

[Thank You for a Terrific 2018 - Video](#)

An appreciative Dr. Nester shares a holiday message.

[Gifts of Gratitude and Health](#)

Dr. Rossi is grateful for all you do for our community.

[Colleagues Celebrate the Holidays - Photos](#)

See festive pics submitted to LVHN Daily.

[Use FSA Dollars at Optical Effects](#)

Stores provide designer frames and much more.

[Colleagues Give to Street Medicine - Photos](#)

You made the PEC donation drive a success.

[Pathway to Santa Spreads Joy - Photos](#)

The event is the legacy of a former patient.

[The Synergy of Specialty Care](#)

LVPG Pediatric Surgical Specialties cultivates it.

[Patient Celebrates 105th Birthday](#)

Minersville man sends hope and joy to people.

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Meeting

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LVHN news

It's Snow Fun Skiing and
Snowboarding

How to Use a Pacifier

Keep Kids Safe During
Holiday Travels

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CEO Update: Thank You for a Terrific 2018 – VIDEO

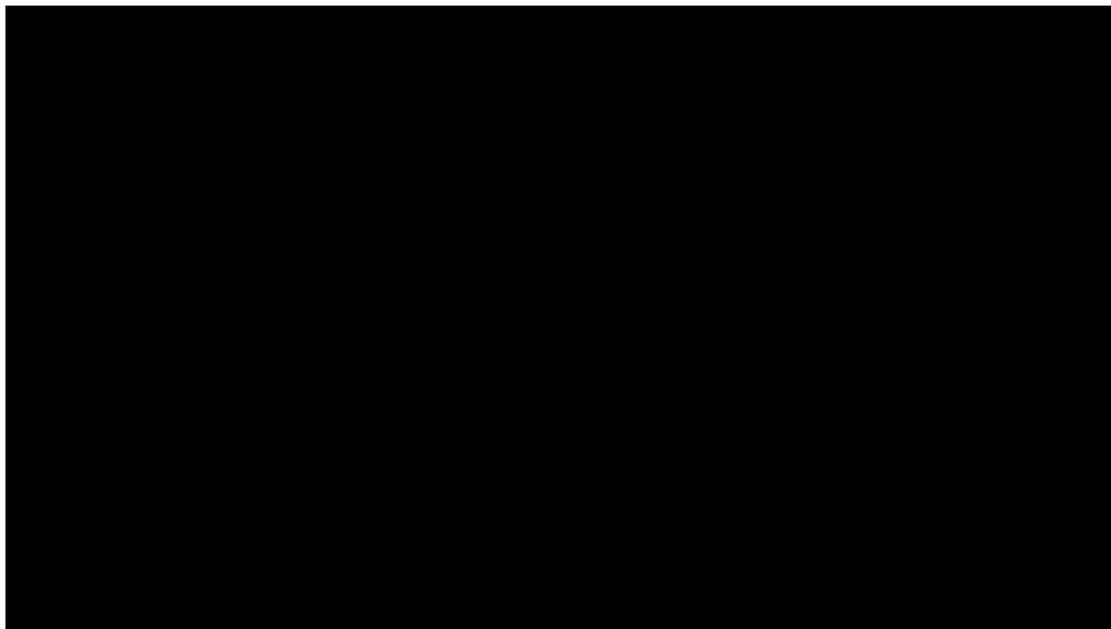
by [Rick Martuscelli](#) · December 19, 2018



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Each month, LVHN President and CEO Brian Nester, DO, MBA, FACOEP, records a video called the CEO Update about a timely topic. It's part of the way we're sharing information with you called the [Communication Cascade](#). In this edition, Dr. Nester offers his thanks to you for an extraordinary year, and for all you do to heal, comfort and care for the people of our community. Here's a transcript of the video.



At LVHN, 2018 was a great year. I recapped the year during our recent 2018 Community Annual Meeting. You can [watch the presentation on LVHN Daily](#). The presentation contains all the things we accomplished this year by moving forward together, 18,000 colleagues strong. And so, during this holiday season, I offer my sincerest thanks to you for an extraordinary year, and for all you do to heal, comfort and care for the people of our community.

Thank you to colleagues in [our institutes](#) for providing world-class heart, cancer and surgical care. Thank you to our physicians, nurses and clinicians for your

unwavering commitment to providing safe, quality care. Thank you for your focus on the [LVHN DNA](#), giving people the access, experience and value they need, expect and deserve. Thank you for providing better health and better care at a better cost. Your hard work is helping to create a healthier community and a strong financial performance in fiscal year 2019. Thank you to the colleagues who helped us open new facilities and expand services in all the communities we serve. Thank you for helping those who needs us most. Whether it's [kids who need a healthy meal](#) while school is out, or neighbors in [Schuylkill County hit by devastating floods](#), you're always there to lend a hand. Thank you to our [Colleague Ambassadors](#) for starting a movement and leading the way as we move forward together. If you would like to become an Ambassador, send an email to LVHN_Ambassadors@lvhn.org and share what makes you [LVHN Proud](#). And thank you to each and every colleague for all you do to help people live their healthiest life.

During the Annual Meeting, I told the community and our Board of Trustees that the single most important thing that makes LVHN great is our people. I believe that wholeheartedly. As each day and year passes, I am continually amazed at what we accomplish together. That is why I look ahead to the new year with great optimism. The year ahead promises to be very rewarding, with many exciting projects on the horizon that will grow our health network and give more people convenient access to the care they need.

And so during this season of celebration, I celebrate you're outstanding work. Thank you for all you do. On behalf of our entire senior leadership team, I'd like to wish you and yours a happy holiday season and a healthy 2019.



A handwritten signature in black ink that reads "Brian Nester". The signature is fluid and cursive.

ABOUT ME: My name is Brian Nester, DO, MBA, FACOEP, and I am the President and Chief Executive Officer (CEO) at Lehigh Valley Health Network (LVHN). I came to LVHN in 1998 as the Director of LVH-Muhlenberg's Emergency Department. Prior to becoming President and CEO in 2014, I served as the health network's Chief Strategy Officer. I am originally from Reading, and I'm proud to lead an organization that continually strives to provide better health and better care at a better cost for the great people of our community.

Open Mike: Gifts of Gratitude and Health

by [Mike Rossi](#) · December 18, 2018



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December is an extraordinary month peppered with a variety of remembrances, observations and religious holidays.

Look around the community and you'll find symbols of faith, tradition, holiday celebration and light. This month means different things to different people. However, each unique experience, no matter how disparate they may appear on the surface, have a common theme – gratitude.

Gratitude is more than just a feeling. It's the thread by which we connect to each other. It's through our relationships that we find a sense of belonging and purpose.

Expressing gratitude is not only good for the soul, it's proven to reduce stress and enhance health. I witness this every day. In my role, I have the privilege of working with exceptional colleagues who take every opportunity to provide the amazing care to patients, their families and members of our community. Whether it's a smile, lending an empathetic ear, providing a few uplifting words or performing life-saving treatment – it all makes a huge difference to our patients in need.

So, I wish to express my gratitude to all of you. It's through your individual commitment and dedication that LVPG has been able to enhance access to our convenient, high-quality patient-centered care. This enables our community to live longer, healthier lives.

As the calendar flips and another year comes to an end, LVPG's mission, vision and passion for better medicine continues to thrive. Numerous operational initiatives, clinical pathways and quality improvement projects are underway. From delivering on our service promise, to recruiting new colleagues, to offering new services and

procedures, to expanding our reach of care – LVPG is ready for 2019.

We give the gift of health; the most precious gift of all. For that, I am truly grateful.

You are “Amazing. Everyday.”

Have a healthy and happy holiday season.

Best,

Mike



A handwritten signature in black ink that reads "Michael Rossi, MD, MBA".

About me: My name is Michael Rossi, MD, MBA, and I am the Chief Physician Executive for LVHN and President of LVPG. I came to LVPG 15 years ago as Chief of Cardiology for LVHN and Medical Director of our Regional Heart Center. I truly enjoyed caring for cardiac patients and getting to know them and their families. I am proud to be part of such a great organization. My passion is patient care. I view my current role as taking that passion for caring for an individual patient, to caring for our entire community. It is an honor to work with such an outstanding network of dedicated colleagues.

Colleagues Celebrate the Holiday Season – PHOTOS

by [Rick Martuscelli](#) · December 13, 2018

Throughout the health network, colleagues are spreading holiday cheer and celebrating the season. Some are wearing holiday sweaters, while others are having holiday parties. See photos of colleagues celebrating. Then, share a photo [here](#) by Dec. 19 and look for your picture on LVHN Daily. (Please submit only one photo per department by Dec. 19.)

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Hospice volunteer Santa Craig visited our inpatient hospice unit at LVH-17th Street. He is pictured with Volunteer Coordinator Lynn Schiavone.

Colleagues Generously Give to Street Medicine Program –

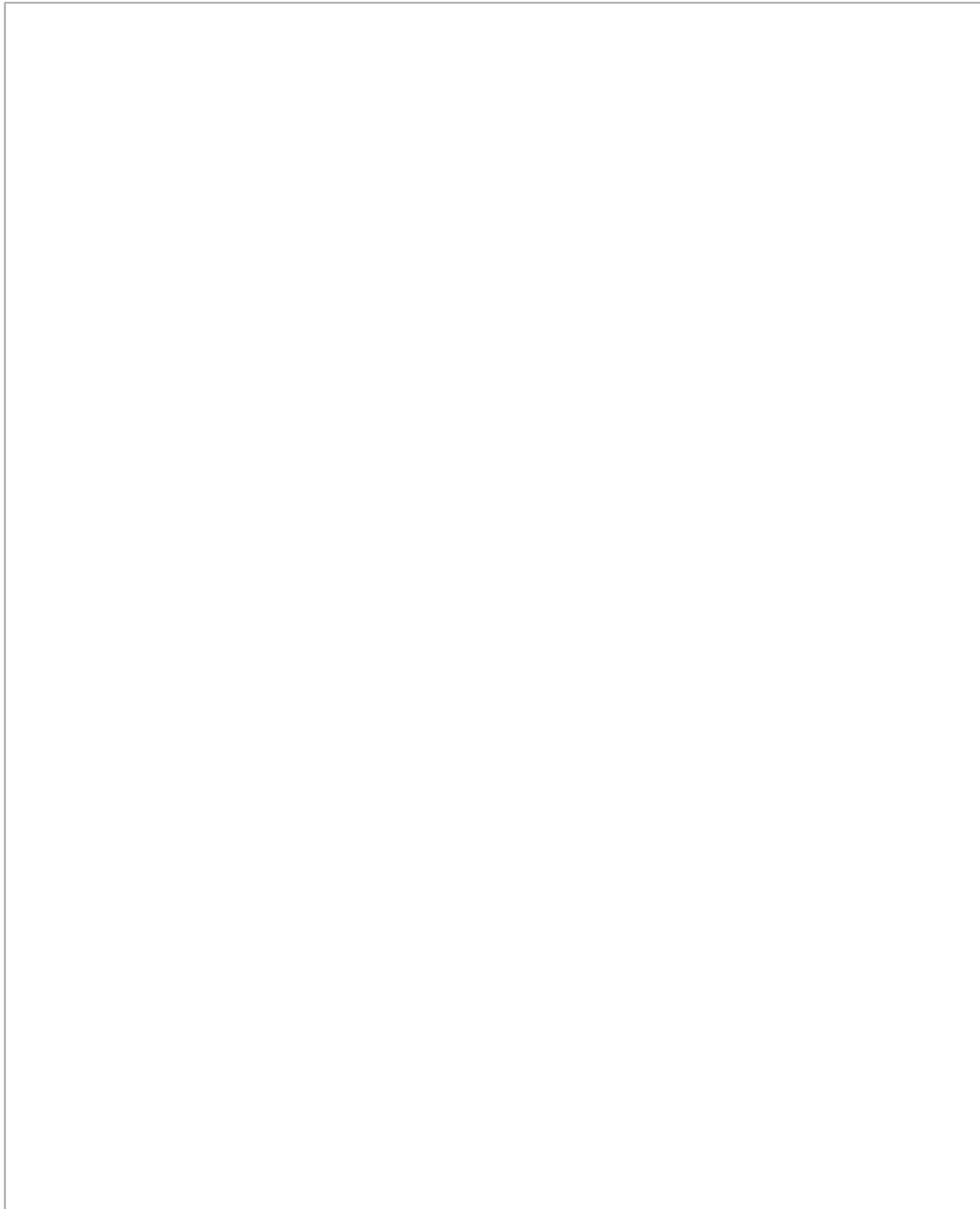
PHOTOS

by [Jenn Fisher](#) · December 18, 2018

For the last few years, Patient Care Services' Professional Excellence Council (PEC) has conducted a holiday donation drive to benefit LVHN's Street Medicine Program. This year, colleagues again responded generously to the call for items to help those experiencing homelessness in the Lehigh Valley.

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“Your kind donations filled two passenger cars and our LVHN box truck with many much needed and appreciated items to support the Street Medicine Program,” says Lori Grischott, RN, Manager, Center for Professional Excellence,

Items included tents, sleeping bags, tarps, pillows, blankets, socks, backpacks, paper products, toiletries, bottled water and much more.

“Special thanks to our engineering, general services, LVHN–One City Center, LVHN–Mack Boulevard, LVH–17th Street, LVH–Cedar Crest, LVH–Muhlenberg, and Street Medicine colleagues for their efforts in assisting the PEC. We could not organize an event of this magnitude without your help,” Grischott says.

Should you have questions or an interest in supporting Street Medicine further, reach out to Kate Booth, Major Gift Officer, LVHN Office of Philanthropy, at 484-884-9225 or Kate.Booth@lvhn.org.

Pathway to Santa Spreads Holiday Joy to Patients – PHOTOS

by [Jenn Fisher](#) · December 18, 2018

The halls of LVH–Muhlenberg were abuzz with more visitors than usual during the annual Pathway to Santa celebration. The event is the legacy of the late Bruce Smith of Palmer Township. Smith was treated for lung cancer at LVH–Muhlenberg and wanted to spread holiday joy to patients and staff there. For eight years, Pathway to Santa flourished as a result of Smith’s devotion to the cause. He passed away in June.

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At the 2018 Pathway to Santa, more than a dozen special guests and mascots including Santa Claus, meLVin from the Lehigh Valley Phantoms, Lehigh University’s CLUTCH the Mountain Hawk and the Just Born Peep, among many others, visited patients and staff at the hospital. The Liberty High School choir and orchestra delighted visitors and staff by providing holiday entertainment.



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Smith, 69, was diagnosed with lung cancer in 2007. He received treatment at the

Infusion Center/Multipurpose Services at the Cancer Center at LVH–Muhlenberg, and the tumor amazingly disappeared. Smith said “A Pathway to Santa” was his way of giving back to the hospital, which gave him a second chance, and to the community. He wanted patients and staff to know they were being thought of especially during the holiday season. Smith raised more than \$260,000 in gift in-kind donations for patients with cancer over the years.

The Synergy of Specialty Care

by [Marciann Albert](#) · December 20, 2018

Successful practices function on the principle that everything is interdependent. Each moving part, touchpoint in care and operational workflow must be synchronized to provide optimal patient care.

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Colleagues at LVPG Pediatric Surgical Specialties, a practice within [Lehigh Valley Reilly Children's Hospital](#), believe in the value of interdisciplinary collaboration. This welcoming of disciplines fuels synergistic momentum and enhances the practice's ability to provide optimal pediatric surgical care – ranging from the most complex to easing parent and family anxiety.

A great example of the practice's commitment to collaboration is the new "Hearing Booth" located at the LVPG Pediatric Surgical Specialties–1210 Cedar Crest. This testing booth provides pediatric ear, nose and throat patients direct access to hearing care, symptom management and much more



The value of collaboration is also shared by new providers who recently joined the practice. [Amanda Holdridge, MSN, CPNP](#), joined LVPG Pediatric Surgical Specialties–1210 Cedar Crest more than one year ago. Holdridge provides care management and treatment to patients with voiding dysfunction as it relates to lifestyle and behavior change.

Conditions she treats include:

- Nocturnal enuresis
- Urinary incontinence
- Urinary tract infection
- Lifestyle and behavior change to improve activities of daily living

In September, [Sarah Jones](#)

[Sapienza, MD](#) joined LVPG

Pediatric Surgical Specialties.

Sapienza brings with her expertise

in treating these and other

conditions:



- Appendicitis
- Ovarian torsion/cysts/masses
- Bowel obstruction
- Neonatal, congenital chest and abdominal abnormalities
- Gallbladder disease
- Pilonidal disease
- Gastrostomy tube placement and care
- Pyloric stenosis
- Hernias
- Soft tissue and skin masses/tumors
- Pediatric trauma
- Ulcerative colitis/Crohn's disease

Leading the charge in the

synergistic pursuit of continuous

quality improvement and patient

safety is [Marybeth Browne, MD](#),

Division Chief, Pediatrics Surgical

Specialties. Browne and her

colleagues understand the integral

role this practice plays in a patient's

continuum of care.



As the only pediatric surgery group in the area with direct links to these Lehigh

Valley Reilly Children's Hospital resources, the care this team provides is priceless:

- Region's only Children's ER
- Pediatric intensive care unit
- Highest level neonatal intensive care unit

- Regional Burn Center verified to care for children
- Pediatric trauma center

To schedule an appointment for their patient, providers can place an Epic Ambulatory Referral Order for LVPG Pediatric Surgical Specialties or call 610-402-7999. To learn more about this practice and the many extraordinary providers providing care, visit the [LVPG Pediatric Surgical Specialties–1210 Cedar Crest](#) webpage.

Minersville Man Celebrates 105th Birthday at LVH–Schuylkill

by [Mike Peckman](#) · December 18, 2018

“Please God, put kind words in my mouth, kind deeds in my heart and give me a positive attitude,” says 105-year-old Horace “Mo” Baumer of Minersville when asked the secret to his longevity. “It’s that or the two Nutter Butter cookies and glass of milk I have each night.”



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Colleagues from LVH–Schuylkill

sang Happy Birthday, offered presents and cake to help Baumer celebrate his 105th birthday Monday at LVH–Schuylkill. “105 and much alive,” exclaimed a jubilant Baumer just after blowing out the candles on a cake made especially for him. “Chocolate cake with chocolate icing is my favorite.” The cake was made and donated by Kingsly Bendetti, a local baker and daughter of Food and Nutrition hostess Janice Chaney.

Baumer shared stories of the past 100 years to all who would listen. His wit is as sharp as his memory. He talked in detail about his Minersville roots and had recall of dates and events that had an impact on his life. Baumer is a lifetime member of the Mountaineer Hose Company of Minersville and played a lot of softball for the hose company team and also the Minersville Amvets over the years.

“I want to send hope and joy to people,” he says. “That’s what keeps me on my path.” And his thoughts of the team at LVH–Schuylkill. “Oh boy, they were the nicest. They were all here to wish me a Happy Birthday.”

Baumer retired from Bethlehem Steel in the mid-1970s. He also worked in the mining industry, but not as underground miner. His wife passed away in 2002. Their three children are also deceased.

He was quick to point out that he never smoked and was glad that he never did.

LVH–Schuylkill thanks Baumer for sharing his story and his birthday with us.