

## ExpressCARE Hours Expanded

Fogelsville and Whitehall locations are open 8 a.m. to 8 p.m.

## Refer an RN With ER Experience

Earn a bonus when they join LVH-Hazleton.

## Partnerships Lead to Health Care Innovation

Read the column written by our President and CEO.

## See If You Won Phantoms Tickets

Winners get two tickets to the March 31 game.

## Thanks for Earning Certification

Kim Jordan knows this investment is worth your time.

## Athletes Invited to Football Combine Challenge

Encourage students to register for the March 17 event.

## Sign Up for a Dodgeball Tournament

Proceeds benefit LVHN Burn Survivor programs.

## Colleague Relief Fund Offers Support

[Learn More](#)



## Medtronic Partnership Will Reduce Costs

[Learn More](#)



## Colleague Resource Center Launching

[Learn More](#)



### **Colon-rectal Cancer Information Session**

Everyone is invited to the March 27 event.

### **Collective Goods, Flower Sales Set**

Shop and support the LVH–Muhlenberg Auxiliary.

### **Give Blood in March**

Drives are scheduled at two hospital campuses.

### **March of Dimes T-Shirt Winner**

See the design; register for the Walk/Run for Babies.

## **LVHN news**

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Do Your Kindergarten  
Vaccination Homework

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Carbon Monoxide Awareness  
During Storms

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LVPG Offers Allergy Program

*Information on LVHN Weekly is for LVHN colleagues only and cannot be accessed on smartphones or computers outside of LVHN's network.*

# ExpressCARE Hours Expanded in Fogelsville, Whitehall Locations

BY TED WILLIAMS · MARCH 6, 2018

In order to better serve the health needs of the people of central Lehigh County, Lehigh Valley Health Network (LVHN) expanded the hours of operation at two ExpressCARE locations in the area.

ExpressCARE–Fogelsville, located at the Health Center at Fogelsville, 1431 Nursery St. Fogelsville, Pa., and ExpressCARE–Whitehall, located at LVPG Family Medicine–Whitehall, 3691 Crescent Court East, Whitehall, Pa., are now available to patients from 8 a.m. to 8 p.m. seven days a week.

ExpressCARE is provided by Lehigh Valley Physician Group (LVPG) without an appointment for common illnesses and minor injuries including sprains/strains, cuts/lacerations, poison ivy/rashes, seasonal allergies, flu symptoms, bronchitis, ear infections, sore throat and fever.

There are 19 ExpressCARE locations in Lehigh, Northampton, Berks, Carbon, Luzerne and Monroe counties, including the region's only Children's ExpressCARE specifically for kids at the Health Center at Palmer Township. Visit [LVHN.org/ExpressCARE](http://LVHN.org/ExpressCARE) for all ExpressCARE addresses and current wait times at most locations.



# Refer an ER Nurse to LVH–Hazleton, Get a Bonus

BY [RICK MARTUSCELLI](#) · MARCH 9, 2018

LVHN is committed to recruiting for essential positions in services where there is high demand and community need. One such area is the recruitment of registered nurses for the emergency department at LVH–Hazleton.

We need your help to attract this talent to LVH–Hazleton. If you know of anyone with the qualifying experience, submit their name through our RN referral form at [lvhn.org/referrn](http://lvhn.org/referrn). Then, encourage them to complete a quick 30-second application at [lvhn.org/quickapply](http://lvhn.org/quickapply). Please spread the word by telling your family and friends, and sharing it on any of your social networking platforms. You could qualify for a \$1,000 referral bonus.



# Partnerships Lead to Health Care Innovation

BY ADMIN · MARCH 5, 2018

*This column, written by LVHN President and Chief Executive Officer Brian Nester, DO, MBA, FACOEP, appeared in the March 4 edition of [The Morning Call](#). Dr. Nester discusses the importance of working together to create healthier communities.*

“Alone we can do so little; together we can do so much.” This powerful and inspirational quote from Helen Keller is applicable to all aspects of life, personal and professional. It’s especially true in health care, as we work to discover new and innovative ways to build healthier communities.

Advancing health care today involves more than discovering medical breakthroughs. It requires strong partnerships and a deeper level of thinking. Modern-day health care innovators must discover ways to elevate health care quality and simultaneously lower the cost of providing that care. It’s what our health care industry calls the “Triple Aim” – providing better health and better care at a better cost. Delivering health care value is no easy task, but it is possible. In fact, it’s what our citizenry deserves.

That is why the health care industry is in the midst of a paradigm shift that is changing the way providers are paid. The industry is moving away from the current model in which providers are paid for each test and procedure performed; a model known as “fee-for-service.” In the future, providers will be reimbursed for their ability to keep patients well so that people can avoid expensive hospital stays and ER visits. This model, known as “fee-for-value,” makes perfect sense. It’s the right way to care for people. That’s why focusing on the Triple Aim is vital in today’s health care world.

Attaining the Triple Aim requires teamwork among the best and brightest minds. Such collaboration is occurring right here in the Lehigh Valley. A partnership between Lehigh Valley Health Network (LVHN) and Air Products and Chemical, Inc. created the Air Products Center for Connected Care and Innovation. Located in downtown Allentown, it’s a place where forward thinkers from around the globe are coming together to find solutions to the most complex problems in health care today.

At that location, important work is being done through a partnership between LVHN and Medtronic, the global leader in medical technology. Clinical, efficiency and technology experts are coming together to



reshape how we will care for you and your loved ones in the future. This first-of-its-kind partnership will create innovations that will positively impact as many as 500,000 patients in our region as we address more than 70 medical conditions. New programs, services, processes and technology will be tested at LVHN. The goal: Improve patient outcomes and reduce the cost of providing care by at least \$100 million over the next five years. During that period, we'll eagerly tell you about our progress and what it means for you.

Health care partnerships also give you convenient access to the care you need. That is why Lehigh Valley Cancer Institute joined the Memorial Sloan Kettering (MSK) Cancer Alliance in 2016. The Alliance is a partnership between MSK – the world's oldest and largest private cancer center – and community oncology providers. Its goal is to improve the quality of care and outcomes for people with cancer in community health care settings. As a result of this partnership, people in our region now have access to the most advanced clinical trials and world-class cancer treatments close to home, giving hope to people with cancer who previously had none. Since the partnership's inception, more than 200 local patients have enrolled in an MSK clinical trial. Furthermore, MSK and LVHN cancer specialists pool their knowledge on a weekly basis to discuss patients requiring urgent treatment.

There's strength in numbers, and when a partnership can bring numerous health care organization together, the result is cost savings. That's what's happening through AllSpire Health Partners' Group Purchasing Organization (GPO). The GPO is combining purchasing volumes and streamlining supplier negotiations for five health systems in Pennsylvania and New Jersey. Since its inception, the GPO has achieved \$57.3 million in realized and identified savings for these health systems; \$7.1 million for LVHN alone.

Partnerships between health care organizations are vital. To create a healthier community, however, there is one partnership that is most important of all. It's the partnership between you and your health care provider. A strong bond with your doctor and caregivers empowers you with the care and knowledge to do everything you can – whether it's eating healthy, exercising regularly or managing a chronic condition – to be at your best. I encourage you to embrace the partnership you have with your doctor, because a healthier community begins with a healthier you.

At LVHN, we believe in the power of partnerships. It's why we've been building them for years. We vow to strengthen our existing partnerships and forge new ones to provide the health care value you expect and deserve. Most importantly, we're honored and humbled to partner with you to help you live life to its fullest. It's true; together we can do so much.

# See If You Won Phantoms Tickets

BY [ADMIN](#) · MARCH 5, 2018

Did you enter to win free tickets to the Phantoms game?

If so, see if your name is on the list of winners below.

Each winner will receive a total of two tickets to a game on March 31. Tickets may be picked up at the PPL Center box office beginning Monday, March 12. The box office is located at 7<sup>th</sup> & Hamilton streets. Its hours of operation are Monday-Friday, 10 a.m.-5 p.m. (later on event nights). It's also open Saturday and Sunday on event days only. Tickets also may be picked up on the evening of the game.



Tickets will be reserved under the names of the winners as listed and only released to those individuals. Photo identification, such as your health network ID badge or driver's license, will be required at the time of pick up.

Please review this list closely, paying attention to email addresses. Colleagues with identical names will be differentiated by email address, as it was completed on the entry form.

The winners are:

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# My Thanks for Earning Specialty Certification

BY [KIM JORDAN, DNP, RN](#) · MARCH 9, 2018

Earning your nursing degree and being licensed as a registered nurse is a big accomplishment. From there, continuing your education and/or certifying your know-how is up to you. I'm proud to say that many of you have earned (or are working toward) a specialty certification.

Specialty certification is an important benchmark to attain. I see it as an investment in future patient care because certification takes effort. You spend time studying and sharpening your knowledge about practices that are evidence-based and rigor-tested. Because you are investing your time and energy in a specialty of your choice – peds, oncology, geriatrics, surgery, emergency, etc. – it's something you already have a passion for, and with certification, you show the world what that passion is and how well you know it.



## **We're celebrating certification**

National Nurses Certification Day is March 19. During that week, Scott Croonquist, DNP, RN, Jackie Fenicle, MSN, RN, and Jennifer Silva, DNP, RN will make rounds to their respective units on both shifts – day and night. They will personally thank all certified nurses and give them a small treat. Certified nurses will also receive letters from the Professional Excellence Council chair thanking them for earning certification and a personal note from their director.

## **Ready to get certified?**

If certification has been on the back burner, you might want to think about moving it to the front and putting a little more heat under it! Nurses who have earned their specialty certification tell me it is one of the most satisfying professional excellence activities they have pursued because those certification letters show colleagues and patients the nurse's deep commitment to their profession and specialty.

We're fortunate to have many certification preparation opportunities coordinated by the Center for Professional Excellence. Not only do we encourage you to earn certification, we offer options that mean there's no out-of-pocket cost to you. Please visit the Center for Professional Excellence intranet site, and specifically go to the [Certifications page](#). There you can learn about certification preparation

opportunities for 2018, including electronic and hard copy self-study options as well as formal classes.

## Enough with the snow!

I really do love the seasons; however, I get a bit tired of winter by this point, particularly when we have two snow storms in the span of less than a week. While I cannot count on weather forecasts, I know I can count on you! Patient care services staff members have their hearts where it matters – with our patients.

In spite of snow, ice, freezing rain and the chance to sleep on an air mattress at work if driving is hazardous, you made your presence known and cared for the people who entrust us with their lives.

I truly thank you for being here at our hospitals working beside your colleagues, regardless of the weather. In my book, you are certified professionals.

Kim

P.S. My email is open, so send your suggestions, colleague kudos and thoughts to:

[Marie.Jordan@lvhn.org](mailto:Marie.Jordan@lvhn.org).



*Kim Jordan*

**About me:** My name is Kim Jordan, DNP, RN, and I am Senior Vice President and Chief Nursing Officer at LVHN. I came to LVHN 15 years ago as director of the open-heart and transitional open-heart units. I consider it an honor and a privilege to lead our outstanding nursing colleagues.



# LVHN Sports Academy Presents Annual High School Football Combine Challenge

BY [ADMIN](#) · MARCH 9, 2018

Lehigh Valley Health Network Sports Performance is calling on area schools to bring 10 talented members of their football team to compete in the annual High School Football Combine Challenge. The event gives local student athletes an exclusive opportunity to test their athletic abilities against other top athletes in the area.

## What's the drill?

Athletes can test their speed, strength and agility in four competitions:

- 40-yard dash
- Standing long jump
- Vertical jump
- Pro agility shuttle



## When and where is the combine?

Saturday, March 17

LVHN Sports Academy (formerly Game Time Fieldhouse)

155 Nestle Way, Suite 110

Breinigsville, Pa.

Registration for the high school division (grades 9-12) is at 9 a.m. The warm-up begins at 10 a.m. The event will take approximately two-and-a-half hours from warm-up to completion. Individual event and overall team champions will be crowned the day of the event.

## Get registered

The cost is \$10 per athlete, which includes a T-shirt and a free one-day pass to LVHN Sports Performance at LVHN Sports Academy. Space is limited. Register today at [LVHN.org/sportscombine](http://LVHN.org/sportscombine).

The top team will receive a free team [Knockerball](#) party valued at \$550. If you have questions, call 888-

402-LVHN (5846).

# Sign Up for the Eighth Annual Great Balls of Fire Dodgeball Tournament

BY [EMILY SHIFFER](#) · MARCH 7, 2018

Get ready to throw some fire dodgeballs at this year's Great Balls of Fire Dodgeball Tournament. Proceeds from the event benefit LVHN Burn Survivor programs.

The day-long tournament will take place on Saturday, April 21, at 11 a.m. at Lower Macungie Middle School, 6299 Lower Macungie Road.

The \$40 registration fee includes a T-shirt, lunch, drink voucher and free appetizers at the Foundation Tavern afterwards.

The winner will receive the Great Balls of Fire Trophy and a \$100 gift card to the Foundation Tavern.

Just want to watch? Spectators are welcome to come and cheer on their favorite player for \$5 and \$2 for children.

The deadline to register is March 30. To sign up, email [Elizabeth.Dideon@lvhn.org](mailto:Elizabeth.Dideon@lvhn.org) or call 610-402-2913.



# Free Colon-rectal Cancer Information Session March 27

BY [TED WILLIAMS](#) · MARCH 5, 2018

LVHN is holding a free community information this spring to address the third-most common cancer – colon-rectal cancer.

“Take Control of Your Health: Colon-rectal Cancer Community Forum” will be held on March 27 from 5:30-7:30 p.m. at LVH–Cedar Crest’s Kasych Family Pavilion, Richard Fleming Educational Conference Rooms 6, 7 and 8.

While colon-rectal cancer is common, it is also highly curable if caught early. The information session will shed light on risk factors, the importance of screening and the latest treatments and advances. Guests will also have the opportunity to walk through a giant-sized replica colon and learn what polyps, diverticula, colitis and Crohn’s disease looks like.

Four LVHN colleagues will speak at the event, including:

- Linda Lapos, MD, Colon-Rectal Surgery – The Colonoscopy: Screening and Prevention
- Candace Peterson, MS, LCGC, Genetics Counseling – Advances in Genetic Testing for Colon-Rectal Cancer
- Usman Shah, MD, Medical Oncology – The Microbiome, Your Gut, Your Diet and Colon Cancer
- Maged Khalil, MD, Medical Oncology – Multidisciplinary Care for Colon Cancer

A light dinner will be served at the event. Please register by calling 888-402-LVHN or visiting [LVHN.org/coloncancerevent](http://LVHN.org/coloncancerevent).



# Collective Goods, Flower Sales Set for LVH–Muhlenberg in March

BY [TED WILLIAMS](#) · MARCH 8, 2018

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 in March:

## **Collective Goods Sale**

LVH–Muhlenberg cafeteria hallway

March 15, 10 a.m.-4 p.m.

March 16, 8 a.m.-4 p.m.

## **Flower Sale**

LVH–Muhlenberg cafeteria hallway

March 26 and 27, 8 a.m.-5 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.



## Give Blood at LVH–Muhlenberg, LVH–17th Street in March

BY [TED WILLIAMS](#) · MARCH 7, 2018

LVHN and Miller-Keystone Blood Center make it easy for you to give the gift of life. Visit [giveapint.org/LVHN](http://giveapint.org/LVHN) to sign up online for an upcoming blood drives at LVH–Muhlenberg and LVH–17<sup>th</sup> Street.

By signing up online, you save time and are rewarded by earning points for each donation you make through the LifeSaver Rewards Program. These points can be redeemed for a variety of gifts at the online shop. You also can attend any blood drive without signing up online. Here are some upcoming opportunities for you to save a life in March.

**March 13:** LVH–Muhlenberg ECC rooms B, C and D, 8 a.m.-3 p.m.

**March 27:** LVH–17<sup>th</sup> Street auditorium, 8 a.m.-1 p.m.

To reserve an appointment, visit [giveapint.org/LVHN](http://giveapint.org/LVHN). Walk-ins also are welcome at these blood drives. Each donor will receive cafeteria vouchers for a meal (\$4 value) and small beverage.



## March of Dimes T-Shirt Design Winner

BY [EMILY SHIFFER](#) · MARCH 9, 2018

Congratulations to the winner of the March of Dimes T-shirt contest, Ashley Mood, who works in the neonatal intensive care unit. Her winning design will be worn by the LVHN team during the Annual Walk and Run for Babies.

This year's event will take place on Sunday, April 29, at Cedar Crest College, 100 College Dr., Allentown. The 5K run will begin at 9 a.m. and the two-mile walk will begin at 10:30 a.m.

To register or donate for the Walk for Babies, [click here](#).

To register or donate for the 5K Run for Babies, [click here](#).

