assistance can now receive outpatient mental health services at their school. Godshalk worked diligently to get this one-of-a-kind program up and running and ensure its sustainability by securing a contract with Magellan Behavioral Health.

Angela Rex, LVPG–Family Medicine

During an emergency situation, Rex scheduled critical lab tests for a patient. While doing her job, Rex went out of her way to show great empathy and sensitivity toward the patient’s distraught mother and the patient. Her compassion in action put this family at ease during a very difficult time.

Laura Mauro, PharmD, Clinical Pharmacist, LVHN–One City Center

Helping patients understand their complicated medication schedules can be time consuming. Mauro takes time to ensure the best outcomes by tailoring her communication to each patient’s level of knowledge and thinking ability. Always kind

and compassionate, Mauro is happy to educate patients about their personal health and unique medication needs.

**Lauren Knock, RN, Christine Ulshafer, Surgery Coordinator, Susan Wallace,
Operating Room, LVH–Hazelton**

When one of our OR nurses was hurt in a severe motorcycle accident, this team of colleagues pulled together to raise more than \$4,000 for her. Knock, Ulshafer and Wallace show true compassion not only for their patients, but also for their colleagues.

Lisa Fisher, Patient Registration, LVH–Schuylkill

Early one morning, Fisher took it upon herself to clean up the waiting area of the emergency department, discarding blankets, trash and clutter, and cleaning the tables and chairs. Even though this is not her job, Fisher made sure our facility was tidy and comfortable, providing a better experience for our patients.

Giving Partner Kate Booth: “We’ve Been Fortunate. We Feel We Should Help Other People.”

by [Rick Martuscelli](#) · November 18, 2019

Kate Booth is a giving person. It’s engrained in her personality and part of who she is. That’s especially true in her association with LVHN.

Booth is a colleague in the Office of Philanthropy and serves as Major Gift Officer and Data Analytics Manager. She joined our health network three years ago and, with her husband, has been supporting LVHN programs and services ever

since. “We’ve been fortunate and we feel we should help other people,” she says.



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Be a Giving Partner. Visit give.LVHN.org/GivingPartner to make a donation.

When the Booths see a need in our health network or a service that strikes a chord, they provide support. They give to:

- **Cancer Patient Assistance Fund at LVH**– This fund provides financial support for non-medical expenses for people fighting cancer. “We recognized the need in that area LVHN serves and decided to support this new fund,” Booth says.
- **Prager Assistance Fund.** This fund also provides support for non-medical expenses for patients with cancer. “Life goes on regardless of your medical condition, and bills continue to come in,” Booth says.
- **Population Health General Fund.** “We give to this fund because it supports LVHN programs and services that impact vulnerable populations in our community,” Booth says.
- **In-kind donations to Street Medicine Program.** This program, which provides

health care to area homeless in camps, under bridges and in shelters, is completely supported by philanthropic gifts. “We give because in-kind gifts make this program a reality,” she says.

How to be a Giving Partner

Like the Booths, you can choose the service, program or area you would like your gift to support. All donations, large and small, make a difference. Payroll deduction allows you to give over a longer period of time with little to no impact on your budget.

To make a donation using payroll deduction:

- Visit give.LVHN.org/GivingPartner.
- Download and complete the payroll deduction form. (Note: In the area of the form asking for the “Purpose” of your gift, you can designate the program or service you would like your gift to support, such as cancer, heart or children’s care.)
- Follow the instructions on the form to submit it.

To make a one-time gift:

- Visit LVHN.org/give.
- Enter the amount of your gift.
- Designate how you would like your gift to be used.
- Submit your personal information.

To speak with a colleagues from the Office of Philanthropy about how you would like to designate your gift, call 484-884-6385.

Promoting Flu Awareness With Coffee – PHOTOS

by [Mike Peckman](#) · November 21, 2019

“When the waitress said your hot coffee is on Lehigh Valley Hospital–Schuylkill today, it was such an uplift,” said a customer at Pottsville’s Dunkin Donuts about 6:15 a.m. on Wednesday. “It made me feel like LVHN is more than a place, but someone who is in the community, right alongside of us, doing life together.”

She wasn’t the only one. “Wow, thanks,” adds the man behind her. “They (LVHN) do a great job.”

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Image 1 of 6

If you ever had the surprise of someone ahead of you in a drive-through line picking up the tab for your order, you can better understand how these people feel. LVH–Schuylkill did its part to “pay it forward,” by treating people to free coffee and tea at several area coffee shops, while also educating recipients about the importance of

flu shots and flu prevention.

“We wanted to do something catchy and perhaps a bit unusual to call attention to the importance of flu vaccination,” says Bill Reppy, LVH–Schuylkill President. “This will serve as a novel way to get members of our community talking about getting their flu shots.”

Dunkin Donuts and Pressed Coffee and Books, both in Pottsville, and Market Square Coffee House, Orwigsburg, were participating partners. Customers were treated to a large hot coffee, tea or iced coffee at each establishment during a set time period.

“One of the best things a person can do at this time of year is get the flu shot,” says Larry Riddles, MD, Regional Chief Medical Officer for LVHN. “We hope this project motivates people to take action.”

In addition to offering a complimentary beverage, LVH–Schuylkill also provided hand sanitizer and a flu shot tip card listing where local residents can get a flu shot and offering these **tips for flu prevention**.

1. Get the flu shot.
2. Avoid close contact with people who are sick.
3. Wash your hands – often.
4. Keep hand sanitizer in your car, at your desk or whenever you aren’t near soap and water.
5. Avoid touching your eyes, nose or mouth.
6. Cover your mouth and nose when coughing, or cough into the crook of your arm.
7. Keep the rest of your health in check – that means get plenty of rest, eat a nutritious diet, drink plenty of fluids and exercise regularly.

Getting a flu shot also is easy. With LVHN you can:

- Call 888-402-LVHN.
- Visit [LVHN.org/find-a-doctor](https://www.lvhn.org/find-a-doctor).
- Log in to MyLVHN to schedule an appointment.
- Walk in to an ExpressCARE location near you. In Pottsville, visit LVHN

ExpressCARE–Schuylkill Medical Plaza, open 8 a.m. to 8 p.m., year-round.

In addition to these access points, LVH–Schuylkill also encourages using your primary care provider in our community for flu shots.

We thank our community partners for helping us to create a better awareness about flu and what we can all do to prevent it.

Lehigh Valley Cancer Institute Showcased in MSK Cancer Alliance

Video – VIDEO

by [Jenn Fisher](#) · November 21, 2019

Memorial Sloan

[1](#)

Kettering (MSK)

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Cancer Alliance is

an initiative of

Memorial Sloan

Kettering Cancer

Center. The

program aims to

bring leading-edge

cancer care to

communities by

collaborating with

organizations that

demonstrate a high-

level of expertise

and commitment to

outstanding cancer care. Lehigh Valley Cancer Institute was invited to join MSK

Cancer Alliance in August 2015 and has been a formal member since March 2016.

The ultimate beneficiaries of this collaborative model are patients, who receive the

best in cancer care practices, access to new treatments and opportunities to

participate in pioneering clinical trials.



Vision on video

A new video has been produced by MSK about the goals and vision of the MSK

Cancer Alliance and what it means to patients. Lehigh Valley Cancer Institute

patients and providers are prominently featured, including [Suresh Nair, MD](#),

Physician-in-Chief, Lehigh Valley Cancer Institute.





You can learn more about [Lehigh Valley Cancer Institute's](#) membership in MSK Cancer Alliance by visiting [LVHN.org/MSK](#).

Healthy Adult? Join a Study on Colon Health

by [Marciann Albert](#) · November 18, 2019

If you are a healthy adult, you are invited to join a study on colon health. This study explores how the colon and its bacteria (microbiome) work together. The aim of this study is to compare the microbiome of healthy individuals such as yourself with the microbiome



of patients with cancer to help determine if there are differences between the two. You will be compensated for your time.

Participants must:

- Be at least 18 years of age
- Have no personal history of cancer
- have no history of autoimmune disease

Research may include:

- A computer survey regarding diet
- A written survey regarding health condition
- Stool sample for analysis

LVPG Oncologist Usman Shah, MD, is the principal investigator for this study.

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Download a poster about the study.