

Wanda L Fatzinger

From: LVHN
Sent: Friday, January 29, 2016 12:14 PM
To: All Employees
Cc: LVH-H_MGMT_COUNCIL; SELECT_CLASS_2016
Subject: A Blizzard of Thanks, LVHN Fitness Deal

LVHN WEEKLY

Your wrap-up of the week's news from LVHN Daily.

[Terry's Take: A Blizzard of Thanks](#)

Our COO recognizes colleagues who worked through the storm.

[Casual Conversations at LVH-Muhlenberg](#)

It will be held Feb. 4 at 2 p.m. in the ECC rooms.

[February Service Anniversary List](#)

See who is celebrating a career milestone.

[Half-Off Membership to LVHN Fitness](#)

Offer is available through February at One City Center.

[Culture of Wellness Benefit of the Month](#)

Mindful kids is a child wellness program for stress reduction.



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Service Star



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a blog on LVHN.org containing timely
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news.



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TERRY'S TAKE

Terry's Take: A Blizzard of Thanks

BY [TERRY CAPUANO](#) · JANUARY 27, 2016



I want to thank all of you who worked at Lehigh Valley Health Network during this most recent huge snowfall. This storm far exceeded snowfall amounts that were predicted, yet dire weather forecasts never stop those of you who work in our health network.

You plan. You sleep at the hospital or close by. You come to work knowing there is a long shift ahead of you. And you do it all for our patients. You are tireless and committed professionals, and I thank you on behalf of our patients, our community and myself for your



dedication to patient care.

In case you missed it, LVHN was prominently featured in a story on [Lehigh Valley Live](#) about area medical colleagues who were on the job for the duration of the storm. More than 6,600 people liked and shared the Lehigh Valley Live story, plus LVHN's own Facebook post about the same piece earned over 2,000 likes and shares. Kudos to you all!

If you have pictures, a story or some colorful details of our first snow storm of 2016, please respond and share. Our entire team would like to hear how you conquered the Blizzard of 2016 while providing care to patients who were – no doubt – glad you were there for them.

With gratitude,

Terry



The article, shared on LVHN's Facebook page, received over 70 comments and kudos to the staff. Click to read a small sampling of them.



Terry Ann Capuano

ABOUT ME: My name is Terry Capuano, RN and I am the executive vice president and chief operating officer at Lehigh Valley Health Network (LVHN). I have worked at LVHN for 30 years, serving as COO for the last five years. I greatly enjoy meeting colleagues, sharing stories and enhancing relationships throughout the network. [Learn More](#)

Tags: [Access](#) [access and service](#) [employee recognition](#) [Terry Capuano](#)

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Terry's Take: New Year, New Opportunities

Changes to 402-TEST Improve Access and Service

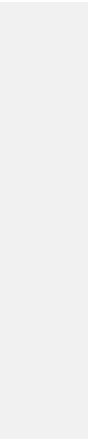
19 JAN, 2016

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Terry's Take: Honor our Unsung Heroes

28 JUL, 2015



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GOALS AND STRATEGY

Casual Conversations: Feb. 4 at LVH-Muhlenberg

BY [RICK MARTUSCELLI](#) · JANUARY 15, 2016

LVHN president and chief executive officer Brian Nester, DO, MBA, FACOEP, has one remaining Casual Conversations session this winter. At Casual Conversations, there are no scripts and no slides. It's simply an opportunity to ask questions and share the things on your mind.

The remaining session will be held Feb. 4 from 3-4 p.m. in LVH-Muhlenberg ECC rooms B and C.

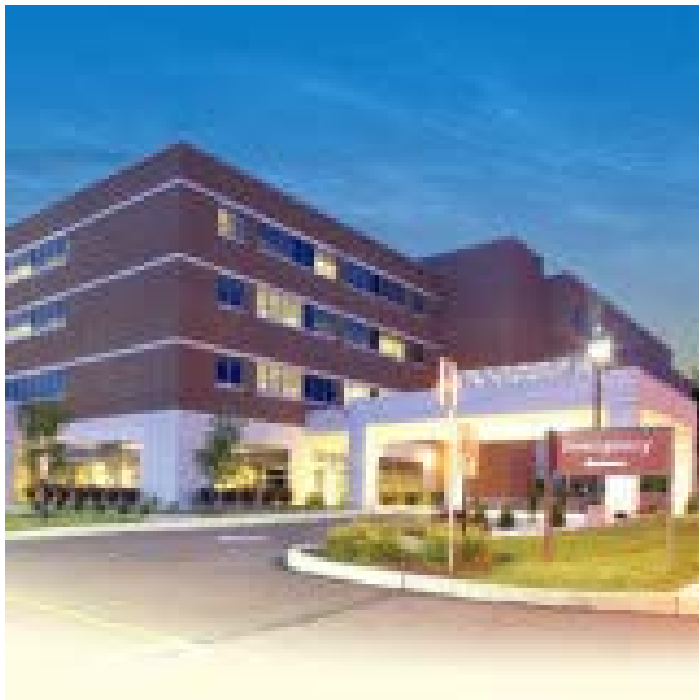
Don't worry if you can't make the beginning or need to leave early. You can come and go as you please during the session. So stop by, have a complimentary coffee, tea or water, and talk with our president and CEO.

*Casual Conversations
With Dr. Nester*

Make plans to attend
an upcoming session.

Tags: [Brian Nester](#) [Casual Conversations](#) [Dr. Nester](#)

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BENEFITS , WELLNESS

Half-Off Membership to LVHN Fitness–One City Center

BY [NICHOLAS FRITZ](#) · DECEMBER 30, 2015

It's not too late to start your journey to better health and wellness in 2016. By popular demand, the membership discount offered in January has been extended through February 2016.

Was your resolution this New Year to start going to the gym? Maybe it was to begin attending fitness classes?

LVHN wants to help you accomplish these goals and save money while doing it.

If you become a member at our state-of-the-art [LVHN Fitness–One City Center](#) location in downtown Allentown through February, you'll get half-off your first full month's membership fee.

So if you're an adult (age 12-59), instead of paying the normal \$55 fee for your first full month, you'll pay just \$27.50. Additional discounts apply if you are a student, military member, if you take a family membership, or if you

50% OFF

Membership at LVHN Fitness–One City Center

are an LVHN employee. LVHN employees are eligible to receive Culture of Wellness reimbursement for fitness memberships with eight visits per month to the fitness center.

Membership entitles you to:

- Work out on more than 40 cardiovascular machines
- Use our complete line of weight-training equipment
- Participate in group classes
- Benefit from free, dedicated parking in the Eighth Street Arena Garage
- Utilize other [LVHN Fitness locations](#) (1243 S. Cedar Crest Blvd., Allentown, and 1770 Bathgate Road, Bethlehem)

Learn more about fitness membership benefits and [becoming a member](#).

To take advantage of this short-term special, call 484-862-3001.

Tags: [COW](#) [Culture of Wellness](#) [LVHN Fitness](#)

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Mindful Kids: The Culture of Wellness Benefit of the Month

29 JAN, 2016



Culture of Wellness Benefit of the Month: Mindfulness-Based Stress Reduction

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31 DEC, 2015

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BENEFITS , WELLNESS

Mindful Kids: The Culture of Wellness Benefit of the Month

BY [NICHOLAS FRITZ](#) · JANUARY 29, 2016

Mindful kids is a child wellness program for effective stress reduction. The curriculum teaches children practices that cultivate self-understanding, compassion and confidence. Children in fourth through sixth grades are welcome. The program includes six 90-minute classes over a six-week period. The cost for the program is \$150 per child. To be reimbursed the cost of the program through your Culture of Wellness benefit, the child must attend four of the six classes.

Here are this month's Culture of Wellness events for raising a family:

Feb. 1, 7, 17, 21 and 29 – Maternity Tours

Feb. 6, 16 and 23 – Baby Care



Feb. 7 and 21 – Sibling Tours

Feb. 7 and 27 – Preparing for Childbirth (one-day class)

Feb. 9 and 25 – Breastfeeding

Feb. 10 – Parenting Workshops: Raising Boys

Feb. 11 and 29 – Car Seat Checks

Feb. 18 – CPR for Family and Friends

[Learn about all of our Culture of Wellness programs.](#)

Tags: [Culture of Wellness](#) [wellness benefit](#)

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Culture of Wellness Benefit of the Month:
Mindfulness-Based Stress Reduction

13 JAN, 2016



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STORIES ABOUT COLLEAGUES

Service Anniversary List – February 2016

BY [NICHOLAS FRITZ](#) · JANUARY 27, 2016

Happy anniversary to these colleagues celebrating a career milestone at LVHN in February.

40 Years

Robert Ruhf, Surgery Education Center

35 Years

Dwight Bitting, MedEvac

Diane Conley, cardiac catheterization lab

Debbie Schantz, home care

Doris Strobel, progressive coronary care unit

30 Years

Susan Acker, radiology

David Behler, pharmacy

Nancy Bock, ICO staging and recovery

Kathleen Cochrane, NICU

Dian Compton, nurse staffing office

Cheryl Dries, radiation oncology

Cathyann Feher, department of surgery

Jeanne Florian, 4KS

Debra Gilson, LVPG Hematology Oncology-Muhlenberg

Donna Hordendorf, obstetrics

Nancy Kochenberger, obstetrics

Donna McNamara, LVPG Obstetrics and Gynecology-1245 Cedar Crest

Joelle Morehouse, home care

Deanna Shisslak, parent education

Richard Wagner, revenue cycle

Marie Yost, Lehigh Valley Anesthesia Services

25 Years

Stacey Goebert, Lehigh Valley Physicians Practice

Rebecca Kapustiak, central scheduling

Theresa Sanders, pharmacy

Debra Yelovich, adolescent psychiatry

20 Years

Angela Keck, Sleep Disorders Center

Gail Lutsky, partial hospitalization

Loretta Pendry, OR centralized scheduling

15 Years

Brenda Benner, 402-CARE

Treana Horn, perinatal unit

David Kopes, engineering

Suzanne Otto, LVPG Hematology Oncology-Muhlenberg

Alicia Quigley, nursing float pool

Rosemary Santayana, LVPG reimbursement

Michelle Sgrignoli, Children's ER

Amal Wehbeh, LVPG Pediatrics-17th Street

Sandra Wilsey, LVPG Urology-1250 Cedar Crest

Alan Yerger, engineering

10 Years

Judy Barreto Matos, hospice/home health

Gayle Burkhart, home care

Rebecca Conway, cardiac catheterization lab

Suzanne Cressman, Lehigh Valley Family Health Center

Samantha DeBlanco, adolescent psychiatric unit

Doris Delorey, medical records

Scott Donmoyer, information services

Robert Driscoll, pharmacy

Barbara Elliott, LVPG Pediatric Gastroenterology-1210 Cedar Crest

Leila Fay, ED registration

Mary Filiciotto, nurse staffing office

Stephanie Gehret, transitional skilled unit

Richard Gould, NICU

Trina Grace, NORI

Mary-Elizabeth Gray, bed management

Laurie Hauck, physical/occupational/speech therapy

Ricki Kallish, 3A IPCU

Ruthann Kaspern, clinical appeals-denial management

Alicia Kocher, pediatrics

Maria Leon, interpreter services

Karen McArdle, 6C

Robert Mee, information services

Barbara Poland, Epic

Nichole Reich, Weight Management Center

Beatrice Rosario, LVPG Endocrinology-1243 Cedar Crest

Hilda Sainz, patient receivables

Jill Schappell, LVPG Pediatric Gastroenterolgy-1210 Cedar Crest

Noreen Schneck, radiation therapy

Linda Schwartz, library services

Erica Thompson, Epic

Sarah Tulio, case management

Wendy York, LVPG Family Medicine-Moselem Springs

Vincent Zimbardo, diagnostic radiology

Gwynneth Zimmerman, LVPG Cardiology-1250 Cedar Crest

5 Years

Heather Bankos, NICU

Paul Berkowitz, enterprise analytics

Barbara Berutti, LVPG Neurology-Muhlenberg

Gerald Broniec, respiratory care services

Kimberly Bucha, 6T

John Butler, supply distribution services

Jessica Calixto, 4T

Sarah Case, Neuroscience ICU

Robert Clark, hospice/home health

Michelle Collazo, LVPG billing

Lauren Coombe, LVHN Fitness

Elizabeth Corkery, health care analytics

Marisa Cruz, hospice

Julie DiGuardi, MICU/SICU

Brenda Dwinal, cancer data management

Lillian Espinosa, patient accounting

Morgan Fick, NORI

Susan Foster, NICU

Janis Frederick, case management

Joseph Griffin, operating room

Susan Hansen, department of family practice

Kimberly Kuhns, LVPG Urogynecology-Pond Road

Amie Lacey, 7B

Heather Lifschutz, adult psychiatry unit

Amy Lombana, Cancer Center multipurpose area

Dawn Malone, department of emergency medicine

JoAnne Martes, 5K

Kevin McQuaite, performance improvement

Nicole McTague, LVPG Family Medicine-Trexlerstown

Robin Metzler, information services

Bianca Mokgethi, hospitalist program

Sherri Norris, health care analytics

Denisse Rivera Santos, patient accounting

Luis Rodriguez, Lehigh Valley Anesthesia Services

Adrienne Rohs, EEG

Jenna Romig, case management

Altagracia Salazar, Children's Clinic

Darling Santos, cancer support services

Mandula Seneviratne, speech and hearing

Scott Sevinsky, rehabilitation services

Peggy Jo Shea, patient accounting

Jennifer Smith, outpatient registration

Christine Stanton, Regional Heart Center-Medical

Lisa Stauffer, LVPG Internal Medicine-West Broad

Brian Sterner, information services

Andrea Travisano, 4K

Sylvia Trengre, nursing float pool

Michael Umstead, Neuroscience ICU

Dena Wich, LVPG Hematology Oncology-Muhlenberg

Jessica Woodward, operating room

Kara Yanni, 6B

Kimberly Zarzecki, women's specialty float pool

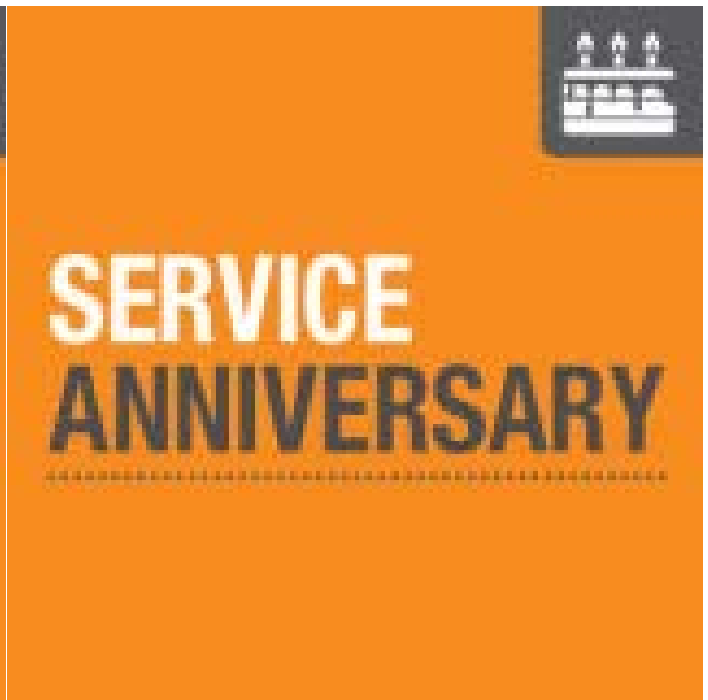
Tags: [Service Anniversary](#)

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