



Here are the latest encouraging stories, health tips and news items.

**COVID-19 stories highlighted in blue*

JUST FOR COLLEAGUES

IMPORTANT
SAFETY REMINDERS,
UPDATED
TRAVEL POLICY

Safety Reminders, Updated Travel Policy

Learn what you can do to keep yourself and others safe.

LVHN'S ROLE
AS THE SCHOOL
YEAR APPROACHES

LVHN's Role as the School Year Approaches

We're serving as a partner and advisor for school districts.

PROFESSIONAL
DEVELOPMENT
FOR ALL COLLEAGUES

Professional Development for All Colleagues

All our educational classes are now available virtually.



Free Mindfulness on the Spot Program

Learn mindfulness strategies that can be used anywhere at any time.

VOTE FOR US



Vote for LVHN Services in Hazleton Standard-Speaker

Help us win Readers' Choice Awards in multiple categories.



August Service Anniversary List

Who is celebrating a career milestone?



Scholarship and Grants Awarded Through LVHN–Pocono Foundation

Nearly \$175,000 was awarded to local nonprofits and students.



Dr. Nester Appears on Podcast Featuring Health System Leaders

Listen to our President and CEO on “Fireside Chat.”



Kim Jordan, DNP, Invites you to Join a Virtual Workout Session

Kristina Rosario, RN, leads this on-demand workout to promote self-care.



What’s a Fresh Food Pharmacy?

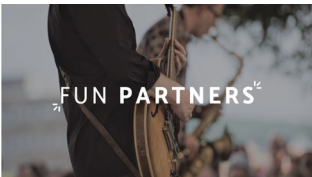
Read the first “Scenes From 17th Street” blog from Lisa Liddington.

STORIES



Voices From the Front Lines: Amy Lloyd, RN, Intensive Care Unit, Lehigh Valley Hospital–Hazleton

"Anyone who has recovered from COVID-19 will tell you this is no 'little flu.'"



Fun Partners

Find out about virtual Musikfest activities.

HEALTH TIPS



Alternative Treatment for Depression: Transcranial Magnetic Stimulation (TMS)

This noninvasive procedure uses magnetic fields to stimulate nerve cells.

**Your Cancer Care
Partners
in Lehighton**

Your Cancer Care Partners in Lehighton

Dr. Fratomico continues to offer leading-edge treatments in Carbon County.

IN THE NEWS

Simpler, High-Accuracy Method Detects Rare Circulating Tumor Cells

August 3, 2020 | lehigh.edu

Share your story at LVHN.org/stories.

IMPORTANT SAFETY REMINDERS, UPDATED TRAVEL POLICY

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Important Safety Reminders, Updated
Travel Policy

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Important Safety Reminders, Updated Travel Policy

August 04, 2020

Here's a reminder of what you need to do to help keep yourself and others safe:

- **Remember to complete a screening survey** prior to your shift on the days you are schedule to work. To take the survey:
 - Copy and paste this URL into your browser: <https://clinic.conversahealth.com/conversation/MjJwLTM3OTI> or
 - Text **lehigh** to 83973
- **Wear your face mask and follow the appropriate PPE guidelines for your area.**

- **Travel safely** and follow LVHN's policy if you plan to travel outside of Pennsylvania.

Personal travel update

This message contains new information regarding the Updated Travel Policy communication sent to all colleagues on July 14. Please read below for updates in red.











Any colleague who travels to states on the [Pennsylvania Department of Health \(PA DOH\) quarantine list](#), or to any country listed on [Centers for Disease Control and Prevention \(CDC\) Level 3 Travel Health Notice list](#), will be considered at high risk of COVID-19 infection and will be required to quarantine for 14 days after leaving the location. Countries and geographic areas requiring quarantine may change at any time, so pay close attention to the guidelines for the area you are visiting by reviewing the state's or CDC's COVID-19 website both before and after your trip.

Please speak with your manager before you choose to travel. If your role allows you to work remotely when you return, speak with your manager for approval. If your role does not allow you to work remotely, you must utilize earned paid time off (PTO) or take the time unpaid. LVPG providers (all entities) must use available PTO before taking unpaid time. Any unpaid leave for LVPG providers must be approved in advance by the respective Chair/Physician-in-Chief.









To return to work after travelling to any state or country on the PA DOH or CDC lists, you must:

- Advise employee health services of travel plans to any of the areas listed on the website.
- Check the websites upon your return from any travel outside of Pennsylvania to determine if your travel destination has been added or removed from the quarantine list.
- Complete a full 14 days of quarantine at home in Pennsylvania. The quarantine period starts on the day of departure from the hot spot.
- Call employee health services if you become symptomatic within 14 days of your return. If you develop symptoms you will be required to provide results of COVID-19 testing in order to return to work.
- **NEW! If you do not become symptomatic during the 14-day quarantine period, you may return to work on the 15th day and do not need an in-person visit to employee health services.**

Here's how you can contact employee health services:

- LVH—Cedar Crest location: 610-402-8869  
- LVH—Muhlenberg location: 484-884-7098  
- LVH—Hazleton location: 570-501-4788  
- LVH—Schuylkill location: 570-621-4351  
- LVH—Pocono location: 570-476-3779  

Coordinated Health colleagues should call employee health services in their area:

- In the Lehigh Valley, call 610-402-8869  
- In Hazleton, call 570-501-4788  
- In Schuylkill, call 570-621-4351  
- In the Poconos, call 570-476-3779  

LVHN'S ROLE AS THE SCHOOL YEAR APPROACHES

LVHN's Role as the School Year Approaches

July 31, 2020

This message is from Tom Whalen, MD, Executive Vice President and Chief Medical Officer.

COVID-19 continues to present challenges for everyone. Now, school districts are faced with the daunting challenge of developing and implementing a plan to educate our children safely. During this time, LVHN is serving as their trusted partner and advisor.

LVHN's responsibility

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LVHN's Role as the School Year Approaches

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While it is the responsibility of each school district to develop and implement their specific plan about how school will operate, it is LVHN's responsibility to offer support and advice to school districts to help keep students, faculties and communities safe and healthy. That is exactly what we are doing.

LVHN infectious diseases and occupational medicine specialists have been partnering with many area school districts to help them develop their plans. As a trusted advisor, we're sharing the facts about masks, plexiglass barriers, ventilation techniques and many more topics. For school districts that decide to open schools, we also will supply information and resources about masks, social distancing, traffic flow and other tactics they can use to help keep students, teachers and families safe.

Providers: Help families make smart decisions

All parents want to do what's best for their children. That's why many moms and dads are turning to our providers for advice as a new school year approaches. LVHN physicians and advanced practice clinicians should use their best judgement when advising patients, families and community members about school-related questions. Consider the student and family's unique circumstances and provide your professional advice based on their specific situation. Avoid sharing your personal feelings about how schools should operate. Rather, share the medical facts and evidence people need to make the best decisions for their families.

Throughout the pandemic, the LVHN team has proven we can overcome great challenges. Let's use our collective experience and knowledge to help our families and schools give our children the education they deserve in the safest and healthiest way possible.

PROFESSIONAL DEVELOPMENT FOR ALL COLLEAGUES

Professional Development for All Colleagues

August 05, 2020

**This message is from Lynn Turner, Senior Vice President and Chief Human
Resources Officer**

This year we have experienced many unforeseen challenges and changes, both personally and professionally, which you have handled with compassion and excellence. To help you continue to excel in our evolving work environment, the Leadership and Organizational Development team is offering new classes for all

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Professional Development for All
Colleagues

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colleagues, including three Northampton Community College certification programs as well as short, interactive sessions focused on our new LVHN Performance Management Process for our management team.

We know that a skilled workforce is a stronger workforce, and where and how we work is changing. To align with these changes, we have moved all our educational classes to a virtual platform, enabling engagement from any LVHN campus or remote location – anywhere with an internet connection!

New classes

Our *Essentials* program – Live, virtual classes open to all LVHN colleagues.

- Classes include Leading a Virtual Team, Working Remotely, Building Resilience, Crucial Conversations, and Learning Your Communication Style Through MBTI .

New Opportunity

Through our continued partnership with Northampton Community College (NCC), colleagues can now receive a Certificate of Achievement in three areas: Management, Customer Service and Administrative Professional. Half-day classes are taught by NCC faculty and are open to LVHN colleagues only.

- More than a dozen sessions are being offered several times in fiscal year 2021 (FY21) including Basic Management Skills, Effective Interactions, Problem-solving Techniques, and Lean and Continuous Improvement.

New for Managers

Our *Take60* program – New one-hour classes designed to set up managers for success as they drive the new Performance Management Process.

- *Take60* topics include Goal Alignment, Feedback and Coaching, Accountability and Preparing for a Successful Mid-year Check-in. Multiple classes will be held this fall.

The list and descriptions of development sessions, as well as online registration can be found on the intranet at oe.content.lvh.com/development-sessions/.

In addition, please check the OE Learning Hub for hot topics, including new curated

resources for working remotely at oe.content.lvh.com/working-remotely/.

As we begin our new fiscal year and draft our FY21 goals, including our mandatory development goal, now is the perfect time to consider skills to develop or strengthen to meet the needs of our changing workspace.



It's not too Late: Free Mindfulness on the Spot Program

August 04, 2020

The COVID-19 pandemic has brought many unexpected challenges to our lives. Mindfulness on the Spot is a 30-minute program that teaches participants simple mindfulness strategies that can be used anywhere at any time. Designed with the beginner in mind, it's free to all LVHN colleagues. No registration, equipment or experience is required to attend this virtual event.

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It's not too Late: Free Mindfulness on the Spot Program

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Felipe Bautista Otanez, MD, pediatric hematologist/oncologist with Lehigh Valley Reilly Children's Hospital, attends Mindfulness on the Spot classes and has noticed a difference in how he experiences stressful situations. "Mindfulness has helped me to better deal with stress and to become less 'reactive' at work and in my personal life," he says. "The sessions provide a formal opportunity to pause and an immediate feeling of calmness, with mindfulness tips to incorporate in our daily lives."

Fellow participant, Denise Woodworth, MBA, LVHN Senior Informatics Business Analyst, agrees. "It's a great way to counteract the unlimited and unrealistic demands of multitasking," she says. "While we're all challenged with COVID-19, we are gifted with something to help us immediately and something that is useful for the rest of our lives."

Classes are held every Tuesday at 8 p.m.

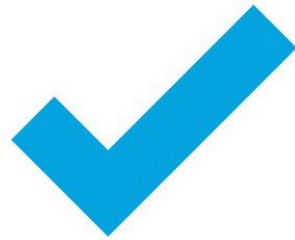
Join a class with three easy steps:

1. Download the Bluejeans App on your mobile device.
2. Click 'Join a Meeting.'
3. Enter the passcode: 6104025900

My Total Health Incentive

Eligible colleagues can earn 15 points toward the My Total Health incentive program. Email mytotalhealth@lvhn.org after completing one class to receive the incentive points.

VOTE FOR US



Vote for LVHN Services in Hazleton Standard-Speaker Readers' Choice Awards

August 05, 2020

From the start of the COVID-19 pandemic, colleagues came together to respond to the crisis with courage and compassion.

As an ambassador of LVHN, you now have an opportunity to celebrate our services and our very own health “heroes” by voting in the 2020 Readers' Choice Awards. The online

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Vote for LVHN Services in Hazleton
Standard-Speaker Readers' Choice Awards

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contest for the Hazleton Standard-Speaker is now live on its website.

Nominees in each category are based on readers' nominations. Your vote can help LVHN win in multiple categories. If you only have time to vote in one category, however, please cast your vote for **Best Hospital/Health Network**, an important health care honor. Together, we can let our community know that LVHN services are their best choice.

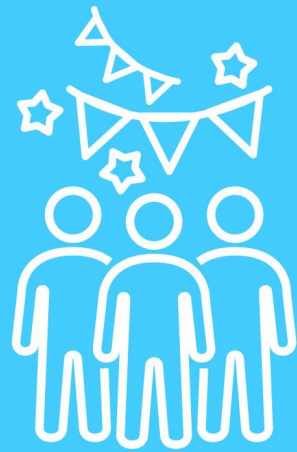
How to vote

- Visit standardspeaker.com/contests/readers-choice
- Click "People and Services"

You will be prompted to register. Once you create an account, you may vote in the following categories:

- Chiropractor
- Family Physician
- Fitness Center
- Hospital
- OB/GYN
- Orthopedic Services
- Patient Care
- Pediatrician
- Physical Therapy and Rehab Center
- Podiatrist
- Surgeon

All categories are multiple choice or write-in responses. **You can vote now through Aug. 13.**



Service Anniversary List – August 2020

August 04, 2020

Happy anniversary to these colleagues celebrating a career milestone at LVHN in August 2020. Congratulate them on their years of service.

45 years

Debby Chaban, HIM Facility Based Coding

40 years

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Service Anniversary List – August 2020

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Donna Strobl, Cat Scanning

35 years

Rachel Allen, LVPG OB/GYN Valley Ctr Pkwy

Kim Boandl, Hospice Unit

Maria Buskirk, ASU-OR

Patricia Consorti, Pharmacy

Susan Eckhart, Kidney Acquisition

Ann Fatzinger, Marketing

Sonya Hackenberg, Cardio/Pulm

Cassaundra Maxwell-Yarbough, LVPG Float Pool

Carolyn Ordway, Cardiac ICU

Wendy Savercool, 4B (4N)

30 years

Cheryl Barr, Education Services

Kimberly Bartman, 4K Med/Surg

Lisa Farthing, Periop Education

Ardyth Gadille, Hospice Skilled Nursing

Christine Krotzer, Pharmacy

Sherrye Lukow, Sterile Processing

Michele Rice, Emergency Service - 17Th

Diane Rute, Case Management

John Talmadge, Emergency Service - 17Th

Kenneth Zemanek, Consult/Liason Psychiatry 1251

25 years

Jennifer Bevins, LVPG IM Nazareth Rd

Robert Friedman, CPP Orthopedics - Unspec

Renee Grow, TNICU

Shelly Hafler, Diagnostic Care Center CC/17

Paul Lemberg, LVPG Ear Nose and Throat

Kathleen McNelis, Supply Distribution Services

Doreen Specht, Express Care-Pburg

Neal Stansbury, LVPG Orthopedics Specialty

Lori Sullivan, Rehab Unit

Rosa Uribe, Hospice Skilled Nursing

Leelamma Vaidian, 5CP Medical Surgical Unit

20 years

Michael Adamcik, Plant Engineering

Robin Anthony, JACHO

Janet Butterweck, Patient Accounting

Heidi Da Re', Childrens Surgery Center

Kathleen Fitzgerald, Post Operative-Ebg

Kelly Gergely, Physician Assistants

Jane Gunsch, Mental Health Nursing

Penny Kanusky, HSP Patient Billing

John Kostick, Radiology - Norwegian

Stephanie Landron, Staging/PACU Tilghman

Mayra Plaza, LVPG Cardiac Thoracic Surgery

Colleen Potts, Radiology - Norwegian

Kenneth Rachwal, ER Pediatrics

Jill Schweikert, Patient Registration

Silvia Sherer, Tilghman Surgery Center

Diane Soos, Emergency Department

James Sunday, CPP Orthopedics - Unspec

Kristyn Tacker, Specialty Clinic-Schnrs

Theresa Versuk, HSP 17th & Chew

Billi Jo Yorski, 6 North

15 years

Shupriya Boyle, Employee Health Nurse

Marlene Brown, MHC Heart Station

Sarah Cutting, HIM Provider Based Coding

Thomas Doherty, LVPG Internal Med 3080Hamilton

Stacie Eitner, HIM Facility Based Coding

Lynn Everly, Cardiopulmonary - Norwegian

Oona Ford, Care Management

Sophia Goodridge, Critical Care Unit

Charles Herman, LVPG-P Plastic/Recon Srg-Plaza

Laura Hoffman, Employer Services

Catherine Johns, 6C Medical/Surgical Unit

Penny King, LVPG Family Med/Peds Hamburg

Nicholas Kirch, LVPG Urology

Jennifer Kohlmeir, Operating Room - Norwegian

Jane Korpics, Case Management

Colleen Kowalick, Pediatrics

Christine Kresge, Specialty Clinic-Wg

Ruthann Moyer, LVPG Family Med Quakertown

Brenda Ney, Pharmacy

Gloribel Nieves, Medical Staff Services

Peter O'Brien, Info Svcs Technical Operations

Frank Pacana, Pharmacy

Joseph Patruno, LV Center For Women's Med

Dhanalakshmi Ramasamy, Adult Peds Psychiatry SCC

David Rinehimer, HSP CC Infusion

Jeana Santostefano, LVAS LVH - Cedar Crest

David Scaff, LVPG General Surgery E Strouds

Teri Smith, Coding Integrity

Naser Tolaymat, LVPG Peds Gastroenterolgy 1210

10 years

Hannah Abrams, LVPG OB/GYN

Daniel Agentis, Courier Services

Corey Arner, Strategic Operations

Brooke Bain, 6 North

Carol Carbone, Concussion & Head Trauma Progr

Nora Cote, LVPG FM West End

Maria Dilella, Nurse Fmly Pship

Ashley Fink, Laboratory - Norwegian

Stephanie Fraley, Diagnostic Care Center -MHC

Kimberly Fronheiser, Info Svcs Physician Support

Sean Heintz, Emergency Service - CC

Jillian Hemmerly, HSP Muhlenberg

Christopher Henderson, CPP Orthopedics - Dickson 334

Rebecca Hunsinger, Physical Therapy Hwc

Fawn Jessman, Emergency Room - Norwegian

Julie Kemmerer, LVPG PulmonaryCritCare Med1250

Nicole Knerr, LVPG Ophthalmology 17th St

Beth Kreisel, LVPG Geriatric Med 17th St

Judith Lash, Hepatitis Care Center

Sharon Longo, Pharmacy

Dante Martire, Specialty Clinic-Emrick

Dina Meaney, ICU

Nikki Mendez, Burn Center

Orlando Penaloza, Centro De Salud

Kelly Piwoski, Labor & Delivery

Jeanine Raad, LVPG OB/GYN Pond Road

Anthony Rice, Info Svcs Customer Service

Barbara Rogers, Patient Accounting

Lynne Ryden, Human Resources Administration

Bryan Schapley, Sports Perfrm-Palisade Sd

Rosetta Shaw, 2B (PCU)

Anne Silfies, CECE Ctr

Inaya Singh-Sabuur, LVPG-P Oncology-Pocono

Melanie St. Hill, Group Health Admin Svcs

Susan Steckel, Info Svcs Financial/Admin Sys

Jesse Sterling, Imaging In-House SVC Prog

Gregory Tocci, Info Svcs Technical Operations

Simone Tukeva, 4K Med/Surg

Samuel Umaru, Pediatric ICU

Jose Vargas Alicea, Security

Tara Yanni, Patient Accounting

5 years

Brian Abel, Population Health

Lindsey Aharonian, Maternity

Mary Catherine Altmiller, HOA Muhlenberg

Joseline Andino-Canales, Payor Based Care Cordination

Astrid Aragon, Comprehensive Health Services

Taylor Argeson, LVPG Internal Med 1230CC

Chantal Arias, Chiropractic

Hansook Atkins, HOA Muhlenberg

Elizabeth Ball, Pre-Op Staging

Elaine Banerjee, LVPG Fam Med/Peds Cetronia Rd

Margaret Blair, Neurology Clinic - CC

Lauren Bleiler, Inpt Rehab SVC-CC

Carol Bloss, Inpatient Unit-Allen 1503

Lizett Bowen, Emergency Room

Jill Brantley, Neurosurgery Clinic - CC

Alicia Caishpal-Mercado, PACU - 17

Maggie Campano, Rehab at Fogelsville

Elizabeth Cardona, LVPG-P Family Med-Blakeslee

Lisa Carraghan, LVPG Family Med 1251CC

Victor Catania, LVPG-P Family Med-E Strdsburg

Alexis Chauvette, Pediatric Unit 5J

Angel Cicero, Wound Care

Elizabeth Cistone, Property Administration

Michael Cofer, Population Health

Brenda Colon, Vascular Lab

Nancy Cox, Operating Room

Savannah Cressman, Transitional Skill Unit

Luz Cruz, Hospice Home Health Aides

Kelly Cunningham, Nurse Staffing Office

Samantha Curvey, IRF CC Therapy

Christina Dejesus, 5CP Medical Surgical Unit

Gabriela DePaulo, 6K Medical/Surgical Unit

Kelsey Dieck, Physical Therapy-Pburg

Dina Elbeleidy, Inpatient Unit-Allen 1503

Guy Emerson, EMS Hazleton APTS Operations

Kourtnie Faust Mumma, Clinical Social Work

John Feher, Info Svcs Customer Service

Stefanie Follweiler, LVPG Ophthalmology 17th St

Sylvia Fowler, Nursing Float Pool

Cristine Fritchey, Patient Accounting

Sandra Garcia, Patient Accounting

Johnnie Georges, LVH-CC Hospitalist Program

Roy Gongora, Information Technology

Victor Gonzalez Benitez, Centro De Salud

Mary Gottstein, Oncology Clinic

Lee Gruen, Information Technology

Valerie Guerra, Population Health

Priscilla Hahn, LVPG IM Nazareth Rd

Lisa Marie Halecky, Community/Public Relations

Andrew Hamarich, LVH-CC Hospitalist Program

Angie Heckman, HC Clinical Services

Corrina Heller, Float Pool

Christina Hernandez, TNICU

Shawna Hillegass, Outpatient Registration Float

Tracy Huey, LVPG-P Endocrinology-Bartonsvl

Majeed Issa, Security

Rebecca Keith, 2K South

Lauren Kinney, BH 1

Andrea Kiskeravage, Population Health

Rebecca Kleintop, IRF CC Therapy

Christina Kneski, LVPG OB/GYN Pond Road

Monica Lancellotti, LVPG Pediatrics Pond Rd

Sheena Langhorn, 5CP Medical Surgical Unit

Maria Lara, LVPG-P Cardiothoracic Surg-Poc

Allison Lech, Mental Health Clinic-Muhl

Sarah Lech, Imaging-Cetronia Rd

Grace Lee, 4K Med/Surg

Diane Leuthardt, Education Services

Tara London, Op Intake Dept

Angela Long-Lopez, BH 2

Lydia Mackey, LVPG Rheumatology 3080Hamilton

Muhammad Majeed, LVH-CC Hospitalist Program

Constantin Marc, Mri Bartonsville

Lauren Marmas, Emergency Room - Norwegian

Brianne Marsh, IRF CC Therapy

Marcos Martinez, CPP Orthopedics - Unspec

Jacquelyn Mcnamara, 4KS Medical/Surgical Unit

Heath Metzgar, Plant

Courtney Miller, IRF CC Therapy

Serena Miller, Sports Perfrm-Bangor Sd

Sherri Mogilski, Registration

James Mohr, Info Svcs Technical Operations

Max Mueller, Patient Relations

Lori Ann Nanez, Group Health Admin Svcs

Stephanie Noble, Op Intake Dept

Rovianne Orbita, Nursing Float Pool

Jaimie Ortiz, Operating Room

Maritza Ortiz, LVPG Chiropractic Med 1243CC

Christine Owsinski, HSP CC Infusion

Theresa Palamar, Orthopedics

Paul Palyca, LVPG Hematology Oncology CC

John Panasiuk, Info Svcs Customer Service

Ronak Patel, LVPG Cardiology Muhl

Jonathan Piatkiewicz, Home Care - Physical Therapy

Alison Price, LVPG Cardiology Easton Assoc

Yasotha Rajeswaran, LVPG Cardiology 1250CC

Daniel Riga, Medevac Ground Ambulance

Michelle Rignanesi, Ultrasound Hwc

Peter Rising, Dept. Of Emergency Medicine

Sonia Rivera, Cardiology Clinic -CC

Sherri Roberts, LVPG Internal Med Fogelsville

Oliana Ros, LVPG-P Fam/Intrnl Med-Strdsbrg

Kacie Saker, Neonatal ICU

Subhasri Sangam, LVPG-P Neonatology-Pocono

Evelyn Santos, Mother Baby Unit

Ann Marie Sarra, Communications

Todd Schappell, Security

Patricia Senholzi, Registration

Michelle Shahani, LVHN ExpressCARE Palmer Twp

Dayna Shanoski, MICU/SICU

Tracy Sheptuk, Case Management

Sonyo Shin, LVPG-P Oncology-Pocono

John Shoemaker, Population Health

Krysta Skoutelas, LVPG IM Nazareth Rd

Carrie Slivka, Care Management

Marianne Smalley, ED Providers

Kelsey Smith, Emergency Department

Susan Smith, LVPG Cardiology Muhl

Jeanine Subbenaik, 3A IPCU

Mariah Sundberg, Ultrasound

Madeline Svrcek, Transitional Skill Unit

Navid Tabibzadeh, Neuro Critical Care

Cassandra Taylor, 7T Med/Surg

April Treible, 2K South

Shannan Truscott, LVPG OB/GYN 1245SCC

Jessica Tymchyshyn, Laboratory - Norwegian

Erika Vargas Gonzalez, Population Health

Lorimar Vera, LVPG Internal Med Muhl

Charley Viebrock, 7K Orthopedics

Lindsey Walker, Emergency Room

Stephanie Walters, 7KS Inpatient Rehab Facility

Laurie Weidner, Population Health

Kortney Welles, Education Services

April Werkheiser, LVPG-L Ortho Hausman Rd

Melissa Wessner, Obstetrics

Constance Wildonger, 6B Renal Med-Surg

Glendon Williams, Ct Scan

Deborah Woltal, E-Burg Facility Diag Radiology

Mark Yorty, ATC Services

Dashia Younger, Patient Accounting

Shimara Zica, Hepatitis Care Center

Gabrielle Zichelli, Registration



Nearly \$175,000 in Scholarships and Grants Awarded Through LVHN–Pocono Foundation

July 31, 2020

LVHN–Pocono Foundation awarded nearly \$175,000 to community nonprofit organizations and local students pursuing health degrees during the organization's 28th Annual Grant and Scholarship Ceremony. The ceremony was held virtually in support of

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Nearly \$175,000 in Scholarships and Grants Awarded Through LVHN–Pocono Foundation

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social distancing. [Watch the grant and scholarship ceremony.](#)

“This event inspires and energizes me,” said LVH–Pocono President Elizabeth Wise. “It allows us to learn about the incredible human service work done by so many great organizations in our community, to hear from our future health care professionals, and to recognize the incredible generosity of so many people in this community.”

Grants and scholarships were awarded to the following organizations and students:

The 13 Monroe County community organizations that were honored through the generosity of the *Dr. Alberta Finch Children’s Health Endowment Fund* (\$6,900) and the *Dr. Claus G. Jordan Endowment Fund* (\$40,250) include:

- Center for Vision Loss – Monroe County
- Developmental Education Services of Monroe County
- Family Promise of Monroe County
- Garden of Giving
- Monroe County Meals on Wheels
- Pleasant Valley Ecumenical Network
- Pocono Area Transitional Housing (PATH)
- Pocono Services for Families & Children
- Salvation Army of East Stroudsburg
- Women’s Resources of Monroe County

As a result of these nursing and health care scholarships – the *R. Dale Hughes Nursing Scholarship Endowment*, *Jennie Cramer Memorial Nursing Scholarship*, *Robert A. Gordon Nursing Scholarship*, *Dr. Elmo J. Lilli Health Care Scholarship* and the *Sean P. Cunningham Memorial Scholarship Endowment* (combined total of \$39,500) – the following area high school and college students received scholarships:

- Suzanne Krachie – Hughes Nursing Scholarship
- Kayla Mercado – Jennie Cramer Nursing Scholarship
- Carolyn Jackson – Jennie Cramer Nursing Scholarship
- Bobbi Beidleman – Robert A. Gordon Nursing Scholarship
- Logan Sodl – Dr. Elmo J. Lilli Memorial Healthcare Scholarship
- Bianca Pigon – Sean P. Cunningham Memorial Scholarship
- Darya Rybac - Sean P. Cunningham Memorial Scholarship (CRNP)

The LVH–Pocono Heroes Fund awarded grants to the four respective EMS agencies serving LVH–Pocono: Bushkill Emergency Corps, Pocono Mountain Regional EMS, Suburban EMS and West End Community Ambulance Association.

The Valerie M. Hodge Memorial Pediatric Dental Center, which provides dental care for the uninsured and underinsured of Monroe County, received funding through the *Valerie M. Hodge Memorial Pediatric Dental Center Endowment*.

In addition to these grants and scholarships, three LVH–Pocono departments – Cardiovascular Rehab, Emergency Services and the Learning Institute – received grants from the *William B. Cramer Medical Staff Equipment Endowment* totaling \$59,870 to enhance the medical services provided to the community within these service lines.

The *Pocono Health Foundation Endowment* provided funding to the Monroe County Meals on Wheels and Pocono Mountains United Way.

The *Community Health Endowment* continues to provide funding to programs and organizations serving the community. This year a grant was made to the East Stroudsburg Fire Department, Acme Hose Company No. 1, to assist with costs related to the purchase and maintenance of a ladder truck. The combined total of the *Pocono Health Foundation Endowment* and the *Community Health Endowment* is \$26,000.



Dr. Nester Appears on Podcast Featuring Health System Leaders

August 04, 2020

LVHN President and CEO Brian Nester, DO, MBA, FACOEP, is the guest on the latest episode of "Fireside Chat," a weekly podcast with leading health system CEOs and leaders. Dr. Nester discusses his medical and business background, LVHN's focus on health care value, the use of telehealth services during the COVID-19 pandemic and more.

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Dr. Nester Appears on Podcast Featuring Health System Leaders

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“Fireside Chat” is hosted by Join Gary Bisbee, Co-founder and Executive Chairman, The Health Management Academy. The podcast explores how health care leaders are navigating the evolving health care landscape while leading high-performing teams and driving innovation across the industry.



Kristina Rosario, RN, leads this on-demand workout to promote self-care.

Kim Jordan, DNP, Invites you to Join a Virtual Workout Session

August 06, 2020

During Year of the Nurse, we have an opportunity to celebrate the many talents of our nursing colleagues.

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Kim Jordan, DNP, Invites you to Join a Virtual Workout Session

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Prioritize self-care

Now more than ever, it is important for you to take care of yourself. Whether you decompress by reading a book, taking a walk with your dog or cooking your favorite meal, you should do something every day to put yourself first.

For those who enjoy exercising as a way to manage stress, join Kristina Rosario, RN, 4K, for a virtual workout session at the end of this article.

Exercise in the comfort of your own home

In just 48 minutes, Kristina will lead you through a warm up, an interval workout and a cool down. And the best part? No weights or equipment required. Just show up with yourself, a device to watch the virtual session and a bottle of water to stay hydrated.

Exercise at your convenience

The workout is recorded and ready for you to view at any time. When it's time to start, [click here](#) for the playlist created especially for this session.

Comment below to tell Kristina you'll be doing her workout, or share what else you're doing to prioritize self-care.

Kim

P.S. Just a reminder, my email is open to you. Send ideas or questions to me at Marie.Jordan@lvhn.org.



Kim Jordan

About me: My name is Kim Jordan, DNP, RN, and I am Senior Vice President and Chief Nursing Officer at LVHN. I came to LVHN 15 years ago as director of the open-heart and transitional open-heart units. I consider it an honor and a privilege to lead our outstanding nursing colleagues.



Scenes From 17th Street: What's a Fresh Food Pharmacy?

August 02, 2020

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Scenes From 17th Street: What's a Fresh Food Pharmacy?

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When you need prescription medicine, you go to the pharmacy. When you're prescribed a healthier diet – as some patients cared for at [LVH–17th Street](#) are – you receive a \$20 voucher to select organic seasonal fruits and vegetables at the “food pharmacy,” better known as the [Rodale Mobile Market](#). This project is a collaboration between LVH–17th Street and Rodale Institute and is funded through a Pool Trust Award for Community Transformational Excellence.

Food pharmacy=Access to healthy foods

Every Friday from June through Oct. 25, pediatric patients from the [VHP–Children's Clinic at Lehigh Valley Hospital](#) and their families receive \$20 vouchers from the food pharmacy program to spend at the Rodale Mobile Market. Participating families are considered at-risk for food insecurity and have at least one child with a diagnosis of obesity and/or type 2 diabetes. The families get to choose the vegetables they want from a wide array of seasonal produce.

In addition to the Children's Clinic, [LVHN Comprehensive Health Services](#) also provides weekly fresh food vouchers for many of its patients who are living with HIV/AIDS and experiencing food insecurity as a result of the coronavirus pandemic.

Understanding barriers to fresh food

The goal of the food pharmacy pilot program is to get a better understanding of the barriers families face in accessing and preparing fruits and vegetables, and learn more about fresh food preferences, cultural food traditions and participation trends. This information will inform a more robust food pharmacy research study measuring improvements in blood sugar levels and weight to take place during the 2021 growing season. Our SELECT medical students are helping evaluate the families' eating habits over time.

While the food pharmacy was conceptualized prior to the COVID-19 pandemic, its relevance has never been greater. The rate of COVID-19 infection in Allentown is five times higher than the

overall rate in Pennsylvania, intensifying the social needs of many of our patients.

Public and colleagues also welcome

The Rodale Mobile Market is open for LVHN colleagues and the general public, and accepts all subsidies including WIC, double SNAP and Farmers Market Nutrition Program coupons. Having the mobile market at LVH–17th Street makes it a convenient fresh food access point for hundreds of residents, patients and colleagues in Allentown.

When is the Rodale Mobile Market at LVH–17th Street?

Visit the Rodale Mobile Market on Fridays, 12–3 p.m., on the corner of 17th Street and Chew Street in Allentown, now through Oct. 25.

The Rodale team is complying with all Department of Agriculture and Centers for Disease Control recommendations for safe food handling and social distancing at the Rodale Mobile Market.

Other ways LVH–17th Street helps its neighbors

Throughout the summer, Allentown children can count on a free lunch provided through the U.S. Department of Agriculture's [Summer Food Program and available at LVH–17th Street School of Nursing](#) building. This is the third consecutive year [LVH–17th Street](#) is participating, this year with the partnership of Morrison Healthcare, LVHN's food services vendor. The healthy meals typically include a sandwich, a piece of fruit and milk.

When – Children can receive lunches Monday through Friday, 11:30 a.m.-1 p.m. until Friday, Sept. 4.

Where – The program takes place on the front steps of LVH–17th Street School of Nursing building. During inclement weather, lunches will be handed out from the School of Nursing lobby.

Who – Any child in Allentown age 18 or younger is eligible to participate. No registration is required, and no personal information is collected.

COVID-19 safety

Lunches are “grab and go” in compliance with U.S. Department of Agriculture and CDC guidelines for safe food handling. Caregivers can pick up lunches on behalf of their children; likewise, children can pick up lunches without a caregiver present.



Lisa Liddington

About me: My name is Lisa Liddington, and I am the Administrator for LVH-17th Street. I am proud to work closely with colleagues who serve our patients with a common goal: to provide superb access to culturally sensitive preventive, specialty and urgent care, and to connect patients to social services that improve health and well-being. This blog will highlight stories and celebrate partnerships at LVH-17th Street.



Voices From the Front Lines: Amy Lloyd, RN, Intensive Care Unit, Lehigh Valley Hospital– Hazleton

July 30, 2020

BY TED WILLIAMS

The coronavirus (COVID-19) pandemic has affected every aspect of our lives, none

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Voices From the Front Lines: Amy Lloyd,
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Hospital–Hazleton

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more so than those working on the front lines of this crisis – our health care heroes.

Voices From the Front Lines is a series of interviews with Lehigh Valley Health Network (LVHN) health care providers who are working to care for patients who are ill with COVID-19, as well as those who are dedicated to helping prevent the spread of this virus.

Amy Lloyd has been a nurse at Lehigh Valley Hospital (LVH)–Hazleton for 30 years, starting as a nurse’s aide at 19. She graduated from Bloomsburg University with a degree in biology but could not find work in her field. She returned to LVH–Hazleton as a nurse’s aide in the intensive care unit (ICU), then took the next steps in becoming a registered nurse. Along the way, she realized working in the ICU and helping patients was where she belonged.

What is every day like during the COVID-19 crisis?

It has reinforced the importance of having patience and making sure I’m thoroughly covered with personal protective equipment (PPE) to safely take care of our COVID-19 patients.

What’s inspired you? What is a defining moment during this?

There’s nothing more inspiring than seeing our COVID-19 patients recover and walk out the doors to their families. It’s really something to see.

What have you learned about yourself or your team?

I’ve seen the entire hospital work together during this crisis. Everyone in the ICU really appreciates every bit of help we’ve received. All of us always know our co-workers are there to jump in if they’re needed.

What are your rituals to keep you and your family safe?

All of us have pretty much adopted the same routine when we go home – shoes off in the garage; go straight to the shower; scrubs immediately go into the washer. To help me keep to this routine, my husband has the shower on when I get home, and he hands me a washcloth as I walk in the door. I’m careful to maintain immune support and get plenty of rest. I believe vitamin C also is important to staying healthy.

What words of advice or encouragement do you have for health care employees or the community?

I encourage every person to take care of yourself so your body can take care of you. Do everything you can to support your immune system.

Are there any other thoughts you'd like to share about this experience or about the resilience of patients?

Anyone who has recovered from COVID-19 will tell you this is no “little flu.” Do not take the precautions against getting this virus lightly. If you get COVID-19, it involves a lengthy and difficult recovery, so prevention is key.

For more Voices From the Front Lines, please visit LVHN.org/COVIDSTRONG.



Fun Partners

July 31, 2020

Looking for some fun, socially-distant stuff to do? We've got hot tips for this weekend!

Virtual Musikfest concert series – While 'Festing in person isn't possible this year, our friends at ArtsQuest are making sure the music goes on. From July 31 to Aug. 9, watch streamed concerts from the comfort of home, all for free. [See schedule here.](#)

Virtual Musikfest 5K – You can help support Musikfest by running your own virtual 5K and making a donation to ArtsQuest. [Learn more about how to earn your 'Fest mug!](#)

2020 marks Musikfest's 37th year of bringing music to the masses – this time, through

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the magic of streaming technology. Lehigh Valley Health Network is a proud Musikfest partner, and we invite you to enjoy the virtual hospitality and toe-tapping sounds of all the performers brought to you through virtual Musikfest.



Alternative Treatment for Depression: Transcranial Magnetic Stimulation (TMS)

July 31, 2020

BY BRETT WILIAMSON

For people with depression, treatment can come in many forms and combinations, including talk therapy, prescription antidepressant medication and lifestyle changes. A newer treatment for individuals diagnosed with depression that can be used alone or

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Alternative Treatment for Depression:
Transcranial Magnetic Stimulation (TMS)

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with those treatments is transcranial magnetic stimulation (TMS).

“TMS is a noninvasive procedure that uses magnetic fields to stimulate nerve cells in the brain to improve symptoms of depression,” says [Edward Norris, MD](#), with [LVPG Adult Psychiatry–Muhlenberg](#). Norris, along with the care team at [LVPG Adult and Pediatric Psychiatry–Muhlenberg](#), have offered TMS to patients for the past two years.

“This unique therapy is especially helpful for people who have not benefited from or cannot tolerate antidepressant medications,” he says.

TMS is delivered in an office setting Monday through Friday. The patient is seated in a spa-like chair while a technician provides treatment. During the treatment session, the patient can listen to music or watch TV. A complete course of treatment is comprised of 36 sessions, each lasting an average of 20 minutes.

TMS benefits include:

- Safe and well-tolerated
- No interruption in daily activities
- No anesthesia
- Few or no side effects
- Patients do not have to stop medications during treatment
- Covered by most major insurances including Medicare

“Our patients have reported improvement in depressive symptoms as early as the first week. However, the majority of individuals have reported improvement between sessions 20 and 30,” Norris says.

One study of the long-term benefits of TMS has reported 62.5 percent of the patients studied showed remission, or no symptoms of depression, even one year after initial treatment.¹

Learn more about TMS offered by [LVPG Adult and Pediatric Psychiatry–Muhlenberg](#) by calling 610-297-7500 or send an email to LVHN_TMS@lvhn.org.

Your Cancer Care Partners in Lehighton

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Your Cancer Care Partners in Lehighton

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Your Cancer Care Partners in Lehighton

August 03, 2020

Cancer doesn't stop for COVID-19 and neither should you. LVPG Hematology Oncology–Lehighton and oncologist Roberto Fratomico, MD, continue to offer leading-edge treatments and the latest clinical trials to residents of Carbon County. Lehigh Valley Cancer Institute is also a member of the Memorial Sloan Kettering (MSK) Cancer Alliance, which provides patients with even greater care options.

While Surendra Shah, MD, recently retired, his patients still have full access to the care

team at Lehigh Valley. And because the practice uses the same LVHN electronic medical record system, Frattamico and his care team can continue seamless care.

Frattamico says he is happy to be serving the greater Lehigh Valley community. "I'm so glad to be able to provide care to those who need it, close to home. There's no need to travel in order to receive the same care you would in a bigger area," he says.

Safety is also top of mind for Frattamico and his team. He says every precaution is being taken to protect patients and colleagues from COVID-19. "We like to see patients in the office as much as possible, but have still reserved some time for telemedicine and video visits. We've also changed our check-in process and vital checks so that social distancing is maintained," he says. Frattamico also says masks are required for anyone in the building.

Lehigh Valley Health Network offers a variety of health services in Carbon County. Services offered include diagnostics and imaging, family medicine, pediatrics, mammograms and more. For more information on your care options in Lehigh Valley, visit [LVHN.org/LehighValleyCancer](https://www.lvhn.org/LehighValleyCancer).