

Introducing RetireFIT

This tool helps you plan for retirement.

Attend "I Pink I Can" on Oct. 24

LVHN and MSK specialists discuss women's cancers.

Nightingale Award Finalists

Meet Tonya Kemp and Anne Rabert.

Colleagues Participate in CANstruction

See the sculpture made entirely of cans.

United Way Winners

These colleagues donated and won a prize.

Medicare Annual Wellness Exams

It's the focus of a new marketing campaign.

Benefits**Open Enrollment****Watch the
Town Hall
Meeting****Read Lehigh Valley Health News**

Introducing RetireFIT

by [Admin](#) · October 11, 2016

At Lehigh Valley Health Network,
we are constantly striving to

educate our colleagues on their benefits and provide additional tools that will help them improve their current and future well-being, including financial well-being.



We are pleased to provide a new resource under the Lehigh Valley Health Network Retirement Plans for all colleagues, called the RetireFIT program offered through VALIC. This program will provide you with a personalized analysis of where you stand in terms of your own retirement readiness and wealth building journey.

You will be receiving a RetireFIT statement in the mail mid-October. This statement is designed to help you understand where you are in your retirement planning.

RetireFit includes a personalized retirement analysis report to help you prepare for retirement by showing:

- Where you are today.
- Where you want to be in the future based on estimated retirement income.
- What steps you may need to take to get you closer to your retirement savings goals.

Watch for your RetireFIT Statement which will be delivered directly to your home mid-October. Please click on the link below for a detailed explanation on how to read your RetireFIT statement.

[How to Read Your RetireFIT Statement](#)

The VALIC financial advisors will be available to review your statement with you. Please contact a VALIC financial advisor at 610-402-8801.

I Pink I Can: Make Informed Decisions about Breast and Gynecologic Health

by [Jenn Fisher](#) · October 11, 2016

Preventing, diagnosing and treating

cancer requires a team approach. That's why Lehigh Valley Health Network (LVHN) is bringing together a team of speakers and presenters from across LVHN, as well as from Memorial Sloan Kettering (MSK) Cancer Center, to present at this year's "I Pink I Can" community event.



It's informative and free!

First, put this date on your calendar: Monday, Oct. 24, and register online at LVHN.org/IPinkICan.

The evening begins at 5 p.m. with a light dinner that you can enjoy while moving among presenters at several information tables. These groups will include LVHN's Support of Survivors group, the MSK exercise team, as well as LVHN staff members covering topics like Reiki therapy, nutrition, wellness and genetic counseling. Then at 6 p.m., the speakers' panel will begin. Note: The information tables will be available again at 7 p.m.

Speakers' panel

Hear about the latest information concerning women's cancers and new clinical trials, as well as the role of genetic testing for some patients and how MSK research is helping provide evidence about exercise and chemotherapy.

- [Suresh Nair, MD](#), hematologist oncologist, [LVPG Hematology Oncology-1240 Cedar Crest](#)
Topic: Women's cancers; the importance of LVHN's alliance with MSK Cancer Center; new clinical trials.
- [Lee Jones, PhD](#), exercise scientist, Memorial Sloan Kettering Cancer Center
Topic: Understanding the connection between exercise and how it may make cancerous tumors more susceptible to chemotherapy. Also, how to protect yourself from potential heart and skeletal muscle damage caused by certain

cancer treatments.

- [Candace Peterson, MS, LCGC](#), senior genetic counselor, [LVHN Gregory and Lorraine Harper Cancer Risk and Genetic Assessment Program](#)

Topic: Explanation of genetic counseling services offered by LVHN and who should consider them.

- [Priya Sareen, MD](#), imaging director, [LVHN Breast Health Services](#)

Topic: Program conclusion.

Seating at this event is limited – your RSVP is encouraged. We look forward to seeing you at, “I Pink I Can” on Oct. 24.

Location: Lehigh Valley Hospital–Cedar Crest

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

8

1200 S. Cedar Crest Blvd.

Allentown, PA

Tonya Kemp, Anne Rabert Are Nightingale Award Finalists

by [Ted Williams](#) · October 10, 2016

The Pennsylvania Nightingale Awards honor exceptional nurses who practice in the Commonwealth. Every year since the awards came into being in 1992, LVHN h

had at least two finalists qualify for the prestigious honor. This year, Tonya Kemp, RN, and Anne Rabert, RN, are one of three finalists in their respective categories. They will attend the Nightingale Gala at the Radisson Penn Harris Hotel & Convention Center in Harrisburg on Nov. 4.

Here is a brief overview of our two finalists:

Tonya Kemp, RN, perinatal evaluation, LVH–Cedar Crest

Category: Clinical Nursing

You'd be hard-pressed to find a nurse who isn't dedicated to helping others, but Kemp goes well above and beyond the call. A labor and delivery nurse for 16 years, the last 10 at LVHN, there are several stories that describe her passion for nursing. For example:



- Following a Caesarian section delivery, the standard practice has been to take the newborn to the nursery while the mother receives post-surgical care. Last year, Kemp tried to explain the practice to a mother who was very upset at not being able to hold her child immediately. So Kemp stopped explaining and went to work lobbying on the mother's behalf until she was successful in making it happen. "We had been undertaking an initiative to move to skin-to-skin contact following C-sections, and this presented an opportunity to do just that," Kemp says. "Seeing how happy the mom was, I was glad to be able to help."
- Also last year, Kemp volunteered to go to Haiti, a country still recovering from the devastating 2010 earthquake. She says it was an eye-opening experience. "Haiti has one of the highest maternal mortality rates in the world," she says. "It's a travesty that in today's world, there are women in places like Haiti who

are dying while giving birth.” She spent a week at a small hospital in the remote northern part of the country, battling primitive conditions and the language barrier. “It was scary at times, but somehow we were able to make it work,” she says. “Our hearts went out to them. We couldn’t help wanting to do as much as we possibly could.”

- Then three years ago, Kemp found herself meeting a MedEvac helicopter at the helipad at LVH–Cedar Crest to assist an expectant mother with preeclampsia who was experiencing significant brain bleeding. “My job was to monitor the baby’s health,” Kemp says. While a craniotomy was being performed on the mother, Kemp saw the baby was in trouble and informed the surgeons that an immediate C-section was necessary. “Fortunately, everything turned out all right for the baby and the mother,” Kemp says. “We were able to take care of both in the nick of time.”

Kemp was overwhelmed with her Nightingale nomination. “I’m incredibly honored, but I also work with a lot of wonderful nurses,” she says. “In my opinion, every nurse deserves an award.”

Anne Rabert, RN, Director, Clinical Services, medical/surgical intensive care unit (MICU/SICU), LVH–Cedar Crest

**Category: Nursing
Administration**

Rabert has been a valued member of LVHN for 28 years, the last 14 as a director of MICU/SICU. She’s had to navigate her staff through choppy waters – changes in acuity levels, different physical locations, increasing bed numbers and changing clinical specialties. Right now, she manages a 32-bed unit with a staff of 150. But in her view it goes with the territory.



Anne Rabert, RN

“We see all parts of the spectrum of life in what we do here every day,” Rabert says. “We’re about 70/30 percent medical to surgical, and our medical population has a high level of comorbidities. We have to be at our best at all times because we have to be ready for anything.”

She is a staunch supporter of LVHN’s model of patient- and family-centered care, championing a family presence at the bedside at all times if possible. “It’s become our unit philosophy, to be very conscious of the needs of the family as well as the patient,” Rabert says. “We see it as a key element in terms of our clinical outcomes.”

Rabert took the concept of quality outcomes to the next level even before the health network’s Lean initiatives were launched. She’s had visibility walls and a large computer monitor showing real-time data about her unit’s clinical outcomes for several years now. “We’ve tried to convey this information in layman’s terms so visitors can understand it,” she says. “It’s not only information we use at unit meetings, we want it for all to see. It says a lot about our unit and how proud we are of what we do.”

An example of this is a unit initiative to reduce pressure ulcers and catheter-associated urinary tract infections (CAUTI) undertaken last year. “We really went after it,” Rabert says. “An infection preventionist and I would make rounds twice a week with the aim of having catheters removed as quickly as possible. Our CAUTI rate dropped about 70 percent. We knocked our goal out of the park.”

With an employee vacancy rate near zero on her unit, staff members obviously enjoy working with Rabert. “The feeling is mutual,” she says. “I’m very happy with the Nightingale nomination and I’m looking forward to the gala. But for me the real reward is what we’re able to accomplish within our four walls as a team.”

LVHN Employees Use Building Talents for a Good Cause at CANstruction Lehigh Valley

by [Ted Williams](#) · October 12, 2016

You're bound to take notice if

you're walking along the first floor of the Lehigh Valley Mall sometime before Friday morning – a smoking locomotive driving chugging through a mountain made of crayons.

Upon closer inspection, you'll notice it's not actually chugging, but standing still. And it's not really a locomotive or a crayon mountain either. It's a sculpture made of cans of all sorts and sizes.



“It’s 7,467 cans actually,” says Jennifer Fink, Director, Planning and Interiors for LVHN, who was part of a team creating one of seven artistic can displays for the second annual “CANstruction Lehigh Valley” competition, which actually is part of a national initiative sponsored by the Society of Design Administration dedicated to supporting hunger relief.

Created in 1992 by a group of architects and engineers in New York City, CANstruction events eventually would blossom to events held around the country, helping to raise more than 40 million pounds of food for local food banks. The Lehigh Valley event is sponsored by The American Institute of Architects, Eastern Pennsylvania Chapter, and The Construction Specifications Institute, Greater Lehigh Valley Chapter. Every can used in the sculptures contains nonperishable food and will be donated this year to the Second Harvest Food Bank after they're disassembled on Friday.

LVHN was invited to join one of the seven competing assembly teams by vendors BDA Architects LLC of Clarks Summit, Pa., and Whiting-Turner Contracting Co., a nationwide firm with an office in Allentown. Fink and LVHN Facilities & Construction colleague Brenda Rocchino, Project Manager, Interiors, were part of a 25-member team that designed a sculpture based on this year's theme, Lehigh Valley Heritage.

“We started our planning meetings in early May and settled on a design,” Fink says.

“Once it was approved, we began approaching different vendors for cans of food they would consider donating. The nutritional value of the food is an important factor in CANstruction, so you won’t see cans of soda or things like that in the displays.”

After a few dry runs, Fink, Rocchino and their team took part in the competition on Sept. 29. They had 12 hours to put together their sculpture in a 10-foot-by-10-foot-by-10-foot area after making five trips with a box truck and hauling cans into the mall on two drywall carts.

“We had to work in groups of five people at a time,” Fink says. “The structures have to be self-supporting and you have to be careful not to mar the cans and their labels. We were allowed to use thin strips of Masonite and zip ties to put them together. It was a challenge to keep it stable.”

The team added a smoke machine emitting puffs on a timer to add some realism to the locomotive stack. The group managed to finish it off in eight hours and had time to admire the work of other entrants, which included a Liberty Bell, Lehigh Valley IronPigs bacon strips, a race car and a tractor with corn stalks.

LVHN won honors for structural integrity and best meal (nutritional value) at an awards ceremony honoring the outstanding sculptures held at BRAVO Cucina Italiana restaurant at Lehigh Valley Mall on Thursday evening. Overall, more than 38,000 cans of food and \$4,000 in donations were collected for Second Harvest.

“The whole experience was amazing fun,” Fink says. “I hope we get the chance to do it again next year.”

Our Latest United Way Campaign Prize Winners—Week One

by [Admin](#) · October 14, 2016

Our annual LVHN United Way campaign runs through Nov. 30.

This year's theme is "Dare to Care." Your donation will help the United Way of the Greater Lehigh Valley support vital community-based programs that focus on education, food access, healthy aging and emergency services.



Each week, colleagues who donate are entered into a drawing for a variety of exciting prizes. Don't fret if you don't win. Your name will automatically be entered into the following week's drawing. Below is the list of winners for week one.

Winner	Prize	Donated By
Lindsay Houck	LVHN Fleece	LVHN United Way Committee
Coy Ackerman	\$25 Tapas or Cachette gift card	Tapas Owners
Stephanie Gross	\$25 Dime Restaurant gift card	Anonymous
Carol Trumbauer	\$25 Bed Bath & Beyond gift card	LVHN United Way Committee
Victoria Boswell	\$25 Barnes & Noble gift card	LVHN United Way Committee
Dorina Shikhvarger (HNL)	\$25 Subway gift card	LVHN United Way Committee

Next week, those who donate have a chance to win a 2017 Entertainment Book, \$25 Starbucks gift card, \$25 Ruby Tuesday gift card, \$25 Panera gift card, \$25 multi-restaurant gift card and \$25 Outback Steakhouse gift card.

You can give to the campaign by clicking the United Way icon on your SSO toolbar.

(Please note: To donate to the United Way, you must click the “United Way” icon. If the icon does not appear, refresh your toolbar under the “Options” drop down. The “Give Now” icon is for colleagues to donate to Lehigh Valley Health Network.)

New Campaign Encourages Seniors to Get Their Medicare Annual Wellness Exam

by [Admin](#) · October 14, 2016

As an Accountable Care

Organization and a member of the Medicare Shared Savings Program, the [Lehigh Valley Health Network Accountable Care Organization](#) (LVHNACO) aims to keep people healthy and well.

To help the LVHNACO reach that goal, we've started to spread the word about Medicare Annual Wellness Exams. It's the focus of a new multichannel marketing campaign your loved one (age 65 or older) might see in the future.



The material developed for the campaign speaks to the benefit of these annual exams. Performed by a primary care provider, the Medicare Annual Wellness Exam allows people to learn more about their current health status and to ward off any concerns before they become problems.

If you or someone you know is covered by Medicare, remind them of the importance of getting a Medicare Annual Wellness Exam and encourage them to visit

LVHN.org/birthdayvisit.

NOTE: Your health, or the health of a loved one, is a very personal topic. That is why you should use your personal email address – not your LVHN email address – when requesting information. In addition, our health network's computer security settings may prevent you from getting materials you're interested in receiving.