

Three Ways to Activate MyLVHN

Open your account and take advantage of our patient portal.

Common and Unique Baby Names

Read the names of babies born at LVHN in 2017.

New LVPG VP of Operations

Kelly Moore oversees Hazleton and Schuylkill.

Surrounded by Angels

Colleagues help a woman who passed out during church.

My Total Health Opportunities

See the list of events scheduled in January.

LVHN Wins Vizion Quality Award

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Seasons of Thanks on Social Media

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Save on LVHN Via Marathon Registration

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LVHN news

DUI/Highway Safety Task Force Spirit-free Mix-off

Let LVHN Help You Manage Stress with Mindful Meditation

Pregnancy: 10 Tips for
Mindful Eating to Keep the
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Instant Activation: One of Three Ways to Activate MyLVHN

BY JENN FISHER · DECEMBER 27, 2017

LVHN provides patients with a free and easy-to-use patient portal called MyLVHN. With an activated MyLVHN account, you have the key to your personal health information, as well as many other time-saving tools, like:

1. Scheduling well or sick visits with your provider(s)
2. Requesting a prescription refill
3. Sending a secure message to your health care provider/team
4. Scheduling a video visit
5. Paying medical bills

Plus, you can see your immunizations, allergies and medication list in addition to receiving health reminders from your health care provider and his or her team.

Get activated

To enjoy all those features of MyLVHN, you need to activate your account. With three easy ways to do that, you can open your account in no time.

1. Instant Activation (24-hour timeframe)

The newest way to activate your MyLVHN account is called instant activation. With instant activation, an email is sent to you (the patient) during or at the conclusion of a visit to your health care provider. The email will include a link that takes you to a form asking for four pieces of information: a user name, a password, your date of birth and the last four digits of your Social Security number. Once that is completed, your personal MyLVHN account is activated.

Important tip: Your instant activation email is valid for only 24 hours. After that, you will need to follow a different pathway to activation. (See #2 and #3 for options.)

2. Activation with a Code (160-day timeframe)

This pathway to MyLVHN activation also begins at an office appointment (and will occur in concert with instant activation). If you don't sign up during the 24-hour instant activation period, you can use the



MyLVHN activation code found at the bottom of your after visit summary instead. To sign up, visit MyLVHN.org and click on “Create Account.” On the next page, type in your MyLVHN activation code, as well as other requested information. When you have completed the information, click the “next” button. Your activation code is effective for 160 days from the day you receive it.

3. Activation without a code (unlimited timeframe)

If you haven't been to your health care provider's office lately (or you are looking for a new LVPG primary care provider), you may not have a MyLVHN activation code. However, you can still sign up and activate your MyLVHN account without one by following these steps:

1. First, go to MyLVHN.org and click on “Create Account.”
2. On the next page, scroll to the bottom and click “Sign Up.”
3. Complete information that is required (as noted by a red asterisks*)
4. After checking the box that you are not a robot, click “Submit.”

You now have an activated MyLVHN account.

Should you have any difficulties signing up for MyLVHN, please call our MyLVHN support desk at 844-4MY-LVHN.

Top Baby Names From Each of Our Hospitals

BY [ROBERT STEVENS](#) · DECEMBER 29, 2017

Daphne Soleil Mongi entered the world at 10:30 a.m. on June 22 in the Family Health Pavilion at LVH–Muhlenberg, the first baby ever born in a hospital in the City of Bethlehem. And while her Greek first name meaning “laurel,” chosen by her parents Holly and Dustin of Bethlehem, didn’t make this year’s list of most popular girls’ names, she wasn’t the only Daphne born this year at LVHN. And she probably won’t be the last.

For the second consecutive year, the top girls’ names among the 4,500 babies born at LVH–Cedar Crest and LVH–Muhlenberg matched many of the baby girls’ names in 2016.



2017

1. Emma, Olivia
2. Ava, Isabella (tie)
3. Sophia
4. Charlotte, Madison (tie)
5. Avery
6. Mia
7. Ella

2016

- Emma
- Isabella
- Ella
- Ava, Charlotte, Sophia (tie)
- Olivia
- Abigail
- Madison

Popular boys’ names among babies born in the Lehigh Valley also were similar to last year.

2017

1. Liam
2. Benjamin
3. Noah
4. Mason
5. Ethan, Jacob (tie)
6. Joseph, Logan, Lucas (tie)
7. Michael (not on last year’s list)

2016

- Mason
- Liam
- Alexander, Jacob
- Noah, Owen
- Benjamin, Logan, Oliver
- Ryan

Among the babies born so far at our hospitals outside the Lehigh Valley, many of the names follow national trends. There are, however, some interesting local differences. See for yourself.

Popular names among the 780 babies born so far at LVH–Hazleton

Boys

1. Liam, Aiden (tie)
2. Noah, Jacob, Alexander, Matthew (tie)
3. Jayden
4. Lincoln, Kayden, Joseph, Dylan, Christopher, Connor, Aaron, Nathan, Sebastian, Gabriel, Ian (tie)

Girls

1. Sophia
2. Isabella, Gianna (tie)
3. Leah, Natalie (tie)
4. Stella, Serenity, Ellie, Ariana, Zoe/Zoey, Adeline (tie)

Popular names among the more than 1,000 babies born so far at LVH–Pocono

Boys

1. Mason, Michael (tie)
2. Noah
3. Ethan, Gabriel (tie)
4. Josiah, Joseph, Grayson (tie)
5. Chase, Christopher, Logan, Bentley, Daniel, Owen, Kayden, Jace, Lucas, Xavier, Colton, Jeremiah, Aiden, Brandon, Jacob (tie)

Girls

1. Mia
2. Layla, Charlotte (tie)
3. McKenna, Olivia, Amelia, Gianna, Savannah, Ava, Emma (tie)
4. Eliana, Isabella, Skylar, Delilah, Victoria (tie)

Popular names among the nearly 670 babies born so far at LVH–Schuylkill S. Jackson Street

Boys

1. Mason
2. Zayden, Jackson, Jace, Grayson, Carter (tie)
3. Noah, Logan, John, James, Hunter, Domenick, Daniel, Carson (tie)

Girls

1. Adeline
2. Piper, Charlotte, Ava, Alaina (tie)
3. Savannah, Ruby, Paislee, Mackensie, Isabella (tie)

What a difference a century makes. According to weddingvendors.com, the top female names in 1917 were: Mary, Helen, Dorothy, Margaret, Ruth, Mildred, Anna, Elizabeth, Frances and Virginia. That year, the top male names were: John, William, James, Robert, Joseph, George, Charles, Edward, Frank and Thomas.

New LVPG VP of Operations

BY [JANE DANISH](#) · DECEMBER 26, 2017

Kelly Moore has joined Lehigh Valley Physician Group (LVPG) Hazleton and Schuylkill as Vice President of Operations. Most recently Moore served as Healthcare Strategy Partner at Lemont Scott Group, a nationwide consulting group. She previously was Director of Physician Practice Operations at Easton Medical Group/CHS Health System and Great Valley Cardiology/CHS Health System.

Moore earned her Master of Science in Health Services Administration from Mississippi College and her Bachelor of Science in Computer Science from Mississippi Valley State University. She is a member of the Medical Group Management Association and Delta Sigma Theta Sorority, Inc.

Moore and her family reside in Breinigsville, Pa. Please join in welcoming Moore to LVHN and LVPG.



Surrounded by Angels

BY MIKE PECKMAN · DECEMBER 25, 2017

Mary Walinsky wants to thank her neighbors for their quick care. “I opened my eyes, looked up and there were their faces, just like angels,” she says.

The holidays this year hold extra special meaning for the 81-year-old Walinsky. She’s thankful for human, medical and, perhaps, divine intervention that saved her life recently. The Pottsville area woman was attending church services on Sept. 10 at St. Nicholas Ukrainian Catholic Church, Minersville. She remembers standing for the Gospel, then getting dizzy and lightheaded, and having to sit down. “I put my head down, and that’s all I remember,” she says. “I guess I passed out.”

Her heart had stopped beating, but she was somewhat fortunate. Not far from her in attendance were Kim Hashin, MD, an internist with Lehigh Valley Physician Group (LVPG)—Claude A. Lord, Carol Demcher, RN, Clinical Coordinator from LVH—Schuylkill, a retired nurse and other medical professionals.

“We determined immediately that Mary had no pulse,” Hashin says. One of the nurses immediately called 911 while Demcher initiated CPR. “I woke up flat on my back,” Walinsky recalls, with a crowd of people encircling her. “Do you know where you are?” Hashin asked her. “Do you know the date?” She was able to respond correctly.

“We are a parish, a community, a family,” says Demcher during a recent reunion with Walinsky, Hashin and their pastor, the Rev. Paul Pakar, who offered seasonal blessings and thanks to everyone for quick action and a positive outcome. Adds Hashin, “I know Mary all of my life. This is what we do in a family, in a community when someone is in need.”

An ambulance rushed Walinsky to the ER at LVH—Schuylkill E. Norwegian Street, where she was admitted. Doctors ruled out a heart attack. They believe she had suffered a sudden drop in her blood pressure that caused her to pass out, a condition termed vasovagal syncope. After an overnight hospital stay, Walinsky followed up with her personal physician, who ran a series of additional tests.

“I feel fine now,” Walinsky says, adding that she has returned to driving and is back to normal. She cooked Thanksgiving dinner for her family of 12 and helped make halupki at St. Nicholas Banquet Hall



for their Thanksgiving catering service. She is grateful for her good neighbors at church, in the ambulance and at the hospital who came to her aid when she needed it the most. "Everyone was wonderful," she says. "I want to thank them for helping me."

January My Total Health Opportunities

BY [TED WILLIAMS](#) · DECEMBER 28, 2017

My Total Health offerings this month for raising a family include Baby Care classes, maternity tours, car seat checks and more. Here are this month's My Total Health events for raising a family.

LVH–Cedar Crest

Jan. 3 and 25 – Car Seat Check events (Cetronia)

Jan. 4 and 24 – Breastfeeding Baby

Jan. 8 – Prepared Childbirth (six-week class)

Jan. 8, 14 and 22 – Maternity Tour

Jan. 10 and 28 – Baby Care

Jan. 13 and 27 – Prepared Childbirth (one-day class)

Jan. 14 – Sibling Tours

LVH–Muhlenberg

Jan. 6 – Baby Care

Jan 7 – Prepared Childbirth (one-day class)

Jan. 7, 16 and 21 – Maternity Tour

Jan. 7 and 21 – Sibling Tour

Jan. 9 and 20 – Breastfeeding Baby

LVH–Hazleton



Jan. 3 – Sibling Class

Jan. 3, 10, 17 and 24 – Labor and Delivery

Jan. 17 – Infant care/Breastfeeding

Jan. 24 – Infant and Child CPR

LVH–Schuykill

Jan. 9 – Labor and You

Jan. 14 – Sibling Class

Jan. 17 – Delivery and Beyond

Jan. 23 – Natural Childbirth

Jan. 30 – CPR Family & Friends

LVH–17th Street

Dec. 4 – Preparing for Labor & Childbirth

Dec. 6 – Baby Care (Spanish)

Dec. 7 – Breastfeeding Baby

Dec. 11 – CPR for Family and Friends

Dec. 12 – Baby Care

LVH–Cedar Crest

Dec. 2, 9 and 30 – Prepared Childbirth (one-day class)

Dec. 4, 6, 10 and 18 – Maternity Tours

Dec. 8 and 21 – Car Seat Checks

Dec. 10 – Sibling Tours

Dec. 10 – Baby Care

Dec. 11 – CPR for Family and Friends

Dec. 13 – Breastfeeding Baby

Dec. 27 – Safe Sitter

LVH–Hazleton

Dec. 20 – Hands-Only CPR Class

LVH–Muhlenberg

Dec. 2 – Baby Care

Dec. 3, 12 and 17 – Maternity Tours

Dec. 3 and 17 – Sibling Tours

Dec. 5 and 20 – Breastfeeding Baby

Dec. 9 and 16 – Preparing for Childbirth (one-day class)

LVH–Schuylkill

Dec. 5 – Breastfeeding Baby

Dec. 19 – CPR Family and Friends

For more information or to register, call 888-402-LVHN.