

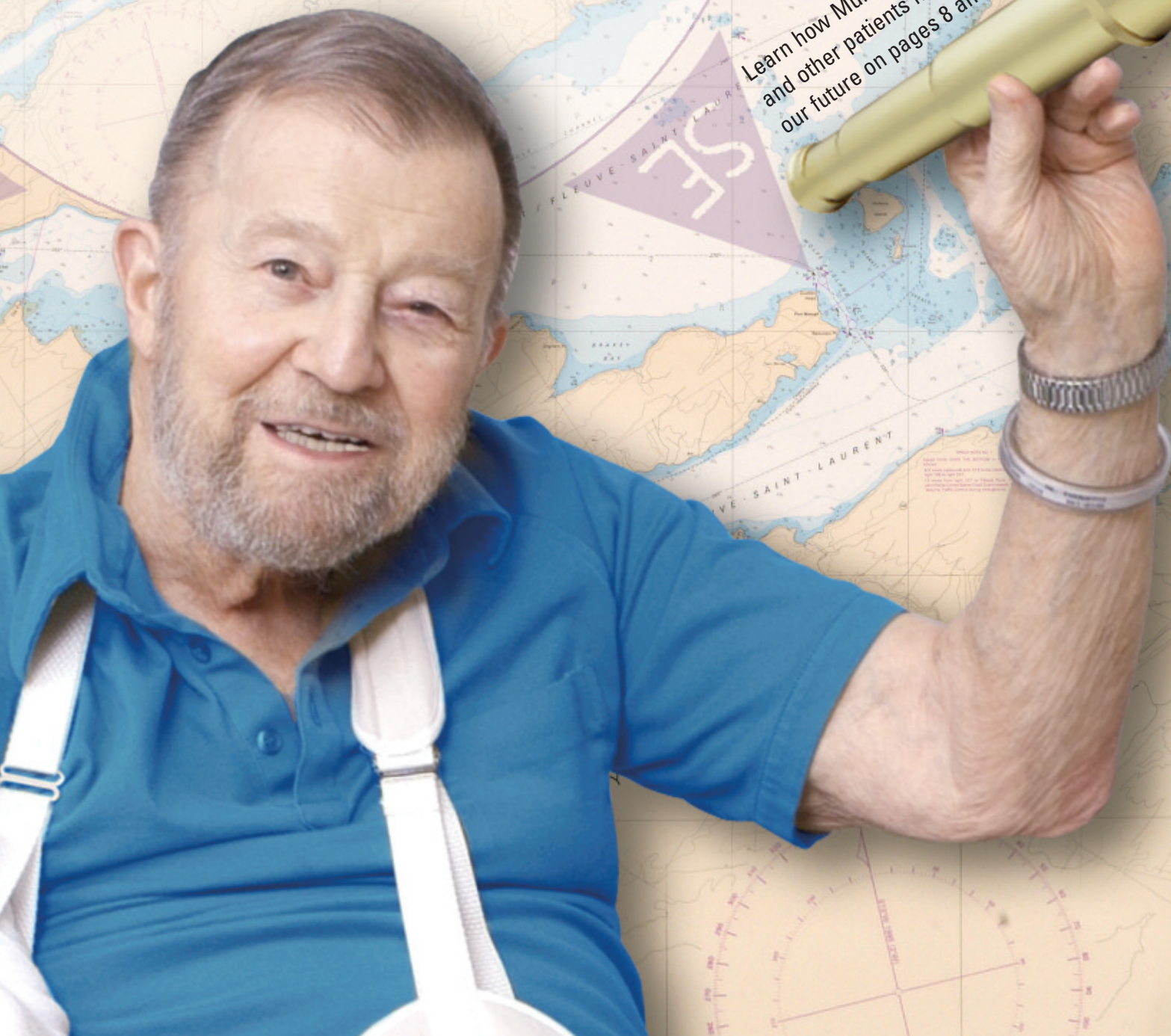
# CHECK UP

MAY 2006

A MAGAZINE FOR EMPLOYEES  
OF LEHIGH VALLEY HOSPITAL  
AND HEALTH NETWORK

## WHAT DOES HE SEE?

Learn how Murray Howden  
and other patients help chart  
our future on pages 8 and 9.





focus on  
**PRIDE**

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Issues & Initiatives



# We Carry the Dream Forward

In the spirit of Leonard Parker Pool, we make our community stronger and healthier in dynamic ways

**When he had to travel to New York City**

to get cancer care for his beloved wife, Dorothy, Leonard Parker Pool realized the importance of having the best health care close to home. His vision: creating a superior regional hospital, so people would not have to travel outside our area.

**If Leonard Pool could see his hospital today, I am confident he would be grinning from ear to ear.** We are a not-for-profit, charitable organization. That means every dime we make is reinvested in creating better care for our patients and our community. Our leadership team shares a solemn obligation to use these resources responsibly and preserve our health care services for generations to come. Our hospital is unique, home to the region's only Burn Center, Transplant Center and Pediatric Intensive Care Unit, to name just a few.

The good news: **we are financially strong.**

A recent study shows one in four Pennsylvania hospitals lost money last year. We did not. Our strength means we do not have to choose between fixing the roof and investing in a Gamma Knife® that can save more lives. It also means all of us—the 8,000 colleagues who depend directly on our hospital for our livelihood and our health care—do not have to stay up nights worrying about job security.

**We are efficient.** Just five years ago, when we faced a \$1 million loss, your dedication put us back on track. You continue to find cost-saving and quality-improvement ideas through Working Wonders, and remain dedicated to cutting costs in your department. This directly impacts the people we care for every day. Ten years ago, our costs were lower than only about 30 percent of similar hospitals. Now, thanks

to our efficiencies, our costs are lower than 75 percent of similar hospitals.

Our strength means we can do amazing things we couldn't do five years ago. We delivered a record \$84.1 million in charity care and service to people in our community last year. This includes free care for people who do not have health insurance or do not have adequate insurance. It also includes free wellness classes, screenings, health fairs, thousands of community flu shots and physicians' hours in caring for those in need.

**We create a more independent community.** Our financial counselors help people without health insurance apply for Medicaid so they can access the health care services they need. As a result, we now enroll more than 41 percent of all Medicaid eligible patients in Lehigh County, an 80 percent increase over the past four years.

**These are just some of the countless examples** throughout our hospital that show how our focus on our community creates a better Lehigh Valley. If you want to learn more about our community service, please visit our Web site at [www.lvh.org](http://www.lvh.org). Also, if you are a member of a community service organization that you believe would benefit from a personal conversation about our charitable mission from one of our senior managers, please let us know.

**We are always proud to tell our story,** just like we are proud of the work you do every day for our community. Thank you for all you do to help us make Leonard Pool's dream a reality every day.

Lou Liehaber, Chief Operating Officer

# There's Still Time to Choose

## Make your retirement choice by May 31

Remember, the Retirement Choice decision period ends May 31 for employees hired before April 1, 2006. You must log on to [www.lvhhnretirementchoice.com](http://www.lvhhnretirementchoice.com) before that date and choose between staying in the current retirement program or moving to one of two new program options. The option you choose will take effect July 1, 2006.

If you're still not sure which program is right for you, be sure to use all of the resources and tools LVHHN offers:

- **Review your Retirement Choice Decision Kit**, which was mailed to your home in late March.
- **Visit the Retirement Choice Web site**, which includes a modeling tool to help you project and compare benefit values for each option based on your own assumptions for the future.
- **Attend a meeting to hear more about your program options** and have a chance to ask questions. Meetings started in late March but will continue through mid-May. A schedule of meeting times and locations is included in your Decision Kit.
- **Make an appointment with your AIG VALIC financial advisor**. Your advisor can help you with your Retirement Choice decision, or with any other savings or retirement planning questions you may have. To schedule an appointment, call 1-888-252-5201.



**REMEMBER** to make your Retirement Choice election by May 31, 2006. You will receive a confirmation statement showing your program choice in late June.

## And don't forget to enroll with AIG VALIC!

After you choose your retirement program option, contact AIG VALIC to make your savings and investment fund elections. You can contact VALIC by phone at 1-888-568-2542 (8 a.m. – 9 p.m. Eastern Time) or online at [www.aigvalic.com/lvhhn](http://www.aigvalic.com/lvhhn).

Remember, if you are not currently contributing to an LVHHN savings plan—either a 403(b) or 401(k) plan—you will automatically be enrolled in the savings plan at a 2 percent contribution rate beginning July 1, 2006. You will need to contact AIG VALIC to change your contribution percentage or formally opt out of the plan.

**Have questions about Retirement Choice or any of your retirement benefits?** Send an e-mail to [Human\\_RS@lvh.com](mailto:Human_RS@lvh.com) or contact your VALIC financial advisor.

Clinical information analyst Krista Casey already purchased her retirement home. Her dream: she'll turn an unfinished room into her own library and fill it with her book collection. The final touch—a soft, cushy leather chair where she can cuddle up and read.



# All Points Lead to



## When asked, we respond by partnering with other hospitals and helping other communities

“We heal, comfort and care for the people of our community.”

It’s the opening phrase of LVHHN’s mission statement. Does that mean we ignore the health care needs of those outside the Lehigh Valley? “No,” says emergency medicine chairman Michael Weinstock, M.D. “When smaller regional hospitals ask for assistance, it’s our obligation to help.”

Hospital partnerships are nothing new. As the area’s first Level 1 Trauma Center, we’ve developed relationships with other hospitals to care for people who need immediate, lifesaving help. Why? Many other hospitals don’t have the resources to do so. Here’s how our newest partnerships with three regional hospitals help more people live well:

## Landing in Lehighton

Rita Richert’s hands were numb, shoulders sore and breathing difficult. At the emergency department (ED) in Lehighton’s Gnadon Huetten Memorial Hospital, tests quickly determined the Albrightsville woman was having a heart attack. So, the ED physician initiated an MI Alert, a process ensuring Richert’s blocked artery would be opened within 120 minutes.

While Lehighton’s caregivers administered medications to thin her blood, lower her heart’s workload and relieve her pain, MedEvac personnel flew to Lehighton. “I was scared but comforted knowing things were happening quickly,” Richert says. Only 103 minutes after walking through Gnadon Huetten’s ED doors, Richert arrived via MedEvac at LVH–Cedar Crest’s cardiac catheterization lab.

“This partnership has helped nearly 30 patients like Rita Richert since 2004,” says Regional Heart Center medical director Michael Rossi, M.D. To strengthen the partnership, our caregivers taught Gnadon Huetten’s caregivers how to initiate an MI Alert on their own. “This saves valuable minutes,” Rossi says. “Wasted time equals damage to heart muscle.”

Richert didn’t have to worry about that. She received an artery-opening angioplasty and suffered no additional heart damage. “This partnership saved my life,” she says.



**The great outdoors**—Thanks to our partnership with Gnadon Huetten Memorial Hospital, Rita Richert can enjoy a hike through the woods without becoming short of breath. After surviving a heart attack, “Life is a little sweeter these days,” she says.



## Our Partnerships Win Awards

Regional MI Alert saves lives, and now it's an award-winner, too. It received a 2006 Hospital Association of Pennsylvania Achievement Award for Patient Care!

## Specialized Care in Sellersville

As an ED technician 15 years ago, Debbie Bandura helped people in her Sellersville-area community by caring for patients at Grand View Hospital. Now, she's helping the people of her community connect with quality heart care services.

Bandura, a registered cardiac invasive specialist at LVHHN, is part of a team that designed Grand View's new cardiac catheterization lab, the first in that hospital's history. She worked with LVHHN's medical staff to design the new space. "Grand View wanted to emulate what works well for LVHHN, including all-digital technology to help give caregivers the clearest heart images," says Bandura, who is now cath lab coordinator and in charge of day-to-day operations.

Interventional cardiology colleagues from both LVHHN and Grand View currently perform diagnostic procedures at Grand View's cath lab. The lab will soon offer artery-opening procedures like angioplasty and stents.

**Peace of mind**—Beginning July 1, when West Hazleton fire chief Bob Ward responds to an emergency call, he'll feel reassured knowing we're partners with Hazleton General Hospital's ED. "The level of emergency care in Hazleton will improve dramatically," he says.

## Helping Hazleton

When he experienced stomach pain two years ago, West Hazleton fire chief Bob Ward traveled an hour to LVHHN. "The hospital has an excellent reputation," he says. Diagnosed with diverticulitis, he had successful surgery. "Now I have no pain and can eat anything," he says. "It was well-worth the drive."

Today, Ward is "ecstatic" to learn we're partnering with Hazleton General Hospital's ED. It started last year, when officials there asked us to review blueprints for their new ED. "We suggested opening up floor space and adding beds to improve the way patients flow through the department," Weinstock says.

They then asked us to operate the new facility. "Beginning July 1, seven of our ED physicians will staff Hazleton's ED 24/7," Weinstock says. "The partnership will be good for Hazleton and will fulfill our mission as a regional hospital."

Ward is happy to know the care he received here will be available to those he rescues from car accidents and fires. "The people of Hazleton shouldn't have to leave town for quality emergency care," he says. "Thanks to this partnership, they won't have to."

*Rick Martuscelli and Matthew Burns*

**Crystal clear**—Debbie Bandura stands inside Grand View Hospital's cardiac cath lab. It features the newest GE Innova all-digital systems, giving doctors the clearest heart images available.

# ‘Why We’re Giving Back’

## *Colleagues show why they’re inspired to support the hospital and the community they call home*

Colleagues like Bob Ruhf, Rosalie Ackerman and Tatyana Sokolova work in different areas of the hospital, but they all share one thing in common: a desire to help others. They do it every day in their jobs, and now they’re doing it by giving back through the employee fund-raising campaign, “Investing in Excellence Here at Home.” Here’s why they feel compelled to give back:



### *“For My Family”*

For 30 years, sterile processing coordinator Bob Ruhf always enjoyed his role in preparing the hospital’s operating rooms (OR) for each day’s surgeries. But he found even more meaning in his job when his parents needed surgeries here several years ago.

*“My mother had a successful total knee replacement, and my father had a successful surgery to remove cancer,” he says. “If it wasn’t for this hospital, I know they would’ve needed to find care outside the area.”*

Ruhf is grateful for the care his family receives and for the opportunities his family enjoys here. He first started in perioperative services, cleaning the operating rooms. Now he supervises a team that makes sure the OR and 25 other departments are stocked with all necessary sterile equipment and supplies. His wife, Tina (left), works here too, as an R.N. who assists patients calling 402-CARE.

“We have great pride in working here, and getting to have lunch together at times is an extra bonus,” Bob Ruhf says. “We’re taking our reimbursements from Culture of Wellness programs and reinvesting them in the fund-raising campaign to show our pride.”

### *“For My Community”*

When Rosalie Ackerman stops at the coffee stand in the Jaiendl Family Pavilion prior to a meeting, she’s already engaged in conversation with colleagues.

*“I enjoy talking with physicians and other caregivers to hear what they need to do their jobs best,” she says. “The great part about working here is that we can provide what they need.”*

Ackerman, a marketing coordinator for home care and hospice, sees the hospital’s growth every day when she walks on the recently renovated inpatient hospice unit at LVH—17th and Chew Streets. It includes two new patient rooms, an overnight room for patients’ family members and comforting touches, like a water feature in the waiting area.

“The Lehigh Valley is growing and changing, and as a hospital we need to keep up with that growth,” Ackerman says. “This hospital believes in what’s best for the community, and giving back to the hospital helps deliver the services people truly need.”







## “For My Patients”

Five years ago, Tatyana Sokolova never dreamed she’d be working and living in America. Today, Sokolova, an R.N. and a native of Russia, is living her dream.

A nurse for 17 years, Sokolova received an opportunity three years ago to visit America and study the world’s most advanced health care system. Now, she’s here to stay, caring for patients like Angelina Smith, of Allentown, on the transitional skilled unit at LVH–17th and Chew.

*“In Russia, most nursing is focused on education, but in America, nursing is focused on patient care,” she says. “This hospital is very progressive and always thinks of the patient first. I’m giving because I’m thankful for the opportunity they gave me, and because it will help the hospital stay up-to-date.”*

Joe Candio Jr.

**Why your generosity matters**—LVHHN is financially strong. But even with that strength, we can only fund two-thirds of projects our doctors say we’ll need in the next five years to keep delivering quality care. Learn how philanthropy fits into our mission from Chuck Lewis, our new senior vice president of development, by visiting the intranet at [www.lvh.com](http://www.lvh.com) or calling 610-402-CARE.

## LEARN MORE ABOUT

INVESTING IN

# Excellence Here at Home

by attending one of these upcoming kickoff events:

### Tue., April 25

LVH–17th and Chew  
6 – 7 a.m. – Auditorium  
2 – 3 p.m. – Conf. Rm. A

### Wed., April 26

LVH–Muhlenberg  
6 – 7 a.m. – Conf. Rm. C and D  
2 – 3 p.m. – Conf. Rm. C and D  
10 – 11 p.m. – Conf. Rm. C and D

### Thu., April 27

LVH–Cedar Crest  
6 – 7 a.m. – ECC #1  
2 – 3 p.m. – ECC #1  
10 – 11 p.m. – ECC #1

*“It’s better than investing in the stock market,” says Sandi Marsh, shown here with her mother, Marie Henriques.*

Marsh is inspired to give back by the cancer care her father received. Learn more about her story and get updates on the employee campaign each week by visiting the intranet at [www.lvh.com](http://www.lvh.com) starting May 10 and reading the weekly campaign newsletters. They are also available from your department’s campaign leader.





# HE SEES *Our* Future

Murray Howden helps us chart better care  
for patients with chronic illnesses

**Murray  
Howden, 85,  
faces many  
challenges each  
day** due to heart disease.

He can no longer drive, is dependent on caregivers in a nursing home and easily tires when getting out of bed. "But I have found support to help deal with these impediments, so I can live as comfortably as possible," says Howden of Bethlehem from his motorized scooter. "I want others to get the same care and support I have."

He spoke to a group of about 65 LVHHN caregivers, community leaders, patients and family members who gathered for three days to map out the future of care for patients with chronic illnesses. They used a nationally-recognized process called Future Search to develop goals for the next 10 years for patients whose needs stretch beyond the hospital. People with chronic illnesses are living longer because of advancements in treatments, and their needs are growing.

"Instead of bracing for what the future brings us, we prepare for it," says Linda Durishin, an organizational development consultant educated in facilitating Future Search conferences. Participants listen as caregivers, patients and family members share personal stories about navigating the

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**On an expedition**—Murray Howden, 85, of Bethlehem doesn't consider his limited mobility a frustration but an "impediment." His positive attitude is just one reason he was asked to help shape the future of care for patients with chronic illnesses.



# YOU HAVE A VOICE IN OUR FUTURE

Terry Capuano, R.N., senior vice president of clinical services, empowered nurses to set their goals for the next 10 years. To do so, she called upon 140 nurses to participate in a Future Search conference.

"When we started talking about the future of nursing, we discovered we had a lot in common," says participant

**Dorothy McGinley, R.N.** (left), of the post-anesthesia care unit at LVH—Cedar Crest. Others felt as strongly about recruitment and retention resources and precepting opportunities as she did.

"It was exciting to have a voice in our future and help shape the nursing profession," McGinley says. In fact, everyone had such a strong say that if one person disagreed with a goal, it was removed from the list.

You, too, could participate in a Future Search. This spring, Capuano is calling upon caregivers, community members and patients to look to the future of patient care. Through Future Search, they will set goals for taking the patient care experience to the next level.

**Want to read the goals of nursing?** Call 610-402-CARE or visit [www.lvh.com](http://www.lvh.com).

health care system. Together, they create giant, colorful diagrams to illustrate the past and present. And, through skits, artwork and even poetry, they describe their ideal futures.

"Hearing patients' experiences increased my awareness of their needs and how we can help them," says Donna Petrucci, C.R.N.P., who cares for heart failure patients. "I feel empowered to have a voice in a plan that will open new doors for patients."

In the end, we have a map for the future—a guide for developing programs and support systems. For instance, someday we hope to create a patient information system that will allow patients and their many caregivers to access their health information electronically for more accurate and faster care.

Another goal is educating caregivers and patients about support programs like Community Exchange, which helps Howden. The program connects people who have skills to share. In exchange for companionship and help with daily tasks like putting on his shoes, Howden maintains a database for the program. "It helps me because I found friends who can drive me to appointments," he says. "I hope it will help others, too."

*Sally Gilloti*

**Navigating for patients**—As a long-time patient advocate, Donna Petrucci, certified nurse practitioner, is helping LVHNC become a leader in helping patients with chronic illnesses navigate their care.





# *The Best Place on the Map*

Our reputation for quality care  
sparked the Rowley family's move

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**On the move**—John and Joan Rowley believe our attention to detail and friendly smiles set us apart from other hospitals. They feel so strongly about our care, they packed up their belongings and moved to Allentown just to be close to our hospital.

**The mountainous landscape**, the change of seasons and the friendly smiles of its residents all entice people to move to the Lehigh Valley. But for John and Joan Rowley, none of that mattered more than our reputation for providing quality care.

Upon retirement, John, a junior high school principal, and Joan, a special education teacher, moved from Livingston, N.J., to Lake Wallenpaupack. “That’s when I began experiencing pain in my stomach,” John says, “and the local hospital misdiagnosed an intestinal blockage.” Even though things turned out fine, the Rowleys knew they needed to prepare for the future by moving near a high-quality hospital.

They began doing research and asking their friends and neighbors questions. “We noticed every time someone from the Poconos was seriously injured or ill, they went to LVHHN,” Joan says. “So Allentown was the place for us.”

The couple quickly purchased a new home and started packing. On moving day, the unexpected happened—while lifting a heavy box, John developed a hernia. “I didn’t think I would be going to the hospital so soon,” he says, “but I was immediately impressed with the care I received.”

Only a short time later, John needed care again, this time for a hip replacement. “That’s when we realized we made the right decision to move here,” Joan says. Both were amazed by the amount of information they received soon after the surgery was scheduled. “On the day of surgery, I felt comfortable because I knew exactly what was going to happen,” John recalls.

That sense of security continued in the days afterward. While receiving care on LVH–Cedar Crest’s 5B, John was most impressed by the people he met. “I’ve been in hospitals where employees have a negative attitude,” John says. “At

LVHHN, everyone has a smile on his or her face. For me, that goes a long way toward healing.”

John found much of the same when he transferred to LVH–17th and Chew for rehabilitation. His physical therapist, Stephanie Cleaver, made a particularly strong impression. “She always had a positive attitude, encouraging me to do my best,” John says. “Even though I was working hard, I felt relaxed with her.”

John’s hard work paid off. Now back on his feet and living an active lifestyle, he says, “I don’t know if things would have worked out this well if we hadn’t moved to Allentown. LVHHN is just as advertised.”

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*Rick Martuscelli*



## SERVICE STARS of the MONTH

When a patient arrived with respiratory failure, colleagues knew how to treat him. But during the patient's eight-week stay, a disruptive family member tested the team's ability to deliver quality care.

"We all came together and outlined special strategies to meet the family's needs and not disrupt others on the unit," says Kathy Felix, case manager. For example, after the patient's transfer from ACU to PCU, colleagues cared for him through discharge, providing him with all medical and rehabilitation care.

Michael Pistoria, D.O., who nominated Felix and Susan Newhard, R.N., commended their professionalism. "They never allowed their frustration to interfere with the care of the patient," he says.

"Although Kathy and I were nominated for this award, we couldn't have tended to this demanding family without the entire ACU/PCU staff focusing on the patient and delivering the highest-quality care," ACU/PCU director Susan Newhard says.

Kimberly Hassler



## SERVICE STARS

Kathy Felix, case manager, and Susan Newhard, patient care services director, acute coronary unit (ACU)/progressive coronary care unit (PCCU)

### Congratulations to Award Nominees

**Rosemary Hill, R.N., neonatal intensive care unit (NICU)**

*Nominated by Cherie Raub, R.N., patient care specialist, NICU*

**Peggy Farrell, registrar, Health Center at Trexlertown**

*Nominated by Kim Sterk, director, Dr. Dean Ornish and VIP for Life programs*

**HealthWorks colleagues**

*Nominated by Nilsa Bonilla, technical partner, LVH-Muhlenberg float pool*

**Susan Henry, case manager**

*Nominated by Marisa Ervin, case manager, neuroscience research*

**Carolann Kindt, support partner, 5C**

*Nominated by Daryl Gordon, graduate nurse, 5B*

**Iva Campbell, support partner, 4C**

*Nominated by Scott Demasi, technical partner, 4C*

**Amy Yankanich, R.N., hospice**

*Nominated by Sandy Bird, Diane Brown and Diane Milkovits, case managers*

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



## WORKING WONDERS

Patient care specialist Tami Meltsch, R.N., shows her mother, Jane, how much she loves and appreciates her with a daffodil plant. Tami submitted her first idea in January and is waiting to hear if it's approved.

Mother's Day is a time to show your mom appreciation for all those special things she does for you. To honor that sentiment, Working Wonders wants to show its appreciation to you for all your great ideas with **even more prizes**.

Everyone who submits a Working Wonders idea receives a thank-you gift like a water bottle, fanny pack or mug. But now through May 8, your money-saving and quality-improving ideas could win you one of 20 hyacinth, tulip or daffodil plants. Give one to your mother, a colleague or friend, or keep it for yourself. If your idea is approved, you will earn a cash reward, up to 10 percent for individuals and 15 percent for teams.

"Ideas can spring up from anywhere," says management engineer Jacqueline Straley.

"Look around and challenge yourself by seeing things in a new way."

Kimberly Hassler

**Submit an idea** at home on [www.lvh.org](http://www.lvh.org), at the hospital on [www.lvh.com](http://www.lvh.com), via the e-mail [W-W\\_Submissions](mailto:W-W_Submissions) bulletin board, or via interoffice mail to Jacqueline Straley, management engineering.

**NOW, WIN  
EVEN MORE  
PRIZES!**

Next month,  
learn about  
Tool Time  
giveaways.

# What's Happening at

## A Heart-Healthy Java Jolt?

Drink coffee in a study to find out

Do you need a cup of Joe to start your day? Researchers are conducting a clinical trial to learn if a coffee additive, called Heart Blend Coffee®, helps lower bad cholesterol (LDL) in people who drink two cups a day. LVHVN is looking for 150 people to participate. To be eligible, you must be between ages 18-80, with a baseline LDL of 120-190. The study will last four weeks. To join the study, call 610-402-CARE.



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

### 2006 MS Walk

**Sun., May 7**

Check-in: 9 a.m.

Walk: 10 a.m.

Rose Garden Pavilions, Allentown

*Team up with friends, family or colleagues to help fight MS. All walkers are required to raise a minimum of \$25.*

### CPR Recertification

**Wed., May 24 and Thu., May 25**

**Wed., May 24:** 10 a.m. – 10 p.m.

**Thu., May 25:** 8 – 11 a.m.

LVH–Cedar Crest, Classrooms 1, 2 and 3

*Brush up on the new CPR guidelines. Class is free only for employees whose jobs require it. Pre-registration is required.*

### Conquering Headaches

**Mon., May 15; 6 p.m.**

FREE

LVH–Cedar Crest, classroom 1

*Learn about treatment options for the most common headache types.*

### Ener-Chi

**Tue., May 23 and Fri., May 26**

8 classes, \$68 reimbursable through Culture of Wellness

**Tue., May 23:** 8:15 – 9:15 p.m.

**Fri., May 26:** 9:30 – 10:30 a.m.

Healthy You Center

*This class offers a fusion of tai chi, kung fu, qigong, yoga and meditation.*

### Everyday Tai Chi

**Mon., May 15, Wed., May 17 and Tue., May 23**

8 weeks, \$68 reimbursable through Culture of Wellness

**Mon., May 15:** 10 – 11 a.m.

**Wed., May 17:** 10 – 11 a.m.

**Tue., May 23:** 7 – 8 p.m.

Healthy You Center

*These mind-body practices build flexibility and strength, ease stress and give you energy.*

### Explaining Stroke

**Tue., May 16 and Tue., May 23**

FREE

**Tue., May 16:** 9 – 10 a.m., LVH–Cedar Crest, classroom 2

**Tue., May 23:** 9 – 10 a.m., LVH–17th and Chew, auditorium

*Learn about stroke signs and symptoms, risk factors and current treatments.*

### FlashFit

**Thu., April 20; 7–8 p.m.**

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

**Wed., May 17:** 8:30 – 9:15 a.m.; Healthy You Center

**Thu., May 25:** 7 – 7:45 p.m.; Banko Family Center

*Learn this fun, motivating way to boost energy and burn fat.*

### Healthy Bones – Over 50

**Thu., May 18; 7 – 8 p.m.**

FREE

LVH–Cedar Crest, auditorium

*Learn about the osteoporosis risks following menopause.*

### Healthy Bones – An Overview

**Wed., May 24; 7 – 8 p.m.**

FREE

LVH–Muhlenberg, educational conference center, room B

*Learn to have strong, healthy bones for a happier life.*

### Healthy Bones – Having HOPE

**Wed., May 31; 7 – 8:30 p.m.**

FREE, 6 sessions

LVH–Muhlenberg, educational conference center, room B

*Learn how the HOPE program helps prevent osteoporosis. Screenings available.*

### Healthy Hands and Nails

**Tue., May 16; 6:30 – 7:30 p.m.**

FREE

LVH–Muhlenberg, south entrance, 1st fl. conf. rm.

*Your hands deserve some TLC! Preview a moisturizing and strengthening education program.*

### The 'Healthy' Tan

**Wed., May 17 and Wed., May 24**

FREE

**Wed., May 17:** 11 a.m. – noon, LVH–17th and Chew, Center for Healthy Aging

**Wed., May 24:** 7 – 8 p.m., LVH–Muhlenberg, education conference center

*Learn pros and cons of tanning and how to keep skin healthy outdoors. Free sunscreen and skin self-exam how-tos.*



## You've Got Mail The Diabetes e-Newsletter

Stay up-to-date with the latest information on managing your diabetes or help educate your patients about diabetes with the free *Healthy You on Diabetes* e-newsletter! Each issue is e-mailed to you and includes information about the latest in diabetes medication, how to help your children control their diabetes, suggested books and Web sites, exercise and diet tips, and more. **Sign up by visiting** [www.lvh.org/diabetes\\_newsletter.shtml](http://www.lvh.org/diabetes_newsletter.shtml).



## Home Ownership Counseling

**Thu., May 25; 6 – 7 p.m.**

*FREE*

LVH–Cedar Crest, auditorium

For first-time home buyers; learn how to obtain a mortgage and more.

## Mineral Makeover for Mom

**Sat., May 13; 10 a.m. – Noon**

*\$25 (\$15 applied to product/service purchase)*

LVH–Muhlenberg, south entrance, 1st floor conference room

Learn the benefits and techniques of mineral makeup in this hands-on workshop.

## Partner Massage II

**Sat., May 6; 11:45 a.m. – 2:15 p.m.**

*\$65/couple*

Healthy You Center

Learn how to harmonize, de-stress and enjoy the benefits of massage together. Prerequisite: Partner Massage I.

## Qigong

**Mon., May 15 and Wed., May 17**

*8 weeks, \$68 reimbursable through Culture of Wellness*

**Mon., May 15; 11:15 a.m. – 12:15 p.m.**

**Wed., May 17; 11:15 a.m. – 12:15 p.m.**

Healthy You Center

These mind-body practices build flexibility and strength, ease stress and give you energy.

## Tim Kratzer Memorial Golf Outing

**Fri., May 5; 7:15 a.m. – 2:30 p.m.**

Wedgewood Golf Course, Coopersburg

Outing is in memory of former LVH colleague Tim Kratzer. Golfers must register.

## Show Your Appreciation Reward & Recognition Fair

**Thu., May 18; 10 a.m.**

LVH–Cedar Crest, classrooms 1, 2 and 3

Having trouble coming up with a unique way to tell a colleague he's done a good job? Get some inspiration at the Reward and Recognition Fair. Representatives from several departments will create displays and explain how they're showing colleagues that hard work is appreciated.

## Learn To Quit Smoking and "Spin to Win"

If you're ready to quit smoking, we're ready to help. Our tobacco treatment program is now covered under Choice Plus. Learn how counseling, medication therapy and support can help you quit for good. Call 402-CARE to get started today.

Learn about our new smoke-free policy going into effect in January 2007. Win gift certificates to smoke-free restaurants just by spinning the prize wheel.

**Wed., May 3; 11:30 a.m. – 12:30 p.m., 1251 S. Cedar Crest**

**Tue., May 9; 11:30 a.m. – 12:30 p.m., 1255 S. Cedar Crest**

**Mon., May 15; 11:30 a.m. – 12:30 p.m., 2024 Lehigh Street**

# Meet LVHHN's New PHYSICIANS



**Gonzalo E. Pimentel, M.D.**

### DEPARTMENT

Medicine

### DIVISION

General Internal Medicine

### PRACTICE

Lehigh Valley Hospitalist Services  
(Daniel T. Mulcahy, D.O.)

### EDUCATION

Central University of Venezuela

Luis Razetti School of Medicine Central  
University of Venezuela

### RESIDENCY

St. Luke's Hospital



**Joanne N. Quinones, M.D.**

### DEPARTMENT

Obstetrics and Gynecology

### DIVISION

Maternal-Fetal Medicine

### PRACTICE

LVPG-Maternal Fetal Medicine  
(William E. Roberts, M.D.)

### EDUCATION

Boston University

Yale University

### RESIDENCY

University of Pennsylvania Health System

### FELLOWSHIP

University of Pennsylvania Health System



**Dhanalakshmi Ramasamy, M.D.**

### DEPARTMENT

Psychiatry

### DIVISION

Child-Adolescent Psychiatry

### PRACTICE

LVPG-Psychiatry  
(Susan D. Wiley, M.D.)

### EDUCATION

Coimbatore Medical College

### RESIDENCY

Temple University Hospital

Drexel University College of Medicine

## 1 Hats On

When cardiac catheterization lab colleagues prepare for a case by putting on their scrub hats, they rely on Dave Salatino, R.N. His mother, 77-year-old retired seamstress Margaret Salatino, makes the decorative, reversible hats. Many of the hats sport a holiday theme and have also been given to visiting doctors from California and even Europe. Shown here are William Combs, M.D. (left), and Salatino.



## 2 Internationally Connected

Alice Dalla Palu, executive director of Coalition for a Smoke-Free Valley, is exchanging information with tobacco cessation specialists from around the world. She's been elected board secretary of the Association for the Treatment of Tobacco Use and Dependence (ATTUD), an international organization that provides scientifically proven tobacco treatment information to smokers. "ATTUD members are a great resource as we move toward becoming a smoke-free hospital," Dalla Palu says. "Plus, I look forward to sharing my knowledge to help ATTUD grow."



## 3 Celebrating Youth

Pre-kindergarten students perform a musical number for Mary Kay Grim, senior vice president (right), human resources, during Week of the Young Child. An annual event at the Children's Early Care and Education Center, the week celebrates children and their families. Other highlights of the week included a grandparent's day and visits by Elliot J. Sussman, M.D., president and CEO, and Lou Liebhaber, COO, who read to the children.



## 4 The Latest in Safety

Caregivers learned about the newest ways to keep patients safe at the recent network-wide Patient Safety Fair. Arranged by risk management colleagues, the fair featured interactive displays about proper hand-washing technique, the value of medication bar-coding and more. Here, operating room (OR) nurse Terise Kelly, R.N. (left), shows physiology lab technicians (I-r) Geri Berasley, Cindy Nguyen and Joan Conway how OR colleagues verify a patient's paperwork prior to surgery.

## 5 Happy Birthday to Us

In March, LVH—Muhlenberg celebrated a full year of caring for patients inside its renovated and revitalized facility. To celebrate, colleagues from the Center for Critical Care and Regional Heart Center—Surgical enjoyed a special lunch and birthday cake. Sharing in the festivities here are (left-right) Front row: Gina Dixon, G.N., Linda Coy, R.N., Diane Limoge, R.N., Eva Fox, R.N., Ingrid Bengston, unit clerk, and Lisa Cedenro, R.N., back row: Sarah Hewertson, R.N., Roslyn Harris, patient care specialist, Kathleen Pruznick, R.N., and Gordon Frey, R.N.

## 6 High Honors for General Services

Crothall Services Group, the firm that manages LVH's general services' quality service, awarded a 2006 President's Council Award to director Jeff Gontarek (right) on behalf of his team. The award, given by Crothall president Bobby Kutteh (left), recognizes general services' of quality service, customer satisfaction, innovation and high standards. General services is responsible for housekeeping, snow removal, hazardous waste removal, landscaping, groundskeeping and timely patient discharge.







**Be an LVHHN Advocate** Jean Stocker of Easton suffered with a bothersome cough for more than 10 years. Doctors outside our network couldn't find out why. With persistent coaxing, her son, John, an information technology coordinator for family medicine, convinced her to consult an LVHHN physician. After being diagnosed with an incurable disease, Idiopathic Pulmonary Fibrosis, Jean chose to participate in a clinical drug trial. "I'm doing something about it now," she says. "LVHHN gave me hope when I didn't have any."

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

## You Help Design Our New Patient Rooms

Patient care coordinator Cindy Meeker, R.N., and her open-heart unit (OHU) colleagues are hands-on in designing LVH-Cedar Crest's new patient rooms. "Colleagues contributed many ideas to make the new OHU ideal for patients and staff," she says.

One example—instead of installing electrical outlets behind patient beds, OHU colleagues suggested mounting them a few feet off the floor alongside the beds. This makes it easier for nurses who need to access the outlets. "An efficient work environment allows us to spend more time at the bedside caring for patients," Meeker says.

**As construction crews bring your ideas to life, here's where you'll see the most progress being made this month:**

**Main Entrance**—Remind visitors that our free valet parking service will not be affected by the construction of a new road directly in front of the Pool Pavilion. When the road is complete, excavation will begin in front of the Jandl Pavilion and 1210 building for the first of two new parking decks.

**Ring Road**—Through June, crews will work around the clock to install water and sanitation lines along the road. Traffic control will be in place, and flagmen will be used if necessary.

**Kasych Family Pavilion**—Three stories of structural steel will be added to the three levels already in place. The seventh and final story will be erected in July.

**Center for Ambulatory Medicine**—Outside, the windows are being installed. Inside, electrical and plumbing work continues.

**Pedestrian Bridge**—A new entrance to the 1240 building is complete, allowing for construction to begin on the bridge's foundation.



Patient care coordinator Cindy Meeker, R.N. (left), and Christina Kerchner, R.N., review the blueprints for our new 12-bed open-heart unit (OHU). Their neighbors in the transitional open-heart unit (TOHU) helped design their new 30-bed unit featuring all private rooms.

# Happy Anniversary! MAY 2006



## Celebrating 35 years!

### Janis Croisette, R.N.

Post-anesthesia care unit

#### Most Memorable Moment Here

One Christmas Day, Burn Center colleagues hosted a holiday party for their pediatric patients. One of my patients, a 4-year-old, recovered in time to experience it. It was an honor to work that holiday.

#### My Inspiration at LVHNN

The courage of our patients, the collegiality of my colleagues and the growth of the hospital

#### Best Virtues

Treating patients with respect and dignity, providing them with care and reassurance

#### Other Areas Where I Worked

Numerous patient care units at LVH—Cedar Crest and LVH—17th and Chew

#### Favorite Pastimes

Traveling with my family, reading and doing crossword puzzles

#### Favorite Cafeteria Food

Soft vanilla yogurt with peanuts and chocolate syrup



Intranet: [www.lvh.com](http://www.lvh.com) • Internet: [www.lvh.org](http://www.lvh.org)

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for employees of

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AND HEALTH NETWORK**

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Susan Hoffman

**EDITOR-IN-CHIEF** Pamela Maurer

**SENIOR EDITOR** Kyle Hardner

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Nathan Billman, Paula Horvath Yoo

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Scott Dornblaser, Amico Studios

#### PRODUCTION ASSISTANTS

Joe Candio Jr., Kimberly Hassler

## 35 YEARS

**Janis Croisette**  
Post Anesthesia  
Care Unit

## 30 YEARS

**Linda Fegley**  
Obstetrics  
**Debra Knappenberger**  
Medical Oncology  
**Kathleen Miller**  
Nursing Float Pool  
**Janet Seifert**  
Medical Staff Services

## 25 YEARS

**Debbie Fegley**  
Vascu/Interventional  
Radiology  
**Pamela Green**  
Patient Transport  
Services  
**Patricia Holmes**  
Medical Records  
Transcription  
**Diane Karetsky**  
Outpatient Pediatrics  
**David Steward**  
Operating Room

## 20 YEARS

**Karen Boutron**  
Regional Comp  
Stroke Ctr  
**Annette Boyle**  
Maternal Fetal  
Medicine

**Maryann Fye**  
6B Renal Med-Surg  
**Joann Gregory**  
Transitional Open  
Heart Unit  
**Rose Hoke**  
Neonatal ICU  
**Jill Korn**  
Cancer Ctr  
Multi-Purpose Area  
**Carol Lacek**  
ASU-PACU/OR  
**Colleen Nickel**  
Perinatal Unit  
**Patricia Parker**  
Care Management  
Systems  
**Dawn Ruth**  
Acute Coronary  
Care Unit  
**David Salatino**  
Cardiac Cath Lab  
**Ann Seyfried**  
Psychiatric  
Rehabilitation  
**Donna Troiano**  
Obstetrics  
**Brenda Troxell**  
Risk Management

## 15 YEARS

**James Benco**  
Transitional  
Trauma Unit  
**Kay Bilheimer**  
MICU/SICU  
**Susan Hoffman**  
Post Anesthesia  
Care Unit

**Sharon Kloiber**  
Case Management  
**Melissa Kratz**  
Cancer Support Services  
**Barbara Pedregon**  
Medical Records  
Coding Reg  
**Laurene Roth**  
Case Management  
**Cade Upanavage**  
Spec Pharm CC  
Third Party

## 10 YEARS

**Margarita Hernandez**  
Sp Pharmacy  
17 & Chew  
**Daniel Medlar**  
College Heights  
OB/GYN  
**Debbie Menio**  
LVPBS - Glazerman  
**Michael Morrone**  
Respiratory Therapy  
**Barbara Sheaffer**  
Pharmacy  
**Elizabeth Wagner**  
Surgical Oncology

## 5 YEARS

**Freda Barnes**  
7C Medical/  
Surgical Unit  
**Angela Becker**  
7A - Neuroscience Unit  
**Adrienne Bell**  
Sterile Processing

**Susanna Berghold**  
Nursing Float Pool  
**Sandra Cruz**  
**Bergoderes**  
Transitional  
Trauma Unit  
**Aaron Bittner**  
Cardiac Catheterization  
**Gregg Block**  
Case Management  
**Daniel Bortz**  
LVHS - I/S  
**Julie Brown**  
Ambulatory Surgical  
**Michelle Bryant**  
Ancillary  
Diagnostic Area  
**Jillian Burger**  
Pharmacy  
**Zoe Caruso**  
Hemodialysis Center  
**Pradip Chakrabarti**  
Renal Transplant  
**Sandra Coombs**  
Home Care - Home  
Health Aide  
**Erin Czonstka**  
Pharmacy  
**Valerie Dlabik**  
4 TM  
**Matthew Eggen**  
Pharmacy  
**Laura Esch**  
Open Heart Unit  
**Anthony Fragassi**  
Physical Medicine  
**Scott Higgins**  
Management  
Engineering

**Luanne Ingram**  
7B Medical/  
Surgical Unit  
**Veronica James**  
Transitional Skill Unit  
**Elizabeth Janowiak**  
Housekeeping  
**Tammy Keeney**  
Nursing Float Pool  
**Robin Koch**  
Geriatrics Program  
**Kelly Lessig**  
Perinatal Unit  
**Tiffany Lopez**  
5TM  
**Brian Manger**  
LVAS - LVH 17th  
**James O'Connor**  
LVHS - I/S  
**Elissa Rautzhan**  
Home Care MSO Billing  
**Jill Rehrg**  
Supply Distribution  
Services  
**Linda Reitz**  
Nursing Float Pool  
**Rebecca Salter**  
Obstetrics  
**Barbara Smith**  
Transitional Skill Unit  
**Loretta Trumbower**  
Surgical Specialists/  
Trauma  
**Kelly Wiland**  
Info Svcs Clinical  
Service  
**Leigh Yocum**  
Acute Coronary  
Care Unit

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