

### [LVHN Signs Letter of Intent to Acquire Coordinated Health](#)

If approved, Coordinated Health will become part of LVHN.

### [Be a 'Giving Partner'](#)

Support our Colleague Giving Campaign.

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She gives because LVHN saved her life twice.

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Support the LVH-Muhlenberg Auxiliary.

### [Attend 'Rockers for Hughes Cancer Center'](#)

Musician will express gratitude for care at Sept. 22 show.

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Flu Shot Clinic  
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Parking Changes  
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## LVHN news

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Stroke 101: What You Need  
to Know

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When Ear Infections Keep  
Coming Back

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Sleep Tied to Children's  
Behavior & Development

# Important Announcement Regarding Coordinated Health

BY [BRIAN NESTER, DO, MBA, FACOEP](#) · SEPTEMBER 19, 2019

## Special Announcement



**This message is from Brian Nester, DO, MBA, FACOEP,  
Lehigh Valley Health Network President and Chief Executive Officer.**

I'm writing to inform you of important news. LVHN has signed a binding Letter of Intent to acquire the assets of Coordinated Health. The transaction is subject to notification to the federal antitrust agencies and observance of one or more waiting periods under the Hart-Scott-Rodino Act (HSR). The Federal Trade Commission is currently conducting the HSR review. The Pennsylvania Attorney General's office is also reviewing the transaction. If cleared by the government to close, Coordinated Health will become a part of LVHN.

Coordinated Health (CH) is a hospital and health network with 22 locations throughout the Lehigh Valley, Northeastern Pennsylvania and western New Jersey. CH employs more than 1,200 highly skilled personnel working in outpatient offices, two hospitals and two Ambulatory Surgery Centers.

LVHN and CH will remain separate and independent health systems while they await these government reviews. The review process typically takes between 30 and 60 days, and sometimes longer. We will keep you informed when there is additional information to share.

# Be a Giving Partner: Support the Colleague Giving Campaign

BY [RICK MARTUSCELLI](#) · SEPTEMBER 19, 2019

Lori Piltz is a survivor. A Clinical Quality and Training Analyst for Populytics, Piltz knows she wouldn't have survived two breast cancer diagnoses if it weren't for the world-class care she received at LVHN, the support of her family and colleagues, and the generosity of those who support our health network through financial gifts. In recognition of all that LVHN has done for her, Piltz is a Giving Partner. "I want to give back to a health network that has given me so much – a health network that saved my life two times," she says. [Read her story.](#)

## Why you should be a Giving Partner too

The health care environment continues to be challenging. Hospital and health systems nationwide continue to struggle. At LVHN, our focus on providing better health and better care at a better cost keeps us strong. The financial support we receive from generous community members makes us even stronger. In July 2016, colleagues in our Office of Philanthropy began a campaign with a goal of raising \$100 million. Our community has been very generous. To date, the campaign raised \$84 million.

Now we need your help to reach our goal. We're asking for the support of colleagues as we launch a Colleague Giving Campaign. You give your all every day to make LVHN exceptional. By supporting the campaign, coming together as one team of colleagues and giving what we can, we can help make LVHN the best it can be.

## Give to the Colleague Giving Campaign

The Colleague Giving Campaign will take place during the next seven weeks. It's an exciting way to partner with colleagues and move LVHN forward together. Every dollar you give to LVHN directly benefits our services, patients and colleagues. Plus, your donation benefits your local campus, For



example, donations made by a colleague in Hazleton stay in Hazleton. (Note: Colleagues in Pocono are encouraged to support the [LVH–Pocono Foundation](#).)

Philanthropic donations to LVHN fund groundbreaking innovations, pilot programs that elevate care, and unfunded services that are increasingly difficult and costly to deliver. From clinical trials in our institutes, to specially designed space and programs that put patients and families at ease at Lehigh Valley Reilly Children’s Hospital, to community programs like Street Medicine, philanthropy is a driving force behind key LVHN initiatives.

## **How to be a Giving Partner**

All donations, large and small, make a difference. Payroll deduction allows you to give over a longer period of time with little to no impact on your budget. If all colleagues gave \$5 per pay period, we would raise \$2.34 million. A gift of \$100 is only \$3.84 per paycheck.

### **To make a donation using payroll deduction:**

- Visit [LVHN.org/GivingPartner](#).
- Download and complete the payroll deduction form. (Note: In the area of the form asking for the “Purpose” of your gift, you can designate the program or service you would like your gift to support, such as cancer, heart or children’s care.)
- Follow the instructions on the form to submit it.

### **To make a one-time gift:**

- Visit [LVHN.org/give](#).
- Enter the amount of your gift.
- Designate how you would like your gift to be used.
- Submit your personal information.

To speak with a colleagues from the Office of Philanthropy about how you would like to designate your gift, call 484-884-6385.

## **Encourage colleagues to be Giving Partners**

Here is how you can help us spread the word about the campaign:

- [Print and post the Colleague Giving Campaign flyer](#) in your department.
- Visit LVHN Daily through the campaign to read stories about our Giving Partners.
- Share your personal experiences of benefiting from the generosity of Giving Partners with fellow colleagues by commenting on this story below.

Thank you in advance for your support of the Colleague Giving Campaign. When colleagues work together toward a common goal, we make LVHN the exceptional health network it is. We all can be #LVHNProud about that.

# Giving Partner Lori Piltz: “I Want to Give Back to a Health Network That Saved my Life Two Times.”

BY [RICK MARTUSCELLI](#) · SEPTEMBER 19, 2019

Lori Piltz is a survivor. A Clinical Quality and Training Analyst for Populytics, Piltz knows she wouldn't have survived if it weren't for the world-class care she received at LVHN, the support of her family and colleagues, and the generosity of those who support our health network through financial gifts. In recognition of all that LVHN has done for her, Piltz is supporting the Colleague Giving Campaign. Learn more about the campaign and give today at [give.LVHN.org/GivingPartner](https://give.LVHN.org/GivingPartner).

In 2006, Piltz was diagnosed with stage 3 inflammatory breast cancer. Her cancer was so aggressive, she had only a 20 percent chance of survival. She went through nine months of treatment at Lehigh Valley Cancer Institute,

including radiation, chemotherapy and a mastectomy. Thanks to the amazing care she received from her colleagues, and the support she received from her home and work families, she survived.

In 2008, Piltz and her husband, Mike welcomed their first child, Zachary, into the world. Thankful for the cancer care she received – and thankful for the care that led to the healthy birth of her son – the Piltzs philanthropically supported cancer services at LVHN as well as Lehigh Valley Reilly Children's Hospital services over the years.

In 2018, they joined the Leonard Pool Society (LPS). Every year, LPS members vote on how they would like their yearly aggregate gift to be used by the health network. In their first vote as LPS members, the Piltzs voted to have the aggregate LPS gift be used toward the implementation of SAVI SCOUT, a system that replaces the need to place a wire inside breast tissue to locate tumors during surgery. This wire-free localization system provides easier, more compassionate care to women undergoing treatment



*Lori Piltz with husband, Mike, and son, Zachary*

for breast cancer. SAVI SCOUT received the most votes, and the LPS gift was used to fund its launch at the Cancer Institute.

In October 2018, Lori was diagnosed with breast cancer a second time. As part of her treatment at the Cancer Institute, SAVI SCOUT was used.

Piltz is now a two-time cancer survivor. “I am among the first LPS members to have received care from the technology or program that my gift helped support,” she says. “I want to continue to give back to a health network that has given me so much – a health network that saved my life two times!”

**Be a Giving Partner.** Visit [give.LVHN.org/GivingPartner](https://give.LVHN.org/GivingPartner) to make a donation.

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## Service Star of the Month – September 2019

BY [PAULA RASICH](#) · SEPTEMBER 19, 2019

**Tracy Riccio, RN, and Bridgette Appleby, RN, Access Center, LVHN–Mack Boulevard**



Minutes matter when it comes to saving a life. Access Center Triage Nurse Tracy Riccio, RN, received a call from a distraught mother needing advice about her six-week-old premature baby. Overnight, the infant's breathing had become labored and he was looking very pale. The mother told Riccio that her baby was coughing and sneezing throughout the night, and that his chest puffed out while he slept. Riccio continued to ask questions about the infant's condition and symptoms. The mother continued to explain that the baby was lethargic, eating less frequently and had a low temperature. Suddenly, the mother began screaming. Her baby stopped breathing and started turning blue. Instantly, Riccio began coaching the mother through CPR. Access Center Triage Nurse Bridgette Appleby, RN, overheard the phone call and dialed 911. Riccio kept calm, guiding the new mom through rescue breaths, opening the baby's airway and chest compressions. After frantic moments, the baby was resuscitated. He started breathing, and the mother reported that her baby was awake, alert and crying. Riccio then assured the mother that EMS was on the way. "Tracy and Bridgette's quick thinking and actions, team collaboration, and calm, steady support for the mother and baby during this challenging phone call is an example of the many ways that this team provides exceptional quality care to our patients and community every

day,” says nominator and Access Center Nursing Triage Manager Tina Weikel.

## **Next Steps**

Nominate a Service Star.

Congratulate these PRIDE Award recipients. The PRIDE Award is part of our expanded [Service Star Award program](#).

### **Colleagues from the Emergency Department, Special Care Nursery, and Labor and Delivery, LVH–Muhlenberg**

A preterm infant (born before 25 weeks of pregnancy) was delivered in the emergency department (ED). The ED staff resuscitated, stabilized and monitored this critically ill patient, working seamlessly with members of the NICU team. The infant left LVH–Muhlenberg only two hours after being born.

### **Sarah Fye and Ruben Rosado, 2K South, LVH–Cedar Crest**

A multiple-vehicle accident occurred on I-78 in front of LVH–Cedar Crest. As they were arriving for work, Fye and Rosado heard the crash from the parking lot. Acting quickly, they ran across the field to the scene. Even before first responders arrived, they began giving aid to three trapped passengers. Their quick action helped save lives.

### **Patricia Casals, Shelly Oplinger, Mary Karounos and Elizabeth Salvadore, LVPG–Cardiology**

A couple was leaving the office when the wife began screaming. Her husband was showing signs of a stroke. The team of colleagues jumped into action to help this patient. Thanks to their diligence and immediate medical attention, the patient was stabilized and moved to LVH–Cedar Crest for further treatment. Three days later, the patient’s wife called to express her gratitude. Her husband made a full recovery in time to celebrate their 49<sup>th</sup> wedding anniversary.

### **Michael Dodson, PA-C, LVPG Orthopedic Trauma, LVH–Pocono**

On a brutally cold winter day, Dodson learned his colleague fell and broke her leg outside the office. Dobson went to stay by her side until the ambulance arrived. He then rode along with his colleague to the hospital and wouldn’t leave her side until her husband arrived.

### **David Blankenhorn, Plant Engineering, LVH–Schuylkill**

An elderly couple came to the front switchboard requesting to be seen in the ED. The woman, who had difficulty understanding English, wasn’t feeling well. Blankenhorn noticed the couple struggling and offered to help by showing them how to get to ExpressCARE. After retrieving a wheelchair for the visibly weak woman, he wheeled her to her car, then had her husband follow him to ExpressCARE. When they arrived, he collected another wheelchair and escorted the patient and husband inside.

### **Ruth Clark-Ramos, RN, Access Center, LVHN–Mack Boulevard**



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Clark-Ramos received a call from a stressed mother who needed to schedule a follow-up appointment at the Children's Clinic. Her premature baby had feeding issues. Without transportation, the mom had no way to get there. Clark-Ramos took the time to schedule the appointment plus coordinate cost-free van service through the Center for Women's Medicine. The grateful mother now has transportation to and from appointments.

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# Let's Do It Again! Helps Us Make the 'Top Workplaces in the Lehigh Valley' List

BY [RICK MARTUSCELLI](#) · SEPTEMBER 16, 2019

In 2019, you helped LVHN make the list of the “Top Workplaces in the Lehigh Valley.” In 2020, we’re going for a repeat. We want to make the list again, and we need your help again.

The Morning Call is compiling its annual list of Top Workplaces in the Lehigh Valley. To determine who makes the list, The Morning Call partners with Energage, an independent research company, to survey employees from local companies and organizations. This survey identifies top workplaces in the Lehigh Valley based solely on the opinions of employees.

As part of the selection process, 1,000 LVHN colleagues who work in the Lehigh Valley will be selected randomly to take the survey. If you are selected, please take time to complete the survey and provide your feedback. Here are things you need to know:



- You will receive an email from “Energage Survey.”
- The subject of the email will read: “Lehigh Valley Health Network Employee Survey.”
- Click the purple button in the email to begin the survey.
- Your survey responses are completely confidential. Energage will not disclose your individual responses to LVHN. Only group data will be shared.
- The survey should take only five minutes to complete.
- The survey launches Sept. 16 and runs for two weeks.

If you’re selected, thank you in advance for taking the survey. This is our time to shine, and let others know why LVHN is one of the top places to work in the Lehigh Valley. It’s one more way we can tell people why we are #LVHNProud.

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# Work of Art Celebrates First Arrivals at LVH–Muhlenberg Family Birth and Newborn Center

BY [RICK MARTUSCELLI](#) · SEPTEMBER 19, 2019

On Thursday, June 22, 2017 at 10:30 a.m., Daphne Soleil was born to proud parents Holly and Dustin Mongi of Bethlehem. Daphne was the first baby born at the new Family Birth and Newborn Center at LVH–Muhlenberg. Now, Daphne's image is forever on display on a new piece of art that celebrates our first arrivals at the Family Birth and Newborn Center. The names of many of the more than 800 babies who were born at the center during its first year also are included in the work of art.

## Is your baby's name on the wall?

Are you a colleague who welcomed your bundle of joy into the world at the Family Birth and Newborn Center and submitted the form to include your baby's name on the wall? If so, stop by to see your baby's name on the work of art. Here are the details:

**When to Visit:** Sept. 23-27, 8 a.m.-8 p.m.

- Visit the Family Birth and Newborn Center at LVH–Muhlenberg using the south entrance.
- Stop by the front desk to pick up a visitor's pass and special T-shirt for your child.
- Ride to the third floor of the Family Health Pavilion using the elevators to the left of the front desk.
- Find your child's name on the work of art as you exit the elevator.
- Snap a few photos.
- Share your photos by leaving a comment on this LVHN Daily post and tagging us online at:
  - [Facebook@LehighValleyHealthNetwork](#)
  - [Instagram@LVHealthNetwork](#)
- Remember to use [#LVHNProud](#).



# Here are the Winners of the Kids Greeting Card Contest

BY [ADMIN](#) · SEPTEMBER 16, 2019

We asked for creative and artistic kids to step up, and you delivered. This summer we hosted a contest called “Greetings for Good,” requesting LVHN colleague’s children and grandchildren to submit their original artwork for the cover of greeting cards that will benefit the Colleague Relief Fund. The response was sensational, as we received so many imaginative and unique entries.

A committee voted and 12 winners were selected. These winners will appear on the front of cards in boxed sets. There will be two different box styles available with six cards in each. Detailed information on how and where to find boxes of these adorable cards will be coming this fall.



Thank you to everyone who participated in this fun initiative. All participants will be acknowledged, even if they were not selected as a winner. Please note, if there was no contact information included with your child’s art, we will not be able to reach you. Stay tuned for “unclaimed art” information in a future post. If you have questions, please contact [Andrea.Kneedler@lvhn.org](mailto:Andrea.Kneedler@lvhn.org).

The winners are:

Felicity Coulthard, age 11

Annabelle Kotkiewicz, age 7

Paige Pryor, age 7

Quinn Calarco, age 7

Darcy Conrad, age 9

Alanah Rinker, age 8

Gia Rogers, age 5

Mackenzie Usilton, age 5

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Harper Higgins, age 5

Michael Colistra, age 8

Jocelyn Linkashunas, age 11

Gabriella Carey, age 10

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# Monroe County Hospice House is Now Open

BY [PAMELA RIDDELL](#) · SEPTEMBER 17, 2019

The Monroe County Hospice House is open and accepting patients who need intensive care at the end of life. The house also supports families who need brief respite care.

“Although most patients choose to remain in their homes when receiving hospice services, there are times when the disease progression makes it no longer feasible for care to be provided in any other setting than an inpatient facility,” said Elizabeth Wise, President of Lehigh Valley Hospital-Pocono. “If that need arises, our dedicated Hospice House will ensure that we can continue providing physical, social, spiritual and emotional care for patients and their families during the last stages of life.”



*Hospice House*

The service returned to the facility at 412 E. Brown St. in East Stroudsburg after passing regulatory approvals from the Pennsylvania Department of Health and support from an Advisory Committee of community members, chaired by Mark Primrose, Esquire.

The group formed to assess to the future of the Hospice House and hospice services in Monroe County and recommended re-opening with a three-year commitment of support and financial growth from additional community members using the service. The team, in cooperation with the LVHN-Pocono Foundation, has raised more than \$220,000 to support the house.

Following the Committee's recommendations, LVH-Pocono leaders reviewed the suggestions and worked diligently with Committee members to determine clear steps that would make operation of the house viable both now and in the future.

“The attention around hospice care increased awareness and communication among in-hospital providers and gives us an opportunity to continue to grow the program for those who need it going



forward,” Wise said. “We remain committed to end-of-life care as we balance and reconcile the desires of the community with our organizational resources and the needs of all our patients. We thank our Community Advisory Committee for their unwavering support of the Monroe County Hospice House.”

The LVHN-Pocono Foundation and Community Advisory Committee continue to seek philanthropic support from our community through a fund for donations called “Hospice House—Today, Tomorrow & Always.” Online donations can be made by visiting [give.lvhn.org/pocono](https://give.lvhn.org/pocono), or you can mail a check, payable to LVHN—Pocono Foundation, 206 E. Brown St. East Stroudsburg, Pa. Please indicate “Hospice House” on the memo line. For more information about how you can help with fundraising, call 570-476-3530.

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# Join us at the 2019 Walk to End Alzheimer's

BY [AMANDA BIALEK](#) · SEPTEMBER 18, 2019

Join LVHN colleagues at the 2019 Walk to End Alzheimer's. The walk is on Saturday, Sept. 28, at the ArtsQuest Center at SteelStacks. The Fleming Memory Center hopes you'll join their team, "FLEMINGos." LVHN is a sponsor of this year's walk.

More than 5 million Americans are living with Alzheimer's. Together, we can raise awareness of the disease and funds to support research efforts for the Alzheimer's Association. Sign up soon to receive a free team T-shirt. Quantity is limited.

## Walk to End Alzheimer's

**Date:** Saturday, Sept. 28

**Time:** Registration begins at 8 a.m. There will be an opening ceremony at 9:15 a.m. The walk will start at 9:30 a.m.

## Location:

ArtsQuest Center at SteelStacks  
101 Founders Way  
Bethlehem, PA 18015

## How to register:

- Visit [2019 Walk to End Alzheimer's](#).
- Respond to the participation question and Click "Join a Team."
- Select Fleming Memory Center from the dropdown menu.
- Click "Search for a Team" and join team FLEMINGos.

**Tag LVHN and the Alzheimer's Association on social media:**



#LVHNproud

#ENDALZ

#Walk2EndAlz

For more information about the event, visit [Alzheimer's Walk Event Information](#).

If you aren't able to join the walk, you can use the same link ([2019 Alzheimer's Walk](#)) to pledge your support.

If you have questions about the event, email colleague [Kristin Fox](#).

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# Join us for the 50+ Wellness Expo at LVH-Cedar Crest

BY [KATIE CAVENDER](#) · SEPTEMBER 16, 2019

Free flu shots, health screenings and giveaways—it's all part of the 50+ Wellness Expo on Sept. 21 at the Kasych Family Pavilion in LVH–Cedar Crest. This is the ninth annual expo to promote health and preventing falls. It's free to attend and open to the public, so encourage your family and friends to join.

## 50+ Wellness Expo

Saturday, Sept. 21: 9 a.m.–Noon

Lehigh Valley Hospital–Cedar Crest, Kasych Family Pavilion



To register, call 888-402-LVHN.

Funding for this project was generously provided by the Drs. Joseph and Rose Mattioli Endowment Fund for continuing Excellence in Trauma Care.

# Ambulatory Referral Update

BY [MARCIANN ALBERT](#) · SEPTEMBER 17, 2019

There are several important ambulatory referral updates listed below for practice colleagues who have touchpoints in the patient referral process:

## **LVPG ambulatory referrals that went live in August**

- LVPG Gynecology–Schuylkill Manor Road
- LVPG Hematology Oncology–Easton
- LVPG Gynecology–Frackville

## **LVPG ambulatory referrals going live in September**

- LVPG Cardiology–Easton-Phillipsburg, a brown-bag practice of LVPG Cardiology; the first day of patient care is Sept. 10
- LVPG Chiropractic Medicine–Hausman Road, this practice was previously named LVPG Chiropractic Medicine-1243 Cedar CRest
- LVPG Family Medicine–179 East Stroudsburg, this practice goes live Sept. 16
- LVPG Ear, Nose and Throat–East Stroudsburg, their Epic go-live date was Sept. 9, and the first day of patient care is Sept. 16



# Flower Sale at LVH-Muhlenberg Sept. 27

BY [RICK MARTUSCELLI](#) · SEPTEMBER 20, 2019

Need some flowers to brighten your office or dining rooms table. You're in luck.

The Lehigh Valley Hospital-Muhlenberg Auxiliary will hold a flower sale on Friday, Sept. 27, from 8 a.m. to 4 p.m. The sale will be held in the cafeteria lobby.

## ***The history of The Lehigh Valley Hospital–Muhlenberg Auxiliary***

When a group of Lutheran clergy purchased a 102-acre alfalfa field and set out to build a new hospital for Bethlehem in the late 1950s, a group of women who became The Auxiliary of the Muhlenberg Hospital Center went to churches all over the Lehigh Valley to gather members and funds in support of the project. By the time the hospital was dedicated in 1961, it was one of the largest auxiliaries in the country.





# Rock Show Is Poconos Musician's Tribute to Hughes Cancer Center

BY [TED WILLIAMS](#) · SEPTEMBER 17, 2019

It's been six years now, but Pieter Holland remains unable to thank the health care professionals at Dale and Frances Hughes Cancer Center at LVH—Pocono enough for what they did for him.

"I wouldn't be here if not for the great people at Hughes Cancer Center," says the 68-year-old Holland, a musician known throughout eastern Pennsylvania for his popular 24/7 web radio station Live from Rock 'n Roll Ranch. "This is a way for me to express my gratitude."

Holland and his wife, Sally, have organized a special benefit rock show, "Rockers for Hughes Cancer Center," at noon on Sept. 22 at the Pocono Manor. Admission to the benefit concert is \$10

per person. Six bands will play at the benefit including Holland's own Pieter Holland Band as well as Long Time Coming, Felix And The Cats, Friar Point Band, Bad Influence, and Who Knows Band. Eric Noone and Lyman Winner of the Frogtown Chophouse in Swiftwater, Pa., will be the special guest masters of ceremony.

Holland, a well-respected guitarist and drummer who has played with top artists such as Tina Turner, Joe Walsh, Stephen Stills and Glen Campbell, began his cancer journey after injuring his right shoulder moving equipment at his studio in March 2013. While getting his shoulder checked, his orthopedic specialist noticed a growth on his left arm and referred him to Hughes Cancer Center.

"It turned out to be stage 4 Merkel cell carcinoma," Holland says. "Three days later, they removed the tumor and found the cancer had spread to the lymph nodes. I started intensive chemotherapy and radiation immediately."

Many times during his cancer treatment, Holland felt ready to give up. He credits all of his Hughes caregivers for constantly picking up his spirits with their positive attitudes. He was overjoyed when he



was deemed cancer free.

“Merkel cell carcinoma is a rare and very aggressive form of skin cancer,” says Suresh Nair, MD, Physician-in-Chief, Lehigh Valley Cancer Institute. “The wonderful outcome in this case is a testament to the outstanding care offered every day at the Hughes Cancer Center.”

Holland had another health scare last February. He was about to have surgery for a bone spur on his foot at LVH–Pocono when his blood pressure measured extremely high. “I had a cardiac stent implanted in Las Vegas in 1998 and initially the thinking was the problem was related to that.” Holland says. “It turned out I had four arteries each with 98 percent blockage. I ended up getting quadruple bypass surgery. So LVH–Pocono has really saved my life twice.”

For more information about the concert, call 570-595-0622.

To learn more about Dale and Frances Hughes Cancer Center at Lehigh Valley Hospital–Pocono, call 888-402-LVHN (5846).

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