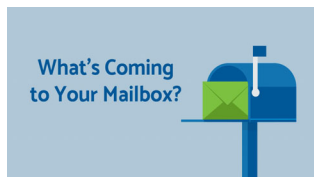




Here are the latest encouraging stories, health tips and news items.

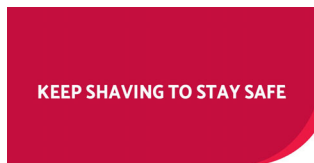
**COVID-19 stories highlighted in blue*

JUST FOR COLLEAGUES



Your Gift Will Be Mailed Soon

Check your home address in Lawson.



Keep Shaving to Stay Safe

If you wear an N95 mask, it's important to be clean shaven.



Surprise! You May Be an Engagement Megastar

Departments with the highest engagement scores will be recognized.



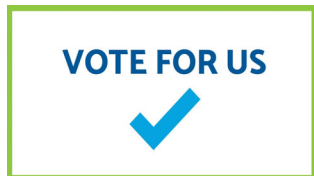
Times News Readers' Choice Awards

Vote for LVHN services in the Lehighton and surrounding areas.



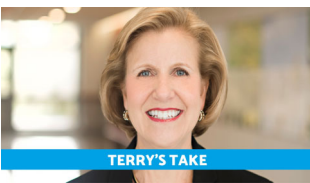
Standard Speaker Readers' Choice Awards

Vote for LVHN services in the Hazleton area.



Pocono Record Readers' Choice Awards

Nominate LVHN services and recognize our health care heroes.



Terry's Take: Riding a Roller Coaster and a Mammo Coach

Breast Health Services handled the pandemic like a pro.



Plan to Live to 100

AIG Retirement Services can help you prepare for the future.

STORIES



Voices From the Front Lines: Richard Chow, DO, Emergency Medicine, Lehigh Valley Hospital (LVH)—Cedar Crest

"My colleagues in the ER have and always will rise to any challenge."



Wings2Peace Delivers Joy to Lehigh Valley Reilly Children's Hospital

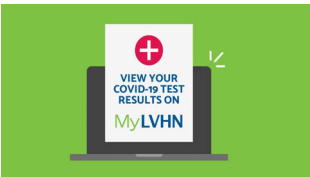
It was Christmas in July for the Children's Hospital.



Werley Weighs In: Part Two, Mindful Eating to Reach Goals

Mindful eating helps you manage weight, stress, anxiety and anger.

HEALTH TIPS



How to View Your COVID-19 Test Results

MyLVHN makes it easy.



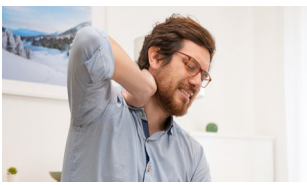
Everything You Want to Know About COVID-19 and Immunity

Dr. Benjamin provides answers to common immunity questions.



Enjoy Gardening without Pain

While it's not a high-impact activity, gardening can still lead to injuries.



We've Got Your Back (and Neck and Wrist) Covered: Ergonomic Tips for Work Spaces

Working in the same position all day carries risk for injuries.

NEWS



LVHN Fitness Reopening

It's the same gym you know with new safety measures.

IN THE NEWS

American Academy of Pediatrics: Number of kids testing positive for COVID-19 has skyrocketed

August 11, 2020 | wfmz.com

Hazleton community leaders keep eye on coronavirus numbers

August 10, 2020 | pahomepage.com

Local health officials discuss the do's and don'ts of mask wearing

August 10, 2020 | wfmz.com

Hazleton area braces for possible coronavirus resurgence

August 9, 2020 | mcall.com

Dorney raises \$15K for LVHN emergency fund

August 8, 2020 | tnonline.com

Mask Force 2020 creates see-through face coverings for hearing impaired and those who rely on expression

August 6, 2020 | mcall.com

Share your story at [LVHN.org/stories](https://www.lvhn.org/stories).

What's Coming to Your Mailbox?



Your Gift Will Be Mailed Soon; Check Your Home Address in Lawson

August 12, 2020

Is your correct mailing address listed in Lawson? Not sure? You will want to make sure because LVHN will be mailing important items to you, including a surprise gift you will use often.

How to change or check your mailing address

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Your Gift Will Be Mailed Soon; Check Your Home Address in Lawson

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If you moved or have not been receiving communications from LVHN in your home mail, take these steps:

- Visit the Colleague Resource Center by clicking the “LVHN – CRC Lawson” icon on your SSO toolbar.
- Click the “Employee Resources” tile on the home page.
- Under “Employee Self-Service,” click “Move – Change Your Address.”
- Enter the effective date and new address.
- Click “Update.”

Important points

- Both the “Home” and “Supplemental” tabs must be completed when you have an address change. The “Home” tab is the only tab that can have a PO Box for the address.
- Do not change your address if you notice abbreviations (such as if “Road” is abbreviated “RD” or if “APT” is replaced with #). These abbreviations are reviewed against the U.S. Postal Service for accurate reporting to local tax authorities.

Update your address by Aug. 18 to get your gift

To ensure you get your gift, make sure your mailing address is correct in Lawson by Tuesday, Aug. 18. A surprise gift will be mailed to all colleagues’ homes over the next several weeks.

What else is being mailed?

Important information about your benefits and Open Enrollment (Oct. 12-30) will be mailed to your home in September. The information you receive will help you choose the best benefit plan for you and your dependents.

It’s very important and it’s your responsibility to keep your mailing address up to date in Lawson. It’s how you stay connected and receive all the important communications LVHN mails to your home. Thanks for doing your part, and enjoy your gift!

KEEP SHAVING TO STAY SAFE

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Keep Shaving to Stay Safe

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Keep Shaving to Stay Safe

August 10, 2020

If you have facial hair and wear an N95 mask, remember this important fact. Facial hair compromises the effectiveness of N95 masks, preventing a tight seal around your face.

Even though we've been dealing with COVID-19 for several months, we must remain diligent. It's important that you are clean shaven for your safety and the safety of those around you.

For many of you, shaving your facial hair – or shaving every day – may not be a sacrifice you're thrilled about. However, we need you to do your part and #ShaveAgainstCovid.

Let's remind each other just how important it is to be clean shaven. Share your "shaving pictures" on social media and use the hashtags #ShaveAgainstCovid and #LVHNProud. You can also submit your photos online at LVHN.org/stories.





Surprise! Your Department May Be an Engagement Megastar

August 12, 2020

Peak around corners, open doors slowly and look over your shoulder. You and the colleagues on your team may be in for a huge surprise!

Colleagues from the 24 departments that achieved the highest engagement scores in our recent Colleague Engagement Survey will soon be surprised with special treats and well-deserved kudos. From Aug. 20-26, leaders from these high-scoring departments will surprise their teams with the news that they are Colleague Engagement Megastars!

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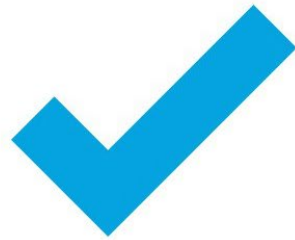
Surprise! Your Department May Be an Engagement Megastar

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To thank these colleagues for making their departments and LVHN a great place to work and grow, each department will receive a crystal award and other fantastic goodies!

So be on the lookout. If your department is an Engagement Megastar, you never know when and where your surprise will be revealed! Visit LVHN Daily soon for videos and photos of the moment Engagement Megastars are surprised.

VOTE FOR US



Vote for LVHN Services in the Times News Readers' Choice Awards

August 10, 2020

Don't miss this opportunity to shine a spotlight on LVHN services and our health care heroes by voting in the latest Readers' Choice Awards. The polls are now open for the contest being run by the Times News, which serves the Lehigh area. Only the top nominees in each category made it to this final round of voting.

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Vote for LVHN Services in the Times News
Readers' Choice Awards

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You can celebrate LVHN colleagues by placing a vote for the best of the best in six categories. Please take the time to vote us Best Hospital/Health Network and support our services in other important categories.

Together, let's show our community that we are #LVHNProud.

How to vote

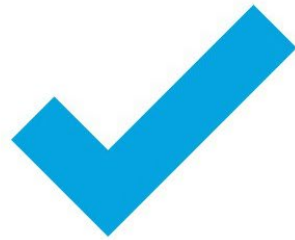
- Visit <https://www.tnonline.com/20200701/readers-choice-2020/#/gallery?group=351791>
- **Note:** *The message "Your browser is unsupported. Please install a new browser to view this promotion." that displays on this page in Internet Explorer is only in reference to the ad on the page. This **will not** affect your vote.*

You may vote in the following categories (all categories are multiple choice):

- Home Health Care
- Hospital
- Pediatrician
- Physical Therapist
- Urgent Care
- Best Place to Work (click "Miscellaneous" category)

You can vote once per day in each category. **The last day to vote is Aug. 31.**

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

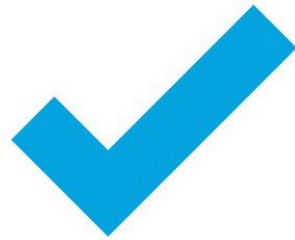
- Visit standardspeaker.com/contests/readers-choice
- Click "People and Services"

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.**

VOTE FOR US



Nominations Open for Pocono Record Readers' Choice Awards

August 11, 2020

Colleagues are working hard to care for the people of our community. Let's give our very own health care heroes the recognition they deserve by nominating LVHN services in the Pocono Record 2020 Readers' Choice awards.

This year, LVHN has 15 categories in the awards program. Please help highlight these

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Nominations Open for Pocono Record
Readers' Choice Awards

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services so LVHN can advance to the final award voting stage, which will take place Sept. 14-27.

The nomination period is open until Aug. 16. You can submit one entry in each category per day until the deadline.

Please take a moment to show your support for LVHN services:

How to nominate LVHN services

1. Visit PoconoRecord.com/contests.
2. Click the “Health, Beauty & Wellness” category.
3. Register with your email address. Then enter the nominees listed below in their respective category:
 - **Cancer Care** – Dale & Frances Hughes Cancer Center, Lehigh Valley Hospital–Pocono
 - **Cosmetic Surgeon**
 - **Family Practice**
 - **Hospital** – Lehigh Valley Hospital–Pocono
 - **Pediatrician**
 - **Urgent Care** – LVHN ExpressCARE
 - **Hospice** – Monroe County Hospice House (*Under “Professional Services”*)
 - **Best Overall Company to Work For** – Lehigh Valley Hospital–Pocono (*Under “Top Employers”*)
 - **Best Overall Leadership** - Lehigh Valley Hospital–Pocono (*Under “Top Employers”*)
 - **Best Employee Recognition Program** - Lehigh Valley Hospital–Pocono (*Under “Top Employers”*)
 - **Best Boss** - Lehigh Valley Hospital–Pocono (*Under “Top Employers”*)
 - **Best Workplace Culture** - Lehigh Valley Hospital–Pocono (*Under “Top Employers”*)
 - **Best Benefits Program** - Lehigh Valley Hospital–Pocono (*Under “Top Employers”*)
 - **Best Company Culture** - Lehigh Valley Hospital–Pocono (*Under “Top Employers”*)
 - **Most Innovative Workplace** - Lehigh Valley Hospital–Pocono (*Under “Top Employers”*)



Terry's Take: Riding a Roller Coaster and a Mammo Coach – PHOTOS

August 11, 2020

COVID-19 has sent us on a roller coaster ride. Before the pandemic, we were confidently climbing a hill – growing services and caring for more patients. Then the pandemic hit and the bottom fell out. Patient volumes plummeted. We postponed select services and were sent through twists and turns as we worked to overcome challenges and reopen the services people need.

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Terry's Take: Riding a Roller Coaster and a Mammo Coach – PHOTOS

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One department that handled the roller coaster ride like an amusement park pro is Breast Health Services. When the ride got bumpy, colleagues relied on each other to stay safe and informed, to keep patients “in the know” and to keep patients’ needs front and center. Join me on a roller coaster ride with Breast Health Services.

Wow, that first drop was a doozy!

Before the pandemic, Breast Health Services was providing more than 2,200 screening mammograms per week. On March 23, that number fell to zero when we intentionally postponed services to keep our colleagues and community safe. In addition, the number of diagnostic mammograms, which are administered when there is suspicion of a problem, dropped from 475 to 125 per week.

Don’t worry, your partner is right here

How do you cancel thousands of appointments and assure patients we are here for them? You call patients and talk with them. The Breast Health Services team – with help from colleagues who were furloughed – called every patient who was scheduled for a mammogram and rescheduled their appointment for four to six weeks later. That’s thousands of phone calls and an example of what a health care partner should do.

The ride is stuck. Now what?

Eighty percent of the work Breast Health Services does involves screening mammograms. Rather than sit idle, they got stuff done. While it was parked, our Mobile



Mammography Coach received routine maintenance, as did our mammography equipment. The team opened LVHN's 16th mammography location in Lehighton. Through effective communication, they assured our community that diagnostic mammograms were being performed for women who needed one. By having daily huddles with staff, leaders answered colleagues' questions, addressed their concerns and planned for the day when services would reopen.

Back on track

On May 11, we opened our doors for screening mammograms and the Mammo Coach got back on the road. Our plan to keep patients and colleagues safe was ready to go. Here's what patients are experiencing now:

- A screening phone call the day before their appointment
- An eCheck-in process to limit time at the registration desk
- Plexiglass barriers at the registration desk
- Abundant hand sanitizer stations
- Signs that show patients areas that are cleaned and need to be cleaned
- Mammography technologists who clean the equipment in front of the patient before and after it is used

These actions were shared with our community [in this video](#).

Full speed ahead

Women were comforted to know they would be safe, and they quickly turned to us for care. Breast Health Services added evening and Saturday hours to give women convenient access. By Memorial Day, patient volumes were at 80% of what they were before the pandemic. Today, volumes are consistently around 110% of budget, meaning even more women are coming to LVHN for mammography services than we had planned. That's reason to be #LVHNProud.



What a ride!

A roller coaster is always better when you ride with a large group. The Breast Health Services team proved it. From the colleagues who phoned patients, to the clinicians who kept people safe, to the leaders who planned ahead, to the colleagues in our Cancer Institute and other departments who provided support, Breast Health Services shows us that when the ride makes a sharp turn, you can lean on the person next to you to get through. To the entire team, congratulations on making it through a wild ride. And thank you!

Until next time, stay safe and enjoy the ride,

Terry



AIG Retirement Services

Plan to Live to 100

August 12, 2020

Long life was once relegated to a lucky few. Today, it's increasingly become the norm thanks to medical advances and healthier lifestyles. It's no surprise that the number of people who have reached their 100th birthday is growing rapidly and projected to reach over 750,000 by 2045.

AIG Retirement Services wants you to be prepared for what lies ahead and **Plan for 100SM**. The first step in planning for today's increasing longevity is to meet with your financial advisor for a planning session. Your financial advisor can help you:

- Assess your retirement income needs

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Plan to Live to 100

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- Identify your retirement income sources
- Put together a plan for protected lifetime income you can't outlive—even if you live to 100 or beyond

Ready to start your game plan? Contact your financial advisor to get started and check out our article [The 40-Year Retirement Strategy](#) by Kevin Hogan, CEO of AIG Life and Retirement.

Schedule a virtual apportionment with your financial professional today to see if you are on track to meet your goals:

Jeffrey Hoffman: [Click here to schedule a virtual meeting or phone appointment.](#)

Michael Ryan: [Click here to schedule a virtual meeting or phone appointment.](#)

Ike Pius: [Click here to schedule a virtual meeting or phone appointment.](#)

Brandee Lusch: [Click here to schedule a virtual meeting or phone appointment.](#)

Bradly Boandl: [Click here to schedule a virtual meeting or phone appointment.](#)

Tim Schroyer: [Click here to schedule a virtual meeting or phone appointment.](#)

Kevin Gertz: [Click here to schedule a virtual meeting or phone appointment.](#)

Vicki Moliken: [Click here to schedule a virtual meeting or phone appointment.](#)

While on-site visits are on hold for the time being, we have resources to meet with you virtually by phone, FaceTime or Webex. Our commitment to you is to make it easy to stay informed, manage your account and get the support you need to feel confident you have a plan in place to meet your long-term financial goals.

Attend our Monthly Webinar: Conquering Student Loan Debt

Student loan debt has had a financial impact on most American families. AIG Retirement Services recognizes the overwhelming need to assist everyday citizens in their journey to pay off student loan debt while also trying to manage daily expenses

and save for retirement. Join us for a virtual presentation on how you can manage this debt alongside your overall financial plan.

[Click here to register](#) for your preferred time and day for these impactful workshops.



Voices From the Front Lines: Richard Chow, DO, Emergency Medicine, Lehigh Valley Hospital (LVH)—Cedar Crest

August 06, 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: Richard Chow, DO, Emergency Medicine, Lehigh Valley Hospital (LVH)—Cedar Crest

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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.

Richard Chow, DO, has performed emergency medicine duties at Lehigh Valley Health Network (LVHN) for three years. He earned his medical degree at Lake Erie College of Osteopathic Medicine and completed his residency at LVHN. Initially, he thought his future would be somewhere in a career in the arts or the theater. But along the way he discovered a strong interest in piecing together how things can go wrong within the body and understanding the means to fix them. He knew he belonged in medicine.

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

Every workday is unpredictable. You can have a moment of calm punctuated by a barrage of critically ill patients. The resources and efforts that are required to care for a single critical patient is immense much less several patients all at once. But that has always been par for the course for life in the emergency room (ER). The biggest difference from pre-COVID times has been the new policies/procedures set in place to further protect patients and those caring for them. But regardless of how daunting the task before them, my colleagues in the ER have and always will rise to any challenge.

How has this experience changed you, professionally or personally?

One of the means of mitigating transmission of this virus has been to minimize the number of persons who come in contact with a patient. Unfortunately, this has meant a limitation in the number of family members that can be with a patient at a time when they are most needed. It is heartbreaking to have to notify family members of this. However, on the brighter side, we do live in a time when technology affords us the means to soften this blow, such as the use of iPads for remote interactions. While adhering to policies meant to protect all of us, we should never forget that it is vitally important to treat a patient's spirit as we do their body.

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

We had a patient who needed to be intubated shortly after arrival. The nurse caring for

the patient took the time to hold the patient's hand with her own gloved hand as we prepared the process of doing so. While no words were exchanged, I felt this to be a means of communicating the fact that the patient was not alone, that there was a dedicated team whose ultimate goal was ensuring only the best care possible would be provided during such a terrifying time. Afterward, the nurse spent a great deal of time with the patient's family to make sure she answered any questions and concerns not previously addressed. To know that I work with a team that is able to complement my abilities to care allows me to always be at my best.

What have you learned about yourself or your team?

During my rotation in the intensive care unit (ICU) as a resident, I worked with an intensivist who always said that smooth seas don't make for skillful sailors. I have always found this adage to be true in many aspects of life. But I will add that successfully navigating such stormy seas is much more likely when you have a team of individuals working together as opposed to being alone. We often forget that the ER is more than just the physicians, physician assistants, nurse practitioners and nurses. Without medical technicians, administrative partners, respiratory therapists and maintenance staff, the ability to care for patients to the degree we are able would come to a grinding halt. This pandemic has allowed me to further appreciate the dedication and courage of these individuals. Another thing I have learned is the importance of reaching out to fellow colleagues so they know that just as the patient is never alone, neither are they. The ER tends to be a close-knit group, and when one falters there is always a group quick to provide whatever support is necessary. The network has been gracious in providing multiple means in which colleagues with concerns or ideas can have them addressed in a timely manner.

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

I shower prior to going to work and then again after coming back home. The scrubs worn during work go directly into the washer after coming home. After a while, such a routine becomes second nature. We should always remain vigilant in doing what we can to keep ourselves, family, colleagues and the community safe.

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

To my colleagues: I am truly privileged to work with a group of individuals who day in and out work seamlessly for the betterment of those they care for and for each other. To say I am lucky is an understatement. I suspect there is still some ways to go on the challenging road of this pandemic. I can think of no better group to travel with in the days ahead.

To the community: I am heartened by the outpouring of love. The endless demonstrations of support (thoughtful cards, food, medical supplies) make each day at work a little less stressful. I am sure that I am not alone in the sentiment that no words could truly express our appreciation for all the community has done.



Wings2Peace Delivers Joy to Lehigh Valley Reilly Children's Hospital

August 07, 2020

A small team of “elves” from Wings2Peace – a charitable fund established at Lehigh Valley Health Network that’s dedicated to children cared for by Lehigh Valley Reilly Children’s Hospital and Children’s Infusion Center – delivered a truckload of joy to the Children’s Hospital as part of Christmas in July.

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Wings2Peace Delivers Joy to Lehigh Valley Reilly Children's Hospital

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The generous Wings2Peace team arrived in an [Allentown Appliance](#) truck, driven by Joe Schaefer and his son Jay, and brought gifts for all Children's Hospital patients, including gift cards, craft projects, snacks and treats. A pizza luncheon was delivered by longtime supporters, [Whitehall Police Department](#), and Chief of Police, Mike Marks.

Wings2Peace was co-founded by Susan Christine and the late Janie Holben. Christine, now joined by Ann Marie Markowitz, helps to raise funds that provide comfort and joy to children who are inpatients at Lehigh Valley Reilly Children's Hospital and those who are cared for by Children's Infusion Center. Handmade cards made by Wings2Peace volunteers, Ashley Bender, Tammi Peters and Christine, are sold at LVHN hospital gift shops in the Lehigh Valley, as well as at several area businesses, including Allentown Appliance. Thanks to Allentown Appliance owners Joe, Jill and Sandy Schaeffer, 100 percent of every dollar is a donation thanks to their underwriting the fund.

Learn more how you support this fund at at [Wings2Peace.org](#) or [Wings 2 Peace](#) on Facebook.



Werley Weighs In: Part Two, Mindful Eating to Reach Goals

August 12, 2020

During the COVID-19 pandemic, a trend of putting on the COVID-19, as in 19 pounds, has been growing. That's not the case for Gene Werley. When [we last spoke with Werley in early March](#), he was losing weight to prepare for hernia surgery. We caught up with him, and you'll be amazed at his progress.

Treatment for hiatal hernia

Werley has a hiatal [hernia](#) (a condition where his stomach pushes through his

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Werley Weighs In: Part Two, Mindful Eating to Reach Goals

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diaphragm) and Barrett's disease (an esophageal condition that affects many people with gastroesophageal reflux disease or [GERD](#)). The decision to lose weight came after [Scott Beman, MD, with LVPG General, Bariatric and Trauma Surgery](#), recommended hernia surgery, but not until Werley lost at least 50 pounds.

Werley promptly joined the [Change your Weigh](#) program in November and the weight immediately started to come off. "When Gene started, he was a little apprehensive, but motivated by the surgery. He came in every week and it shows. He's lost a lot of weight," says Ashley Sarisky, LPC, Behavioral Health Specialist with LVPG Bariatric Medicine.

By April, Werley met his goal weight for surgery, and as the weight left so did his acid reflux symptoms. "Since Gene's reflux symptoms were resolved, surgery isn't needed right now," Beman says. "The hernia isn't detrimental to his health, so we'll just continue to monitor his progress."

Not done yet

With surgery no longer needed, at least for the time being, Werley had to take a moment to adjust his mindset. "I lost my goal. It was so strange," he says. "But I had to look at the bigger picture."

The bigger picture was that Werley did something amazing. In less than a year, he transformed his body and alleviated his symptoms. Werley credits the Change your Weigh team for teaching him the skills and knowledge he needed to reach this milestone.

"I learned the nuts and bolts of nutrition that I wouldn't have ever known before," he says. Werley no longer approaches eating in the same way. Now when he makes a meal, he does it without distractions. When he eats a meal, he concentrates on each bite and sometimes he even closes his eyes. "It's given me a whole new appreciation for food," Werley says. "Wherever you are – be there." Through this meditative style of eating, Werley says he's enjoying food more than he ever has.

"When people become more consistent with mindful eating, they're managing stress, anxiety and anger," says Gerald Rodriguez, Behavioral Health Specialist with LVPG

Bariatric Medicine. “So many people think that the inability to get healthy is a willpower problem. It’s not. It’s about learning strategies and skills.”

Virtual classes and instruction

During the COVID-19 pandemic, the Change Your Weigh program quickly shifted to offering virtual classes and instruction.

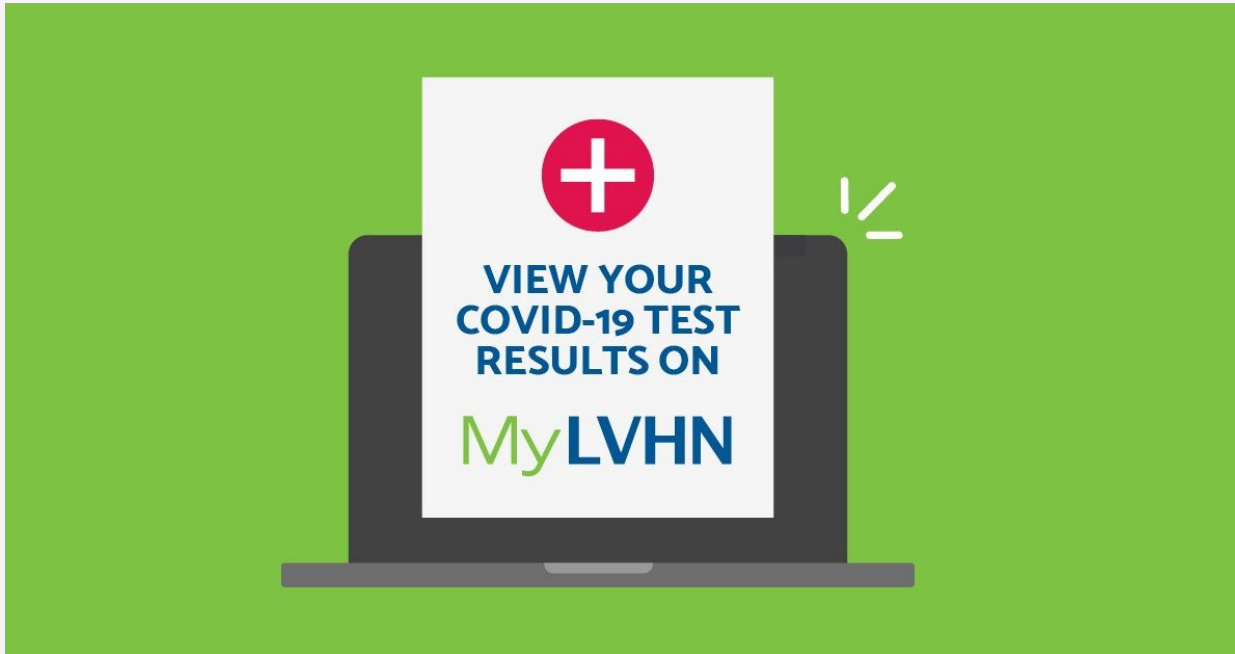
“All classes are now video visits,” Rodriguez says. “We’ve even made some adjustments to make it more individual.” Now participants can have even more one-on-one interactions with instructors through video classes. “We’re constantly evaluating our meetings find out what’s the most effective,” Rodriguez says. And as far as Werley is concerned, it’s working.

“You can’t put everyone into one box,” Werley says. “One of the things that’s really key about this program is each one of the instructors really listens to you as an individual.”

Celebrating successes

When people such as Werley participate in the program and see results, it’s a success that’s celebrated by the entire group. “I enjoy that I get to be a part of people’s lives for a short period of time. I get to see them through challenges and bear witness to success,” Sarisky says. “The decision to lose weight is a big commitment in their life and I don’t take it lightly.” And when people complete the 24-week program, the Change Your Weigh program still maintains relationships with the participants. “We encourage people to use us on an ongoing basis,” Rodriguez says. “We help people get back on track when they get distracted.”

To learn more about the Change Your Weigh program, visit LVHN.org/optifast.



How to View Your COVID-19 Test Results

August 13, 2020

Lehigh Valley Health Network makes it convenient to view your test results, so you can focus on feeling better. After your COVID-19 test, there's no need to wait for a provider to call you. You can view your test results and quarantine instructions as soon as they are available on the [MyLVHN](#) patient portal. If you receive positive test results, a nurse will contact you to provide additional guidance.

With MYLVHN you can:

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How to View Your COVID-19 Test Results

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- Review medical information, including test results
- Request prescription refills
- Pay or review bills for medical services (you can pay as a guest too)
- Send and receive non-urgent messages from your LVHN health care provider
- Schedule an appointment or video visit

Don't have a MyLVHN account? Enrolling is easy.

MyLVHN can be accessed from a computer or a mobile device (Apple or Android). Follow the steps below to enroll.

With an activation code (received at LVPG office visit):

- Go to MyLVHN.org or download MyLVHN app.
- Select “Sign Up Now” button
- Complete the online form. You will need your personal activation code and last four digits of your Social Security number.

Without an activation code:

- Visit MyLVHN.org or download MyLVHN app.
- Select “Sign Up Now” button
- Select “Sign Up Online” to complete the online form You will need to provide your Social Security number. If available, include your LVHN medical record number.

To learn more about MyLVHN, visit LVHN.org/MyLVHN.

COVID-19 testing at LVHN

Whether you need testing because you don't feel well or you have an upcoming procedure, LVHN can help. Use the links below to read next steps.

[COVID-19 testing and care for people who feel sick](#)
[Pre-Procedure COVID-19 testing](#)



Everything You Want to Know About COVID-19 and Immunity

August 07, 2020

Immunity from COVID-19 – we all want it, not only for ourselves, but for our community. But how do we reach this utopia of normalcy? We talked with Alex Benjamin, MD, with LVPG Infectious Diseases and Chief Infection Control and Prevention Officer at Lehigh Valley Health Network (LVHN), to get the details on what is known and what is yet to be discovered about COVID-19 and immunity.

What is herd immunity?

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Herd immunity is when a large enough portion of a population develops immunity to an infectious disease. This provides protection to people who are not immune by reducing the chance that they will be exposed to the virus. Immunity may come as a result of prior illness or a vaccination. Some members of the population may not be able to get vaccinated due to underlying medical conditions and therefore rely on herd immunity to be protected.

How many people need to be exposed to COVID-19 to reach herd immunity?

It is hard to estimate how many people have been exposed to COVID-19. The number of positive COVID-19 tests that we've seen at LVHN is 0.7%–0.9% of the total population of our region. It is unclear what percentage of the population needs to be immune or exposed to COVID-19 to guarantee herd immunity. For other diseases, including polio, smallpox, measles and rubella, herd immunity requires 80%-94% of the population be exposed.

Which is likely to come first – herd immunity through exposure or a vaccination?

It is difficult to say. If there are more surges of COVID-19 in our region, herd immunity may come from disease exposure. It's estimated that the earliest we could have a COVID-19 vaccine is in early 2021. Once that happens, there may be a long delay (months) between an available vaccine and being able to distribute it to the entire population. During the wait, more and more people will become exposed to the disease. Depending on how severe the disease is in the population, it may lead to increased hospitalizations and closing of businesses and schools.

Should I expose myself to COVID-19 to build immunity?

We cannot predict how severe the disease will be in any age group, race or gender. Furthermore, we have not been able to determine how long immunity will last after disease exposure. Usually after having an infection, you develop antibodies that protect you from future infections/exposures. However, we now know that some people who are exposed to the virus will not have detectable antibodies in their blood after some time has passed. We don't know if these people who lose their antibodies are truly susceptible to becoming reinfected.

What are the long-term effects of COVID-19?

Reports of chronic symptoms after COVID-19 infection are becoming more common. These include persistent fatigue, low-grade temperatures, myalgias (muscle aches and pains), “brain fog” and cough. Our current understanding is that this could be due to an intense immune response to COVID-19 that persists beyond any evidence of active viral infection. It is too early to determine how long these symptoms may last.



Enjoy Gardening without Pain

August 09, 2020

While it's not a high impact activity, gardening can still lead to injuries. Activities like weeding, mulching, raking, and pushing a wheelbarrow can cause stress and strain on your joints and muscles. However, the good news is that you can protect yourself. Physiatrist Vikram Arora, MD, with Coordinated Health, part of Lehigh Valley Health Network, has some tips on how you can avoid gardening injuries.

Warm up and cool down

As with any activity, it's important to warm up your muscles before you start to work in your garden. "Just a brisk five to ten minute walk can help loosen your muscles. Spine

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stretches are also beneficial since gardening often involves a lot of bending,” says Arora.

Arora also says it’s just as important to cool down once you are finished gardening. He suggests some gentle backward bending to relieve the strain from bending forward and a short walk.

Change your position

According to Arora, one of the best ways to avoid muscle strain is to change your position frequently. “It’s common to be kneeling or bending forward in uncomfortable positions while you garden. Make sure you stand up or change position every five minutes or so. If you begin to feel any pain, take a break and stretch or move onto something else that requires you to be in a different position,” says Arora.

Use kneeling pads

Because gardening requires you to spend a lot of time kneeling, you may want to invest in a good kneeling pad. Arora says that kneeling pads will ultimately help protect your knees and lower back by providing you with adequate support and reducing stress on joints.

Remember proper body mechanics

While you aren’t lifting weights, it’s still important to use proper body mechanic when lifting. You should also keep it in mind when pulling weeds.

Arora says that in order to ensure you are protecting your back you should bend your knees, keep your abdominals tight, and your spine straight as you lift or pull. Avoid twisting. Make sure you pick up your foot and have your foot facing the same direction as your eyes. This will help avoid twisting your knee.

Use a wheelbarrow

Don’t put undue stress on your back! If you are going to be moving large loads of dirt or mulch, use a wheelbarrow. Make sure you keep your back straight and lift with your legs.

Stay hydrated

It's also important to stay hydrated while gardening. Make sure to take a water bottle with you and drink frequently.

If you do happen to experience pain, stop what you are doing and take a break. If pain persists, you can call your doctor or any of the spine specialists at LVPG Orthopedics and Sports Medicine or Coordinated Health.



We've Got Your Back (and Neck and Wrist) Covered: Ergonomic Tips for Work Spaces

August 10, 2020

Whether you are working from home or in an office, if you spend a majority of your day working at a desk, you could be at risk for an injury to your back, neck, hands or wrist. That's why it's so important to make sure that your workstation is set up ergonomically,

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which is just a fancy way of saying that your workstation suits your needs and supports your body appropriately for the work that you do.

Working in the same position throughout the day leaves you at the same risk for an injury as performing heavy labor jobs. But according to occupational therapist Holly Ehrenfried, with LVHN Rehabilitation Services, these injuries can be prevented with knowledge about good posture, ergonomics and management techniques. “Many people are surprised to find the difference an ergonomic workspace can make. It will put less stress on your body and improve your work environment,” she says.

Below are some tips on how you can prevent injuries in different areas of your body.

Back injuries

Occupational therapist Stephanie Hassler with Coordinated Health, part of Lehigh Valley Health Network, says that how you sit when you work can lead to an injury. “When you work at a desk all day in a forward or ‘slouched’ position, back pain or back injuries can occur.”

Hassler recommends the following to prevent bad posture.

- A good chair with lumbar support in the appropriate position (6-10 inches above the seat pan). If your current chair does not meet this need, an additional lumbar pillow can be added.
- Sit-to-stand desks allow variety in position, which can help prevent back issues. However, she suggests that even with a sit/stand desk not to stay in the same position too long. The recommendation is 40 minutes sitting, 10 minutes standing and 10 minutes moving for each hour of seated work.

Neck injuries

Ehrenfried points out that neck pain is a frequent side effect of sitting at your desk too long. “If your monitor is not properly placed, you can experience neck pain or injury,” she says.

In order to prevent neck pain, Ehrenfield has the following recommendations.

- Computer monitors should be at eye level and straight in front of where you are seated. If you are looking down or to the side all day, this can lead to tightness on one side of your neck.

Monitor risers are helpful in getting your monitor to the proper level.

- Monitors should be approximately 18-40 inches away. Farther away can lead to protracting the neck forward or visual problems.

Upper extremity injuries

Back and neck injuries aren't the only issues you can have as result of working too long at a desk. "Proper wrist and elbow position is important to prevent tendon irritation and/or nerve compression," says Hassler.

To prevent wrist and elbow injury, she has these suggestions.

- When seated, your arms should be at your side in about a 90-degree angle. Don't rely on arm rests all day, as pressure to the inside of the elbow can result in nerve compression.
- Wrists should be in neutral position (or straight). Wrist rests, mouse pads and under-the-desk keyboard trays are available to correct any issues.

When in doubt about position, don't be afraid to reach out to your employer, a physician, or request an ergonomic evaluation from an occupational therapist. Small changes can make a big difference in making your workspace more comfortable.



LVHN Fitness Reopening

August 11, 2020

It's been several months since LVHN Fitness closed due to the pandemic. Starting Aug. 12, LVHN Fitness will reopen its locations at 1243 Cedar Crest Blvd., Allentown, LVHN—One City Center, Allentown, and 1770 Bathgate Road, Bethlehem, in a limited capacity with new safety measures in place. New hours will be Monday–Friday, 7 a.m. to 7 p.m. Masks will be required by everyone, even when exercising.

At this time due to safety restrictions, the LVHN Fitness location at LVHN–Mack Boulevard remains closed. The Fitness Center at the Health & Wellness Center at Hazleton also remains closed.

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LVHN Fitness Reopening

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Schedule your exercise

Access to LVHN Fitness will be by appointment only. You are allowed to schedule a one-hour time slot, which includes your entrance and exit from the building. You can schedule your time online on the LVHN Fitness portal, as well as **separately** register for a class. You will need your member information to reserve a time (and class), and you can only register for a time slot 24 hours in advance.

How to reserve time at LVHN Fitness:

1. Go to LVHNfitness.com.
2. Enter your member ID or key tag number.
3. Enter your last name (must be the name on file at LVHN Fitness).
4. Enter your email address (must be the email address on file at LVHN Fitness).
5. Create a password for your account.
6. Bookmark the page.

How to register for a class at LVHN Fitness

On LVHNfitness.com

- Click on the 'Classes' tab.
- Choose the location you want to sign up for.
- Open the time slot and click register.

Temporary adjustment to workout hours

Workout hours have been adjusted to have periods of closing during the day so that staff can thoroughly clean the facilities. These hours are temporary and in response to the pandemic. LVHN Fitness will be following all CDC guidelines as they pertain to cleaning. There will also be a thorough cleaning each night. The daily schedule is as follows. Reminder that you can only sign up for a one-hour time slot:

- 7-11 a.m., open
- 11-11:30 a.m., closed for cleaning
- 11:30 a.m.-3:30 p.m., open
- 3:30-4 p.m., closed for cleaning
- 4-7 p.m., open

How we're keeping things safe

You will notice some changes at LVHN Fitness. With the help of infection control and occupational health colleagues at LVHN, new safety measures were implemented that will protect you and the LVHN Fitness staff. Prior to entering the building, colleagues and members must answer a questionnaire and have their temperature taken. Plexiglass was also installed at all reception areas and a no contact check-in process is in place.

Equipment and class info

To ensure proper social distancing, use of equipment will be limited. High-impact group classes like Bootcamp and HIIT will not be offered to avoid the additional stress that mask wearing may cause some members. However, low-impact classes will be offered.

Bring only what you need

Because locker rooms will be closed, members should only bring what is absolutely necessary while at LVHN Fitness. Small bins will be in place at each reception desk for any personal items you may wish to store.

Pause on massage

To limit contact, massage services will not be offered at this time. However, we hope to resume these services in the near future.

Safety practices for all

All members must sign a new Standards of Conduct document acknowledging the new policies and procedures related to mask wearing, scheduling and occupancy, commitment to screening before admission, commitment to wiping down equipment after use, and new personal hygiene standards. You will be provided regular updates on rule changes and enhancements to services as they become available. The document will be available on [LVHNfitness.com](https://www.lvhnfitness.com), but must be printed, signed and submitted at the time of your initial visit.

The LVHN Fitness team understands that there are a lot of new changes. However, they are the same great team and look forward to seeing colleagues and other members again.

Find answers to Frequently Asked Questions at [LVHN.org/fitness](https://www.lvhn.org/fitness).