



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

**COVID-19 stories highlighted in blue*

JUST FOR COLLEAGUES



Get Your 2020 Turkey Toss Certificate

Learn where and when to get your holiday gift from LVHN.



Actions Against
Racism and
Advancing
Equity Council

Colleagues Take Action Against Racism and Inequity

Learn about our new council and join the conversation.



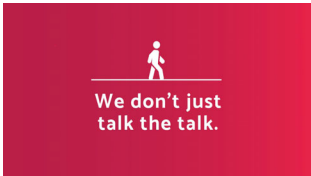
LVHN's Technology Intranet Site

It's your one-stop shop for technology needs.



November Service Anniversary List

See who is celebrating a career milestone.



LVHN Has Award-Winning Presence at Lehigh Valley Heart Walk

See photos of the colleagues who participated.



AIG Retirement Services

Conquer Student Loan Debt

Register for a virtual presentation.



Incredible Support for EMS Heroes

LVHN-Pocono Foundation event supports four EMS agencies.



Celebrating an Anniversary With a Generous Donation

Crothall Healthcare recognizes its 25-year partnership with LVHN.

STORIES



Miller-Keystone Blood Center Has Urgent Need for Donations

Donate at a blood drive near you.

HEALTH TIPS



Now Available: The Healthiest You Podcast

Find out how you can listen to the first episode.



Get the Facts About Lung Cancer at Lehigh Valley Cancer Institute's Lung Cancer Virtual Community Forum

Join us Thursday, Nov. 19, 6 p.m.



Keeping Your Body Conditioned for Sports During a Pandemic

Learn tips to prevent injuries.

NEWS



LVHN Announces Artificial Intelligence Technology on World Stroke Day

When seconds matter, this technology saves time.



LVH–Pocono and Coordinated Health Voted the Best in 13 Categories

Thank you for making us #LVHNProud.

IN THE NEWS

LVHN to expand new Lower Nazareth hospital

October 29, 2020 | wfmz.com

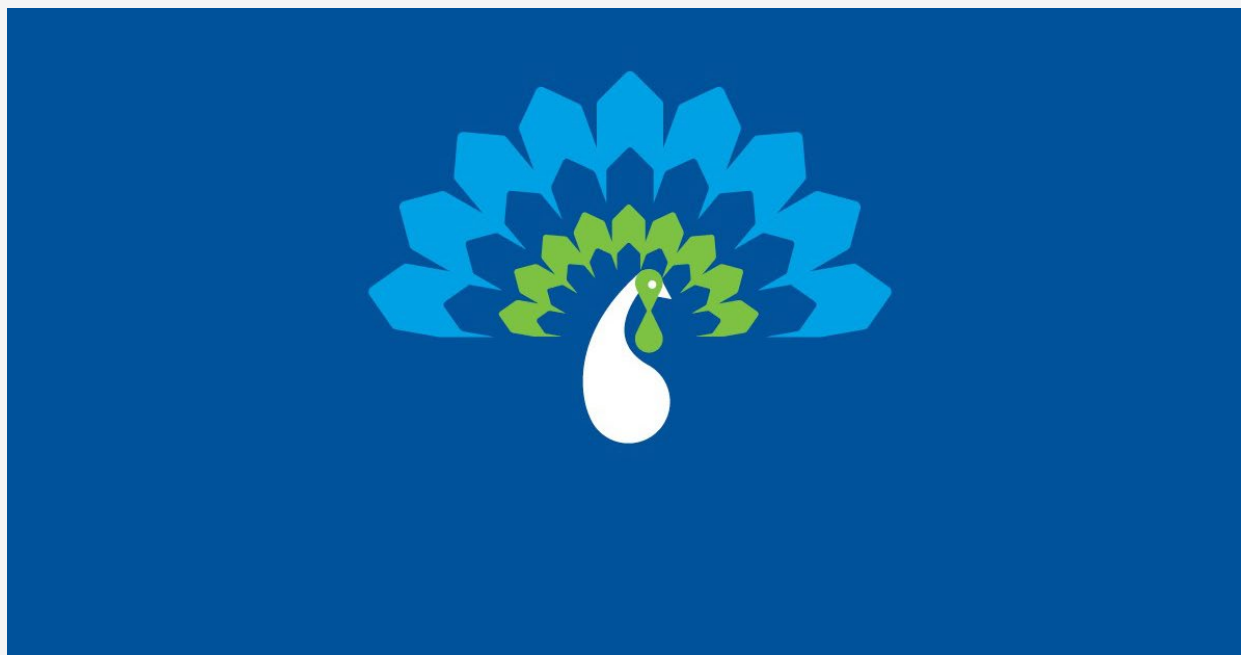
Hand sanitizer freezing up? Time to get a new bottle

October 29, 2020 | fox56.com

Drive-Thru Flu Shot Clinics

November 1, 2020 | iheart.com

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



Print Your 2020 Turkey Toss Certificate on Partner Points

November 05, 2020

The changing leaves and cooler weather can mean only one thing at LVHN. It's Turkey Toss time! This is LVHN's 10th annual "Turkey Toss," which provides one free 12-14-pound frozen Jaindl turkey per colleague as a holiday gift. Your free turkey certificate is now available for you to print in Partner Points.

Here is how to print your turkey certificate:

1. Click on the Partner Points button on your Single Sign-on (SSO) toolbar. It will

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Print Your 2020 Turkey Toss Certificate on Partner Points



Tweets by @LVHN



Join us on #LVHN's Facebook Live at 1 p.m. today to ask Dr. Jody Yozviak questions about the vaccine and view LVHN front-line nurse Chantal Branco receive the first COVID-19 vaccine through Emergency Use Authorization. Tune in and learn more: bddy.me/3gYPJRR.

BREAKING NEWS

Embed

[View on Twitter](#)

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take you to your personal Partner Points landing page.

2. Hover over the Rewards tab at the top of your screen.
3. Click on Turkey Toss.
4. Click on View Coupon. Your personalized certificate will populate with your name and a coupon number.
5. **Print the certificate.**
6. Turn in the certificate for a free frozen turkey at the Turkey Toss event, or for other options at the Jaindl store. At the request of colleagues, we're offering a meatless food option again this year.

I do not have a way to print my certificate. What should I do?

If you are unable to print your turkey certificate, you may not pick up your turkey or other options at the Jaindl store. If you are unable to print your certificate and will attend an LVHN Turkey Toss event, be sure to have your LVHN ID with you.

Is there an expiration date?

Yes. Please print and redeem your certificate no later than Jan. 31, 2021.

When and where are drive-up turkey distributions scheduled?

Drive-up turkey distribution takes place in the Lehigh Valley, Hazleton, Pottsville and East Stroudsburg. Colleagues from Coordinated Health may attend any session to receive their turkey. At the drive-up Turkey Toss, only frozen 12-14-pound turkeys are distributed.

When you present your certificate, please wear a mask. To keep you and our volunteers safe, please open your trunk or hatch so we can place the turkey directly into your vehicle.

Here are the dates and locations:



Monday, Nov. 16, 2-5 p.m.
LVH–Muhlenberg parking lot
2545 Schoenersville Road, Bethlehem

Tuesday, Nov. 17, 2-5 p.m.
Pasco Schiavo City View Park
S. Poplar St. and PA 424, Hazleton

Tuesday, Nov. 17, 2-5 p.m.
154 Burson St., East Stroudsburg

Wednesday, Nov. 18, 2-5 p.m.
Dorney Park parking lot

Thursday, Nov. 19, 2-5 p.m.
LVHN–Mack Boulevard parking lot
2100 Mack Blvd., Allentown

Thursday, Nov. 19, 2-5 p.m.
Fairlane Mall parking lot
7211 Fairlane Village Mall, Pottsville


Turkeys are available on a first-come, first-served basis at the above locations.

Can my colleague pick up multiple turkeys for our department?

Yes, as long as your colleague has room in the car and a Partner Points certificate for each colleague's turkey.

Can I redeem my free turkey certificate at the Jaindl Farms Store?

On Sunday, Nov. 15, 10 a.m.-2 p.m., Jaindl Farms retail store will host a drive-thru pickup event just for LVHN colleagues to redeem their certificates for one of the five options listed below.

Certificates also are redeemable during business hours at Jaindl Farms retail location, 3150 Coffeetown Road, Orefield. Visit [Jaindl.com](https://www.jaindl.com) or call 610-395-3333  for store

hours.

If I redeem my certificate at the Jaindl Farms Store, what can I receive in exchange?

You may choose from:

- 12-14-pound frozen Jaindl turkey
- 8-10-pound Jaindl bone-in turkey breast
- 5 pounds of turkey barbecue (Pennsylvania Dutch style or pulled)
- Meatless food option and gift selection
- 4 pound package of ground turkey

Can I donate my turkey or turkey certificate?

Yes, you may choose to donate either the certificate or a turkey to the person or charity of your choice. There is no donation process organized through LVHN, so if you wish to donate your turkey or certificate you will need to handle those logistics. If you donate the certificate, please remind the person or organization receiving the certificate that it expires Jan. 31, 2021.

Actions Against Racism and Advancing Equity Council

Colleagues Take Action Against Racism and Inequity

November 02, 2020

LVHN is dedicated to ensuring racial equity and opportunity at all levels of the organization. In June, Brian Nester, DO, MBA, FACOEP, LVHN's President and Chief Executive Officer, [introduced the formation of a new council](#) to create greater awareness and engagement on racial and equity issues within our workforce and community and to accelerate action around those issues.

[Council kickoff](#)

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Colleagues Take Action Against Racism and Inequity



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Lehigh Valley Health ...
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The Actions Against Racism and Advancing Equity Council met recently for their kickoff meeting with Dr. Nester and Lynn Turner, Senior Vice President and Chief Human Resources Officer, who serves as the Chair of the committee.

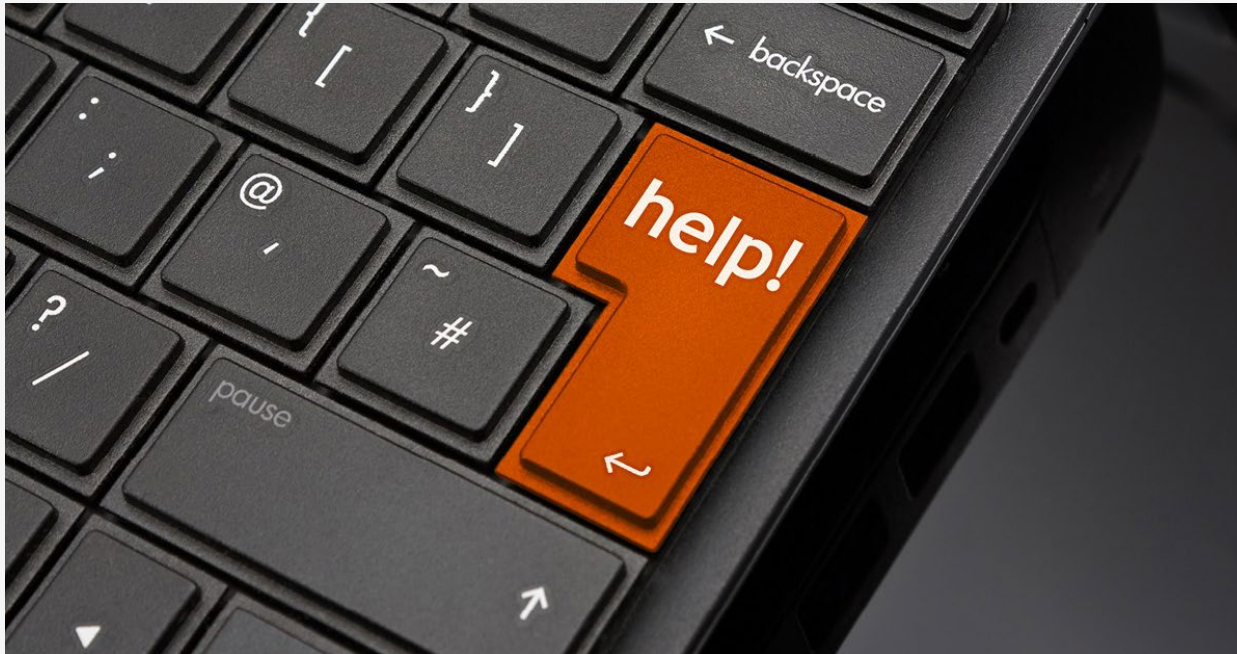
The council comprises nominated colleagues across all regions served by LVHN in both clinical and nonclinical roles. Colleagues shared their “why” for engaging in this important work and learned more about the goals and expected outcomes from their participation.

Through targeted subcommittees, the members will work together to identify and understand the underlying conditions that contribute to inequities at LVHN and focus on implementing lasting changes through a portfolio of focused actions. These actions aim to change cultural norms to foster equitable systems and behavior within LVHN and advance a work environment that respects every individual.

Join the conversation

Keep an eye out for more information about joining a Listening Session hosted by the Actions Against Racism and Advancing Equity Council. In these sessions, colleagues will be encouraged to share their authentic workplace experiences regarding equity and inclusion.

For more information about the Actions Against Racism and Advancing Equity Council, please contact Judy Sabino, LVHN Chief Diversity and Inclusion Officer, at Judith.Sabino@lvhn.org.



LVHN's Technology Intranet Site, Your One-stop Shop for Technology Needs

November 03, 2020

The Technology division is here to support all your technical and application needs. As LVHN grows, more colleagues will need this kind of support. Did you know that on average, the Technology Support Center receives 4,500 calls each week? Most of these issues are resolved during the initial call.

Save a phone call; submit a ticket or request to the Technology Support Center

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LVHN's Technology Intranet Site, Your One-stop Shop for Technology Needs



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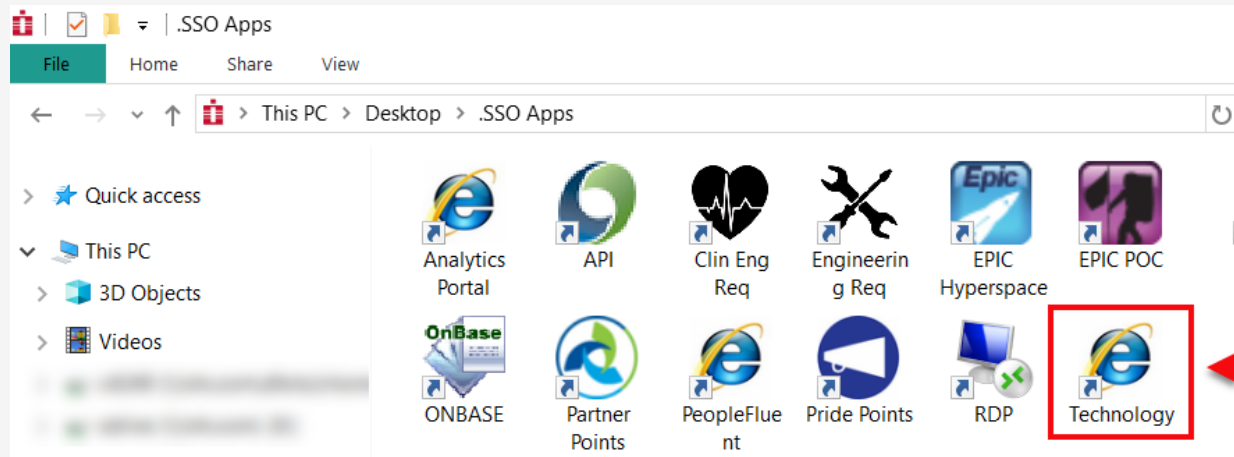


Lehigh Valley Health ...
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online


LVHN Technology offers colleagues a way to submit a ticket to or request a service from (e.g. moving equipment) the Technology Support Center without having to pick up the phone. This can be done from the Technology intranet site.


- On your desktop, launch .SSO Apps.
- Click the new Technology icon. (Don't see the icon? Right-click and choose "Refresh." If it's still not there, restart your computer.)



This will launch the Technology intranet page. To the right of your name, you will see "Request Something" and "Submit a Ticket."

**Account**
YOUR TICKETS
2 open tickets
[View Tickets](#)

**Request Something**
Browse the catalog of Technology service offerings like moving equipment, printing and Telecom requests, Outlook mail lists and X drive folders, requesting reports, and submitting project ideas.

**Submit a Ticket**
Reporting a problem? Answer a question? Log a ticket with the Help Center. Please contact us by phone for safety related issues.

Request Something. Click on this option for assistance with a Technology service such as:

- Equipment moves (e.g. moving a computer or phone to another location)
- New analytical report

- Printing and telecom requests (e.g. access to TigerConnect)
- New email distribution list and X: drive folders
- Project ideas/optimization
- **Submit a Ticket.** If you are experiencing a technical issue, select this option to report it to the Technology Support Center so the problem is ticketed and can be tracked. To help ensure you receive help as quickly as possible, make sure you supply as much information as possible, including:
 - **Contact** – Provide a direct phone number to reach the colleague experiencing the problem. **Tip:** Do not provide a number that’s answered by an auto-attendant. Indirect numbers delay how quickly or easily an analyst can return your call.
 - **Description** – Provide as much detail as possible, including a patient’s name and medical record number, what you are trying to accomplish, or what was displayed on the screen.
 - **Device ID** – Provide the device number for the workstation, scanner, printer, etc. (Example: W1234, S5678, P9876).

Remember, if you are experiencing an issue that is urgent or impacting patient safety, please call the Technology Support Center.

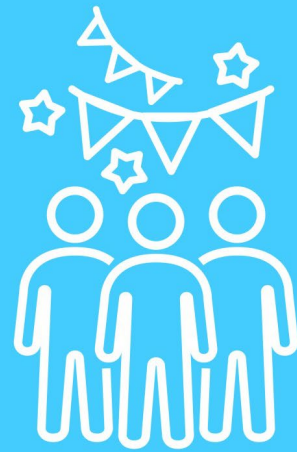
After you submit your request or ticket, you can view the status by selecting “View tickets” under your name.

Technology’s one-stop shop

In addition to submitting a ticket and request, several other services are available such as:

- **Downtime notifications** – [See our scheduled downtime calendar](#). If you see your application listed, make sure you are aware of your downtime procedures.
- **Metrics** – [Check out what Technology metrics we collect and analyze](#). You can view our top 10 support categories, hourly call volumes and more.
- **Security** – [Learn the latest information about LVHN’s Technology Security Management](#). You’ll find information about application reviews, cybersecurity and much more.
- **Status reports** – Stay up to date with our projects and how they benefit our patients.
- **WISAR** – [Submit a WISAR](#) to grant or remove access for your team members.

Before you pick up the phone to call in your technical issue, [check out this valuable resource first](#).



Service Anniversary List – November 2020

November 01, 2020

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

50 years

Ann Griffin, Laboratory - Norwegian

Roberta Meckes, Pharmacy

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Service Anniversary List – November 2020



Tweets by @LVHN



Join us on #LVHN's Facebook Live at 1 p.m. today to ask Dr. Jody Yozviak questions about the vaccine and view LVHN front-line nurse Chantal Branco receive the first COVID-19 vaccine through Emergency Use Authorization. Tune in and learn more: bddy.me/3gYPJRR.

BREAKING NEWS

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45 years

Coy Ackerman, Supply Chain Administration

Christina Kerecz, HIM Clinical Outcomes

Sue Reibman, BH Specialty Float Pool

Pamela Richter, HIM Facility Based Coding

Charlotte Thomas, 6 North

40 years

Barbara Nash, LVPG OB/GYN 1245SCC

Alfonz Szoldatits, Master Facilities Admin

Nancy Trice, LVPG Pediatrics Laurys Station

35 years

Carl Andreas, Cardiac Cath Lab

Rosita Bower-Eyer, Mental Health Nursing

Tammy Klotz-Blangger, 5CP Medical Surgical Unit

Linda Kramer, Wound Healing Center

Tracey Walters, Cardiology Clinic -CC

30 years

Thomas Buchman, Lab Admin

Kevin Jennings, Physician Assistants



Toulia Machlis, Hematology Oncology Clinic -CC

Robin Pesotini, OP Lab

Eileen Rape, Emergency Service - CC

Jacinta Weeks, LVPG-H Gastroenterology

25 years

Jennifer Kasarda, HIM Documentation Content

Adrienne LeCause, LVPG Peds Fogelsville AfterHrs

Christine Piperato, Diagnostic Radiology

Jill Shedlock, Emergency Room

Patrick Taylor, 4KS Medical/Surgical Unit

Debra Williams, 7K Orthopedics

20 years

Nicole Brader, Adult Peds Psychiatry SCC

Patricia Briggs, Mental Health Nursing

Jaime Christman, Emergency Department

Margaret Clermont, Critical Care Unit

Heather Dekrell, CECE Ctr

Maria Dixon, Med Surg 5

Cheryl Lenosky, Hemodialysis Center

Melanie Nevel, Hematology Oncology Clinic -CC

Maribel Rivera, Pharmacy

Victor Rodriguez, Messenger/Courier Service

Jean Shaffer, Float Nursing

Nicole Stevens, Patient Registration

Noelle Tessitore, Labor & Delivery

Lynda Workman, Breast Health Svcs Cedar Crest

15 years

Maria Joema Butron, 2B (PCU)

Siobhan Ciotola, LVPG Infectious Disease 1250CC

Lucille Colburn, 6 North

Donald Donello, Cancer Center Radiation

Kelly Fehr, 6C Medical/Surgical Unit

Elizabeth Hernandez, PT/OT

Tasha Hernandez, LVPG-P Expresscare-Bartonsvle

Michelle Hullinger, Respiratory Care Services

Josephine Illick, HIM Provider Based Coding

Natalie Leiter, Radiology - Norwegian

Michelle Maron, Infection Control & Prevention

Barbara Maznio, Cardiovascular/Telemetry Unit

Jonna Mickshaw, Population Health

Barbara Oravec, EPIC Conversion

Lori Piltz, Care Management

Levi Rassler, Info Svcs Customer Service

Kelly Repasch, 402-CARE

Ginger Rissmiller, 6B Renal Med-Surg

Denise Santanasto, Respiratory Admin & Support

Joanne Schultz, 5 North

Kathleen Schuyler, Organizational Development

Janice Seitzinger, Geriatric Psych - Norwegian

Ann Louise Shilling, Lab Admin

Nichole Sierra, Neurosurgery Clinic - CC

Kelly Sunderland, HIM DOC Mgmt Release of Info

Carly Swiatek, LVPG Neurology 1250CC

Keith Tokonitz, MEDEVAC

Marie Tomins, Helwig Diabetes Ctr Outpatient

Jury Vera, LV Center For Women's Med

Anna Vicoso, CVM

Monifa Whittington, Psych Eval/OP Services

Donna Youngkin, Magnetic Imaging 1770

10 years

Cristina Almestica, Pediatric Unit 5J

Carlos Castillo, Comprehensive Health Services

Robert Creveling, Financial Services

Alfonso De Santo, Health Spectrum Pharm - Pocono

Bari DiUbaldo, Cardiac Rehabilitation

Taneka Duggan, Hospice Home Health Aides

Donna Ferrel, ED Providers

Carin Geisinger, Imaging-Cetronia Rd

Kelley Gold, Family Lodging Center

Yarivette Gonzalez, PGME - Emergency Medicine

Jarrad Hantz, RAD OR

Angie Heffner, Labor and Delivery Unit

Jennifer Hudson, 5 North

Emily Hunsicker, LVHN Fitness Massage

Donald Jones, Emergency Med Hazleton

Heather Kovacs, Progressive Coronary Care Unit

Mary Lou Kurapka, Pharmacy

Carrie Langdon, Radiology

Kelly Leisey, Hemodialysis Center

Rebecca Lynch, Cardiology Clinic -CC

Nicole Metzler, Radiology at Moselem Springs

Ashley Reitz, LVPP Specialties

Loren Schneider, LVPG-L Ortho Muhlenberg

Tricia Shelly, Quality

Maria Speicher, Nicu

John Taylor, Ct Scan

Harry Walker, Imaging In-House SVC Prog

Tonya Wanamaker, Breast Health at Moselem

Megan Wukitsch, Childrens Clinic at LVH

5 years

Mercedes Adames, LVPG Ophthalmology 17th St

Deborah Arnold, Home Care - Skilled Nursing

Brooke Arriaga, Mental Health Nursing

Robert Beach, Rehab at Health Center Palmer

Shellon Bennett, LVPG-P Family Med-Tobyhanna

Elizabeth Bidwell, LVHN Childrens Express Care PT

Nicole Bleiler, HSP CC & I78 RX

Debra Bonser, LVPG Orthopedics Specialty

Krista Bonser, HC/HOCentral Business Office

Lisa Boyko, Clinic Administration

Maria Bringenberg, Patient Receivables Office

Emily Brophy, LVPG OB/GYN Pond Road

Maria Caldwell, Hwc Fitness Center

Tiffany Casimiro, Special Care Nursery

Patricia Castillo, CPP Physiatry/PMR 26 Station

Deanna Cavallaro, Home Care - Skilled Nursing

Walter Chesla, Info Svcs Data Analytics

Melissa Clark, LVH M Hospitalist Program

Susan Clark, Concussion & Head Trauma Progr

Susan Colavito, HC/HO Clinical Service

Lisa Coleman, LVPG OB/GYN Laury's Station

Robert Connelly, Grounds / Housekeeping

Kathryn Cosentino, 5CP Medical Surgical Unit

Peter Cosgrove, Emergency Service - CC

Kiesha Custis-Adams, 4KS Medical/Surgical Unit

Nicole Cuvo, Operating Room-Beth

Betsy Daly, Urology-Hland 2300

Kristin Daly, LVPG Cardiology Easton Assoc

Lauren Decker, Cardiovascular Unit

Carly Delguerico, 4KS Medical/Surgical Unit

Katy Denault, IRF CC Admin

Elida Derhammer, 6T Med/Surg

William Draina, Security

Richard Dyer, 5CP Medical Surgical Unit

Danielle France, 5T Med/Surg

Beth Frantz, Pre-Srvcs/Financial Clearance

Keoma Gopaulsingh, Cardiac ICU

Alandra Green, Vascu/Interventional Radiology

Emily Green, 5CP Medical Surgical Unit

Ammy Guzman, LVPG Advance Spine Center

Stephanie Hack, Rehab Services Tilghman

Emily Hegner, 5CP Medical Surgical Unit

Lindsay Herman, LVPG Peds SurgUrology 1210SCC

Irisneyda Herrera Duran, Lehigh Valley Fam Health Ctr

Sarah Hoppock, Supply Distribution Services

Darla Irish-Thorburn, Care Management

Kaitlyn Irving, 7B Medical Surgical Unit

Kathy Kaufman, LVPG Family Med Emmaus

Lorrie Kellmer, Ob/Gyn - Brookhill

Lydia Kleiner, 2K South

Deborah Klingler, 340B Team

Judith Knouse, Pharmacy

Tabitha Kresge, LVPG Family Med Orefield

Tiffany Lagasse, Pediatric Unit 5J

Cynthia Layton, Admin

John Layton, Information Syst

Hilary Le, Nursing Float Pool

Leanne Leckie, LVPG Family/Intrnl Med BethTw

Jenni Lisiewski, LVPG Fam/Intrnl Med Cntr Valle

Jessica Lobien, LVPG Pediatrics Laurys Station

Donna Lojewski, LVPG Cardiology Muhl

Melissa Long, Mother Baby Unit

Arlene Lopez, Patient Access Center

Mary Ellen Lyons, Ob/Gyn - Brookhill

Susan Maikits, LVPG Peripheral Vascular Sur

Marjorie Maine, LVPG-P Expresscare-Bartonsvle

Lindsey Maldonado, Operating Room

Mooly Marcajoux, 4KS Medical/Surgical Unit

Christina Marcano, HIM Facility Based Coding

Corinne Martinko, Nursing Float Pool

Stephanie McClure, LVAS LVH - Cedar Crest

Kevin McNavage, ED Providers

Michael Miller, Patient Transport Services

Kristen Monk, LVAS LVH - Cedar Crest

Andrew Monroe, Pharmacy

Nicole Moyer, Inpt Rehab SVC-CC

Damaris Muniz, 5CP Medical Surgical Unit

Kellyann Musum, Patient Accounting

Aimee Nicholassen, Education Infrastructure

Jacob Oberholtzer, Patient Access Center

Andrew Orzel, NORI Clinical

Heather Palminteri, Breast Health Svcs Cedar Crest

Carolina Perez Garcia, Interpreter Services

Melissa Piech, Home Care - Occup Therapy

Brittany Pintande, Rev Cycle Ed-Process Improve

Alison Post, LVPG Internal Med 3080Hamilton

Denise Potkovac, BH 2

Nancy Price, Ct Scan

Odilio Ramirez, Sterile Processing

Lisa Randow, Radiology at Bangor

Tasha Reck, LVPG ENT Muhlenberg

Joseph Reign, Pastoral Care

Debbie Rismiller, LVPG Peripheral Vascular Sur

Gabriel Rodriguez, Info Svcs Technical Operations

Heidi Rodriguez, Employer Services

Mihaela Rosca, LVH M Hospitalist Program

Kathryn Ryan, Sleep Disorders

Tracy Salmon, CECE Ctr

Hernan Sanchez, Info Svcs Customer Service

Kristina Sanchez, LVPG-P Pulmonology-Pocono

Lynn Schiavone, Hospice Volunteer

Tamera Schneckner, LVH M Hospitalist Program

Deborah Sell, Hematology Oncology Clinic -CC

Rosita Senior, Mental Health Nursing

Danielle Shively, Specialty Clinic-Pocono

Amanda Skrzysowski, Benefits

Gail Snyder, Ct Scan

Jill Snyder, Ob/Gyn - Brookhill

Heidi Sonmez, HC Central Business Office

Francis Spear, ED Providers

John Stafford, Security

Donna Steigerwalt, HIM Documentation Content

Sean Sullivan, Cardiac Diagnostic Center-LVHM

Kristen Thomas, Ct Scan

John Tomasi, LVPG Cardiology 1250CC

Emiliana Troche, Patient Receivables Office

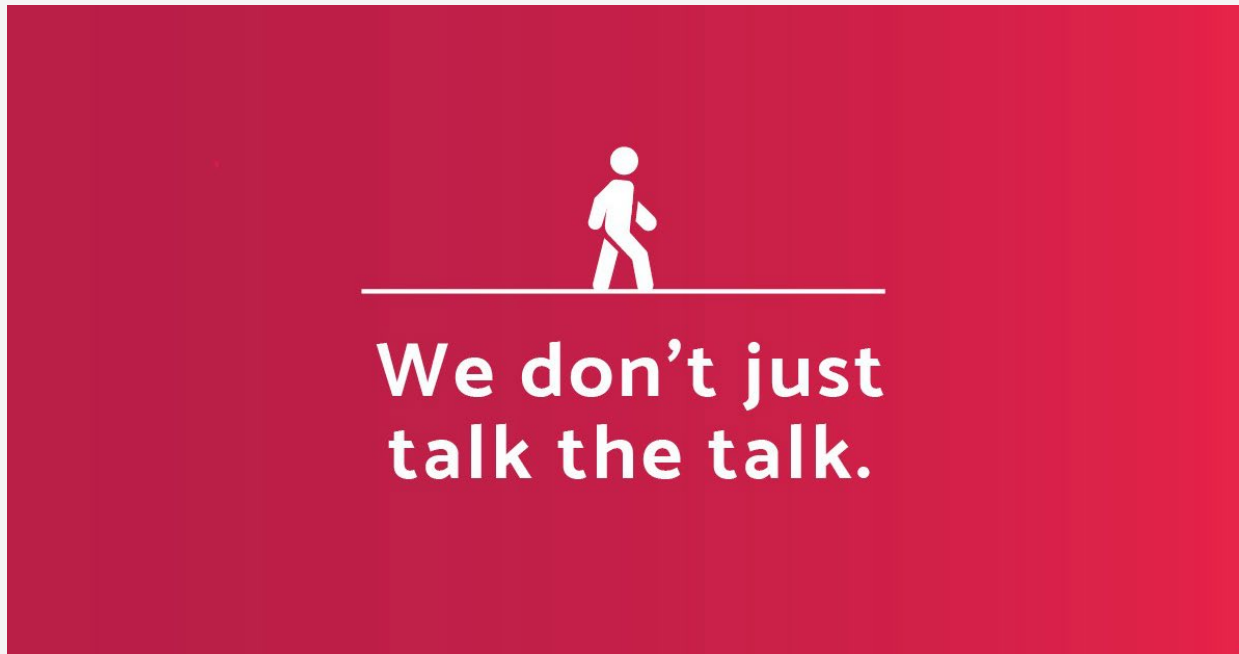
Nathalia Villamizar, 5T Med/Surg

Neti Vora, LVPG Geriatric Med 17th St

Karen Ward, Mental Hlth Anc

Justine Weiss, Dietary

Anna Yurchishin, Diagnostic Radiology



LVHN Has an Award-Winning Presence at American Heart Association Lehigh Valley Heart Walk, Again – PHOTOS

November 04, 2020

BY KATIE CAVENDER

This year's American Heart Association (AHA) Heart Walk was a little different than years past. AHA invited participants to "Walk where you are" as a virtual heart-healthy

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LVHN Has an Award-Winning Presence at American Heart Association Lehigh Valley Heart Walk, Again – PHOTOS



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event. But, one thing remained the same – the event raised funds for lifesaving science that can teach us all how to live longer.

Lehigh Valley Heart Institute sponsored the walk and organized LVHN participation. Louis Hansrote, MD, Chief of Pediatric Cardiology at Lehigh Valley Reilly Children's Hospital and pediatric cardiologist with Children's Hospital of Philadelphia, chaired the event.

Congratulations to all LVHN participants and teams for your accomplishments:

- LVHN awarded Top Fundraising Company with \$24,417.31 raised.
- LVHN awarded Top Company Steps with 13,461,130 steps.
- Team CC 1250 Cardiology placed first with \$5,455.55 raised.
- Team Regional Heart Center Muhlenberg placed third with \$2,692.82 raised.
- Team LVHN Rehab Orthopedics placed first for Top Team Steps with 4,170,118 steps.
- Team Lehigh Valley Heart Institute placed third for Top Team Steps with 2,481,860 steps.
- Team Regional Heart Center Muhlenberg placed fourth for Top Team Steps with 2,190,752 steps.
- Orlando Rivera placed first for Top Individual Steps with 834,897 steps.

Thank you to all our team captains:

- Behind the Masks, Lori Fuehrer
- CC 1250 Cardiology, Terra Appling
- CHS Proud, Jeannie Ong
- Fit & Fab Finance, Robin Andreas
- Invasive Cardiology, Michelle Kardohely
- Lehigh Valley Heart Institute, Kyle Garon
- Lehigh Valley Reilly Children's Hospital, Dr. Nathan Hagstrom
- LVH Rehab Orthopedics, Nicole Bailey
- LVHN Cardiac Rehab, Theresa Mylet
- LVHN EMS WHEELS, Kristen Myers
- LVHN Young Professionals, Christina Tomsic
- LVPG Cardiology Easton-Phillipsburg, Nicole Zapotocky
- PedRes Heart Warriors, Dr. Lauren McCrillis
- Regional Heart Center Muhlenberg, Megan McGonagle
- The Palpitations, Christina Hoffman





AIG Retirement Services

Conquer Student Loan Debt

October 30, 2020

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

Join us for a virtual presentation about how you can manage this debt alongside your overall financial plan. [Click here to register](#) for your preferred time and day for these impactful workshops.

FutureFIT financial wellness webinars: Get help Shaping your financial future

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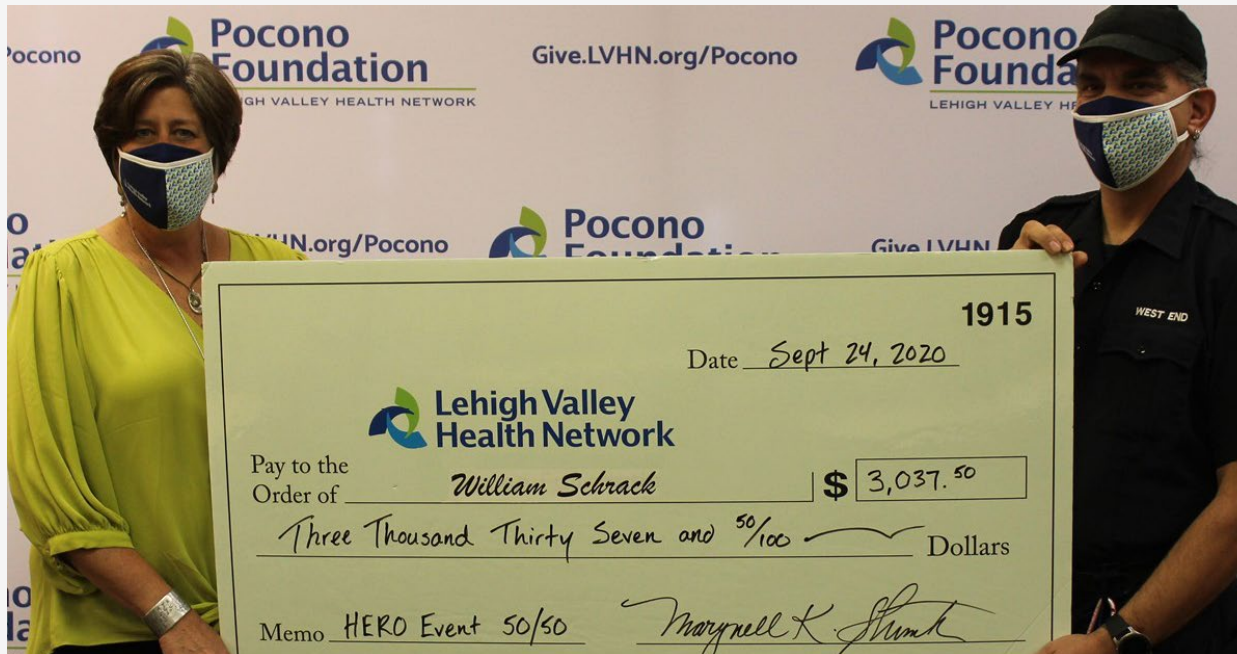
As always, you'll have additional education opportunities to learn through monthly webinars. The FutureFIT Financial Wellness Webinar Series is all about making it easy to learn about the financial topics that matter most to you, whether you're just starting your career or nearing retirement. [Click here](#) to see this month's full listing of webinars.

Annual deferred compensation notices

It's that time of year. AIG Retirement Services has recently distributed your annual notices about your Lehigh Valley Health Network Retirement Plans. These notices are for your information only, so no action is required by you. If you have any questions, please contact our dedicated financial advisors by calling 610-402-8801,  or schedule an appointment with them using the links below:

- Jeffrey Hoffman: [Click here to schedule a virtual meeting or phone appointment](#)
- Michael Ryan: [Click here to schedule a virtual meeting or phone appointment](#)
- Ike Pius: [Click here to schedule a virtual meeting or phone appointment](#)
- Brandee Lusch: [Click here to schedule a virtual meeting or phone appointment](#)
- Bradly Boardl: [Click here to schedule a virtual meeting or phone appointment](#)
- Tim Schroyer: [Click here to schedule a virtual meeting or phone appointment](#)
- Kevin Gertz: [Click here to schedule a virtual meeting or phone appointment](#)
- Vicki Moliken: [Click here to schedule a virtual meeting or phone appointment](#)

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



Incredible Support for EMS Heroes

November 04, 2020

BY JESSICA BLASCO

LVHN–Pocono Foundation’s fourth annual EMS Hero Event was held virtually for the first time on YouTube Live. [Watch it online now](#). The Foundation, along with LVH–Pocono, recognized the extraordinary care local emergency medical service (EMS) providers deliver to our community.

The event honored the outstanding service of the four EMS agencies serving LVH–

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Incredible Support for EMS Heroes



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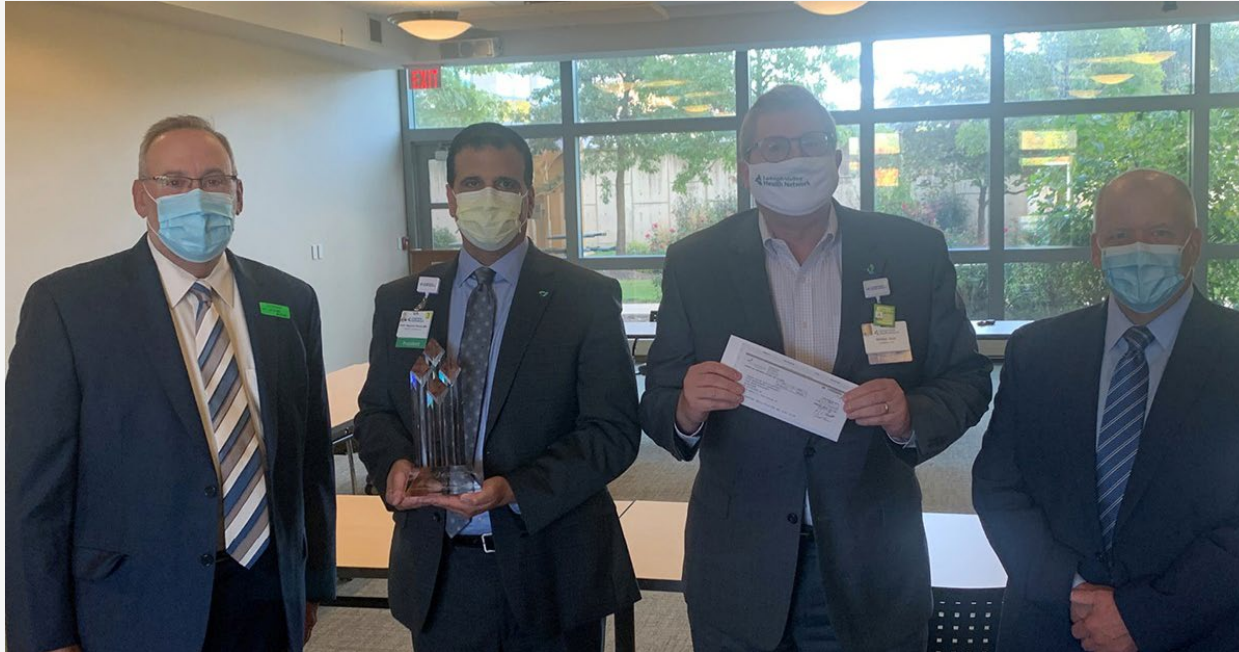
- Bushkill Emergency Corps
- Pocono Mountain Regional EMS
- Suburban EMS
- West End Community Ambulance Association

Despite the limitations of a virtual event, LVHN–Pocono Foundation raised a record \$16,600 for these local heroes. Donations are split evenly among the four agencies and help fund the cost of needed equipment for these providers.

The event included videos of four separate lifesaving calls as told through the eyes of the patients and their EMS responders. These powerful and compelling videos were introduced by physician and administration leaders at LVH–Pocono and LVHN.

Because the event was held virtually this year, gift bags and awards were delivered to each station by the Foundation staff, and dinner was delivered on the evening of the broadcast.

To learn more about ways you can support the LVHN–Pocono Foundation, visit Give.LVHN.org/Pocono.



Celebrating an Anniversary With a Generous Donation

November 04, 2020

The longstanding relationships between Crothall Healthcare and LVHN is worth celebrating. That's why Crothall presented LVHN with a crystal award and a check for \$25,000 to mark the milestone: 25 years in partnership, serving our patients and community.

"We are really excited to celebrate our great partnership," says Thad Vavrock, Regional Director of Operations at Crothall Healthcare. "We are all on one team, here to help each other every step of the way."

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Celebrating an Anniversary With a Generous Donation



Tweets by @LVHN



Join us on #LVHN's Facebook Live at 1 p.m. today to ask Dr. Jody Yozviak questions about the vaccine and view LVHN front-line nurse Chantal Branco receive the first COVID-19 vaccine through Emergency Use Authorization. Tune in and learn more: bddy.me/3gYPJRR.

BREAKING NEWS

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Crothall Healthcare, a nationwide health care support services provider, and LVHN began their partnership in 1995. Today, Crothall manages a team of 500 employees, providing housekeeping and groundskeeping services across the health network.

Vavrock says the pandemic is one of the greatest challenges the organizations have ever faced, but by working together, they are overcoming challenges. “We provided the right products, solutions and strategy to get through this entire process together, and come out stronger,” he says. “After this, we will be able to face anything that arises.”

The Crothall housekeeping team cleans and disinfects patient rooms daily, making sure visitors and medical staff stay safe. Crothall’s cleaning and disinfection program, based on five pillars of infection prevention, is an evidence-based approach aimed at reducing hospital-acquired infections.

“I am most proud of what LVHN has been able to accomplish over the years,” says Eric Kermitz, Regional Vice President, Crothall Healthcare. “We have always looked for ways to assist, especially during the COVID pandemic over the past year when things got really tough. It’s been a joy to watch our relationship flourish. We look forward to the next 25 years.”





#givenow

Miller-Keystone Blood Center Has Urgent Need for Donations

November 03, 2020
BY TED WILLIAMS

Miller-Keystone Blood Center (MKBC), the only blood supplier for Lehigh Valley Health Network (LVHN) and virtually all hospitals in the LVHN coverage area, is experiencing an urgent need for blood donations of all types. If you are a healthy individual, please consider donating blood as soon as possible, and be assured your donation will be done in a safe manner in light of the current COVID-19 pandemic.

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Miller-Keystone Blood Center Has Urgent Need for Donations



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Since the COVID-19 crisis began, MKBC has been forced to cancel well over 100 blood drives at area hospitals, and individual donations at the [14 MKBC donor and satellite locations](#) have declined significantly. Blood drives have now resumed, and several steps have been implemented to ensure safety:

- Donors must call 800-B-A-DONOR (800-223-6667 ) or schedule an appointment online at GIVEaPINT.org regardless of whether they are taking part in a blood drive or donating at a MKBC location. Walk-in donations are not permitted at any MKBC location until further notice.
- All donors complete a health screening online at GIVEaPINT.org prior to arrival. Only healthy individuals can donate. If you wake up feeling ill on the day of your appointment, please reschedule.
- At blood drives, donors are scheduled every 20 minutes if the drive is held in a MKBC mobile coach, and every 30 minutes if the drive is held inside the hospital. Donors are asked to arrive as close to appointment time as possible. Donors arriving 10 and more minutes late will most likely be asked to reschedule.
- All donors and MKBC staff members are required to wear masks upon entering the facility and to keep their masks on until they leave the facility. All staff members are required to wear personal protective equipment and face shields during donations.
- The temperatures of all donors and staff members are taken before entry to any MKBC facility is permitted. All donors and staff members are asked to avoid touching their nose, eyes, mouth and face, as well as pay attention to coughing and sneezing hygiene.
- A trained medical screener will take a donor's blood pressure and do a final health screening prior to donation. Donors are then guided to a donation chair, which are spaced at least 6 feet apart to ensure social distancing.
- All high-touch areas throughout the facility are disinfected and sanitized regularly.
- Donors will receive snacks during recovery time, where they are watched for a

time in the unlikely event of a reaction to donating blood. Upon release, donors are asked to leave the area.

Blood transfusions save about 4 million Americans annually. Blood is used in a variety of circumstances, such as for trauma victims, surgical patients and premature babies. The most common demand is among cancer patients, who often need daily transfusions. Trauma hospitals use the universal blood type – O-negative – to quickly transfuse necessary blood until a patient’s type can be determined. O-negative type blood is the most critical need at MKBC.

Upcoming MKBC blood drives that you can schedule a blood donation include:

Lehigh Valley Hospital–Cedar Crest

- Nov. 22, 9 a.m.-5 p.m., coach (parked in front of the main entrance)
- Jan. 12, 9 a.m-5 p.m., Educational Conference Center rooms 9 and 10

Lehigh Valley Hospital–Muhlenberg

- Dec. 9, 7 a.m.-4 p.m., coach (parked in front of the main entrance)
- Feb. 3, 7 a.m.-4 p.m., conference rooms B, C and D

Lehigh Valley Hospital–17th Street

- Feb. 16, 8 a.m.-1 p.m., auditorium

Lehigh Valley Hospital–Hazleton

- Dec. 17, 11 a.m.-6 p.m., coach (parked in the rear of the Business and Education building)

Schedule a blood donation with Miller-Keystone Blood Center by calling 800-B-A-DONOR (800-223-6667) or visiting [GIVEaPINT.org](https://www.giveapint.org).



Now Available: The Healthiest You Podcast

November 05, 2020

BY KATIE CAVENDER

As your health partner, Lehigh Valley Health Network loves health. Did we mention health? That's why we created The Healthiest You podcast. It's hosted by familiar voices – [Mike and Steph from B104](#). In each episode they will interview doctors and experts across the health network to learn practical health tips for everyday life – to empower you to be the healthiest you.

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Now Available: The Healthiest You Podcast



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The first episode is now available

Mike and Steph sit down with [family medicine physician Alexandra Printz, MD, with VHP–Lehigh Valley Family Health Center](#), and [psychiatrist and mindfulness expert Susan Wiley, MD, with LVPG Psychiatry](#), to discuss the importance of flu shots and good thoughts during the pandemic. Bonus – Mike and Steph give tips for the upcoming [LVHN flu shot clinic drive-thrus in Allentown](#).

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The Healthiest You is available on the podcast apps below. Just search “The Healthiest You” and hit subscribe, so you never miss an episode.

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Get the Facts About Lung Cancer at Lehigh Valley Cancer Institute's Lung Cancer Virtual Community Forum

October 30, 2020

Lung cancer is one of the leading causes of cancer-related deaths among both men and women; however thanks to new treatment options, more people are surviving and even thriving with lung cancer. Join us at Lehigh Valley Cancer Institute's lung cancer virtual community forum at 6 p.m. on Thursday, Nov. 19, as some of our top cancer

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Get the Facts About Lung Cancer at Lehigh Valley Cancer Institute's Lung Cancer Virtual Community Forum



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experts speak about the latest advances in lung cancer treatment and management.

Moderated by B104 radio host Steph Wells from Mike and Steph in the Morning, the event's featured speakers and topics include:

- [Eliot Friedman, MD, medical oncologist, LVH Hematology Oncology](#)
- [Andrea Rivera Rodriguez, CRNP, MSN, LVPG Pulmonary and Critical Care Medicine](#), will discuss our lung screening program.
- [Robert Kruklytis, MD, PhD, LVPG Pulmonary and Critical Care Medicine](#), will discuss robotic bronchoscopy.

If you have questions about lung cancer, our speakers plus [Sean Quinlan-Davidson, MD, radiation oncologist](#), and [Richard Chang, MD, thoracic surgical oncologist](#), will be ready with the answers.

Lung cancer care at Lehigh Valley Cancer Institute

Lehigh Valley Cancer Institute uses a team approach to treat lung cancer with collaboration among multiple cancer specialists including medical, radiation and surgical oncologists.

With the best specialists, leading-edge technology and access to the most advanced clinical trials, Lehigh Valley Cancer Institute is your partner in the fight against cancer. Lehigh Valley Cancer Institute is a member of the Memorial Sloan Kettering (MSK) Cancer Alliance, which provides patients with additional lifesaving care options.

Register now to get the facts about lung cancer

Register for this virtual event today at LVHN.org/LungEvent.





Keeping Your Body Conditioned for Sports During a Pandemic

November 04, 2020
BY HANNAH ROPP

Student-athletes are used to dealing with adversity, but the spring 2020 season presented a particularly unique challenge when COVID-19 forced the cancellation of the entire season. This meant that many student-athletes who were used to routine conditioning and daily practice had months of downtime before ultimately resuming

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Keeping Your Body Conditioned for Sports During a Pandemic



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activity.

According to physical therapist [Mike Price with Coordinated Health, part of Lehigh Valley Health Network](#), the threats from so much downtime are significantly higher when athletes don't condition, which is why it's important to return to play in a safe manner. "When I work with athletes I like to equate the season to a road trip they are excited to go on. You would never start a road trip with less gas than was needed to get to your destination. The same can be said about training," he says.

As pandemic continues through the fall and winter, it's possible that practices and games may continue be canceled. However, Price has some tips to help athletes get back after COVID-19 downtime:

- **Start slow** – Ease back in under the guidance of your strength and conditioning coach or athletic trainer and slowly ramp up your activity week to week.
- **Vary intensity** – Give your body more time to recover if you have a workout that is more difficult than what you are used to.
- **Short, frequent workouts vs. long workouts** – Shorter workouts will allow your body to build up tissue resilience and allow physiological adaptations to take place in a safer manner.
- **Assess, reassess and monitor continually** – The #1 predictor of future injury is prior injury. Have those areas assessed by physician, physical therapist or athletic trainer. Also, assess and reassess workload (intensity, duration and volume). Monitor post-workout soreness that does not resolve as quickly as normal.
- **Emphasize recovery** – Ensure you are giving your body a chance to recover with appropriate hydration, nutrition and sleep. (Tip: athletes sleeping less than 8 hours a night have a 1.7 x higher chance of injury.)
- **Posture** – Posture dictates function and dysfunction. Address these potential areas as you get back in the swing of things.

For more information on conditioning or to make an appointment with a physical

therapist, visit [LVHN.org/sportsrehab](https://www.lvhn.org/sportsrehab).



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Lehigh Valley Health Network Announces Artificial Intelligence Technology on World Stroke Day

Lehigh Valley Health Network is the only health network in the region to offer this technology at every one of its hospital campuses.

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Contact



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Lehigh Valley Health Network Announces Artificial Intelligence Technology on World Stroke Day



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Lehigh Valley, Pa., October 29, 2020

Artificial intelligence is not just in the movies – it’s an innovative way of using technology to transform stroke care. To help detect stroke more rapidly and start lifesaving treatment even faster, [Lehigh Valley Health Network \(LVHN\)](#) now has leading-edge artificial intelligence software called [Viz.ai](#) to analyze the brain.

Gone are the days of waiting for a computer to boot up to view a computed tomography scan (CT scan). Viz.ai can identify large vessel occlusion (LVO) strokes and deliver focused imaging directly to the care team’s mobile devices. No matter which LVHN hospital the patient visits, every neurologist and interventional radiologist in the health network receives a CT notification with high-quality imaging. The team can consult with one another in real time using a texting-like HIPAA-compliant mobile interface.

“LVHN has award-winning stroke expertise, and now we are able to combine that with artificial intelligence,” says [Steven Lewis, MD, Chief of Neurology at LVHN](#). “We are constantly looking for new ways to improve patient care, and this is an example of that.”

This technology can potentially save critical minutes, even hours, in the triage, diagnosis and treatment of strokes. Viz.ai’s image analysis facilitates the fast and accurate triage of suspected LVOs in stroke patients and drives fast treatment decisions to save brain and save lives.

“It’s truly revolutionizing care,” says [Yevgeniy Isayev, MD, with LVPG Neurology](#). “With stroke care, every minute counts in saving a person’s brain, and Viz.ai estimates that this streamlined communication saves care teams an average of 20 minutes.”

Five hospitals in the health network received [American Heart Association/American Stroke Association Get With The Guidelines® Stroke Gold Plus](#) awards. In fact, campuses across LVHN have received Get With The Guidelines recognition for more than a decade.

In 2012, [Lehigh Valley Hospital \(LVH\)–Cedar Crest](#) became one of the first stroke centers in the United States to earn advanced certification as a [Comprehensive Stroke Center](#) by [The Joint Commission](#) and [American Heart Association/American Stroke Association](#). The LVH–Cedar Crest care team offers the highest standard of care for strokes, and this certification recognizes our expert staff and its advanced training in

treating patients with complex strokes.

[LVH–Muhlenberg](#), [LVH–Hazleton](#), [LVH–Schuylkill](#) and [LVH–Pocono](#) all are 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 LVHN

[LVHN](#) includes eight hospital campuses, three in Allentown, one in Bethlehem, one in East Stroudsburg, one in Hazleton and two in Pottsville, Pa.; [Coordinated Health](#), which includes two hospital campuses, nearly two dozen multispecialty locations including ambulatory surgery centers and orthopedic injury centers in northeastern Pennsylvania and western New Jersey; 26 health centers; numerous primary and specialty care physician practices; 20 [ExpressCARE](#) locations including the area's only [Children's ExpressCARE](#); pharmacy, imaging, home health, rehabilitation and lab services; and preferred provider services through Valley Preferred. Specialty care includes: trauma care for adults and children, burn care at the Regional Burn Center; kidney and pancreas transplants; perinatal/neonatal, cardiac, cancer, orthopedics, neurology, complex neurosurgery capabilities including national certification as a Comprehensive Stroke Center, and robotic surgery in 10 specialties. [Lehigh Valley Cancer Institute](#), [Lehigh Valley Heart Institute](#) and [Lehigh Valley Institute for Surgical Excellence](#) physicians provide the most advanced treatments. Lehigh Valley Cancer Institute is a member of the [Memorial Sloan Kettering \(MSK\) Cancer Alliance](#), an initiative that helps community providers improve the quality of cancer care and offers access to MSK clinical trials. [Lehigh Valley Reilly Children's Hospital](#), the community's only children's hospital, provides care in more than 30 specialties and general pediatrics. [Lehigh Valley Hospital–Cedar Crest](#) is ranked as the region's No.1 hospital for seven straight years and has been recognized among Pennsylvania's top six hospitals for seven consecutive years by [U.S. News & World Report](#). Lehigh Valley Hospital (LVH)–Cedar Crest, [LVH–17th Street](#) and [LVH–Muhlenberg](#) are the region's only [Magnet®](#) hospitals for nursing excellence. Additional information is available by visiting [LVHN.org](#) or following us on [Facebook](#) , [Twitter](#), [LinkedIn](#) and [Instagram](#).



LVH–Pocono and Coordinated Health Voted the Best in 13 Categories

October 29, 2020

BY KRISTY MARTIN

You already know the care and the health care professionals at [LVH–Pocono](#) and [Coordinated Health](#) are awesome. Well, our community agrees! Here's proof.

LVH–Pocono and Coordinated Health came in first place in 13 different categories in

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LVH–Pocono and Coordinated Health Voted the Best in 13 Categories



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the [Pocono Record's 2020 Readers' Choice Awards](#). Thank you to all the members of our community who recognize the care of our health care heroes during the pandemic and always. We are #LVHNProud to serve you!

Here are the categories in which LVH–Pocono and Coordinated Health came in first place:

- **Best Hospital:** Lehigh Valley Hospital–Pocono
- **Best Cancer Care:** [Dale and Frances Hughes Cancer Center](#)
- **Best Family Practice:** [LVPG Family Medicine](#)
- **Best Pediatrician:** LVPG Pediatrics
- **Best Urgent Care:** [LVHN ExpressCARE](#)
- **Best Cosmetic Surgeon:** [Charles Herman, MD](#)
- **Best In Home Personal Care:** [Lehigh Valley VNA](#)
- **Best Benefits Program**
- **Best Employee Recognition Program**
- **Best Innovative Workplace**
- **Best Hospice:** [Monroe County Hospice House](#)
- **Top Orthopedic:** Coordinated Health
- **Top Physical Therapist:** Coordinated Health

Thank you for making us the best! And tell everyone you know that they can rely on LVH–Pocono and Coordinated Health for the health care they need, expect and deserve.

