

[Volunteer Champions Honored - Photos & Video](#)

Colleagues are honored for being the "Heart of the Community."

[Healing Garden Opens at LVH-Muhlenberg](#)

A generous gift from the hospital Auxiliary made it possible.

[The Auxiliary Shop at LVH-Cedar Crest Opens](#)

Stop by the expanded gift shop in the Jaendl Pavilion.

[Road Closures, Parking Changes](#)

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It's now AIG Retirement Services.

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Learn how we're reducing our impact on the environment.

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Drop off unwanted medication on April 27.

[Watch April's Leader to Leader - Video](#)

Learn to overcome personal biases and foster engagement.

[Innovations in Education](#)

Participants learn about diverse topics in education.

[Attend Rally in the Valley May 19](#)

Celebrate recovery as a community at this music festival.

[Transgender Health: Providing Affirming Care](#)

Register for this April 30 symposium.

Colleague
Engagement
Survey, April 15-28

[Learn More](#)

2019 COLLEAGUE
ENGAGEMENT
SURVEY

April 15-28



Meet April's
Service Stars

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LVHNnews

More Than a Bruise

Esophageal Cancer Screening

Facing a Hernia Head-On

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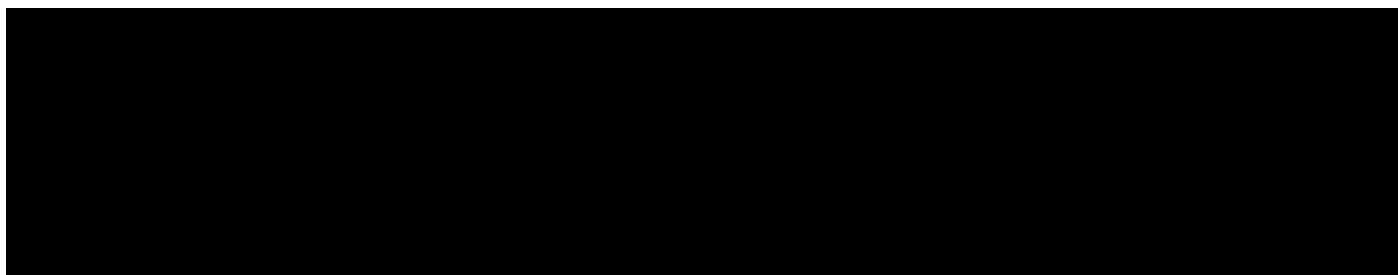
Event Honors our 'Volunteer Champions' – PHOTOS and VIDEO

BY [ERIN LUDWIG](#) · APRIL 25, 2019



Colleagues were recognized at the Colleague Community Volunteer Celebration Breakfast for their volunteer efforts in local community organizations and at LVHN.

During National Volunteer month, more than 60 colleagues were recognized at the Colleague Community Volunteer Celebration Breakfast for their volunteer efforts in local community organizations and at our health network. The celebration theme was "Heart of the Community." It took place at the Air Products Center for Connected Care and Innovation at LVHN-One City Center. This video featuring colleague volunteerism was shared.



Did you know that one in 20 colleagues volunteer their free time to organizations to meet the most basic social and human needs within their respective communities? We like to call them our Volunteer Champions. They care about the community, and we want to thank them for their volunteer efforts. We encourage colleagues to share their pictures on social media and use the hashtags #LVHNCares and #LVHNProud while volunteering to increase engagement and awareness.

Volunteer6

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Picture 1 of 5

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Curious about volunteering?

Studies have found that volunteering helps improve health. Helping others gives you a sense of purpose, positive emotions and high confidence levels. [Read this article](#) to learn more about the benefits of volunteering.

If you are interested in volunteering within LVHN, visit the [Volunteer Services page](#) on LVHN.org.

If you are interested in volunteering outside of LVHN, here is information about volunteer opportunities with community-based organizations we partner with on our Community Health Needs Assessment activities by campus:

- Lehigh Valley
 - [Pinebrook Family Answers Compeer Program of the Lehigh Valley](#)
 - [Lehigh County Meals on Wheels](#)
 - [Lehigh Conference of Churches](#) (Daybreak, Soup Kitchen, Pathway Housing, HOPE Program, Lazarus House)
 - [United Way of the Greater Lehigh Valley Day of Caring](#) (every June)
 - [Allentown Rescue Mission](#)
- Schuylkill
 - [Community gardens- Schuylkill Haven](#) (new project for Spring 2019) or Mahanoy City
 - [Block of Art](#) (every April)
 - [Schuylkill County Youth Summit](#) (every March)
- Hazleton
 - [Hazelton One Community Project](#)
 - [The Salvation Army of Hazleton](#)
 - The Greater Hazleton Health Center hazletonfreemedicalclinic@gmail.com
- Pocono
 - [United Way of Monroe County](#)
 - [The Salvation Army in East Stroudsburg](#)

Additional volunteer opportunities can be found at [Volunteer Center of the Lehigh Valley](#) or [VolunteerMatch](#).

Healing Garden Opens at LVH-Muhlenberg

BY [RICK MARTUSCELLI](#) · APRIL 25, 2019

There's a new place at LVH-Muhlenberg where patients and their loved ones can go to get some fresh air, relax, talk and be with one another as they heal. It's the same place colleagues can go to enjoy a break outdoors and recharge for the remainder of their shift. It's the new ICU Healing Garden at LVH-Muhlenberg.



The garden was made possible thanks to a generous \$100,000 gift from the LVH-Muhlenberg Auxiliary. This week, members of the Auxiliary joined LVH-Muhlenberg President Bob Begliomini and colleagues to cut the ribbon and officially open the new garden.

The ICU Healing Garden is located on the second floor. It features benches, tables, greenery, and a peaceful environment to

Now Open: The Auxiliary Shop at LVH–Cedar Crest

BY [ERIN LUDWIG](#) · APRIL 22, 2019

The wait is over for colleagues anxiously awaiting the reopening of the gift shop in the Jaindl Pavilion at LVH-Cedar Crest. Under a new name and in an expanded footprint, the shop has opened its doors and is ready to serve all colleagues, patients and guests.

The name, The Auxiliary Shop, honors the legacy of extraordinary contributions of the Auxiliary of Lehigh Valley Hospital, and recognizes their continued commitment to LVHN through generous support of the current renovation.

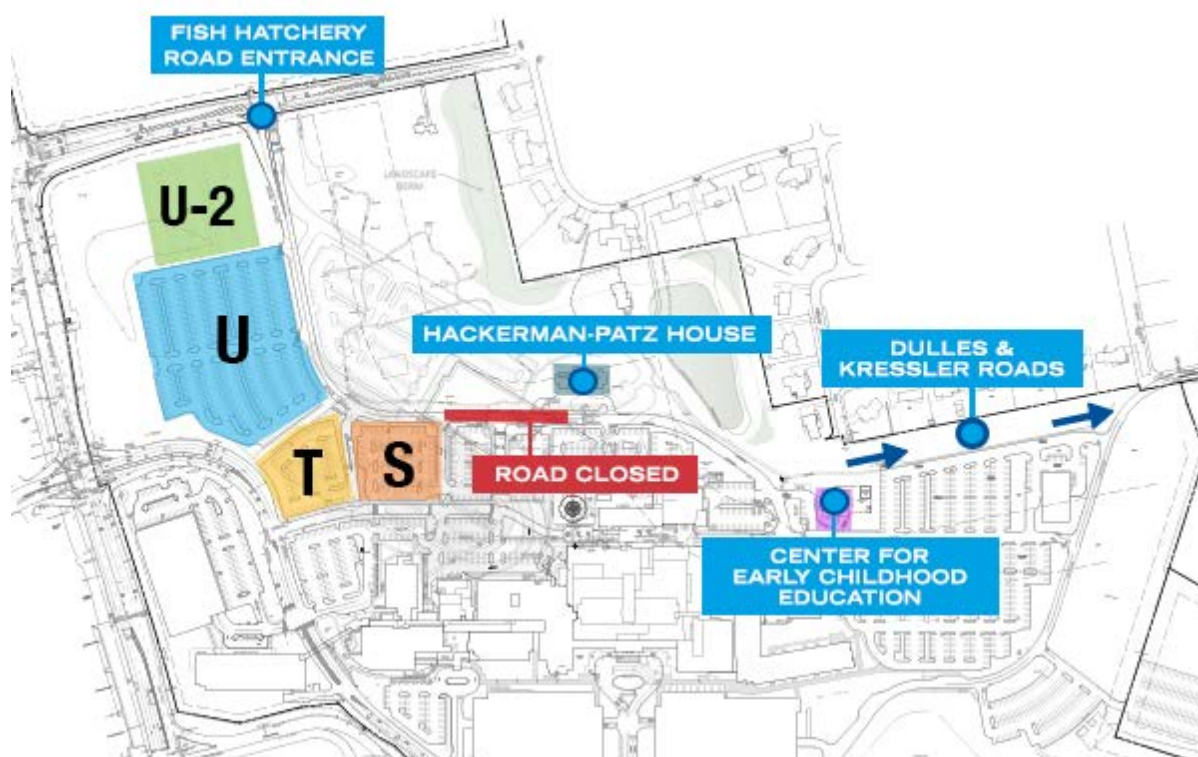
The Auxiliary Shop will continue to primarily offer items to help welcome and celebrate new baby arrivals with product lines including Melissa and Doug, Ty, and Ganz. Store hours are 9 a.m. to 5 p.m. Monday through Friday, and limited evening and weekend hours.



Road Closure, Parking Changes at LVH–Cedar Crest Beginning May 1

BY [RICK MARTUSCELLI](#) · APRIL 25, 2019

The construction of a new emergency department and observation unit continues at LVH–Cedar Crest. Beginning May 1, the construction project will impact how some colleagues enter and exit the campus, park, and access the Center for Early Childhood Education and Hackerman-Patz House.



Here is what will happen beginning May 1. Refer to the map for details.

- The South Access Road will be closed to thru traffic.
- The Fish Hatchery Road entrance should only be used by colleagues assigned to park in Lots S, T, U and U-2. Changes to these lots are as follows.
 - Lot T (currently used by colleagues in the 1230 building) and Lot S (currently used by physicians and residents), will become gated physician lots. A temporary passage will be created between Lots T and S. All motorists will access this area through the Lot T gate. While there is sufficient parking most days in these lots, parking for physicians and residents will be on a first-come, first-serve basis, as there will not be separate parking lots for each. Any colleague with access to Lot S who is not a physician or resident will be removed from this lot.
 - Colleagues from the 1230 building who currently park in lot T will be displaced and be required to park in Lots U and U-2. Shuttle service will be offered in Lots U and U-2. Security will be on

site and monitoring parking lots to ensure colleagues are parking in their designated locations.

If any colleague parks in the front parking decks or the 1230/1240 building patient parking area, they will receive a ticket and possible disciplinary action as per the LVHN parking policy.

- Colleagues who park in all other lots, or are traveling to the Center for Early Childhood Education of the Hackerman-Patz House should enter the LVH–Cedar Crest campus via Kressler Road or the main entrance off of Cedar Crest Boulevard.
- All drivers making deliveries to LVH–Cedar Crest must enter and exit the campus via Kressler Road. Access to the loading docks from the Fish Hatchery Road entrance will not be available.

Thank you for your understanding and support as we work to expand the health care service the people of our community need.

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VALIC Is Now Known as AIG Retirement Services

BY [RICK MARTUSCELLI](#) · APRIL 25, 2019

As AIG celebrates 100 years of serving customers around the globe, VALIC has announced the next chapter in its long and distinguished history. VALIC will now be known as AIG Retirement Services. With this name, VALIC will be more closely aligned with and leveraging the strength, scale and brand of their parent, AIG, a recognized Fortune Global 500 leader with deep experience in retirement and financial services.



No action is needed on your part. Everything that is currently in place with your LVHN account(s) remains the same.

AIG Retirement Services

AIG Retirement Service will continue to serve you through their same family of companies, including VALIC and its subsidiaries, VALIC Financial Advisors, Inc. (VFA) and VALIC Retirement Services Company (VRSCO).

AIG Retirement Services is committed to helping you meet your long-term financial needs. The VALIC family of companies has always worked to provide sound, innovative solutions to people throughout every phase of their financial lives. AIG Retirement Services will continue to serve you on your retirement journey.

If you have any questions, contact one of our dedicated financial advisors by calling 610-402-8801.

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What Weighs 875 Tons?

BY [RICK MARTUSCELLI](#) · APRIL 22, 2019

At LVHN, we recycle paper, cardboard, plastic, glass, batteries, fluorescent bulbs and scrap metal. Thanks to your help in 2018, we diverted more than 875 tons of waste from the landfill. We also diverted 46 tons of operating room waste from landfills, resulting in a cost savings of \$27,837 from avoided landfill disposal costs. That's cause for celebration on Earth Day and every day.

What else are we doing to help our environment and community? We partner with the Louis E. Dieruff High School sewing club (Sew What? Club) to create tarps, ponchos, bedrolls, and tote bags out of OR blue wrap. These items are then donated to the Street Medicine Program for our homeless population.

[The story was featured on our LVHN Facebook page.](#) As of December 2018, the post has reached an LVHN record 1,098,242 people and the video has been watched on Facebook more than 410,000 times.

Engineering has also introduced many energy efficiency sustainability initiatives including:

- The purchase of a Global Electric Motorcar (GEM) vehicle to replace their gas vehicle
 - The retrofitting of lighting from neon to LED
 - The installation of stairwell occupancy sensors
 - Installation of controlled hood sensors
 - Daylight harvesting, the use of daylight to offset the amount of electric lighting needed to properly light a space, to reduce energy
 - The installation of occupancy sensors at LVHN-One City Center
 - Plate and frame heat exchangers were installed at LVH-Cedar Crest, LVH-17th Street and LVH-Muhlenberg for water conservation and free cooling
- Other sustainability initiatives include:



- Supporting local food vendors and products
- Offering organic food selections
- Using the Farmer's market concept
- Supporting Healthcare Without Harm Network
- Constructing and maintaining Healing Herb Gardens at LVH-Cedar Crest and LVH-Muhlenberg

Thank you for helping to make LVHN an environmental-friendly workplace. Be sure to visit our [“Green Team” intranet page](#) to review our 2018 Sustainability Report, highlights from around the health network, Green Gossip newsletters, and great resources about recycling household items.

Safely Dispose of Unwanted Medications on National Prescription Drug Take Back Day

BY [ERIN LUDWIG](#) · APRIL 25, 2019

When unused medications find their way into the wrong hands, it can have dangerous and often tragic consequences. On Saturday, April 27, you can be one of thousands across the country who will clean out unwanted or expired medications and help assure that prescription drugs are properly disposed of. National Prescription Drug Take Back Day, organized by the U.S. Drug Enforcement Administration (DEA), encourages citizens across the country to turn in those medications at predetermined, approved locations. One of those locations is the CVS Pharmacy located on Liberty Street in Allentown, next to LVH—17th Street.

“When patients leave unused medications, especially opioids, in a medicine cabinet, there is a risk that those medications might be misused or diverted, which is why we have worked to help increase access to and awareness of safe medication disposal options in the communities we serve,” says Tom Davis, RPh, Vice President of Professional Services for CVS Pharmacy. “Providing options for the proper disposal of unused medications is just one of the ways that CVS Health is working to help combat opioid misuse, as part of our commitment to helping build healthier communities across the country.”

To help make year-round disposal options more accessible, CVS Pharmacy has installed safe medication disposal units in more than 1,000 CVS Pharmacy locations across the country and has donated 950 additional units to community locations such as police departments. Together, these units have collected more than 324 metric tons, or 715,000 pounds, of unwanted medication that might otherwise have been diverted, misused or ended up in our water supplies.

CVS Health’s innovative community education program, Pharmacists Teach, connects CVS pharmacists to local communities to talk with students and parents about the dangers of misusing prescription drugs, using a curriculum developed with the Partnership for Drug-Free Kids. The company has reached nearly 475,000 students and parents nationwide through the program.

Visit CVS Pharmacy at 1601 Liberty St. in Allentown, or other approved site, this Saturday from 10 a.m. to 2 p.m. to drop off your unwanted medications. The full list of approved sites is available at



takebackday.dea.gov.

For more information on CVS Health's opioid misuse prevention programs, including Pharmacists Teach, [visit this website](#).

CVS Health is joining LVHN's Opioid Stewardship & Linkage to Treatment for Substance Use Disorders program at this year's Rally in the Valley event, which celebrates recovery from addiction.

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Watch Leader to Leader April 2019 – VIDEO

BY [RICK MARTUSCELLI](#) · APRIL 22, 2019

April's Leader to Leader meeting included a special education session from Robbin Chapman, PhD, Associate Dean of Diversity, Inclusion, and Belonging at Harvard Kennedy School. Chapman provided insights to overcome our personal biases and foster engagement with colleagues. Watch her presentation, "I Can Be Myself Around Here," as well as the Service Star Award presentation and a tribute to Craig Onori, Vice President of Operations, who passed away peacefully at his home on March 27.

[Service Star Award Presentation](#)

["I Can Be Myself Around Here"](#)

[Tribute to Craig Onori](#)

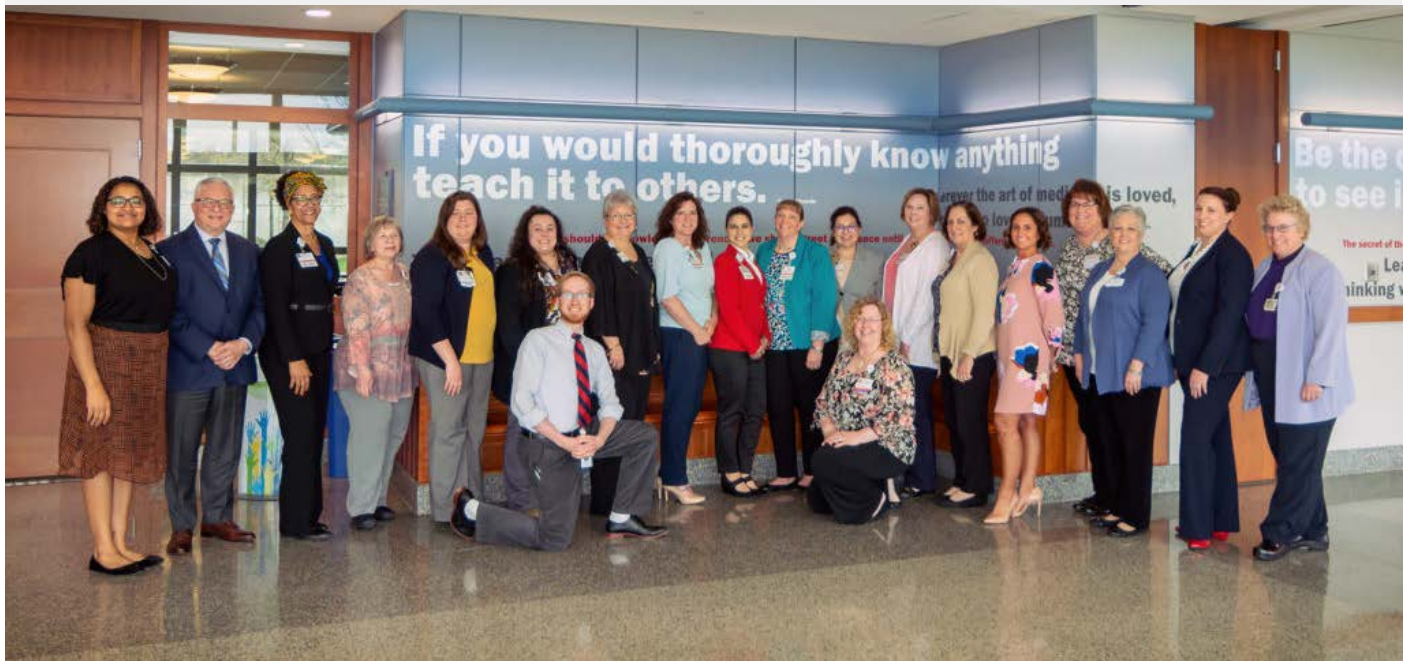


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Innovations in Education

BY [JOAN YANKALUNAS](#) · APRIL 25, 2019



Innovations in Education team

The Department of Education recently held its eighth annual conference “Innovations in Education.” Participants were treated to diverse topics on education in the realms of education techniques, technology and simulation. The conference showcased both local and national level speakers on topics such as professional joy, the future of learning technology, emotional intelligence, generational differences, creating an escape room, self-care, simulation uses for all types of health care, and more. The event inspired educators to branch out and learn something new to apply in their educational offerings.

The conference planning starts a year in advance and employs the talents of many team members to provide an agenda with many interdisciplinary topics. Everything from logistical planning, speaker recruiting, and even app creation is required to make the day a success. A variety of colleges also were present to offer information on continuing the educational journey.

Save the date for next year. The event will be held March 31, 2020.

Attend Rally in the Valley

BY [MARCIANN ALBERT](#) · APRIL 23, 2019

Shake off you winter blues and cabin-fever cobwebs by attending the Rally in the Valley music festival on Sunday, May 19. This extraordinary event will be held from 12-5 p.m. at ArtsQuest in Bethlehem.

Come celebrate recovery as a community concept by enjoying great music, dynamic speakers, good food, fun family activities and a plethora of community resources.

LVHN is one of the proud sponsors of this vibrant event that brings to light the many strengths that accompany a recovery lifestyle.

Don't miss the opportunity to support recovery in our community. [Additional event details can be found in this flyer.](#)



Transgender Health: Providing Affirming Care

BY [RICK MARTUSCELLI](#) · APRIL 25, 2019

Mark your calendars and register for the upcoming symposium “Transgender Health: Providing Affirming Care” The symposium will be held on Tuesday, April 30, from 5-6:45 p.m. at the LVH–Cedar Crest auditorium. This event is the second in a three-part series.

[Leslie A. Colip, MD](#), will be the keynote speaker. Colip is a graduate of University of Oregon and Temple School of Medicine. During her fellowship at University of Mexico, Colip became interested in working with transgender health, HIV endocrinopathies and general metabolic bone disease.

She found that many of her colleagues were declining care for transgender patients due to their lack of experience, leaving patients with no place to go for hormone care. Her interest and advocacy helped build a transgender service line through the University of New Mexico.

Colip sees patients at [LVPG Endocrinology–1243 Cedar Crest](#) and [LVPG Endocrinology–Palmer Township](#) for general endocrinology, which includes a Monday Osteoporosis Clinic.

LVPG Endocrinology was awarded Anderson Grant Funding for a Transgender Learning Clinic, which started in January. Colip and her colleagues hope learners will be able to rotate through the clinic to gain exposure to transgender health needs.

In addition, they look forward to joining forces with other health network colleagues to develop a strong referral base of affirming providers.

The next event will be held June 27, from 5-6:45 p.m. Educational topics will include “Pre-exposure Prophylaxis (PreP): The Little Blue Pill and Beyond.”

[Click here](#) for registration information and additional event details.

