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76ers and
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Restoring workplace well-being

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LVHN news

How to Prevent the Flu

Keys to a Healthy School
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Things Kids Should Have in
Their Backpacks

Print Your 2019 Turkey Toss Certificate on PRIDEpoints

BY [RICK MARTUSCELLI](#) · NOVEMBER 1, 2019

It's that time of year again. Turkey Toss time! This is LVHN's ninth annual "Turkey Toss," which provides one free 12-14-pound frozen Jaindl turkey per colleague as a holiday gift. Your free turkey certificate is now available for you to print in PRIDEpoints.

Here is how to print your turkey certificate:

1. Click on the PRIDEpoints button on your Single Sign-on (SSO) toolbar. It will take you to your personal PRIDEpoints landing page.
2. Look for the Turkey Toss icon in the **left column** of the PRIDEpoints landing page.
3. Click on the Turkey Toss icon. Your personalized certificate will populate with your name and a coupon number.
4. **Print the certificate.**
5. Turn in the certificate for a free frozen turkey at the Turkey Toss event, or for other options at the Jaindl store. New this year, at the request of colleagues, we're offering a meatless food option.



Is there an expiration date?

Yes. Please print and redeem your certificate no later than Jan. 31, 2020.

When and where are drive-up turkey distributions scheduled?

Drive-up turkey distribution takes place in the Lehigh Valley, Hazleton, Pottsville and East Stroudsburg. At the drive-up Turkey Toss, only frozen, 12-14 pound turkeys are distributed. You must turn in the free turkey certificate that you printed from PRIDEpoints in exchange for a turkey. Here are the dates and locations:

Thursday, Nov. 14, 2-5 p.m.

154 Burson St., East Stroudsburg

Monday, Nov. 18, 2-5 p.m.
LVH–Muhlenberg parking lot
2545 Schoenersville Road, Bethlehem

Tuesday, Nov. 19, 2-5 p.m.
Fairlane Mall parking lot
7211 Fairlane Village Mall, Pottsville

Wednesday, Nov. 20, 2-5 p.m.
Dorney Park parking lot

Wednesday, Nov. 20, 2-5 p.m.
LVHN–Mack Boulevard parking lot
2100 Mack Blvd., Allentown

Thursday, Nov. 21, 2-5 p.m.
Laurel Mall parking lot
106 Laurel Mall Road, Hazleton

Turkeys are available on a first-come, first-served basis at the above locations.

Can my colleague pick up multiple turkeys for our department?

Yes, as long as your colleague has room in the car and a PRIDEpoints certificate for each colleague's turkey.

Can I redeem my free turkey certificate at the Jaindl Farms Store?

Certificates are redeemable during business hours at Jaindl Farms retail location, 3150 Coffeetown Road, Orefield. Visit [Jaindl.com](https://www.jaindl.com) or call 610-395-3333 for store hours.

If I redeem my certificate at the Jaindl Farms Store, what can I receive in exchange?

You may choose from:

- 12-14 pound frozen Jaindl turkey
- 8-10 pound Jaindl bone-in turkey breast
- 5 pounds of turkey barbecue (Pennsylvania Dutch style or pulled)
- **NEW:** Meatless food option and gift selection

Can I donate my turkey or turkey certificate?

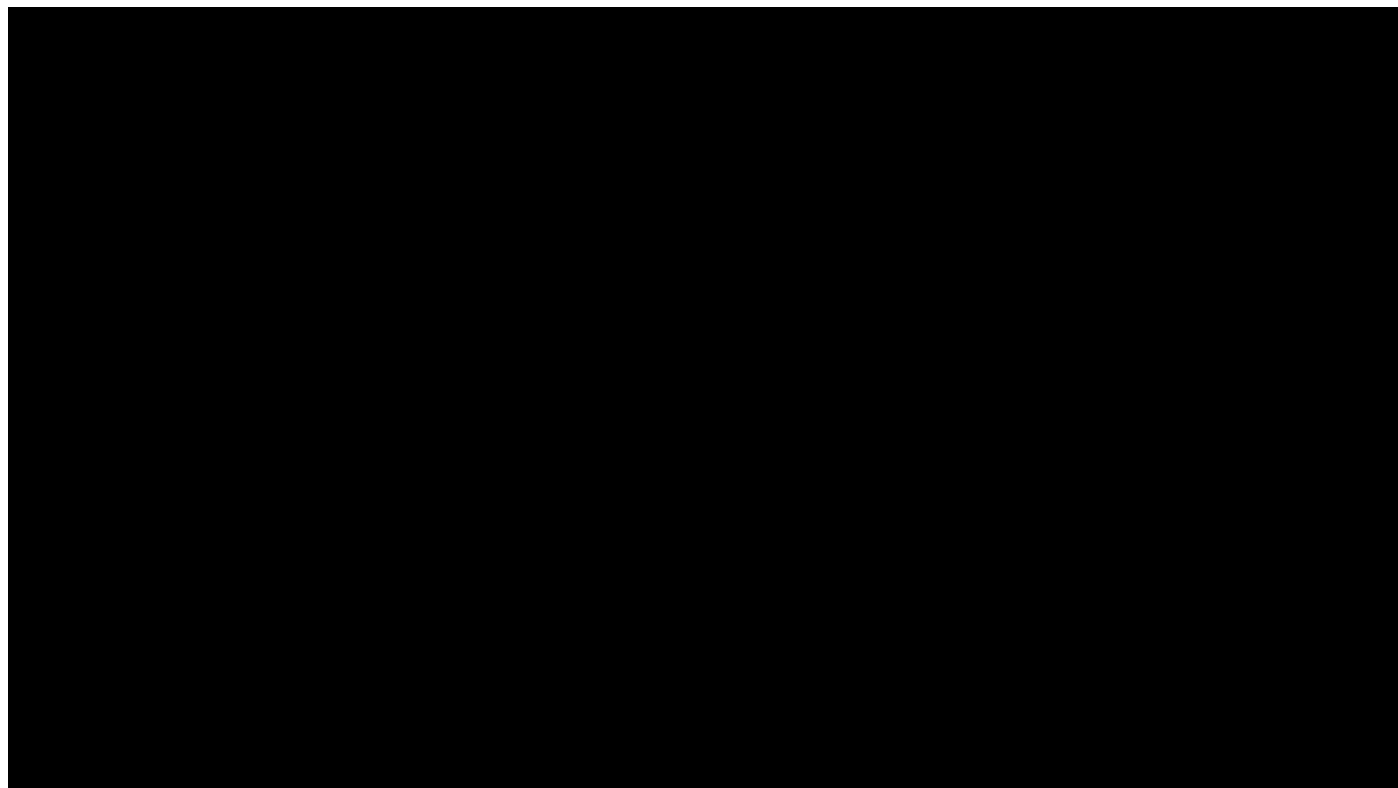
Yes, you may choose to donate either the certificate or a turkey to the person or charity of your choice. There is no donation process organized through LVHN, so if you wish to donate your turkey or certificate you will need to handle those logistics. If you donate the certificate, please remind the person or organization receiving the certificate that it expires on Jan. 31, 2020.

CEO Update: Be a Giving Partner – VIDEO

BY BRIAN NESTER, DO, MBA, FACOEP · OCTOBER 29, 2019



Each month, LVHN President and CEO Brian Nester, DO, MBA, FACOEP, records a video called the CEO Update about a timely topic. In this edition, Dr. Nester asks you to be a “Giving Partner” and invites you to support our Colleague Giving Campaign. Watch the video or read the transcript below.



Happy fall, everyone. As I discussed in the recent State of the Health Network address, LVHN is strong. To strengthen our health network even more, and to help ensure LVHN has the resources to invest in our strategy of access, experience and value, we need help from our community, and we need help from you, our colleagues.

In 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 \$85 million. Now, we need your

help to achieve our goal.

We're asking colleagues to give to our Colleague Giving Campaign. Every dollar you give to LVHN is directly invested in services, people, programs, facilities, technologies, research and education to ensure the people we serve receive the best possible care. Your donation also benefits your local campus. For example, donations made by colleagues in Hazleton stay in Hazleton. Know that your gift will directly impact patients and colleagues, and not support things like administrative salaries. In fact, you can specify what you would like your gift to support, such as heart, cancer or children's care. You can support the program or department you work in or that provides the services most important to you. You can even support the Colleague Relief Fund, which provides financial support to colleagues who experience unexpected hardship, like a house fire.

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, visit **give.LVHN.org/GivingPartner** and download the payroll deduction form.

Thank you for your consideration and for being a giving partner. This campaign is one more example of how powerful we can be when we partner together – 18,000 colleagues strong – to make our community a healthier place to live. I truly appreciate all you do. Thank you.



A handwritten signature in black ink that reads "Brian Nester". The signature is fluid and cursive, with a stylized "B" and "N".

ABOUT ME: My name is Brian Nester, DO, MBA, FACOEP, and I am the President and Chief Executive Officer (CEO) at Lehigh Valley Health Network (LVHN). I came to LVHN in 1998 as the Director of LVH-Muhlenberg's Emergency Department. Prior to becoming President and CEO in 2014, I served as the health network's Chief Strategy Officer. I am originally from Reading, and I'm proud to lead an organization that continually strives to provide better health and better care at a better cost for the great people of our community.

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Service Anniversary List – November 2019

BY [RICK MARTUSCELLI](#) · OCTOBER 31, 2019

Happy anniversary to these colleagues celebrating a career milestone at LVHN in November 2019. Congratulate them on their years of service.

40 years

Deborah Ann Cheeseman, Hwc Ind Med Clinic

Deborah Cummings, Case Management

Carol Morris, HIM Business Systems Develop

35 years

Elizabeth Czekner, Labor and Delivery Unit

Marion Nole, Executive Office

30 years

Debra Albright, Breast Health Svcs – 17 & Chew

Nancy Buckner, Open Heart Unit

Paula Donchez, Transitional Trauma Unit

Susan Ehret, Cardiac Cath Lab

Rita Ferrara, HC Clinical Services

Janet Heidenreich, Medical Records

Jodi Koch, Nursing Admin Float Pool

Alicia Lanze, Obstetrics

Lisa McCarty, Info Svcs Customer Service

Stephen Montagner, Plant Engineering

Karen Nuschke, ICO Staging & Recovery



Amelia Ostrow, Operating Room

Dorothy Rothrock, Clinical Services Observation

Paulette Simko, LVAS LVH – Cedar Crest

Marie Winter, Short Procedure Unit

25 years

Mary Garraway, 6 North

Donna Hungarter, LVPD Internal Med Muhl

Jana Mandic, Info Svcs Customer Service

Laura Mckenzie, 5 North

Rashida Sattaur, Cust Srvc/Patient Finance Srvc

20 years

Samantha Breininger, MICU/SICU

David Drozdowski, HSP CC Infusion

Lisa Green, Express Admit Unit

Natalie Grogan, Home Health Care

Karen Heilman, Childrens Surgery Center

Wendy Hess, PGME-Surgery

Lori Kleist, Mental Health Clinic-17th St

Gloria Mazzie, BH 1

Francis McGibbon, PT/OT

Kimberly Nguyen, Bed Management

Shelly Paukovits, Fairgrounds Surgical Center

Robert Thomas, Financial Services

Christine Verrastro, Diagnostic Radiology

Kathleen Witt, Dept. Of Emergency Medicine

Anthony Zemek, Diagnostic Radiology

15 years

Kimberly Brzozowski-Mink, Magnetic Imaging 1770

Kimberly Cieslak, Per Diem Pool

Shannon Diehl, Hwc Radiology Mt Top

John Fletcher, General & Administration

Andrea Freeman, LVPG Hematology Oncology CC

Robert Fuschetto, LVPG Financial Planning/Budget

Christopher Gambal, Engineering

Tamara Gates, Contracts/Products/Supplier Sv

James Gigler, Info Services Administration

Judy Huff, LVPG Fam Med/Peds Cetronia Rd

Mary Anne Igo, LVPP PCP

Lisa Knappenberger, Radiology-Diagnostic – Cc

Veronica Kutos, Payroll

Barbara Lachimia, Radiology Administration

Bonnie Leight, Electrophysiology Lab

Magdalena Lipski, Respiratory Care Services

Marissa Manalo, Operating Room

Rory Marraccini, Consult/Liason Psychiatry 1251

Michelle Massi, Hospice Skilled Nursing

Christina Merrell, Healthcare Research

Rebecca O'Neill, Pediatrics

Nichole Payne, 5K Medical/Surgical Unit

Carolyn Petrushonis, 5 North

Stacy Reed, Pediatrics

Marisol Rios Nagy, MRI

Gwen Rosenberger, Dept. Of Pediatrics

Debra Seese, Cancer Ctr Multi-Purpose Area

Erika Shak, Pediatric ED

10 years

Kathryn Baglini, Cancer Support Services

Maureen Bamert, Clinical Services

Tynisha Beasley, BH 1

Diane Begany, Pediatric ICU

Katharine Bell, Inpt Rehab SVC-CC

Monica Bridges, LVAS – LVH Muhlenberg

Selina Brown, Supply Distribution Services

Megan Caputo, Admin

Tara Cline, Precertification Dept

Paul DeJohn, 5K Medical/Surgical Unit

Alison Drobot, Childrens Surgery Center

Glen Fuhrman, Biomedical Services

Thomas Hallman, Courier Services

Bree Harrison, Trauma Reg Res Ctr.

Jessica Herness, Physical Therapy

Brenda King, General & Administration

Crystal Krauss, LVAS LVH – Cedar Crest

Seth LaWall, Clinical Engineering

Sabrina Logan, Pediatric ICU

Richard Mazzaccaro, Pediatric-Inpatient

Melanie Miles, LVPG IM Nazareth Rd

Susan Morawski, HC Clinical Services

Lea Nissley, Adolescent Psych Unit

Donna Patton, Home Health

Chantelle Reiss, Diagnostic Radiology

Angela Rosenberg, LVPG Geriatric Med 17th St

Shawn Thoms, Cancer Center Radiation

Gregory Wade, LVPG Internal Med Muhl

Wes Webb, MRI

5 years

Catherine Abreu, Home Care – Skilled Nursing

Nadal Ammary, LVPG Internal Med Muhl

Megan Antonelli, Physiatry

Rachel Armor, MICU/SICU

Mickilee Balash, Transitional Trauma Unit

Deborah Bender, LVPG Hematology Oncology CC

Severo Berrios, Security

Laurie Boucher, Case Management

Erik Bradley, Emergency Service – CC

Matthew Briscese, Cardiac ICU

Sarah Chau, LVHP Acute Care Therapy

Karen Chrzan, LVPG Family Med Moselem Spring

Tanya Cole, HC Clinical Services

Jessica Conlin, Education Services

Guirlande Daurilas, Emergency Room

Charles Deprill, Arena Medical Operations

Lindsey Dietrich, Respiratory Care Services

Lisa Dubbs, LVPG-L Ortho Muhlenberg

Brandon Espinosa, Grounds / Housekeeping

Michael Evans, Oncology

Anthony Fazio, Dietary

Kaitlyn Freed, 7B Medical Surgical Unit

Diane Friel, HC Central Business Office

Ruth Garrity, LVPG Cardiology Easton Assoc

Christopher Greb, Arena Medical Operations

Suann Hafer, Clinical Appeals-Denial Mmgt

Arumugam Harshraj, Hospice Social Service

Erin Hoffman, 5K Medical/Surgical Unit

Michael Klingler, Arena Medical Operations

Talon Krebs, BH 2

Charlene Kuzmitsky, HIM Documentation Content

Kristen LaRue, 4KS Medical/Surgical Unit

Bianca Lee, Patient Transport Services

Katelyn Llewellyn, MHC Inpatient Psychiatry

Robert Mitchell, Security

Nicole Molettiere, Nursing Float Pool

Otilia Morales, Clinical Services Observation

Premila Nair, HIM Facility Based Coding

Michael Panisse, Sterile Processing

George Papacharalambous, Security

Vanessa Pasch, 2B (PCU)

Ayesha Patterson, LV Center For Women's Med

John Percy, Biomedical Services

Tammy Priester, 4KS Medical/Surgical Unit

Brett Ramsberger, Cardiac Cath Lab

Dena Reed, MHC Heart Station

Kristina Rosario, 4K Med/Surg

Cynthia Ruch, Oncology Clinic

Abigail Santiago, Float Pool

Scott Savett, Arena Medical Operations

Carrie Savickas, LVPG Neurosurgery 1250SCC

Erin Schoeneberger, Nursing Float Pool

Mary Ann Segilia, Recovery Room

Francesca Sierra, Transitional Skill Unit

Allyson Snik, LVPG IM BT ExpressCare

Alexander Talarico, Home Care – Skilled Nursing

Sylvia Torres, Cust Svc/Patient Finance Svc

Khristine Walker, Registration

Joseph Walmach, Info Svcs Technical Operations

Kaylyn Wapinsky, Neonatal ICU

Elizabeth Wise, Administration

Britta Zolomij, Tilghman Surgery Center

Register for the 'Maintain Don't Gain' Challenge

BY [JULIE DAMITER](#) · OCTOBER 29, 2019

If you're looking to maintain your weight during the upcoming holiday season, look no further than the Maintain Don't Gain Challenge through My Total Health. This individual six-week challenge can help you maintain your weight while still enjoying the festive flavors of the holiday season.

Here's how it works:

- Log in each week to record your weight, learn tips and boost your motivation for making healthy choices. You can use the chart to view your efforts over time.
- See your results calculated at the end of the challenge using your final weight.
- Complete the challenge by meeting all of the challenge milestones and be entered into a raffle to win a Nutribullet Blender.



To get started:

- Enrollment begins Monday, Nov. 4.
- Sign up by logging in to MyTotalHealth.LVH.com. Under challenges, find "Maintain Don't Gain" and then select "enroll."
- Participate from Nov. 11 through Dec. 22.

For more information, contact BeneFIT Corporate Wellness at 800-955-6620, option #2 or email mytotalhealth@lvhn.org.

Colleague College Fairs to be Held Throughout LVHN

BY [RICK MARTUSCELLI](#) · OCTOBER 29, 2019

Are you thinking about going back to school but are not sure where to start? LVHN's Department of Education is helping by hosting the annual Colleague College Fair at multiple sites throughout LVHN. Representatives from several colleges will be at the events. They'll provide information on clinical and nonclinical programs.

Here are the details for where and when it is happening at each campus.

Colleague College Fairs

11 a.m.–6 p.m.

LVH–Schuylkill E. Norwegian Street

Friday, Nov. 1

Wall Auditorium

LVH–Hazleton

Friday, Feb. 21, 2020

Employment and Technology Building, third floor training room

LVH–Cedar Crest

Monday, March 2, 2020

Kasych Family Pavilion, ECC rooms 6, 7 and 8

LVH–Pocono

Wednesday, April 22, 2020

Stroud and Brodhead Rooms

This event is for clinical and nonclinical programs and is not restricted to nursing. All colleagues and their families are invited to stop by any time from 11 a.m. to 6 p.m.



CARE Talks: Celebrating our Healthcare Partnerships

BY [MARCIANN ALBERT](#) · OCTOBER 31, 2019

LVHN understands the important role partnerships play in accomplishing goals. Thanks to our community collaborations, LVHN connects at-risk and vulnerable members of the community to a variety of substance use disorder and recovery resources.

LVHN will host “CARE Talks: Celebrating our Healthcare Partnerships,” on Friday, Nov. 22, from 6-9 p.m. at LVH–Cedar Crest. Doors will be open at 5:30 p.m.

Attendees will experience empowering, engaging and informative talks by community partners and people in recovery. Presentations will include what local services are available to people facing the challenges of substance abuse disorders, how people can and do recover, and supports designed to help them thrive.

Special guests include: John Shinholser, President, and Honesty Liller, CEO, of The McShin Recovery Resource Foundation in Richmond, Va. They are co-founders of [CARE \(Comprehensive Addiction Recovery Empowerment\) Talks](#), a nation-wide initiative dedicated to providing information to communities around the country about the addiction epidemic and recovery from substance use disorders.

Other presenters will include providers from LVHN, members from community organizations with whom we partner, and people who have benefited from services.

Register online at [LVHN.org/caretalks](https://lvhn.org/caretalks).

For additional event information, please contact Paige.Roth@lvhn.org or Gail.Pitsko@lvhn.org.

To learn more, [print this flyer](#).

WLVH Radio?

BY [MIKE PECKMAN](#) · OCTOBER 28, 2019

LVHN does not have its own radio station, but for an hour last week, it took over the airwaves at WLSH, Lansford, and WMGH FM, Tamaqua.

LVH-Schuylkill President Bill Reppy and LVH-Carbon President Terry Purcell were part of the monthly Independent Living Services program at the radio station. Host Jennifer Drake facilitated the hour-long discussion which highlighted Schuylkill's progress, changes and innovations of the last three years as well as an outline to what is planned in Carbon County.

[Click here to listen to the program.](#)

Both Reppy and Purcell discussed the expansion of Epic into the regional hospitals, advancing our mission throughout the region as well as opportunities to come.

The program aired live on WLSH and was broadcast over the weekend on WMGH.



Holiday Market Sale at LVH-Muhlenberg

BY [RICK MARTUSCELLI](#) · NOVEMBER 1, 2019

Already thinking about the holidays?
Well, put this event on your calendar.

The Lehigh Valley Hospital-Muhlenberg Auxiliary will hold a Holiday Market Sale on Friday, Dec. 6, from 7 a.m. to 3 p.m. The sale will be held in Frank Banko Educational Conference Center rooms B, C and D. Local crafters and vendors will be selling merchandise including jewelry, giftware, décor and more.

Proceeds from the event will benefit the LVH-Muhlenberg Auxiliary.



eConsult Expansion: Adult Neurology

BY [MARCIANN ALBERT](#) · OCTOBER 28, 2019

Lehigh Valley Physician Group (LVPG) is excited to share the latest specialty addition to the eConsult program: **Adult Neurology**.

The eConsult program allows providers to request input on specific, non-urgent patient-related questions from specialists in certain fields. The goals of this program are multiple, including:

1. Enhance communication between primary care and specialty practices
2. Improve patient satisfaction by reducing time necessary to address specific clinical questions with expert feedback
3. Improve access in specialty practices by addressing straightforward clinical concerns and questions in a timely fashion – bypassing the need for in-person consultations for several clinical scenarios will ultimately improve timely access for patients with more critical specialty needs.



It is incredibly easy to make your request. Simply enter the order for the eConsult in “Medications and Orders” and select one of the currently available options.

Adult Patient eConsultations are currently available for the following specialties:

- Anticoagulation management
- Cardiology
- Endocrinology
- Hematology
- Neurology
- Pain medicine
- Psychiatry
- Rheumatology

Pediatric eConsultations include:

- Pediatric gastroenterology
- Pediatric hematology

Special thanks to Donna Kistler for all her help communicating eConsult updates. Additional specialties are anticipated to be released in the coming months.

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2019 ECMO and Mechanical Circulatory Support Symposium

BY [KATIE CAVENDER](#) · OCTOBER 31, 2019

Colleagues are invited to join the 2019 ECMO and Mechanical Circulatory Support Symposium. The event cover indications for Extracorporeal membrane oxygenation (ECMO), clinical best practices and Venous-Arterial (VA) as well as Venous-Venous (VV) ECMO support. The symposium will feature keynote speaker, Jacob T. Gutsche, MD, with the University of Pennsylvania. Attendees are eligible for continuing medical education credits. For more information view the [event flyer](#).

2019 ECMO and Mechanical Circulatory Support Symposium

Friday, Nov. 15, 2019 • 1–4:20 p.m.

Saturday, Nov. 16, 2019 • 8 a.m.–4:30 p.m.

LVH–Cedar Crest, Kasych Family Pavilion



To register, visit the [ECMO and Mechanical Circulatory Support Symposium event page](#).

Nutrition Series Provides One CNE /CME

BY [ADMIN](#) · NOVEMBER 1, 2019

Sodexo Nutrition is partnering with Cedar Crest College Dietetic Interns and LVHN's department of education to provide four nutrition and wellness programs geared for nursing and physicians with the goal to better equip colleagues. This Disease through Nutrition Series will provide one CNE and CME. The series provides health care professionals with educational opportunities that improve clinical knowledge, enhance competence and the ability to provide excellent patient care, which ultimately improves patient health outcomes. This series will be offered to colleagues at six LVHN hospital campuses in November, January, February and March.



The topic of the first series is "Diabetes 101." This presentation will discuss the key concepts of the different types of diabetes, the sign and symptoms of diabetes, treatment of diabetes, managing diabetes, understanding food labels, eating tips, and information about carbohydrates, protein and fat. Learners will be better equipped to navigate their patients in nutrition for diabetes care, and able to identify health and wellness gaps and identify ways to improve nutrition and activity behaviors to optimize health in prevention of complications. During this series, there will be a presentation on diabetes, information on the Sodexo Mindful website and the Nutrition Care Process Manual, and a tasting of the cooking demonstration. Please attend any of the following events:

Nov. 6, 12-1 p.m.

LVH–Pocono Broadhead conference room

Nov. 6, 3:30-4:30 p.m.

LVH–Cedar Crest auditorium

Nov. 7, 11 a.m.-noon

LVH–Schuylkill auditorium (video conference)

Nov. 7, 3:30-4:30 p.m.

LVH–Muhlenberg ECC room B

Nov. 8, 12-1 p.m.

LVHN–One City Center, 5th floor Think Tank
LVH–Hazleton Boardroom (video conference)

Nov. 8, 3:30-4:30 p.m.

LVH–17th Street auditorium

Mark your calendars for the next program on Community Nutrition scheduled for Jan. 29-31, 2020.

For more information, contact Kimberly Procaccino, Sodexo Nutrition Director at LVHN
at Kimberly.Procaccino@lvhn.org or 610-577-5128.

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