

[LVHN Patient TV is Now On - Photos](#)

See how LVHN-Tilghman patients benefit from our new TV system.

[Pop-up Parties Welcome Coordinated Health - Video](#)

Colleagues celebrate our "Unrivaled Partnership."

[Win Free Phantoms Tickets](#)

Enter a drawing to win two tickets to the March 11 game.

[Volunteer Community Service Award Recipients](#)

Learn about the amazing work these colleagues do.

[Grant Funds Behavioral Health App](#)

It tells people about our programs, providers, resources and more.

[They Lost 120 Pounds in Six Months](#)

See how My Total Health supported colleagues through their journey.

['Greetings for Good' Card Are on Sale](#)

Buy them and support our Colleague Relief Fund.

[Presale Tickets: Jurassic World Live](#)

Presale for November shows at PPL Center ends Feb. 3.

My Total Health Incentive Program

[Learn More](#)



Celebrate the Year of the Nurse

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The Roaring 20s Are Here

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LVHN Patient TV Is Now On at LVHN–Tilghman – PHOTOS

by [Tina Vo](#) · January 30, 2020

Today, inpatient units at LVHN–Tilghman went live with one of our latest technologies, the LVHN Patient TV. This interactive in-room TV system helps patients and their loved ones get more involved in their care by providing access to educational videos, information about campus services and amenities, and on-demand entertainment.

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Benefits of the LVHN Patient TV

- It gives patients 24/7 access to informative information about their care.
- The system provides on-demand movies as well as relaxation, music and spiritual content.
- Patients can provide real-time feedback to members of their care team.
- Patients have better outcomes because the education they receive allows more active participation in their care.
- Patients and families have increased awareness of hospital services and are more likely to take advantage of them.
- The system's integration with Epic results in efficiencies.
- Patients and families have a better overall experience, which leads to higher HCAHPS scores.

The LVHN Patient TV offers numerous features. For the LVHN-Tilghman go-live, 27 features will be turned on. Scroll through the images below to see some of the features.



Image 1 of 5

My Care Team – Similar to the feature in MyChart Bedside, patients can learn more about who is on their care team while in the hospital.

Support at go-live

Similar to previous technology project launches, colleagues from clinical informatics, technology and SONIFI® (the company that created the TV system) will be on site to assist with any LVHN Patient TV issues. If on-site support is unavailable, colleagues should call their issues into the Technology Support Center at 610-402-8303.

What's next?

LVH–Cedar Crest will be the next location where the LVHN Patient TV system will go live. When details are determined, they will be shared with you.

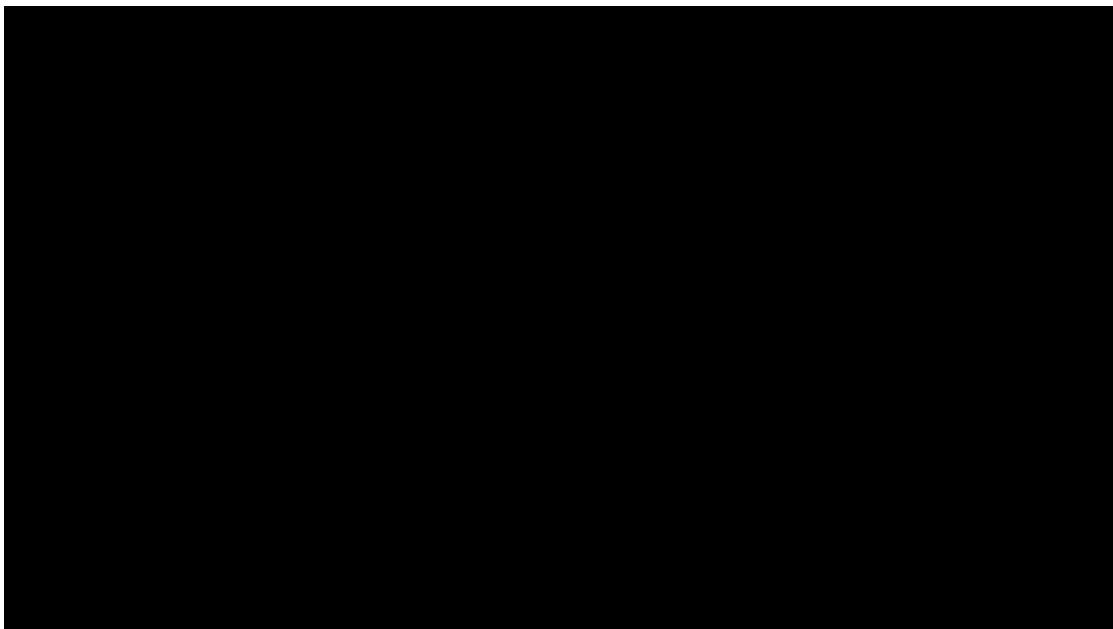
Coordinated Health Colleagues Warmly Welcomed at Pop-Up Parties – VIDEO and PHOTOS

by [Hannah Ropp](#) · January 29, 2020

“Welcome Coordinated Health colleagues!” That phrase was commonly heard during Pop-up Parties that were held at 16 Coordinated Health locations throughout the region. This video captures the party atmosphere.

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During the parties, nearly 1,200 colleagues from Coordinated Health received a warm welcome to the LVHN family. They had the chance to meet some of their new colleagues, including LVHN leaders and Colleague Ambassadors. “We really wanted to welcome Coordinated Health to Lehigh Valley Health Network and let them know we are excited to have them,” said LVHN Colleague Ambassador Christina Hoffman.

Colleagues also received LVHN gear including badge holders, tumblers and T-shirts featuring the phrase “Unrivaled Partners.” Our “Partner Video” and TV commercial played and of course – popcorn was served! Here are photos from the party.



Image 1 of 4

Colleagues received T-shirts featuring the phrase from our marketing campaign, "Unrivaled Partners."

Enter Our Drawing for Free Phantoms Tickets

by [Rick Martuscelli](#) · January 30, 2020

All LVHN colleagues are eligible to win free tickets to an upcoming professional ice hockey game at the PPL Center in Allentown.

A random drawing will be held for 195 pairs of tickets – a total of 390 tickets – to see the Lehigh Valley Phantoms play the Wilkes-Barre Scranton Penguins in an American Hockey League game on Wednesday, March 11, at 7:05 p.m.

You can enter the drawing by completing the form at [LVHN.org/phantoms](https://lvhn.org/phantoms). The deadline to qualify for the drawing is Feb. 19, 2020. Winners will be announced Feb. 26 on LVHN Daily.



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Volunteer Community Service Award Recipients Celebrated – PHOTOS

by [Kirstin Reed](#) · January 31, 2020

Volunteer Community Service Awards recognize a colleague or team that represents LVHN in the local community. This individual or team demonstrates outstanding commitment in volunteer activities and has shown dedication and philanthropy to an organization, business and/or institution inside or outside LVHN. Meet the recipients honored during the Service Excellence Award celebration.

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Volunteer Community Service Award Recipients



Ann Kirka

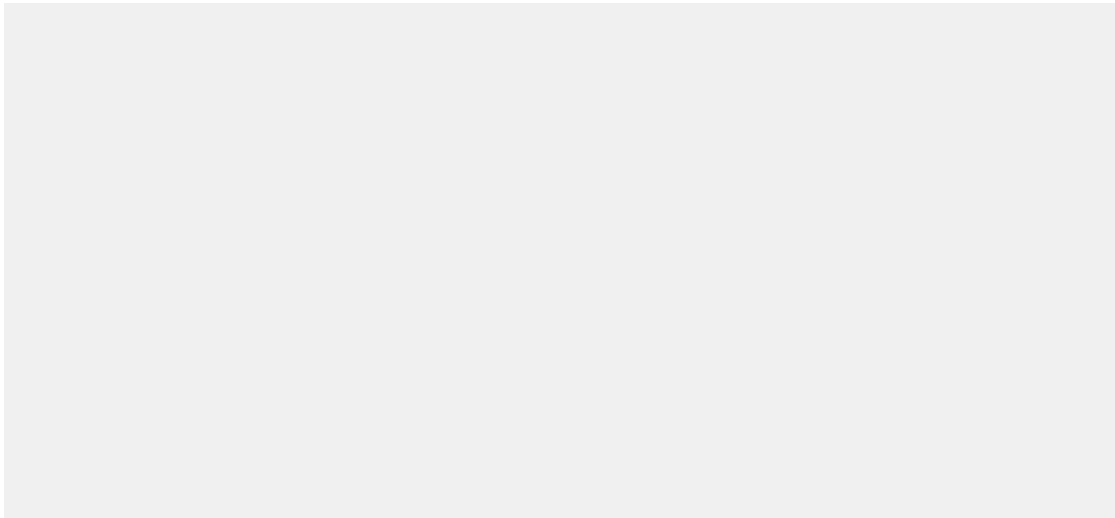
Ann Kirka organizes donations and arranges volunteer opportunities on behalf of her colleagues in the pharmacy at LVH–Cedar Crest. She's generous with her own time and resources, and she inspires her colleagues to be the same, even going the extra mile to help those who want to contribute but may not have the time. Kirka is the embodiment of 'giving' and is always caring for the community in some way. She inspires the pharmacy department and exhibits PRIDE behaviors in all she

does. “Ann is one of the kindest, most generous people to grace the lives of those lucky enough to meet her. It is truly an honor and an inspiration to work with her,” says her nominator.



Amy Shofran

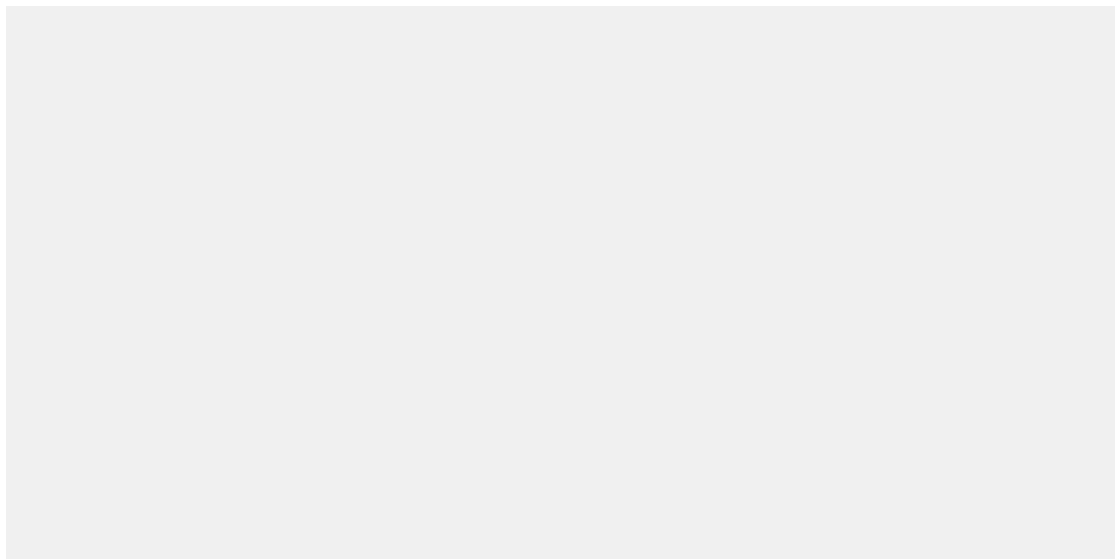
Amy Shofran, RN, heroically served in the military. Now, she’s involved with Valor, a community resource that serves veterans who experience homelessness and PTSD. She collects clothing, delivers food and even transports veterans to their medical appointments. Amy has inspired her colleagues to collect clothing, blankets, toiletries and other donations, and they work together to distribute these items to veterans in need.





Linda Adams

Linda Adams is an active member of the Bethlehem Mounted Patrol Unit. She serves as a board member, volunteer liaison, fundraising chairperson and equine officer caretaker. She serves meals at the Victory House homeless shelter and at Bethlehem Emergency Sheltering. She volunteers at her church, the East Hills Moravian Church. She served on the Board of Elders, Board of Christian Education and was a Sunday school teacher. She served as the costume coordinator at Freedom High School Theatre Company and has volunteered at the LVHN community flu shot clinic. "Linda's selfless service to her community is a testament to her character," says her nominator.





Nancy Fisch

Nancy Fisch has a passion for volunteering. She has volunteered with the East Stroudsburg Fire Department Ladies Auxiliary for 13 years and with the S-M-C soup kitchen for 11 years. She volunteers for the American Cancer Society. Her team, "Rainbow Connection," regularly attends Relay for Life and has been named the "Top Fundraising Team of the Greater Pocono Region," raising more than \$16,000 to support cancer research. "Her volunteerism can be described using the CARE acronym. She's caring, active, responsive and enthusiastic in her volunteer endeavors," says her nominator.



Paul Malloy

Paul Malloy never hesitates to put others first. He is a paramedic for LVHN EMS in Hazleton. In his free time, Malloy is chief of the volunteer ambulance service in Freeland and volunteers at his local fire department also in Freeland, his hometown. He spends his time learning and training, and teaches the newest protocols and techniques to his EMS and firefighting colleagues. Malloy volunteers with the American Legion of Freeland, helping to organize fundraisers for local nonprofit organizations. He has touched the lives of countless people in times of need.

Grant Funds Behavioral Health App

by [Katie Cavender](#) · January 27, 2020

Your behavioral health is just as important to your overall well-being as your physical health. With that in mind the department of psychiatry recently developed an app using the Guidebook app platform through a generous grant from the Dorothy Rider Pool Health Care Trust.

The LVHN Behavioral Health Guidebook app is a digital resource center to learn about programs, providers, emergency resources and treatments, and to see the department's calendar of events.

Given the limited capacity and the high volumes of behavioral health care needs in our region, the behavioral health app does not promise to expand behavioral health care; instead the app serves as a complementary tool to manage behavioral illnesses and conditions.

It's already being used. In fact, from April through December 2019:

- There have been 344 LVHN Behavioral Health app downloads.
- The LVHN Behavioral Health app was accessed 3,387 times.
- The top-viewed resources were related to transcending anxiety and stress management.

Download the LVHN Behavioral Health app today

To download the app follow the simple instructions below.

1. Go to your App Store or Google Play and search for "Guidebook."



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2. Download the “Guidebook” App.
3. Search for “LVHN Behavioral Health.”
4. Click on the app.
5. Access resources such as emergency resources, self-help, information on medicines and more.

They Lost 120 Pounds in Six Months

by [Kirstin Reed](#) · January 28, 2020

In response to your feedback on increased health and wellness offerings at LVHN, we launched the [My Total Health Incentive Program](#). Eligible colleagues can earn points toward rewards by participating in free wellness programs. Log activities, track points and redeem rewards in the My Total Health portal at mth.lvh.com.

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If we can do it, anyone can!

Kate Booth, Major Gift Officer and Data Analytics Manager, Office of Philanthropy, Susan Biggs, Advancement Services Gift Specialist, Office of Philanthropy, and Jan Geier, Stewardship Officer, Office of Philanthropy, began the Weight Watchers program together through LVHN six months ago.



Kate Booth, Susan Biggs and Jan Geier

The trio says, “We are so grateful for the Weight Watchers program through LVHN. When we saw that the program was only \$8 a month, we thought ‘It’s time!’ and we signed up for the program almost immediately. Yesterday marked six months of the three of us doing Weight Watchers, and that’s the longest that any of us have ever stuck to a diet program. We credit a lot of our will power to having each other to lean on every day throughout this journey. Weight Watchers totally works for us and we feel like if we can do it, anyone can. We take photos each month to track our progress and we feel so happy to see where we are now.”

Together, the trio has lost more than 120 pounds in six months. They say that they are grateful to be able to take advantage of this opportunity at work.

Interested in working with a health coach?

Health coaching is a free benefit available to all colleagues, regardless of health plan coverage. Phone-based sessions offer non-judgmental support to help you reach your personal wellness goals – including achieving work/life balance, taking charge of your financial health, reducing stress, managing chronic conditions and much more.

To schedule an appointment, visit the My Total Health Portal at mth.lvh.com or call 610-969-0487.

Reminder: 'Greetings for Good' Cards Are Still on Sale

by [Admin](#) · January 27, 2020

Last year, we hosted an art contest called "Greetings for Good." LVHN colleagues' children and grandchildren submitted their original artwork for the cover of greeting cards to be sold to benefit the Colleague Relief Fund.

The 12 winning designs were printed on the front of greeting cards in boxed sets. The two different box styles (6 cards per box) are available for \$7.99/box or \$14.99 for both box styles. They are currently for sale in the Auxiliary Gift Shop at LVH-Cedar Crest, Tree Top Gift Shop at LVH-Cedar Crest and Camille Gift Shop at LVH-Muhlenberg.

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 about the success of these adorable and thoughtful cards, and the difference they are making in our colleagues lives. So, please stop by today pick some up.



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All proceeds benefit the Colleague Relief Fund



All proceeds benefit the Colleague Relief Fund

Presale Tickets: Jurassic World Live Tour

by [Rick Martuscelli](#) · January 28, 2020

Jurassic World Live will be at PPL Center for seven shows from November 12th – November 15th!

[Click here](#) to purchase tickets.

Use the password: **PTLVHN**

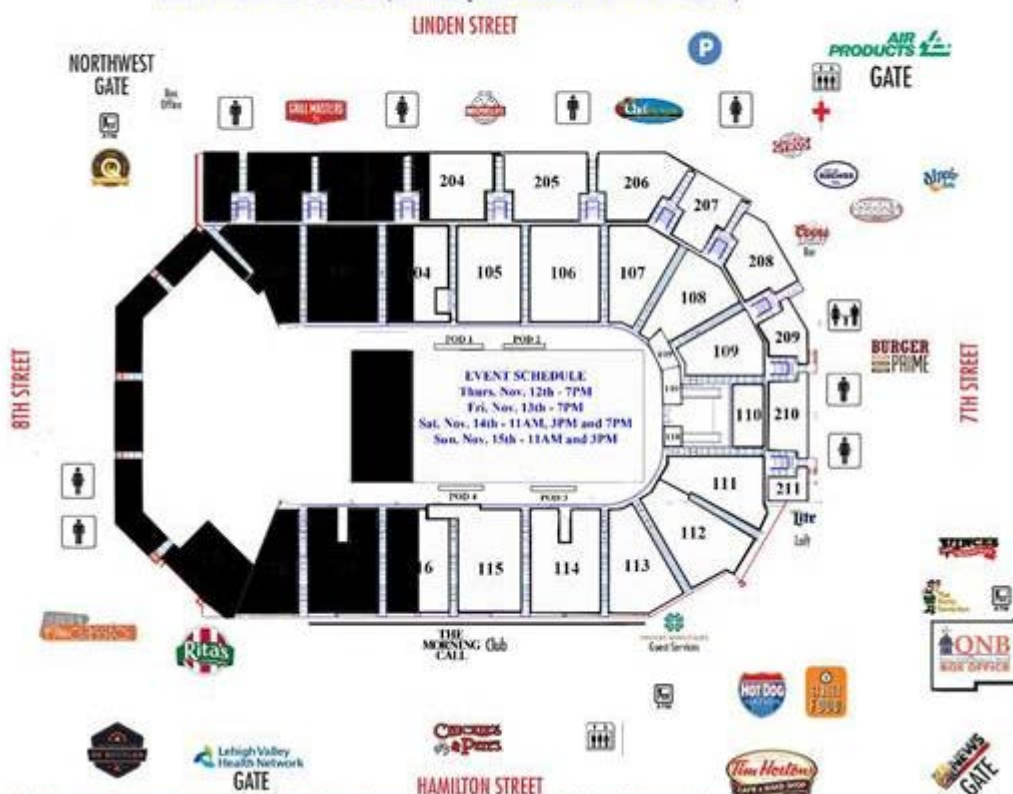
The presale begins Thursday, January 30, at 10 a.m. and ends Monday, February 3 at 11:59 p.m.

Tickets go On Sale to the public on Thursday, February 4th at 10:00 a.m.



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JURASSIC WORLD LIVE
THURSDAY, NOVEMBER 12TH - SUNDAY, NOVEMBER 15TH 
PRICING VARIES BY EVENT DATE/TIME
\$102 - \$92 FLOOR PODS, \$82 - 37 LOWER BOWL,
\$22-\$17 UPPER BOWL (currently unavailable for 7PM shows)



*Sight lines, available seating areas and pricing subject to change at any time *Additional fees may apply