

# CHECK UP

JANUARY 2008  
**LEHIGH VALLEY**  
**HOSPITAL**  
AND HEALTH NETWORK  
A MAGAZINE FOR EMPLOYEES

## *Finishing Touches*

Get a glimpse of the  
Kasych gallery on page 8.





# Why Our Investments Matter to You

Our \$127.1 million in community benefit means better health for you, your friends and neighbors

**November 10 dawned overcast and rainy,** but that didn't deter hundreds of our colleagues from their mission. Dressed in rain slickers, they gathered at Dorney Park, then at LVH-Muhlenberg the following day, administering more than 8,600 free flu shots to any and all adults and children who were eligible to receive them. Their spirit of volunteering will help people in our community stay well throughout the cold winter months. Free flu shots are just one of the many investments LVHHN makes as a charitable, not-for-profit hospital.

**Our network invests in facilities, equipment, ideas, and most of all, in people.** We also invest in programs and services that benefit our community. This year, we invested a record **\$127.1 million** in programs for you and your neighbors. That includes those free flu shots plus free or reduced-cost care for people who can't afford it. It also includes financial counselors to help people find insurance they might qualify for, 40 primary and specialty clinics, school health and wellness programs, free health fairs and screenings, and so much more.

You'll see vivid examples of our investments throughout this *CheckUp*. One of our most visible is our Kasych Family Pavilion, which opens this

month. This investment will help us provide care for the growing number of people in our region by giving us more patient care space and allowing us to expand many of our unique programs, such as our Regional Burn Center.

Kasych is uniquely designed to meet our patients' needs. You helped us design the building, selecting everything from wall coverings to the location of electrical outlets. The end result, of which we can all be proud, is a seven-story tower with all private patient rooms. I encourage all of you to attend the opening week festivities (see page 12) and to bring your family and friends.

**Some of our other investments may not be as visible,** but they play a vital role in improving our community's health. For example, our partnership with the Da Vinci Science Center teaches thousands of teens the importance of using seat belts and driving safely. Our partnership and support of the United Way helps benefit community programs like The Caring Place, which offers after-school education and hope to at-risk children. We also host a health center at The Caring Place that delivers free care to children and their families.

Still other investments strengthen our already high-quality services. Take our MI Alert for Heart Attacks program. This year, we helped educate emergency medical services personnel in using a new type of EKG that can diagnose heart attacks more accurately in the field. This leads to quicker heart care and ultimately saves lives. You can read about a gentleman whose life was saved by this vital service in this *CheckUp* (see page 10).

**Each time you volunteer at a community health event,** you help continue the vision set forth by our founder, Leonard Parker Pool. He invested his head, heart and pocket in a vision of the finest health care for his community. In his spirit, LVHHN will plan carefully and continue to make the best investments, ensuring a healthier Lehigh Valley for all.

Elliot J. Sussman, M.D.  
President and Chief Executive Officer

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# Partners for a Healthy Community

PPL Corporation's James Miller is the newest member of LVHN's Board of Trustees



**Leader and volunteer**—In addition to being an LVHN trustee, James Miller serves on the boards of directors for the Allentown Symphony Orchestra and the Lehigh Valley Partnership.

## From the U.S. Navy nuclear submarine program to an engineer to the chairman and chief executive officer of PPL

**Corporation**, James Miller's career path has taken him many unique places. But here in the Lehigh Valley, Miller feels at home.

"My wife and I have been here for about seven years now, and we're really happy to be living in a place with such a great quality of life," Miller says.

Miller plays a direct role in enhancing our region's quality of life. He's the newest member of Lehigh Valley Health Network's (LVHN) Board of Trustees. The board's 17 unpaid trustees volunteer their time and provide oversight of network management, approve the yearly budget and evaluate president and chief executive officer Elliot J. Sussman, M.D., who also serves as a trustee.

Just as LVHN has expanded over the past few years, so too has PPL. What started as a regional electricity company more than 80 years ago is now a worldwide organization. PPL has been one of the most successful electricity companies in the United States over the past five years.

Miller has played an important role in that growth. He joined PPL seven years ago as a division president and rose to executive vice president, then chief operating officer alongside former company chairman and chief executive officer William Hecht. When Hecht retired from PPL last August, Miller stepped into his role. Like Miller, Hecht also is an LVHN trustee.

"I see a lot of synergies between PPL Corporation and LVHN," Miller says. "At PPL, we're a major employer and recruiter, and quality health care at a reasonable cost is extremely important for our employees and for people planning to locate here. Having access to affordable high-quality health care has enormous community benefits and will enable solid and sustained growth for our region."

A member of the board's Finance and Audit Committee, Miller brings his 30 years of expertise in the energy business to LVHN. "I believe each of us has an obligation to give back to the community, including by volunteering," Miller says. "I'm very pleased to have the opportunity to be part of an organization known far and wide for its focus on excellence."

*Kyle Hardner*

**Meet the Trustees**—Lehigh Valley Health Network's trustees are community leaders with experience in large organizations and expertise in areas such as higher education, business, technology, finance, human resources, medical science and government affairs. They are (top row, l-r): Jeffrey P. Feather, Donald L. Levick, M.D., Linda L. Lapos, M.D., Martin K. Till, Matthew McCambridge, M.D.; (middle row, l-r) vice-chair J.B. Reilly, Robert J. Dillman, Ph.D., Arnold H. Kaplan, Susan C. Yee, Daniel H. Weiss, Ph.D., secretary William H. Lehr; (front row, l-r) Kathryn P. Taylor, Richard J. Green, James H. Miller, chairman Rev. Jefferson K. Aiken Jr., D.Min., Elliot J. Sussman, M.D., and William F. Hecht. **Learn more about them at [lvh.org/checkup](http://lvh.org/checkup).**





# Celebrity Sightings

Do a double take—  
which superstars do  
these colleagues  
look like?

You probably already know you work with plenty of health care stars, but did you also realize you're rubbing elbows with celebrity look-alikes? LVHHN colleagues hit the streets, found these "celebs" throughout our network and phoned them in to the *CheckUp* offices.

## Family Ties Reunited!



Remember the parents of the 1980s TV sitcom "Family Ties"? They were Steven and Elyse Keaton, played by Michael Gross and Meredith Baxter. In our version, it's Stephen Montagner of engineering and Mona Serfass, R.N., of the post-anesthesia care unit. They're not married, but between Montagner and Serfass they have three kids. (Their names aren't Alex, Mallory or Jennifer.) Because the TV characters were the epitome of good parenting, if you need some advice, be sure to stop these look-alikes in the hallways and ask.

## "You Like Me. You Really Like Me."



## Thankfully, He's on Dry Land

Andy Cook's look-alike Richard Dreyfuss hunted a killer shark in the acclaimed film "Jaws." In his role as a trainer at Lehigh Valley Physician Group, Cook hunts out service excellence and shares his knowledge through workshops and presentations. Cook often hears how he resembles the Academy Award-winning actor. His reply: "I hope you mean when he was *younger!*"



Sally Field won an Oscar in 1985 for her role in the movie "Places in the Heart," but her look-alike, public affairs senior director Susan Hoffman, won accolades for her supporting role in coordinating the efforts for the *FORTUNE* 100 Best Companies to Work For application last year. While at Dorney Park several years ago, Hoffman's celebrity resemblance caught the attention of a fellow park attendee. "He told me I look like Sally Field; I said I've heard that before," she says. After repeating himself several times, he finally exclaimed, "You *are* Sally Field!"



## The Long Arm of the Law

Put a black hat on systems analyst Jeremy Cooper and he turns into the law—a Texas Ranger to be exact. Cooper is a dead ringer for actor and martial artist Chuck Norris. Cooper actually studied kickboxing in a karate school that Norris attended in his younger days. His colleagues get such a kick out of having a celebrity look-alike in their midst, they often ask for autographs and send him famous Norris quotations.

## Oops, She Did It Again

Bethany Yanusko, R.N., can't help dancing in the halls like her look-alike, Britney Spears, as she makes her rounds to 6B patient rooms during the night shift. But you won't see our version of Britney dancing with a snake on her shoulders like Spears did during MTV's "Video Music Awards" in 2001. "I have a fear of reptiles so that outfit will never make its big break in my life," she says.



**Vote for Your Favorite  
Celebrity Look-alike!**

Go to ***lvh.org/checkup***  
to cast your vote.



## Who Are You?

Anesthesia administrator Fred Ackler and his wife, Joann, stopped at a convenience store outside of Philadelphia to buy milk.

As Joann walked out the door, the clerk yelled, "Oh my God! That's Pete Townshend sitting in that car!" She then looked at Joann and asked, "Are you married to Pete Townshend?" Joann laughed, but thought to herself, "Yeah. I'm married to Pete Townshend, and we shop here."

*Kimberly Hassler*

## From Full House to 6B

When Emily Lechner, R.N., strolls through the Lehigh Valley Mall, she often hears how she resembles Ashley Olsen, one of the twin girls who starred in the TV show "Full House." Lechner has a sister, just not a twin. But that doesn't stop her colleagues from frequently calling her "Ashley."





# Where Should I *Park?*

Use this map to find out

## You'd think it would be easy.

Pave some land, paint some lines and you have a parking lot. Unfortunately, it's not that simple or inexpensive.

"When you divide a parking lot's total cost by its number of parking spaces, it costs more than \$3,000 to build one space," says security director Jerry Kresge.

"A parking deck costs \$12,000 per space."

Considering more parking provides convenience for patients and visitors while accommodating the needs of our growing workforce, this investment is money well spent.

Parking has been one of our greatest challenges during LVH-Cedar Crest's expansion. "However, if patients, visitors and colleagues park in the proper places, we have adequate parking," Kresge says. When people park in the wrong area, problems arise. For example, if you park in a patient/visitor space, you'll take a parking space away from six people during an average shift.

To ensure that doesn't happen, use this map to learn the new letter name of each lot and find the parking spaces designated for you.

*Rick Martuscelli*



### Parking deck A

895 spaces

- Levels 1–2: patients and visitors
- Levels 3–5: assigned colleagues; ID badge required for access

### Lot B

185 spaces

- Middle-shift (3–11 p.m.) colleagues; ID badge required for access

### Lot C

155 spaces

- 1230 and 1240 building patients and visitors

### Lots D and E

120 spaces

- 1220 building and emergency department patients and visitors

### Lot F

52 spaces

- Cancer Center patients and visitors

### Parking deck G

480 spaces

- Patients, visitors and night-shift colleagues
- 15-minute lower level parking for Health Spectrum Pharmacy customers
- One-hour patient/visitor parking

### Parking deck H

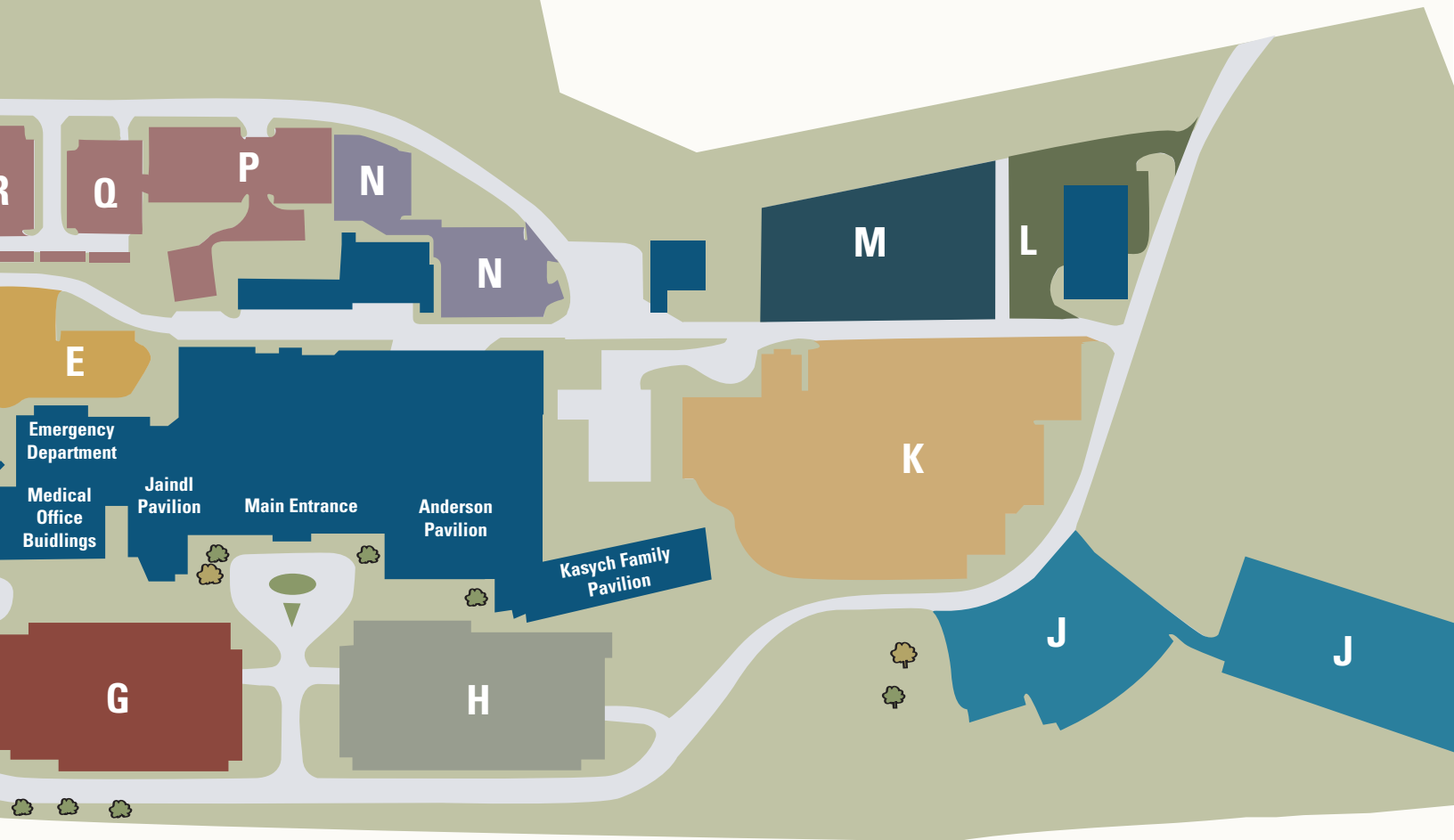
548 spaces

- Patients, visitors and night-shift colleagues
- Valet uses bottom level

## Security's Parking Lot Tips

- **Prevent accidents.** Drive slowly around campus.
- **Avoid theft.** Don't leave global positioning system (GPS) devices on your dashboard or other valuables in plain view.
- **Be safe.** Call 610-402-8220 to have a security colleague escort you to your car at any time.
- **If you travel between hospital campuses,** you must park in a colleague parking lot.

*\* Handicapped parking is available in all parking lots.*



### Lot J

- 398 spaces
- Colleagues
  - Will be expanded to add 250-300 spaces in 2008

### Lot K

- 402 spaces
- Colleagues

### Lot L

- 16 spaces
- Carpenters' shop parking

### Lot M

- 223 spaces
- Colleagues

### Lot N

- 82 spaces
- Assigned colleagues; ID badge required for access

### Lots P, Q, R and S

- 386 spaces
- House and medical staff parking

### Lot T

- 122 spaces
- Colleagues

### Stone lot

- 391 spaces
- Colleagues and construction workers
  - Will be returned to green space late in 2008

# Artist with a *Healing Touch*



John Opie's work—and that of other local artists—will be featured in the Kasych Family Pavilion

## **Snowflakes fall from the sky as the sun sets on a winter's day.**

It's an image John Opie sees inside his mind. When he applies brush to canvas, he unlocks the vision, creating artwork that's admired by many.

"The joy of painting is being able to make up what you want to see," Opie says. "I can create a unique color of sky or add a favorite jazz musician to a scene based on Musikfest, whether she was there or not."

Opie, who has been painting for 50 years, is one of several local artists from Easton to Kutztown whose work will grace the Kasych Family Pavilion. Original artwork—purchased for the hospital's permanent collection—will be featured inside and outside. For example, the walls of the lobby will feature inspirational quotations and renderings of key concepts such as patient care, research and education. Artwork also will be displayed on each patient floor.

"Art promotes comfort and healing by leading us into a world of imagery and emotion," says LVHHN arts coordinator Christine Oaklander, Ph.D., who is cataloging, preserving, interpreting and building our collection. "Art is proven to lower stress and increase relaxation, creativity and imagination."

Opie's world of imagery draws its inspiration from his Pleasant Valley home, where he lives with his wife, Susan, a sculptor. He describes his work as "painterly realism," depicting the juicy brush strokes of his oil paintings.

His work has been widely exhibited in the region, as well as in New York, California and many places in between. He also has taught at colleges and universities—including Louisiana State—and has earned numerous accolades and awards. But his greatest satisfaction comes from completing a good painting. "It can be laborious," he says, "but when it's right, it's exciting and energizing."

"Matisse spoke of his art as being like a good armchair—comforting, a respite for the weary. As an artist, I hope to make a connection to an audience and provide comfort to people who may be going through unhappy times."

Erin Alderfer

**John Opie** of Pleasant Valley is one of many artists whose work will be featured in the new Kasych Family Pavilion at LVH-Cedar Crest. Other artists include:

- **Cheryl Agulnick Hochberg**, figure and fabric oil paintings
- **Isadore LaDuca**, multipaneled images combining abstraction and realism
- **Barbara Schulman**, woven, embroidered and mixed-medium textile constructions
- **Atsuko Tajima**, reverse paintings on glass

*More artists will be featured in the future. Kasych also will showcase graphic walls by Nathan Billman, designer of marketing and public affairs, that highlight the relationship between education, research and patient care.*

**Tour our "gallery."** Attend the Kasych Family Pavilion opening events from Jan. 3-5. See page 12 for more information. You also can take a virtual tour of art already featured throughout LVHHN at [lvh.org/checkup](http://lvh.org/checkup).



# Gallery Guide:

## The Kasych Family Pavilion

### Paintings | John Opie



**Neighborhood, Hellertown**

2002

Oil on panel, 24 by 48 inches

Patient floor, Kasych Family Pavilion

Set in an area known locally as Diaper Hill, these tidy, small houses are worthy of the expression, "neat as a pin." The street is seen here on a late afternoon in autumn 2001. Commercial airliners had resumed flights and residents flew American flags in the aftermath of 9/11.



**Windward Club**

2003

Oil on panel, 24 by 46 inches

Patient floor, Kasych Family Pavilion

Members of Windward Club bring their lawn chairs, tent, ice chests and small sailboats for a fine day on and alongside Lake Nockamixon in upper Bucks County.



**Swimming at Dusk**

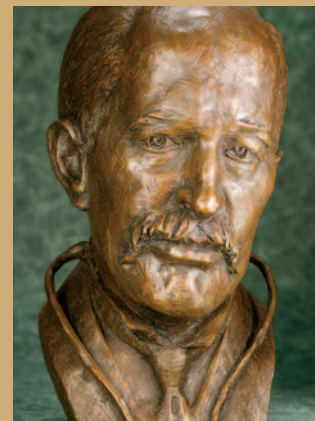
1982

Oil on canvas, 36 by 64 inches

Patient floor, Kasych Family Pavilion

One of a number of paintings made in the 1980s of children in swimming pools at various times of day, the liquid aquamarine visually delicious in the half-light as seen here.

### Sculpture | George Carr



**Sir William Osler**

2003

Bronze

Concourse, opposite classrooms, Kasych Family Pavilion

One of a series of six portrait busts representing the disciplines of medicine by honoring their pioneers. The others are Asclepius, William Stewart Halstead, James D. Mills, Florence Nightingale and Ignaz Semmelweis. Each year, Legacy of Excellence Awards are presented to medical residents who excel in these disciplines. Winners' names are posted with the busts.

### Mixed Media | Bruce Wall



**A is for...**

2004-2006

60 by 50 by 4 inches; 12 by 12 by 1 inch  
Acrylic, foam, string, collage, mixed media on canvas and wood; collage on board



**E is for...**

2004-2006

60 by 50 by 4 inches; 12 by 12 by 1 inch  
Acrylic, foam, collage, mixed media on canvas and wood; collage on board



**I is for...**

2004-2006

60 by 50 by 12 inches; 12 by 12 by 1 inch  
Acrylic, foam, collage, wood, mixed media on canvas and wood; collage on board



**O is for...**

2004-2006

60 by 50 by 5 inches; 12 by 12 by 1 inch  
Acrylic, foam, collage, lint, mixed media on canvas and wood; collage on board



**U is for...**

2004-2006

60 by 50 by 5 inches; 12 by 12 by 1 inch  
Acrylic, collage, sticks, wood, mixed media on canvas and wood; collage on board

#### Anderson wing, opposite medical library

Inspired by a 1923 Webster's Illustrated Dictionary rescued from the trash, the vowel series contains illustrations accompanying often-arcaic definitions, which seem to speak of a lost and forgotten world of images and ideas. Each of the five vowels is framed by black and white photo-collages. One or two are pulled out and reworked as 2-D and 3-D painted and sculpted forms. These central focal points are set within fields of abstract, textured and heavily worked surfaces.

# Life Saved in *78 Minutes*

From Hazleton to Allentown,  
paramedics diagnosed his heart  
attack and began care



**The payoff**—Because of education American Patient Transfer Systems (APTS) paramedic Jeff Phy (right) and EMT Anthony Ripa (left) received from our Emergency Medicine Institute, Daniel Sachs' (center) blocked heart vessel was opened in only 78 minutes. "It boils down to saving lives," Ripa says.

## Sweaty, woozy and experiencing chest pain,

Daniel Sachs knew something was wrong. The 78-year-old man dialed 9-1-1. In minutes, paramedic Jeff Phy and emergency medical technician Anthony Ripa arrived at his home near Hazleton.

A new piece of equipment in their ambulance and education they received from our Emergency Medicine Institute (EMI) ensured they were prepared to provide the best care. "We're teaching paramedics to diagnose a heart attack in the field so patients get the care they need quickly," says EMI program coordinator Alan Heckman.

The education is part of our MI Alert for Heart Attacks program. Its goal is to open a patient's blocked heart vessels within 90 minutes of arrival at the emergency department (ED). Only 78 minutes after the Alert was initiated in a community an hour's drive away, Sachs' blocked artery was repaired.

In Sachs' home, Phy and Ripa used a 12-lead EKG (electrocardiogram) to determine if he was having a heart attack. Formerly, patients wouldn't receive this test until they arrived at the hospital. "EMI

taught us to operate the 12-lead EKG, interpret the data and communicate our findings to a physician," Phy says.

Suspecting a heart attack, they radioed Hazleton General Hospital, our MI Alert partner. The ED physician there agreed with their diagnosis and activated an Alert.

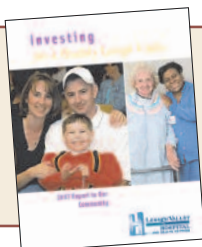
With the Alert initiated, several things happened simultaneously. Paramedics began treatment and rushed Sachs to Hazleton General; a MedEvac helicopter was dispatched to transport him to LVH-Cedar Crest; and our cardiac catheterization lab was prepped for his arrival. "When everything happens at once, valuable minutes are saved," says MI Alert coordinator Steve Palmer, R.N.

Sachs offers good advice to people having chest pain. "Call 9-1-1 to get to the hospital in a hurry," he says. Actually, EMI is bringing the hospital to the patient. "With 12-lead training, paramedics diagnose heart attacks in the home and begin treatments," Heckman says. "That's why calling 9-1-1 is the fastest way to get heart attack care."

*Rick Martuscelli*

## Read our Annual Community Report

Taking our MI Alert for Heart Attacks program to the next level is just one of the many things we've invested in this year to create a healthier community. To learn more about our achievements:



- Visit [lvh.org/checkup](http://lvh.org/checkup) for a copy of our 2007 annual and financial report.
- Read the **January/February issue of Healthy You** for the part of our report that shows how your work improves the health of our community.
- Call **610-402-CARE** for a hard copy of the report or DVD of our annual meeting.





## Protecting Our Community

Lori Cooper, R.N. (left), was one of 350 hospital volunteers helping to deliver more than 8,600 flu shots to community members recently at Dorney Park and LVH–Muhlenberg. To spread the word about our flu shot clinics, Diane McGowan of Nazareth took part in a press conference. Her son, Martin, died of complications from the flu in 2005 at age 15. NBC 10 News (WCAU-TV), 69 News (WFMZ-TV), TV-2 News (Service Electric), TV-13 News (Blue Ridge Cable), *The Express Times* and B104/WAEB radio attended the media event.

Here are some other noteworthy news items:

- President and CEO **Elliot Sussman, M.D.**, was featured in the American Medical Association's *American Medical News* as chair-elect of the Association of American Medical Colleges.
- A story about heart specialist **Andrew Sumner, M.D.**'s contributions to research in detecting peripheral artery disease was picked up by the Reuters news wire and seen on *U.S. News & World Report*, WebMD, ScienceDaily, and MedPage.
- Our **MI Alert for Heart Attacks** program delivered lifesaving heart-attack care to a local man in 24 minutes. His story was featured on 69 News, *The Parkland Press*, *The Morning Call* and TV-2 News.
- 6 ABC Action News (WPVI-TV), NBC 10 News, CBS 3 (KYW-TV) and *The Morning Call* covered the story of a Philadelphia-area mother who gave birth en route to LVH–Cedar Crest.
- **David Beckwith**, president, Health Network Laboratories, was featured in a *Morning Call* article about the region's first flu case.

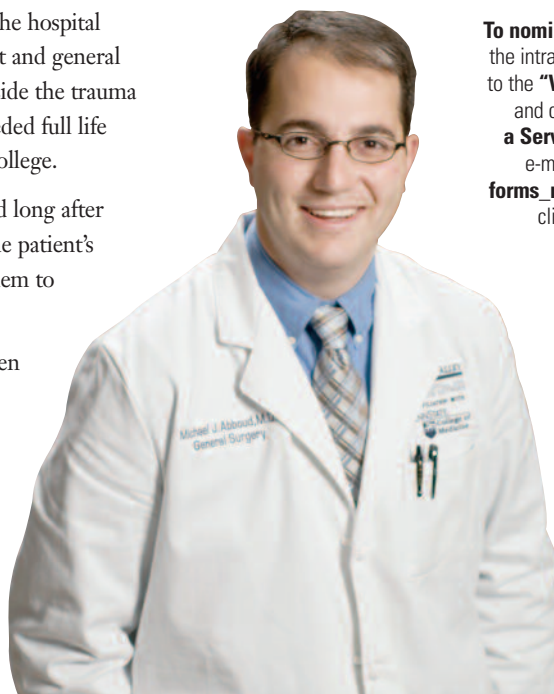
Read the press releases about these stories and see our new television coverage. Go to [lvh.org/news](http://lvh.org/news).

## SERVICE STAR *of the* MONTH

A father of two college-age children arrived at the hospital with a nonsurvivable illness. Third-year resident and general surgeon Michael Abboud, M.D., worked alongside the trauma team to care for the patient, who eventually needed full life support while his children arrived home from college.

Abboud took the situation personally. He waited long after his shift in the trauma bay so he could talk to the patient's children about the situation and arranged for them to say goodbye to their father.

"We watched as Dr. Abboud sat with the children and showed his concern, compassion and empathy for them during their difficult time," says nominator Denise Karll, R.N. "His exceptional dedication is admirable. It made a huge contribution during this family's crisis."



### Congratulations to Award Nominees

To nominate a star, go on the intranet at [lvh.com](http://lvh.com). Go to the "What's New" box and click on **Nominate a Service Star**. Or open e-mail's bulletin board **forms\_rewards** and right click to "use form."

**Mary-Elizabeth Gray**, scheduler, bed management

**Michelle Sudol, D.O.**, internal medicine resident, LVH–Muhlenberg

**Stephanie Hoffman, R.N.**, trauma-neuro intensive care unit

**James Waddell**, case manager, case management

**LVH–Cedar Crest 6C colleagues**

**Elizabeth Seislove**, manager, trauma program development

**SERVICE STAR** Michael Abboud, M.D.

# What's Happening

## Come Celebrate! *The Kasych Family Pavilion*

Please R.S.V.P. by calling 610-402-CARE.

**Thu., Jan. 3; 2-7 p.m.**

**Open House for Colleagues**

**Enjoy:**

- Guided tours
- Light refreshments



**What's inside the new hospital:**

- All private patient rooms
- Education and Conference Center
- The Regional Burn Center
- Expanded heart and intensive care

**Sat., Jan. 5; 1-4 p.m.**

**Community Open House**

Bring your family and friends

### **You Can Donate More PTO**

Now you can do even more to help a colleague who has run out of PTO and sick time while dealing with a lengthy illness or caring for a sick loved one. The amount of PTO you can donate annually has increased from 40 to 80 hours. **For details and a PTO donation form, visit the human resources Web site on the intranet.**

### **Remembrance and Renewal Services**

Join Pastoral Care on **Jan. 7 at 6 p.m.** in the LVH—Cedar Crest Auditorium to remember colleagues who have passed away throughout the past year. Renew your spirits and move forward carrying the love and joy our former colleagues shared with us.

### **Images of Magnet Care**

The LVHHN Professional Excellence Council invites your participation in the second annual "Images of Magnet Care" event. Your images will be displayed at all three hospital sites the first week in May 2008.

The individuals who produce the three images believed to be most inspiring or best depicting Magnet care delivery will each be granted a \$250 scholarship. Examples include sculpture, poetry, inspirational story, photography, scrapbook and painting. Images are due April 14. **To learn more, call Kim Hitchings or Marla Wehrheim at 610-402-1710 or contact them by e-mail.**

### **Participate in Stop-Smoking Research**

Sarah Stevens, M.D., and Jonathan Pletcher, M.D., of the Pediatric Specialty Center, Adolescent Medicine, are asking all interested providers to refer teens (age 14-18) to a research study which will assess two types of counseling intervention for smoking cessation. Participants do not have to agree to quit and will be compensated for their time. **To learn more, call Susan Kalkhuis-Beam or Audrey Vanim at 610-969-2289.**

### **Car Seat Check**

**Tue., Jan. 8; 11:30 a.m.–2 p.m.**

*FREE*

Healthy You Center

*Learn how to correctly install car seats and secure your child.*

### **Happiest Baby on the Block**

**Mon., Jan. 21; 6:30–8:30 p.m.**

*\$45 per person/\$50 per couple reimbursable through Culture of Wellness*

Healthy You Center

*Learn how to calm a crying baby and strengthen the bond between parents and children.*

### **Belly Dancing for Fun and Fitness**

*Intro*

**Mon., Jan. 14; 6:15–7:15 p.m.**

*Level II*

**Mon., Jan. 14; 7:30–8:30 p.m.**

*8 classes/\$56 reimbursable through Culture of Wellness LVH—Muhlenberg, Banko Family Center*

*Belly dancing stimulates senses, tones muscles, builds coordination and boosts creativity.*



## Culture of Wellness Fairs

Learn about the latest programs and how your \$500 benefit can help improve your health.

### NEW Out-of-area Health Club Benefit

Beginning in 2008, if you're covered by the Choice Plus out-of-area benefit option, you can use your Culture of Wellness dollars to cover the cost of a health club membership in your hometown. Attend a Culture of Wellness Fair to learn more.

**Tue., Jan. 15;** 10 a.m.-4:30 p.m.; LVH-Muhlenberg

**Tue., Jan. 22;** 10 a.m.-4:30 p.m.; LVH-17th and Chew

**Fri., Jan. 25;** 10 a.m.-4:30 p.m.; LVH-Cedar Crest (Kasych Family Pavilion)

**Wed., Jan. 30;** 10 a.m.-4:30 p.m.; LVH-Cedar Crest (Kasych Family Pavilion)

## Join the Crowd—Get Your Flu Shot

Visit employee health at the walk-in hours below. Any colleague who does not wish to get vaccinated must submit a declination form through PeopleSoft.

### LVH-Cedar Crest

**Mon.,** 7-8 a.m.,  
1:30-4 p.m.

**Tue.,** 1 p.m.-3 p.m.

**Wed.,** 7:30-8:30 a.m.

**Thu.,** 1:30-4 p.m.

**Fri.,** 7-8 a.m.

### LVH-17th and Chew

**Mon.,** 1:30-4 p.m.

**Tue.,** 7-11 a.m.

**Wed.,** 2-4 p.m.

**Thu.,** 7-11 a.m.

**Fri.,** 8-10 a.m.

### LVH-Muhlenberg

**Tue.,** 7-8:30 a.m.

**Thu.,** 7-8:30 a.m.

## Retirement Strategies for Women

AIG VALIC, the company managing our retirement plans, will host three seminars to help women prepare for retirement.

**Mon., Jan. 7;** noon-1 p.m.; LVH-Cedar Crest, Auditorium

**Tues., Jan. 19;** noon-1 p.m.; LVH-17th and Chew, Auditorium

**Fri., Jan. 25;** noon-1 p.m.; LVH-Muhlenberg, ECC Room A

To register, visit [www.valic.com/seminars](http://www.valic.com/seminars) and enter seminar code **3074ALL11AQ**. Then designate date and location of the seminar you would like to attend.

## Discover Your Discounts

As an LVHHN colleague, you're entitled to nearly 100 discounts from businesses in the Lehigh Valley, such as:

- **State Theatre**—Group Tickets for shows like "Stomp"
- **LensCrafters**—Discounts on glasses

*Learn more about other discounts available to you:*

- Go to TAO e-mail
- Click on Bulletin Boards
- Click on Employee Discounts

For more information, contact Donna Stout at 610-402-2482 or [donna.stout@lvh.com](mailto:donna.stout@lvh.com).

## Answers to Your Questions

Log on to the intranet at [lvh.com](http://lvh.com) to see answers to your questions from the 2007 Employee Forums. New questions and answers will be posted in the upcoming weeks.

## Nominate Your Colleagues for Friends of Nursing Awards

Are you inspired by one of your colleagues? If so, nominate him or her—or an entire unit—for a 2008 Friends of Nursing Award. Please submit your nominations to the Center for Professional Excellence, 1247 S. Cedar Crest Blvd., Suite 104A, Allentown, PA 18103, by 5 p.m. Friday, Jan. 11.

## Healthy Hands and Nails

**Tue., Jan. 22;** 2-3 p.m.

*FREE*

LVH-Muhlenberg, South Entrance, 1st floor conference room

*Your hands and nails deserve some TLC!*

*Learn how in our moisturizing and strengthening education program.*

## Interval Express

**Mon. and Thu., starting Jan. 28;** 4-4:45 p.m.

*16 classes/8 weeks \$64 reimbursable through Culture of Wellness*

Healthy You Center

*Lack of time? Alternate short bursts of intense cardio moves with active recovery exercises in this 45-minute workout.*

## PUMP

**Wed., starting Jan. 30;** 6:30-7:30 p.m.

*8 classes/\$64 reimbursable through Culture of Wellness*

Healthy You Center

*This challenging workout targets the major muscle groups.*

## Pilates Express

**Wed., starting Jan. 30;** 5:15-6 p.m.

*8 classes/\$48 reimbursable through Culture of Wellness*

Healthy You Center

*Deep muscle conditioning builds core strength.*

## Redirecting Children's Behavior Workshops—Teen Workshop

**Mon., Jan. 7;** 6:30-8:30 p.m.

*\$25 per person/\$30 per couple reimbursable through Culture of Wellness*

Healthy You Center

*Learn how to effectively communicate with your teen and set clear boundaries.*

## The Secret Benefits of Going Back to School

**Thu., Jan. 17;** noon-1 p.m.;

LVH-Cedar Crest, Auditorium

**Tue., Jan. 22;** noon-1 p.m.;

LVH-Muhlenberg, ECC C

*FREE*

*Experts from the Wescoe School of Muhlenberg College will show you how college might help you accomplish your career objectives and achieve personal growth.*

## Wishful Hearts

Cardiologists will discuss what research and experience have taught us about how a woman's heart is different from a man's heart. Women will share their personal accounts. Wear red to honor Go Red for Women day.

**Fri., Feb. 1;** 6-7:30 p.m.

LVH-Cedar Crest, Auditorium

**R.S.V.P. by Jan. 25 to 610-402-CARE**

**Admission is FREE, but space is limited**

**FOR MORE DETAILS ON ALL  
PROGRAMS OR TO REGISTER,  
CALL 610-402-CARE.**

## 1 Vehicle Safety 101

Children and adults are learning about motor vehicle safety at the Da Vinci Science Center's newest Mark J. Young, M.D., Medical Challenge. LVHNN caregivers helped design the display, which includes a safety car (demonstrated here by Dawn Kohler of Emmaus and her 7-year-old-daughter, Sarah) in which visitors test their ability to pick out distractions and unsafe driving behaviors. The display also features a tire-pressure-and-tread test and an ambulance exhibit with medical equipment.



## 2 Searching for Performance Improvement Clues

Ann Casterlin, vice president of home health services, Rick MacKenzie, M.D., chair of emergency medicine, and Peter Fisher, M.D., chair of pathology, searched for clues at the recent "LVHN in the News" midlevel management retreat. About 200 managers took part in pretend "news conferences"—learning sessions teaching the importance of continuous performance improvement throughout our health network. Your manager will share his or her learnings with you. Look for more in the next *CheckUp*.



## 3 Inside a Real Cath Lab

Community members attending the Health Discovery Expo at Lehigh Valley Health Network's Annual Meeting received a unique view inside a cardiac catheterization lab. Staci Palmer, R.N. (right, foreground) and cardiologist Nainesh Patel, M.D. (right, dressed in scrubs) showed onlookers how hospital caregivers routinely deliver lifesaving heart care in 90 minutes or less through the MI Alert for Heart Attacks program. Expo attendees at Allentown's Agricultural Hall also toured a MedEvac helicopter, visited the Burn Prevention Foundation's Burn Safety House, met a burn survivor, learned the latest treatments for skin cancer and toured a pediatrics unit.



## 4 Helping Your Neighbor—The United Way

Did you know more than 1,000 Lehigh Valley students drop out of high school each year? This is just one of the facts that persuaded more than 2,900 colleagues to donate more than \$393,000 to this year's United Way campaign. Donations will support the hospital's programs at The Caring Place youth development center, Casa Guadalupe and other community and United Way programs. Thanks to your generosity, children (like those pictured here with The Caring Place founder Mary Ellen Griffin) will get the help they need to stay in school.

## 5 Technology for Better Patient Care

"Technology in health care only has value if it supports patient care," says chief information officer Harry Lukens (right). That's why LVHNN is one of the first hospitals nationwide to use computerized physician order entry and the first to integrate it with medication bar-coding. Recently, LVHNN received the College of Healthcare Information Management Executives' (CHIME) 2007 Transformational Leadership Award, recognizing organizations that use technology to transform health care. Former U.S. House of Representatives Speaker Newt Gingrich (left) presented the award to Lukens in Washington, D.C.

## 6 Collaborative Nurses Embrace Technology

To honor outstanding caregivers, the advanced intensive care unit (aICU) presents "AICY" awards. This year, LVH—Muhlenberg's intensive care unit (ICU) nurses are among the award winners. ICU colleagues like Susan Gerhardt, M.D. (left), and Diane Limoge, R.N. (right), work seamlessly with the aICU, where tele-intensivists use high-resolution video, audio and electronic charting to monitor patients. Although they don't meet face-to-face, the two departments operate as a team. "They embrace the technology and make us feel like part of their unit," says Kathy Baker, R.N., aICU nursing director.



**Our colleagues also are being honored** for outstanding HIV care and showing their spirit. Read More PRIDE in Our People on the Internet at [lvh.org/checkup](http://lvh.org/checkup).





### Refer and Reap the Rewards

Kara Derstein (left) got her first job as a physical therapist here. She has Danielle Knoblach (right) to thank for it. When Knoblach, a per-diem physical therapy assistant, told Derstein our colleagues are great to work with, Derstein wanted to find out for herself. She applied, used Knoblach's name as a reference and got the job. "Danielle was right. I love working here," Derstein says. Knoblach loves that she received a \$2,000 Employee Referral Program bonus for finding someone for a difficult-to-fill position.

#### **Do you know someone who has what it takes to work here?**

If so, learn more about our Employee Referral Program on the human resources Web site at [lvh.com](http://lvh.com) or call 610-402-LVHR (5847).

## The Expansion Continues

The opening of the Kasych Family Pavilion does not mark the end of our expansion project. Major renovations will be made to a place where colleagues and visitors congregate daily—the cafeteria.

"We couldn't begin the cafeteria project until Kasych opened," says project manager Al Szoldatits. This schedule of construction events explains why:

#### **Second week of January**

- The library temporarily moves from Anderson to Kasych's basement.
- Volunteer services moves from Anderson to its permanent location on Kasych's first floor.
- The former library space and nearby Education Conference Center (ECC) 1 and 2 are converted to a temporary cafeteria. Meetings originally scheduled for these rooms will be held in Kasych.

#### **April**

- The temporary cafeteria opens.
- Food is served in the former library space. Seating, equal to the amount currently available, is located in the former ECC space.
- The permanent cafeteria is closed for renovations.

#### **July**

- The newly renovated cafeteria opens.
- The temporary cafeteria is renovated into new ECCs and a new library.

**Don't forget.** When construction on the ring road is complete, all colleagues (except for those assigned to the five-story parking deck) should use the new Fish Hatchery Road entrance.



**Eating room**—Why is volunteer Becky Tantillo having lunch in an education conference center (ECC)? She's ready for when ECC 1 and 2, and the library are transformed into a temporary cafeteria so the permanent cafeteria can be renovated.

# Happy Anniversary! JANUARY 2008



## Celebrating 40 years!

**RoseMary Gilbert, R.N.**  
MICU/SICU

**Most Memorable Moment Here**  
Receiving a Friends of Nursing award

**My Inspiration at LVHNN**  
The outstanding people I work with. The MICU/SICU staff is highly committed to excellent patient care.

**Best Virtues**  
Dedication, compassion and friendliness

**Other Areas Where I Worked**  
LVH—17th and Chew medical/surgical, PACU and general ICU

**Favorite Pastimes**  
Spending time with my daughter and her family, traveling with my husband and exercising (running, aerobics and weight-training)

**Favorite Cafeteria Food**  
Soup



Intranet: [www.lvh.com](http://www.lvh.com) • Internet: [www.lvh.org](http://www.lvh.org)

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## 40 YEARS

**Rosemary Gilbert**  
MICU/SICU

## 35 YEARS

**M. Claudio de Gonzales**  
Float Pool  
**Diane Gotthardt**  
MICU/SICU  
**Judith Wippel**  
ASU-PACU/OR

## 30 YEARS

**Elizabeth Hafner**  
Labor & Delivery  
**Ginger Holko**  
Wound Healing Center  
**Diane Horoski**  
Respiratory Therapy  
**Theresa Lipp**  
Physical Medicine  
**Gloria Lotte**  
Quality  
**Marcella Metzgar**  
Adult Transitions  
**Carol Muthard**  
7B Medical/Surgical Unit  
**Mary Shelly**  
NICU  
**Nancy Thompson**  
5C Medical/Surgical  
**Eva Wartzel**  
Emergency Department  
**Beverly Wasko**  
Employee Health  
**Julia Werkheiser**  
TNICU

## 25 YEARS

**Ann Brownell**  
Medical Records  
**Phyllis Mullen**  
Helwig Diabetes Center  
**Grace Oberholtzer**  
Acute Coronary Care Unit  
**Steven Pyne**  
Respiratory Therapy  
**Pauline Reitenauer**  
Emergency Services  
**Linda Roncolato**  
Transitional Open Heart Unit  
**Susan Young**  
LVPBS—Hematology-Oncology

## 20 YEARS

**Beverly Birky**  
Pre-Admission Testing  
**Stacy Christman**  
Operating Room  
**Jose Collazo**  
Engineering  
**Denise Drummer**  
Operating Room  
**James Gates**  
Respiratory Therapy  
**Marsha Katcher**  
Diagnostic Radiology  
**Kevin Moore**  
Adolescent Transitions  
**Dolores Nesfeder**  
Burn Center  
**Catherine Person**  
Perioperative Services  
**Lorrie Rehrig**  
5C Medical/Surgical  
**Sammy Riddick**  
ASU-PACU/OR  
**Marlene Ritter**  
Quality  
**Carmen Rivera**  
ASU-PACU/OR  
**Charlene Smacchi**  
Behavioral Health

## 15 YEARS

**Francisco Nieves**  
Courier Services  
**Judy Reed**  
ASU-PACU/OR

## 10 YEARS

**Eileen Bechtel**  
Emergency Services  
**Audrey Beers**  
Center for Women's Medicine  
**Cayse Charron**  
LVPPO  
**Karen Christman**  
MICU/SICU  
**Marianne Fauzio**  
Medical Records  
**Roberta Gladstone**  
Radiation Therapy  
**Tracie Heckman**  
6B Medical/Surgical  
**Helena Heinick**  
Burn Center  
**Richard Houser**  
RHC Medical  
**Nancy Luckey**  
Central Scheduling

**Paul Lynott**  
Riverside Family Practice  
**Rebecca Miller**  
Physical Medicine  
**Janet Wood**  
NICU

## 5 YEARS

**Tracy Amerman**  
Acute Coronary Care Unit  
**Donna Beitler**  
7B Medical/Surgical  
**Carol Blair**  
Emergency Department  
**Mary Jane Bohunicky**  
LVPG  
**Nilsa Bonilla**  
Operating Room  
**Kai Bortz**  
Transitional Trauma Unit  
**Laura Brown**  
Center for Women's Medicine  
**Michele Buday**  
Home Care  
**Nancy Butler**  
Ellsweig & Lui MD  
**Patricia Cameron**  
Labor and Delivery  
**Carol Chonski**  
Emergency Department  
**Maureen Cianciotto**  
Mother-Baby Unit  
**Erin Conahan**  
NSICU  
**Robin Crist**  
Riverside Family Practice  
**Donna Doe**  
Express Admissions Unit  
**Jennifer Falsone**  
Sleep Disorders Center  
**Ruth Fatzinger**  
Operating Room  
**Bertha Fedorick**  
MICU/SICU  
**Laurie Fournier**  
Hemodialysis Center  
**Randall Fritz**  
LVPPO  
**Sandra Gaumer**  
Admissions  
**Denise Geroulo**  
ASU Staging  
**Grace Gerrouge**  
Progressive Coronary Unit  
**Michael Golden**  
Engineering  
**Robert Hicks**  
Labor and Delivery  
**Jennifer Hoff**  
Burn Center

**John Hurley**  
Pharmacy  
**Charles Incalcaterra**  
Dental Clinic  
**Nienke Izurieta**  
Operating Room  
**Deborah Kern**  
LVPG  
**Diane Kimsey**  
Operating Room  
**Megan Kunkel**  
5B Medical/Surgical  
**Deidre Kutzler**  
7C Medical/Surgical  
**Linda Landis**  
Operating Room  
**Venessa Lovell**  
Hospice Home Health  
**Donna Maldonado**  
Department of Medicine  
**Jessica Martinez**  
Emergency Service  
**Tina Moyer**  
LVPG  
**Amy Moyer**  
College Heights OB/GYN  
**Jennifer Nagle**  
Burn Center  
**Karen O'Leary**  
Neonatology  
**Kimberly Patton**  
Benefits Verification  
**Susan Schubert**  
Case Management  
**Terri Snyder**  
5T Medical/Surgical  
**Melissa Sofranko**  
Mother Baby Unit  
**Rochelle Tobias**  
Radiation Oncology  
**Lori Tyson**  
Progressive Coronary Unit  
**Annette Vasquez**  
7T Medical/Surgical  
**Barbara Versage**  
Quality  
**Carol Wang**  
Post Anesthesia Care Unit  
**Jillian Weber**  
Operating Room  
**Vicki Wertman**  
Labor and Delivery  
**Jenna Wolf**  
Labor and Delivery  
**Stephanie Wonderly**  
Sterile Processing  
**Brian Wukitch**  
Spectrum Pharmacy  
**Robert Zongora**  
7B Medical/Surgical Unit

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