

[That's a Lot of Turkey Tossin' - Video](#)

Leaders thank you and spread holiday cheer.

[Thanksgiving Message From CEO and COO - Video](#)

Dr. Nester and Terry Capuano express their appreciation.

[Attend the Holiday Celebration](#)

Enjoy food and camaraderie Dec. 10, 11 and 12.

[Get Your Gympass Questions Answered](#)

See when Gympass reps will be on site.

[LVHN Sponsors Free Parking in Bethlehem](#)

It's available on Saturdays during the holiday season.

[Know Someone Who's a Perfect Fit for LVHN?](#)

Bring them to our Dec. 6 referral event.

[Attend LVHN's Community Annual Meeting](#)

RSVP for the event on Dec. 4.

[Partnership Between LVHN and Air Force](#)

Rachel Lefebvre describes how it's fostering future leaders.

['Greetings for Good' Cards on Sale](#)

Buy them in our gift shops and meet the artists who made them.

[HPV Vaccine Poster Contest Winners](#)

See posters from the top three LVPG practices.

[Holiday Market Sale at LVH-Muhlenberg](#)

Crafts and vendors will be on hand Dec. 6, 7 a.m. to 3 p.m.

[Buy Indoor Auto Racing Tickets](#)

It's coming to PPL Center Jan. 3 and 4.

[Discounted Trees and Holiday Items](#)

Get 10 percent discount at Hill Farms.

Spreading Thanksgiving Sunshine

[Learn More](#)



Senior Leaders Say 'Thank You'

[Learn More](#)



Meet Giving Partner Kate Booth

[Learn More](#)



LVHN news

Things to Know Before
Surgery

Tricks to Handling Holiday
Stress

How to Prevent the Flu

Information on LVHN Weekly is for LVHN colleagues only and cannot be accessed on smartphones or computers outside of LVHN's network.

Wow! That's a Lot of Turkey Tossin' – VIDEO

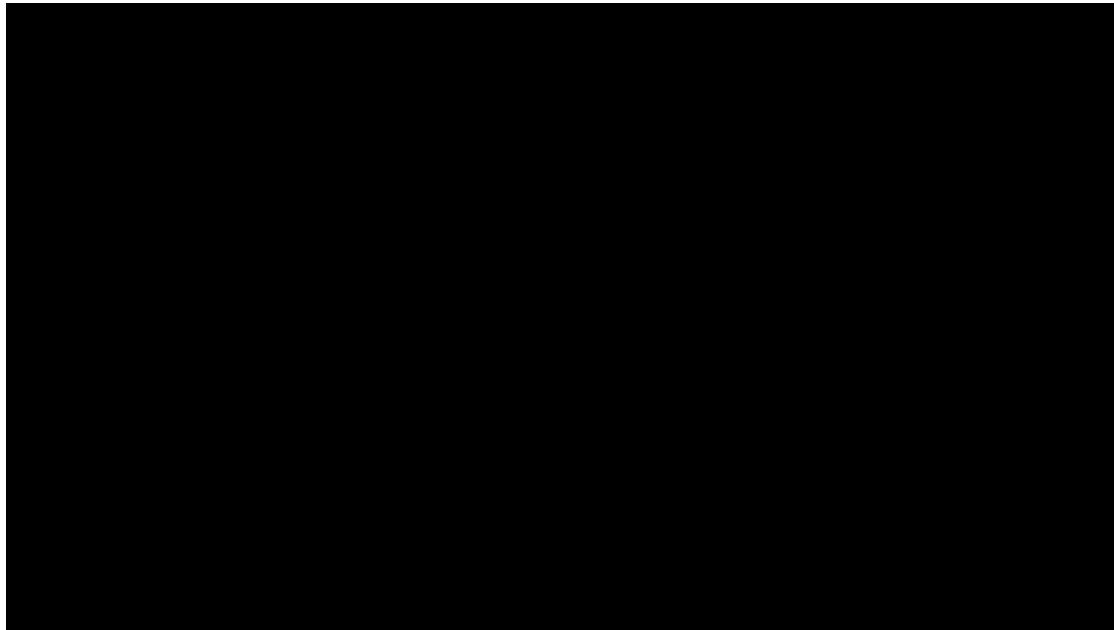
by [Rick Martuscelli](#) · November 26, 2019

It's an LVHN holiday tradition: our annual Turkey Toss. For the ninth year, LVHN gave all colleagues a free 12-14 pound frozen Jaindl turkey in recognition of the amazing work you do every day.

4

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This year, senior leaders tossed 6,224 turkeys! Watch this video to see some turkey tossin' in all the communities LVHN serves.



Didn't get your turkey? Don't worry. Through Jan. 31, 2020, you can still print your certificate on PRIDEpoints and redeem your certificate during business hours at Jaindl Farms retail store, 3150 Coffeetown Road, Orefield. Visit Jaindl.com or call 610-395-3333 for store hours.

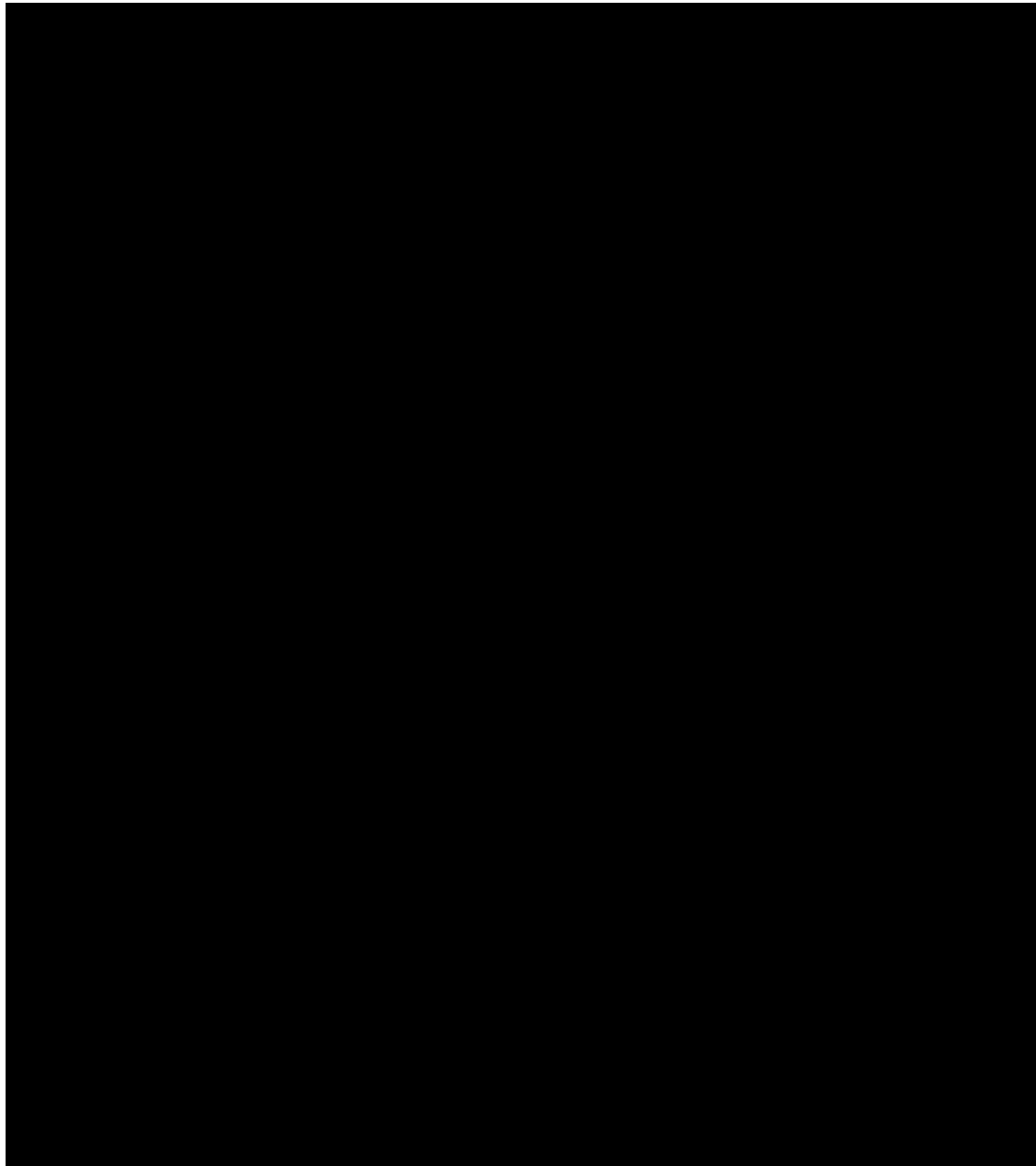
A Thanksgiving Message From Our CEO and COO – VIDEO

by [Katie Cavender](#) · November 26, 2019

Soon you'll be thawing your Jaiendl turkey and sitting around the table with family and friends, but first we'd like to share a message of thanksgiving with you. Last week you saw a [video of CEO Council](#) sharing messages of appreciation, and this week we'd like to share the uncut version of Brian Nester, DO, MBA, FACOEP, President and Chief Executive Officer, and Terry Capuano, Executive Vice President and Chief Operating Officer, expressing their gratitude to you.

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Attend the 2019 Holiday Celebration in the Lehigh Valley

by [Admin](#) · November 25, 2019

This message is from Brian Nester, DO, MBA, FACOEP, President and Chief Executive Officer, Terry Capuano, Executive Vice President and Chief Operating Officer, Tom Whalen, MD, Executive Vice President and Chief Medical Officer, and Tom Marchozzi, Executive Vice President and Chief Financial Officer.

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The holiday season is the perfect time to thank you for all you do to “heal, comfort and care for the people of our community.” Your dedication, commitment and partnership make LVHN the world-class health network it is today.



To show our appreciation, we would like to cordially invite you to our holiday celebration. This annual tradition is a great time to enjoy the camaraderie of colleagues, celebrate our many accomplishments, and enjoy some good food and fun. We look forward to celebrating the season with you.

Holiday Celebration

Tuesday, Dec. 10

LVH–Cedar Crest

Kasych Family Pavilion lobby: 11 a.m.–7:30 p.m.

Café (for third shift on Dec 11 from 12:30–2 a.m.)

LVHN–Tilghman

Large conference room: 11 a.m.–2 p.m.

Wednesday, Dec. 11

LVH–Muhlenberg

ECC lobby: 11 a.m.–7:30 p.m.

Café (for third shift on Dec 12 from 12:30–2 a.m.)

LVHN–One City Center

7th floor common area: 11 a.m.–2 p.m.

Thursday, Dec. 12

LVH–17th Street

Auditorium: 11 a.m.–7:30 p.m.

Café (for third shift on Dec 13 from 12:30–2 a.m.)

LVHN–Mack Boulevard

Auditorium: 11 a.m.–2 p.m.

Holiday Menu

- Fresh tossed garden salad with choice of dressing
- Carved ham
- Stuffed chicken breast
- Baked ziti with vegetables
- Steamed green beans
- Oven-roasted baby red potatoes
- Corn O'Brien
- Bread stuffing
- Rice pudding
- Apple cranberry crisp
- Chocolate brownie

Get your Gympass Questions Answered

by [Kirstin Reed](#) · December 2, 2019

We recently announced a new partnership with Gympass, a benefit that aligns with the My Total Health goal to give you convenient access to programs and services that allow you to thrive.

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[Gympass gives eligible colleagues broader access to a network of fitness facilities, complementing the free access you already have to LVHN Fitness.](#)

LVHN Fitness facilities will remain free for eligible colleagues and will become available to dependents for \$24.99 per month starting July 1, 2020.



To answer your questions about Gympass, representatives will be at LVHN locations on these dates:

Monday, Dec. 2

- LVH–Muhlenberg, Cafe Lobby, 10 a.m.-1 p.m.
- Health & Wellness Center at Hazleton, 1st Floor Small Conference Room, 11 a.m.-1 pm.
- LVH–Hazleton, 6th Floor Conference Room, 11 a.m.-1 p.m.

Tuesday, Dec. 3

- LVH–Schuylkill S. Jackson Street, School of Nursing Building, Multipurpose Room, 12:30-4 p.m.
- LVH–Schuylkill E. Norwegian Street, 2nd Floor Conference Room, 7:30-11 a.m.
- LVH–Cedar Crest, Kasych Lobby, 10 a.m.-1 p.m., 5-8 p.m,

Wednesday, Dec. 4

- 2024 Lehigh Street, Cafe, 7:30-9 a.m., 11 a.m.-1 p.m.
- LVH-17th Street, Main Lobby, 9-11 a.m.

Thursday, Dec. 5

- LVHN-Mack Boulevard, Lobby, 12-2 p.m.
- Health Center at Palmer Township, Palmer Conference Room A, 11 a.m.-1 p.m.

[Print this flyer and post it in your area.](#)

Download the Gympass App or visit gympass.com/us/lvhn-us to learn more or sign up.

LVHN Sponsors Free Parking in Downtown Bethlehem

by [Nina Ace](#) · November 27, 2019

In the spirit of spreading that Christmas City cheer, Lehigh Valley Health Network is sponsoring free two-hour parking in Downtown Bethlehem on Saturdays during the holiday season.

Green bags that read “Free 2-Hour Parking / Happy Holidays from Lehigh Valley Health Network” will cover 278 meters around Historic Bethlehem Main Street and the SouthSide Arts District. Why 278?

Bethlehem will celebrate its 278th birthday on Christmas Eve this year!

The sponsorship will run all day on Nov. 30, Dec. 7, Dec. 14 and Dec. 21.

If you head to downtown Bethlehem, you’ll see banners hung above the streets, posters in the windows, and even a digital billboard sporting the tagline, “Spread the cheer. Free parking is here!”

Here’s the catch: We hope this “random” act of kindness inspires others to pay it forward. Whether you donate your time to a local food bank or simply buy coffee for the person behind you in the drive-thru line, we hope you’ll feel inspired to spread warmth and kindness this holiday season.



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Know Someone Who Would be a Perfect Fit for LVHN?

by [Kirstin Reed](#) · November 29, 2019

Colleagues know that LVHN is a great place to spend an entire career. Do you know someone who wants to join our team?

Invite your friends, family, and professional contacts to the Recruitment Referral Event on Friday, Dec. 6 for a chance to learn more about available opportunities. Current LVHN staff are invited to attend; however, referrals are also more than welcome to attend without a colleague.



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What you can do

- [Register for the event](#) at LVH–Cedar Crest, Dec. 6, 3-6 p.m.
- [Share the event on Facebook](#) with your friends and family using #LVHNProud

Have a question? Contact Cheyenne Johnson, Talent Acquisition,

Cheyenne.Johnson@lvhn.org.

Attend LVHN's Community Annual Meeting

by [Rick Martuscelli](#) · November 26, 2019

Throughout life, in different aspects of life, people have partners. Shouldn't you have a partner for the most important aspect of life – your health? Join us at our 2019 Community Annual Meeting to discover why LVHN is the health care partner you and your family deserve.



Community Annual Meeting

[1](#)

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LVHN Community Annual Meeting

Wednesday, Dec. 4, 2019

Lehigh Valley Hospital–Cedar Crest auditorium

Doors open at 4:30 p.m. Program begins at 5:30 p.m.

Light refreshments will be served afterward.

Please RSVP by calling 888-402-LVHN or visit LVHN.org/rsvp.

At the meeting, LVHN President and Chief Executive Officer Brian Nester, DO, MBA, FACOEP, will recap the amazing year we've had at LVHN. You'll also hear from John Stanley, Esq., Chairman, LVHN Board of Trustees, and Patricia Martin, MD, President, LVHN Medical Staff.

Rachel's Roundtable: A Unique Partnership Between LVHN and U.S. Air Force

by [Rachel Lefebvre](#) · November 26, 2019



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As we honor those who have served in the U.S. Military, I'd like to highlight a unique partnership between LVHN and the United States Air Force that brings extraordinary value to our health network.

Education With Industry (EWI) is a sponsored career development program designed to improve the leadership abilities and professional competencies of Air Force Fellows. Through a highly competitive process, Air Force officers are selected for a 10-month fellowship in a civilian industry—in our case, health care. The Fellows are well-trained active duty officers with 7-10 years of experience and typically a post-graduate degree. Jim Geiger, former LVHN President and Retired United States Air Force Colonel, started the EWI program at LVHN in 2007 and since then, 12 highly qualified, active duty health care administrators have walked through our doors. The Air Force Fellows rotate through nearly all LVHN campuses and a variety of departments, which increases their breadth of experience, introduces them to new challenges and ideas, and allows them to assume responsibility of various projects – all in the name of learning and growing future leadership skills.

I have precepted
three Air Force
Fellows at LVHN to
date—each of whom
are humble, servant
Americans who

demonstrate outstanding core values including integrity, service before self and excellence. Our current Fellow, Natasha Dresher (shown), was



recently promoted to

Major and I was honored to serve as her presiding official. Major Dresher is a testament of our strong officer corps. She is a wife of eight years, a mother of four young children, holds a MBA and was deployed to Afghanistan for six months where she supported life-saving medical care for our warriors and allies. With LVHN, Major Dresher is actively involved in patient experience planning for the new hospital in Northampton County and is authoring a business case for outpatient physical therapy services at LVH-17th Street.

Each Fellow before Natasha has also taken on significant projects and has made positive differences to our health network. It is truly a symbiotic relationship. The Air Force invests in these officers to learn about civilian health care systems and bring back pearls of wisdom to infuse into the military health care system. At the same time, the leadership, deployment experiences and values that each officer brings to LVHN are profound. Every Fellow that walks through the doors of LVHN teaches us just as much as we teach them.

I had the opportunity to participate in a civilian health care EWI when I was a Major in 2001 and I am thankful and grateful that LVHN supports this highly acclaimed program to grow our future leaders.



A handwritten signature in black ink that reads "Rachel M. Lefebvre".

About me: My name is Rachel Lefebvre, MBA, MSHA, FACHE, and I'm honored to be the Vice President of Operations at LVH-17th Street. I joined LVHN in 2017 after serving our country for nearly 26 years in the United States Air Force. Now, it is a true privilege to work closely with such dedicated and passionate colleagues at LVH-17th Street. This blog highlights the stories of LVH-17th Street and celebrates the partnerships that support our mission to heal, comfort and care for our community.

'Greetings for Good' Cards Are On Sale Now

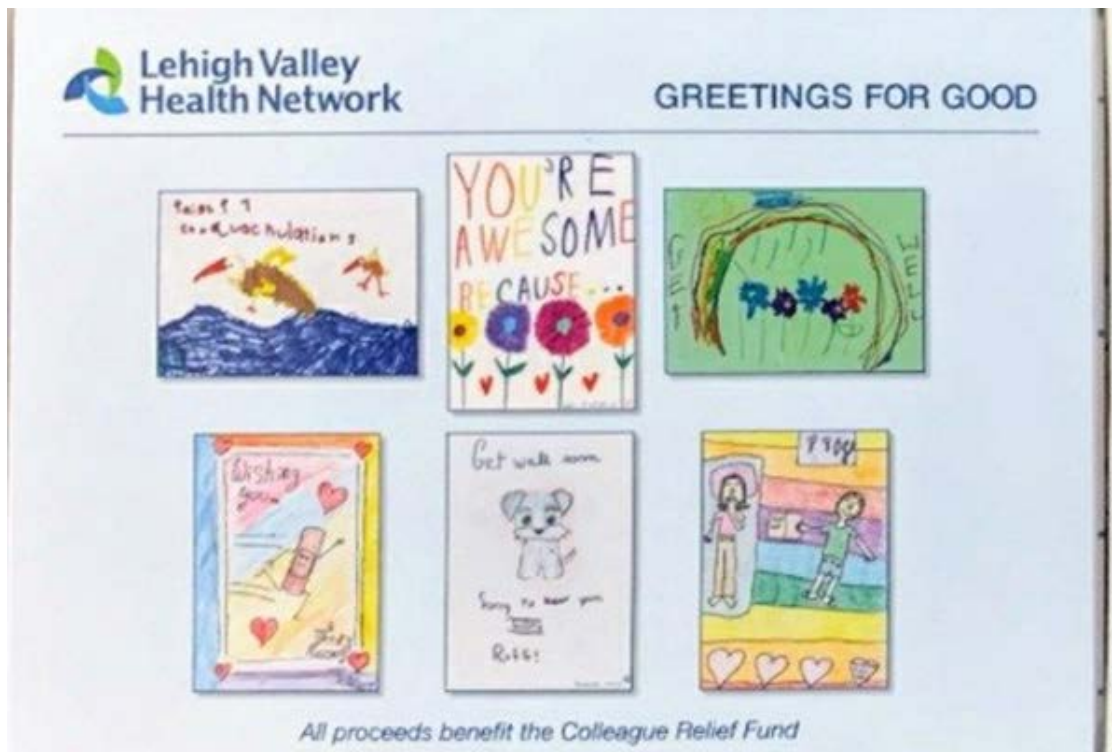
by [Admin](#) · November 25, 2019

This past summer, LVHN hosted an art contest called "Greetings for Good." Colleague's children and grandchildren submitted their original artwork for the cover of greeting cards that will benefit the [Colleague Relief Fund](#). The response was sensational. We received many imaginative and unique entries.

The 12 winning designs were printed on the front of greeting cards in boxed sets. There are two different box styles available with six cards in each. They are for sale for \$7.99 per box or \$14.99 for both box styles.



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All proceeds benefit the Colleague Relief Fund

The cards are available just in time for the holidays at:

- Auxiliary Gift Shop, LVH–Cedar Crest
- Tree Top Gift Shop, LVH–Cedar Crest
- Camille Gift Shop, LVH–Muhlenberg

Stop by to meet our winning artists. They will be making guest appearances, showing off their drawings and selling cards at these locations:

- Tuesday, Dec. 3, 5-7 p.m., Auxiliary Gift Shop, LVH–Cedar Crest
- Sunday, Dec. 8, 1-3 p.m. Tree Top Gift Shop, LVH–Cedar Crest
- Tuesday, Dec. 10, 5-7 p.m., Tree Top Gift Shop, LVH–Cedar Crest

All proceeds from the sale of the cards go to the [Colleague Relief Fund](#), which provides financial support to help colleagues who have experienced an unexpected hardship or tragedy such as a house fire.

We are so excited to debut these adorable and thoughtful cards! “Greetings for Good” was very successful. In the future, look for more fun ways for colleagues to get involved, show their talents and share why they are #LVHNProud.

If you have questions, please contact Andrea Kneeder at

Andrea.Kneeder@lvhn.org.

LVPG's Education HPV Vaccine Poster Contest

by [Marciaann Albert](#) · November 27, 2019

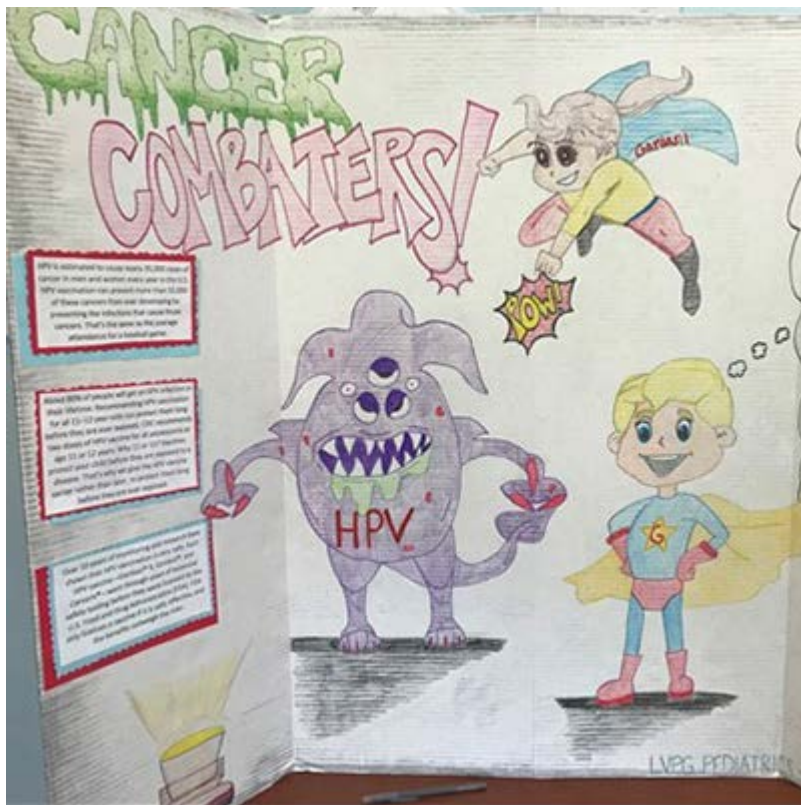
LVPG is excited to announce the winners of its Education HPV Vaccine Poster Contest. Sixteen practices submitted entries with the goal of educating practice colleagues about the human papillomavirus (HPV) vaccine.

[1](#)

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The HPV vaccine provides safe, effective and long-lasting protection against cancers caused by HPV.

In third place was LVPG Pediatrics—Center Valley.



The second-place winner is the LVPG OBGYN department.



The honorable first place award was given to LVPG Pediatrics–Laurys Station.



Congratulations to all the practices that participated.

Holiday Market Sale at LVH-Muhlenberg

by [Rick Martuscelli](#) · November 25, 2019

Are you holiday shopping? If so, check out the Holiday Market sale being hosted by the Lehigh Valley Hospital-Muhlenberg Auxiliary. The sale will be held Friday, Dec. 6, from 7 a.m. to 3 p.m. in Frank Banko Educational Conference Center rooms B, C and D. Local crafters and vendors listed below will be selling their merchandise.



[6](#)

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- Shel's Gifts
- Kushy Boutique
- Mary Kay
- Wood and Glass Artistry, LLC
- Carma Gifts Inc.
- Old Well Farm
- Thirty-One
- Scentsy
- C J's Wood 'n Stuff
- Jayne's Paper & Crafts & Photographs
- Sorrelli

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

Indoor Auto Racing at PPL Center Tickets

by [Rick Martuscelli](#) · November 25, 2019

Two nights of complete racing programs, which includes qualifying and feature events, will be held on back-to-back nights featuring TQ Midgets, Champ Karts and Slingshots.

Don't miss a second of the high-speed action! Get your tickets for Friday, January 3rd or Saturday, January 4th today!

[Click here](#) to purchase tickets.



[2](#)

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Discounted Trees and Holiday Items for LVHN Colleagues

by [Katie Cavender](#) · November 27, 2019

Looking for the perfect tree, wreath or unique gift? Stop by [Hill Farms](#) this weekend! All LVHN colleagues receive a 10 percent off their purchase. Simply show your badge at checkout to receive the discount. LVHN has also partnered with Hill Farms to provide free hot chocolate while guests search for their perfect tree. Bonus: If you find the LVHN ornament the next three weekends, your tree is free!



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Hill Farms is located at 1434 Gilberts Hill Road, Lehighton.

Free hot chocolate and find-the-ornament dates:

- Nov. 29-Dec. 1
- Dec. 6-Dec. 8
- Dec. 13-Dec. 15