

CHECK UP

AUGUST 2006

A MAGAZINE FOR EMPLOYEES
OF LEHIGH VALLEY HOSPITAL
AND HEALTH NETWORK



68 Pounds Lost!

*Learn how
she did it on page 8.*

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Empathy



Pardon Our Appearance

Construction can be temporarily inconvenient, but the impact of our growth on our community will be permanent

If you've painted a room, tiled a hallway or added on to your house, you know the feeling. You're in the middle of the project, and you're starting to lose focus. Then you remember why you're doing the project in the first place—to make your house nicer, or to give your child a brighter room. That gives you incentive to keep going.

When I see our current expansion at LVH-Cedar Crest, I feel anticipation and excitement. I see the great progress we're making, and, like you, I know our revitalized hospital will help us better serve people in our community.

Right now, you might see something different—inconvenience. You might hear it from a patient or visitor who had to walk farther than he would've liked, or who was uncomfortable using valet parking. A patient in our hospital today isn't comforted to know that better things are coming 18 months from now.

The current construction makes our jobs challenging, but our goal remains the same: to create the best healing environment for our patients. Recently, more than 700 colleagues brainstormed 311 tips for keeping patients satisfied. We called it the "One Thing Challenge," asking colleagues to tell us the one thing they can do today to improve patient satisfaction. Some of those tips:

- "Look for opportunities to help."
—Sharon Agonis, program coordinator
- "Always give the most honest answer."
—Janette Rehrig, secretary
- "Take time to listen."
—Patti Kopko, case manager

Here are other things to remember:

- **Express your excitement**—Let our patients know about the resources we have to care for them now, and how our growth will give our community a higher level of care in the future.

- **Ask for help**—If you encounter an uncomfortable situation with a patient or visitor, talk to your supervisor or a service excellence coordinator.
- **Engage yourself**—Read the weekly e-mail construction updates and share the information with colleagues and patients. If you have any ideas for how we can improve during construction, please share them by calling 610-402-CARE.

We're doing our best to complete construction safely and efficiently. We've accelerated the timetable for the first of two parking decks at the front of the hospital. It was originally scheduled to open in January; it will now open by late fall. We're also looking into accelerating construction on the second deck.

As with any remodeling project, there still will be challenges. Very shortly, we will begin a yearlong project to improve traffic flow on Cedar Crest Blvd. We will do this with as little disruption as possible, but there will still be some inconveniences. Long term, this will create much smoother traffic flow into and out of our hospital.

Before you know it, our new bridge connecting The Center for Advanced Health Care and the John and Dorothy Morgan Cancer Center will be complete. We'll be able to care for more patients in our revamped emergency department, Burn Center, intensive care and medical-surgical units, and more.

Rest assured, the inconveniences we might experience now are temporary. The impact our growth will have on the health and well-being of our community is permanent. It will ensure we'll be here, caring for our friends and neighbors, for generations to come. Thank you for your cooperation, your patience and your inspiration.

Lou Liehaber, Chief Operating Officer

Cold Turkey Is for the Birds

Stop smoking for good with counseling
and nicotine replacement therapies

Richard* smoked one pack of cigarettes a day for 32 years.

"I thought about quitting before," the 50-year-old hospital colleague says, "but never had the incentive to do it."

When Richard heard LVHHN would become smoke-free beginning Jan. 1, 2007, he became one of 149 colleagues to enroll in our Tobacco Treatment Program (covered under Choice Plus). Instead of quitting cold turkey, Richard met with a counselor who offered support, provided tips and supplied him with nicotine patches and lozenges.

Richard has been tobacco-free for four months. He says, "Had I tried to quit cold turkey, I would have failed." Statistically, he's right. On average, people try to quit seven times before they succeed. "Our Tobacco Treatment Program significantly increases your chances of quitting for good," tobacco treatment counselor Dianna Mulhern says. Here's why:



You decide to quit

Cold Turkey—You throw away your cigarettes.

Counseling—You meet with a tobacco treatment counselor and set a quit date two weeks from now. During that time, you mentally prepare to quit smoking.

Quit date

Cold Turkey—You're having no problems and think it's going to be easy.

Counseling—Your counselor calls to offer support. She encourages you to stay committed.

Day 4

Cold Turkey—The cravings are overwhelming. You'd do anything to have a cigarette with your morning coffee.

Counseling—Your counselor's tips are working. Instead of smoking with your morning coffee in the kitchen, you enjoy some java while watching the news in the living room.

Day 7

Cold Turkey—You're irritable and depressed. The nicotine patch you bought at the drug store isn't working.

Counseling—The stronger nicotine replacement product your counselor recommended is working. She calls to offer encouragement. You realize your senses of smell and taste have improved.

Day 14

Cold Turkey—While having a drink at the local pub, you break down and buy a pack of cigarettes.

Counseling—You're craving a cigarette after a stressful day. You call your counselor. She reminds you why you quit and encourages you to do something to get your mind off cigarettes.

Day 30

Cold Turkey—You're smoking just as much as you did before you quit.

Counseling—Your counselor lowers the dose of your nicotine replacement product. Your cravings are nearly gone.

Day 365

Cold Turkey—Every cigarette you smoke can take 5-20 minutes off your life.

Counseling—Your risk for heart disease is about half that of a tobacco user and continues to decrease. Congratulations!

**Richard's last name has been omitted to respect his identity.*



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.

Rick Martuscelli

Branching Out

*LVH is one
big happy
family...
literally*



Peggy Farrell

registrar, Health Center
at Trexlertown
Marcy's Relation: Daughter
Year Started: 1976

*"Because of my family,
I've been able to meet so
many people throughout
the organization. I am very
proud to have my son, Rick,
working here at LVH, too."*



Jana Frey

technical assistant,
pathology, LVH-Cedar Crest
Marcy's Relation:
Granddaughter
Year Started: 2001

*"I love talking to other people
throughout the network and
hearing they know a relative
of mine. It's been a great
experience."*



She started it all!

Marcy Fenstermaker

cashier, cafeteria,
LVH-Cedar Crest
Year Started: 1974

*"I've been in the same
department for 32 years,
and I'm not tired of it.
It chokes me up thinking
about the day I leave."*



**Carol
Reenock**

technical partner,
operating room,
LVH-Cedar Crest
Marcy's Relation: Daughter
Year Started: 1987

*"When my father was
sick, it was nice to have
everyone here to comfort
and care for him."*



Rick Diefenderfer

supply coordinator,
procurement services,
LVH-Cedar Crest
Marcy's Relation: Grandson
Year Started: 2001

*"Working for an organization
that promotes family hires was
a big influence, and because
of that, my experience has
been amazing."*

As cashier Marcy Fenstermaker stands at the register donning her Sodexo uniform and a warm smile, a woman approaches her ready to check out. The woman's hands shake as she places her dinner on the scanner. As the woman nervously rummages through her purse, Fenstermaker embraces the woman's hands and says, "Everything will be OK." The woman's eyes water as she offers a quiet smile, and for a few seconds, her mind eases.

It is instances like these that Fenstermaker is always prepared to handle. "The customers have several emotions running through them, and you have to be ready," Fenstermaker says. "I smile, laugh and cry with them. I feel as though I'm the goodwill ambassador."



Lynne Richard
inpatient trainer,
medical records,
LVH—17th and Chew
Marcy's Relation: Niece
Year Started: 1984

"Since I moved to LVH—17th and Chew, I don't get to see my family as much. But I still make an effort to bump into them when I get the opportunity."



Kerry Knauss
therapist aide,
LVH—Cedar Crest
Marcy's Relation: Nephew
Year Started: 1981

"My aunt would brag to me all the time about LVH and told me to check it out. I was a painter at the time and thought it would be a great move for me and my family's future."



Wendy Stratz
case management tech,
LVH—Cedar Crest
Marcy's Relation: Niece
Year Started: 2002

"It's a wonderful feeling when I see my family. Knowing they're here always adds a little something to the workplace."



Shawn Simpson
food services,
LVH—Cedar Crest
Marcy's Relation: Great nephew
Year Started: 2000

"I didn't know at first how many of my relatives actually worked here, and I don't normally get to see them outside of work. Since I've started here I'm able to see them more often, and it's great."

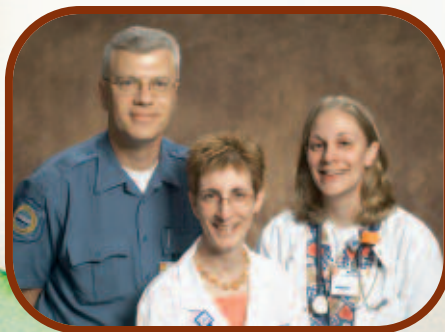
Returning to Her Roots

Rachel Sewald returns to be with family

When Rachel Sewald, R.N., left Lehigh Valley Hospital's scholarship program to pursue another offer at a Philadelphia hospital, she realized the grass wasn't greener. Sewald noticed the facilities and atmosphere just didn't match up to LVHHN.

Sewald also missed her family: Her mother, Deborah, is a LVH—Muhlenberg case manager, and her father, Richard, is a security guard. "I loved coming to work and bumping into my dad when I went to the cafeteria," she says.

Today, Sewald is back at LVH—Muhlenberg, where she works with her mom on 6T and shares an occasional meal with her father. "LVHHN gave me far more experience and opportunity," Sewald says, "The added bonus is that my parents work here, too."



Together again—Rachel Sewald, R.N., is back working on 6T and spending some quality time with her parents, Deborah Sewald, case manager, and Richard Sewald, security, at LVH—Muhlenberg.

When Fenstermaker started in 1974 in the cafeteria, she knew she'd be part of an extraordinary experience. She was right. Her experience was so extraordinary, she urged her daughters to pursue careers at LVHHN. Today, six more family members have followed in Fenstermaker's footsteps.

"One of the highest compliments we can receive is someone recommending us to her family," says Marty Everhart, human resources administrator. "We get our best employees from our employees. Our employee referrals that become new hires continue to increase every year."

Joe Candio Jr.

A Time for Reflection



Medical secretary RayCee Kolowitz sat at her computer with tears welling in her eyes. As she read an announcement on the intranet looking for volunteers for No One Dies Alone (NODA), her mind raced back to her cousin.

Nine years earlier, her cousin had a terminal illness and was in hospice. “I wasn’t there for her as much as I should have been,” Kolowitz says. “I can’t change what happened, but I can be there for others.”

So she joined NODA, a program that provides volunteer companions to comfort dying patients who otherwise would be alone. During the three in-depth NODA classes, she watched excerpts of a movie, “Wit,” about a woman diagnosed with terminal ovarian cancer and her journey through the dying process.

Kolowitz learned how a person’s senses of hearing and touch remain until the end, which is why a comforting presence is so important. And she learned what physical signs she might see when sitting by a patient. “I became more comfortable with the dying process; it’s not as scary to me,” she says.

Then a snowy February night came. A patient’s daughter called Katrina Hornberger, R.N., upset that she couldn’t get a ride in the snowstorm to be with her dying mother. “I assured her someone would be with her mom until she could get here,” Hornberger says. “I said, ‘If it’s meant for you to be here, a way will present itself.’” Hornberger hung up with the daughter and called the NODA phone coordinator.

Being There for a Loved One

Whether it’s a family member or friend, there will probably come a time when you’ll have to comfort a loved one at the end of life. Here are some suggestions to help you:

- **Share what’s in your heart.** “Don’t be afraid to say what you’re thinking. Express your love and your thanks. If you have concerns, express them,” says associate chaplain Betsy Powers, NODA coordinator. “It’s important for you and your loved one to resolve all issues.”
- **Be a comforting presence.** Sometimes it’s enough to just sit by your loved one’s side and hold his hand so he doesn’t feel alone.
- **Let your loved one know his life had meaning.** Words such as, “You were the best brother I could have ever had,” or, “Thank you for being my friend,” help validate someone’s existence. “People want to feel valued and know they’ll never be forgotten,” Powers says.

No One Dies Alone brings peace to patients and volunteers

Shortly after, Kolowitz's telephone rang. "I looked at the caller ID and knew who it was. They needed me to comfort a patient," she says. Kolowitz laced up her boots and carefully drove to LVH—Cedar Crest. On the way, she wondered how she would react. "I thought, 'What if I get sick or break down and cry?'"

An hour later, Kolowitz stepped into the patient's room, relieving another NODA volunteer. "It seemed like she was having a restless sleep," Kolowitz says. To comfort her, she first played soothing music. "But that didn't work."

So instead, Kolowitz read from a book of poetry she found in the NODA volunteer comfort bag and talked to her about the weather. "She stopped fidgeting and seemed more comfortable."

After two-and-a-half hours, another NODA volunteer took Kolowitz's place. As she went to sleep that night, Kolowitz thought about the patient and wondered what kind of life the patient had lived and what she was like when she was her age. "I knew I'd never get those answers," she says. But Kolowitz did find an answer to the guilt that haunted her. "I don't hurt anymore," she says. "The guilt has lifted."

Meanwhile at the hospital, Hornberger saw the patient's daughter walking down the hall. "A way presented itself," she said as the daughter stepped into her mother's room to be by her side.

Kimberly Hassler

Want to learn how you could be a NODA volunteer?

Call 610-402-CARE.

Need a Volunteer to Comfort Your Patient?

Seventy-nine volunteers are available to provide round-the-clock coverage at all three sites. If you are caring for a hospitalized patient who is on comfort measures, has do-not-resuscitate status and is in the last 24-48 hours of life, please contact NODA.

On weekdays between 8 a.m.-4 p.m., contact pastoral care at 610-402-8465, press 1. For evenings, weekends and holidays, page the on-call chaplain at x0531.

A guiding light—

Katrina Hornberger, R.N., of the neuroscience unit, appreciates the assistance volunteers like RayCee Kolowitz gives to dying patients. "She is so nurturing," Hornberger says of Kolowitz. "It's a privilege to be with someone during the dying process. It's like being there for a birth."



Three Colleagues:

**Discover how they
combined dedication with LVHHN
benefits to win the weight-loss war**

Who hasn't tried to lose weight? Whether trying to shed unwanted pounds to look better or improve your health, the struggle to lose weight and keep it off rages on. Here are the stories of colleagues who successfully won the battle of the bulge, each in a unique way and with the help of LVHHN benefits.

***"The convenience of
Weight Watchers at Work
helped me lose 68 pounds."***

After six years of buying new clothes every spring because of weight gain, Aida "Cookie" Lopez had enough. "I was always in good shape. But then my husband got very sick," she says. "It was more important to be there for him than exercising."

When LVHHN offered Weight Watchers at Work classes at LVH-Muhlenberg in 2002, Lopez, a mail clerk at that campus jumped at the opportunity. "If the classes weren't here during lunch, I would never have tried it," she says.

Lopez stopped attending classes last year, but she still tracks her "points" (Weight Watchers' system for tracking calories)—except on Friday nights and Saturdays. "My husband and I dine with friends every week, and I reward myself with a cheese steak and fries," she says. On Saturdays, she cooks whatever

she craved

during the week.

"That way I don't feel deprived."

Lopez started exercising again, too. She runs 3-5 miles each day. "Running is my personal time."

Want to learn more about Weight Watchers at Work and other programs reimbursed by Culture of Wellness? See pages 11 and 12 or call 610-402-CARE.



254 Pounds Lost!

“Because of working night shift, I found the LVH fitness club discount the right choice for me.”

When Tracy Arthur, R.N., learned her mother had type 2 diabetes eight years ago, she started worrying about her own risk for the disease. “I lived on pizza and Coke and had to change my ways,” she says.

Arthur traded in her soda for water and started walking four to five times a week. She also joined Weight Watchers (though not through LVHHN) and lost 40 pounds. But three years ago, Arthur got off course. “I fell in love and started eating out a lot,” she says. “I gained 10 pounds.” That’s when

Arthur looked for a solution that would fit into her schedule.

“I work night shift so it’s difficult to attend Healthy You classes or join Weight Watchers at Work,” she says. “So I joined a health club using my LVHHN discount.”

Arthur goes to the gym six days a week, where she takes on the elliptical trainer or stationary bike. She also lifts weights twice a week and started counting points again. The result is a total of 80 pounds lost. She still wears her old photo ID badge (above left) as inspiration to keep the pounds off. “Sundays are my free day,” she says. “I’ll treat myself to something good, like frozen yogurt.”

Want a copy of healthy recipes Arthur makes for office parties? Call 610-402-CARE.

“Diets didn’t work. So I had surgery, lost more than 100 pounds and saved my life.”

Rob Reier tried diets and exercise. “But I never lost more than 10-15 pounds,” he says. Then he developed arthritis in his feet and ankles. “That made it too painful to exercise.”

At 300 pounds, he had other health concerns, too—high blood pressure, sleep apnea and acid reflux. So he talked to his family physician, Jon Brndjar, D.O. He referred him to surgeon Richard Boorse, M.D., who performs weight-loss surgery. “He talked about my weight-loss goal and believed I could lose 120 pounds,” says Reier, a hospital chaplain.

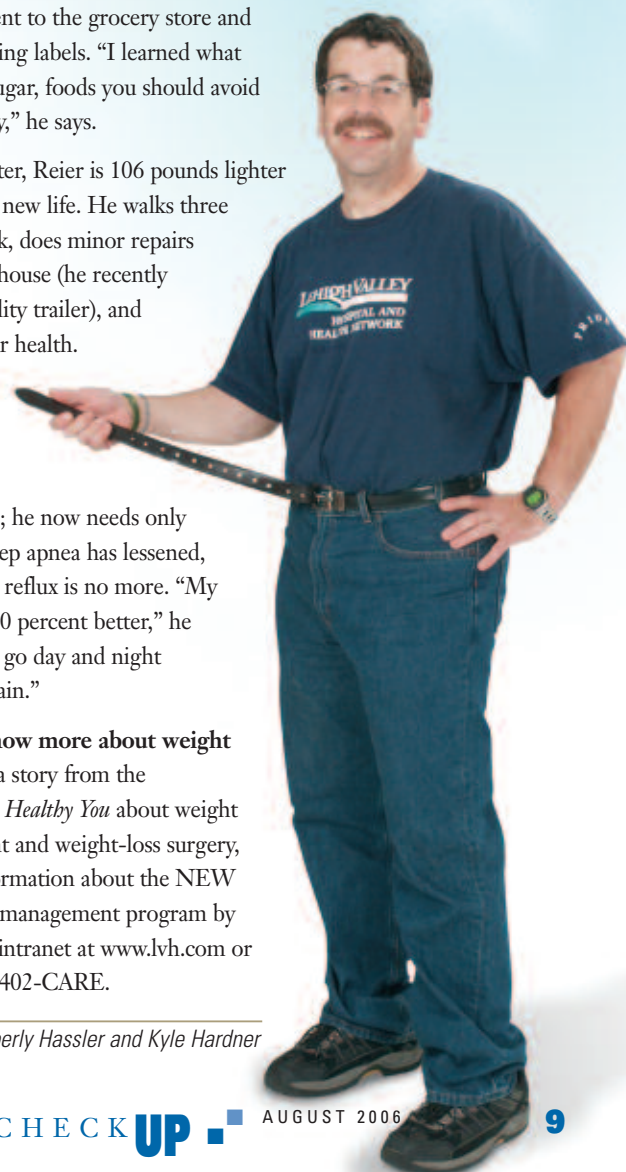
Days before his surgery (covered by Choice Plus), he went to the grocery store and started reading labels. “I learned what foods had sugar, foods you should avoid after surgery,” he says.

One year later, Reier is 106 pounds lighter and living a new life. He walks three times a week, does minor repairs around the house (he recently rebuilt a utility trailer), and enjoys better health.

He used to take two blood pressure medications; he now needs only one. His sleep apnea has lessened, and his acid reflux is no more. “My arthritis is 90 percent better,” he adds. “I can go day and night with little pain.”

Want to know more about weight loss? Read a story from the July/August *Healthy You* about weight management and weight-loss surgery, and get information about the NEW You weight management program by visiting the intranet at www.lvh.com or calling 610-402-CARE.

Kimberly Hassler and Kyle Hardner





A Triathlete's Tribute to His Son

Bruce Silverberg, M.D., swims, bikes
and runs to celebrate his son's health

The morning air was so thick in

Philadelphia's Fairmount Park, Bruce Silverberg, M.D., could feel the humidity condense on his skin. Heavy downpours overnight caused the Schuylkill River to swell, making it unsafe for swimmers. But as the 58-year-old cardiologist awaited the start of his first triathlon, he wasn't thinking about the weather. Instead he thought about how every stride and pedal of the upcoming run and bike ride would celebrate the 20-year anniversary of his son Bill's victory over leukemia.

Now 22, Bill was diagnosed with cancer of the blood cells at age 2. Following months of aggressive chemotherapy at The Children's Hospital of Philadelphia, Bill went into remission. Today, he remains cancer-free and works part-time in the LVH-Cedar Crest cafeteria. "He's suffered so much," Silverberg says of his son, who also has Down syndrome. "The triathlon was my chance to help others with leukemia."

He did so through the Leukemia and Lymphoma Society's Team in Training program. It links athletes with fitness trainers to prepare them for a marathon, century (100-mile) bike ride or triathlon. In return, athletes raise money to find a cure for blood cancers. "I raised \$3,100 by writing letters to family and

friends explaining what I was doing," Silverberg says. In total, Team in Training raised more than \$850,000 during Philadelphia's race.

Silverberg started training for the triathlon—a 1500m swim, 40k bike ride and 5k run—six months ago. "I've always been a runner, I occasionally rode a bike, but I never swam a long distance," he says. Consequently, much of the time with his Team in Training coach was spent in the water. Little did he know heavy rain would force the swim to be cancelled. "I made a commitment and slowly I began to improve—in all three sports," he says.

Finding the time necessary to train wasn't easy, but he found a way. "I trained early in the morning, late at night and on my personal days," he says. "Through it all, Bill motivated me."

When the triathlon started, Silverberg was nervous. "So many people knew I was doing this," he says, "I wanted to tell them I finished." His hard work paid off. He finished in under three-and-a-half hours. "I was glad Bill was there to celebrate with me," he says.

Silverberg continues to wear a purple rubber bracelet that conveys Team in Training's motto, "Train, Endure, Achieve, Matter." Bill says of his father, "I'm proud of him." To Silverberg, that's all that matters.

Rick Martuscelli

Ticket to ride—
Not only does Bruce Silverberg, M.D., enjoy riding a tandem bicycle with son Bill, he used the time to train for his first triathlon (below). The event raised money to fight leukemia, a disease Bill defeated.



SERVICE STAR of the MONTH

When a patient arrived late for her heart scan, she expected to miss her test. Instead, she received exceptional care from nuclear medicine technologist Beth Guth.

The patient, who is recovering from breast cancer surgery and follow-up treatment, said, "Beth immediately offered to do the scan, even though it was late in the day." When Guth learned the patient was getting other tests, she started an IV so the patient could avoid multiple needle sticks.

Guth also scheduled the patient's chest X-ray, called hematology in advance so they could prepare a special attachment to draw blood, and escorted her to all tests. She even played the patient's favorite radio station during her heart scan. "Her absolute care for my comfort and security was exceptional," the patient says. "She is truly professional and a blessing to patients."

Kimberly Hassler



SERVICE STAR

Beth Guth, nuclear medicine technologist, LVH-Muhlenberg

Congratulations to Award Nominees

Mildred Scuzzese, mammogram technician, imaging services

Nominated by Brenda Fox, LVPG Surgical Oncology, LVH-Muhlenberg

Michelle Stuart, case manager, LVH-Muhlenberg

Nominated by Maureen Sawyer, case management

Lisa Stenger, administrative partner, emergency department, LVH-Muhlenberg

Nominated by Briana Apgar, emergency department, LVH-Muhlenberg

Megan Ward, registrar, patient logistics

Nominated by Gail Apgar, emergency department, LVH-Muhlenberg

Tanya Garcia, medical assistant, Heritage Family Practice

Nominated by Sabrina Jules, Heritage Family Practice

Patricia Trubilla, R.N., Hamburg Family Practice

Nominated by Wendy DeGroot, Hamburg Family Practice

Linda Semmel, R.N., 4A medical/surgical, LVH-Cedar Crest

Nominated by Carol Cyriax, R.N., 4A medical/surgical, LVH-Cedar Crest

Melissa Shaner, medical secretary/billing specialist, ABC Family Pediatricians

Nominated by Brooke Volkert, ABC Pediatricians

Frances Kowaleski, R.N., ICU West

Nominated by Lori Reiner, R.N., and Alice Reice, R.N., ICU West

Donna Lynn, accounts payable specialist

Nominated by accounts payable

Maureen Hojnacki, R.N., express admissions unit (EAU)

Nominated by Karen Groller, R.N., 4C/EAU

Mary Ann Sandroock, administrative partner, post anesthesia care unit (PACU), LVH-Cedar Crest

Nominated by Mary Ellen Kindig, trauma neuro intensive care unit

Holly Cavallo, patient accounting representative

Nominated by Brent Ennis

Heidi Kistler, ambulatory surgery unit (ASU)/operating room (OR), LVH-17th and Chew

Nominated by Carol Kovalchik, R.N., ASU/PACU/OR

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



WORKING WONDERS

Cherie Raub's and Denise Keeler's Working Wonders idea saves time, money and potentially prevents infections in our youngest patients.

For many years, the neonatal intensive care unit (NICU) used a special IV tubing with a holding chamber. This allowed nurses to mix their own IVs and provided another way for nurses to see how much IV fluid was delivered to patients.

Now, the pharmacy mixes IVs. Still, NICU continued using the older tubing. "We believed it provided an added safety feature because we could see how much nutrition each baby received," says patient care specialist Cherie Raub, R.N. "But with the increased accuracy of pumps that monitor IV volume, we've realized the old tubing isn't needed."

The new tubing is 30 percent less expensive and might help prevent infections. "It also saves time," says Denise Keeler, R.N. "It used to take us five minutes to prime the IV (push the air out). Now it only takes 90 seconds."

Kimberly Hassler

How It Adds Up

IDEA	Switch IV tubing used in NICU
BY	Cherie Raub, R.N., and Denise Keeler, R.N.
ANNUAL SAVINGS	\$6,819
AWARD AMOUNT	\$511 each

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.

What's Happening at

Employee Picnic at Dorney Park and Wildwater Kingdom

Sun., Aug. 20; 10 a.m. – 10 p.m.

Children under 3 are free

Season pass holders: \$6

Seniors: \$10

General admission: \$15

**Price includes admission to both parks and five-hour buffet*

You and your family are invited to join your colleagues at this year's employee picnic at Dorney Park and Wildwater Kingdom. There you might see these Peanuts characters, along with recreation committee members (l-r) Robin Crist, Nacny Homlish, Missy Cope, Tim Lockard, Donna Stout and Niki Maranki. Call 610-402-CARE for tickets.



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

Body Wedge 21™

Mon., Aug. 21

8 classes, \$56 reimbursable through Culture of Wellness

Mon., Aug. 21; 4 – 4:45 p.m.

Healthy You Center

These repetition exercises target the major fat-storage areas and muscle groups.

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.

CPR Recertification

Wed., Aug. 30 and Thu., Aug. 31

Wed., Aug. 30; 10 a.m. – 10 p.m.

Thu., Aug. 31; 8 – 11 a.m.

LVH–Cedar Crest, classrooms 1, 2 and 3

Class is free only for employees whose jobs require it. Pre-registration is required.

Fostering Your Mental Vitality

Tue., Aug. 15; 10 a.m.

FREE

LVH–17th and Chew, Center for Healthy Aging

Explore exciting ways to continue learning as you mature.

FlashFit

Thu., Aug. 17; 5 – 5:45 p.m.

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

Healthy You Center

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

Healthy Hands and Nails

Wed., Aug. 16; 1:30 – 2:30 p.m.

FREE

LVH–Muhlenberg, south entrance, 1st fl.

Conf. rm.

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

Knitting: A Healing Art

Mon., Aug. 7; 2 – 4 p.m.

FREE

LVH–17th and Chew, Center for Healthy Aging

Discover the healing power of knitting.

Learn how to knit, or if you already know how, come to share.

Miller Keystone Blood Drive

Wed., Aug. 30; 7 – 9:45 a.m.

LVH–Muhlenberg, conference rooms C and D



It's Performance Evaluation Time

Your department head is currently arranging your performance evaluation. You'll discuss accomplishments of the past year and set goals for the next 12 months.

The results of your evaluation will determine your pay increase. Evaluations conclude in mid-September, and merit-based increases are effective Sept. 24, to be paid in your Oct. 13 paycheck.

REMEMBER THESE DATES

July 1-Sept. 13	Performance evaluations conducted
Sept. 24	Merit increase effective beginning this pay period
Oct. 13	Compensation changes appear in paycheck

Must-See TV!

Look for emergency department nurse Kimberly Liszka, R.N., in a special episode of "Fear Factor," Aug. 22 at 8 p.m. on NBC (Channel 10).



You Could Earn \$500 for Referring a Physician

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 the highest 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
- Pediatric sub-specialists
- 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 E-mail**
- Click on **Bulletin Boards**
- Click on **Forms /LVH**
- Right click on **Physician Referral Form**
- Select **"Use" form**

Pilates Express

Wed., Aug. 16 and Tue., Aug. 22

8 classes, \$48 reimbursable through Culture of Wellness

Wed., Aug. 16; 5:15 - 6 p.m.

Tue., Aug. 22; 11 - 11:45 a.m. or 5 - 5:45 p.m.

Healthy You Center

This deep muscle conditioning builds core strength. Great for beginners

PUMP

Sat., Aug. 19

8 classes, \$64 reimbursable through Culture of Wellness

Sat., Aug. 19; 10:15 - 11:15 a.m.

Healthy You Center

This group workout with light weights produces visible results.

Put Those Skills Back to Use

Tue., Aug. 31; 2 p.m.

FREE

LVH-Muhlenberg

Learn about volunteer and paid options, and how to inventory your skills, create a resume and get motivated.

Reading Phillies

Now through Thu., Aug. 31

\$4 per person

Join the recreation committee and enjoy America's favorite pastime.

Summer in the City

Wed., Aug. 9; 8 a.m. - 5 p.m.

\$25 per person

Join the recreation committee in New York City. Shop, take a double-decker bus tour around the city or a Circle Line boat trip around the island.

PRIDE IN OUR PEOPLE

WORLD REPORT U.S. News America's Best Hospital

Among the Nation's Best in Eight Specialties

Lehigh Valley Hospital ranks as one of America's Best Hospitals in eight specialties—more than LVH or any other hospital in the region has ever achieved. The list, compiled by *U.S. News & World Report*, ranks us among the nation's leading hospitals for:

- Cancer care
- Digestive disorders
- Endocrinology
- Heart care and heart surgery
- Kidney disease
- Orthopedics
- Respiratory disorders
- Urology

"This recognition belongs to all of you, our dedicated teams of physicians, nurses and staff," says President and CEO Elliot J. Sussman, M.D. "Your hard work creates the care and experience that results in national recognition such as this." This is the 11th consecutive year LVH has made the *U.S. News* rankings, and we are the only hospital in our region ranked this year.



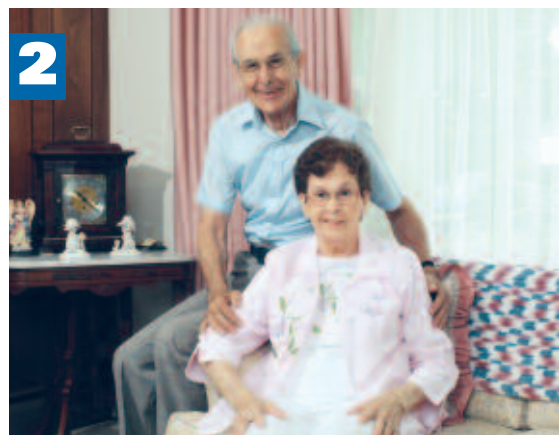
1 Innovation Recognized

The advanced Intensive Care Unit (aICU) has been honored with one of three Innovator Awards by *Hospitals and Health Networks (H&HN)* magazine. Information services colleagues Nadine Opstbaum (left) and Sandra Haldeman (right) accepted the award at the Health Forum and American Hospital Association Leadership Summit in San Francisco, and Andrew Kane (center) also played a key role in aICU development. *H&HN* also recognized LVH as one of the nation's "Most Wired" hospitals (for use of technology) and "Most Wireless" hospitals (for use of wireless technologies).



2 Certified Great Care

When Loretta Kupsky, 76, of Orefield (shown here with her husband Bill), suffered a stroke last March, she benefited from a new treatment at LVH. The blood clot causing her stroke was lodged deep in her brain, and regular therapy with the clot-busting drug tPA wasn't helping. So interventional radiologist James Newcomb, M.D., inserted a tube into her brain and injected tPA directly into the clot, saving her life. New treatments like this are one reason why LVH was recently recertified the region's only JCAHO Primary Stroke Center.



Our colleagues are also creating a certifiably good child care center...saluting our nation's veterans...and more! To read more PRIDE in Our People, visit the intranet at www.lvh.com or call 610-402-CARE.

Be an LVHVN Advocate

Donna Jesse has always encouraged family and friends to receive care at LVHVN, even before she became LVPG general surgery office coordinator. So when her husband, Todd, suffered second-degree burns when flames shot up from a turkey fryer, she knew he'd get the best care at our Burn Center, the only in the region. A year after surgery to repair his wounds, Todd says, "You can hardly tell I was burned. I'm very happy with the care I received."

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



3 Colleagues Raise \$1.25 Million for Our Community

Investing in Excellence Here at Home Means Even Better Care

Thanks to your support, the employee phase of LVHHN's major fund-raising campaign, *Investing in Excellence Here at Home*, was a rousing success. Colleagues invested more than \$1.25 million, contributing to the \$23-million-plus raised in the overall campaign to date.

"Your investments will help us meet the health care needs of our community now and in the future," says Elliot J. Sussman, M.D., president and chief executive officer. "Your support speaks volumes about the quality of people we have working inside our organization, and the commitment we all share to creating a healthier Lehigh Valley now and for generations to come."

The money raised will support LVHHN's capital projects, research and education, clinical programs, new technologies and community care.

At a recent wrap-up celebration (pictured below), Sussman, chief operating officer Lou Liebhaber and Chuck Lewis, senior vice president, development, recognized safety director Don Hougendobler's work as the employee campaign's steering committee chairman.

"This campaign's success is a tribute to all colleagues," Hougendobler says. "We had a team of 180 team captains working with their departments and encouraging people to invest in our hospital and our community. Departments like human resources, payroll, public affairs and information services also offered valuable assistance."

You can still invest in excellence. If you haven't returned your pledge card, you can still do so via interoffice mail or regular mail to LVHHN Development Dept., Campaign Office, 1247 S. Cedar Crest Blvd., Suite 200, Allentown, PA 18103. For more, call the development department at 610-402-9214.



Another Milestone Reached

Of the 5,700 pieces of steel framing the Kasych Family Pavilion, none was more symbolic than the one installed on June 22. "It marks the building's highest structural point," says facilities project manager Al Szoldatits. To celebrate, LVHHN hosted a "topping off" ceremony. Attendees, including President and CEO Elliot J. Sussman, M.D., and COO Lou Liebhaber, signed the beam before it was hoisted into place (pictured below).

This month, the pavilion's heating/air conditioning units and exterior panels will be installed. Also:

Pedestrian Bridge—Exterior panels, windows and a Big Blue H will be installed on the walkway connecting The Center for Advanced Health Care with the Cancer Center. Watch for ring road lane closures.

Parking Deck—The first of two new parking decks in front of the hospital will be completed by Oct. 1—three months sooner than expected!

Parking Lot 9—This lot will be paved and open in early August.

Main Entrance—The road leading to the main entrance will be closed on Aug. 31 at 8:30 p.m. for paving. Traffic will be directed to the valet lot.

The new road will open on or before Sept. 4. This work is scheduled for Labor Day weekend because the volume of visitors is typically lighter.

Ring Road—A section of roadway in front of the Kasych Family Pavilion will soon be adjusted to make room for a new parking deck.



Happy Anniversary! AUGUST 2006



Celebrating 35 years!

Sharon Guerrieri, R.N.

surgical staging unit, LVH—Cedar Crest

Most Memorable Moment Here

The people I meet. Whether things got rough at home or at work, they are always there to keep me going.

My Inspiration at LVHNN

Molly Sebastian, R.N. She's helped me in life both professionally and personally. She believed in me when I didn't believe in myself.

Best Virtue

My sense of humor

Other Areas Where I Worked

5B, 5A, The Allentown Hospital Section A (woman's surgical floor), 4C, transitional open-heart unit, surgical staging

Favorite Pastimes

Walking, spending time with my granddaughter and bed-and-breakfasts on weekends

Favorite Cafeteria Food

Pizza and frozen yogurt



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

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35 YEARS

Sharon Guerrieri
Pre-op Staging

30 YEARS

Peggy Farrell
Health Center G&A
Barbara Folger
Cardiac Cath Lab

25 YEARS

Mary Eister
Supply Distribution Services
Joanne Gimpert
Human Resources Administration
Elizabeth Fulmer
Marketing/Public Affairs
Alice Hemerly
Breast Health Svcs. Admin
Stephen Keith
Info Svcs
Telecommunication
Donna Kulp
Organizational Development
Norman Weaver
Perioperative Services
Patricia Wirth
7B Medical/Surgical Unit

20 YEARS

Susan Deturk
Transitional Open Heart Unit
Barry Diefenderfer
Security
Lisa Espinal
HealthSpring
Cynthia Grace
EMR Capital
Karen Hauck
Sterile Processing - 17th
Georgeann Kressley
Pre-op Staging

Teresa Mauser
Physician Practice and Network Development
Margaret McCain
Central Scheduling
Cynthia Moser
Respiratory Therapy
Sharon Mouchref
MICU/SICU
William Orlowsky
Financial Services
Lisa Simon
Labor & Delivery
Patricia Wright
Info Svcs
Customer Service

15 YEARS

Vicki Bush
7B Medical/Surgical Unit
Barbara Check
Float Pool
Thelma Hartzell
OR Centralized Scheduling
Linda Kalamar
LVH—M RHC
Patti Kopko
Case Management
Marsha Kvacky
LVH—M RHC
Jean Losagio
Occupational Health
June Mavis
Dept. of Emergency Medicine
Barbara Miller
Pharmacy
Diane Mittl
Emergency Dept
Registration
Joyce Strauch
Admitting Office
Angela Strausser
TNICU
John VanBrakle
Chair, Department of Pediatrics
Kenneth Yenser
Security

10 YEARS

Donna Barnes
4T LVH—M
Alissa Biechlin
Breast Health Svcs
Cedar Crest
Gordon Coleman
Respiratory Therapy
Susan Cooke
Operating Room
Gregory Harper
LVPBS - Hematology
Oncology
Tammy Hobel
Trauma Reg Res Ctr.
Rosemarie McGeehin
Ultrasound
Stanley Perambo
Sleep Disorders Center
Evelyn Rivera
Breast Health Svcs
Cedar Crest
Mayson Shattah
RE&I
Hemwatee Surajbali
Emergency Services - 17th
Nancy Wagner
Ultrasound
Leanne Weidner
Louis Spikol, M.D.

5 YEARS

Janelle Audenried
Operating Room
Robert Begliomini
Pharmacy
Lisa Bell
7C Medical/Surgical Unit
Stephanie Betz
Sleep Disorders Center
Cheryl Kostrey Bikel
5T LVH—M
Nathan Boateng
Pharmacy CC Infusion
Jessica Bortz
Occupational Therapy
Magdaline Brezak
Respiratory Therapy
Catherine Burgi-Rios
Operating Room
Beth Carrion
Post Anesthesia Care Unit
Donna Carty
Case Management
Hei Chung
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Endoscopy - G.I. Lab
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Hemodialysis Center
Timothy Friel
Infectious Disease
Scott Gordon
Engineering
Sean Griech
Physical Therapy
Jill Hanisak
LVAS LVH—Cedar Crest
Holly Heck
Nursing Float Pool
Brian Holben
Pastoral Care
Wendy Hopper
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Cardiac Rehab
Walter Lilly
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Operating Room
Andre' McPhaul
7A - Neuroscience Unit
Keith Micucci
MedEvac
Jill Neyer
Risk Management
Patricia Onuschak
Operating Room
Cynthia Pasquale
Info Svcs
Telecommunications

Henry Peters
Security
Doris Puyarena
4C Medial/Surgical Unit
Dennis Puyarena Ramos
7A - Neuroscience Unit
Nancy Riccaboni
Adult Psychiatry Unit
Renee Renshaw
Medical Practice Center
Donna Rosario
Interventional Radiology
Margaret Schlamb-Horon
5T LVH—M
Melissa Schuch
Radiology
Donna Schulze
LVPB Information Services
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Adult Psychiatry Unit
Jose Terreforte
Imaging In-House Svc Prog
Richard Tolan
Cardiac Catheterization
Gregory Tyson
Info Services Administration
Margarita Vazquez
Medical Records
Erica Vetter
Physical Medicine
Ryan Vetter
Occupational Therapy
Mary Walters
Neonatology
John Ward
Nursing Administration
Joanne Weidner
Obstetrics
Norma Wilson
LVAS LVH—Cedar Crest

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