



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

**COVID-19 stories highlighted in blue*

JUST FOR COLLEAGUES

Open Enrollment
Oct. 12-30

Open Enrollment: Oct. 12-30

Get details about your benefits and help with enrollment.



Goal Setting Deadline Extended to Oct. 2

You have one more week to submit your FY21 goals in PeopleFluent.



Chief Medical Officer Tom Whalen, MD, to Retire

Read about his meaningful career and wish him well.



Vote for LVHN in The Morning Call Readers' Choice Awards

Let everyone know LVHN provides exceptional care.

Engagement Megastars

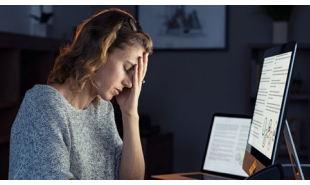
Surprise! You're an Engagement Megastar – Video

See which departments achieved the highest engagement scores.



Watch September's Leader to Leader – Video

Learn how you can help LVHN become a "Great Place to Work for All."



CISM Supports Colleagues During COVID-19

Program provides stress and coping support.



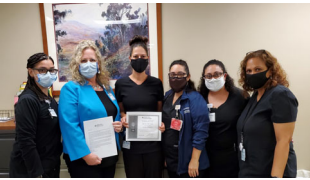
Meet our Nightingale Award Finalists

Congratulate Jennifer Abdul-Rahman and Michele Rice.



Join Virtual Pink-Out Event

Girl's night is Oct. 15 at 6 p.m.



Meet PSR MVA Award Recipient

Amber Chaplain helped a woman without insurance get the care she needed.

STORIES



LVH-Schuykill Donates Lifesaving Technology to Hawk Mountain Scout Reservation

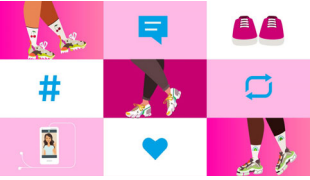
They now have four new AEDs in case of an emergency.

HEALTH TIPS



Baseball Star's Health Screening Leads to His Greatest Catch – Video

Cal Ripken Jr. reminds us an annual well-care visit can save your life.



20th Annual Pink Light Walk Goes Virtual

The virtual start is Oct. 1. Learn how you can participate.

IN THE NEWS

Local health networks planning ahead to make sure they are ready once vaccine is approved

September 17, 2020 | wfmz.com

Hospital donates defibrillators to local Boy Scout reservation

September 16, 2020 | pahomepage.com

No local health concerns over wildfire smoke, doctor says

September 16, 2020 | wfmz.com

Doctors Say Flu Shot More Important Than Ever This Year

September 16, 2020 | brctv13.com

Share your story at LVHN.org/stories.

Open Enrollment Oct. 12-30

Open Enrollment: Oct. 12-30

September 18, 2020

This message is for colleagues who work at LVHN facilities in the Lehigh Valley and at Coordinated Health, non-union colleagues in Hazleton, Schuylkill and Pocono, and Schuylkill OPEIU Faculty colleagues.

It's soon time to choose your benefits for 2021. Open Enrollment will take place Oct. 12-30.

Your health and the health of your loved ones are important to LVHN. That's why we offer a comprehensive benefits package for all benefit-eligible colleagues.

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Open Enrollment: Oct. 12-30

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Who is eligible?

- Colleagues scheduled to work 15 hours or more per week who work at LVHN facilities in the Lehigh Valley and at Coordinated Health, non-union colleagues in Hazleton, Schuylkill and Pocono, and Schuylkill OPEIU Faculty colleagues.
- **New this year:** Pocono non-union colleagues and Schuylkill OPEIU Faculty colleagues are eligible for LVHN benefits.

What do you need to do?

- **Look for an Open Enrollment flyer in your home mail.** It includes the steps you should take to choose the benefits that are perfect for you.
- **Visit the Colleague Resource Center.** That's where you will find all the details about your benefits. It's also where you will go to enroll. To access the Colleague Resource Center, click the "LVHN CRC" icon on your SSO toolbar.

Attend an open enrollment help session via Webex

(These sessions are for colleagues who work at LVHN facilities in the Lehigh Valley, as well as non-union colleagues in Hazleton and Schuylkill, Coordinated Health colleagues and HNL Lab Medicine colleagues.)

Help sessions walk you through the open enrollment process. Attend on the following dates and times:

- Tuesday, Oct. 13: 7 a.m., noon
- Wednesday, Oct. 21: 7 a.m., 3 p.m.
- Tuesday, Oct. 27: 8 a.m., 1 p.m.

Pocono non-union colleagues and Schuylkill OPEIU Faculty colleagues: Attend a special education session via Webex

Education sessions provide detailed information about the benefits available to you. Attend on the following dates and times:

- Tuesday, Sept. 29: 7 a.m., noon, 3 p.m.
- Wednesday, Oct. 7: 7 a.m., noon, 3 p.m.

Pocono non-union colleagues and Schuylkill OPEIU Faculty colleagues: Attend a special help session via Webex

These sessions are just for non-union Pocono colleagues and Schuylkill OPEIU Faculty colleagues, and explain the open enrollment process. Attend on the following dates and times:

- Wednesday, Oct. 14: 7 a.m., 1 p.m.
- Tuesday, Oct. 20: 7 a.m., 1 p.m.

Union colleagues at Hazleton, Pocono and Schuylkill (excluding OPEIU Faculty)

For detailed information about Open Enrollment, read the postcard you will receive in your home mail or visit the Colleague Resource Center.


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Set Goals in 5 Easy Steps

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Set Goals in 5 Easy Steps

September 18, 2020

New this year – In addition to managers setting goals, ALL colleagues must set development and performance goals.

COLLEAGUES: How to set goals in 5 easy steps:

1. On the SSO tool bar, click on PeopleFluent.
2. In My Tasks, click on “Set your FY2021 Goals.”
3. Enter your Performance and Development Goals.
4. Don't forget to hit SAVE before logging off.
5. To forward your goals to your manager, click “SUBMIT.”

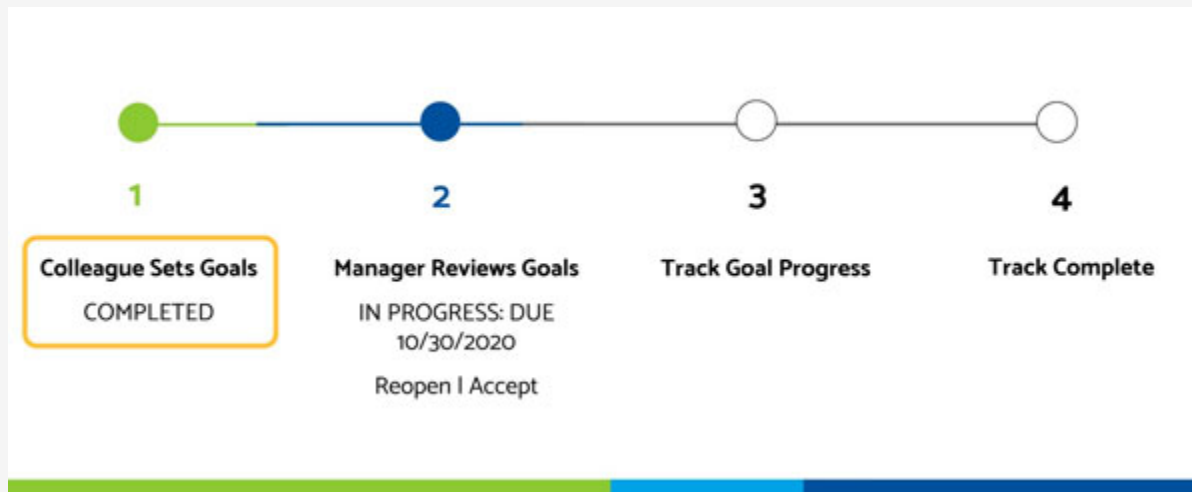
MANAGERS: How to review and approve goals in 5 easy steps:

1. On the SSO tool bar, click on PeopleFluent.
2. Once your colleague has submitted their goals, in My Tasks, click on “Review goals for the FY2021 Performance Plan.”
3. You can add or modify goals for your colleague.
4. To finalize and approve your colleague’s goals, click “ACCEPT.”
5. To have your colleague modify or add new goals, click “REOPEN” and repeat steps 2-4.

WHEN

- Due date for colleagues and managers to set goals: Oct. 2
- Due date for all managers to approve their colleagues’ goals: Oct. 30

All colleagues are to submit their FY21 goals in PeopleFluent by **Friday, Oct. 2**. Any colleague who does not submit goals **by Oct. 2** will have their goals automatically moved to their manager (step 2) for review and approval. **You will no longer be able to enter or edit goals after this date.**

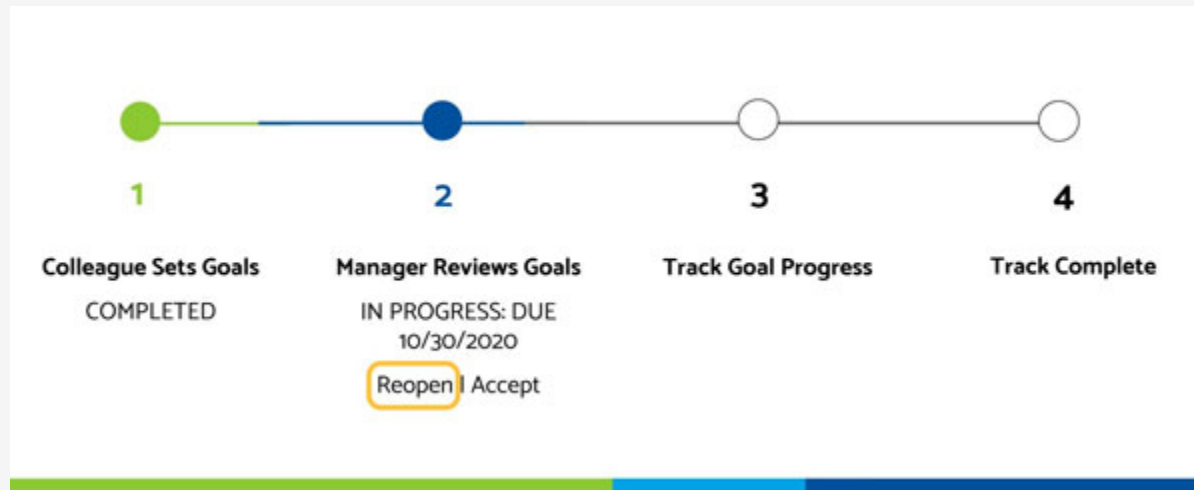


Managers:

Any colleague goals not started or in-progress will be moved ahead **as-is** to Manager Review (step 2) on Oct. 2. Managers have until Oct. 30 to complete or review

and submit their colleagues' goals.

- **After Oct. 2:** If a **goal needs to be sent back to the colleague (step 1)**, **the manager** must complete this by clicking the **Reopen** button. Once the colleague's modifications are made, they must re-submit their goals to their 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 login process, please contact the Technology Support Center at 610-402-8303, in Hazleton at 570-501-4889, in Schuylkill at 570-621-4106, or in Pocono at 570-420-4993. Coordinated Health colleagues should call 610-402-8303 as well.

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



LVHN Chief Medical Officer Thomas Whalen, MD, to Retire in Early 2021

September 18, 2020

This message is from Brian Nester, DO, MBA, FACOEP, President and Chief Executive Officer, Lehigh Valley Health Network.

Dear Colleagues,

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LVHN Chief Medical Officer Thomas Whalen, MD, to Retire in Early 2021

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This is a week for important leadership announcements. It is with mixed emotions that I tell you that LVHN Chief Medical Officer (CMO) Thomas Whalen, MD, MMM, will retire early next year. Dr. Whalen's last day at LVHN will be Feb. 28, 2021.

Dr. Whalen had a full and successful career well before joining LVHN in 2006 as Chair of the Department of Surgery. Prior to joining our health network, he spent 12 years as a medical officer in the United States Navy. He transitioned to the U.S. Naval Reserve for another 12 years of service and joined the faculty of Robert Wood Johnson Medical School in New Jersey. There, he rose to the academic rank of Professor of Surgery and Pediatrics and was awarded tenure.

While clinically busy as a pediatric surgeon, Dr. Whalen also was the General Surgery Program Director for 16 years. During those years, he served as the President of the Association of Program Directors in Surgery, Chairman of the Residency Review Committee for Surgery, Chairman of the Board of the National Resident Matching Program, and a Regent of the American College of Surgeons.

As our Chair of Surgery, Dr. Whalen recruited countless talented surgeons and spurred the development of surgical specialties that now serve as the centerpiece of our tertiary and quaternary clinical programs. These surgical specialties range from oncologic to urologic surgery, to robotic, thoracic and pediatric surgery, and many more.

When Dr. Whalen was appointed LVHN Chief Medical Officer in 2011, he continued the growth of medical and surgical programming, overseeing the development of 16 residencies and fellowships. Meanwhile, he established LVHN as a regional campus for the University of South Florida College of Medicine as part of our SELECT medical school program and solidified a comprehensive medical student curriculum. LVHN's clinical and academic reputation is a credit to Dr. Whalen's leadership. As both Surgery Chair and CMO, he served as our ACGME Designated Institutional Official.

Under Dr. Whalen's leadership, LVHN's medical enterprise dramatically expanded through the organic growth of Lehigh Valley Physician Group (LVPG), relationships with independent practices, as well as through our mergers with LVH–Hazleton, LVH–Schuylkill, LVH–Pocono and Coordinated Health. From 2011 to 2020, the LVHN medical staff grew nearly 80 percent from 1,640 providers to 2,934 providers. During the same period, the number of LVPG providers more than doubled from 808 to 1,785

providers. Dr. Whalen has been on a tireless and successful journey to unify our medical staffs across the region and has championed the practice of advanced practice clinicians as core members of our medical staff. As a result of his efforts, LVHN has made substantial strides in refining our inpatient quality and patient safety platform across all hospital campuses, helping LVHN achieve top decile performance in peer rankings for mortality and patient safety. These actions have led to the delivery of many hard-to-establish specialty services to our Hazleton and Schuylkill communities.

Top medical talent is the heart of a quality medical staff. During Dr. Whalen's tenure, he successfully recruited and placed nine of our 10 Chairs and three Institute Physicians-in-Chief, further strengthening our provider workforce, academic faculty and clinical capabilities. These are the fundamental successes that allowed LVHN to formally develop Lehigh Valley Reilly Children's Hospital, Lehigh Valley Cancer Institute, Lehigh Valley Heart Institute and Lehigh Valley Institute for Surgical Excellence, as well as one of the largest, most diverse robotic surgery programs in the eastern United States.

Most recently, when LVHN took on the COVID-19 battle, Dr. Whalen's diligent oversight provided wise and spot-on clinical and scientific direction to our hospitals and our ambulatory and testing assets to deliver top-notch care with COVID-19 mortality rates that are 75 percent lower than the national average. Under his direction, our clinical enterprise succeeded, and that wise counsel continues today.

Surely, Dr. Whalen's extraordinary career of service to others continued here at LVHN, and we are most grateful. Dr. Whalen is a self-professed workaholic because he loves what he does and how it contributes to LVHN's success, and because he has enjoyed working with so many wonderful colleagues over the years.

As I stated, this has been a week marked by leadership transition announcements. We have strong, deep clinical and administrative teams and will rely upon them as we activate plans for the future. I will update you as plans unfold. For now, we are fortunate to have Dr. Whalen with us to ensure a smooth transition that will honor and continue his work. Please join me in thanking Dr. Whalen for his extraordinary service to LVHN and our community, and in wishing him and his family the very best in retirement.



Voting is Now Open for 2020 Readers' Choice Awards: The Morning Call

September 22, 2020

No matter what is happening around us, we are ambassadors for the exceptional care we provide to our community. We are #LVHNProud. Together, let's celebrate everything our health network has done in 2020, especially during this pandemic, and vote in the The Morning Call Readers' Choice Awards contest.

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Voting is Now Open for 2020 Readers'
Choice Awards: The Morning Call

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Voting is now open. By voting LVHN services and colleagues as “the best,” you can help our health network win in multiple categories so that everyone in our region knows LVHN provides exceptional care and is a great place to work and grow. Please take a moment to cast your ballot for **Best Hospital**, a regional honor that is very meaningful to all of us.

Vote now in the following categories (all categories are multiple choice):

- Cancer Center
- Emergency Services
- Family Doctor
- Hospital/Health Network
- Nursing Services
- Obstetrician
- Orthopedic Services
- Patient Care
- Pediatrician
- Physical Rehab Center/Services
- Place to Have a Baby
- Sports Medicine
- Surgeon
- Urgent Care
- Best Place to Work

You can vote one time now through Oct. 8. You must use Google Chrome as your web browser. If your default browser is Internet Explorer, copy and paste this link into Google Chrome: <https://mcall.secondstreetapp.com/Readers-Choice-2020/>

Let's celebrate our very own health care heroes and put LVHN in the top spot for health care services in the region! Thank you for your support!

Surprise! You Are an Engagement Megastars – VIDEO



September 23, 2020

“Surprise! You are an Engagement Megastar!”

Colleagues across LVHN were delightfully astonished to hear these words from their leaders. Those who heard this great news were members of the 24 departments that achieved the highest engagement scores in our 2020 Colleague Engagement Survey.

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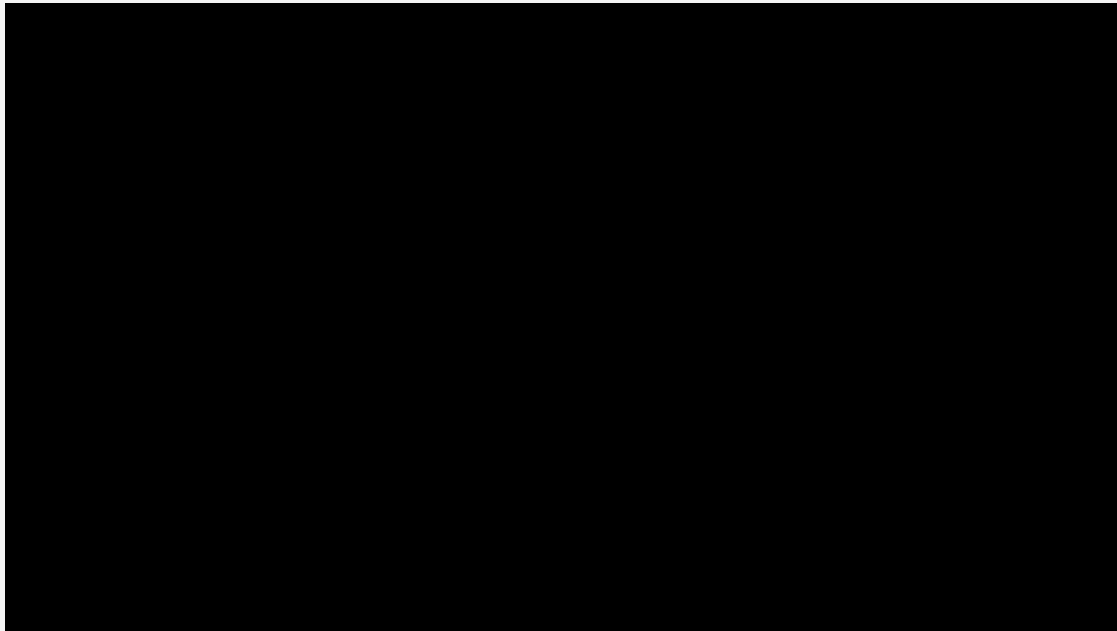
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Surprise! You Are an Engagement
Megastars – VIDEO

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During the surprise, colleagues were rewarded and recognized for all they do to make LVHN a great place to work and grow. Each department received a crystal award, poster, cake, balloons, LVHN pins and a thank you card and invitation to become a Colleague Ambassador from President and CEO Brian Nester, DO, MBA, FACOEP, and Senior Vice President and Chief Human Resources Officer Lynn Turner.

Watch this video to see the moments our Colleague Engagement Megastars were surprised.



2020 Colleague Engagement Megastar departments

- Cancer Data Management
- Hospice Spiritual Counselors
- Regional Heart Center (2 years in a row)
- Occupational Medicine, LVH–Schuylkill
- Industrial Medicine Clinic, Health & Wellness Center at Hazleton
- Nuclear Medicine, LVH–Pocono (2 years in a row)
- ExpressCARE–Bethlehem Township
- Rheumatology, Coordinated Health
- Cancer Support Services
- Family Medicine Residency

- Health Care Analytics (2 years in a row)
- Home Health Care, LVH–Schuylkill
- Central Scheduling, Health & Wellness Center at Hazleton (2 years in a row)
- Case Management, LVH–Pocono
- Strategic Operations
- Physiatry, Coordinated Health
- Comprehensive Health Services (3 years in a row)
- Pharmacy, LVH–Muhlenberg
- HIM Facility Based Coding (3 years in a row)
- Patient Registration, LVH–Schuylkill (2 years in a row)
- Emergency Department, LVH–Hazleton
- Pharmacy, LVH–Pocono (3 years in a row)
- LVPG Internal Medicine–Muhlenberg
- Physical Therapy, Coordinated Health



Watch Leader to Leader Featuring Tony Bond From 'Great Place to Work' – VIDEO

September 24, 2020

"LVHN has what it takes to become a 'Great Place to Work for All.'" That's a comment from Tony Bond, Executive Vice President and Chief Diversity and Innovation Officer for Great Place to Work. Bond was the keynote speaker during September's Leader to Leader meeting, where more than 800 colleagues participated live via Webex.

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Watch Leader to Leader Featuring Tony Bond From 'Great Place to Work' – VIDEO

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[Watch his presentation.](#)

LVHN is currently on a journey to be named a 'Great Place to Work for All.' It is a national recognition that will enable us to deliver even greater health care value as defined by the Quadruple Aim: Better Colleague Experience, Better Health, Better Care and Better Cost.

During his presentation, Bond discussed what we can do to receive this recognition and how Great Places to Work thrive even through extreme adversity.

[Take the survey.](#) Help LVHN become a 'Great Place to Work.'

On Sept. 21, a survey was sent to 5,000 randomly selected LVHN colleagues. The survey is from hello@invite.emprising.com and managed by an independent consulting firm. All results will be anonymous.

If you received the survey, use the opportunity to share your experience at LVHN. Spread the word that LVHN is a great place to work and that colleagues can accomplish anything when we work together, united as partners.



CISM Supports Colleague During COVID-19

September 23, 2020

The COVID-19 pandemic has changed our lives while generating increased stress for all of us. In April, in conjunction with colleagues from emergency management, Preferred EAP and pastoral care, the department of psychiatry offered services to help colleagues cope with the additional stress of being on the front lines during this pandemic through the Critical Incident Stress Management (CISM) program. The CISM team, led by staff from psychiatric evaluation services, was deployed from April 5 to June 12 to provide support to our Lehigh Valley campuses.

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CISM Supports Colleague During COVID-19

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COVID-19 stress management

While target audiences for the team were hospital units that managed patients diagnosed with COVID-19, the team engaged with many colleagues from multiple departments within the health network. Team members identified themselves by wearing green “When You Need to Talk, I’m Here to Listen” badges. Through its presence on these units, the CISM team had more than 49,000 encounters. That breaks down to approximately 450 touches per 12-hour day shift, and 330 touches per 12-hour night shift across LVH–Cedar Crest, LVH–Muhlenberg and LVH–17th Street campuses.

“The peer support program facilitated by the LVHN CISM team provided colleagues with the opportunity to receive support in real time during the recent height of the COVID-19 pandemic,” says licensed social worker Tony Buchman, Clinical Coordinator for psychiatric evaluation services and CISM program lead. “The focus was on acknowledging the stress presented by COVID-19 and facilitating understanding of how each individual perceives and manages stress. We were honored to do our best to help restore and recharge our colleagues so they could be better able to continue their valued work.”

To register for this training session go to <https://lvhn.webex.com/lvhn/k2/j.php?MTID+tc84f8ea28917a85aa8bb7032b650c423> and register. Once the host approves you, you will receive a confirmation email with instructions for joining the session.



Celebrate our Nightingale Awards Finalists – VIDEO

September 22, 2020

Nightingale Awards of Pennsylvania recognizes nursing professionals for excellence in the areas of clinical patient care, nursing education, nursing research and nursing administration. LVHN has had a finalist in each year of the program's existence. Finalists were honored and award recipients announced at the 31st Annual Gala held virtually on Oct. 23.

Jennifer Abdul-Rahman, BSN, RN, IBCLC

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Celebrate our Nightingale Awards Finalists
– VIDEO

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Finalist, 2020 Clinical Practice RN

Jennifer Abdul-Rahman, BSN, is among three finalists for the 2020 Pennsylvania Nightingale Clinical Practice RN Award. Nominees for this award are recognized for providing outstanding quality of patient care, superior clinical nursing skills and extraordinary compassion.

As a Lactation Consultant at Lehigh Valley Hospital–Muhlenberg, Abdul-Rahman models exemplary collaboration, mentorship and clinical excellence in interactions with patients, families and peers.

“When I think of a nurse who rises to the top of her area of expertise, I think of Jennifer,” says her nominator. “She goes miles beyond her duties in the hospital to support our breastfeeding moms and families.”

Abdul-Rahman has made extensive professional contributions in local, national and international communities and she participates in advocacy to ensure alignment between policy, current research and guidelines.

Michele Rice, MSN, RN, CEN

Recipient, 2020 Nursing Administration – Leader/Manager

Colleagues describe Michele Rice, MSN, as a great listener who challenges her team to be better and leads by example. For these and many other reasons, Rice is the recipient of the 2020 Nightingale Nursing Administration - Leader/Manager Award.

As Director of Clinical Services in the emergency department at Lehigh Valley Hospital–17th Street, Rice creates a practice environment that fosters a respect of nursing. She’s passionate about patient-centered care and works tirelessly to advocate for victims of sexual assault through her work with LVHN’s team of Sexual Assault Forensic Examiners (SAFE). SAFE nurses receive special education to provide medical care for sexual assault victims.

Rice makes sure her team has the necessary resources and encouragement to excel. Her partnership and mentorship of clinical nurses led to the implementation of Provider

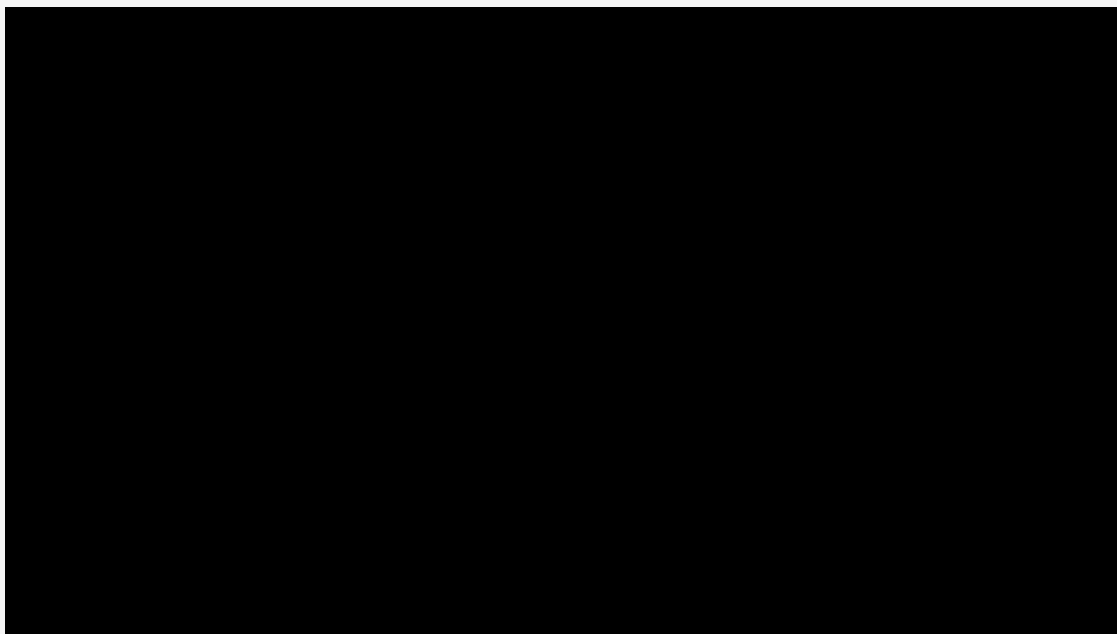
in Triage and Virtual Nurse Triage programs in the emergency department at LVH—17th Street. These initiatives, among many others, improved department outcomes and patient satisfaction.

Year of the Nurse and Midwife

The 2020 Nightingale Awards of Pennsylvania gala celebrated 200 years of [Florence Nightingale's legacy](#) in honor of the [Year of the Nurse](#). This year, Abdul-Rahman and Rice join the more than 550 nurses honored by Nightingale Awards of Pennsylvania in the last 30 years.

Watch the virtual gala

The 31st annual Nightingale Awards Gala was held virtually on Friday, Oct. 23. Watch the gala and join us in celebrating Abdul-Rahman and Rice!





Join Us for a Virtual Pink-Out Event

September 22, 2020

The annual [Lehigh Valley Cancer Institute Pink-out Event](#) has gone virtual. Put on your pink and join us for this girl's night in on Thursday, Oct. 15 at 6 p.m. [Breast cancer](#) survivors will join to share their stories, and a panel of experts will discuss the future of breast screening, how we're keeping you safe, clinical trials, our new location in Northampton County and more. The women's panel includes:

- [Priya Sareen, MD, Imaging Director of Breast Health Services at Lehigh Valley Cancer Institute](#)

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[Join Us for a Virtual Pink-Out Event](#)

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- [Ranju Gupta, MD](#), oncologist with LVPG Hematology Oncology at Lehigh Valley Cancer Institute
- [Lori Alfonse, DO](#), Medical Director of Breast Health Services at Lehigh Valley Cancer Institute
- [Jeanette Blauth, MD](#), oncologist with Lehigh Valley Cancer Institute
- [Deborah Sundlof, DO](#), cardiologist with Lehigh Valley Heart Institute

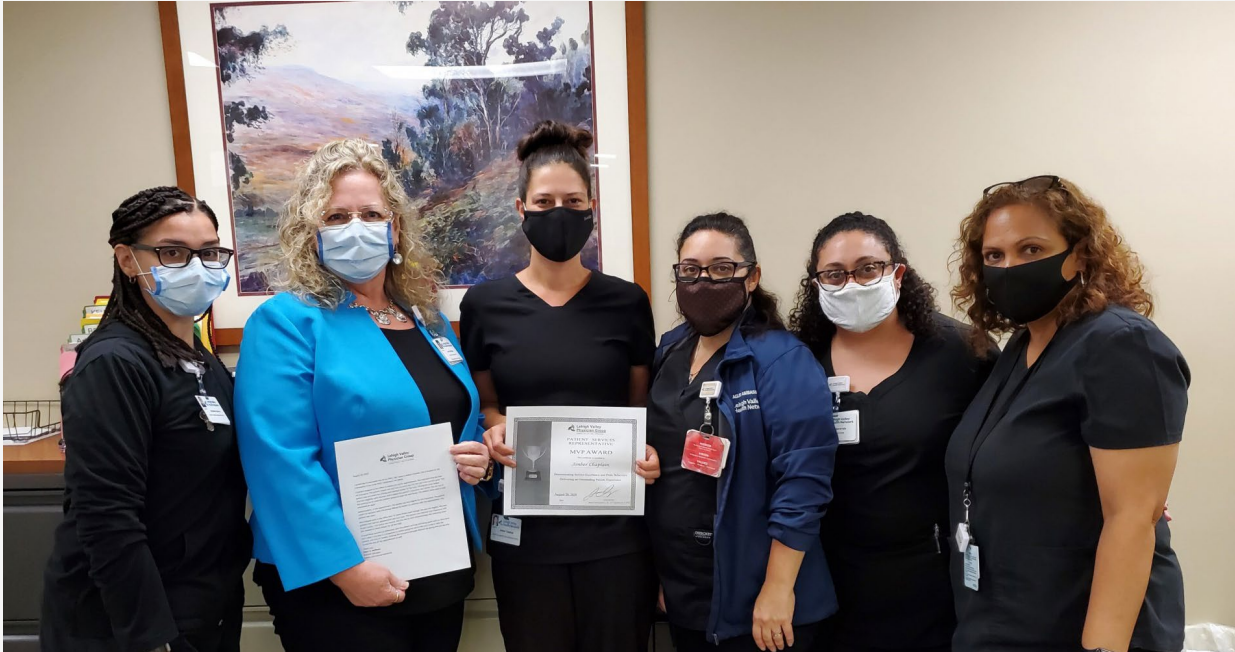
Breast Cancer Care at Lehigh Valley Cancer Institute

Lehigh Valley Cancer Institute expertly delivers a broad range of breast cancer treatments, including clinical trials and breast surgery from fellowship-trained doctors. Breast cancer is the most frequent cancer we treat at the Cancer Institute. And thanks to Lehigh Valley Cancer Institute's membership in the [Memorial Sloan Kettering \(MSK\) Cancer Alliance](#) you'll benefit from these advances in cancer treatment including revolutionized therapies available close to home.

Register now for a discussion between us girls

Bring your questions because our physicians are ready with the answers. **Bonus:** Everyone who joins will receive a gift and don't forget to wear pink.

Register at LVHN.org/breastevent.



Meet August's PSR MVP Award Recipient

September 23, 2020

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.

August PSR MVP

Amber Chaplain, Patient Services Representative, LVPG Family Medicine-Tobyhanna

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Meet August's PSR MVP Award Recipient

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A patient, whom recently lost her job and insurance, stopped into LVPG Family Medicine-Tobyhanna to obtain pricing for appointments. Through her dedication, thorough work and persistence, Amber Chaplain enhanced this patient's life.

That's exactly why Dawn Hoffman, Practice Manager, Family and Internal Medicine nominated her. After providing the patient pricing details she requested, Chaplain took the time to check the patient's eligibility with Navinet and found the patient's insurance was still active.

Hoffman says, "Amber ran out to the parking lot to notify the patient what she had found and helped her schedule an appointment. Unfortunately, while at the appointment, the patient was not eligible for the insurance. The patient made the decision with the pricing offered by Amber to continue with the appointment and stopped back to the office later after the appointment to personally thank her for the support."

The patient was extremely grateful she had been because she was later diagnosed with breast cancer. Hoffman says, "Cancer was found, and she was to start chemotherapy the following week. She wanted to share and thank how much Amber helped her. It could have turned out differently with the patient arriving and being upset with no insurance, but it didn't. This is a testament to Amber going the extra mile and trying to help the patient, not only by double checking the insurance through Navinet, but giving the pricing prior to and the day of the appointment as well."

Join in congratulating Chaplain for her amazing dedication, thoroughness and persistence.



LVH–Schuylkill Donates Lifesaving Technology to Hawk Mountain Scout Reservation

September 22, 2020

BY MICHAEL PECKMAN

It is a partnership that can save lives. [Lehigh Valley Hospital \(LVH\)–Schuylkill](#) has partnered with the [Hawk Mountain Council, Boy Scouts of America](#) by donating four AEDs ([Automatic External Defibrillators](#)) to the Hawk Mountain Scout

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LVH–Schuylkill Donates Lifesaving Technology to Hawk Mountain Scout Reservation

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Reservation. Health and safety officers will distribute these devices throughout the reservation in the event an emergency medical need arises.

“In an emergency, there is no time to lose,” says [Bill Reppy, LVH–Schuylkill President](#). The Hawk Mountain Scout Reservation provides services to so many from its remote camp location. We are very proud to be able to donate these devices to the Hawk Mountain Council to be used, should an emergency arise.”

The Hawk Mountain Scout Reservation located in Schuylkill Haven, Pennsylvania, provides programming to almost 4,000 youth and adults on an annual basis. This includes weeklong summer camp, day camp, STEM (science, technology, engineering, math) programs, school- based outdoor education programs, church retreats, weekend camping and more. Covering 743 acres, the Scout Reservation is a key to the Hawk Mountain Council providing leadership, character development, citizenship training and personal fitness programs to over 6,500 youth each year.

The Hawk Mountain Council, Boy Scouts of America provides the nation’s foremost youth program of character development and values-based leadership training, which helps young people be “Prepared. For Life.®” The Hawk Mountain Council is composed of nearly 6,500 youth members between the ages of 5-21 and approximately 2,400 volunteers in Berks, Schuylkill and Carbon counties.

For more information on the Hawk Mountain Council please visit www.hmc-bsa.org



Baseball Star's Health Screening Leads to his Greatest Catch

September 18, 2020

BY TED WILLIAMS

[Cal Ripken, Jr.](#), one of the greatest shortstops in [Major League Baseball](#) history, is best known for participating in every [Baltimore Orioles](#) game for more than 16 consecutive seasons, an astounding record that isn't likely to be approached. But in February 2020,

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Baseball Star's Health Screening Leads to his Greatest Catch

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he found out even baseball's ironman is only human.

After a routine medical checkup, his family physician recommended a prostate biopsy, which led to a cancer diagnosis. But as the Baseball Hall of Famer pointed out in a conference call with Orioles media members in August celebrating his record, this is a cancer story with a happy ending.

"We found it really early through regular bloodwork," the 60-year-old Ripken said on the conference call. "I had surgery to remove it, and the cancer was all contained in the prostate. Your life basically goes back to normal. So I'm lucky."

Ripken's good luck can be attributed to early detection of the cancer because of a prostate-specific antigen (PSA) test that was part of his bloodwork. When the level of this antigen is elevated, the possibility of [prostate cancer](#) exists.

Why the test is so important

"The curability of prostate cancer has increased dramatically through the years because we're able to detect it early," says [Angelo Baccala, Jr., MD, Chief, Division of Urology, Lehigh Valley Institute for Surgical Excellence](#), who also happens to hail from Baltimore and is an avid Orioles fan. "Problems with prostate cancer occur primarily when the cancer extends beyond the prostate. A simple blood screening as in Cal's case can mean everything in avoiding those problems."

Baccala says current [American Medical Association](#) guidelines recommend annual PSA screenings for men between the ages of 50 and 70. For African American men and men with a family history of prostate cancer, or maternal ovarian or breast cancer, it's wise to begin testing somewhere around age 40 to 45.

"This is a conversation all men should have with their [primary care provider](#) or [urologist](#) at that point in their lives," Baccala says. "An elevated PSA level doesn't automatically mean prostate cancer. It can reflect an enlarged prostate or an infection, or a variety of other reasons. But if a situation such as Cal's does arise, this screening can be crucial."

PSA guidelines

The general guidelines for PSA levels are as follows:

- 0 to 2.5 nanograms per milliliter (ng/mL) is considered normal
- 2.6 to 4.0 is considered within the normal range but you should consult with your physician about potential risk factors going forward
- 4.0 to 10.0 is considered suspicious and suggests the possibility of prostate cancer or some other issue. A prostate biopsy would likely be recommended as a precaution.

“It’s important to note that depending on PSA level plus the age and history of the patient, it may be a case where we would choose to merely monitor future screenings instead of initiating treatment,” Baccala says. “Not all cases require treatment and some never do. The key is for men in these age, ethnicity and family history groups to get regular PSA screenings and go from there.”

Protecting yourself from prostate cancer

All men can help to lower their risk of getting prostate cancer with a healthy lifestyle. This includes:

- **Eating fruits and vegetables every day** – be sure to include tomatoes, broccoli, cauliflower, cabbage, beans, peas and lentils.
- **Avoiding eating high-fat meats and dairy foods** – this would include hamburgers, sausage, cheese and ice cream. Instead, eat lean meats, fish, and low-fat or nonfat dairy foods.
- **Avoiding high levels of calcium in your diet** – too much calcium could raise your risk for prostate cancer. Normal amounts of calcium in dairy foods and drinks are fine. But talk with your health care provider before taking any calcium supplements.
- **Maintaining a healthy weight** – obesity has been linked to a higher risk of prostate cancer.
- **Exercising regularly** – Being physically active for at least 30 minutes on most

days can add a lot of positives to your life. Consult with your physician on what sort of physical activity would benefit you.

Video: Don't miss annual checkups

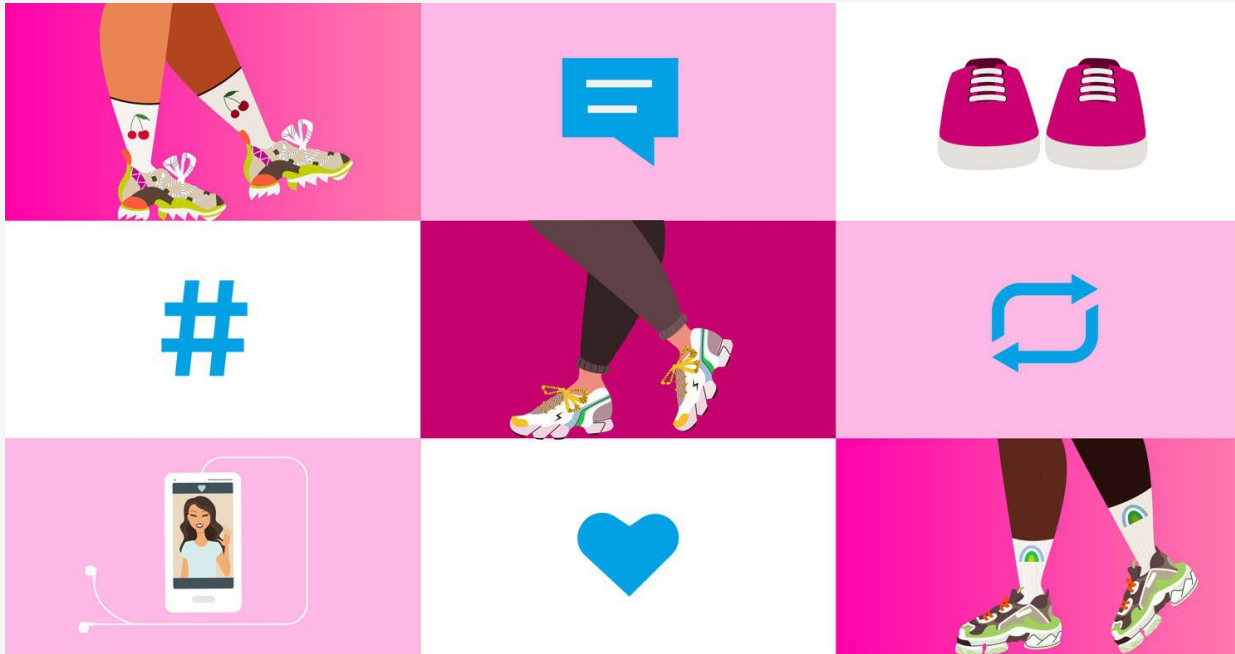
Ripkin released a video reminding everyone that an annual well-care visit can save your life. Watch his important message.

A look at Cal Ripken, Jr.'s baseball career

Cal Ripken, Jr. played in a record 2,632 consecutive games during his 21 seasons with the Orioles, breaking the legendary Lou Gehrig's ironman record (2,130 games) on Sept. 6, 1995. Other Ripken career highlights include:

- 1982 American League Rookie of the Year
- 1983 World Series champion
- 1983, 1991 American League Most Valuable Player
- Selected to baseball's All-Star Game 19 times
- 1991, 2001 All-Star Game Most Valuable Player
- Inducted into the National Baseball Hall of Fame on the first ballot in 2007.

Want to learn more about the Lehigh Valley Cancer Institute? [Visit LVHN.org/cancer](https://www.lvhn.org/cancer).



20th Annual Pink Light Walk Goes Virtual

September 23, 2020

[Lehigh Valley Hospital–Pocono](#) and [East Stroudsburg University](#) invite you to join in a virtual edition of our Annual Pink Light Walk.

Virtual start

Thursday, Oct. 1 | 5 p.m.

The virtual kickoff of our 20th Annual Pink Light Walk will begin with a message from

Home

Share

20th Annual Pink Light Walk Goes Virtual

 Share

the Pink Light Walk honorary chair and lighting of the Pink Light tree in front of the Dale and Frances Hughes Cancer Center. Visit [Facebook.com/lvhpocono](https://www.facebook.com/lvhpocono) and look for the Pink Light Walk event page.

Virtual walk

All month

For the rest of October, breast cancer survivors, supporters, friends and families can post photos of themselves wearing pink or walking in support of those with breast cancer. Be sure to post your miles with your photos at [Facebook.com/lvhpocono](https://www.facebook.com/lvhpocono) and use the hashtag: **#PinkLightWalk2020**

Real impact

Early detection is the first line of defense against breast cancer. Health professionals everywhere encourage all women to schedule their mammograms, perform breast self-exams and get regular checkups.

Wear your pink and join in the virtual 20th Annual Pink Walk.

Call 888-402-LVHN (5846) or visit [LVHN.org/PinkLightWalk](https://www.LVHN.org/PinkLightWalk) for more information.