

Dec. 9-13, 2019

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Learn how to get them electronically or in the U.S. mail.

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He has served HNL for more than 20 years.

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December Service  
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## LVHN news

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When High Cholesterol is  
Hard to Control

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Easier Approach to Hip  
Replacement

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Diabetes in Pregnancy

# Important Information About Getting Your Tax Forms Electronically

by [Kirstin Reed](#) · December 11, 2019

Lehigh Valley Health Network now partners with ADP, Inc., to provide W-2 forms. There will be a new process to receive your W-2 electronically. The process to receive your 1095-C electronically through Equifax will not change.

## Instructions for electronic access

On Jan. 20, 2020, W-2 and 1095-C forms will be available electronically.



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## The consent deadline to receive only

**an electronic W-2 and/or 1095-C for tax year 2019 is Dec. 31, 2019.** If you consent after Dec. 31, you are still able to receive the form electronically. In addition, a paper W-2 form will be mailed to your home.

## Electronic access to W-2

If you prefer to receive your W-2 electronically, you need to complete a new consent regardless of whether you have previously consented to receive your W-2 electronically.

- To consent to receive your W-2 electronically, read 2019 [W-2 Disclaimer and Consent-Access Instructions](#) and follow the consent instructions.
- W-2 Reminder: W-2 Box 12DD represents the employer-sponsored health insurance coverage. The amount reported with code DD is not taxable.
- If you do not consent to receive the W-2 electronically, a paper form will be mailed to your home.

## Electronic access to 1095-C

If you have previously consented to receive your 1095-C electronically and would

like to continue to receive it this way, no action is required.

- If you would like to receive your 1095-C electronically, read the 2019 [1095-C Access Instructions](#) and follow the consent instructions.
- If you do not consent to receive the 1095-C electronically, a paper form will be mailed to your home.

If you need previous W-2 forms, please contact Payroll at [payroll@lvh.com](mailto:payroll@lvh.com). If you have questions, please call the Colleague Resource Center (CRC) at 844-GO-ASK-HR (462-7547) and select option 1.

# Matthew Sorrentino Named Health Network Laboratories President and CEO

by [Brian Nester, DO, MBA, FACOEP](#) · December 9, 2019

**This message is from Brian Nester, DO, MBA, FACOEP, President and Chief Executive Officer, Lehigh Valley Health Network, and Kathryn P. Taylor, Chairman, Health Network Laboratories Board of Directors.**

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It is with great pleasure that we announce the appointment of Matthew R. Sorrentino, Esq., as President and Chief Executive Officer (CEO) of Health Network Laboratories (HNL). Since June, Matt has served as HNL's acting President and CEO. Prior to assuming this role and still today,



*Matthew R. Sorrentino, Esq., President and Chief Executive Officer,  
Health Network Laboratories*

Matt consistently demonstrates a keen ability to move the organization forward in support of HNL's mission to "inform, improve and guide those we serve – one test, one answer, one insight at a time."

Matt is the ideal leader to fill this role. He was involved in the founding of HNL and served for more than 20 years as HNL's Board Secretary. Matt's leadership was instrumental in growing HNL into the premier multiregional, full-service medical laboratory it is today.

Serving as a longtime outside counsel, Matt has been a tireless friend and advocate of LVHN. Over the years, he helped guide mergers that led to the creation of Lehigh Valley Hospital (LVH)–Muhlenberg, LVH–Hazleton, LVH–Schuylkill and LVH–Pocono. With this collective experience, Matt possesses the skills to help HNL enhance the high-quality services it already provides, and the foresight to expand the services and partnerships that will help HNL thrive.

Most recently, Matt served as Chief Legal Officer of LVHN. A committee has been formed to conduct a national search to find a successor. Matt will provide guidance and support to LVHN’s legal and compliance team until a successor is identified.

Prior to assuming his role as LVHN’s Chief Legal Officer, Matt was Chairman and Managing Partner of Norris, McLaughlin & Marcus P.A., and prior to that, Chairman of Tallman, Hudders & Sorrentino, P.C. He earned a Juris Doctor degree from Villanova University Charles Widger School of Law, and a Bachelor of Arts in political science from Muhlenberg College. He also served in the Army Reserves.

Matt and his wife, Ronnie, are longtime supporters of LVHN. They have served as co-Chairs of LVHN’s President’s Society and have participated in numerous philanthropic campaigns.

Please join us in congratulating Matt and thanking him for his unwavering commitment to HNL, LVHN and the people of our community.

# Dr. Nester Affirms That LVHN is the Partner You Deserve at Community Annual Meeting – VIDEO

by [Rick Martuscelli](#) · December 9, 2019

Before an audience of community members, colleagues and members of LVHN's Board of Trustees, LVHN President and Chief Executive Officer Brian Nester, DO, MBA, FACOEP, highlighted the importance of partnerships.

"Shouldn't you have a partner for the most important aspect of your life, your health?" Nester asked.

"Tonight, I'll affirm that at Lehigh Valley Health Network, you have the health partner you need at every stage of life."

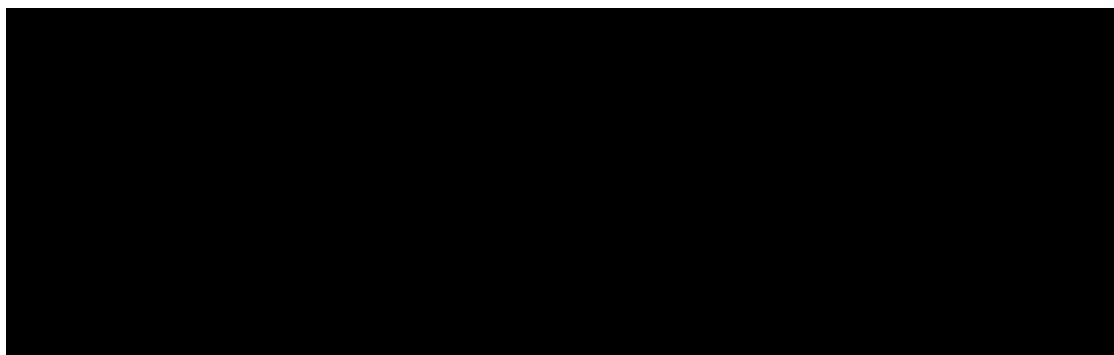


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During his President's Report, Dr. Nester said the people of our community have 18,000 partners at LVHN. "They are our skilled health care professionals who are driven to provide convenient access to care, committed to delivering a top-notch health care experience, and unwavering in their determination to deliver health care value," he said.

You can watch Dr. Nester's entire presentation below and read LVHN's Annual Report online at [LVHN.org/annualreport](http://LVHN.org/annualreport). There, you'll get detailed information about LVHN's finances and community benefit.





# Coming in Summer 2021: Lehigh Valley Hospital–Hecktown Oaks

by [Jenn Fisher](#) · December 11, 2019

Lehigh Valley Health Network (LVHN) broke ground for a new hospital on Friday, Dec. 6. in Northampton County. Brian Nester, DO, MBA, FACOEP, President and Chief Executive Officer, LVHN, announced the name of the new hospital – Lehigh Valley Hospital (LVH)–Hecktown Oaks – as well as its President, Rachel Lefebvre. Lefebvre currently serves as Vice President of Operations at LVH–17th Street. Pat Toselli, DO, will become Chief Medical Officer (CMO) for LVH–Hecktown Oaks while continuing in his role as CMO for LVH–Muhlenberg.

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The hospital campus will be located just off Rte. 33, along Hecktown Road in Lower Nazareth Township. It will feature a tremendous range of LVHN services, as well as a thoughtfully designed and implemented patient experience. Among the facilities, we will have a two-story hospital, 24/7 emergency room for adults and children, comprehensive surgical services provided by Lehigh Valley Institute for Surgical Excellence, healing garden and more. A medical office building will offer both primary and specialty care services, as well as specialty care from Lehigh Valley Heart Institute, a Joint and Spine Center, Breast Health Services, rehabilitation services, and other LVHN practices and services. Lehigh Valley Cancer Institute will also have a building for patient care. The Cancer Institute team will provide innovative and compassionate patient care and help guide patient participation in clinical trials through the institute’s membership in the Memorial Sloan Kettering Cancer Alliance. Patients also will have access to radiation oncology and infusion services.

LVH–Hecktown Oaks is slated to open in summer 2021.





Image 1 of 3

Stay updated about LVH–Hecktown Oaks by visiting [LVHN.org/hecktownoaks](https://LVHN.org/hecktownoaks). While there, you can sign up for email updates to stay informed about progress and related news.

# Lynn's Turn: Include and Support Everyone This Holiday Season

by [Lynn Turner](#) · December 12, 2019

Turning the calendar to December and experiencing the arrival of colder weather always reminds me of the upcoming holidays. As I interact with colleagues across our health network, I hear about their treasured traditions surrounding the holidays they celebrate.

At LVHN, we recognize that colleagues may celebrate different holidays and observances during this time of year. While Christianity is the most common U.S. religion, there are about 29 holidays between Nov. 1 and Jan. 15 celebrated by seven of the world's major religions. In addition, some people may prefer to not observe these holidays during this time of year.

How can you be inclusive with colleagues, patients and families? Here are some ideas:

- Ask others how they observe the holiday season and what greetings they prefer.
- If you are having a celebration in your department, include foods and traditions from different religions and cultures represented in your work group.
- Allow colleagues to opt out of celebrations and do not make them feel uncomfortable for doing so.
- Create a multicultural calendar within your department to encourage recognition of colleagues' holidays.

When you have a health network with 18,000-plus colleagues, and care for a region as vast and diverse as ours, you are likely to encounter people celebrating a holiday with which you might not be familiar. Here's a list of some of the holidays observed



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throughout the fall and winter:

- **Bodhi Day** – A Buddhist holiday celebrated on Dec. 8 that commemorates the day Siddhartha Guatama, the historical Buddha, experienced enlightenment
- **Yule** – A Wiccan celebration of the winter solstice that takes place on Dec. 21
- **Hanukkah** – An eight-day Jewish Festival of Lights which starts at sundown on Dec. 22 and ends at sundown on Dec. 30
- **Christmas** – A celebration of the birth of Jesus celebrated by many Christians using the Gregorian calendar on Dec. 25 or Jan. 7 for Christians using the Julian calendar
- **Kwanzaa** – A weeklong secular holiday honoring African-American heritage celebrated Dec. 26 to Jan. 1
- **Lunar New Year** – The traditional Chinese holiday marking the end of winter falls on Jan. 25, 2020
- **Diwali** – A five-day Hindu Festival of Lights that began on Oct 27

Whatever you observe, the holiday season is, for many, a time for celebration. Others, though, may feel sad, overwhelmed or alone during this time of year. If you or someone you know feels this way, LVHN can help. Preferred EAP is LVHN's resource for individual counseling, which is available at no cost to colleagues. Visit [preferreddeap.org](http://preferreddeap.org) or call 610-433-8550 to schedule an appointment or speak with an understanding professional.

Wishing you and your loved ones a happy and healthy holiday season,

Lynn



**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.

# Donate Your Service Anniversary Gift to Help Colleagues in Need

by [Kirstin Reed](#) · December 12, 2019

At LVHN, our colleagues are our most important asset. When you're at your personal and professional best, you're better able to deliver excellent care to our entire community. That's why we established the [Colleague Relief Fund](#) to provide assistance to colleagues who have experienced hardship or tragedy.

## Donate to the fund

When you reach a milestone anniversary, you receive a link to shop online and select a gift to celebrate your years of service. Now, donating the monetary value of your gift to the Colleague Relief Fund is among the options you can choose from in the online store.

By donating to the fund, you help support colleagues who need some extra help dealing with an unexpected challenge.

If you have questions, please contact the Colleague Resource Center at 844-GO-ASK-HR (844-462-7547).



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# Join us to Celebrate Partnerships With Moms and Babies

by [Katie Cavender](#) · December 12, 2019

Whether it's in the mall, at work or at the airport—all too often mothers must be creative when finding a place to feed their baby or pump. LVHN installed lactation spaces across the health network and in the community to support local mothers and their children.

## Join us to Celebrate

Our latest lactation space is a [Mamava pod](#) at Lehigh Valley Mall.

Mamava lactation pods are freestanding rooms that provide privacy for breastfeeding and pumping. Join us for an event where we will provide breastfeeding information to new and expecting mothers. The event includes children's entertainment, light refreshments and giveaways.

**When:** Thursday, Dec. 19, 4-5 p.m.

**Where:** Lehigh Valley Mall, near the Lehigh Valley Reilly Children's Hospital Play Area

**Mall Entrance:** The closest mall entrances are located at JC Penney's and Modell's Sporting Goods.

## LVHN Community Lactation Spaces

[As announced in August](#), LVHN is installing six Mamava pods across the health network to supplement existing lactation rooms. These pods provide a modern and relaxing space for both mothers and babies. Other LVHN lactation spaces in the community are located at Coca-Cola Park and Lehigh Valley International Airport.

“Lehigh Valley Health Network knows that to fully support mothers and babies, we



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need to take a community-wide approach,” says Manju Thomas, MD, with LVPG Pediatrics. “Breastfeeding mothers often struggle to find a peaceful, private space to breastfeed or pump. These pods offer a modern solution.”

### **The Mamava App**

By downloading [the Mamava app](#) from the iOS App Store or Google Play, mothers will be able to locate a pod and unlock it for use. The app includes other features like creating a vacancy alert and writing a review.



# Lehigh Valley Heart Institute Welcomes Private Rooms

by [Katie Cavender](#) · December 10, 2019

Lehigh Valley Heart Institute's patients can now enjoy private rooms in 4C, IPCU, and PCU at LVH–Cedar Crest. In celebration of the enhancements, the Heart Institute team cut a ribbon to the facility.

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The private rooms provide greater patient comfort and confidentiality while improving efficiencies in workflow. All rooms received cosmetic upgrades including new televisions, beds and other furnishings. As patients and visitors walk through the renovated space, they will see updated signage to help with wayfinding.

The IPCU now has 14 private rooms for interventional cardiology patients. PCU now has 20 private rooms for medical cardiology patients and interventional cardiology patient overflow. 4C has 16 private rooms for medical non-cardiology patients. The CICU received cosmetic upgrades.

The private rooms in the IPCU and PCU will remain licensed to become semi-private rooms to allow for additional accommodation if needed.

Carolyn Ordway MSN, will continue to serve as the Director of IPCU and CICU, and

Michelle Kardohely, MSN, will serve as the Director of PCU and 4C.



# LVHN Nurses Recognized at Annual Nightingale Awards

by [Kirstin Reed](#) · December 11, 2019

Since 1990, Nightingale Awards of Pennsylvania has recognized more than 220 nursing professionals for excellence in the areas of clinical patient care, nursing education, nursing research and nursing administration.

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Two LVHN nurses were honored during the 30<sup>th</sup> annual Nightingale Awards of Pennsylvania gala in November. Jessica Dalton, BSN, and Christine Hartner, DNP, were recognized in two separate categories.

## **Jessica Dalton**

### **Finalist, 2019 Clinical RN**

Dalton was among three finalists for the 2019 Nightingale Clinical RN Award. As a nurse working on the neuroscience intensive care unit (NSICU) at LVH–Cedar Crest,



Dalton commits to the continuous pursuit of clinical excellence through the integration of theory, technical skill and advocacy for her patients.

She has a passion for patient-centered care and encourages new nurses to consider the “why” behind their actions as they develop their clinical expertise. Dalton is intently focused on quality outcomes and stays up to date on the latest evidence to ensure she and her colleagues are utilizing best practices.

Dalton developed an extracorporeal membrane oxygenation (ECMO) emergency crisis management “tackle box” filled with supplies for all ECMO patient transports so, in case of emergency, nurses would have access to the tools needed to stabilize the patient before arriving to their destination.

She presented her poster, “V-V ECMO and Profound Instability: Think Mobility from Cannulation,” at the 2018 American Association of Critical-Care Nurses (AACN)

National Teaching Institute's conference.

Dalton has worked at LVHN since 2011.

### **Christine Hartner**

#### **Finalist, 2019 Doctorate of Nursing Practice**



Hartner was among three finalists for the 2019 Doctorate of Nursing Practice Award. As Administrator for Patient Care Services, she has embraced the journey a

professional nurse can take at LVHN. Hartner has proven to be a well-rounded leader, demonstrating her clinical excellence and business acumen to improve patient care.

Her doctoral project studied whether cannulation (technique in which a tube is placed inside a vein allowing for frequent access to the bloodstream) with venovenous extracorporeal membrane oxygenation (treatment that supports heart and lung function outside of the body) done within 48 hours of admission and diagnosis in adults 30-65 years old with acute respiratory distress syndrome (a severe lung condition) would decrease the time patients spent on assisted mechanical ventilation (a technique used to help patients breathe) as compared to patients who were cannulated 48 hours or more after admission and diagnosis.

Hartner found that mortality rates were lower and length of time on assisted mechanical ventilation decreased by six days among patients cannulated within 48 hours of diagnosis and admission compared to the group that was cannulated after 48 hours.

Hartner engages in leadership development opportunities and is a respected role model and mentor for countless nurses. She guides new nurses on the completion of their evidence-based research projects during LVHN's nurse residency program.

Hartner has worked at LVHN since 1997.

The Nightingale Awards were presented in Harrisburg on Nov. 8 at an event celebrating the nursing profession. Close to 100 nurses were nominated for awards in 10 categories. Nominations were narrowed down to three finalists in each category. LVHN has had a finalist in each year of the program's existence.

# Professional Milestones – Fall 2019

by [Kirstin Reed](#) · December 10, 2019

## Oral Presentations

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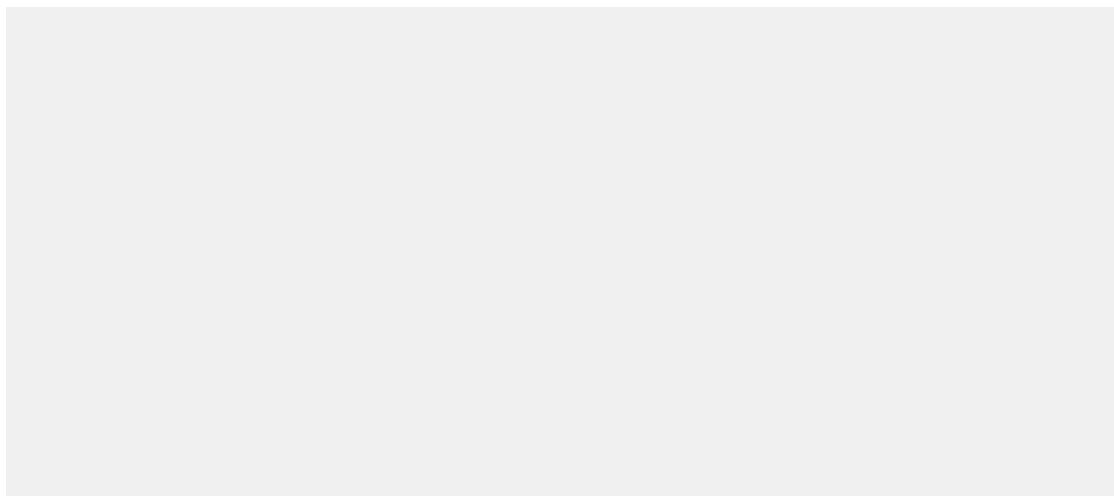
**Anna Thomas, MSN, RN, CCRN, CNL**, “MEWS Scores and ICU Readmission Gap Analysis,” Clinical Nurse Leader Fall 2019 Conference, Philadelphia, PA, September 14, 2019.

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*Anna Thomas, MSN, RN, CCRN, CNL*

**Anna V Folk, MSN, MSN, RN, CPN, and Morgan Kutz, BSN, BSN, RN, CEN, PHRN, TCRN**, “From Shared to Professional Governance at the Unit-Level,” National Magnet Conference, Orlando, FL, October 10-12, 2019.





*Morgan Kutz, BSN, BSN, RN, CEN, PHRN, TCRN, Anna V Folk, MSN, MSN, RN, CPN, and  
Karen Vadyak, DNP, MBA, RN, NEA-BC*

**Kenneth Miller, MEd, MSRT, RRT-NPS, ACCS, AE-C, FAARC**, “Reducing Pressure Injuries during Invasive and Non-invasive Ventilation,” Focus National Respiratory Conference, Memphis, TN, September 20, 2019.

**Kenneth Miller, MEd, MSRT, RRT-ACCS, NPS, AE-C, FAARC**, “Sepsis: The Spiral of Doom,” Focus National Respiratory Conference, Memphis, TN, September 21, 2019.

**Kenneth Miller, MEd, MSRT, RRT-NPS, ACCS, AE-C, FAARC**, “Preventing Mechanical Ventilation in Patients with retained Secretions,” Focus National Respiratory Conference, Memphis, TN, September 21, 2019.

**Adara Sos BSN, RN, and Anna Yanisko BSN, RN**, “LVHN Hypoglycemia Protocol Education in the Emergency Department,” Pennsylvania Nurse Residency Collaborative Conference, Harrisburg, PA, September 26-27, 2019.

**Tess Apgar, RN, and Brittany Seal, BSN, RN**, “Implementation of Skin to Skin Standardization in the OR Post Cesarean Section,” Pennsylvania Nurse Residency

Collaborative Conference, Harrisburg, PA, September 26-27, 2019.

**Christine Hartner, DNP, RN, NE-BC**, “Does Earlier Cannulation with V-V ECMO in Patients with ARDS Decrease Duration of AMV?” Sigma Theta Tau International

45<sup>th</sup> Biennial Convention, Washington, DC, November 16-17, 2019.

### **Poster Presentations**

**Dolores Suzansky, MSN, RNC-NIC**, “Reducing Unplanned Extubations in the NICU Using a Risk Assessment Scoring Tool,” Academy of Neonatal Nursing Conference, Orlando, FL, September 2019.

**Priya P. Dmello, BSN, RN-NIC, and Jane Nemeth, MSN, RNC-NIC**, “Congenital Nasal Pyriform Aperture Stenosis,” Academy of Neonatal Nursing Conference, Orlando, FL, September 2019.

**Daniel Patzek BSN, RN-BC, and Diane Kocsis, MSN, RN**, “Implementing Mobile Technology to Enhance Communication between Health Care Providers and Patient Families,” Greater Delaware Valley ANIA Chapter Fall Conference, Malvern, PA, September 20, 2019.

**Fernando Rodriguez, BSN, RN, Timothy Eckhardt, ADN, RN, and Taylor Miller, RN**, “Building Confidence in ED Nurses Caring for Patients Who Identify as Transgender,” Pennsylvania State Nurses Association Safety in Nursing Summit, Tannersville, PA, September 27, 2019.

**Olivia Cary, BSN, RN, and Sarah Licata, ASN, RN**, “Increasing Patient Fall Risk Awareness Through Video Education,” Pennsylvania State Nurses Association Safety in Nursing Summit, Tannersville, PA, September 27, 2019.



*Olivia Cray, BSN, RN, and Sarah Licata, ASN, RN*

**Anne S. Rabert, DHA, RN, CCRN, NE-BC, and Anna Thomas, MSN, RN, CCRN, CNL,** “Modified Early Warning Score (MEWS) Influence on Intensive Care Unit (ICU) Readmissions,” Pennsylvania State Nurses Association Safety in Nursing Summit, Tannersville, PA, September 27, 2019.

**Olumide Ogundimu, BSN, RN,** “Bypassing Critical Care for a Medical-Surgical Unit after Renal Transplant – Is it Safe? Do you know what to do?” Academy of Medical Surgical Nurses Annual Convention, Chicago, IL, September 2019.

**Kenneth Miller MEd, MSRT, RRT-ACCS, FAARC, Jessica Gibiser MSN, RN, Timothy Misselback, MD, Kenton Clay, RRT, and James Wu MD,** “Adaptive Support Ventilation Reduces Ventilator Duration in a Thoracic-Open Heart Unit,” AARC 64<sup>th</sup> International Congress of Respiratory Care, New Orleans, LA, November 10, 2019.

**Kenneth Miller MEd, MSRT, RRT-ACCS, FAARC, Adam Edwards, MD, and Verde Peete, MD,** “Adaptive Support Ventilation Reduces Ventilator Duration in a Neuro-Trauma Unit,” AARC 64<sup>th</sup> International Congress of Respiratory Care, New Orleans, LA, November 10, 2019.

**Kenneth Miller MEd, MSRT, RRT-ACCS, FAARC, Anne Rabert PhD, RN-BC, and Vanessa Ribaud-Kaufman, MD,** “Development of a High-Flow Oxygen Protocol Optimizes Clinical Utilization,” AARC 64<sup>th</sup> International Congress of

Respiratory Care, New Orleans, LA, November 10, 2019.

**Jaime Kupillas, MSN, RNC-OB, and Carolyn Davidson, PhD, RN, CCRN-a, ARNP, CPHQ, NEA-BC,** “The Role of an Obstetric Navigator in Supporting the Pregnant Adolescent,” Sigma Theta Tau International Maternal Child Health Nurse Leadership Academy, Washington, DC, November 16-17, 2019.

### **Publications**

**Lucy Cascioli, MSN, RN, CCRN, ACNS-BC, Stacy Davis, BSN, RN, CCRN, Kenneth Miller, Med, MSRT, RRT-ACCS, FAARC, and Munawer Kermalli, MHIS, MBA, BBA,** “Successful Steps to Reduce Pressure Injuries Related to Noninvasive Ventilation,” American Nurse Today, September 2019.

**Kenneth Miller MEd, MSRT, RRT-ACCS, NPS, AE-C, FAARC,** “Respiratory Distress of the Newborn,” *RT Magazine: Decision Makers in Respiratory Care*, October 2019.

### **Professional Nursing Specialty Certifications**

Janine Tobash, RN, CNOR

Brandy Sullivan, RN, CBC

Kelly Mitchell, RN, CBC

Judith Henriquez-Valerio RN, CCCTM

Jennifer Rabenold, RN, CMSRN

Michelle Oglesbee, RN, CCCTM

Andrea Kiskeravage, RN, CCCTM

Sara McCarthy, RN, CMSRN

Susan Nastasee, RN, CMSRN

Deanna A. Cavallaro, RN, CPN



Codi Butz, RN, CPEN

Helen Smithson, RN, CNML

Nancy Humes, RN, CNML

Heather Hidalgo, CCRN

Brian Hartlaub, RN, OCN

Sarah Jensen, RN, OCN

Emily Sorrentino, OCN

Tracie Merkle, RN, NE-BC

Jodi Koch, RN, NE-BC

Christine Hartner, RN, NE-BC

Lisa Lacy, RN, NE-BC

# Nutrition and Wellness Programs for Nurses and Physicians

by [Admin](#) · December 9, 2019

Sodexo Nutrition is partnering with Cedar Crest College dietetic interns and colleagues from LVHN's department of education to provide four nutrition and wellness programs geared for nursing and physicians. The goal is to better equip colleagues to navigate patients in nutrition in disease prevention, identify health and wellness gaps, and better identify ways to improve nutrition and activity behaviors to optimize health in prevention of disease in our community. These wellness offerings will include nutrition care in infancy, community health and weight management and will be offered for all LVHN hospital campuses in December, January, February and March.

The topic of the next presentation in this program will be "Holiday Nutrition and Infant Feeding." The presentation will discuss topics such as understanding how to approach dieting during the holidays, learning strategies to reduce calorie intake, acquiring tips on how to enjoy holiday foods while still maintaining healthy eating habits, learning how to reduce calories in favorite holiday dishes, infant feeding through the life cycle, progressing from purees to solid food, and which foods to avoid during each stage. Learners will know how to navigate the Sodexo Mindful website, the Nutrition Care Manual, and participate in a tasting and cooking demonstration of a healthy recipe.

Please join us at these events:

Dec. 11

12-1 p.m., LVH-Schuylkill E. Norwegian Street, Wall Auditorium

3:30-4:30 p.m., LVH-Hazleton Board Room

Dec. 12

12-1 p.m., LVHN-Tilghman, third floor conference room

3:30-4:30 p.m., LVHN-Mack Boulevard auditorium video conference from LVH-Pocono Broadhead Room

Dec. 13

12-1 p.m., LVH-Cedar Crest auditorium, video conference to LVHN-One City

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Center, fifth floor Think Tank

3:30-4:30 p.m., LVH-Muhlenberg ECC room D, video conference to

LVH-17th Street auditorium

Mark your calendars for the next program on Community Nutrition scheduled Jan.

29-31, 2020.

# Phantoms Holiday Skate Party is Dec. 16

by [Rick Martuscelli](#) · December 12, 2019

As a colleague of LVHN, a founding partner of the Lehigh Valley Phantoms, you are invited to a special event.

The Lehigh Valley Phantoms Founding Partner Holiday Skate Party will be held Monday, Dec. 16, from 5:30-8 p.m. at the PPL Center.

Tickets are not required for this event. Simply show up and enjoy. Guests also are welcome.

Skate rentals are not available. You must bring your own skates.

You can get your picture taken with Santa Claus. Skates are not required for photos. There also will be cookies and hot chocolate.

Enter through the Air Products Gates and follow signs to BSI ice level suite.

If you have questions, call Nicole Repetto, Director of Premium Seating, Lehigh Valley Phantoms at 484-273-4564.

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