

### Give Thanks All Year Round—VIDEO

Terry Capuano asks colleagues what they're thankful for.

### Turkey Toss Recap—PHOTOS

Colleagues gobble up more than 5,000 birds.

### Easy Prescription Refill Options

Order online, use a smartphone or get it shipped.

### Don't Lose Your FSA Dollars

Contributions must be used for services in 2016.

### Local Boy Shows United Way Impact

Community Schools program helps kids develop skills.

### Knit-In for Babies

Create newborn caps for our little patients.

### November Leader to Leader Meeting

See presentations about safety, access, CHNA and more.

### Christmas Tea, Simple Treasures, Flower Sale

Get details about these LVH—Muhlenberg events.

### Culture of Wellness Opportunities

December events will help you raise a family.

### Week Seven United Way Winners

These colleagues donated and won a prize.



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# Terry's Take: Giving Thanks All Year Round

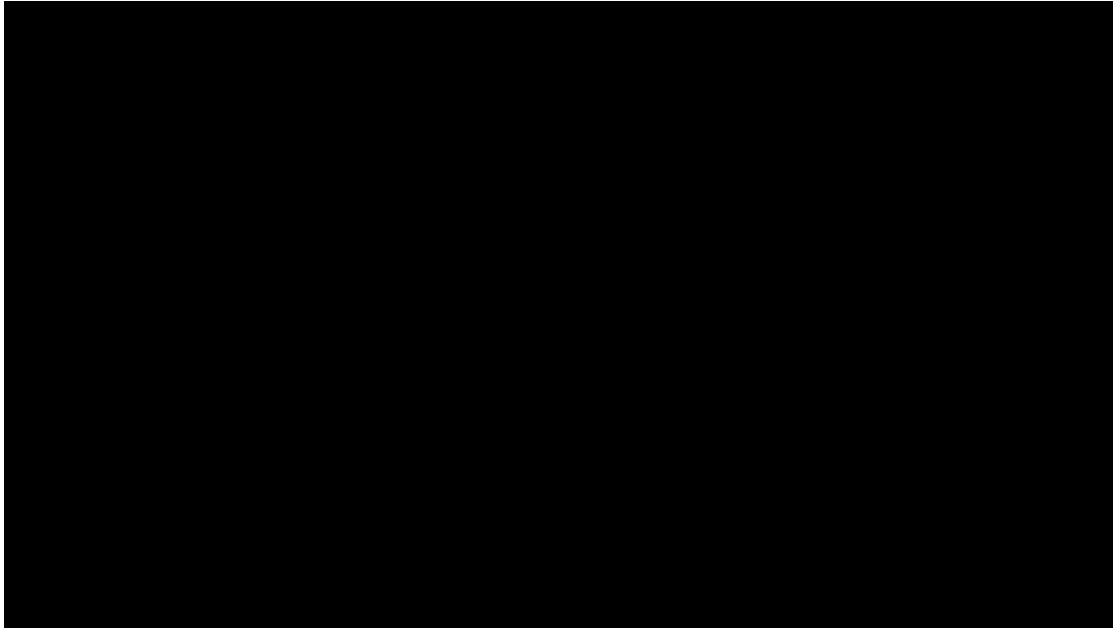
BY TERRY CAPUANO · NOVEMBER 23, 2016



All year round, I'm thankful for my family, friends, fellow colleagues and health. These form the foundation of my strength and happiness. Each morning, as I put two feet on the ground, I'm grateful for another day to experience life wrapped in all its grandeur and its simplicity. Being alive and at this place in my life is a blessing. Watch the video below to hear what colleagues are thankful for this year.

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computer doesn't have speakers, first click to play the video and then click "cc" in the bottom right corner of the screen to view captions.



Thanksgiving gives us an extra reason to pause and reflect. And for many of us, it's a time to recall the loved ones who are no longer with us.

It's so important to show gratitude to the people in our life. Yet we don't have to wait for the holidays to show our thanks. Saying thank you to the people around us every day, can change how we experience the world.

Recently, I received a thank you note from a colleague through our new PRIDEpoints portal. Seeing her note brought a smile to my face on a busy day. I'm also mindful to recognize colleagues both in person and more recently through PRIDEpoints. It's an easy way to thank colleagues for a job well done or for going the extra mile.

Our days are so busy, packed with important tasks to accomplish. Pausing to show gratitude toward a colleague for their help and support builds relationships and creates an environment where we can all thrive and be our best.

This past week I took a short break from my regular schedule to join other colleagues at our annual Turkey Toss. It's one way the network shows gratitude to colleagues for all the contributions you make to the health of our community.

This year, when I sit down for Thanksgiving dinner surrounded by my family, I will give thanks for another holiday spent together. I'll also give thanks for another year serving this network. As you sit down to your turkey on Thursday, I hope you have lots to be thankful for. I also hope you feel the gratitude we have for you, and all the contributions you make throughout the year.



*Terry Ann Capuano*

**ABOUT ME:** My name is Terry Capuano, RN and I am the executive vice president and chief operating officer at Lehigh Valley Health Network (LVHN). I have worked at LVHN for 30 years, serving as COO for the last five years. I greatly enjoy meeting colleagues, sharing stories and enhancing relationships throughout the network. [Learn More](#)

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# Colleagues Gobble Up More Than 5,000 Turkeys at Turkey Toss – PHOTOS

BY [TED WILLIAMS](#) · NOVEMBER 22, 2016

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About 5,300 Jandl turkeys could be finding their way to Thanksgiving Day tables soon courtesy of approximately 100 LVHN volunteers who distributed them to their colleagues in Pottsville, Hazleton and the Lehigh Valley last week.

The weather was unseasonably mild over most of the four days of the sixth annual Turkey Toss. It was the third year our Hazleton colleagues took part in what has become a Thanksgiving holiday tradition, and a first for our new Schuylkill colleagues.

Turkey distribution totals included:

Nov. 14: Schuylkill – 1,132

Nov. 15: Hazleton – 936

Nov. 16: Muhlenberg – 1,234

Nov. 17: Dorney Park – 1,207

Nov. 17: Mack – 794

See the latest edition of [Terry's Take](#) and watch video of Terry Capuano, Executive Vice President and

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Chief Operating Officer, pitching in with other LVHN volunteers in handing out turkeys.

If you couldn't make it to a Turkey Toss, you have until Jan. 31, 2017 to redeem your certificate at the Jaindl Farms Store. Read the [Turkey Toss FAQs](#) for details.

# Easy Refill Options from Health Spectrum Pharmacy Services

BY [JENN FISHER](#) · NOVEMBER 21, 2016

Are you aware Health Spectrum Pharmacy Services offers three convenient ways to save time when you need prescription medication refills? Next time you need a refill, try one of these options:

## **1. Order your refill online.**

- Visit [LVHN.org/pharmacy](http://LVHN.org/pharmacy).
- Click “Refill Online.”
- Complete the form using information found on the label of your medication bottle.
- Pick up at the Health Spectrum Pharmacy Services location of your choice, or have it mailed to your home for free.





## 2. Order your refill from the mobileRx® app.

- Go to Apple App Store or Google Play.
- Search for MobileRx Pharmacy and choose the app from J M Smith Corporation.
- Download
- Open the app.
- Add the phone number of your Health Spectrum Pharmacy Services location:

### **LVH-Cedar Crest**

610-402-8444

### **LVH-17<sup>th</sup> Street**

610-969-2780

### **LVH-Muhlenberg**

484-884-7004

## 3. Ship your Rx for free\* with Convenience Shipping.

- Enroll using the Convenience Shipping form found on [LVHN.org/pharmacy](http://LVHN.org/pharmacy).
- Once enrolled, you may request your medications to be shipped through our website, the mobileRx app, or by using our Interactive Voice Response System.
- Place your order(s).
- You will receive an email confirming your order along with a tracking number.

Be sure to read the details of the program on [LVHN.org/pharmacy](http://LVHN.org/pharmacy).

\*Refrigerated products do not ship for free.

Any questions? Your Health Spectrum Pharmacy Services staff is ready to answer questions you may

# Don't Lose Your 2016 FSA Dollars

BY [ADMIN](#) · NOVEMBER 21, 2016

Remember that contributions to your Flexible Spending Account (FSA) must be used for services received within the calendar year.

To use your remaining 2016 FSA dollars, you must incur qualified expenses by Dec. 31, 2016. While you have until March 31, 2017 to claim reimbursement for those expenses, any funds unused by Dec. 31 will be forfeited. Also, 2017 funds cannot be used for 2016 expenses.

Populytics recently partnered with FSA Store, the only e-commerce site exclusively stocked with FSA-eligible products and services. FSA Store eliminates the



guesswork behind what is reimbursable under your FSA. You can access the site easily once you've logged into MyPopulytics.com. Simply click on WealthCARE FSA & HSA Account under the "Quick Links" menu just as you would check your FSA balance. Then click on FSA STORE at the bottom left side of the page.

Keep in mind that incurring expenses is not the same as submitting a claim. In order to be reimbursed with 2016 funds, claims must be submitted to Populytics by **March 31, 2017**.

If you have questions about your 2016 funds or any FSA issue, please contact Populytics at 484-862-3505 or via [MyPopulytics.com](http://MyPopulytics.com) where you can submit your questions by clicking on "Contact Us" at the top right of the home page.

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# United Way Shows Impact Through Allentown Boy

BY [SHEILA CABALLERO](#) · NOVEMBER 21, 2016



Beth Tomlinson first met Nassir at Roosevelt Elementary School. Then a fourth grader at the South Allentown school, Nassir was on stage serving as emcee for the school's Leadership Day in front of a crowd of 200 teachers, parents and community members. Nassir interacted with the audience, introduced a student orchestra and other acts, and told jokes to keep the program moving. His confidence was remarkable for a boy his age.

"Nassir is an example of the exceptional students in our Community Schools," says Tomlinson, Assistant Director of Education, United Way of the Greater Lehigh Valley. "He embodies what all kids are capable of – their dreams and aspirations for a brighter future."

Nassir is one of thousands of students served by the United Way of the Greater Lehigh Valley. He represents what the nonprofit seeks to achieve in 14 Community Schools in Allentown, Bethlehem, Easton and Bangor. Below, watch a video of Nassir to learn about Community Schools.

**Due to our network security settings, this video will only play in Internet Explorer in compatibility mode. [Here are instructions](#) on how to adjust your browser's compatibility view settings. If your computer doesn't have speakers, first click to play the video and then click "cc" in the bottom right corner of the screen to view captions.**

The Community School program helps children develop the skills they need to achieve their dreams.

"We're creating a space where we can see, respect and feed the curiosity, talents and confidence of students so they can dream big and achieve," Tomlinson says. "Nassir is one example of the power, eloquence, compassion, generosity and talent of our students."

Community Schools are driven by six tenets – principles that work together to create a positive and safe learning environment where parents feel welcome and children can thrive.

They include:

1. Maintain a safe school environment.
2. Meet each family's basic needs through food, clothing, physical and behavioral health services.
3. Connect youth with quality early learning opportunities such as quality pre-school, child care, and summer kindergarten readiness programs like Kinder Camp.
4. Provide rigorous and engaging instruction.
5. Empower parents and caregivers to become partners in their child's education.
6. Engage youth in before- and after-school opportunities with positive adult mentors and role models.

### **Empowering parents and children**

Among the programs at Roosevelt Elementary is Book Blast, an evening program that helps families become more confident learners, develop better literacy skills and create a space for learning at home. Each time families attend Book Blast, their children go home with free books that help build a home library and encourage family reading.

Cooking Matters is an after-school program that pairs adult mentors with students to help them learn about nutrition and preparing healthy meals at home.

“Our before- and after-school programs create high expectations for students,” says Tomlinson. “Adult volunteers provide mentoring and academic support through tutoring, and kids get leadership opportunities and healthy meals to help them succeed.”

You can help students like Nassir by making a donation to the United Way by clicking on the SSO toolbar and selecting “United Way.”

# Colleagues Invited to Knit-In for Babies

BY [SHEILA CABALLERO](#) · NOVEMBER 23, 2016

Do you enjoy knitting or crocheting? We're looking for colleagues and community members to lend their enthusiasm and skill during our Knit-In to create newborn caps for our littlest patients.

The free event is being hosted by the Auxiliary of LVH–Muhlenberg to benefit babies born in Bethlehem when our Family Birth and Newborn Center opens this summer.

Knitters and crochet enthusiasts of all abilities are welcome. Experienced crafters will be available to answer questions and guide beginners in the skills necessary to create a cap. There will also be a



demonstration in loom knitting.

Participants should bring their own yarn, needles, hooks or looms. Refreshments will be served. To learn more or to RSVP, visit [LVHN.org/knitin](https://www.lvhn.org/knitin).

Saturday, Dec. 3

9:30 a.m. – 1 p.m.

LVH–Muhlenberg, ECC rooms B and C

If you can't make it to the event, the Auxiliary will be collecting hats throughout the year at the LVH–Muhlenberg gift shop. They will also accept donations of yarn.



# Watch Leader to Leader – November 2016

BY [ADMIN](#) · NOVEMBER 22, 2016

Do you want to know what's going on in our health network? Watch the Leader-to-Leader meeting. Leader-to-Leader meetings are held the third Thursday each month in the Lehigh Valley Hospital-Cedar Crest auditorium and simulcast to participants at Lehigh Valley Hospital-17th Street, Lehigh Valley Hospital-Muhlenberg, Lehigh Valley Hospital-Hazleton and Mack Boulevard. Using a PowerPoint presentation as a guide, guest speakers share updates on key issues and initiatives.

**Due to our network security settings, these videos will only play in Internet Explorer in compatibility mode. [Here are instructions](#) on how to adjust your browser's compatibility view settings. You also**



# LEADER -TO-LEADER

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**need to have Microsoft Silverlight installed on your computer. If the links do not open properly, try refreshing your browser. If you have questions or need assistance, please contact information services at 610-402-8303.)**

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# Annual Christmas Tea, Simple Treasures and Holiday Flower Sale at LVH–Muhlenberg

BY [TED WILLIAMS](#) · NOVEMBER 24, 2016

Over the years, The Lehigh Valley Hospital–Muhlenberg Auxiliary has supported the hospital by operating the Camille gift shop and conducting a variety of fund-raising events and activities. Here is what the auxiliary has scheduled this month:

## **Simple Treasures**

LVH–Muhlenberg cafeteria

Dec. 2, 8 a.m.-5 p.m.

## **Annual Christmas Tea**

ECC rooms B, C and D

Dec. 7, 2-4 p.m.

### **Christmas Flower Sale**

LVH–Muhlenberg cafeteria

Dec. 14, 15 and 16, 8 a.m.-6 p.m.

### ***The history of The Lehigh Valley Hospital–Muhlenberg Auxiliary***

When a group of Lutheran clergy purchased a 102-acre alfalfa field and set out to build a new hospital for Bethlehem in the late 1950s, a group of women who became The Auxiliary of the Muhlenberg Hospital Center went to churches all over the Lehigh Valley to gather members and funds in support of the project. By the time the hospital was dedicated in 1961, it was one of the largest auxiliaries in the country.



# December Culture of Wellness Opportunities for Raising a Family

BY [TED WILLIAMS](#) · NOVEMBER 25, 2016

Here are this month's Culture of Wellness events for raising a family.

**Dec. 3 and 10** – Prepared Childbirth (one-day class)

**Dec. 4** – Baby Care

**Dec. 4 and 11** – Sibling Tours

**Dec. 4, 7, 11 and 19** – Maternity Tours

**Dec. 7 and 22** – Car Seat Checks

**Dec. 13 and 22** – Breast-feeding Baby



**Dec. 14** – CPR Family and Friends

**Dec. 27** – Safe Sitter

**Dec. 28** – Preparing for Baby (six-week series)

For more information or to register, call 610-402-CARE.

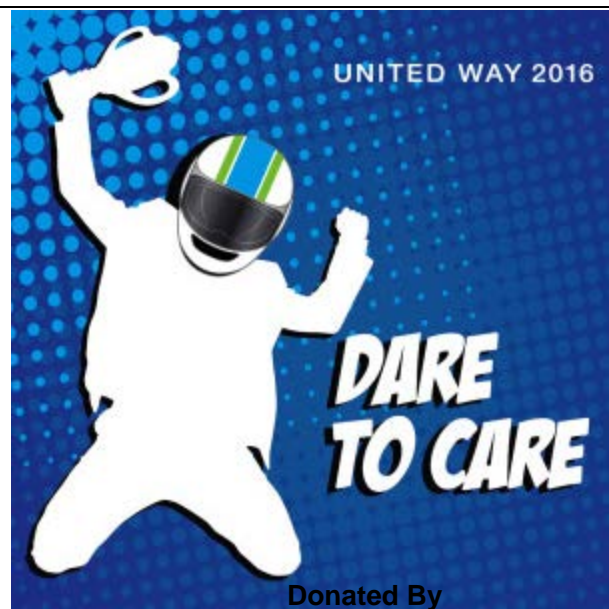
[Learn about all of our Culture of Wellness programs.](#)

# Our Latest United Way Campaign Prize Winners—Week Seven

BY [ADMIN](#) · NOVEMBER 25, 2016

Our annual LVHN United Way campaign runs through Dec. 2. 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 seven.



Winner	Prize	Donated By
Martina Oswald-Remaly	2017 Entertainment Book	LVHN Recreation Committee
Kathleen Bowers	\$25 Kohl's gift card	LVHN United Way Committee
Kimberly Reitz	\$25 Home Depot gift card	LVHN United Way Committee
Kara Kirst	8 Hours HNL PTO	HNL Human Resources
Nadine Koenig	8 Hours HNL PTO	HNL Human Resources
Tammi Garguilo	8 Hours LVHN PTO	LVHN Human Resources
Renee Seyfried	\$25 Marshalls gift card	LVHN United Way Committee

Next week, those who donate have a chance to win a 6-month United Way Winner parking spot courtesy of LVHN Security at the following locations: Mack Blvd. (1/1/17-6/30/17 and 7/1/17-12/31/17), Cedar Crest (1/1/17-6/30/17 and 7/1/17-12/31/17), Muhlenberg (1/1/17-6/30/17 and 7/1/17-12/31/17), and 17th St. (1/1/17-6/30/17 and 7/1/17-12/31/17).

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.)*

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