

## Health and Wellness Challenges

Learn how to enroll and live a healthier life.

## Lynn's Turn: The Support You Deserve

LVHN is creating an outstanding work experience for you.

## Speakers Needed for TEDx Talk

Share ideas on connected medicine, empathy or leadership.

## Get Two Free Bethlehem Steel Tickets

You can attend a game on March 18 or 31.

## Extended ExpressCARE Hours at Palmer Township

Change will help us meet community's demand.

## Meet March's Service Star

Colleagues save a new mom with life-threatening complications.

## St. Patrick's Day Safety – VIDEO

LVHN reminds people to celebrate responsibly.

Sign Up for a  
Dodgeball  
Tournament

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Launching

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## LVHN news

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Q&A: Yearly Mammogram  
Guidelines

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Fogelsville, Whitehall  
ExpressCARE Hours

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How Is a Hernia Treated?

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# Participate in Our New Health and Wellness Challenges

BY ADMIN · MARCH 13, 2018

Sometimes you need a little boost to get going in a new direction. LVHN is giving colleagues four more reasons to engage in health improvements with a series of health challenges designed for motivation and enjoyment. The challenges are part of My Total Health, LVHN's comprehensive program that provides a wide selection of resources for emotional and physical health, as well as social and financial well-being.



## Challenges make healthy activity easier

The purpose of the challenges is to encourage healthier lifestyle behaviors. They create a supportive, positive climate of fun to help you adopt or maintain a healthy way of living. LVHN's new health challenges cover three areas on which many colleagues want to focus:

1. Relaxation and work/life balance
2. Physical activity
3. Weight management

## Accept a personal challenge

You are invited to participate in four challenges taking place now through December. Here's the schedule.

Challenge	Description	Challenge Start	Challenge End
Relax and Revive	Renew your outlook with a few moments of downtime.	March 26	April 22
Step it Up	Increase physical activity and improve your well-being.	May 14	July 15
Lose for Health	Lose a little weight to make a difference in your health.	Aug. 20	Oct. 14
Maintain Don't Gain	Prevent weight gain while enjoying the holidays.	Nov. 14	Dec. 26

You can enroll in the Relax and Revive challenge beginning March 19. During this challenge, you'll aim

to clear your mind and renew your body for at least 15 minutes a day. You'll enter the number of minutes you relax or practice a stress-control technique into a tracker. As you reach milestones, you'll review motivational messages and discover more ways to relax.

To enroll in this challenge and to learn about the other challenges, visit the My Total Health portal at [MyTotalHealth.lvh.com](https://MyTotalHealth.lvh.com).

### **One-stop shop for wellness**

LVHN has centralized its health and wellness information so it is easier for colleagues to access. Now, My Total Health information is available in the [Colleague Resource Center](#), accessible from your SSO toolbar. You'll find everything you need to know about programs, classes and resources, including a link to the My Total Health portal to access our new health challenges.

# Lynn's Turn: The Support You Deserve

BY [ADMIN](#) · MARCH 14, 2018

“LVHN provides an exceptional colleague experience from hire to retire.” This is the mission of our human resources (HR) and organizational effectiveness (OE) teams. Every day, these colleagues come to work energized to make LVHN the best place to work and grow in the region. This has also been my top priority since I joined LVHN a little more than one year ago. I cannot think of a better place to be and I am fully committed to creating a great work environment for you.

One thing that makes LVHN a great place to work is the support you receive from our HR and OE teams. The work they're doing right now exemplifies their commitment to you. For example:



- The [Colleague Resource Center](#) recently launched in the Lehigh Valley (and will be live at all LVHN locations later this year). It's an online tool you can visit to find all the HR-related information you need in one location. You also can use it to submit a question and get a response from HR.
- Free [professional development classes](#) provided by OE colleagues are designed to help you grow and thrive as an individual, and make LVHN even stronger.
- The Colleague Engagement Survey will take place April 9-23. It's your opportunity to share your thoughts about working at LVHN and your ideas to make it even better. Our leaders, supported by our HR and OE teams, will listen to you. Based on your survey answers, we'll take action and make LVHN an even better place to work. I'm looking forward to hearing from each of you.
- Our new [Colleague Relief Fund](#) is available to help colleagues who have experienced an unexpected hardship or tragedy, such as a fire, flooding or trauma.
- We continue to revise current policies and create new ones to ensure all colleagues receive the support they need to flourish.

You deserve support because you are what makes LVHN unique. You are LVHN, and our success starts with you. When you have a great work experience, you're at your best to give our patients and their loved ones an outstanding care experience. You deserve the support of a great team. My colleagues and I vow to give it to you.

If you have an idea about how we can provide even more support to colleagues or create an even better

work experience, I'd love to hear from you. Just [email me](#). I look forward to learning about your ideas. Thank you for all you do and for making a difference every day.



A handwritten signature in black ink that reads "Lynn Turner".

**About me:** My name is Lynn Turner, Senior Vice President and Chief Human Resources Officer. In this blog, I will write about the issues important to you, share information about our policies and how LVHN works to support you. In return, I hope you will feel comfortable asking questions and sharing your concerns.

# Speakers Needed for TEDx Talk

BY [ADMIN](#) · MARCH 12, 2018

## TED<sup>x</sup>LehighRiverSALON

**x = independently organized TED event**

Do you have a big idea worth spreading? Apply to be a speaker at LVHN's First TEDxLehighRiver Salon Event.

### What is TED?

TED is a nonprofit devoted to “ideas worth spreading,” presented usually in the form of short, powerful talks (18 minutes or less). More than 1,800 TED presentations logging hundreds of millions of views are available at [ted.com](http://ted.com).

### What is TEDx?

The TEDx Program is designed to help communities, organizations and individuals ignite conversations and connections through TED-like experiences. A TEDx event is a local, self-organized event where live TED-like talks are shared with the community.

### What's happening at LVHN?

On Wednesday, May 16, LVHN will host a TEDxLehighRiver Salon event from 5:30-8:30 p.m. in the Air Products Center for Connected Care and Innovation. This TED-licensed event will focus on the theme of “Human Connections.” The event is being hosted by the LVHN Young Professionals.

### Speakers needed

We are looking for speakers who have new ideas in the areas of connected medicine, empathy and leadership. Speakers should have one major idea they want to develop into a TED talk that will be delivered live on May 16.

At the event, each talk will be recorded and made available as a part of the TEDx video library. Coaching through TEDxLehighRiver will be provided for speakers who are selected. Speakers must attend at least one in-person coaching session in the Lehigh Valley region leading up to the event date.

If you are interested in being a speaker, please contact Erin Ludwig at 484-884-0282 or [Erin.Ludwig@lvhn.org](mailto:Erin.Ludwig@lvhn.org).

Learn more at [tedxlehighriver.com](http://tedxlehighriver.com).

Details regarding tickets for this event will be posted on LVHN Daily in the coming weeks.



# Get Two Free Tickets to Bethlehem Steel FC Games

BY [EMILY SHIFFER](#) · MARCH 14, 2018

Bethlehem Steel FC invites LVHN colleagues to attend one of their first two home games for free.

Colleagues can choose to attend the March 18 or March 31 game.

To get tickets, email [info@bethlehemsteelfc.com](mailto:info@bethlehemsteelfc.com).

Tickets can be picked up at will call the day of the game.

Can't make either game? Show your LVHN ID badge at any home game to purchase tickets for \$5 (regularly \$12.)

To purchase season tickets for \$85 (regularly \$170) plus three free games to the Philadelphia Union, visit [bethlehemsteelfc.com](http://bethlehemsteelfc.com).



Buy Bethlehem Steel FC Tickets

## ExpressCARE at Palmer Township to Offer Extended Hours

BY [ADMIN](#) · MARCH 14, 2018

Community members and colleagues who live in Northampton County will have access to expanded ExpressCARE hours at the Health Center at Palmer Township starting in April. The hours will be 8 a.m. to 8 p.m. seven days a week. This follows a recent change in Lehigh County to expand the hours at our ExpressCARE locations in Whitehall and Fogelsville.

To accommodate expanded operations, we will transition ExpressCARE service at the Health Center at Easton to Palmer Township. X-ray and ultrasound, which primarily support ExpressCARE, will transition from Easton to Palmer Township in May. These changes allow us to meet the community's demand for ExpressCARE at one centralized location in Palmer Township.

We will continue to offer family medicine, OBGYN, pediatrics, cardiology, rehabilitation and blood testing services at the Health Center at Easton. We are also evaluating adding new services based on patient demand in Easton.

This decision will allow us to continue to grow, manage costs and remain strong financially. It is LVHN's responsibility to our community to focus our resources to best serve our community's greatest needs now and in the future.



## Service Star of the Month – March 2018

BY [EMILY SHIFFER](#) · MARCH 15, 2018

**Colleagues from LVH–Muhlenberg’s intensive care unit, perinatal evaluation, labor and delivery, emergency medicine and respiratory departments, and LVPG Obstetrics and Gynecology**



Bringing a child into the world is one of the most beautiful acts of service in which health care professionals have the privilege of participating. Yet as life comes into the world, it also can quickly escape. Such was nearly the case at LVH–Muhlenberg’s Family Birth and Newborn Center until colleagues from six departments pulled together to save a new mother facing life-threatening problems.

The patient suffered three critical complications in rapid succession, requiring the staff to think quickly and act even quicker. Led by obstetrician/gynecologist Lisa Dapuzzo-Argirou, MD, colleagues from labor and delivery worked hard to stabilize the patient who was experiencing post-partum hemorrhaging following an emergency C-section. She was transferred to the intensive care unit (ICU), where the staff worked closely with Dapuzzo-Argirou and OB resident Melissa Dion, MD, to stabilize the patient’s blood pressure.

As nurses administered medication and provided compassionate care, the physicians never left their side. Once the patient was stabilized, colleagues noticed she had become restless. They grew

concerned that something else may be wrong. Their instincts were correct.

They asked the patient a series of “yes or no” questions that led them to diagnose the patient was suffering a neurological issue. Her CAT scan revealed bleeding in her brain, and she was told she would be transferred by MedEvac to the neuroscience ICU at LVH–Cedar Crest.

As the patient began to weep, colleagues quickly made arrangements to bring her newborn baby to the ICU. When mom and baby finally met for the first time, there was not a dry eye in the room. As mother and child bonded, colleagues took photos of the meeting (having received the patient’s permission) and sent them to the father, who was already on his way to LVH–Cedar Crest.

“What happened that night was nothing short of a miracle,” says nominator Eva Fox, RN. “Without the teamwork that was demonstrated that night, the patient’s bleed could have progressed into an insurmountable level.” It’s proof that it takes teamwork to save a life.

## **Next Steps**

Nominate a Service Star.

Congratulate these PRIDE Award recipients. The PRIDE Award is part of our expanded [Service Star Award program](#).

**Michelle Massi, RN, LVHN–Mack Boulevard**

After completing her 12-hour shift, a hospice patient in crisis needed extra care. Massi helped serve the patient in her home, making it a 16-hour day.

**Michelle Loux, LVH–Cedar Crest**

Loux graciously assisted a hospice patient and her mother with a scheduling issue that left the patient in tears. She went above and beyond to correct the issue, patiently checking Epic to correct the issue and ensure the patient was seen.

**Amy Kerstetter Staub, Matthew Coffman, Caroline Robert de Massy and Miriam Santos, LVH–Muhlenberg**

When a man in the parking lot went into cardiac arrest, Kerstetter-Staub and Coffman ran from the third floor to perform CPR. Meanwhile, Robert de Massy and Santos consoled the patient’s family and gave the EMTs information upon arrival.

**Lisa Lindaur, MD, LVPG**

After accepting a critically ill patient into the ICU, the patient coded, and a hospital-wide alert was activated. Along with actively resuscitating the patient, Lindaur continued to take additional ICU requests and accept patients.

# St. Patrick's Binge Drinking Risks- VIDEO

BY [JENN FISHER](#) · MARCH 16, 2018

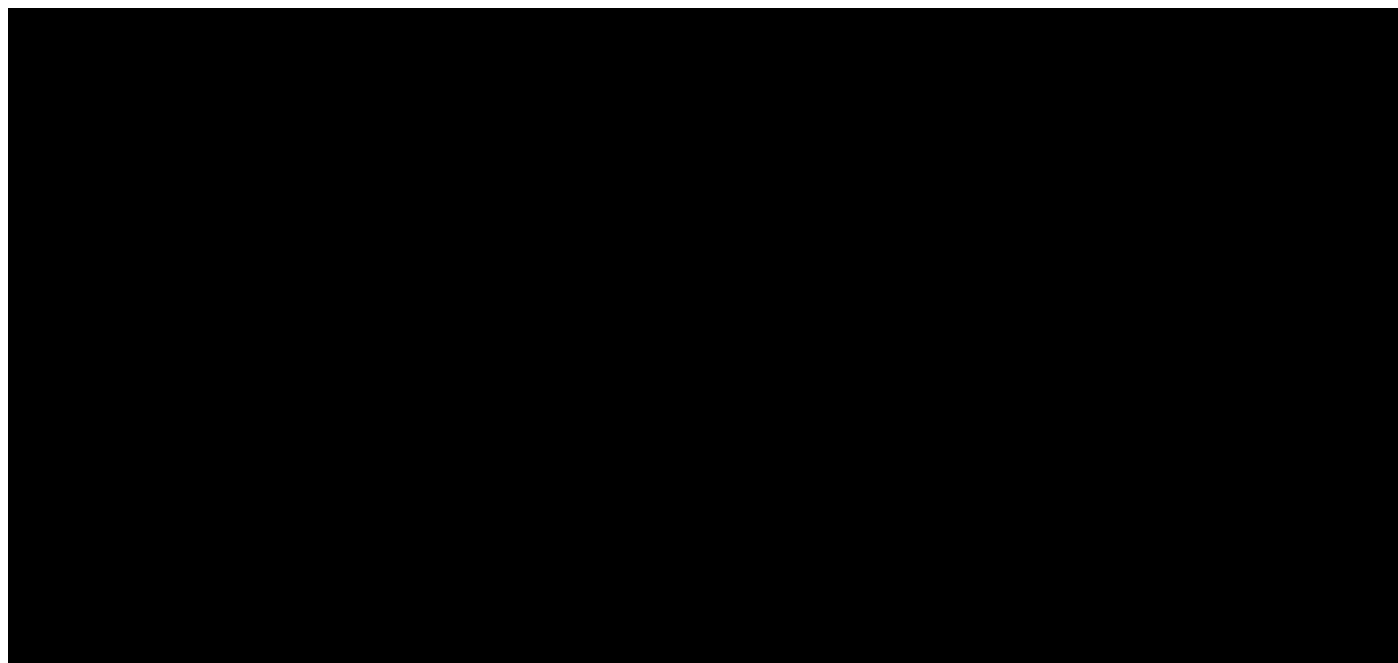
Ads featuring leprechauns, four-leaf clovers and mugs of green beer are out in full-force promoting pub crawls and other St. Patrick's Day events, all aimed at encouraging people to drink early and often. While you might share an Irish toast with your friends ("Sláinte" or "health"), there's nothing healthy about the near-mythical boozing that's become associated with the Irish holiday.

"Drinking enough alcohol to get drunk quickly is considered binge drinking," says emergency room physician [Andrew Miller, DO, Lehigh Valley Hospital-Cedar Crest](#). "For a man, that means drinking five or more drinks within two hours, or a woman drinking four or more drinks in that same timespan."

## Binge risks

Drinking that much alcohol within a short period of time puts you at risk for a number of issues. "Your balance becomes impaired, so that puts you at increased risk for falling. Alcohol lowers your body temperature, so this time of year, excess drinking puts you at risk for hypothermia. And when you over-consume alcohol, you are certainly at risk for alcohol poisoning which places your blood alcohol concentration above .08 percent," Miller says.

Because reasoning and concentration are among the first executive functions affected by alcohol consumption, the Centers for Disease Control and Prevention says binge drinking increases the chances you could be involved in a car crash, either as a passenger or driver. You may also be at higher risk for physical or sexual assault.



## Improve your luck

Instead of falling for pub crawl mentality, choose a healthier St. Patty's Day plan.

- Enjoy a toast with your friends but then stick to water.
- Make sure if you drink alcohol that you also eat to slow absorption of alcohol.
- Know when it's time to stop drinking.
- Opt to be the designated driver for your friends and only drink water, soda or other no-alcohol beverages. Watch the video (above) we're sharing on social media reminding people to celebrate responsibly.

## Need help?

If you are with someone who has consumed alcohol to excess, seek emergency help. "People who are that intoxicated can asphyxiate on vomit," Miller says. If the concern is more about alcohol dependence, have an honest discussion with your primary care physician. "Your physician or health care provider can help determine if you have a drinking problem and then help you find the right help," he says.

Do you need a primary care physician? Call [888-402-LVHN](tel:888-402-LVHN) (5846) or visit [LVHN.org/findadoc](https://www.lvhn.org/findadoc).



Share Your St. Patrick's Day Photos