

Memorializing Street Medicine Patients

Remembrance Wall dedicated at LVHN–One City Center.

Health & Wellness Center at Cedar Crest

It's the new name of 1243 S. Cedar Crest Blvd.

Don't Lose Your 2016 FSA Dollars

You must incur qualified expenses by Dec. 31.

Who's the Secret Santa at LVH–Schuylkill?

Someone is paying for coffee, tea and hot chocolate.

Best Gifts for a Nurse–VIDEO

LVHN nurses star on Advance for Nurses website.

Holiday Fun Around LVHN–PHOTOS

Colleagues celebrate the holiday season.



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Remembrance Wall Honors Memory of Street Medicine Patients

BY [RICK MARTUSCELLI](#) · DECEMBER 22, 2016

IMG_3948





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Craig Vito was homeless. He continued to live on the street while battling a fatal illness because there were people in the hospital sicker than he was. He didn't want to take up a hospital bed until he absolutely needed it. Vito's is one of 15 names listed on a new Remembrance Wall at LVHN—One City Center. Located along Hamilton Street near the facility's main entrance, the wall memorializes patients of our [Street Medicine program](#) who lost their lives while homeless.

The wall was unveiled during a candlelight ceremony on Dec. 21, National Homeless Persons' Memorial Day, which is the first day of winter and the longest night of the year. The creation of the wall was a gift from LVHN President and Chief Executive Officer Brian Nester, DO, MBA, FACOEP, and his wife, Tina Pippis-Nester, DO, an emergency medicine physician.

The Nesters first experienced the tragedies and medical consequences of homelessness while working as emergency medicine physicians in Philadelphia. "The homeless people we cared for were often very sick," Pippis-Nester says, "but sometimes they just came to the ER for a warm place to rest and a simple meal." During her remarks at the ceremony, Pippis-Nester referenced LVHN's hospice program "No One Dies Alone," adding that with the Remembrance Wall, it is the hope that no one dies "unknown."

Colleagues in our Street Medicine program provide health care for homeless people in shelters, soup kitchens, on the street and under bridges. The Street Medicine team works on the belief that "everybody

matters.” They have served more than 2,000 unique patients over the past two years and receive support from more than 200 colleagues who volunteer to care for the poorest of the poor.

The Director of our Street Medicine program, Brett Feldman, says each time he passes the Remembrance Wall during his daily rounds, he will be reminded of all the things he learned from patients who passed away. “They are my greatest teachers,” Feldman says. “They will remind me of my successes, the need to share my love and, most of all, the need to give until it hurts.”

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LVHN Presents Health & Wellness Center at Cedar Crest

BY [TED WILLIAMS](#) · DECEMBER 21, 2016

Today, LVHN introduces its 16th health center at a location familiar to many health-conscious people around the Lehigh Valley area – 1243 S. Cedar Crest Blvd., Allentown. The facility is best known as the home of the original LVHN Fitness.

But the new Health & Wellness Center at Cedar Crest, which is located in the Cedar Crest Professional Park across from the Lehigh Valley Hospital–Cedar Crest campus, is much more than just the fitness center. The new name is much more indicative of the wide variety of services available.



Services include:

Lehigh Valley Hospital Services:

- Adult and pediatric rehabilitation
- Cardiac and pulmonary rehabilitation

Lehigh Valley Hospital–Muhlenberg Services:

- HealthWorks

Provider Services:

- LVPG Chiropractic Medicine
- LVPG Endocrinology
 - Helwig Diabetes Center
- LVPG Plastic and Reconstructive Surgery
 - LVPG Esthetics
- Weight Management Center
 - LVPG Bariatric Medicine
 - Tobacco Treatment Program

Wellness Services

- LVHN Fitness
- Massage Services
- Parent and Family Education

The new identity aligns this Health & Wellness Center with two other LVHN locations offering both health services and a fitness center. They are the [Health & Wellness Center at Muhlenberg](#) and the [Health & Wellness Center at Hazleton](#). Additional LVHN health centers are located in [Bangor](#), [Bath](#), [Bethlehem Township](#), [Emmaus](#), [Fogelsville](#), [Frackville](#), [Hamburg](#), [Kutztown](#), [Macungie](#), [Moselem](#)

[Springs](#), [Mountain Top](#), [Quakertown](#) and [Trexlerstown](#). LVHN will be opening health centers in [Easton](#) and [Palmer Township](#) in the coming year.

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Don't Lose Your 2016 FSA Dollars

BY [ADMIN](#) · DECEMBER 19, 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 where you can submit your questions by clicking on "Contact Us" at the top right of the home page.

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Who's the Secret Santa at LVH–Schuylkill?

BY [MIKE PECKMAN](#) · DECEMBER 20, 2016

Some call it “paying it forward.” Others refer to it as a “random act of kindness.” At LVH–Schuylkill, they’re calling it a very nice gesture from a “Secret Santa.”

For the second year in a row, colleagues and visitors at the cafeterias of both our Pottsville hospitals found that an anonymous donor had already paid for their coffee, tea or hot chocolate. The day the free beverages would be available was not announced. Only the donor, dietary supervisor and cashiers knew when it would happen.

“I like to give back,” says the donor, who asked not to be identified. “We have a lot of terrific colleagues at



both campuses that I know and respect. This can be a very stressful time on both a professional and personal level. I thought it would be a nice idea to keep people in the spirit of the season and put a smile on the face of a colleague or visitor.”

It seems the Secret Santa’s wishes came true. John Tejada, an Environmental Services (EVS) Supervisor at LVH–Schuylkill S. Jackson Street, was following his daily routine – getting a medium coffee with cream and sugar – when the cashier told him his morning brew was paid for by Santa. “I just couldn’t believe it,” Tejada says. “It was such a nice thing for that person to do that today, I brought coffee and donuts to our EVS team meeting. Our housekeepers were really pleased. That free cup of coffee created plenty of smiles.”

Abby Owsinski of the food and nutrition department echoed other people’s comments. She learned of the gift while at the cash register and was thrilled. “I thought it was just so sweet,” she says. “I wish I could thank the donor in person. I learned later that it is becoming a tradition here at LVH–Schuylkill.”

That’s exactly what the donor hopes to create going forward. “Maybe this is my legacy,” says the Secret Santa. “It is definitely something I hope to continue. Who knows, maybe others will do something similar on other occasions or in honor of other events. Now that would be terrific.”

Getting a Gift for a Nurse? Find Out What They Really Want – VIDEO

BY [JENN FISHER](#) · DECEMBER 19, 2016



When “Advance for Nurses,” a resource for nursing profession news, wanted to know what types of gifts a registered nurse would like, seven nurses from LVHN answered the call. Their wish lists are featured in a video posted on the Advance for Nurses website.

During a video shoot in November, colleagues Daniel Domin, RN, Carol Fox, RN, Morgan Kutz, RN, Stephanie Landron, RN, Danielle O’Connor, RN, Stephanie Remy, RN, and Leslie Russo, RN, came up with gift ideas that cover the practical and the fun. Top gift vote-getters include massages and hand cream to soothe dry skin.

[Watch the video](#) and learn our colleagues’ ideas for the best gifts to give a nurse.

Are any of their ideas on your list, or do you have other gift ideas for nurses? Share your feedback, suggestions and comments below.

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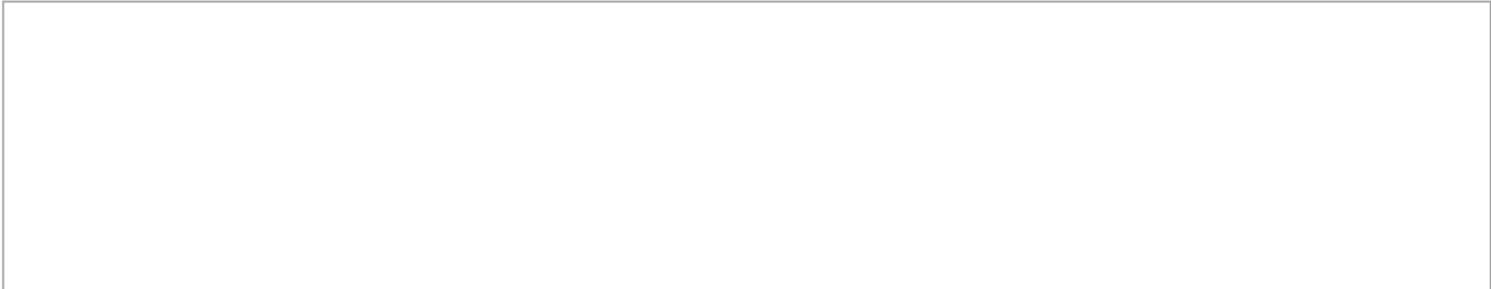
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Holiday Fun Around LVHN – PHOTOS

BY [TED WILLIAMS](#) · DECEMBER 20, 2016

'Tis the season to be jolly, and colleagues throughout LVHN are doing just that as they celebrate the holiday season in a variety of settings. Some are even showing off their ugly Christmas sweaters. We invite you to enjoy our gallery of holiday photographs from around the health network. If you'd like to join the celebration, click "Submit Now" in the right column to share your department's holiday photo and a caption. We'll add submissions to this gallery until Friday, Dec. 23.

MackCafecostumes





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The Mack Blvd. cafeteria staff held a holiday costume contest. Congratulations to Jacqueline Souliere (right) on the winning costume!

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