

CHECK UP

LEHIGH VALLEY
HOSPITAL
AND HEALTH NETWORK

JULY 2005



Club 90
V.I.P.

Club 90
V.I.P.

Learn about our exclusive members on pages 8 & 9.



Your Pension, Our Promise

Our new pension options ensure the security of our investment in you

focus on
PRIDE

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Empathy

Ever wonder about the people behind the headlines? We met one recently. While eating breakfast with colleagues, our discussion turned to United Airlines' recent declaration of bankruptcy and subsequent default of its pension plan. The conversation became lively, and our waitress joined in.

"I know this isn't my business, but I need to tell you my story," she said. We listened intently as she told us about her 29 years working in the airline industry, and how she's learned her pension is being cut by at least 20 percent. "All the plans I had for when I retired," she said, "are now gone."

Her story reinforces why it's so important we keep our promise. In our organization, our pension is a promise we make to reward your valuable commitment to us. As you've recently learned, we will be making changes to add greater stability and assurance to our pension plan. There will be no change to your current plan unless you choose to participate in one of the new options. You'll receive more details, and tools to compare pension options and assistance from specially educated counselors over the next several months.

We're confident these changes will keep our pension strong, contributing to the economic health of our entire community well into the future. Here's why:

We're financially strong. Unlike United Airlines, Bethlehem Steel or other organizations that defaulted on their pension plans, we're not bankrupt. In fact, we've posted a positive net margin (or "profit") in each of the past four years, and are on track to do the same again in this fiscal year.

Our financial strength means we can make investments for our future, meeting the needs of our growing community with the newest facilities. It also gives us the ability to invest tens of millions of dollars into our pension plan annually to ensure it's appropriately funded.

Our pension funds are managed by professionals who take appropriately conservative steps with our investments. However, even the best money managers can't guarantee the strength of the always unpredictable financial markets. Our strong year-to-year financial performance helps ensure we can fund our pension even when the markets are volatile.

Our pension promise is an extension of our promise to our community. Whether you're a nurse like Michelle Trzesniowski, R.N., a biomedical technician like David Heckman or a volunteer like our "90s Club" members you'll read about in this *CheckUp*, your work contributes to our community's confidence.

We're known in our community as a robust organization delivering on its promise of clinical innovation, service excellence and the highest quality care. Your work fulfills that promise every day, and I thank you for helping us earn our community's trust.

Lou Liehaber, Chief Operating Officer



Meet The (*New?*) David Heckman

Don't let the photos fool you...he's a new man thanks to a makeover

Papers cover his desk. His telephone's red light illuminates his cubicle. Boldface type fills his e-mail inbasket. It's a typical busy workday for David Heckman...until the door flies open and a camera crew storms in. "We're RCN, and we're here for your makeover," a cameraman says.

"I thought it was a joke," says Heckman, a biomedical technician. "Then I saw my daughter, Naomi, standing with the camera crew, and I knew it was real."

Heckman, Naomi says, never takes time for himself. That's why she nominated him for the cable television station's makeover. Before he married in 1997, Heckman raised Naomi, now 24, and her brother Eli, now 22, as a single father. Now, he's taking care of his wife, Gail, who battles the long-term effects of diabetes and requires around-the-clock care.

A typical day in his life: As a nurse's aide enters his house to care for his wife, Heckman kisses his wife goodbye and heads to LVH-Cedar Crest. He puts in a full day and then some, going from unit to unit, floor to floor, using his skill and expertise to

maintain medical and electronic equipment. When he returns home, he spends quality time with his wife but also cooks dinner, washes a few loads of clothes, and runs the vacuum. In other words, he does it all.

On the job, Heckman's colleagues jokingly call him "Mr. Horizon," a reference to a Working Wonders idea he discovered on a trip to Dallas. (He shared his expertise on IV pumps with a manufacturer and returned with 700 free pumps for use at LVH). His most recognizable feature: his ponytail.

So, when RCN's makeover crew whisked him away to Technicolor Spa, did his ponytail survive? "I thought about getting it cut off, but realized it just wasn't me," he says. He did get a six-inch trim, though, and had it braided. He also received a manicure.

Most of all, the makeover helped Heckman relax. He'll take a five-minute break if things get hectic at work, and at home he unwinds with yard work, or by visiting his children. "I might not look like I received a makeover," he says, "but I'm definitely a different person inside."

Joe Candio Jr.



It's in his hair—For some reason, David Heckman couldn't part with his pony tail while receiving his makeover at the Technicolor Spa in Bethlehem. Could his strength be in his hair? "You may not be able to tell, but I did get about six inches cut off," Heckman says. "The important thing isn't how I look on the outside, but how I feel on the inside."



My Pyramid: Steps to a Healthier Department

Here's how clinical nutrition took steps through a pyramid of culture

When the clock strikes 12:30 p.m., clinical nutrition colleagues gather around cafeteria tables at all three hospitals for their daily lunch appointment. The only rule: no shop talk. Colleagues learn more about each other, but they wanted to *do* more. So, they cooked up a recipe for building culture within the department. Staff designed a culture committee, which keeps colleagues on the same page as they work toward a common theme:

“Creating health through nutrition.”

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When staff members have an issue with colleagues or management but are hesitant to address it themselves, they can turn to the culture committee for assistance. “It’s private, it helps improve communication and it’s empowering,” says registered dietitian Rebecca Puderbaugh. She hasn’t needed the committee’s help, but is glad it’s there if she does.

When new people join the team, a culture committee member is assigned to be their “buddy,” answering their questions and ensuring they are comfortable in their new position. When someone leaves, they also conduct an exit interview.

Mediation

Employees

Pulling Together—Registered dietitians Bill Whipple and Rebecca Puderbaugh pulled together with their clinical nutrition colleagues to build culture in their department. In response to an employee survey, the team created a culture committee designed to support and reward each other.



Want to build culture in your department? Try daily servings of:

To say “thank you” to colleagues, the culture committee recently hosted its first annual banquet. Members recognized each other with awards for teamwork, excellence in clinical nutrition and more. Everyone also received a “fun” award. “We all need to be recognized for what we do,” says registered dietitian Bill Whipple. “It refuels us.”

Reward & Recognition

Registered dietitians have regular education workshops to brush up on topics such as nutrition and liver disease. They also learn how to communicate with each other and patients. A recent workshop on “speaking your truth” was so popular a sequel is planned at staff’s request. They’ll learn more about communicating in truths and avoiding strong opinions.

Education

Colleagues are given “buddies” for whom they celebrate birthdays and select holidays.

Employees voluntarily filled out profiles describing their interests and how they like to be recognized. So, when registered dietitian Meredith Baum needed a gift idea for a colleague, she checked out her profile. She discovered she likes music and gave her a CD. “It’s hard to get to know all 41 dietitians as much as you’d like, so the profiles help.” she says.

Birthdays and Holidays

When the clock strikes 12:30 p.m., clinical nutrition staff gathers around cafeteria tables at all three hospitals for their daily lunch appointment. The only rule: no shop talk. Colleagues learn more about each other, but they wanted to *do* more. So, they cooked up a recipe for building culture within the department. Staff designed a culture committee, which keeps colleagues on the same page as they work toward a common theme: “Creating health through nutrition.”

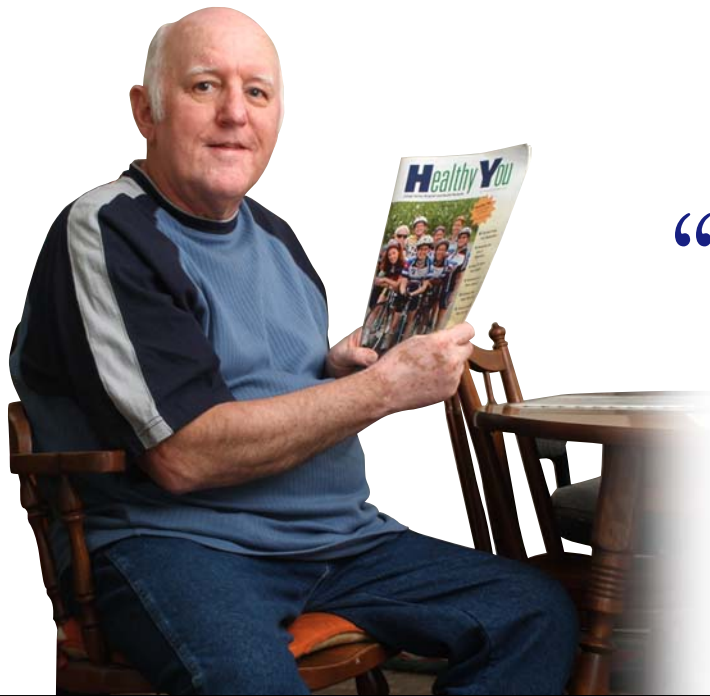
What’s Your Theme?

You’ve heard our network theme: “All hospitals are not alike.” It reminds us why we work at Lehigh Valley Hospital and Health Network. Some departments have adopted their own service themes. Clinical nutrition “creates health through nutrition.” So, why are themes important? “It’s a promise to customers and purpose for staff,” says organizational development consultant Jack Dunleavy. “It puts colleagues on the same page, reminding us why we work so hard.”

Want to create a theme for your department?

Organizational development consultant Jack Dunleavy can help your department design a program. Connect with him by calling 610-402-CARE or get a copy of his written tips when you call or visit www.lvh.org.

In order to have a healthy department, you have to be healthy, too. Check out the new, revised U.S. Department of Agriculture food pyramid at www.lvh.org. This interactive pyramid gives you a customized plan to meet your specific needs, unlike the old one-size-fits-all version.



“Healthy You Saved My Life”

Charles Peters recovered from a stroke
after reading *Healthy You* magazine

Was it the picture? The words? What prompted Charles Peters to open that copy of *Healthy You* magazine he gets in his mailbox every other month? “When you get older, life is full of surprises,” says Peters, a 68-year-old retiree from Whitehall. “The articles in *Healthy You* prepare you for those surprises.” Peters’ “surprise:” a stroke, most likely caused by a piece of plaque from a clogged carotid artery. Because he read the signs of stroke in a recent *Healthy You*, he knew to get to a hospital immediately. Here's how that knowledge saved his life.

September 2004...a special delivery—*Healthy You* arrives in Peters’ mailbox and an article on ‘mini-strokes’ catches his eye. “My sister-in-law survived a stroke years ago, but I know others who ignored their symptoms and didn't get treatment until it was too late,” Peters says. He reads the article and memorizes the warning signs of stroke.

Nine months later...an early wakeup call—Unable to sleep at 2 a.m., Peters logs on to his computer. Within 15 minutes, his “mouse” finger goes numb. Seconds later, his entire right arm grows so numb, it falls off his computer desk. Remembering what he read months earlier, he assumes he’s having a stroke. “Call 9-1-1,” he tells his friend. “This is no joke.” When the ambulance arrives, Peters requests a trip to LVH-Cedar Crest, a JCAHO-certified primary stroke center.

20 minutes later...the race against time—Peters arrives in the emergency department, and the stroke rapid response team rushes to his side. They know the key to surviving a stroke is getting treatment within the first three hours of symptoms. They work quickly, getting him a CT scan within 30 minutes (to diagnose the stroke) and the clot-busting drug tPA (to treat the stroke) in less than an hour. Peters isn’t the only one who receives such fast service. The rapid response team ensures 100 percent of stroke patients eligible for tPA receive it as promptly as possible. That quick response makes LVH among the nation’s best in stroke care—64 percent of patients treated with tPA have little or no disability 90 days later, compared with 42 percent in a national study.

Another life-saving call—When Ron Butz of Lehighton suffered his third heart attack, caregivers at Gnaden Hutten Memorial Hospital knew he



He Got The Message

A radio ad prompts Robert Evans to get heart care

He headed to work Monday morning as if nothing happened, ignoring the chest pain he felt during the weekend. "The pain made my ears ache," says Robert Evans, 61, of East Bangor, "but I hoped it was indigestion."

Then, while cutting grass at a golf club in Shawnee-on-the-Delaware and listening to a local morning radio show, he heard the voice of reason. "Don't be embarrassed if it's indigestion," he remembers. "It's better to be safe than sorry."

That message, part of a Lehigh Valley Hospital advertisement, prompted Evans to get help. "I called my wife as soon as I heard it and said 'take me there,'" he says.

Around 11 a.m., Evans and his wife, Pamela, arrived at LVH—Cedar Crest, where cardiologist William Combs, M.D., diagnosed him with a 95-percent blockage in his right coronary artery. He used a balloon angioplasty to stretch the artery, improving blood flow. He then inserted two tiny mesh tubes (stents) to keep the artery open.

Six hours later, Evans sat in his recovery room ready to make significant changes. "I smoked one-and-a-half packs of cigarettes a day for 40 years, but no more," he says. "I had heard LVH is a good heart hospital, and now I know it firsthand. I'm making the most of my new life."

Know the signs—For information on the warning signs for heart attack or stroke, visit the internet at www.lvh.org.

The next day...the faces of recovery—Peters spends the next two days on the special care unit, where nurses like Michelle Trzesniowski, R.N., care for him as he makes a complete recovery. Peters updates his caregivers every half hour, showing them how he speaks clearly and moves his arm again. When Peters says he learned of stroke symptoms through Healthy You and wants to tell his story to help others, Trzesniowski contacts marketing through 610-402-CARE.

Three weeks later...his return to normalcy—Peters continues life as normal—driving a car, caring for his neighbor's dog and swimming a quarter-of-a-mile every day at the Allentown YMCA. "If I hadn't recognized my symptoms right away, I might be paralyzed, or worse," he says. "Reading that article saved my life."

Kyle Hardner

needed help—fast. So they called LVH. Get the full story by calling 610-402-CARE.



Still Going—At 90 years or more, they're still on the move as LVHVN volunteers. This puts them on the V.I.P list at Club 90. "Bouncer" John Hess, an LVHVN security officer (actually a bouncer at 40 West in Bethlehem), lets in (from right) Anna Wooley, Audrey Papacciole, Pat Brennen, Al Feinberg, Fridl Schlesinger, Earl Saul, Ruth Oswald and Fern Ziegler.

As nonagenarians, they have exclusive access to one of the coolest (and oldest) volunteer clubs

There is no cover charge to get into Club 90. All you need is a volunteer badge, a birth certificate at least nine decades old and a zest for life. Eight exclusive members—all over 90 with at least 20 years of volunteer service—share their secrets to staying active. No one revealed a special concoction or directions to the fountain of youth. They agree staying involved through volunteering keeps them moving.

Suzanne Morey and Sally Gilotti



	Fridl Schlessinger, 90	Earl Saul, 93	Peg Brennen, 90	Audrey Papacciole, 91
From	Allentown	Allentown	Allentown	Allentown
Membership privileges	Answers the phone in the volunteer office at LVH-17th and Chew and helps in other departments	Stocks and delivers medications for the LVH-17th and Chew pharmacy. He started volunteering with encouragement from his daughter, Sharon Becker, a retired nurse.	Makes items to sell in the gift shop at LVH-Cedar Crest, including popular decorated bridge tallies	Delivers snacks and drinks to patients and assists staff in the ambulatory surgical unit at LVH-17th and Chew
Length of membership	31 years	25 years	39 years	30 years
Why they joined	"I like to be useful and enjoy being with others."	"It gives me a reason to put my feet on the floor each day. I think that's why I've lived as long as I have."	"I like to help others and enjoy being with other volunteers."	"I like people. I like to be out of the house doing things."
Before retirement	Sewed made-to-order clothing for women and cared for her family	Maintenance worker at Canteen Vending for 37 years; served in the Army during WWII	Home economist for Allentown/Bethlehem Gas Company, showing people how to use appliances	Worked in a clothing factory and raised two daughters. The oldest, Loretta Sargent, R.N., is a nursing supervisor at LVH-Cedar Crest.
What keeps them going	She schedules an activity for every day, such as a meal with friends. In addition to volunteering, she attends a current events discussion group at the Jewish Community Center.	His volunteer work, daily crossword puzzles and passion for bird watching. He always carries binoculars and a bird guide book in his car.	"I don't complain or focus on my aches and pains. I stay positive and try to be involved in many things."	Volunteering. "When you reach this age, you have to change a lot of things in your life. But, as long as I have my health, I'm going to keep going."
V.I.P. credentials	At 20 years old, she fled Nazi Germany by herself and arrived in New York City in 1936.	At 88, he flew in a glider plane and hot air balloon. At 90, he went parasailing.	At 24, she was the first person in Allentown to fly commercially and was featured in the newspaper. She flew to California to visit a cousin.	Swims every morning and loves to bowl. "If I hit 100, I'm lucky. Sometimes I think I'll go down with the ball."

Want to read about Club 90 members Al Feinberg, Ruth Oswald, Anna Wooley and Fern Zeigler? Call 610-402-CARE or visit www.lvh.com.



Here's Your Sign

One day it's the road you always use. The next day, it's closed.

Construction on projects like the ongoing LVH–Cedar Crest expansion and the just-completed LVH–Muhlenberg renovation mean plenty of changes, but security colleagues are doing their best to keep everyone on the road to safety. (See the latest changes on page 15.)

“You play a key role in keeping our parking lots safe,” says security director Gerald Kresge. “Construction forces all of us to take detours—sometimes at a moment’s notice—so please drive slowly and pay attention to the signs.”

Here are some of those signs—and tips:

Know the speed limit—It’s 25 mph on all campus roads. “Colleagues, patients and visitors are walking around our hospitals day and night, so driving faster than 25 is dangerous,” Kresge says. Also, remember to yield to pedestrians in all crosswalks.



Follow the path—When crosswalks need to be rerouted during construction, security and facilities define well-marked paths for pedestrian traffic. They’re not always the quickest walking routes, but they’re the safest because they don’t interfere with construction (or heavy equipment).

Construction means changes. Follow these signs and tips to keep you and your patients safe on the road.

Take the “bus”—Not every parking lot can be right next to the building, but you can get door-to-door service from your car to the hospital’s front entrance on a shuttle bus. At LVH–Cedar Crest, the shuttle also can get you to the Cedar Crest Professional Park buildings.



VIOLATION

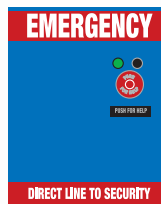
THIS IS VEHICLE PARKED ILLEGALLY AND IS HEREBY SUBJECT TO TOWING AND IMPOUNDMENT

YOUR LICENSE NUMBER WAS RECORDED

Steer clear of “The Sticker”—They’re orange.

They’re large. And they’re hard to remove. They’re parking violation stickers, one of many tools security uses to mark illegally parked cars. “We need to reserve lots closest to each building for patients and visitors,” Kresge says. Use only the employee lots or else risk a sticker...(after two, you’ll be towed!).

Make a complete stop—“It sounds simple,” Kresge says, “but sometimes people roll through stop signs.” To prevent the injury of a colleague or visitor, obey the signs.



Call for help—If you’re in the parking lot and have an emergency, use a call box to connect directly with security. Or see a security guard in the parking lot. (They make regular patrols and monitor 15 cameras that scan each lot.)

Joe Candio Jr.

SERVICE STAR of the MONTH

For an 87-year-old patient with end-stage chronic obstructive pulmonary disease, Crystal Maksimik, D.O., and Carina Messenlehner, R.N., fulfilled a special last wish.

Throughout the patient's stay on the acute coronary unit, Maksimik and Messenlehner spoke about his condition and his goals of care. His two final wishes: a clean shave and a favorite drink.

Messenlehner shaved him, making him feel "like a million dollars," says the patient's son. At the same time, the son prepared his father's favorite drink at home. When he returned, Messenlehner and Maksimik helped the patient remove his oxygen mask and enjoy a final sip.

"Physicians tried to clear the pneumonia that gripped his lungs," the patient's son says. "But the medicine that worked best was the compassion, care and empathy of Dr. Maksimik and Carina."

Joe Candio Jr.



SERVICE STARS

Crystal Maksimik, D.O., and Carina Messenlehner, R.N.

Congratulations to Award Nominees

Andrew Brown, clinical coordinator respiratory care, LVH—Cedar Crest

Nominated by Nancy Winters, social worker

Brandon Bossard, employee health

Nominated by Cheryl Brunovsky, employee health

Judy Negrete, R.N., Regional Heart Center—Medical, LVH—Muhlenberg

Nominated by Paula Priestas, R.N., Regional Heart Center—Medical

Nancy Christman, support partner, diagnostic care center, LVH—Cedar Crest

Nominated by Lisa Warmuth, secretary, diagnostic care center

Bryan Rex, nuclear medicine technologist, LVH—Muhlenberg

Barbara Lachimia, radiology manager, LVH—Muhlenberg

Scott Fillman, physician assistant, emergency department, LVH—Cedar Crest

Nominated by Patricia Atno, supervisor, dental clinic

Supply Distribution Services, LVH—Muhlenberg

Nominated by Donna Wells, shift coordinator, Supply Distribution Services

Jessica Rodriguez, technical partner, 4A, LVH—Cedar Crest

Nominated by Lori Jones, technical partner, 4C

Marianne Buzinski, administrative secretary, LVPBS

Nominated by Deanne Gearhart, billing coordinator, LVPBS

To nominate a star, go to e-mail's bulletin board at [Forms_rewards](#).

Right click to "use form."



WORKING WONDERS

Andy Brown (right) didn't buy himself a gift with his Working Wonders reward. He bought one for Parkland High School senior Rebecca Rubin (left) to help her breathe.

When respiratory care clinical coordinator Andy Brown received his Working Wonders award, he knew what to do—bring a smile to an 18-year-old patient. "She suffers from breathing difficulties due to multiple sclerosis and scoliosis," Brown says. "So I bought her a BiPAP machine to assist her breathing."

Brown's reward-winning idea: giving pneumograms (overnight studies recording breathing, heart rate, oxygen level and air flow to the lungs) in-house. The tests, which help identify sleep apnea and acid reflux, used to be done by an outside agency. Now, our respiratory therapists perform pneumograms, saving \$800 per patient per test.

"Our dedicated pediatric respiratory therapists took time to learn the procedure and deserve recognition for making this project a reality," Brown says.

Joe Candio Jr.

How It Adds Up

IDEA	Respiratory therapists (instead of an agency) perform pneumograms
BY	Andy Brown, neonatal/pediatric clinical coordinator, respiratory therapy
ESTIMATED ANNUAL SAVINGS	\$28,000
AWARD AMOUNT	\$2,800

Submit an idea via e-mail's bulletin board at [Forms_LVH](#) or by clicking "Working Wonders submission form" on the intranet (www.lvh.com).

What's Happening at LVHHN



Your Opinion Could Win You a Prize!

We want to know what you think about our website, www.lvh.org. Do you use it? Is it in your language? Do you find information you need? Let us know by taking the survey at www.lvh.org. By doing so, you'll be entered into a drawing to win fabulous prizes—and gift certificates!

**July
7**

Give Blood

6:30 a.m. – 4:30 p.m.

LVH—Cedar Crest, Anderson Wing Lobby, Classrooms 1, 2 & 3
For details, call 610-402-CARE.

Thu., July 7

**July
19-22**

Weight Watchers at Work

\$89 reimbursable through your Culture of Wellness Benefit

LVH—Cedar Crest—Tuesdays, starts July 19;
11:15 a.m. - Noon - Classroom 1

LVH—Cedar Crest—Tuesdays, starts July 19;
4:45 - 5:30 p.m. - Auditorium

LVH—17th and Chew—Thursdays, starts July 21,
11-11:45 a.m. - Conf. Rm. A

LVH—17th and Chew—Thursdays, starts July 21;
4:45 - 5:30 p.m. - Auditorium

LVH—Muhlenberg—Thursdays, starts July 28;
4:30 - 5:15 p.m. - 3rd Flr. Conf. Rm.

2166 S. 12th St.—Thursdays, starts July 21;
11 - 11:45 a.m. - 1st Flr. Conf. Rm.

1249 S. Cedar Crest Blvd.—Fridays, starts July 22;
12:15 - 1 p.m., Lower Level Conf. Rm.



Chief operating officer Lou Liebhaber thanks Carol Trunzo, marketing and public affairs, for donating blood four times in the last year. He joined a luncheon to honor more than 100 employees who have given blood at least three times. Give blood, and you can be honored, too.

**July
19**

Pilates in a Chair

10 - 11:45 a.m.

FREE

LVH—Muhlenberg, Banko Center

This seated routine, ideal for the mature exerciser, includes gentle stretching, strengthening and breathing techniques. Bring a pillow. For details, call 610-402-CARE.

Tue., July 19

**July
25**

Facilitation Workshop

Mon., July 25

8 a.m. – 4:30 p.m.
FREE
LVH–Muhlenberg, Banko Center
Learn how to become an effective leader and facilitator. For details, call 610-402-CARE.

**July
26**

Healthy Veins

Tue., July 26

7 – 8 p.m.
FREE
LVH–Cedar Crest, Morgan Cancer Center
You don't have to live with unsightly varicose and spider veins, thanks to today's new treatments. Learn the facts from a vascular specialist. For details, call 610-402-CARE.

**July
28**

Healthy Bones

Thu., July 28

7 – 8 p.m.
FREE
LVH–Cedar Crest, Classroom 1
Nutrition, exercise and lifestyle tips for people recovering from fractures, or at risk for bone loss or osteoporosis. For details, call 610-402-CARE.

**Aug.
2 to
Oct.
18**

First Strides®

**Tuesday evenings
Aug. 2 to Oct. 18**

6:15 p.m. to 7:30 p.m.
Little Lehigh Parkway, Allentown
\$40, includes a graduation t-shirt (\$35 before the first class)

First Strides matches you with mentors for 12 weeks. They help you progress to a pace that's right for you. You'll receive a gradual, self-paced training schedule and get advice on how to avoid injury, eat right, stretch and be safe. You'll make new friends, hear inspiring stories and learn healthy tips from weekly speakers, like LVHHN's Heart Help for Women coordinator Anne Marie Crown.

Call 610-402-CARE to join and you'll receive a:

- Heart Help for Women strobe light to clip onto your clothes for safety
- Heart Help for Women pin

**Summertime Fun from
the Recreation Committee**

Head to the Beach

Camelbeach water park, that is. Save \$7 on each general admission ticket. For details, call 610-402-CARE.

Enjoy a Live Show

Receive a \$2 discount on Tuesday night shows at Civic Theater, 19th Street, Allentown. For details, call 610-402-CARE.

Take in a Ballgame

General admission tickets to all Reading Phillies home games are available through Aug. 28 at \$4 per person. For details, call 610-402-CARE.

**Meet
LVHHN's New
PHYSICIANS**



Shannon Kearney, D.O.

DEPARTMENT

Medicine

DIVISION

Division of Allergy

PRACTICE

Allergy and Asthma Associates
(Neil Feldman, DO)

EDUCATION

Muhlenberg College

Philadelphia College of

Osteopathic Medicine

RESIDENCY

Lehigh Valley Hospital

FELLOWSHIP

Long Island College Hospital

Department of Medicine



Nanette M. Schwann, M.D.

DEPARTMENT

Anesthesiology

DIVISION

Cardiac Anesthesiology

Provisional Active

PRACTICE

Allentown Anesthesia
Associates, Inc. (Dennis K.
Chyung, MD)

EDUCATION

Boston University College of
Liberal Arts

Boston University School of
Medicine

Eastern Virginia Medical School

RESIDENCY

Easton Hospital

New York University
Medical Center

FELLOWSHIP

Beth Israel Deaconess
Medical Center

1 Much Ado

In February, nurse practitioner Judith Much became one of 50 nurses in the country to earn an Advanced Oncology Certified Nurse Practitioner (AOCNP). A certified advanced oncology nurse since 1989, Much encourages other oncology nurse practitioners to receive the AOCNP, a new designation from the Oncology Nursing Certification Corporation.



2 Safe Haven for Kids

Scott Seislove (right), husband of trauma care specialist Betsy (left) and a cabinetmaker by trade, volunteered to build the plywood trees, houses and fences in Safety Town. A portable, child-sized village, Safety Town is grant-funded by the Pa. Dept. of Health and Health Services and the Centers for Disease Control and Prevention, and presented by LVH. It teaches children from Kindergarten through second grade about bike, seat belt and burn safety. Look for it at upcoming Community Day events in Hellertown and Coopersburg.



3 A Distinguished Honor

Lehigh Valley Health Network board chairman Rev. Jeff Aiken earned a 2005 Distinguished Service Award from the Columbia Theological Seminary. A lifetime achievement honor for seminary graduates showing outstanding Christian service in ministry, the award recognizes Aiken's work as senior pastor at Allentown's First Presbyterian Church and his devotion to community service. Before coming to First Presbyterian in 1992, Aiken served as senior pastor in churches in Charlotte, N.C. and Sumter, S.C.



4 Let's Walk

With support from kidney transplant recipient Woody Marks of Hellertown (back, center), colleagues from the transplant center and 5B at LVH-Cedar Crest walked in the recent Dash for Organ Donors in Philadelphia. Among the participants: (front row, l-r) Susan Eckhart, R.N., Joan Catanzariti, Emely Castro and Brenda Walter, and (back, l-r) Kim Burns, Sonja Handwerk, Fran Hassler, R.N., Kim Gallagher-Noss, Andrea Long, R.N., Lois Guerra, R.N., Heidi Dauter and Connie Bittner. It's just one walk hospital colleagues participate in, including the recent multiple sclerosis and cystic fibrosis walks.

5 Cover Models

Advance for Nurses magazine's May 2 issue features LVH-Cedar Crest emergency department colleagues. They earned the magazine's Best Nursing Team award for 2005, standing out among dozens of applicants from Pennsylvania, New Jersey and Delaware. The team reduced patient wait times, which propelled patient satisfaction scores to the 90s.

6 Echoes of a Pioneer

World-renowned cardiologist Harvey Feigenbaum, M.D. (left), brought his expertise and quirky sense of humor to LVH-Cedar Crest last month. Addressing an audience of heart specialists (including cardiologist James Pantano, M.D.) from New Jersey and Pennsylvania, Feigenbaum detailed new advances in assessing heart disease through echo-technology. The Heart Station sponsored the lunch and lecture.

7 SOW to come

TEXT TO COME duck from the pond and answer a question. What two words describe LVH-Cedar Crest's 4C? "Courteous and caring," says Tiffany Cooper, R.N. The duck pond is one part of a carnival planned by 4C to show appreciation to colleagues during Nurses Week. Carnival participants also spun a safety wheel, shot baskets and picked from a lollipop tree.

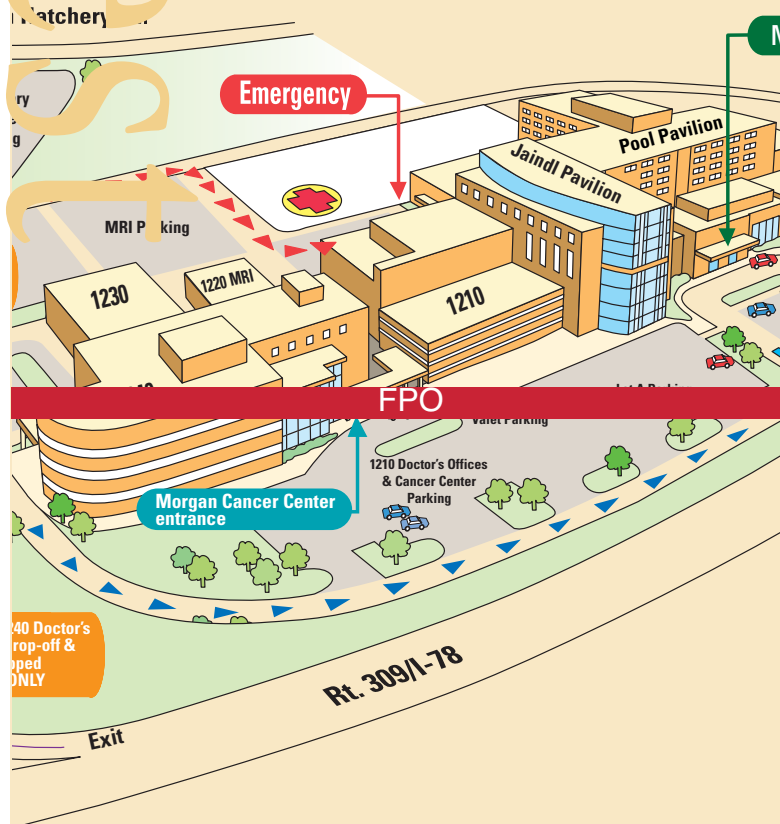




Cedar Crest

LVH-Cedar Crest In the Loop

The road looping around LVH-Cedar Crest is changing. To prepare for the new seven-story tower (which will be adjacent to the current Anderson Wing), the former loop road in front of the loading docks is closed indefinitely. Traffic is routed on the south side of the Children's Early Care and Education Center and through Parking Lot 11. Soon, construction will begin on a new road that will loop around the back of the Early Care center and connect to the existing road on the east side of Lot 11. Project managers Greg Marushak, Al Szoldaitis and Dan Winkler are directing the expansion project.



Happy Anniversary! JULY 2005



Celebrating 30 years!

Sharon Rabuck, R.N.

Oncology care educator and outreach coordinator, Breast Health Services and cancer support

Most Memorable Moment Here

The celebrations — Christmas parties and a special birthday get-together — and the many special times I've spent with friends I've met here

My Inspiration at LVHHN

All the heroic patients we see every day

Best Virtue

Calm mannerisms and an ability to listen

Other Areas Where I Worked

Medical-surgical units as a nurse and patient care specialist; post-anesthesia care unit as a nurse

Favorite Pastime

Traveling and shopping

Favorite Cafeteria Food

Salad bar and frozen yogurt

35 YEARS

Linda Case
Nursing Education

30 YEARS

Susan Moyer
7A – Neuroscience Unit
Janet Snyder
Patient Representative
Judy Smith
Adult Psychiatry Unit
Sharon Rabuck
Cancer Support Services
Margaret Utsick
Cardiac Cath Lab

25 YEARS

Patricia Buratti
3 South, LVH–M
Duane Ott
Supplier Services
Ann Ruhf
Neurosurgery, LVH–M
Mara Steinberg
Advanced Clinical Technologies
Gary Weiser
Info Svcs Technical Operations

20 YEARS

Franette Allen
ICO Staging & Recovery
Joy Bankos
Homecare MSO Scheduling
Alicia Boshia
LVAS, LVH–Cedar Crest
Beverley Genetti
Operating Room
Audrey Hess
Adult Psychiatry Unit
Jean Koenig
Transitional Trauma Unit
Susan Lawrence
Case Management

Barbara Moyer
Nursing Float Pool

Darla Moyer
402-CARE

Leslie Popovich Weiner
ICO Staging & Recovery

Barbara Smith
Center for Women's Medicine

Joanne Stewart
Labor & Delivery

Mary Thomas
Surgical Specialists/Trauma

Frederick Wieand
Respiratory Therapy

Ok Yoon
Infection Control

15 YEARS

Michelle Beck
Info Services Administration

John Campion
Adolescent Psychiatry

Maureen Castillo
Medical Practice Center

Della Steward Croft
Pharmacy, LVH–M

Carolyn Darabaris
TNICU

Christine Feller
Labor & Delivery

Mable Humphrey
Burn Unit

Mary Lynch
Behavioral Health

Karen Lechman
Behavioral Health

Laura Mertz
Managed Care - Marketing

Lydia Newhart
4C

Pamela Owensby
Express Admissions

Shelley Perkins
Neonatal ICU

Mary Scott
Emergency Service, LVH–17th

Kelly Shupp
Radiology-Diagnostic

10 YEARS

Susan Adam
Respiratory Therapy

Darryl Arnold
Health Studies

Jeffrey Baker
Emergency Services

Mary Bealer
OB/GYN Associates

Carol Berrin
OB/GYN Associates

Scott Brenner
Peds Admin

David Glueck
Trexlerstown Medical Center

Wendy Hessler
LVPG Gyn/Onc

Earl Jefferis
OB/GYN Associates

Christine Kavalir
Trexlerstown Medical Center

Richard Kerr
Info Services Administration

Matthew Lesisko
Security

Nicole Lichtenwalner
Family Health Center

Deborah Lutz
Revenue Cycle Coordinators

April Meyers
7B Medical/Surgical Unit

Judy Miller
Physician Services

Crystal Myster
Float Employees

Ernest Normington
Center for Women's Medicine

Mary Novak
Behavioral Health

Maureen Petro
OB/GYN Associates

Gregory Radio
OB/GYN Associates

Kathleen Ravago
College Heights OB/GYN

Muhlenberg

Jan Seifert
Breast Health Svcs. Admin

Stacey Seislove
Psych Eval/OP Services

Deborah Serfass
Occupational Health

Kris Shoemaker
OB/GYN Associates

Colleen Smith
OB/GYN Associates

Ann Spirk
Physical Therapy

Linda Tretter
OB/GYN Associates

Karen Ulshafer
Home Care – Physical Therapy

Tammy Vash
Behavioral Health

Lisa Baker Vaughn
OB/GYN Associates

Rebecca Werner
LVPBS – Glazerman

Susan Wiggins
7B Medical/Surgical Unit

5 YEARS

Charles Allen
MedEvac

Richard Bassett
MedEvac

Joseph Beck
Radiology Admin

Timothy Blackston
MedEvac

Laurie Cartwright
Core Trauma Nurse

Mary Cohen
Behavioral Health

Trisha Creppy
ED Registration

Christy Diehl
5C Medical/Surgical Unit

Richard Doddy
Tree Top Shop

Howard Drinkwater
Info Svcs

Financial/Admin Sys

Jennifer Dupre
Southside Family Medicine

Denise Dutko
Nursing Float Pool

Jamie Engle
MedEvac

James Frey
MedEvac

Vicki Gutai
Sterile Processing

Melissa Hix
Valley Sports & Arthritis

Ana Hurtado
LVPBS – G & A

Maria Jimenez
Heart Station, LVH–M

Mark Lischner
MedEvac

Lisa Mauger
MedEvac

Lori Milot
Pediatric Intensive Care Unit

Viraj Patel
Pharmacy, LVH–M

Christine Polomchak
Revenue Cycle Coordinators

James Ross
Rheumatology

Keri Sandt
Ellsweig & Lui MD

Ann Louise Smith
Group Health Claims G&A

Donna Sonon
Pharmacy

John Swircek
MedEvac

Aferdita Tolaj
Radiology

William Trumbore
MedEvac

Jennifer Twerdi
LVPG Information Services

Mark Walck
MedEvac

Kathleen Werkheiser
Ambulatory Surgical

Andrea Workman
LVPBS – Muhlenberg

Primary Care

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