



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

**COVID-19 stories highlighted in blue*

JUST FOR COLLEAGUES



Your Free Gift: An LVHN Mask

You will automatically receive a mask in your home mail.



It's Time to Set Your FY21 Goals

Get the details and timelines for colleagues and managers.



Enroll in 'Mindful Miles' Team Challenge

Get active and take a virtual journey across the U.S.

VOTE FOR US



Vote in Times News Reader's Choice Awards

The deadline to vote for LVHN services is Aug. 31.



Meet August's PSR MVP Award Recipient

Ophthalmic Assistant Deirdre Ward receives recognition.



Register for the Lehigh Valley American Heart Association Virtual Heart Walk

"Walk where you are" and join the first virtual LVHN American Heart Walk team.



Volunteer for the first LVH-Pocono Flu Shot Event

Everyone on the flu crew gets a free long-sleeved T-shirt.

STORIES



Voices From the Front Lines: Hoonani (Nani) Cuadrado, PA-C, Street Medicine Program

Learn how the pandemic affected the homeless community.



Fresh Food Pharmacy Aims to Improve Health Outcomes for High-Risk Patients

It's a place to go when your prescription is a healthy diet.

HEALTH TIPS



Masks and Shields: A Breakdown of COVID-19 Armor

Read FAQs about different types of face masks.



Coffee with Arielle: Take a Moment to Reflect on the Good

Tap into your resiliency, creativity and gratitude to fight emotional exhaustion.

NEWS



Lehigh Valley Health Network Stroke Care is Good as Gold for More Than a Decade

American Heart Association/American Stroke Association awards LVHN campuses.

IN THE NEWS

When Can You Return to Work After Testing Positive for COVID-19?

August 19, 2020 | brctv13.com

Mountain Hawk Heroes: Baseball Alum Ross Biggs '11

August 19, 2020 | lehighsports.com

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



Your Free Gift: An LVHN Mask

August 26, 2020

Your dedication and commitment during the COVID-19 pandemic has been and continues to be phenomenal. You are heroes. You saved the day. You are AMAZING, every day!

To help keep you safe at work and home, our health network will be sending you a free LVHN cloth face mask. You will automatically receive your face mask in your home mail. There is nothing you need to do.

People look to us as partners and role models. Let's be ambassadors in our community by spreading the word about ways to stay safe and stop a second wave. When you

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Your Free Gift: An LVHN Mask

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receive your LVHN mask, feel free to wear it as you enter our buildings and walk our halls to show people that we are committed to keeping our community safe. Please wear your LVHN mask when you're out and about too. It's one more way we can show people that LVHN is the health care partner they deserve.

And, here's one more way you can help spread our safety message through social media. Post a photo of yourself wearing your LVHN mask. **Use #FaceMaskSelfie and #LVHNProud.**

I look forward to seeing colleagues wearing LVHN masks across our health network, online and in all the regions we serve. As the fight against the COVID-19 pandemic marches on, you continue to make a meaningful difference. You are keeping LVHN strong. Thank you for doing your part to keep our patients, colleagues and communities safe.

Have questions? [Read this Q&A](#)



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It's Time to Set Your Goals for FY21

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It's Time to Set Your Goals for FY21

August 24, 2020

Our [reimagined performance management process](#) is underway. For the redesign, we took a common-sense approach that emphasizes flexibility, streamlines the process and leverages new technology. The new process helps you:

- **Align** – Set performance and development goals to make colleagues and LVHN even stronger.
- **Connect** – Review midyear progress and provide support that allows colleagues to be at their best.

- **Review** – Assess fiscal year accomplishments and performance gaps.



A draft of our fiscal year 2021 (FY21) network goals are now available. Therefore, it's time to “align” and set your performance and development goals in PeopleFluent. Here are the details and timelines for colleagues and managers:

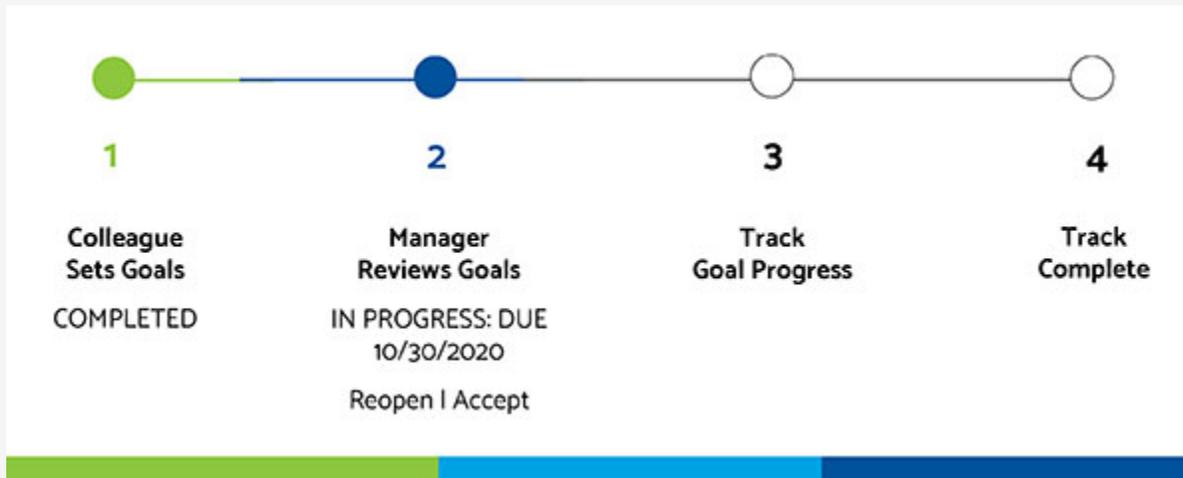
- Colleague sets performance and development goals – deadline Sept. 25, 2020
- Manager finalizes and communicates final goals – deadline Oct. 30, 2020

All colleagues:

- **Enter your performance and development goals in PeopleFluent by Sept. 25.**
- **How many performance goals?**
 - Staff, supervisors or manager: 1-3 goals
 - Director and above: 3-5 goals
- **How many development goals?**
 - All colleagues: minimum of 1 goal
- Update your progress against your performance and development goals throughout FY21 in PeopleFluent.

Managers:

- Finalize and communicate colleagues' goals by Oct. 30.
- Meet with colleagues to:
 - Agree on “smart” performance goals aligned to the Quadruple Aim.
 - Agree on development goals based on the 70/20/10 framework.
 - Set behavioral expectations tied to our new core values (compassion, integrity, collaboration, excellence).
 - Set job expectations based on their job description.



Important – Managers cannot review a colleague’s goals until the colleague submits his or her goals (step 1). Colleagues who do not submit goals by Sept. 25 will have their goals automatically moved to the manager (step 2) for completion. If a goal needs to be reopened back to the colleague (step 1), the manager must complete this by clicking the “Reopen” button. Once the colleague’s modifications are made, the colleague must resubmit his or her goals to the manager for approval.

About PeopleFluent

- Access PeopleFluent on your SSO toolbar. Coordinated Health colleagues will use remote.lvh.com and Citrix to access the PeopleFluent icon.
- To set or review goals, click “My Tasks” or the “Goal Management” quick link on the performance management dashboard.
- Training resources for the goal-setting process are available on the dashboard in the upper right corner under “Performance Management Resources.”
- If you have an issue with the automated log-in process, please contact the Technology Support Center based on your location:

- Lehigh Valley: 610-402-8303
- Hazleton: 570-501-4889
- Schuylkill: 570-621-4106
- Pocono: 570-420-4993
- Coordinated Health: 610-402-8303

Goal-setting sessions for managers:

To help managers align and set performance and development goals in the new performance management process, our leadership and organizational development team is providing brief coaching sessions to clarify expectations, set goals and answer any questions you might have. Please visit the [organizational effectiveness \(OE\) intranet site](#) to register for a time that works best for you.

If you have questions regarding the performance management process or use of the performance management system, please contact colleagues in the compensation department at HRCompensation@lvhn.org or your human resources consultant/representative.

myTotal Health

Take a Virtual Journey Across the U.S., Enroll in 'Mindful Miles' Team Challenge

August 26, 2020

BY KIRSTIN REED

Join My Total Health on a virtual journey across the United States when you join the **Mindful Miles Team Challenge**. Increase your physical activity to reach different state parks and destinations that support mindfulness and encourage you to be fully

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Take a Virtual Journey Across the U.S.,
Enroll in 'Mindful Miles' Team Challenge

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present in the moment.

Each milestone is a reminder to be mindful, take in the beauty of your surroundings and enjoy the atmosphere before moving to the next.

Enroll in this challenge starting Monday, Aug. 24.

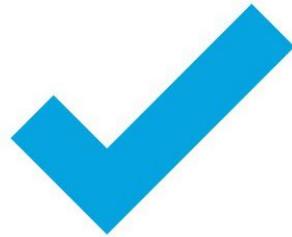
Enrollment is open through Sept. 6. You can begin tracking your activity on Aug. 31.

This is a team challenge, so departments can work together, develop a team name and support each other throughout the challenge. Each team will record steps, and activities such as biking can also be converted to steps and recorded for this challenge.

Learn more and enroll

To learn more and enroll in 'Mindful Miles,' [download this flyer](#) or log into the My Total Health Portal at mth.lvh.com.

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.**



Meet August's PSR MVP Award Recipient and Attend the PB and PSR User Group Meeting

August 24, 2020

BY MARCIANN ALBERT

We know how passionate front-line colleagues are about providing excellent service

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Meet August's PSR MVP Award Recipient and Attend the PB and PSR User Group Meeting

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and demonstrating their compassion toward patients by going the extra mile. The Patient Services Representative (PSR) MVP Award is presented to PSRs or cross-trained medical assistants who demonstrate behaviors beyond the responsibility of their designated role that positively impact and enhance the patient experience.

Although the Physician Billing and Patient Services Representative User Group Meeting doesn't occur until Aug. 26, 8-10 a.m., catch up on July's PSR MVP Award winner right now!

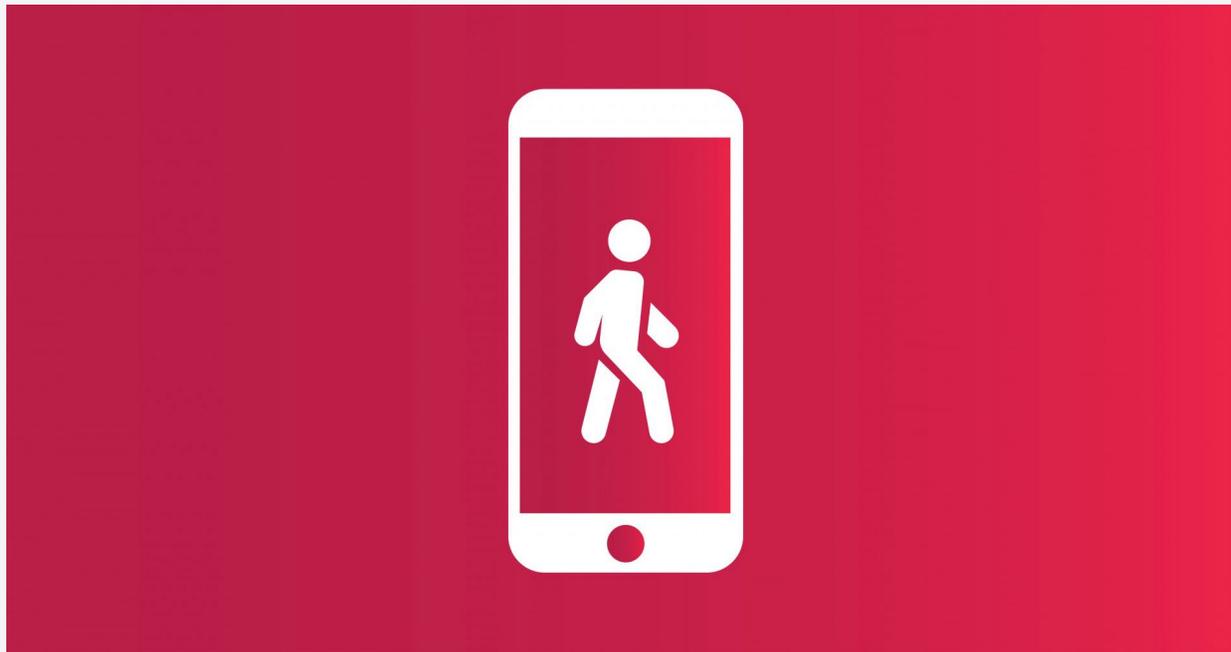
July PSR MVP

Deirdre Ward, Ophthalmic Assistant, LVPG Ophthalmology

For several months, Deirdre Ward was the only tech at LVPG Ophthalmology that answered clinical and clerical calls for three offices. Hollie Keiter, Project Coordinator, LVPG Operations, witnessed firsthand Ward's patient-centered, professional, polite and extraordinary ability to multitask, which is why she nominated her for the award.

"Deirdre not only scheduled regular visits and urgent appoints, she also prioritized STAT appointments, called pharmacies and completed prior authorizations along with making sure calls were returned in a timely manner," Keiter says. A reliable team player, Ward consistently jumps in when needed, makes patients and their families feel comfortable by directly answering questions and reassuring their needs will be met. "I would trust her with my care," Keiter says. "She is honest, caring and compassionate to everyone – patients and fellow colleagues alike." Join in congratulating Ward for her amazing partnership and care!

If you have questions about the PB and PSR User Groups and how to register for or join the Webex meeting, please contact Hollie_L.Keiter@lvhn.org.



Register for the Lehigh Valley American Heart Association Virtual Heart Walk

August 27, 2020

BY ASHLEY TOTH

“Walk where you are” and join the first virtual LVHN American Heart Walk team. The American Heart Association (AHA) has taken the Lehigh Valley Heart Walk virtual, and LVHN colleagues are encouraged to join. The event kicks off Sept. 1, as AHA hosts

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Register for the Lehigh Valley American Heart Association Virtual Heart Walk

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virtual heart healthy activities all month to celebrate being “Healthy for Good” at home and around the community.

Louis Hansrote, MD, Chief of Pediatric Cardiology at Lehigh Valley Reilly Children's Hospital and Pediatric Cardiologist with Children's Hospital of Philadelphia, is chairing this year's Heart Walk.

Heart disease is the No. 1 cause of death worldwide, and stroke ranks second globally. By participating in this year's Lehigh Valley Virtual Heart Walk, you're joining a million Heart Walk Heroes from across the nation raising funds for life-saving science that can teach us all how to live longer.

2020 Lehigh Valley American Heart Association Virtual Heart Walk

Date: Sept. 1-30

How to join the LVHN team:

- Visit www.heart.org/lehighvalleywalk
- Click on “Register.” Then click “Start a team,” “Join a Team” or “Join as Individual.”
- To join an existing LVHN team, you'll be asked if you've participated before. If you click “Yes,” log in to join your existing team. If you click “No,” then click on the drop down menu, select “Lehigh Valley Health Network” and click search. Then pick an LVHN team to join.

Registered LVHN team members who raise \$15 or more will receive an LVHN Heart Walk t-shirt.

Questions: *If you have questions about the event, email Kyle_M.Garon@lvhn.org.*



CALLING ALL VOLUNTEERS

Community Flu Shot Drive-Thru Event

Calling All Volunteers: LVH– Pocono Community Drive-Thru Flu Vaccine Event

August 27, 2020

BY KATIE CAVENDER

LVH–Pocono is holding its first annual drive-thru community influenza vaccination campaign. Please consider volunteering to help our community stay healthy during flu season. Both clinical and non-clinical volunteers are needed. All volunteers receive a

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Calling All Volunteers: LVH–Pocono
Community Drive-Thru Flu Vaccine Event

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free long-sleeved T-shirt.

When: Saturday, Oct. 17, 2020, 7 a.m.-3 p.m.

Shifts: Choose a shift that works best for you.

- Clinical: 8 a.m.-1 p.m. (LVHN employees only)
- Clinical all-day: 7 a.m.-3 p.m.
- Non-clinical: 7 a.m.-11:30 a.m.
- Non-clinical: 11 a.m.-3 p.m.
- Non-clinical all-day: 7 a.m.-3 p.m.

Where: [Stroudsburg Middle School](#), 207 Mountaineer Drive, Stroudsburg, Pa.

Sign up to help: Call 888-402-LVHN or [register online](#).

Questions: *If you have any questions, reach out to [Jennifer Hess](#) at Jennifer.Hess@lvhn.org or 570-476-3692.*



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Voices From the Front Lines: Hoonani (Nani) Cuadrado, PA-C, Street Medicine Program

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Voices From the Front Lines: Hoonani (Nani) Cuadrado, PA- C, Street Medicine Program

August 20, 2020

BY TED WILLIAMS

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

An interest in medicine has been a family tradition for [Hoonani \(Nani\) Cuadrado, PA-C](#). Her father, Michael Sinclair, MD, was a cardiothoracic and trauma surgeon at [Lehigh Valley Health Network \(LVHN\)](#) for 30 years before joining [Doctors Without Borders](#). As a child, Cuadrado remembers following her hero (her dad) around the world helping people within countries in crisis. She ended up getting her physician assistant

degree at [DeSales University](#), then joining LVHN herself. She's practiced medicine at the network for 18 years [most recently with Valley Health Partners (VHP)] and now helps people in crisis as program director for VHP Street Medicine. This program is dedicated to bringing primary and urgent health care directly to homeless individuals wherever they are, from shelters to tent encampments.

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

The lifting of the moratorium (to "green phase" in Pennsylvania) has meant more homelessness. We've been working in the field all along, and now we've started to see patients in our offices again as well. Our goal has been to keep folks as healthy and positive as possible during the pandemic.



The Street Medicine program is dedicated to bringing primary and urgent health care directly to homeless individuals wherever they are, from shelters to tent encampments.

working in the field all along, and now we've started to see patients in our offices again as well. Our goal has been to keep folks as healthy and positive as possible during the pandemic.

How has this experience changed you, professionally or personally?

It's made me more appreciative of our interactions prior to COVID-19 and just how resilient people are. A number of those served by VHP Street Medicine live in tent encampments across our community. That population, I'm happy to say, has remained remarkably healthy – not one has tested positive for the virus. Back in March as COVID-19 hit our area, we were heartbroken when homeless people had to be released from shelters. But it may have actually saved lives because the virus appears to be less transmissible outdoors.



One difficult thing is we now show up at tent encampments in masks and gloves, and we can't risk the hugs we used to share with them. I know our patients miss that personal touch.

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

The positivity of the homeless individuals we care for, their willingness to stay self-quarantined, has been wonderful to see. This is such a life-changing experience for many people, those who struggle over wearing masks

in a store for instance. Our patients don't have to deal with anything like that. They tell us, "Hey, come hang out with us. We're safe here."

What have you learned about yourself or your team?

We have four providers, an administrator, a community health provider and two per diem nurses who dedicate about eight hours a week to this community. They're the

most resilient people I know. From the very beginning we've been doing what we love. It's not really a job for us. We're in this for the long haul. We've managed to stay as healthy and as positive as the people we treat.

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

We're like everyone else – trying not to bring anything home that could cause a problem. Our boots stay outside, and our clothes go right into the washer. We wash our hands frequently and use hand sanitizer often. It's especially important at my house because my mom has been cancer-free for about a month now. We take no risks with her at home.

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

The COVID-19 pandemic will bring out the best and the worst in people, but I believe people are inherently good, and we often don't get to see how a crisis can bring people together. We've seen such great community support at LVHN, how loving everyone has been and how much of a blessing their support is to us.

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



Fresh Food Pharmacy Aims to Improve Health Outcomes for High-Risk Patients

August 21, 2020

BY LISA LIDDINGTON

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,”

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Fresh Food Pharmacy Aims to Improve Health Outcomes for High-Risk Patients

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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. LVHN 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.



Masks and Shields: A Breakdown of COVID-19 Armor

August 24, 2020

BY KATIE CAVENDER

Even though a trip to the grocery store doesn't involve riding horseback with a medieval lance in tow, it does require armor of sorts. Gone are the days of metal breastplates with the family crest. Today's armor to fend off the coronavirus looks more like a cloth face covering sporting your favorite team or an endearing pattern. But not all armor is created equal.

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Masks and Shields: A Breakdown of COVID-19 Armor

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When should I wear a vented face mask?

Masks with breathing valves can be useful when working in construction and surrounded by airborne particles that are harmful to inhale. These masks prevent harmful particles from entering the mask and allow breath and moisture to exit. However, since outgoing particles are not filtered, these masks may be ineffective when it comes to slowing the spread of the coronavirus. If you have a vented mask, wear it with a procedural/surgical type mask to keep the valve covered.

Remember – wearing a face mask primarily protects others, not the person wearing it. It's critical that we all wear effective face coverings, implement social distancing and practice strict hand hygiene.

Are neck gaiters, scarves or bandanas effective masks?

Fabrics, styles and fit of cloth face coverings vary widely, and so do their effectiveness. Researchers are continuing to investigate face masks to discover which types are the most effective at slowing the spread of COVID-19. The most important factors for an effective face mask are fit and fabric.

If you have a neck gaiter, scarf or bandana that doesn't fit snugly against your face, it will not prevent your respiratory droplets from entering the air around you. You may also be tempted to touch and adjust your mask throughout the day increasing the chance that germs will be spread from your hands to your mask and face. Your face mask should be two-ply and made of breathable fabric, but the fabric should not be sheer. Use these criteria to evaluate your neck gaiter, scarf or bandana and determine if it's the best choice for you and your family.

What type of mask is most effective at preventing the spread of COVID-19?

The [CDC recommends](#) that all face masks:

- Fit snugly but comfortably against the side of your face
- Completely cover your

nose and mouth

- Are secured with ties or ear loops
- Include multiple layers of fabric
- Allow for breathing without restriction
- Can be laundered and machine dried without damage or change to shape



When it comes to material, the [Pennsylvania Department of Health](#) recommends using two layers of tightly woven 100% cotton fabric.

Wearing a face mask alone is not the answer to preventing the spread of the coronavirus. It's important to wash your hands, distance yourself from others when possible and stay home if you feel ill.

What type of mask am I required to wear for the universal masking order?

The Pennsylvania Department of Health issued a "Universal Masking Order" requiring individuals to wear a face covering, in both indoor public places and in the outdoors when they are not able to consistently maintain social distancing from individuals who are not members of their household.

The state of Pennsylvania defines face coverings as, "A covering of the nose and mouth

that is secured to the head with ties, straps, or loops over the ears or is wrapped around the lower face. A 'face covering' can be made of a variety of synthetic or natural fabrics, including cotton, silk, or linen, and, for the purposes of the order, can include a plastic face shield that covers the nose and mouth."

For everyday use, preferred face coverings should be factory-made or sewn by hand. Additionally, procedural/surgical masks (paper) can be used as effective face coverings. N95 respirator face masks provide the highest level of protection and filtration. These specialized respirators are typically intended for health care providers and first responders.

To read more about how the Universal Masking Order applies to you visit [Universal Face Coverings Order FAQ](#).



Can face shields help prevent the spread of COVID-19?

Face shields are not a replacement for cloth face coverings. If worn, it should be in addition to a face mask for your protection. Disposable face shields should only be worn once, and reusable face shields should be cleaned and disinfected after each use. ***Plastic face shields for newborns and infants are NOT recommended.***

Is there scientific evidence that wearing a mask can

help prevent the spread of an infectious disease?

Yes. You can visit the CDC webpage [considerations for wearing face coverings](#), to read

about the evidence for the effectiveness of cloth face coverings, including scientific studies from reputable organizations.

For more information on COVID-19, safety practices and face mask FAQs, please visit [LVHN.org/COVIDSTRONG](https://www.lvh.org/COVIDSTRONG).



Coffee with Arielle: Take a Moment to Reflect on the Good

August 24, 2020

Arielle Arbushites, MSW, is a licensed social worker and manager of support services for LVHN Home Care and Hospice.

In her video series, "Coffee with Arielle," she offers tips and tools for emotional wellbeing and reminds us all that we're in this together and we're #LVHNCOVIDStrong.

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Coffee with Arielle: Take a Moment to Reflect on the Good

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The theme for today's video is: It's okay.

It's okay if, at the end of the day, you're exhausted. It's okay if you're scared. It's okay. If you are so tired of all of this and you just want things to be back to the way they were. It's okay if you don't always feel bright and cheery at the beginning of every day. It's okay if you're frustrated. It's okay if you don't know where all this is going. It's okay to miss the way things used to be.

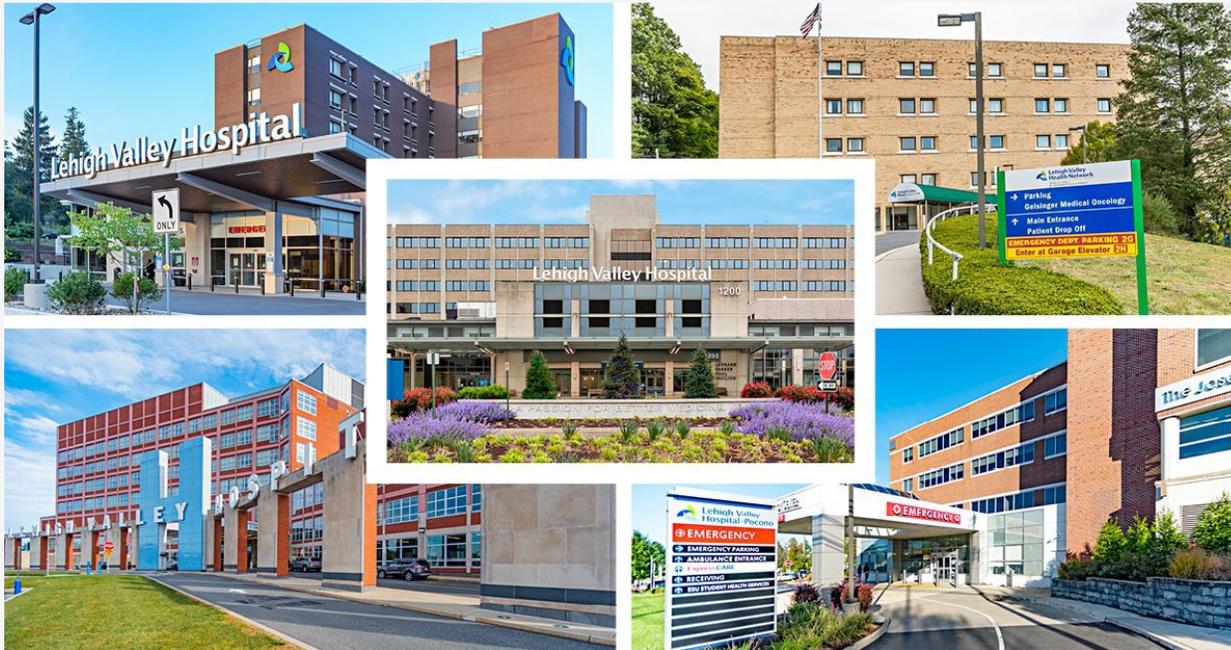
I know you have heard the phrase "attitude of gratitude" before, but we really need to tap into our resiliency, creativity *and* gratitude to fight the emotional exhaustion we feel in this new normal.

Watch this video for tips on how to refresh your mind, soul and spirit by focusing on what makes you smile.

Much love and wash your hands,

Arielle

Find more informational, inspirational and encouraging words from Arielle Arbushites by visiting LVHN.org/COVIDSTRONG.



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Lehigh Valley Health Network Stroke Care is Good as Gold for More Than a Decade

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Lehigh Valley Health Network Stroke Care is Good as Gold for More Than a Decade

American Heart Association/American Stroke Association awards campuses across Lehigh Valley Health Network.

August 25, 2020

BY KATIE CAVENDER

Campuses across [Lehigh Valley Health Network \(LVHN\)](#) have gone gold again, receiving gold plus awards from the American Heart Association/American Stroke Association. [The Get with The Guidelines® Awards](#) recognize an organization's commitment to ensuring stroke patients receive the most appropriate treatment according to nationally recognized, research-based guidelines based on the latest scientific evidence. For more than a decade, LVHN hospital campuses have received gold plus awards and we are happy to announce that this year is no different. Multiple LVHN hospitals were awarded:

- **Lehigh Valley Hospital (LVH)–Cedar Crest**
 - Stroke Gold Plus – Target: Honor Roll Elite
 - Stroke Gold Plus – Target: Advanced Therapy Honor Roll
 - Stroke Gold Plus – Target: Type 2 Diabetes Honor Roll
- **LVH–Muhlenberg**
 - Stroke Gold Plus – Target: Honor Roll Elite
 - Stroke Gold Plus – Target: Type 2 Diabetes Honor Roll
- **LVH–Hazleton**
 - Stroke Gold Plus – Target: Type 2 Diabetes Honor Roll
- **LVH–Pocono**
 - Stroke Gold Plus – Target: Stroke Honor Roll
- **LVH–Schuylkill**
 - Stroke Silver Achievement Award

According to the American Heart Association/American Stroke Association, stroke is the No. 5 cause of death and a leading cause of adult disability in the United States. On

average, someone in the U.S. suffers a stroke every 40 seconds and nearly 795,000 people suffer a new or recurrent stroke each year.

Advanced stroke care

In October 2012, [LVH–Cedar Crest](#) became the first [stroke](#) center in Pennsylvania, and one of the first in the United States, to earn advanced certification as a Comprehensive Stroke Center by The Joint Commission and American Heart Association/American Stroke Association. This means they offer the highest standard of care for stroke and it recognizes our expert staff and their advanced training in treating patients with complex strokes.

[LVH–Muhlenberg](#), [LVH–Hazleton](#), [LVH–Schuylkill](#) and [LVH–Pocono](#) are all certified Primary Stroke Centers. A Primary Stroke Center is a hospital that has developed special procedures to rapidly diagnose and treat a stroke emergency.

About Get With The Guidelines

American Heart Association/American Stroke Association Get With The Guidelines[®] is the American Heart Association/American Stroke Association's hospital-based quality improvement program that provides hospitals with tools and resources to increase adherence to the latest research-based guidelines. Developed with the goal of saving lives and hastening recovery, Get With The Guidelines[®] has touched the lives of more than 9 million patients since 2001.

For more information about the Get With the Guidelines[®] awards, read the [LVHN Press Release](#).