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This is your last chance to celebrate and get free giveaways.

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Then take the survey and share why you're LVHN Proud.

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Depression

Kids and Hot Cars

When Ear Infections Keep
Coming Back

More Pop-up Parties Scheduled

BY [RICK MARTUSCELLI](#) · JULY 26, 2019

Did you attend a Pop-up Party? They're fun. They're inspiring. They celebrate partnership. And they're a huge hit.

Twelve Pop-up Parties were held at locations across LVHN since June, and more than 9,000 colleagues attended. The parties allow colleagues to come together, celebrate the partnership we have with our community and one another, provide feedback about how we can bring our new brand to life, and get free LVHN branded giveaways. You can [sign up to be a Colleague Ambassador](#) too. [Learn more about the parties.](#)

There's still time to attend a Pop-up Party. In fact, more parties have been scheduled – many at new locations – to give more colleagues a chance to participate. See the party schedule below.

If you haven't yet attended a party, or if your job/schedule makes it difficult for you to come, consider these tips to help ensure you and everyone on your team gets their free LVHN gifts:

- **Attend the party that's most convenient for you.** You don't have to work at the facility where the party is being held to attend. Most parties will be held from 11 a.m. to 1 p.m., so you can stop by during lunch. Some parties will be held in late afternoon, so you can stop in on your way to or from work.
- **Talk with your manager about designated someone to pick up giveaways for everyone in your department.** Your department's designee can stop by any Pop-up Party and take a bag of giveaways for everyone on your team. You don't to prove how many colleagues are on your team. We're partners, so we trust you'll take only the number of giveaways you need to ensure we have adequate supplies for all colleagues.
- **Act now.** This is your last chance to celebrate with colleagues and get your giveaways. No more parties will be held after this latest round is complete.



Here is the latest Pop-up Party schedule.

July 31

2024 Lehigh Street, Allentown, café

11 a.m.-1 p.m.

Aug. 7

250 Cetronia Road, Allentown, Meade Educational Center suite 206 (third floor)

11 a.m.-1 p.m.

Aug. 12

LVHN—Mack Boulevard auditorium

11 a.m.-1 p.m. and 3-5 p.m.

NOTE: With ample parking and easy access to and from the party, this location is a great place to send a designee to pick up giveaways for everyone on your team.

Aug. 19

Health Center at Palmer Township, conference rooms A and B

11 a.m.-1 p.m.

Aug. 26

Roma Corporate Center, 1605 N. Cedar Crest Blvd., Allentown, suite 411 conference rooms

11 a.m.-1 p.m.

Aug. 29

Health & Wellness Center at Hazleton

11 a.m.-1 p.m.

Aug. 30

LVH—17th Street auditorium

4-6 p.m.

Sept. 5

Health Center at Tannersville

11 a.m.-1 p.m.

Sept. 6

LVH—Schuylkill S. Jackson Street multipurpose room

11 a.m.-1 p.m.

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Look for an Email From ‘Best Places to Work in Pennsylvania’ and Take the Survey

BY [RICK MARTUSCELLI](#) · JULY 24, 2019

LVHN is being considered for recognition as a “Best Place to Work in Pennsylvania.” This program recognizes outstanding places of employment in the state. As part of the program’s selection process, a large sample of colleagues were selected to take a survey. If you are selected to participate in the survey, please consider taking time to complete it.



Here is what you need to know if you’re selected:

- You’ll receive an email from Surveys@BestCompaniesGroup.com on July 26.
- The subject of the email will be “Best Places to Work in Pennsylvania – Employee Survey.”
- Do not forward your survey invitation to other colleagues. Each invitation contains unique access information that you can only use once.
- Follow the instructions in the email and complete the survey by Aug. 9th.
- A third-party agency will administer the survey and tabulate your confidential ratings.
- The survey is optional. However, your feedback is appreciated.

The “Best Places to Work in Pennsylvania” program is created by Central Penn Business Journal (CPBJ) in partnership with Team Pennsylvania Foundation, the Pennsylvania Department of Community and Economic Development, the Society for Human Resource Management (SHRM) – PA State Council and Best Companies Group.

Your honest feedback is extremely valuable to the selection process. Thank you, in advance, for participating in the survey.

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Summer ‘Sparkled’ at LVPG’s 25th Anniversary Recognition Awards Celebration – PHOTOS

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



LVPG rolled out the red carpet in celebration of the group's 25th Anniversary Recognition Awards.

Donning tuxedos, providers and invited guests were treated to a wonderful evening emceed by [Timothy Friel, MD, Chair, Department of Medicine](#) and [Michael Pasquale, MD, Chair, Department of Surgery](#).

Jonathan Davidson, Senior Project Manager, LVPG Administration, facilitated the Oscar-themed details and ensured a bit of Hollywood shined over the event.

Ten “Shout Out” Awards and two LVHN Star Awards recognized provider and/or practice contributions to the community and organization.

Here are photos of all the award recipients.

Best New Artist

Chetan Nayak, MD



Shout Out Awards (click through gallery below for photos)

Amanda Flicker, MD, Courtney Boyle, DO, Ammar Abbasi, MD, Daniel Relles, MD, Mark Prezioso, PA-C, Gillian Beauchamp, MD, Leslie Colip, MD, Kevin Weaver, DO, Mark Knouse, MD, Justin Stauffer, PA-C

LVPG BoyleUnknown



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Unsung Hero Award

Brittany Portonova, DPM



Renaissance Award



Quality Improvement Award

Amy Slenker, MD



Lifetime Achievement Award

Yehia Mishriki, MD



Best
Producer

Award
Wayne Dubov, MD



Best Director Award
Jodi Lenko, MD



Best Supporting Actor/Actress
LVPG Psychiatry–Health & Wellness

Center at LVPG-Hazleton



LVPG Star
 Award

Patrice Behrens, Director, LVPG Budget and Financial Analysis



MaryAnn LaRock, Vice President of Compliance



Best Actor/Actress
Suresh Nair, MD



Progress Notes: Financial Planning 101

BY [PATRICIA MARTIN, MD](#) · JULY 23, 2019



Progress Notes is now on LVHN Daily. To optimize and enhance communication with our medical staff, Progress Notes will no longer be printed or emailed. Instead, Progress Notes will be the name of a regular blog from the Medical Staff President. It will contain the news and information LVHN clinicians need, and will be included in LVHN Weekly, the email wrap up all colleagues receive every Friday.

Starting your residency or your first job as an attending can be among the most exciting moments in your career. You did it! You graduated from medical school! You finished your residency or fellowship! You started your first “real job!” You may be well trained to make medical decisions, but you may not feel as prepared to manage your finances. How will you repay your loans? Are you living within your means? Do you need to buy life and disability insurance policies? When should you buy a home? Should you send your children to public or private school? What are the best strategies for saving for retirement?

Getting your finances in order early in your career can give you the freedom to focus on what really matters to you: Taking care of your patients and enjoying the company of family and friends. Warren Buffett makes financial planning sound so simple. “You only have to do a very few things right in your life as long as you don’t do too many things wrong.” Getting things right can be daunting if you are not financially literate.

If you do not have the knowledge or the inclination to come up with a financial plan, perhaps you should consider getting a financial consult. Below are several resources LVHN provides to help you plan your

future.

Restructuring student loans

According to the American Association of Medical Colleges, the average debt of medical school graduates in 2019 was \$196,520. After eight years of school, many young physicians have to continue to put their lives on hold so they can repay their student loans. Even their choice of specialty may be affected by how much they owe.

Practicing medicine is difficult enough without the additional stress of managing this crushing debt. There are three main strategies to reduce your student debt:

1. Switching repayment plans
2. Seeking forgiveness
3. Reducing your interest rate by refinancing.

Choosing the right strategy is complicated because there are so many variables to consider. Are your loans federal and/or private? What is your current income? Marital status? Future earning potential? Do you qualify for the Public Service Loan Forgiveness Program? Should you choose the Income Based Repayment or Pay-As-You Earn Repayment plans? These options can be baffling.

In 2017, LVHN contracted the company Navigate to provide free consultations to employed physicians and APCs on how to reduce their student debt. In the past month alone, they have advised six new providers and saved them a combined total of \$1,166,497. During a 30- to 45-minute consultation, providers can:

- Review their plan and learn about other student loan options
- Receive a personalized analysis with estimate comparisons for choosing the best option
- Get an individualized plan with step-by-step instructions on how to consolidate the loans, fill out repayment plan applications, obtain employment certification or refinance your private loan.
- Receive unlimited follow up when student loan repayment changes occur

Navigate consultants will visit LVHN on the following dates:

Monday, Aug. 5, LVH–Cedar Crest ECC room 6, 7:30 a.m.-5 p.m.

[Click here](#) to schedule your appointment or future consult.

Tuesday, Aug. 6, LVH–Muhlenberg ECC room A, 8 a.m.-5 p.m.

[Click here](#) to schedule your appointment or future consult.

Wednesday, Aug. 7, LVHN–Mack Boulevard, 2nd floor conference room A, 7:30 a.m.-12 p.m.

[Click here](#) to schedule your appointment or future consult.

Wednesday, Aug. 7, LVH–Pocono Serenity Room, Hughes Cancer Center, 1-5 p.m.

[Click here](#) to schedule your appointment or future consult.

Thursday, Aug. 8, LVH–Schuylkill E. Norwegian Street, 2nd floor conference room, 7:30 a.m.-5 p.m.

[Click here](#) to schedule your appointment or future consult.

Friday, Aug. 9, LVH–Hazleton, 2nd floor small conference room, 7:30 a.m.-5 p.m.

[Click here](#) to schedule your appointment or future consult.

You may also contact Joy Sorensen Navarre, the President of Navigate, by phone at 612-209-2382, text at 612-470-3040, or email at joy@navigatestudentloans.com.

Getting a mortgage

The following banks provide specialized home loans for physicians:

American Bank

- Finance up to 100 percent of the property value for loans up to \$750,000
- Close on your new home up to 90 days prior to your new employment start date (with signed contract)
- Gives special consideration to deferred student loan debt
- No Private Mortgage Insurance
- Allows gift funds to be used for 100 percent of down payment and closing costs
- Permits non-occupant borrowers
- For information, contact Manny Rodrigues at mrodrigues@ambk.com or 610-762-7172

First National Bank

- Provides up to 100 percent of financing with no Private Mortgage Insurance
- Provides wide range of fixed rate or adjustable rate mortgages
- Apply benefits to purchasing a first or second home, including new construction
- For information, contact Theresa Anthony Yocum at yocumt@fnb-corp.com or 570-994-4427

Education K-12

LVHN is partnering with local private schools which offer incentives for new LVHN physicians. For more information, please email rebecca.caraballo@lvhn.org.

Comprehensive financial planning services

VALIC Financial Advisors, Inc., another LVHN partner, offers customized long-term financial planning services at low fees that can help you reach your retirement goals. You can contact Brandee Lusch at brandee.lusch@valic.com or 484-408-5426 for a personal consultation. [Learn more about Brandee here](#). VALIC also offers an interactive online planning tool called Retirement Pathfinder and insurance products. [Learn more here](#).



Patricia Martin MD

About me: My name is Patricia Martin, MD. I am President of the LVHN Medical Staff. I have been a practicing neuroradiologist at LVHN since 2000. It is an honor to represent the exceptional physicians and advanced practice clinicians of LVHN. I am always willing to partner with you to explore new and innovative ways to provide exceptional care. I encourage you to share what's on your mind.

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Lehigh Valley Heart Institute Partners With Colleges on Clinical Education Program

BY [ADMIN](#) · JULY 22, 2019

A new agreement between two Pennsylvania colleges will result in students receiving clinical education at Lehigh Valley Heart Institute. The agreement allows Northampton Community College (NCC) students to transfer to Harrisburg Area Community College (HACC) to obtain an associates degree in cardiovascular technology. Students will then apply to a 15-month clinical program offered at Lehigh Valley Heart Institute.

Heart disease is the leading cause of death nationally and in the state of Pennsylvania. "As the health needs of the greater Lehigh Valley area continue to grow, this program will equip students with the knowledge they need to care for

patients," says Vincent Tallarico, Lehigh Valley Heart Institute Vice President. "We are excited to have this partnership to address the local need associated with this important profession and the prevalence of heart disease."

Starting in fall 2019, NCC students interested in cardiac sonography or invasive cardiovascular technology can take their general education requirements at NCC and then apply to HACC to take the final coursework to earn their degree. Through HACC, the NCC students will complete one online class and two classes at HACC's Lancaster campus. Students will then apply to the clinical program at Lehigh Valley Heart Institute.

Interested students may learn more by contacting Kristy Werkheiser, program director of HACC's cardiovascular technology programs, or attend an information session Aug.13 from 6-8 p.m. at NCC's Bethlehem campus in the College Center, room 220.



CARES Program Provides Bountiful Benefits

BY [MARCIANN ALBERT](#) · JULY 22, 2019



CARES team

The Continuous Ambulatory Remote Engage Services (CARES) program provides patients the opportunity to manage their chronic diseases from home.

Program overview

- Patients are given devices to test biometric data and trained how to test properly.
- Patients enter daily vital signs and answer screening questions on their personal computer or smartphone.
- A centralized team of nurses reviews the patient's self-reported data and intervenes as necessary with the patient's LVPG provider.
- Nurses educate patients on importance of daily testing, medications, nutrition, chronic illness self-care and chronic disease management.

Who can enroll

- Patients who are newly diagnosed with a chronic health condition or have an existing chronic health condition
- Patients who are high risk for admission or readmission to the hospital
- Patients who would benefit from daily support in management of their chronic condition

Patient benefits

- Reduce inpatient admissions for chronic diseases by monitoring patient's vital signs from home
- Patients can monitor and trend their own vitals, giving them a better understanding of their health status
- Patients enrolled in the COPD program reported feeling more involved in their care because of remote monitoring

Provider benefits

- Peace of mind that your patients are being cared for in between office visits
- Access to track and trend patient-entered vital signs
- Potential to reduce number of office visits for patients who are regularly entering vitals

Next steps

- To place a referral for CARES in Epic, enter "Amb Ref to CARES" and choose the appropriate program.
- For any questions or more information, refer to the CARES Program Overview for Providers.

A Birthday Present to Remember

BY [MIKE PECKMAN](#) · JULY 22, 2019

Coincidence is defined as a remarkable concurrence of events or circumstances without apparent causal connection. Coincidence has now connected David Krewson, DO, LVPG Obstetrics and Gynecology, Sissy Kaschak, RN, delivery nurse, and newborn Xavior James Santos. All three share the same birthday. Xavier was born Monday, July 22, in the new Family Birth and Newborn Center at LVH–Schuylkill.

“It was a routine, beautiful delivery,” says Krewson who also serves as Chairman of OB/GYN at LVH–Schuylkill. “Mom and baby did really well.”

Xavior is the first born to Luis and Jamie of Barnesville. He arrived at 7:52 a.m.

and weighed 7 pounds, 20 ounces, and was 20 inches tall. Jamie came to the hospital early Monday, already in labor.

“I was on my way to our LVPG practice in Pottsville just before 7 a.m. when I got the call that Jamie was in labor,” says Krewson.

Added Kaschak, “I had just begun my shift and learned that we had a laboring mom. I was so excited knowing that I would share a birthday with the newborn. In fact, I always enjoy working on my birthday for just that reason.”

Little did Krewson and Kaschak know that it was the other’s birthday as well. Both say they have participated in deliveries on their birthdays before, but never had another team member who also shared the same date.

Just as Xavior was being delivered, Kaschak says she was joking with the baby boy that the two shared a birthday.



That's when Krewson chimed in that it was his birthday as well. "How cool is this," he says.

"It was a very special moment and one that I will cherish," Krewson says.

"This means a lot to us," says father Luis Santos. "This is very special." Mother Jamie added, "We appreciate all that you did for us."

LVH-Schuylkill's Gift Shop gave a welcome basket to baby Xavier. Members of the Family Birth and Newborn Center team sang Happy Birthday to Krewson, Kaschak and baby Xavier and shared a cake brought in to recognize their colleagues.

Grandparents and other family members were present as well wearing customized Baby Xavier T-shirts for Nona, Pap and other family members.

