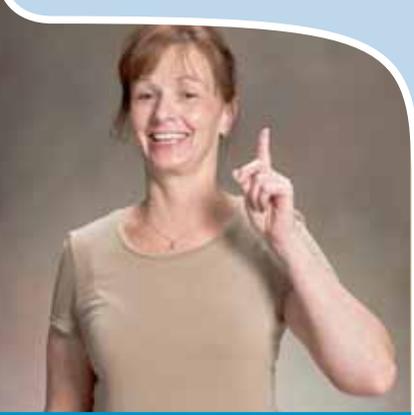


CHECKUP

SEPTEMBER 2006

A MAGAZINE FOR EMPLOYEES
OF LEHIGH VALLEY HOSPITAL
AND HEALTH NETWORK



What's the
One Thing?



Find out
on pages
10 and 11.





Twelve Things You Might Not Know About Us

You know we exist for our community. But did you know all the ways we're reaching out to our community?

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Karen Scheirer, R.N., celebrates 30 years

Empathy

Take a look at the back of your identification badge, and you'll see the word community. It is etched in our mission: "to heal, comfort and care for the people of our community."

When most of us think about community care, we think about what we do every day. We care for patients who are very sick. Sometimes they're dealing with a complicated, long-term illness. Other times, they're recovering from a traumatic injury. In all cases, we use our skill, knowledge and PRIDE behaviors to provide the most appropriate and highest quality care to all who request our services.

There's another aspect of community care you might not think about, but it's just as important. It's the way we reach out to people in our community, those who might lack the finances, the transportation or the ability to access our services. They don't have to find us. Instead, we bring the hospital and our quality care to them.

We don't brag much about the services we provide outside the hospital. Most of us do our work with such a deep sense of humanity, humility and purpose that we quite naturally focus only on the help and guidance we're providing. But your efforts deserve credit, because thanks to your spirit and dedication, the people of our community are leading healthier, better lives today.

This type of community benefit takes many forms. Some of us volunteer with local charitable organizations, helping in area homeless shelters or soup kitchens. Others serve as mentors to young children who need guidance. Others join together to raise money for worthwhile causes. You can read inside this *CheckUp* about nurses who raised an astounding \$18,000 for cancer research.

For the next 12 months, each issue of *CheckUp* will spotlight the way our colleagues work to the benefit of our community. We're calling it the Twelve Things You Might Not Know about LVHHN. This month, you can read about our Community Exchange program, an innovative exchange of services. In exchange for volunteering at our Family Health Program at The Caring Place, community members can be educated by our medical interpreters to become interpreters themselves. They can use their newfound skills at The Caring Place, where our physicians provide free care to more than 400 at-risk children, their families and center-city Allentown residents.

In future issues, you'll learn how our colleagues provide care and assistance to people with HIV/AIDS, Latino children and families who have diabetes, and children who have been physically or mentally abused. You'll see the charitable work of our senior leaders, more than 140 of whom volunteer their time and expertise to boards of community organizations such as Turning Point of the Lehigh Valley and the American Red Cross. You'll learn about our commitment to providing thousands of free flu shots, our outreach to local mothers-to-be and more.

We have every reason to be proud of the work we do to benefit the people in our community. We work here because we embrace a unique and cherished opportunity—the ability to have a positive impact on people's lives. Our story is one that deserves to be told. I thank you for all you do for our community, and for sharing the story of our community benefit with people you meet every day.

Lou Liebhaber, Chief Operating Officer

A Celebration of Survivors

Stella Polit and her colleagues raise more than \$18,000 to support cancer survivors



Beating the odds—
(L-R) Emily Mari, R.N., and cancer survivors Stella Polit, R.N., and Julia Westfall, R.N., joined with nearly 40 other colleagues and raised more money for Relay for Life than any other team.

As people file into the Fearless Fire Co. for a basket bingo fund-raiser,

Stella Polit, R.N., pauses. She excuses herself from a conversation with friends and, with arms wide open, approaches a woman she hasn't seen in a long time. The woman, whose husband died a year earlier from cancer, hugs Polit as tears run down her face. "Thank you so much," the woman says.

Moments like this inspire Polit, a nurse on 7C at LVH—Cedar Crest, and 40 of her colleagues to raise money for Relay for Life, an overnight walkathon that celebrates cancer survivorship. Many colleagues raise money, but nurses, technical partners, support partners and administrative partners on 7C do it in a big way—they spent an entire year raising \$18,000 for the walk, held in June at Saucon Valley High School. Their efforts

earned them the walking sneaker award, which goes to the top fund-raising team.

"We spend most of our free time planning events or hosting them," says Polit, who co-captains Relay for Life with colleagues Emily Mari and Julia Westfall, R.N. Shortly after the annual relay ends, Polit, Mari and Westfall get together and begin planning fund-raisers for the following year.

"We've been supporting Relay for Life for 20 years, and we plan about two fund-raising events each month to prepare," says Mari, an administrative partner. "We host everything from bake sales and raffles to our biggest fund-raiser, basket bingo."

The team also hosts hot-food nights. Because the LVH—Cedar Crest cafeteria is closed on weekend nights, the team serves hot food and

baked goods from 10 p.m.-3 a.m. on select weekends for colleagues who work third shift. "We usually raise \$400-500 each time," Polit says.

All these events—and a \$1,000 donation from a local bottled water company that came courtesy of a patient—allowed the team to top the \$18,000 mark this year. They're not stopping there. "We're always looking to set a new fund-raising goal," Polit says. This year the team will set up a booth at the Allentown Fair to help raise cancer awareness and answer questions about the disease. They will also host a prize raffle at the Fair.

"We see cancer every day at the hospital," Mari says. "Even though it hasn't touched my life directly, it touches my friends', colleagues' and patients' lives, which in turn touches me."

Joe Candio Jr.

It's *Lunch Time!*

Colleagues alleviate stress, have fun and get fit at break time

Do you work through lunch to get caught up? You may be doing more harm than good. “Colleagues are more productive during the second half of their day if they take a lunch break,” says Mary Kay Grim, senior vice president, human resources. “That’s why we encourage colleagues to take some time for themselves. It’s not being irresponsible; it’s a necessary mental and physical break.”

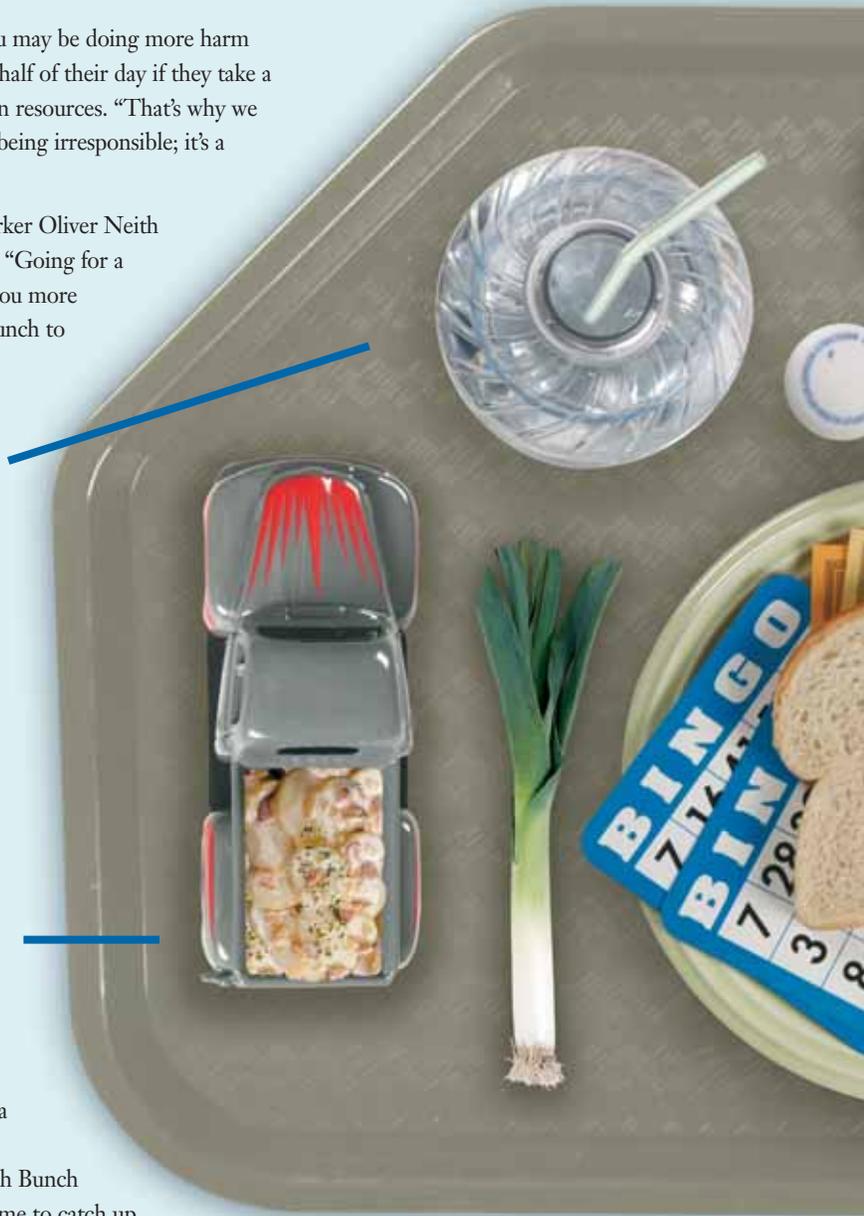
Preferred Employee Assistance Program director and social worker Oliver Neith agrees. “Meditation during lunch can clear your mind,” he says. “Going for a walk or fitting in a light workout also can be beneficial, giving you more energy in the afternoon.” Here’s what colleagues are doing at lunch to beat stress, stay healthy and improve collegiality.

Exercise Equals Energy

Lehigh Valley Physician Group billing colleagues Terri Rhodes and Diane Crouthamel know lunch is the perfect time to get in shape. After eating a container of yogurt and a piece of fruit, the duo takes a two-mile walk. “If it’s cold or raining, we walk the steps of the 1249 building,” Rhodes says. “We walk three flights, 15 times.” Their lunchtime workout pays off—Crouthamel lost 10 pounds and Rhodes shed 55 pounds. “We look forward to exercising and spending time together. We’ve become very close,” Rhodes says. “It makes the afternoon go by faster because we have more energy.”

The Lunch Bunch

Ever go tailgating on a weekday at work? Quality and care management department colleagues have. “It was just one of the themes we used for our luncheons,” says clinical information analyst Krista Casey. “Everyone brought typical tailgating food like hot dogs and salsa with chips.” Once a month, about 25 colleagues decorate the lunchroom and bring food that relates to the theme. The Lunch Bunch also celebrates birthdays, shares personal photos, and uses the time to catch up on each other’s lives. “There’s a real family feel about it,” Casey says.



Let's Get Together!

Can't do lunch? Why not get together with colleagues after work? Everyone's doing it! Colleagues are bowling, playing in hospital-sponsored sports leagues and more. What does your department do outside of the work environment to promote collegiality?

Let us know by contacting Rick Martuscelli at 610-402-3175 or Richard.Martuscelli@lvh.com.

Look for more in an upcoming *CheckUp*.

The Bistro Table

Hold all calls! Information services colleagues need a break from the telephone. Where do they find peace and quiet? At the Bistro Table. "Every week, one colleague volunteers to answer phones while a small group of us gets together, eats lunch and talks about what's going on in our lives," says systems analyst Christina Roberts. "If someone is available to handle phone calls, we spend time enjoying lunch together."

Grub and Games

What do a sandwich, a trivia question and a funny joke have in common? They're all found at the lunch table in LVH-Muhlenberg's inpatient rehabilitation department. Every day for the past 20 years, colleagues take the time to get together while patients are eating lunch. "There's only one rule: What happens in the lunchroom stays in the lunchroom," says site coordinator Rob Clausnitzer. "We play games like paper football, share funny stories and tell jokes." It's one of the things physical therapist Jane Dowdle loves about the group. "After lunch, I feel so good," she says. "The fun we have makes the second half of our day a lot easier." Adds Clausnitzer, "It brings the staff together like a family."

"Lettuce" Take a Break

What do you like in your salad? Colleagues on LVH-Muhlenberg's ambulatory surgical unit know their favorite ingredients. "At a recent lunch, everyone brought a favorite ingredient to create a salad with personality," says Karen Allwein, R.N. The group frequently has other lunches themed around the seasons. Physicians and colleagues from other units stop by to share in the fun. "Sometimes you just need a break from the stress of work, and lunch is the perfect time for it," Allwein says. "We use this time to boost morale and improve teamwork within the department."

Rebecca Druckenmiller and Rick Martuscelli



Connecting Our Community

Lisa Burgos is strengthening communities and improving health care through Community Exchange

Lisa Burgos was on-track toward becoming a juvenile probation officer with a full course load at DeSales University. Then a job opportunity changed her life—a chance to make a difference at The Caring Place Family Health Program.

The program gives free care to 400 at-risk children (who attend the youth development program in the same building), their families and center-city Allentown residents. But Burgos' new role goes beyond health care.

With guidance from Anne Rogers, she's established a Community Exchange program at The Caring Place in which people can exchange their talents with each other. Already local people are baking, doing small auto and home repairs, and tax preparation in exchange for computer assistance, hair straightening, housekeeping and more. "We're helping people make connections with each other, discover opportunities and get the support they need," Burgos says.

Now, she's taking Community Exchange one step further to improve care at The Caring Place. Burgos is the coordinator of the health program's Spanish interpreter program, recruiting and educating interpreters who assist with medical appointments and phone calls and help patients complete their forms. In exchange for 30 hours of volunteer interpretation, they can learn how to be medical interpreters through Bridging the Gap, a nationally recognized program at LVHNN, and pursue careers in the field.

Community Exchange members tell Burgos they are grateful for the program and have made new friends. "It's become a social community, as well," she says. "We've even formed an advisory group that plans social events."

Burgos, too, is grateful for the program. "I used to be very shy, but this job has helped me come out of my shell," she says. Burgos remains a full-time student at DeSales, earning a bachelor's degree in criminal justice. However, she's thinking about pursuing a career in community programs like Community Exchange. Until then, she lives by her motto: "You don't know what tomorrow will bring until you start living today."

Sally Gilotti



Josefina Clark

*LVHNN certified interpreter
and instructor*

Josefina Clark taught Burgos how to be an interpreter through Bridging the Gap.



**Viviana Rodriguez, 19,
of Allentown**

*Volunteer interpreter at
The Caring Place*

Viviana Rodriguez and Burgos' cousin are best friends. With persuasion from Burgos, Rodriguez volunteers as an interpreter at The Caring Place. It comes naturally to the 19-year-old high school senior who interprets for her mother. While Rodriguez aspires to become a mural artist, she plans to take Bridging the Gap training.



Jan Weideman, 57, of Allentown

Community Exchange member, volunteer receptionist

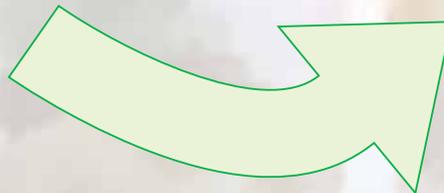
Jan Weideman volunteers at The Caring Place 30 hours a week as a receptionist. She doesn't ask for anything in return—instead, she donates her hours to fellow Community Exchange members who are sick and need assistance.



Carlos Cintron, 37, of Allentown

Community Exchange member, volunteer interpreter at The Caring Place

Carlos Cintron was driving a bus when he met Jan Weidman, one of his passengers. She told him about The Caring Place and Community Exchange, and recommended him as an interpreter to Burgos. In exchange for 30 hours of volunteer interpretation, Cintron plans to take Bridging the Gap training. He hopes to get a job as a full-time interpreter.



Heriberto Rodriguez, 36, of Allentown

Lisa Burgos' boyfriend

Heriberto Rodriguez didn't speak English very well when he met Burgos seven years ago. So, Burgos helped teach him, using copies of her daughters' lessons from school.



Making Connections

It started with Lisa Burgos. See how opportunity branched out in the community

Anne Rogers

Director of Community Exchange

Lisa Burgos

Coordinator of Community Exchange and interpreter services at The Caring Place Family Health Program

Together, Lisa Burgos and Anne Rogers are helping people exchange their talents through a Community Exchange program at The Caring Place Family Health Program. People are baking and preparing taxes in exchange for companionship and computer assistance. Burgos and Rogers hope patients soon will be able to exchange their services for medical care.

Want to know more about our community benefit programs? Visit the intranet at www.lvh.com or call 610-402-CARE.

It's Never Too Late to Quit Smoking

See how your health improves in minutes, months and years. Dean Wagner illustrates the benefits.



Smokers are six times more likely to develop oral cancers.

48 hours: Your senses of smell and taste improve.

1-9 months: You'll have less sinus congestion.

10 years: Your risk for oral cancers is significantly reduced.

Smoking causes emphysema, bronchitis, asthma and 90 percent of all lung cancer cases.

8 hours: The oxygen level in your blood increases to normal.

1-9 months: You'll cough less, breathe better and have more energy.

10 years: Your lung cancer risk is reduced by half.

Smoking increases heart rate and blood pressure, and increases the risk for a heart attack.

20 minutes: Your blood pressure and pulse return to normal.

24 hours: Your heart attack risk begins to drop.

1 year: Your heart disease risk is cut in half.

15 years: Your heart disease risk is similar to someone who never smoked.

Smoking increases your risk for stomach, liver, bladder, pancreatic and all cancers

15 years: Your body is about as healthy as that of someone who never smoked.

Smoking blocks or constricts arteries increasing your risk for stroke.

20 minutes: Your cold hands and feet warm up.

2 weeks - 3 months: Your circulation improves, reducing pain felt while walking.

5-15 years: Your stroke risk equals that of a nonsmoker.

To sign up for our Tobacco Treatment Program, click on the smoke-free icon on the intranet at www.lvh.com or call 610-402-CARE.

It was the scariest moment in Dean Wagner's life—when his doctor told him he had bladder cancer and needed surgery. “I was only 18 but had been smoking for six years,” he says. Even though smoking is a risk factor for bladder cancer, Wagner's diagnosis didn't make him quit.

His family history didn't concern him either. “My grandparents had heart attacks, and my father died of heart disease at age 40,” says the 38-year-old LVH-Muhlenberg food and nutrition service manager. It wasn't until

LVHNN announced it would become smoke-free on Jan. 1, 2007, that he decided to quit. He signed up for our Tobacco Treatment Program (covered under Choice Plus) and has been smoke-free for three months.

He smoked for 26 years, but Wagner's health already is improving. He has more energy and better senses of taste and smell. “It only takes minutes for your body to begin repairing the damage caused by smoking,” says Tobacco Treatment Program coordinator Becky Johnston.

Rick Martuscelli

SERVICE STARS of the MONTH

Expectant mom Renee dreamed of the arrival of her twins, but when they were born three months premature, her world shattered. Her son, Nikolas, passed away shortly after birth, while her daughter, Alyssa, was rushed to the neonatal intensive care unit (NICU).

That's when Alyssa's "dream team" went to work. Neonatologist Christopher Morabito, M.D., always kept Renee informed of Alyssa's condition—even at 3 a.m. Neonatologist Samir Henien, M.D., spent an evening at Alyssa's bedside, persisting in finding the right treatment to help her thrive.

Respiratory therapist David Gessner escorted her on a MedEvac flight to a Philadelphia hospital on his own time. And nurses Diane Kennedy, R.N., Kristen Balousek, R.N., and Cathy Kistler, R.N., cared for Alyssa throughout her 113-day NICU stay.

"I never allowed myself to dream of the day I'd get to take Alyssa home," Renee says. "But on Christmas Eve, Dr. Morabito discharged my Christmas miracle. Now, she's a healthy 1-year-old."

Kimberly Hassler



SERVICE STARS

(L-R) Samir Henien, M.D., Christopher Morabito, M.D., Diane Kennedy, R.N., David Gessner, Kristen Balousek, R.N., and Cathy Kistler, R.N.

Congratulations to Award Nominees

Bernard Otero, security officer
Nominated by Pamela Fischer, pastoral care

Regina Hill, R.N., 7B medical/surgical

Nominated by Stephanie Bednarz, 7B medical/surgical

James Foose, R.N., Lesa Eckert, R.N., and Karen Nuschke, R.N., all of 4A medical/surgical, and Dorothy Gilbert, R.N., progressive coronary care unit

Nominated by Stephen Palmer, cardiac cath lab

Amanda Flicker, M.D., College Heights OB/GYN

Nominated by Amanda Oertner, College Heights OB/GYN

7C medical/surgical nursing staff

Nominated by Dorene Lindstrom Rhoads

Stella Polit, R.N., 7C medical/surgical

Nominated by Freda Barnes, R.N., Robin Campbell, R.N., 7C, and Charisse Stevenson, surgical oncology

Gary Riddell, certified biomedical engineering technician

Nominated by Colleen Camasta, R.N., Terri Lutz, R.N., and Michelle Reigard, R.N., operating room, LVH-Muhlenberg

Ruth Wittmann-Price, R.N., mother-baby unit, LVH-Cedar Crest

Nominated by mother-baby unit, LVH-Cedar Crest

Scott Terfinko, Michael Morrone, Robert Allman and George Jarick, respiratory care, LVH-Muhlenberg

Nominated by respiratory care

Randall Achey, security

Nominated by Jody Allen, L.P.N., emergency department, LVH-Muhlenberg, and Jane Kane, float pool

To nominate a star, go to e-mail's bulletin board at **Forms_rewards**. Right click to "use form."



Happy 10th Anniversary WORKING WONDERS

LVH-Muhlenberg post-anesthesia care unit colleagues have submitted Working Wonders ideas for the past seven years. Out of 41 ideas, 11 have been approved, totaling \$48,444 in savings.

When Working Wonders launched in September 1996, colleagues embraced the concept and started submitting their ideas. Now, 10 years later, colleagues have submitted more than 5,000 suggestions, and 1,149 of them are approved and in action.

"The strength of our network is in the talent and insights of each of our colleagues," says chief operating officer Lou Liebhaber.

"Working Wonders is designed to tap into your collective brainpower, and it's working. Your ideas have saved us more than \$12.5 million."

Working Wonders ideas can reduce costs, generate revenue or improve quality. "Ideas can come from observing little details or looking at the big picture with a fresh perspective," says management engineer Jacqueline Straley. "What Working Wonders do you see around you?"

DEAL OR NO DEAL?
Next month, learn how your ideas can earn you even more prizes!

Kimberly Hassler

How It Adds Up (as of June 21, 2006)

TOTAL IDEAS SUBMITTED	5,063
TOTAL APPROVED IDEAS	1,149
COLLEAGUES SUBMITTING AT LEAST ONE IDEA	3,046
SAVINGS	\$12,628,000

Submit an idea at home on www.lvh.org, at the hospital on www.lvh.com, via the e-mail W-W_Submissions bulletin board, or via interoffice mail to Jacqueline Straley, management engineering.

‘The One Thing Challenge’

A single gesture makes a big difference to patients and colleagues

It only takes one lottery ticket to win a jackpot, and it only takes one comment or good deed to make a patient’s or colleague’s day. “That’s the idea behind ‘The One Thing Challenge,’ ” says patient satisfaction improvement co-chair Ronald Swinfard, M.D. “If we all practice and remind each other of our ‘one thing,’ we’ll create a more pleasurable experience for patients, visitors and colleagues.”

Because we’re always looking for ways to improve, and because the best ideas come from colleagues, we asked you to help develop a “one thing list.” “More than 700 colleagues attended 32 rally sessions,” says patient satisfaction improvement council member Kim Badillo, R.N. “From these sessions, more than 300 ‘one thing ideas’ were generated.” Some examples: “Greet everyone,” “Be approachable,” and “Just smile.”

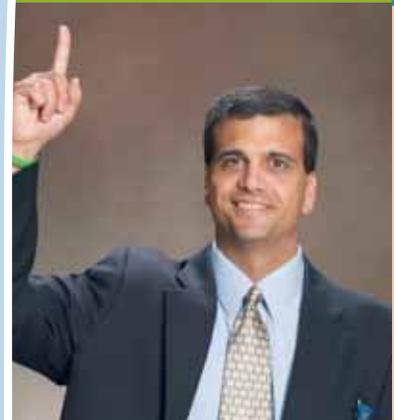
You may have noticed pop-up e-mails containing many of the “one thing ideas.” Not only did colleagues read these messages, they acted on them. “We know that because patient satisfaction scores increased since the e-mails were sent out in June,” Badillo says. The increase allowed us to meet this year’s patient satisfaction goals (see the Shared Success report card in this *CheckUp*).

Here are just a few of the “one thing ideas.”

Rick Martuscelli

Bob Begliomini
pharmacy services
administrator

“Give good directions to visitors.
Escort them if you can.”



Fran Worman, R.N.
nursing education

“Respect the dignity of patients.
Cover them up and ask if they
are warm enough.”



Nicole Lichtenwalner
Lehigh Valley Family Health Center
medical assistant
"Remember a little something
about each patient."

Andy Barsky
food and nutrition general manager
"Catch colleagues doing things right."



Peg Stroup
Lehigh Valley Health Services
director of quality assurance
"Be empathetic and understanding
with all patients."



Marie Steiner
outpatient pediatrics
medical secretary
"Listen to both patients and colleagues."

Robin Koch, R.N.
Center for Healthy Aging
"Let patients and family members know
they can always call on us."

Carol Balcavage, R.N.
enterostomal therapy coordinator
"Ask patients if there is anything
else you could do for them.
Apologize when you have to."

Jim Pearce
patient transport
"Bring a good attitude to work
every day."



Donna Polaha, R.N.
7B patient care coordinator
"Compliment desired behaviors
of team members."

Want to read more colleagues' "one thing ideas"?

Visit the intranet at www.lvh.com
or call 610-402-CARE.

Immediate Rewards

Because you've made "The One Thing Challenge" so successful, there's a new way you'll be rewarded for doing your one extra-special thing. It's called "The Five Stars of PRIDE Challenge." It will immediately reward you for exemplifying one of our PRIDE behaviors: privacy, respect, involvement, dignity and empathy.

Here's how it works. If you do something great for a patient or colleague, your manager will reward you with a card. By returning the card, or a photocopy of it to the patient representative office at LVH-Cedar Crest either in person or via inter-office mail, you'll be eligible for one of five monthly drawings worth \$50. So, start practicing your "one thing" and good luck!

What's Happening

Learn About Our Community Care... and Win Great Prizes

Our colleagues volunteer for not-for-profit organizations, participate in health fairs and ensure the people of our community live well. You can learn more about our community care at this year's employee forums. President and CEO Elliot J. Sussman, M.D., COO Lou Liebhaber, and senior vice president of operations Stuart Paxton will highlight the past year, discuss the future and listen to your ideas.

You'll get this cool sweatshirt just for attending, and you can enter to win:

- One of two portable DVD players
- One of two digital cameras
- One of two MP3 players
- One of two pair of waterproof binoculars
- One of two emergency crank radios

A Time of Transition: Dealing With Change in the Workplace

Wed., Sept. 20; 9 – 11 a.m.

FREE

2166 S. 12th St., 1st Fl. Conf. Rm.

This Preferred EAP class teaches strategies to better deal with change in the workplace.

Countdown to Cervical Cancer Prevention

Wed., Sept. 27; 6 – 8 p.m.

FREE

Cedar Crest College, Less Hall

Learn about the new vaccine for HPV, the sexually-transmitted virus that causes most cervical cancers.

This event is for mature teens and adults.

CPR Recertification

Wed., Sept. 27 and Thu., Sept. 28

FREE

Wed., Sept. 27; 10 a.m. – 10 p.m.

Thu., Sept. 28; 8 – 11 a.m.

LVH—Cedar Crest, Anderson Wing, Classrooms 1, 2 and 3

Learn the new guidelines. Class is free only for employees whose job requires it.

Ener-Chi

Tue., Sept. 19, Wed., Sept. 20 and Fri., Sept. 29

8 classes, \$68 reimbursable through Culture of Wellness

Tue., Sept. 19; 8:15 – 9:15 p.m.

Wed., Sept. 20; 11:15 a.m. – 12:15 p.m.

Fri., Sept. 29; 9:30 – 10:30 a.m.

Healthy You Center

This is a unique fusion of tai chi, kung fu, qigong, yoga and meditation.

Everyday Tai Chi

Mon., Sept. 18, Tue., Sept. 19 and Wed., Sept. 20

8 weeks, \$68 reimbursable through Culture of Wellness

Mon., Sept. 18; 10 – 11 a.m.

Tue., Sept. 19; 7 – 8 p.m.

Wed., Sept. 20; 10 – 11 a.m.

Healthy You Center

This mind-body practice builds flexibility and strength, eases stress and gives you energy.

FlashFit

Mon., Sept. 18 and Tue., Sept. 26

16 classes/8 weeks, \$52 reimbursable through Culture of Wellness

Mon., Sept. 18; 8:30 – 9:15 a.m.; Healthy You Center

Tue., Sept. 26; 7 – 7:45 p.m.; Banko Family Center

Learn circuit training—a fun, motivating way to boost energy and burn fat.

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

at LVHHN

LVH–Cedar Crest, Auditorium

Tue., Sept. 12, 2 p.m.
 Mon., Sept. 25, 2 p.m.
 Tue., Sept. 26, 9 a.m.
 Mon., Oct. 9, 2 p.m.
 Tue., Oct. 10, 9 a.m.
 Mon., Oct. 23, 2 p.m.
 Thu., Nov. 2, 3:30 p.m.

LVH–Cedar Crest, Classrooms 1 and 2

Tue., Sept. 19, 2 a.m. and
 3:30 a.m. (night shift)

LVH–17th and Chew, Auditorium

Fri., Sept. 15, 9 a.m.
 Fri., Sept. 22, 2 p.m.
 Thu., Sept. 28, 7:30 a.m.
 Mon., Oct. 16, 9 a.m.
 Wed., Oct. 18, 3:30 p.m.

LVH–17th and Chew, SON Auditorium

Thu., Oct. 12, 2 p.m.

LVH–Muhlenberg, Educational Conference Center

Fri., Sept. 15, 2 a.m. and 3:30 a.m. (night shift)
 Fri., Sept. 22, 7:30 a.m.
 Tue., Oct. 3, 3:30 p.m.
 Mon., Oct. 9, 9 a.m.
 Fri., Oct. 20, 2 p.m.

1245 S. Cedar Crest Blvd.

Thu., Sept. 7, 2 p.m.
 Thu., Oct. 19, 2 p.m.

1249 S. Cedar Crest Blvd., Lower Level Conf. Rm.

Wed., Oct. 4, 10 a.m.
 Fri., Oct. 13, 10 a.m.

2166 S 12th Street, 1st Fl. Conf. Rm.

Thu., Sept. 14, 3:30 p.m. (LVP staff from
 2268 S 12th)
 Tue., Sept. 19, 3:00 p.m.
 Tue., Oct. 17, 3:30 p.m. (Home
 Care/Hospice staff)

Refer a Physician... Get a Bonus

Do you know any physicians who would like to join our team? LVHHN seeks your assistance in identifying applicants for hard-to-fill physician vacancies. Recruiting well-educated and highly skilled physicians helps us continue delivering quality care. The demand for physicians nationwide is growing, and the number of physicians educated each year is declining, creating a very competitive marketplace.

If you refer a physician to fill one of the positions listed below, you can earn a \$500 reward.

- Orthopedic sub-specialists (trauma, foot and ankle, total joint)
- Pediatric sub-specialists (pulmonary, neurology, endocrinology)
- Pediatric surgeons
- Cardiologists
- Gastroenterologists
- Maternal-Fetal Medicine sub-specialists
- Medical oncologist/hematologist

To refer a physician candidate to the Physician and Executive Recruiting Department:

- Go to TAO Email
- Click on Bulletin Boards
- Click on Forms _LVH
- Right click on Physician Referral Form
- Select "Use" form

'Hidden' Heart Disease

Wed., Sept. 20; 7 – 8 p.m.

FREE

LVH–Muhlenberg

Research shows women are at greater risk for a type of artery disease that common tests don't reveal. Get the facts on diagnosis and treatment.

Miller-Keystone Blood Drive



Tue., Sept. 12; 6:30 a.m. – 4:30 p.m.

LVH–Cedar Crest, Anderson Wing, Classrooms 1, 2 and 3

Peripheral Neuropathy and Cancer

Thu., Sept. 21; 7 – 8:30 p.m.

FREE

LVH–Cedar Crest, auditorium

Abnormal nerve symptoms can be a clue to cancer diagnosis or an effect of cancer treatment. Learn why and how to manage it.

PUMP

Wed., Sept. 27; 6:30 – 7:30 p.m.

8 classes, \$64 reimbursable through Culture of Wellness

Healthy You Center

This group workout with light weights produces visible results.

Qigong

Mon., Sept. 18; 11:15 a.m. – 12:15 p.m.

8 weeks, \$68 reimbursable through Culture of Wellness

Healthy You Center

This exercise combines movements and meditation, rebuilding and rejuvenating energy.

Staying Strong

Mon., Sept. 25; 10 – 11 a.m.

24 classes/8 weeks, \$66 reimbursable through Culture of Wellness

Lower Macungie Township Building

This program builds muscle tone, slows bone loss and eases arthritis.

Where to Step In: EAP Training for Managers and Supervisors

Wed., Sept. 13; 9 – 11 a.m.

FREE

2166 S. 12th St., 1st Fl. Conf. Rm.

Learn how to use Preferred EAP as a management tool.

Video Link to Iraq

LVHHN is teaming up with the Freedom Calls Foundation to keep local families connected to their loved ones serving overseas. Video conferencing capabilities have been set up between LVH–Cedar Crest and Camps Taji, Fallujah and Al Asad in Iraq. To schedule a video conference with your loved one, call 610-402-CARE.

1 The Good and the Wired

Emergency department (ED) colleagues Robin Huntington, R.N., Andrew Martin, R.N., and LVH—Cedar Crest ED director Courtney Vose, R.N., use the T-System, an electronic documentation record, when caring for patients. Technology like this helps keep patients safe. It also earns LVH national recognition for quality care. We are one of just 41 hospitals nationwide listed on both *U.S. News & World Report's* America's Best Hospitals and *Hospital & Health Networks'* 100 Most Wired list for best use of technology.

2 Welcome Aboard

What made pediatric surgeon Thomas Whalen, M.D., join LVH as the new chair of surgery? The culture. "I'm so impressed with the way everyone on the health care team works together to benefit patients," he says. Whalen most recently served as a tenured professor, chief of pediatric surgery and chief of the general surgery residency program at Robert Wood Johnson University Hospital. He is LVH's second pediatric surgeon and will assist in the further development of the hospital's specialty care for children.

3 A Legacy of Community Care

Family, friends and colleagues recently celebrated the legacy of the late Mark Young, M.D., former chair of community health and health studies. Young's wife, Ellen Bishop, M.D. (center), and daughters Erica (left) and Suzanne (right) attended the event, which included the unveiling of a memorial commemorating Young's work. His portrait, a collection of his published research studies and a quilt symbolizing accomplishments of MESH (a community partnership program Young founded with support from The Dorothy Rider Pool Health Care Trust) will forever be displayed in the School of Nursing's community health office.

4 Sharing the Journey

Alexandra Petsko (right) relied on books during her cancer treatments to take her mind places her body couldn't go. Now, Alex, who is in remission—thanks in part to the care she received from hematologist-oncologist Philip Montealeone, M.D. (center), at LVH—Muhlenberg's Pediatric Specialty Center—shares the joy of books with other children fighting cancer, including Cordero Bledsoe of Allentown (left). Alex and her Whitehall-Coplay Middle School classmates donated more than 2,500 books to LVH and other area hospitals.

5 A Leader in Burn Prevention

The Burn Prevention Foundation is a national model thanks to the work of executive director Dan Dillard and his staff. Dillard has helped spearhead programs like the Lehigh County Fire Safety House (shown here), which teaches local elementary and middle school students the importance of having a home evacuation plan. For his efforts, Dillard recently received the Burn Prevention Award from the American Burn Association.

6 Education Takes Flight

MedEvac colleagues (l-r) Dwight Bitting, Roger Buck, Brad Mann and Dan Rymond helped to educate the 22,000 emergency medical services and fire-and-rescue providers who attended a three-day fire expo at the Harrisburg Farm Show Arena. Their display focused on University MedEvac and the unique services available once patients arrive at LVH via helicopter.

Your colleagues are spreading our hospital's message worldwide. Learn how by reading more PRIDE in Our People. Visit the intranet at www.lvh.com or call 610-402-CARE.



1



2



3



Be an LVH Advocate

When Mayra Thomas moved to Allentown, she looked for a hospital that could care for her brother, Andrew Elias, who was battling kidney disease. She found what she was looking for in LVH, including employment as Lehigh Valley Family Health Center's insurance coordinator. "After 17 years of dialysis, Andrew received a kidney transplant in October," Thomas says. "Now I tell all my family and friends about the excellent health care services available here."

Have you referred a patient to LVH? If so, call 610-402-3175 or e-mail Richard.Martuscelli@lvh.com and share your story in *CheckUp*.



4



5



6

Cedar Crest

Look to the Skywalk

It rises 27 feet off the ground and spans a distance of 150 feet. It's the pedestrian bridge that joins LVH-Cedar Crest with the new Center for Advanced Health Care, and it's beginning to take shape. Watch for lane restrictions along the ring road as crews install its exterior panels through September.

Here are some other bridges construction crews will be crossing this month:

Parking Deck —Flagmen will direct traffic while 284 precast concrete panels are delivered during the next three weeks. Use caution when driving by the construction vehicle entrance near the Cancer Center and in lot 12A, where trucks will load materials used to backfill sections of the parking deck site. Due to design changes that will improve the deck's operational efficiency, the completion date has been pushed back to December.

Main Entrance —A new main entrance road, which includes patient drop-off lanes, is scheduled to open Sept. 4. The temporary canopy and construction fencing will be removed.

The Center for Advanced Health Care — Inside, tenants and architects are collaborating to design workspace areas. Outside, sidewalks and a parking lot will be constructed.



Make Way for H—When all of the exterior panels are installed on the pedestrian bridge, crews will affix lettering welcoming people to Lehigh Valley Hospital. The bridge also will include its own version of LVH-Muhlenberg's Big Blue H.



Celebrating 30 years!

Karen Scheirer, R.N.

5C medical/surgical unit

Most Memorable Moment Here

My time spent on 6T at LVH—17th and Chew. The staff and the physicians there were like family.

My Inspiration at LVHNN

All the wonderful people I've met along the way

Best Virtue

Being a mom (even a second mom to some of my colleagues)

Other Areas Where I Worked

The Allentown Hospital, Schaffer 3 and sections J, 6T and 5T when LVH—17th and Chew was remodeled

Favorite Pastimes

Spending time with my grandchildren and taking care of my pond and yard

Favorite Cafeteria Food

Sugar cookies



Intranet: www.lvh.com • Internet: www.lvh.org

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40 YEARS

Rosemary Peters
Transitional Skilled Unit

30 YEARS

Cynthia Brunner
CT Scanning
Nancy Earley
Radiation Oncology
Inge Meyers
Medical Records
Margaret Molesky
Mental Health
Karen Scheirer
5C Medical/Surgical Unit

25 YEARS

Gillian Amey
Bed Management
Anne Berrios
Neuroscience ICU
Maureen Bredbenner
Operating Room
Carol Brensinger
Neonatal ICU
Michael DeSantis
Ultrasound
Constance Ferris
Emergency Department
Irene Figner
CVM
Carol Gould
Transitional Skilled Unit
Charles Humphrey
Home Care –
Skilled Nursing
Mary Kunkel
Pediatric Ambulatory
Surgical Unit
Michael Martin
Supply Management
Jean Potosky
Mental Health

20 YEARS

Sandi Rubright
Radiology-Diagnostic – CC
Vicki Shollenberger
Acute Coronary Care Unit
Nancy Ayers
Respiratory Therapy
Dawn Brazuk
Operating Room
JoAnne Brown
Ambulatory Practice Admin
Donna Dowlatshahi
Hospitalist Program
Susan Eckhart
Medical Oncology LVH–M
Barbara Gangemi
Radiation Therapy LVH–M
Cynthia Graves
Admitting Office
Tracy Hujsa
Managed Care
Michelle Hutnick
Accounts Payable
June Kelly
3A IPCU
Martha Kissinger
Ancillary Diagnostic Area
Maria Kita
Pre-op Staging
Bonnie Magliane
Burn Outpatient Program
Rainelle Pail
Patient Accounting
Paula Robinson
Nursing Education
Brenda Rocchino
Facilities Admin
Dean Romanchuk
Progressive Coronary
Care Unit
Kunjuthresia Valliyil
Open Heart Unit
Jeanette Zellner
Neuroscience Unit

15 YEARS

Randall Achey
Security
Magdalena Gross
MICU/SICU
Donald Hougendobler
Environmental Health &
Safety
Debra Hughes
Management Suite
Alicia Kowalchuk
Courier Services
Alice Saville
7B Medical/Surgical Unit

10 YEARS

Jane Balga
Physical Therapy
Josefina Clark
Certified Interpreter
Lorraine Dillon
Plastic Surgery Assoc of LV
Cheryl Faust
LVAS LVH–CC
Terry Fitzmaurice
Occupational Therapy
William Iobst
Rheumatology
Daisy Lopez
Home Care –
Home Health Aide
Judy McGovern
Hemodialysis Center
David Meehan
ABC Family Peds Laurys
Station
Sue Neiman
Transitional Skilled Unit
Rebecca Peterson
Neonatology
Cheryl Rieth
HealthWorks –
Bethlehem Twp
Evelyn Rivera
Transitional Skilled Unit

Lisa Rocco
Emergency Services –
LVH–CC
Nancy Schmoyer
Facilities Admin
Rajumati Shah
RHC—Medical
Rosanne Teders
Psych Eval/OP Services
Kristine Weinhofer
Cancer Data Management
Shirley Wynen
Payroll

5 YEARS

Amelia Amorim
7B Medical/Surgical Unit
Dorothy Atiyeh
Endoscopy – G.I. Lab
Cory Black
Physical Medicine
Michael Consuelos
Dept of Pediatrics
Kelly Costello
Scott A. Rice, M.D.
Lynn Deitrick
Health Studies
Nicole Englert
Acute Coronary Care Unit
Eleanor Epser
LVAS – LVH–M
Jacqueline Fischl
5C Medical/Surgical Unit
Maria Floryshak
CECE Ctr
Eva Fox
CTVU
Lisa Fraser
Trauma Reg Res Ctr.
Greta Green
7B Medical/Surgical Unit
Brian Hagenbuch
Home Care –
Physical Therapy

L. Wayne Hess
OB/GYN Chair
Nancy Iachini
Business Development
Amy Kelleman
Occupational Health
Peter Li
Neurological Surgery
Michelle McCallum
Physical Therapy
Allison McElroy
College Heights OB/GYN
Juan Mendiolina
Post Anesthesia
Care Unit
Corrie Miller
Transitional Open
Heart Unit
MaryAnne Peifer
EMR Operational
Kami Reinhard
Home Care –
Physical Therapy
Linda Rodriguez
Neuroscience Unit
Richard Romani
Financial Planning
Stephanie Roque
LVPP CDS
Karen Rusinko
Neurological Surgery
James Waddell
Case Management
Todd Warmkessel
LVAS LVH–CC
Kyra Yurko
LVAS LVH–CC

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