

Feb. 3-7, 2020

[Know Your Symptoms](#)

Find out how cold and flu symptoms differ.

[Open Mike: Celebrating Heart](#)

Read how LVPG President Mike Rossi, MD, celebrates heart month.

[ED Expansion featured on The Sam Lesante Show](#)

Andrew Miller, DO, was a guest. Watch the video.

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Who is celebrating a career milestone in February?

["Go Red" and Submit Your Photos](#)

National Wear Red Day® raises awareness of heart disease in women.

[Send Valentine's Greetings to Patients](#)

Send a card to a patient in one of our hospitals by Feb. 10.

[Street Medicine Provides Addresses](#)

Patients who are homeless can now receive mail thanks to this partnership.

[Register for Innovations in Education](#)

Attend on March 31 to learn about innovative teaching strategies and more.

Celebrating our
"Unrivaled
Partnership"

[Learn More](#)



Blood Drive
Feb. 17

[Learn More](#)



Mobile Mammo
Coach in
Luzerne County

[Learn More](#)



LVHN news

[If You Expect to be Expecting](#)

[How to Prevent Cervical
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[Coronavirus: What You Need
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Know Your Symptoms: Cold vs. Flu

by [Kirstin Reed](#) · February 5, 2020

Flu activity is widespread across Pennsylvania. We [recently gave you tips on how to prevent the flu](#), but if you're feeling under the weather, how can you tell if you have the flu or a cold?

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IS IT A COLD OR THE FLU?

A cold and the flu attack your respiratory system in similar ways. When you have the flu, your symptoms will set in more quickly, be more severe and last longer.

COLD	FLU
<ul style="list-style-type: none">• Loss of appetite• Sore throat• Sneezing• Cough• Vomiting	<ul style="list-style-type: none">• Muscle pain• High fever• Headache• Fatigue• Chills

Lehigh Valley Health Network

People with the flu are most contagious in the first three to four days but most healthy adults may be contagious beginning one day before symptoms develop and up to five to seven days after becoming sick.

If you have flu-like symptoms:

- Visit your primary care provider (PCP). If you don't have a PCP, [find one on LVHN.org](#) or call 888-402-LVHN (5846).
- Visit any of our [20 ExpressCARE locations](#). They are open seven days a week, 365 days a year, and no appointment is necessary.
- Schedule an LVHN [Video Visit](#) and get care from an LVHN provider from the comfort of your own home. Remember, [LVHN Video Visits are free](#) for LVHN Health Plan members and dependents.
- Don't go to work or expose yourself to at-risk groups.

Getting a flu shot and practicing frequent and proper handwashing is your best defense against the flu. If you have a confirmed case of the flu, you should stay home to prevent spreading it. For health care professionals, it is especially important that you don't go to work or expose yourself to [high-risk groups](#) when you have the flu.

Open Mike: Celebrating Heart

by [Mike Rossi](#) · February 5, 2020



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February holds the distinction of not only being a busy month for the flu (don't forget to frequently wash those hands!), but also being the only month in the year associated with the most important muscle in the human body, the heart. This is the month we celebrate our hearts – both literally and figuratively.

Reminders such as the American Heart Association's "Go Red Day," on Feb. 7 play an integral role in raising awareness about heart disease.

Heart disease can strike at any age. By reducing risks through preventive care, treatment and lifestyle changes, we empower healthier patients and communities.

As a testament to our commitment to disease prevention, care and treatment, Lehigh Valley Health Network formed institutes for cancer, heart disease and surgery in 2018.

Lehigh Valley Heart Institute is home to the most experienced and highest performing cardiologists and cardiac surgeons in our region – where providers and care teams blend advanced technologies, innovative treatments and cutting-edge research to take on the toughest heart care challenges.

It's no surprise that we rank among the best in the nation for heart attack survival. With more than 20 cardiology practice sites across the region, our clinicians partner with patients to care for their hearts.

We give the heart lots of love – before and long after Valentine's Day. Between gifts, cards, flowers and candy, our colleagues remain committed to delivering the compassionate care they love to give.

Medicine is about celebrating heart, which takes many shapes and forms. February fuses together the art of medicine and the joy of love.

Hippocrates said, “Wherever the art of medicine is loved, there is also a love of humanity.”

Your passion, pursuit of excellence and exemplary care is truly something to celebrate. It is the passion and selfless work of many colleagues that keep our community healthy, happy and full of love.

You are amazing – every day. Wishing all of you a healthy and happy Valentine’s Day.

And if you can...remember to give a loved one a hug. It’s sure to put a smile on your face.

I know it will for me when I hold the newest addition to our family – our grandson!

Be well,

Mike



Michael Rossi, MD

About me: My name is Michael Rossi, MD, MBA, and I am the Chief Physician Executive for LVHN and President of LVPG. I came to LVPG 15 years ago as Chief of Cardiology for LVHN and Medical Director of our Regional Heart Center. I truly enjoyed caring for cardiac patients and getting to know them and their families. I am proud to be part of such a great organization. My passion is patient care. I view my current role as taking that passion for caring for an individual patient, to caring for our entire community. It is an honor to work with such an outstanding network of dedicated colleagues.

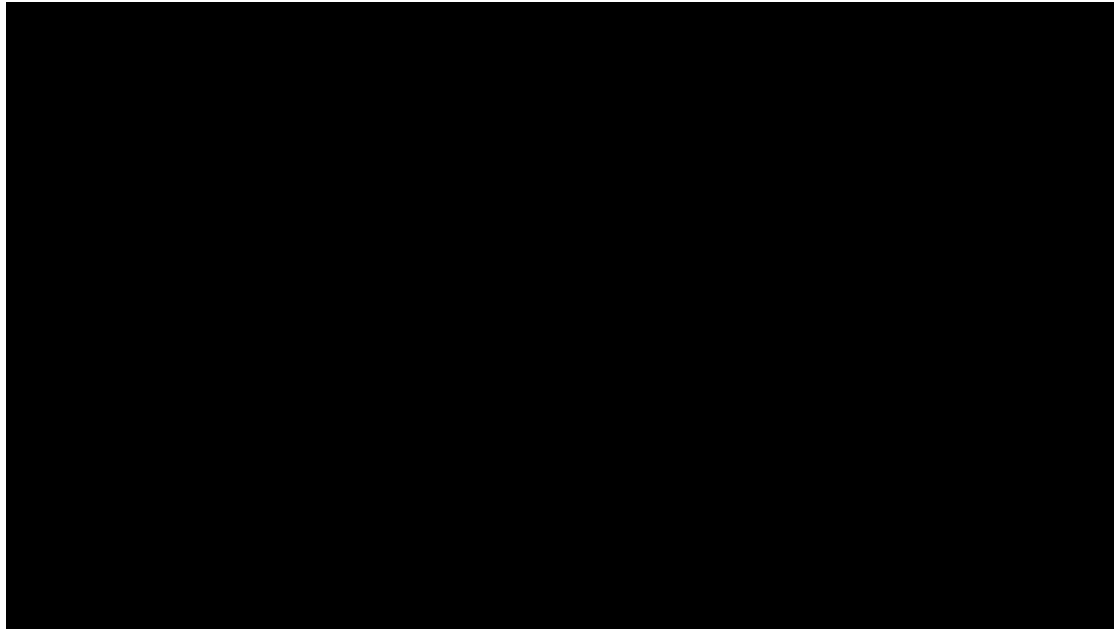
LVH–Hazleton’s Emergency Department Featured on The Sam Lesante Show – VIDEO

by [Jane Danish](#) · February 3, 2020

Andrew Miller, DO, Director of Emergency Services, was a recent guest on SSPTV’s The Sam Lesante Show. The show featured LVH–Hazleton’s newly expanded and remodeled emergency department. Watch the show below.



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Service Anniversary List – February 2020

by [Rick Martuscelli](#) · February 1, 2020

Happy anniversary to these colleagues celebrating a career milestone at LVHN in February 2020. Congratulate them on their years of service.

45 years

Kenneth Miller, Respiratory Admin & Support

Susan Niemkiewicz, LVPG Pain Specialists

40 years

Michelle Adams, LVPG PulmonaryCritCare Med1250

Jet Bortz, Pre Admission Testing 17th

Nancy Foster, 6 North

35 years

Daunissa Hechler, Nursing Float Pool

Sue Hein, LV Center For Women's Med

Laurie Kilian, LVPG Peds SurgUrology 1210SCC

Donna Miller, LVPG Peds-Lehighton

Lisa Seibert, Pharmacy

30 years



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Tod Cook, Biomedical Services

Raymond Doynics, Housekeeping

Anita Iasiello, Diagnostic Radiology-Bath MOB

Hemlata Parmar, Ultrasound

25 years

Judith Brooks, LVPG Internal Med 3080Hamilton

Nancy Crane-Roberts, College Health Services

Michael Guelzow, Emergency Department

Christine Hayes, Accounting

Susan Kirby, Communications

Danette Missmer, Rehab at Schoenersville Rd

20 years

Michele Antrim, Operating Room

Rachelle Boger, Burn Out Patient Program

Diane Brown, Case Management

Diane Fritts, Pre Admission Testing 17th

Thomas Grady, Security

Anne Helwig, LVPG Pediatrics Trexlertown

Ivette Jones, Amb Surg Unit – Staging

Tina Kern, LVPG Surg Oncology 1240CC

Kim Kiefer, Rhc Medical

Karin Lightner, LVPG Maternal Fetal Med 3900HA

Kristy Mazzitelli, Technology Expansion Projects

Alberto Mendiolina, 5CP Medical Surgical Unit

Jean Novak, NORI Clinical

Bibi Shaikh, Adult Peds Psychiatry SCC

Daniel Storman, Radiology

Donna Streeter, ICU

15 years

Tabitha Bennick, HOA Muhlenberg

Kelly Bigg, 5T Med/Surg

Betty Bohorquez, Centro De Salud

Glaris Carrazco, Patient Access Support – Admin

Ruth Cortes, Respiratory Admin & Support

Misty Davis, Pharmacy MPA

Robert DeDio, LVPG Ear Nose and Throat

Louise DeFranco, Case Management

John DeHoff, LVPP PCP

Michael Emig, Plant

Patti Fick, 7T Med/Surg

Cheryl Fox, Info Svcs Physician Support

Dominick Giaquinto, Mental Hlth Anc

Jennifer Groff, Rehab Svcs at LVH-M

Scott Hamilton, LVAS LVH – Cedar Crest

Megan Ingram, Labor & Delivery

Shannon Kacsur, Operating Room

Lawrence Koch, Burn Center

Paul Mattern, HSP 17th & Chew

Jennifer Rabenold, 6C Medical/Surgical Unit

Miriam Ramos Martinez, 7T Med/Surg

Amy Sales, LVPG Hematology Oncology CC

Patricia Simms, Pharmacy

Jessica Squillante, Cardiac Diagnostic Center

Tammy Winterhalt, Dept. Of Pediatrics

Lisa Zamora, HIM Provider Based Coding

10 years

Corinne Baird, Registration

Katy Blessing, PT/OT

Shaina Briel, Respiratory Care Services

Ashley Bubbenmoyer, LVPG Hematology Oncology CC

Claudia Busse, Pediatric ICU

Kathleen Costenbader, LVPG IM MUH Express Care

Annette Dadura, Info Svcs Customer Service

Jane Daley, EEG

Karen D'Antonio, Nurse Fmly Pship

Ralph Descartes, Messenger/Courier Service

Meghann Dollak, BH 1

Ronnie Geiger, Plant Engineering

Carl Handwerk, 4KS Medical/Surgical Unit

Jeffrey McDermott, PT/OT

William McLaughlin, MEDEVAC

Tiffany Pedone, LVHP Acute Care Therapy

Deanna Romano, Registration

Paul Schramm, Ultrasound

Paul Siegfried, Dept. Of Psychiatry

Sarah Simco, Imaging Physics

Christine Sook, Cancer Financial Services

Davier Strausser, LVPG Peripheral Vascular Sur

Marynell Strunk, Development

5 years

Antonio Adorno, Cardiac Diag Ctr Palmer HC

Christina Alden, Emergency Service – CC

Arin Alkanani, Float Pool

Alison Bedekovich, 2K South

Tracy Bochancow, Patient Receivables Office

Gavino Cabardo, Supply Distribution Services

Danielle Cantor, LVPG-P Ob/Gyn Office-East Stro

Emilie Carlino, Human Resources Administration

John Deangelo, Home Care – Physical Therapy

Christina Dejesus, 6K Medical/Surgical Unit

Lauren Erie, Adolescent Psych Unit

Bret Erney, Case Management

Alexander Exley, EPIC Conversion

Teresa Fitzgerald, Inpt Rehab SVC-CC

Vanessa Foster, Labor & Delivery

George Fulton, EMS Hazleton APTS Operations

Kimberly Gambirazio, Operating Room

Salome Gilholm, Registration

Sara Greig, Emergency Service – 17Th

Ruth Hahn, Rehab Unit

Mary Haines, LVPG Cardiology 1250CC

Sarah Harvey, Sleep Disorders

Kina Hill Francis, LVH M Hospitalist Program

Lori Hulse, COO Operations

Darlene Kalmar, Per Diem Pool

Ashley Kaps, OP Lab

Lisa Kern, Cardiac Diagnostic Center

Danielle Kishbaugh, Rehab Unit

Heather Klerks, Pediatric ED

Tracey Kressley, Cardiac Diagnostic Center

Kathleen Krulich, ICU

Lizette Leute, LVPG-P Internal Medicine/Peds

Katelyn Lindner, LVPG Pediatrics Fogelsville

Christine Marie Lippincott, 6C Medical/Surgical Unit

Krista Lowery, LVPG OB/GYN 1245SCC

Christine Meyer, LVPG-P Expresscare-Bartonsvle

Michael Mitariten, Heart Station

David Monte, LVPG-L Fogelsville Optical Eff

Annamarie Moran-Luckwaldt, Dietary

Jane Nordell, Office of Philanthropy

Tara Ortiz, Education Services

Cassandra Passaro-Ruffino, PACU – CC

Christina Pelizzoni, ATC Services

Susan Perdick, Nursing Float Pool

Heather Ramirez, Patient Accounting

Lindsey Reyes, LVPG Cardiac Thoracic Surgery

Marianyeliz Rivera, Patient Accounting

Hannah Roman, Labor & Delivery

Madeline Sanchez, Rhc Medical

Clifford Scales, Burn Center

Sonia Severe, Emergency Service – 17Th

Jennifer Shukaitis, HIM Facility Based Coding

Donna Smith, Group Health Admin Svcs

Amanda Solensky, Emergency Service – CC

Katheryn Stirk, Pediatric Intensive Care Unit

Michael Ulsh, Diagnostic Imaging Hamburg

Maura Vogtman, LVPG Family/Intrnl Med BethTw

Meaghan Webster, Neonatal ICU

Lori Weikel, Labor & Delivery

Meghan Wismer, NORI Administration

Seth Zimmerman, EMS Hazleton APTS Operations

Dana Zindell, Perioperative Svcs Float Pool

Go Red for Women on Friday, Feb. 7

by [Rick Martuscelli](#) · February 4, 2020

Heart disease is the No. 1 killer of women, yet some people think cardiovascular disease is a man's disease. In fact, heart disease strikes more women than men. For women, heart disease is more deadly than all forms of cancer combined. National Wear Red Day[®] is a day to raise



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awareness about heart disease in women and educate women about taking action to reduce their risk for heart disease.

This year, National Wear Red Day is Friday, Feb. 7. Colleagues are encouraged to wear red or red accessories. You also are encouraged to take a photo of you and your colleagues wearing red and submit it on LVHN Daily. We'll share some of the photos on LVHN Daily.

Here are things you need to know to prepare for National Wear Red Day:

- **Be creative.** If you're a nurse who must wear a navy blue uniform, put on some red accessories. If you work in a department that allows you to wear red more flamboyantly, go for it. We want people to get the message.
- **Strike a pose.** Smile pretty for the camera, and make sure the photographer takes a horizontal photo. Horizontal photos look better on LVHN Daily.
- **Meet the deadline.** Submit your photo by noon on Friday, Feb. 7. We'll then

post a gallery of some of the photos on LVHN Daily in the afternoon.

- **Be a teacher.** When people ask you why you're wearing red, tell them about National Wear Red Day. Explain that although heart disease is the No. 1 killer of women, only one in five American women believe it to be their greatest risk.

Send Your Valentine's Day Greetings to Our Patients

by [Jenn Fisher](#) · February 6, 2020

Fragrant roses, chocolate-dipped strawberries or pastel candy hearts might spell “I LUV U” to some on Valentine’s Day – but at LVHN, we show our patients that love with hand-delivered Valentine’s Day cards. This surprise card shower has been such a splash the last few years, we’re ready to make it rain again, and we need your help.



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Pick a card, any card.

Visit [LVHN.org/valentine](https://www.lvhn.org/valentine) and select from the eight valentine greetings. We have one in Spanish.

Type a message from your heart.

You can include a personal message of encouragement. Remember: This will be shared with a patient selected at random. Sending more than one card is encouraged, but make sure you do so by Monday, Feb. 10.

We'll take it from there.

Beginning Thursday, Feb. 13, and concluding on Friday, Feb. 14, printed Valentine’s Day cards will be delivered to patients by LVHN volunteers at LVH–

Cedar Crest, LVH–17th Street, LVH–Muhlenberg, both LVH–Schuylkill campuses, LVH–Hazleton, LVH–Pocono and LVHN–Tilghman. Last year, more than 1,300 colorful cards were given out, with greetings coming from as far as Japan and as near as Allentown.

LVHN thanks Christmas City Printing and Alcom Printing for their support of LVHN's Valentine's Day card shower.

LVHN Provides Addresses for Patients of our Street Medicine Program

by [Brian Downs](#) · February 5, 2020

You might wonder what sense it makes for someone who is homeless to have an official mailing address. “Without a home or family support, including an official address, patients of LVHN’s Street Medicine program cannot receive most government benefits that will help them out of their current



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situation,” says Nani Cuadrado, Street Medicine Program Director. “A street address is needed to obtain Medicaid/Medicare, identification, food stamps, social security and veteran benefits, government-issued phones, and to obtain employment.”

Through the combined efforts of LVHN’s Street Medicine program, LVHN’s Courier Services and the United States Postal Service, patients of the Street Medicine program now can receive mail at a specially created address at LVHN. Mail can now be separated and couriered to the Street Medicine office and distributed by the administrative coordinator at designated clinics. Patients requiring the mail service sign a contract and agree to follow the designated protocol.

“Providing a mailing address to our patients is a win-win opportunity. Our patients get more holistic care, addressing not only their health care needs, but their social barriers as well,” says Cuadrado. LVHN benefits because patients who were

previously uninsured (due to lack of an address) are now insured and the hospital, in turn, receives reimbursements.

Since the mail service was instituted for homeless patients, some are receiving food stamps (and had been struggling with food insecurities), some are able to open a bank account (with identification), some are able to connect with family/friends with a government-issued phone, and some have even transitioned from homeless to being housed with social security income or disability benefits.

“I am so proud that LVHN is helping patients address many of their barriers,” Cuadrado says. “A person’s overall health is so much more than health care, it’s about looking at the person as a whole and doing the best we can to assist with other conditions that are affecting their well-being. Something as simple as a mailing address is certainly a great start.”

Learn About the Latest Innovations in Education

by [Kirstin Reed](#) · February 4, 2020

Academic faculty, clinical educators and staff from a variety of health care settings will benefit from the subject matter addressed at this year's Innovation in Education conference.

The conference takes place March 31, 8 a.m.-4:30 p.m., at LVH–Cedar Crest's Kasych Family Pavillion, ECC rooms 6, 7 and 8.

Session topics include:

- Caregiver resilience
- Microlearning
- Education using videoconferencing
- Nursing professional development
- Precepting
- Learning in the future
- Teach-back
- Learner saturation
- Social cognitive theory
- Leadership

[Register online](#) by March 24 to reserve your spot.



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