



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

**COVID-19 stories highlighted in blue*

JUST FOR COLLEAGUES

**BE DILIGENT:
FOLLOW OUR
COVID-19 POLICIES**

Be Diligent: Follow COVID-19 Policies

It is your personal responsibility to keep our community safe.

**FLU SHOT LOCATIONS FOR
COLLEAGUES AND COMMUNITY**

All About LVHN Flu Shot Clinics

Get a breakdown of the clinics for colleagues and community.

**ATTN. MANAGERS:
TIME TO APPROVE GOALS**

Time for Managers to Approve Goals

Learn how to review and approve in five easy steps.

Everyday Heroes



Be an Everyday Hero: Give to the United Way

Give and get a Grub Hub gift card.



How to Spot a Phish – Video

Learn how to identify and report a phishing email.



Progress Notes: Empowering Mid-Career Female Physicians

Medical Staff President Patricia Martin, MD, shares her thoughts.



October Service Anniversary List

Who is celebrating a career milestone?

STORIES



Bhavana Singh, MD, Joins Care Team at Dale and Frances Hughes Cancer Center

This Bethlehem native looks forward to delivering exceptional care.



Hospice House Group Completes Fundraising Early

Community group raises over \$1 million in a year-and-a-half.

HEALTH TIPS



Catch the Curve: Treating Scoliosis in Adolescents

Learn about nonsurgical and surgical treatment options.



Join Us for a Virtual Pink-Out Event

This girl's night in is on Thursday, Oct. 15, at 6 p.m.

NEWS



School Sports Are Back – And So Is Athlete of the Week!

Vote for the athlete you think deserves to win.

IN THE NEWS

Community group raises \$1M for Monroe County Hospice House

October 7, 2020 | poconorecord.com

CHIME names 2020 'Most Wired' hospitals

October 6, 2020 | beckershospitalreview.com

LVH-Pocono to offer flu shots at drive-thru Oct.17

October 5, 2020 | wfmz.com

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

BE DILIGENT: FOLLOW OUR COVID-19 POLICIES

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Be Diligent: Follow our COVID-19 Policies

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Be Diligent: Follow our COVID-19 Policies

October 07, 2020

This message is from Alex Benjamin, MD, Chief Infection Control Officer, Kim Jordan, DNP, Senior Vice President and Chief Nursing Officer, and Lynn Turner, Senior Vice President and Chief Human Resources Officer.

We are in the middle of this pandemic, and our pledge to keep our colleagues and community safe is unwavering. We cannot lose focus. We must remain diligent. Each and every colleague in our health network has a personal responsibility to do everything possible to keep patients, visitors and colleagues

safe.

It starts with you. It takes only one person to spread the virus to others. That is why you play a very important role in preventing the spread of the virus inside our health network, especially as cases begin to rise in Pennsylvania and at LVHN hospitals. Here is what you must do to help keep our colleagues, patients and community safe:

- **Always wear the appropriate PPE** while you are working. Have a question? Refer to the [Guidelines for PPE flyer](#) or our PPE policy on Policytech, which is accessible from the SSO toolbar.
- **Wear a surgical mask** if you are a colleague in a patient-facing role (within 6 feet of a patient for greater than 2 minutes) when you are:
 - With other colleagues in break rooms and common areas, such as the cafeteria
 - Giving a report
 - At the nursing station and other areas where you encounter colleagues, patients or visitors
- **Eye protection goggles, a face shield or a surgical mask with an eye shield** must be worn by colleagues in patient-facing roles for all patient contact.
- **Non patient-facing colleagues who do not interact with patients must wear a mask at work.** This includes colleagues who work in an office environment. Masks must be worn when with other colleagues in break rooms and common areas.
- **Always remain 6 feet apart.**
- **Do not eat with other people** unless you can remain at least 6 feet apart.
- **Practice proper hand hygiene.**
- **Complete your Conversa self-screenings prior to beginning your job duties for your shift.** Any signs or symptoms on the screening must be taken seriously. All colleagues, including those who work remotely, must complete the self-screening before beginning job duties at an LVHN facility. To complete the self-screening:
 - Copy and paste this URL into your web browser:
<https://clinic.conversahealth.com/conversation/MjJwLTM3OTI> or
 - Text lehigh to 83973
- **Do not come to work if you are ill or have any symptoms mentioned during the self-screening.** Contact employee health services and your supervisor.
- **Follow these rules and all CDC guidelines.**

Over the past seven months, you have overcome daunting challenges and delivered the care our community needs, expects and deserves. Now is the time to double down on our commitment to our community and one another. We must stay focused and vigilant. It's our responsibility as health care professionals and health care partners to do everything we can to keep our community safe. For your commitment, dedication and heroism: Thank you.

FLU SHOT LOCATIONS FOR COLLEAGUES AND COMMUNITY

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A Breakdown of LVHN Flu Shot Clinics for
Colleagues and the Community

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A Breakdown of LVHN Flu Shot Clinics for Colleagues and the Community

October 06, 2020

It's more important than ever to get a flu shot. In addition to social distancing, hand washing and wearing a mask, taking proper precautions for the seasonal flu is the best thing we can do to handle the ongoing pandemic. That's why LVHN has multiple opportunities for colleagues and the community to receive a flu shot. Here's a breakdown.

Colleague flu shot clinics

Health care workers have a [special obligation to be vaccinated](#) because people who remain unvaccinated and spread the flu can cause serious harm to vulnerable patients. Flu shot clinics for colleagues began Oct. 1 and will run until Nov. 13. Colleagues are encouraged to attend one of these clinics for their flu shot. [View the details.](#)

Remember that everyone must complete the Conversa COVID-19 screening the day of vaccination. This is a requirement even if you work from home or do not have a shift scheduled for that day. To complete the screening [click here](#) or text **lehigh** to 83973. To learn more about these screenings, read [our communication to all colleagues](#).

Community flu shot clinics To find out more about these clinics and fill out a consent form, visit [LVHN.org/flushot](https://lvhn.org/flushot). Supply is limited at all locations.

LVHN drive-thru at Dorney Park

Saturday, Nov. 7

9 a.m. – 3 p.m.

Dorney Park, 3830 Dorney Park Rd, Allentown, Pa.

- Free for everyone
- Optional donations of nonperishable and non-expired food items, diapers, coffee pods and toiletries accepted
- Reservations encouraged. [Complete an online registration.](#)
- **Volunteers needed** – [Find out how you can help.](#)

LVHN drive-thru at Coca-Cola Park

Sunday, Nov. 8

9 a.m. – 3 p.m.

Coca-Cola Park, 1050 Ironpigs Way, Allentown, Pa.

- Free for everyone
- Optional donations of nonperishable and non-expired food items, diapers, coffee pods and toiletries accepted
- Reservations encouraged. [Complete an online registration.](#)
- **Volunteers needed** – [Find out how you can help.](#)

LVH–Pocono drive-thru at Stroudsburg Middle School

Saturday, Oct. 17

9 a.m. – 1 p.m. or until supplies run out

Stroudsburg Middle School, 207 Mountaineer Drive, Stroudsburg, Pa.

- Free for everyone
- **Volunteers needed** – [Find out how you can help.](#)

LVH–Hazleton drive-thru at Health & Wellness Center at Hazleton

Sunday, Oct. 25

9 a.m. – 1 p.m.

[Health & Wellness Center at Hazleton](#), 50 Moisey Dr., Hazle Township, Pa.

- Must be age 18 or older to receive a flu shot
- Free for everyone
- Optional donations of nonperishable and non-expired food items, diapers, coffee pods and toiletries accepted
- **Volunteers needed** – [Find out how you can help.](#)

LVH–Schuylkill clinic at Fairlane Village Mall

Thursday, Oct. 15

10 a.m. – 2 p.m.

Fairlane Village Mall, 7211 Pottsville St., Pottsville, Pa.

- Must be age 18 or older to receive a flu shot
- Without insurance: Free
- With insurance: Charges billed to insurance

Other locations flu shots are offered

Remember, patients and colleagues can receive a flu shot from their [primary care provider](#) or without an appointment at any [ExpressCARE](#).

ATTN. MANAGERS: TIME TO APPROVE GOALS

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Time for Managers to Approve Goals

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Time for Managers to Approve Goals

October 06, 2020

As previously communicated, all colleague goals have been moved to step 2. Now is the time for managers to approve their colleagues' goals or return goals to their colleagues by selecting the "Reopen" button. If a colleague did not complete his or her goals, managers have the option to:

- Complete goals for the colleague
- Return the goals to the colleague for completion



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 Leadership Performance Plan or 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 all managers to approve their colleagues’ goals: Oct. 30

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.



Everyday Heroes



Be an Everyday Hero: Give to the United Way Oct. 13-Nov. 13 and Qualify for a Grub Hub Gift Card

October 07, 2020

Every day during the pandemic, you continue to be a hero as the LVHN family delivers the quality, safe care people need, expect and deserve. Now, the United Way and the organizations and people it supports throughout our region need your help again. The

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Be an Everyday Hero: Give to the United Way Oct. 13-Nov. 13 and Qualify for a Grub Hub Gift Card

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United Way is depending on you to “Be an Everyday Hero.”

That’s the theme of LVHN’s network-wide United Way campaign this year. To be successful, we need your support and your heroism.

United Way kickoff incentive gift (some rules apply)

This year, we have a donor incentive gift that is fun and gives back to the community. If you donate any time throughout the campaign (Oct. 13-Nov. 13), you are eligible to receive a Grub Hub gift card that you can use to support one of our many local restaurants. The \$10 gift card is for all new campaign contributors or previous donors who increase their donations. The minimum contribution to qualify for the donor incentive gift is \$2 per pay (\$52 for the year).

Want to be an Everyday Hero and really change some lives? Donate \$1 a day through the United Way portal, for a total of \$365, and receive a special gift, a \$25 Grub Hub gift card. Gift cards will be sent to your email address at the conclusion of the campaign. [Learn more about Grub Hub](#). (Gift cards are subject to taxable income.)

Weekly, random raffle prizes will also be awarded to colleagues who participate in the campaign.

Evergreen your gift

You asked, and we are now able to offer a renewing gift to the United Way. Colleagues in the Lehigh Valley who contribute through the United Way portal now have the option to “evergreen” your gift, meaning your gift will automatically renew in the years to come. There is nothing more to do unless you want to increase, stop or change your gift. The evergreen option may be available to colleagues in our Hazleton, Schuylkill and Pocono regions next year.

Payroll deduction

Payroll deduction for this United Way Campaign begins with the pay period of Dec. 27, 2020 and will end with the pay period of Dec. 25, 2021. Note: Our LVHN United Way campaign is returning to its traditional calendar year giving.

Your generosity helps people in many ways

- In the Lehigh Valley, more than 6,500 children and families participate; 22,500 people have accessed nutritious food programs; and more than 30,000 residents received emergency services support.
- In the Poconos, more than 900,000 pounds of food was distributed to food pantries in Monroe County because of the Pocono Mountains United Way.
- In Luzerne County, the United Way of Greater Hazleton, Inc. provides funding for 26 partner agencies bringing people and resources together to invest in solutions for the community's most critical needs.
- Schuylkill United Way supports 15 nonprofit health and human service agencies that work tirelessly to protect our endangered, feed our hungry, shelter our homeless, prepare our children for success, and improve the quality of life for all the residents of Schuylkill County.

This is the definition of partnership. This is the definition of community. These are just small but real examples of how the United Way works for all of us throughout the communities we serve.

Regardless of the amount, all donations are greatly appreciated. Your gift stays in your community and supports the vital services local residents need most. United we can. United we will. We hope you are able to support our United Way efforts this year.

Have questions?

Contact LVHN_United_Way_Campaign@lvhn.org.

Thank you for your generosity and for being an “Everyday Hero.”

How to donate in the Lehigh Valley

Colleagues who work at LVHN facilities in the Lehigh Valley can access the United Way portal via your SSO toolbar. If this is your first time donating through the portal, you will need to set up your profile to enter a donation. If you previously donated through the portal, open your donation profile and make any changes to your contribution for the 2021 campaign. There is no minimum to donate through the portal. “City Center Allentown” will do a dollar-for-dollar match to all new and increased gifts made by Lehigh Valley-based colleagues as individual contributions or payroll deduction up to \$1

million. Consider Everyday Hero gift status: \$1 day, every day of the year.

How to donate at Hazleton

Watch for email communications from LVH–Hazleton President John Fletcher.

How to donate at Schuylkill

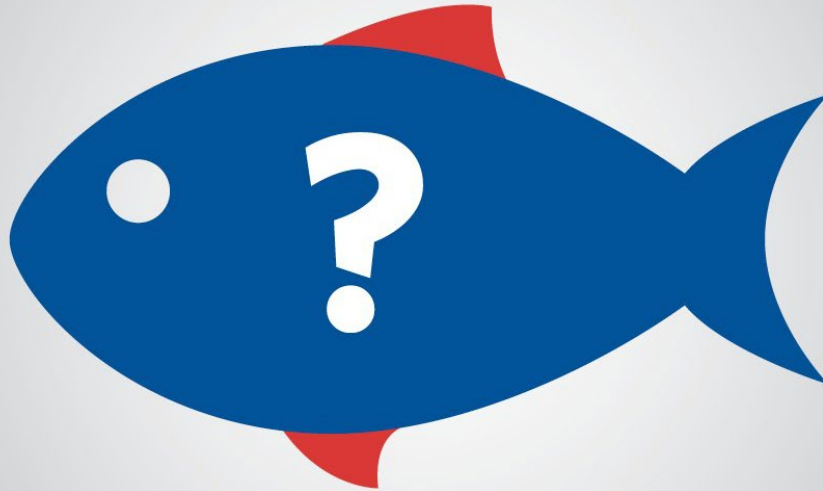
Watch for email communications from LVH–Schuylkill President Bill Reppy.

How to donate at Pocono

Watch for email communications from LVH–Pocono President Elizabeth Wise.

How to donate at Coordinated Health

Coordinated Health colleagues will also be using the SSO toolbar and portal. If this is your first time donating through the portal, you will need to set up your profile to enter a donation. If you previously donated through the portal, open your donation profile and make any changes to your contribution for the 2021 campaign. There is no minimum to donate through the portal.



Cybersecurity Awareness Month – How to Spot a Phish

October 08, 2020

Throughout Cybersecurity Awareness Month, LVHN Technology will showcase a series of stories to help protect you from cyberattacks.

A phishing attack is a form of social engineering by which cyber criminals attempt to trick individuals by creating and sending fake emails that appear to be from a trustworthy source, such as a business or colleague. The email might ask you to confirm personal account information such as a password or prompt you to open a

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Cybersecurity Awareness Month – How to Spot a Phish

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malicious attachment that infects your computer with a virus or malware.

Phishing emails are one of the most common online threats, so it is important to be aware of the signs and know what to do when you encounter them. Here are a few ways to spot phishing attacks.

Look for emotions

- **Curiosity** – People are naturally curious, and phishers take advantage of this by sending emails that promise to show us something exciting or forbidden.
- **Fear** – Scaring recipients is a common tactic in phishing emails. Emails that threaten you with negative consequences or punishment should be treated with caution.
- **Greed** – Phishing emails often dangle a financial reward of some kind if you click a link or enter your login information. If an email offers you something that seems too good to be true, trust your gut; it probably is.
- **Urgency** – If an email provides a strict deadline for performing an action, be suspicious. Phishing emails will try to fluster recipients by creating a sense of urgency.

Examine these items closely

- **Email signatures** – A signature block that is overly generic or doesn't follow company protocols could indicate that something is wrong.
- **Sender address** – If the address doesn't match the sender name, be suspicious of the entire email.
- **Email tone** – We know how our colleagues and friends talk. So if an email sounds strange, it's probably worth a second look.

Beware of these elements

- **Attachments** – When an attachment comes from someone you don't know or if you weren't expecting the file, make sure it's legitimate before opening it.
- **Log-in pages** – Phishers will often forge log-in pages to look exactly like the real thing to steal your credentials.
- **Links** – Roll your mouse pointer over the link and see if what pops up matches what's in the email. If they don't match, don't click.

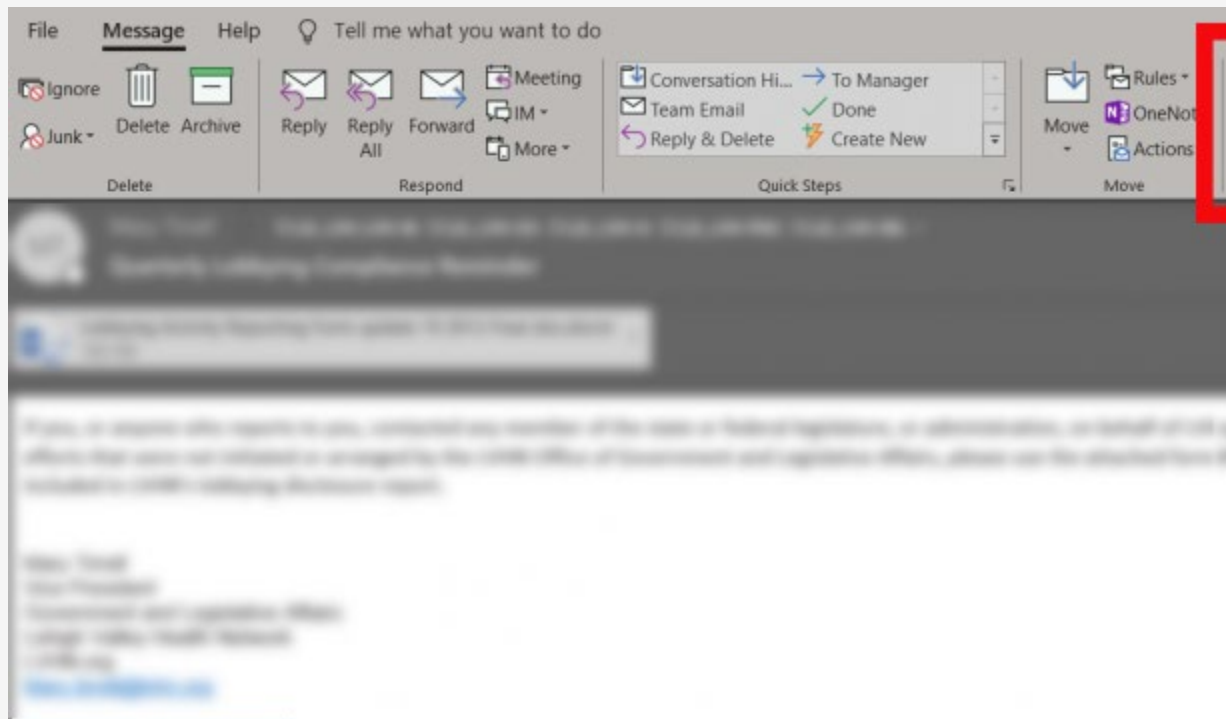
Voicemail Phishing Emails

In addition, be on the lookout for voicemail phishing emails. Like other phishing emails,

these will sound urgent and urge you to open malicious attachments or links. In the message, they will ask you to enter in your credentials to listen to a message. These emails look legitimate as they appear to look like a typical office communication you may receive.

What to do if you suspect you have received a phishing email?

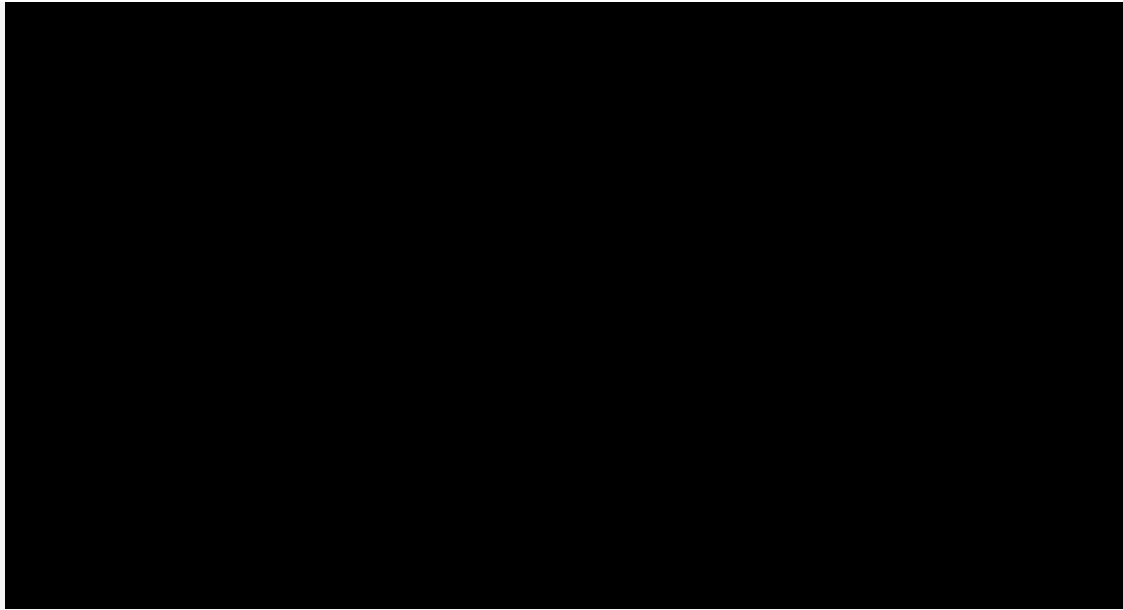
Report suspected phishing emails to LVHN Technology's Security and Risk Management Team. After you opened the email, in the Outlook ribbon, click on the Phish Me button.



Don't see this button in your Outlook? Please call the Technology Support Center [or submit a self-service ticket](#) to get this implemented.

Want to learn more?

Watch this video to learn more about social engineering.





Progress Notes: It's Not Too Late; Empowering Mid-Career Female Physicians

October 02, 2020

BY PATRICIA MARTIN, MD, LVHN MEDICAL STAFF PRESIDENT

This year, we commemorate the 100th anniversary of American women's right to vote. Although progress has been made toward achieving gender parity, many social

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Progress Notes: It's Not Too Late;
Empowering Mid-Career Female
Physicians

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and professional roadblocks still stand in the way of women who aspire to reach their full professional potential. As of 2017, women outnumber men in medical schools. Nonetheless, a survey conducted by the Association of American Medical Colleges in 2018 found that women account for only 16 percent of medical school deans and 18 percent of department chairs.



Fewer still are CEOs or CMOs. This leadership gender gap is absurd when you consider that, according to the U.S. Department of Labor, women make 80 percent of health care decisions. As the COVID-19 pandemic grinds on, many female physicians are finding it more difficult than ever to comply with the social norms that expect them to be the primary caregivers at home and the professional standards that require them to establish their careers in their thirties and forties. Unless the current career arc of young physicians is reimagined soon, the leadership gender gap is bound to get worse.

Female physicians make up the majority of primary caregivers of children and aging parents. Male and female career paths begin to diverge at the outset. In a survey of early career physicians published in 2019, there was a striking difference in the careers of male and female physicians. Six years after the end of training, the gender gap in full-time employment between males and females was 39 percent. According to Joseph Patruno, MD, LVHN Chief Wellness Officer, the most recent LVHN well-being index data reveals that although somewhat improved, burnout rates for female physicians and early career physicians remain higher than other cohorts. This gender divergence in the early stages of a medical career is a gaping hole in the leadership pipeline of female physicians.

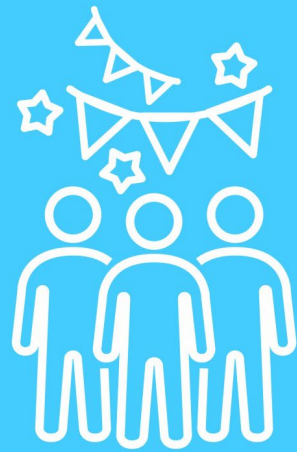
The COVID-19 pandemic is a one-two punch for physicians who are primary caregivers at home. Faced with increased demands on their time, many of these primary caregivers, which today are predominantly female, will have to pass up on the once-in-a-lifetime opportunity for professional advancement that the pandemic presents, such as research projects and clinical innovations. Worse still, many will have no choice but to trim their ambitions (forget the advanced degree or promotion) to cope with chaotic home situations.

If we want men to do a larger share of caregiving at home, we will have to modify our current professional expectations. The traditional model that requires young physicians to quickly climb up a steep ladder shortly after training is particularly harsh on female physicians who pause their ascent early in their careers to take care of their families. When they return to full-time work, ready and willing to lean in, they may find that in middle age, they are considered to be past their prime or regarded as being less committed than their peers who did not have to take a detour. This is a waste of human capital because when their domestic responsibilities decrease, middle-aged women feel reinvigorated by a new sense of purpose. Dorothy Sayers, a British writer, regarded these mature women as “uncontrollable by any earthly force.” It is also worth mentioning that women have a longer life expectancy than men (currently 81 years for the average American woman).

In a 1987 commencement speech at Tufts University, Gloria Steinem stated, “Don’t think about making women fit the world – think about making the world fit women.” How do we change medicine to fit women? We could begin by giving value to the patience, conflict resolution skills and experience of managing people that women acquire while raising children or looking after aging parents. Mid-career women returning to full-time work after cutting back on their schedules to do uncompensated work at home should not be stigmatized. Instead, they should be actively recruited to participate in the leadership development programs, networking opportunities and mentorship relationships that are currently geared exclusively toward early career physicians. Providing a pathway for re-entry into the fast lane should not involve lowering performance standards nor dismissing the expectation that these physicians pay their dues. Instead, such a pathway should be a legitimate, though more protracted, alternative to the linear professional career model. Most importantly, decreasing the leadership gender gap will require other bold initiatives such as last year’s decision by the NIH to impose term limits on midlevel leadership positions to provide more opportunities for unconventional candidates.

As the COVID-19 pandemic is making abundantly clear, the traditional career model is not working for many women, nor for the men who would like to take on a greater share of domestic responsibilities. Given the current gender parity of medical school graduates, discarding the talents of female physician leaders is an unaffordable luxury. If we have the courage to change medicine to fit women, we will find the rewards to be

well worth it for both women *and* men.



Service Anniversary List – October 2020

October 01, 2020

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

40 years

Anita Broyan, Dietary

Mark Lehman, ICU

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Service Anniversary List – October 2020

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Susan Leonard, Cardiac Cath Lab

35 years

Donna Czonstka, Post Operative Unit Tilghman

Julianne Herman, MICU/SICU

Donna Kalp, Payor Based Care Cordination

Nancy Kantor, 6KS Inpatient Rehab Facility

30 years

Donna Brown, 4B (4N)

Patricia Carrelli, Home Health

Lisa Forstburg, Open Heart Unit

Erik Hanssen, Cardiology Clinic -CC

Bonnie Korutz, Cat Scanning

Patricia Makara, Pain Management

Paige Makarevich, Ip Rehab Facility

Margaret Meikrantz, Home Care - Skilled Nursing

Cindy Schaeffer, Radiology - Norwegian

Karen Schwartz, Adult Psych - Jackson

Judith Veglia, PACU - CC

Mary Watsula, Adult Psych - Jackson

25 years

Mary Jo Anderson, Housekeeping

Jody Anthony, LVPG Family Med Southside

Jody Bittenbender, TLC Full Care

Linda Brooks, Home Care Home Health Aids

Karen Calvo, Specialty Clinic-Allen 1405

Melissa Fehnel, EPIC Conversion

Irma Figueroa, LVPG Family Med Southside

Kathleen Gustas, LVPG Claude A Lord Blvd

Michael Kandratavich, Plant Engineering

Linda Loffredo, LVPG Family Med 3080HAMIL

Michelle Moran, LVPG Family Med Southside

Nancy Noone, Tele-Intensivist

Madalyn Schaefgen, LVPG Fam Med/Peds Cetronia Rd

Bonnie Stichter, LVPG Orthopedics Specialty

Marilyn Walkinshaw, LVPG Family Med 1251CC

20 years

Marie Acero, Admission Case Management

Brian Crosby, General & Administration

Joseph Fox, Vascul/Interventional Radiology

Michelle Fusco, Obstetrics

Deserie Gomez, Same Day Surgery

Victoria Lehman, Cardiac Float Pool

Cynthia Mang, Physician Documentation

Jennifer Marrero, HC Central Business Office

Gloria Morales, LVPG Pediatrics Pond Rd

Patricia Nichols, Emergency Room

Christina Roberts, EPIC Conversion

Laura Rogers, Nursing Float Pool

William Russell, Security

Karen Saunders, Labor & Delivery

Stephan Smith, Transportation

Patricia Snyder, Patient Registration

Joel Strohecker, Respiratory Admin & Support

Denise Torman, LVPG Urology

Audrey Wanamaker, Info Svcs Data Analytics

Teri Weaver, LVPG Internal Med Muhl

Maribeth Yanders, Specialty Clinic-Schnrs

15 years

Adam Achenbach, Magnetic Imaging 1247

Nicole Angeles, Emergency Service - CC

Kathleen Asplint, Cardiology

Erica Cotto Morales, LVPG Pediatrics Center Valley

Shawn Coyle, Psych Eval/OP Services

Kimberly Diehl, Emergency Preparedness

Jill Dillman, Pre-Op Staging

Maria Dreher, Cancer Data Management

Matthew Duerr, Magnetic Imaging 1770

Grace Fallon, Clinical Service Video Monitor

Ronald Gaffney, Financial Services

David George, Info Svcs Physician Support

Margaret Gergar, Inpatient Diabetes Education

Angela Grabowski, Registration

Randy Jaeger, CPP Orthopedics - Unspec

Susan Korab, Sterile Processing

Denise Ladd, Compliance

Joanna Lukaszewski, Critical Care Unit

John Margraf, LVPG Neurology 1250CC

Martin Martino, LVPG GYN/Oncology 1240CC

Donna Massare, Magnetic Imaging 1770

Francis McKelvey, Admission Case Management

Leslie Metzger, LVHP Acute Care Therapy

Michael Moritz, LVPG Transplant Surg 1250SCC

Laura Mueller, LVPG OB/GYN 17th St

Esmeralda Nieves, Op Intake Dept

Nikki Nothstein, MEDEVAC

Stefanie Ott, LVAS LVH - Cedar Crest

Maureen Roach, Express Admit Unit

Susan Roccato, Home Care - Physical Therapy

Lynn Roman, Pharmacy

Rosalie Sell, Bed Management

Amanda Stevenson, Cat Scanning

Jennifer Strohl, Adolescent Psych Unit

Brian Symons, Dietary

10 years

Kimberly Bartos, Transitional Open Heart Unit

Sarah Brogan, Hospice Skilled Nursing

Ronald Brogna, BH 2

Lori Cesanek, Patient Accounting

Nicole Chiappetta, CPP Rheumatology

Christine Dennis, LVPG Maternal Fetal Med 3900HA

Nicholas Difrancisco, Information Technology

Toni Finocchio, Network & Provider Services

Wendy Gechter, Group Health Admin Svcs

Christopher Goodman, Pharmacy

Nissa Gossom, LVPG OB/GYN Pond Road

Lisa Grickis, Dietary

Carmen Guzman-McLaughlin, Community Health

Alexandrea Hallinger, Nursing Float Pool

Keri Hellmann, Inpt Rehab SVC-CC

Susan King, Pharmacy

Rose Lowitzer, Cancer Ctr Multi-Purpose Area

Kristen Millington, LVAS LVH - Cedar Crest

William Murray, Patient Transport Services

Amy Myers, Emergency Dept Registration

Bernadette Reynolds, BH 1

Ann Marie Schlottman, Concussion & Head Trauma Progr

Dana Spadt, LVPG Cardiology 1250CC

Michael Szescila, CPP Orthopedics - Dickson 334

Shannon Walters, Specialty Float Pool ER

Rebecca Zeigler, CPP Orthopedics - Emrick 3100

5 years

Jean Adam, 5T Med/Surg

Gaelyn Amick, Children's Specialty Float Poo

Terra Appling, Cardiology Clinic -CC

Daniel Arbeider, G & A

Janice Bann, OutPt Reg East Region

Kristin Bishop, Pharmacy MPA

Seth Campbell, Lehigh Valley Fam Health Ctr

Christopher Castro, Cardiac ICU

Triscia Crenko, Inpatient Unit-Allen 1503

Amanda Czaplicki, Risk Assessment Program

Stephanie Destafney, ICU

Sarahlyn Dietterich, Vascu/Interventional Radiology

Liany Diven, OB-GYN Residency Service

Thomas Diven, LVPG Gnrl Surg Muhl

Jennifer Druck, LVPG Family Med Southside

Angel Dubiel, Mother Baby Unit

Susan Emerson, Home Care - Occup Therapy

Iris Eugene, Transitional Open Heart Unit

Melissa Fegely, LVPG Peds SurgUrology 1210SCC

Meredith Fleshman, Bereavement Services

Beth Folio, LVPG OB/GYN Pond Road

Kelsey Frankenfield, Rehab at Arena

Bethany Freed, OHU/TOHU Speciality Float Pool

Indira Gonzalez, Breast Health Svcs - 17 & Chew

Lucyann Greggo, Telecommunications

Theresa Gunderman, Network & Provider Services

Timothy Haines, LVPG Infectious Disease 1250CC

Linsey Heidelmark, 6C Medical/Surgical Unit

Lynda Henninger, Group Health Admin Svcs

Mitzie Hernandez, PT/OT

Allison Heydlauf, Inpatient Unit-Allen 1503

Kendall Heyer, Cardiac Cath Lab

Heather Jenkins, Dept. Of Emergency Medicine

Heather Johnson, Endoscopy - G.I. Lab

Susan Keating, CECE Ctr

Michelle Knauss, LVPG Family/Intrnl Med BethTw

Alice Kresge, Operating Room

Andrea Kushnir, LVPG OB/GYN Pond Road

Kristianna Law, Specialty Clinic-Pocono

Brett Lehman, LVH-CC Hospitalist Program

Emma Lenner, 6KS Inpatient Rehab Facility

Kristin Lipka, 5K Medical/Surgical Unit

Heather Logan, Pediatric ED

Anthony Lynch, Imaging In-House SVC Prog

Jennifer Macfarlan, NORI Administration

Michael Mahoney, LVPG-H Surgical Services-HWC

Colin Mcdonough, Radiology

Andrew Moczydlowski, Partial Hosp Adoles Psych

Joanne Moyer, Specialty Clinic-Allen 1621

Amanda Nester, Maternity

Pete Obeng, LVPG-P Occupational Med-Thrsvl

Kiera O'donnell, Burn Center

Michelle Oglesbee, Payor Based Care Cordination

Jessica Owen, Neonatal ICU

Susan Paul, LVPG Obstetrics Gyn Fogelsvill

Kristina Porcari, 6KS Inpatient Rehab Facility

Steven Rhoads, Emergency Communication Center

Lisa Ringholm, LVPG-L Ortho Muhlenberg

Tiffany Ritter, Benefit

Yesenia Rivera, Neonatal ICU

Reynaldo Rodriguez Espinal, Supply Distribution Services

Christopher Savery, Critical Care Unit

Jerome Scarpati, LVAS Schuylkill

Bethanie Schreckinger, Tech Aide Float

Mary Sibley, ED Providers

Caleb Smith, OHU/TOHU Speciality Float Pool

Emily Smith, Emergency Department

Vanessa Stahler, EMS Hazleton APTS Operations

Caitlin Sturges, LVPG-P Internal Med-Tobyhanna

Mary Styles, Cardiac ICU

Megan Sutter, Same Day Surgery

Lesley Suttle, Adolescent Psych Unit

Kyle Tobias, Info Svcs Customer Service

Stacey Tosh, Mother-Baby/GYN

Paula Trabosh, LVPG Family/Intrnl Med 3080HAM

Gilda Valencia, Progressive Coronary Care Unit

Jennifer Velez, Operating Room-Beth

Kym Williams, Speech & Hearing

Lisa Williams, Trauma

Ashley Winkelbauer, Endoscopy - G.I. Lab

Nathan Yonney, Business Development

Charlotte Youngkin, Hospice Home Health Aides

Alina Zilinskis, Upper Bucks Health & Diagnostic

Tyler Zulli, LVPG-L Ortho Muhlenberg



Bhavana Singh, MD, Joins Care Team at Dale and Frances Hughes Cancer Center

October 05, 2020

BY ELIZABETH BARTOLAI

When faced with a difficult diagnosis, people can turn to Bhavana Singh, MD, for compassionate, expert care.

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Bhavana Singh, MD, Joins Care Team at Dale and Frances Hughes Cancer Center

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A highly qualified specialist in hematology oncology, Singh treats people with a blood disorder or cancer.

“I chose oncology because I found myself drawn to the therapeutic potential of the field. I am excited by the ongoing advances, and I look forward to offering those leading-edge treatments to my patients,” she says of her specialty.

Because her core philosophy on care is patient centered, Singh works closely with other medical team members toward a goal of delivering exceptional care.

Mapping her education and training

Singh earned her undergraduate degree from Duke University Medical Center, Durham, N.C., where she also completed her residency and internship. Her medical degree is from University of Miami, Miller School of Medicine, Miami. She is board certified in internal medicine.

Singh completed a fellowship in hematology oncology at MedStar Georgetown University Hospital, Washington, D.C.

Prior to attending medical school, Singh studied in London and traveled to Ghana and Tanzania for research in the field of global health. In addition to English, she speaks French and Telugu.

Journey to medicine

While conducting research in impoverished settings, Singh realized that having a medical degree would allow her to offer more to help people. “I saw that with having a medical degree, I could have a closer connection with patients,” she says.

“My journey to a career in medicine was a bit roundabout. I started out with an interest in global health which led me to better understand the global factors that play a role in the delivery of health care while studying the pathophysiology of disease.

Choosing oncology

During her residency Singh became aware of the close bond that oncologists form with

their patients and decided to choose that specialty.

Singh recently joined the staff at Dale and Frances Hughes Cancer Center at Lehigh Valley Hospital–Pocono. People are usually referred to her by their primary care provider or another specialist. It’s likely that a health care provider noticed something unusual in the person’s blood counts or on imaging, like an X-ray or MRI, Singh says.

“People think of cancer as dealing with solid tumors, but there are a wide variety of cancers like leukemia or lymphoma that are not,” she says.

Singh also treats people with blood disorders that aren’t cancer. “There’s the whole field of benign hematology like blood-clotting disorders and anemia,” she says.

With a nod to Lehigh Valley Cancer Institute’s membership in the Memorial Sloan Kettering Cancer Alliance, Singh says the opportunity to do research coupled with the likelihood of treating a wide variety of patients ultimately drew her to join Dale and Frances Hughes Cancer Center at LVH–Pocono.

Her patients benefit from the team-based partnership with MSK providers through research findings and access to clinical trials for innovative treatments.

Lehigh Valley roots

“I come from a medical family – my father is a surgical oncologist in Bethlehem, so certainly that contributed to my interest in medicine,” Singh says.

Singh grew up in Bethlehem, and her husband is from New Jersey. After living in different locations along the East Coast, they are glad to be within driving distance of their families.

“As a Bethlehem native, I look forward to working together with my patients and my team to deliver exceptional medical care to the community,” Singh says.

On her days off, Singh enjoys hiking with her husband and their dog. “I like to stay physically fit,” she says. Working at LVH–Pocono and living nearby makes it easy to hike on many trails including the Appalachian Trail, Singh says.

Learn more about Singh at LVHN.org/Singh. For questions or to schedule an appointment, call 888-402-LVHN (5846).



Hospice House Group Completes Fundraising Early

October 08, 2020

BY BRIAN DOWNS

Hospice care in Monroe County has received significant support from the Poconos community. The community group that was formed to fundraise in support of the Monroe County Hospice House in East Stroudsburg, which reopened for inpatient care in September 2019, brought in more than \$1 million in a year-and-a-half as part of the Hospice House–Today, Tomorrow & Always campaign. The group was recognized this

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Hospice House Group Completes Fundraising Early

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week for achieving its goal by raising the money well ahead of its three-year goal.

“On behalf of Lehigh Valley Health Network and Lehigh Valley Hospital–Pocono, I want to commend those who took the lead on this project to achieve this fundraising goal in half the anticipated time, as well as those in the community who supported the effort,” said Elizabeth Wise, President, LVH–Pocono.

Mark Primrose, Esq., who chaired the community group, said there is more to be done to ensure future operation of the Monroe County Hospice House. “Since the short-term fundraising goal has been met, LVH–Pocono and the community will continue to work together to address financial challenges and grow the overall hospice program to achieve long-term sustainability while honoring the legacy of the Hospice House and its vital role in Monroe County.”

In addition to the efforts of the Monroe County Hospice House community group, an endowment has been established at the LVHN Pocono Foundation with a significant gift from Herb Rosen in memory of his late wife, Sylvia, called the Sylvia Rosen Memorial Hospice House Endowment. The endowment will further ensure the future sustainability of Monroe County Hospice House for years to come. Anyone interested in supporting the endowment may contact the [LVHN Pocono Foundation](#).



Catch the Curve: Treating Scoliosis in Adolescents

October 02, 2020

BY AMANDA BIALEK

On a highway, all drivers pay attention to signs for an S-curve. When it comes to your growing child, an S-shaped curvature of the spine is a sign your child needs to be checked for scoliosis. Early detection is key to helping stop or manage that curve.

What is scoliosis?

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Scoliosis is an abnormal curve of the spine that causes it to look like an “S” or “C” shape. In 80 percent of cases, the cause of this condition is unknown. Such cases are known as “idiopathic” scoliosis. The most common form is [adolescent idiopathic scoliosis](#) (AIS), affecting 2 to 3 percent of children in the United States.

Spotting scoliosis

The onset of AIS typically occurs during the early adolescent years (ages 10 to 15). “Idiopathic scoliosis generally presents itself when children are going through a growth spurt, and most commonly is found in girls,” says [Christopher Henderson, MD](#), with [Coordinated Health Scranton Orthopedics](#), part of Lehigh Valley Health Network (LVHN).

Pediatricians usually include a scoliosis screening as part of your child’s well visit. But it’s still a good idea to be aware of the condition and know what to look for as your child is growing. If you notice any of the following symptoms, it’s important to talk with your child’s doctor:

- Differences in shoulders, shoulder blade, or hip height or position
- Sides of the back appear different in height when bending forward
- Difference in how arms hang beside the body when standing
- One leg may be shorter than the other
- A rib hump may appear due to rotation of the spine and rib cage

Scoliosis diagnosis

A physical examination is the first step to checking whether or not your child has scoliosis. Your child’s doctor checks his or her posture and looks for asymmetry (unevenness) in the trunk (back, shoulders and abdomen). A measuring tool known as a [scoliometer](#) is also placed on the back. This allows your child’s doctor to further assess the curve.

To confirm a diagnosis, X-rays are taken. Those who have a curvature of 10 degrees or

more have scoliosis. “Fortunately, the majority of curves are mild and don’t progress to a worse degree. But with the small percentage of those that do, there are treatment options to stop the progression from worsening,” Henderson says.

Treatment options

“Everyone wears their scoliosis differently,” says [Jeffrey McConnell, MD](#), with [LVPG Orthopedics and Sports Medicine—Hausman Road](#). At LVHN and Coordinated Health, we offer nonsurgical and surgical treatment options for those who have scoliosis. Our providers help determine a treatment plan that works best for your child.

Bracing

Scoliosis can be treated nonsurgically with a [brace](#). This method is used when a curve measures more than 25 to 30 degrees, and a child is still growing. Wearing a custom brace helps slow down the progression of an existing curve. The goal is to stop the curve to prevent surgery from being needed later. “Bracing is the middle ground tool that we use. When the curve appears to be more aggressive and a child has a lot of growing left, bracing is a good option,” Henderson says.

Close monitoring

If the curve shows signs of progression, routine examinations also are recommended. “For children who have more of a curve, we monitor it with periodic X-rays. This is the best way to get a proper evaluation of the curve. The more concerned we are with progression determines how frequent X-rays should be taken,” McConnell says.

Surgery

In some scoliosis patients, a curve can become more severe over time. “The number one reason to consider surgery is to stop progression of the curve. If a patient also has pain and concerns about how it appears, that’s further indication to consider the surgery,” McConnell says.

Surgery may be necessary if a curve measures 45 degrees or more. If bracing has not slowed the progression, or a child is done growing, but the curve continues to worsen, spinal fusion may be recommended.

“The gold standard surgical treatment for scoliosis is a posterior fusion,” Henderson says. During this procedure, an incision is made on the back to access the spine. The surgeon fuses (joins) bony parts of the spine (vertebrae) together and uses rods with hooks and screws to straighten the spine. An anterior fusion is another surgical technique used, during which a surgeon makes an incision through the patient’s side (rib cage).

“Both types of surgery accomplish the same thing – a fusion that straightens the spine and improves appearance,” McConnell says.

For more information on scoliosis treatment at LVHN and Coordinated Health, visit [LVHN.org/conditions/scoliosis](https://www.lvhn.org/conditions/scoliosis).



Join Us for a Virtual Pink-Out Event

October 07, 2020

BY KATIE CAVENDER

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. 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:

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Priya Sareen, MD, Imaging Director of Breast Health Services at Lehigh Valley Cancer Institute

- 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.



School Sports Are Back – And So Is Athlete of the Week!

October 07, 2020

BY HANNAH ROPP

Although COVID-19 has certainly changed the way student-athletes play sports this year, one thing will remain the same. [Lehigh Valley Health Network](#) and [Coordinated Health](#) will be recognizing some of the outstanding performances from area student-athletes for the eighth consecutive year with the scholarship program Athlete of the Week.

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School Sports Are Back – And So Is Athlete of the Week!

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And just like in the past, the community will have a say in who wins male and female Athlete of the Week and the \$500 scholarship that goes with the title. Each week, [The Morning Call](#) sports staff will nominate three male and three female senior athletes from the area based on their performance the week prior. You can vote for the athlete you think deserves to win from Mondays, 5 p.m. until voting closes on Thursdays, 9 a.m. at mcall.com/athleteoftheweek.

In addition to the \$500 scholarship, each male and female Athlete of the Week will also be eligible for the title of male and female Athlete of the Year and the accompanying \$10,000 scholarship that will be awarded at the end of the 2021 school year.

Athlete of the Week, presented by Lehigh Valley Health Network and Coordinated Health, is the region's largest scholarship program and has recognized over 250 student-athletes and awarded over \$250,000 in scholarships. The program typically runs for 35 weeks and recognizes students who participate in a number of fall, winter and spring sports.

For more information on Athlete of the Week and a list of official rules, visit mcall.com/athleteoftheweek. For easy access to vote, download the CH Athlete of the Week app for [Apple](#) or [GooglePlay](#).