



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

*\*COVID-19 stories highlighted in blue*

## JUST FOR COLLEAGUES

PERSONAL TRAVEL UPDATE

### Personal Travel Update

LVHN will not require quarantine after travel to New Jersey.

SPECIAL ANNOUNCEMENT

### Physician Leadership Positions

Two physician leadership appointments are announced.

SPECIAL ANNOUNCEMENT

### Leadership Transition Plan

Get details about our national search for a COO and shifting leadership roles.

2020 VETERANS DAY CELEBRATION

### Watch LVHN's Veterans Day Celebration – Video

We pay special tribute to outstanding veterans locally and nationally.



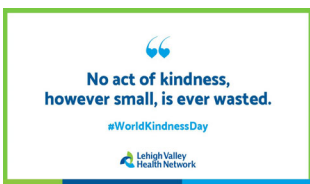
### Safe Links for Email Protects LVHN From Cyberattacks

New features in Microsoft Office 365 will be rolled out.

New Hazleton COVID-19 Assess and Test Location

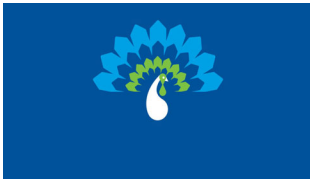
### New COVID-19 Assess & Test Location Opens in Hazleton

It is located in Coordinated Health's Care on Demand site at Humboldt Station.



## Lynn's Turn: Make Kindness the Norm

Lynn Turner offers friendly advice on World Kindness Day.



## Get Your Turkey Toss Certificate

They are available on Partner Points.



## Everyday Heroes

## Give Now: United Way Campaign Ends Nov. 13

Be an "Everyday Hero" and support your community.



## Take This Survey About Our Cafés

Share your thoughts about food options and your dining experience.

## STORIES



## Veterans Day Reflection: Oath of Office

Alexander Alex offers insight into the oath veterans and members of the military take.

## HEALTH TIPS



## Food for Thought: Carrot Ginger Soup Recipe

This healthy recipe is brought to you by LVPG Primary Care.

## NEWS



## Monroe County EMS Providers Recognized During Virtual Hero Event Sponsored by LVHN-Pocono Foundation

It honored extraordinary work to care for the community.



Welcome Dr. Nadeem  
Many people faced with  
a new diagnosis research  
their condition only to  
arrive at incomplete,  
inaccurate or out-of-date  
conclusions. That's where  
Nadeem steps in.

## Ahmed J. Nadeem, DO, joins the care team at LVPG Hematology Oncology–Muhlenberg

Watch Dr. Nadeem's message about the importance of cancer screenings.

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### IN THE NEWS

#### COVID-19 cases, hospitalizations on the rise, but is a vaccine on the way?

November 9, 2020 | [wnep.com](http://wnep.com)

#### Hundreds line up for drive-thru flu shots at Coca-Cola Park in Allentown (PHOTOS)

November 8, 2020 | [lehighvalleylive.com](http://lehighvalleylive.com)

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

## PERSONAL TRAVEL UPDATE

### Personal Travel Update

November 12, 2020

Any colleague who travels to states on the [Pennsylvania Department of Health \(PA DOH\) quarantine list](#), or to any country listed on [Centers for Disease Control and Prevention \(CDC\) Level 3 Travel Health Notice list](#), will be considered at high risk of COVID-19 infection and will be required to quarantine for 14 days after leaving the location. Countries and geographic areas requiring quarantine may change at any time, so pay close attention to the guidelines for the area you are visiting by reviewing the state's or CDC's COVID-19 website before and after your trip.

#### NEW! – Travel to New Jersey

New Jersey was recently added to the states on the Pennsylvania Department of Health

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Personal Travel Update



Tweets by @LVHN



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(PADOH) list recommending a 14-day post travel quarantine. Given the interconnected nature of Pennsylvania to neighboring states and the region and the mode of transport between these states, LVHN will not require quarantine after travel to New Jersey. That said, LVHN highly discourages, to the extent practical, nonessential travel to and from these states while they meet the travel advisory criteria. If travel is absolutely necessary, colleagues who are authorized by their supervisor to work from home should work from home for 14 days post travel. If working from home is not possible, colleagues should be on high alert for signs and symptoms of COVID-19, complete their Conversa screenings daily and should not come to work if they have symptoms or feel ill.

Here is what you need to do if you must travel to a state on the Pennsylvania Department of Health quarantine list:

- Tell your manager that you will be traveling to a state that requires quarantine.
- If your role allows you to work remotely when you return, speak with your manager for approval. If your role does not allow you to work remotely, you must utilize earned paid time off (PTO) or take the time unpaid. LVPG providers (all entities) must use available PTO before taking unpaid time. Any unpaid leave for LVPG providers must be approved in advance by the respective Chair/Physician-in-Chief.
- Advise employee health services of travel plans to any of the areas listed on the website

To return to work after travel anywhere outside of Pennsylvania, you must:

- Check the websites upon your return to determine if your travel destination was added to the quarantine list.
- Quarantine if you have traveled to any state that was on the list for any period of time that you were there.
- Complete a full 14 days of quarantine at home in Pennsylvania. The quarantine period starts on the day of departure from the hot spot. Use your Conversa




screeener to monitor yourself for signs and symptoms of COVID-19 during the 14-day quarantine, even though you will not be at work. To take the survey:


- Copy and paste this URL into your browser: <https://clinic.conversahealth.com/conversation/MjIwLTM3OTI> or
- Text **lehigh** to 83973
- Call employee health services if you become symptomatic within 14 days of your return. If you develop symptoms, you will be required to provide results of COVID-19 testing to return to work.
- **If you do not become symptomatic during the 14-day quarantine period, you may return to work on the 15th day and do not need an in-person visit to employee health services.**

Here's how you can contact employee health services:

- LVH–Cedar Crest location: 610-402-8869 
- LVH–Muhlenberg location: 484-884-7098 
- LVH–Hazleton location: 570-501-4788 
- LVH–Schuylkill location: 570-621-4351 
- LVH–Pocono location: 570-476-3779 

Coordinated Health colleagues should call employee health services in their area:

- In the Lehigh Valley, call 610-402-8869 
- In Hazleton, call 570-501-4788 
- In Schuylkill, call 570-621-4351 

- In the Poconos, call 570-476-3779 

## SPECIAL ANNOUNCEMENT

# Special Announcement: Physician Leadership Positions

November 12, 2020

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

Delivering health care value requires constant attention to quality and efficiency. And, putting the providers, colleagues, resources and tactics in place to deliver health care value, with high reliability, begins with our physician executives.

As Chief Medical Officer (CMO) Tom Whalen, MD, nears retirement, I am announcing a new streamlined medical and clinical executive leadership structure. By redefining and reprioritizing the work before us, in terms of access, experience and value, these roles will accelerate our efforts to:

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Special Announcement: Physician Leadership Positions



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- Drive clinical excellence
- Grow our clinical footprint and Institute portfolio
- Elevate patient satisfaction
- Enhance our delivery of high-quality, efficient care throughout the region and in the communities we serve

In our current physician leadership structure, Dr. Whalen serves as Chief Medical Officer. Michael Rossi, MD, serves as Chief Physician Executive and President of LVPG, and Robert Murphy Jr., MD, serves as Chief Integration Officer, focusing on both his clinical integration work and other transformation initiatives previously led by Chief Transformation Officer Debbie Salas-Lopez, MD.

Based on LVHN's future clinical, medical and operational needs, I am pleased to announce two physician leadership appointments:

**Robert Murphy Jr., MD, will serve as our new Executive Vice President (EVP) and Chief Physician Executive (CPE),** reporting directly to me. In this expanded role, Dr. Murphy will maintain a sharp focus on the growth, investment and service opportunities within LVPG, and lead our existing and burgeoning relationships with independent physicians across the region. Additionally, Dr. Murphy will maintain his oversight of Population Health, Community Health, Telehealth and medical operations related to our Physician Hospital Organization (PHO) and the LVHN Accountable Care Organization (ACO). Through this combination of responsibilities and with Dr. Murphy's extensive work as Chief Medical Officer of Populytics, he will lead LVHN's movement toward fee-for-value and value-based reimbursement. The Chairs of our clinical departments will continue to report to Dr. Murphy, with some notable exceptions, where the clinical department is inherently linked to supporting the inpatient environment.

Dr. Murphy received his medical degree from New York University and his Masters of Science in Health Evaluation Sciences from Penn State University. He is board certified in plastic surgery and a Professor of Surgery at Morsani College of Medicine at the University of South Florida. He is Past President and a current Trustee of the American

Society of Plastic Surgeons and Treasurer of the International Confederation of Plastic Surgery Societies. Dr. Murphy is a Past President of LVHN's medical staff and a former member of LVHN's Board of Trustees. He serves on the Board of Directors for the Lehigh Valley Military Affairs Council and the President's Parents Advisory Council of James Madison University, and is involved with the Comprehensive Aesthetic Recovery Effort for Returning Wounded Veterans. Dr. Murphy joined LVHN in 1989 and currently holds the Anderson Endowed Chair in Health System Transformation.

**Michael Rossi, MD, will serve as LVHN's first Executive Vice President (EVP) and Chief Clinical Officer (CCO).** Dr. Rossi also will report directly to me. The CCO role will include all of the responsibilities associated with the work of our Chief Medical Officer including:

- Quality and Patient Safety
- Our academic, education and research enterprise
- Medical Staff Services
- All hospital-based medical services

In this new role, Dr. Rossi also will oversee nursing and patient care services. As CCO, Dr. Rossi will nurture LVHN's heritage as a Magnet nursing leader with a focus on inpatient efficiency, quality and patient experience. Dr. Rossi will leverage his experience gained through 12 successful years leading LVPG to define and lead our health network's vision for tertiary and quaternary program growth across the region. The Chairs of Hospital and Emergency Medicine, Anesthesiology and Radiology, along with the CMOs of our hospital campuses, will report to Dr. Rossi to support our hospital-based care objectives.

Dr. Rossi received his medical degree from Brown University School of Medicine and his MBA in Health Care Systems Management at DeSales University. He previously served as Chief of Cardiology and Medical Director of LVHN's Regional Heart Center. Dr. Rossi is a Clinical Professor of Cardiovascular Medicine at Morsani College of Medicine at the University of South Florida and is a member of the Board of the American Medical Group Association (AMGA), where he serves as Chair of AMGA's

CEO Leadership Council. He has been an active member of our Lehigh Valley community, having served on the Boards of The Hillside School, the Lehigh Valley Chapter of the American Heart Association, and most recently the Greater Lehigh Valley Chamber of Commerce. Dr. Rossi joined LVHN in 1992. He currently holds the Anne and Carl Anderson Endowed Chair for Medical Executive Leadership.

Together, Drs. Murphy and Rossi will lead and accelerate the growth of our Clinical Institutes and collaboratively raise LVHN's reputation to new heights locally, regionally and nationally. They will begin transition work with Dr. Whalen this month to allow for a smooth transition in advance of Dr. Whalen's retirement in February. Please join me in congratulating these exceptional physician leaders on their new positions at LVHN.

## SPECIAL ANNOUNCEMENT

# Special Announcement: Leadership Transition Update

November 12, 2020

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

When I announced last month that Executive Vice President and Chief Operating Officer (COO) Terry Capuano will retire in early January, I promised to update you about the transition plan.

We will conduct a national search for our next COO, with Lynn Turner, Senior Vice President and Chief Human Resources Officer, serving as the search committee chair. Upon Terry's retirement, Lynn and the Department of Human Resources will report directly to me on a permanent basis. We are actively interviewing firms to assist us with

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Special Announcement: Leadership Transition Update



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this very important search and we will select the firm within the next week. I am very confident that we will have a robust candidate pool to consider for LVHN's next operations leader.

Executive Vice President and Chief Financial Officer Tom Marchozzi will serve as Acting COO during our national search. Fortunately, Tom has extensive operations experience, and I'm certain he will provide strong leadership during this important planning and budgeting period that will run in parallel to our active COO search. It will be helpful to have our operations and finance leaders linked closely throughout the remainder of fiscal year 2021.

We also are finalizing our physician leadership plan in anticipation of the retirement of Executive Vice President and Chief Medical Officer Tom Whalen, MD, in February. Details will be shared with you soon.

As our fight against COVID-19 continues, thank you for your diligence. As our health network continues to grow to give more people convenient access to quality care, thank you for being #LVHNProud.





## Watch LVHN's Veterans Day Celebration

November 11, 2020

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

Veterans Day is a chance for each of us to show our sincere gratitude and appreciation to the courageous women and men who have served in all branches of our military.

Here at LVHN and across our community, veterans continue to make a difference every day. They are physicians, nurses, volunteers, grandfathers, sisters, friends, neighbors

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and colleagues. Today, we salute veterans for the extraordinary sacrifices they made to protect our freedoms. At great personal risk, they faced the unknown to ensure the security and peace we share as Americans.

Every year on Nov. 11, LVHN's Veteran Health Program recognizes the remarkable contributions our veterans made to our nation. We are humbled to care for these heroes through LVHN's Veteran Health Program, which helps our service members get the care and support they need to lead healthy, rewarding lives. Learn more at [LVHN.org/VHP](http://LVHN.org/VHP).

On this special day, please take time to watch a special tribute to outstanding veterans locally and in other areas of our nation.



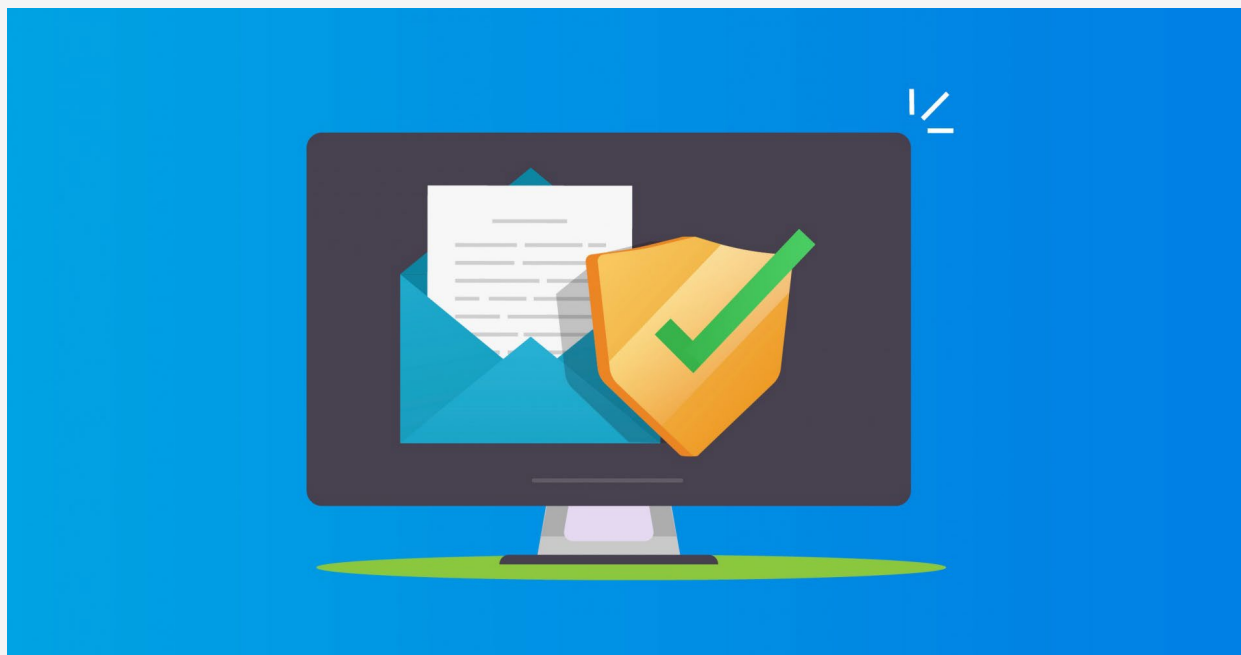
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Today and every day, we are grateful for all those who bravely served in the military, past and present. To all veterans: Thank you so very much for all you do.







## Safe Links for Email to Protect LVHN from Cyberattacks

November 12, 2020  
Colleagues –

This week, LVHN Technology will be implementing Safe Links, a feature of Microsoft Office 365's Advanced Threat Protection email security service, to help ensure the email and its content you are receiving from an external entity is safe. This is one of Technology's many efforts in combating cyberattacks and keeping LVHN and your data secured.

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## How does Safe Links work?

Safe Links scans incoming emails for known malicious hyperlinks and for attachments containing malware. When you open an email from an external sender, you may notice that some links within the email are different. This is how you can tell that each URL embedded in that email has been vetted through Safe Links.

Once you are protected with Safe Links, hover your mouse over a URL within the email message or Microsoft Office document (e.g., Word, Excel) received from an external entity. You will notice it is rewritten with Microsoft's standard prefix as seen below.

**CAUTION:** This email originated from outside of the LVHN network. Do not click on any links or open attachments unless the sender is known, and the content is verified as safe.

```
https://nam03.safelinks.protection.outlook.com/?url=https://www.lehighvalleylive.com/#section__news&data=04|01|barbara.baryl@lehighvalleylive.com|c915230af14146d8af6108d87f74000a|a2e0368e14c729ba1d111324fe9a8|0|0|6373994834948706|unknown|twfpgzsb3d8eyjwjoimc-mdailcjjoiv2lumziilcjbtiik1hawwilcxvci61000&sddata=dadjpkru+ktplscxkdv4xa8qnvfwelmjn2dpy=&reserved=0  
Click or tap to follow link.
```

Check this out:

[https://www.lehighvalleylive.com/#section\\_news](https://www.lehighvalleylive.com/#section_news)

When you click on a link to launch it, Safe Links will immediately scan the URL in the background to ensure it is secure and valid.

- If the URL is safe, the website will open.
- If the site is suspicious, a warning page will open but allow you to continue if you feel the website is safe.





This website is classified as  
malicious.

Opening this website might not be safe.

`www.unsafe_url/login.php`

We recommend that you don't open this website, as opening it might not be safe and could harm your computer or result in malicious use of your personal data.

X Close this page

[Continue anyway \(not recommended\)](#)

Powered by Office 365 Advanced Threat Protection

- If the site is malicious, a warning page opens and you will not be able to launch the website.

If you believe a URL is legitimate and received a warning, [please report this to the Technology Support Center](#). The Technology Security and Risk Management team will investigate it.

Remember, if you receive a suspicious email, [report the email using the PhishMe button in Outlook](#).

**Don't see the PhishMe button?** Follow the instructions attached to this email to help you re-install the PhishMe application. If you run into issues, [please submit a ticket to the Technology Support Center](#).

Thank you for helping keep LVHN safe and secure.



## New Hazleton COVID-19 Assess and Test Location

# Second COVID-19 Assess and Test Location Opens in Hazleton

November 12, 2020

In our effort to help provide the care our community needs during the COVID-19 outbreak, LVHN and Coordinated Health partnered to open a second [LVHN Assess and Test location](#) in Hazleton.

The new Assess and Test location is located at Coordinated Health's Care on Demand site at Humboldt Station, Hazle Township. Individuals coming to this site for testing are

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Second COVID-19 Assess and Test Location Opens in Hazleton



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encouraged to have an order from their primary care provider or be screened by using one of the LVHN screening methods below.

Individuals age 2 and older who have COVID-19 symptoms or have been exposed to someone with COVID-19 can be tested at this site. Insurance plans vary. Visit the [Coordinated Health](#) website to view accepted insurances at this location.

### Here's how to refer people to LVHN COVID-19 Assess and Test locations:

Individuals are sent to LVHN COVID-19 Assess and Test locations in a number of ways, including by their primary care provider, if they have been pre-identified as having symptoms of COVID-19 when seeking care at an LVHN or LVPG practice, or who have been screened by:

- **E-Visit:** A thorough questionnaire-based assessment that is completed on MyLVHN. Submitted information will be reviewed by an LVPG health care provider. To access an E-Visit, go to MyLVHN.org or the MyLVHN app. [Learn more at LVHN.org/Evisit.](#)
- **Video Visit:** A secure video visit with an LVHN health care provider. Access a Video Visit through the MyLVHN app. [Learn more at LVHN.org/videovisit.](#)
- **Phone hotline:** 888-402-LVHN (5846) provides callers with an over-the-phone COVID-19 screening with a nurse.

### Hazleton Assess and Test Locations

#### [LVHN Assess and Test-Sherman Court](#)

140 N Sherman Ct.  
Hazleton, PA 18201-5852

Monday-Friday: 8 a.m. to 5 p.m.

Saturday: 9 a.m. to 3 p.m.

Sunday: Closed


**Phone:** 570-501-7400

#### [Coordinated Health Care on Demand–Hazle Township](#)

Humboldt Station  
26 Station Circle  
Hazle Township, PA 18202

Monday-Friday: 8 a.m. to 4:30 p.m.

Saturday and Sunday: Closed

**Phone:** 570-861-8710 

LVHN will continue to provide our community with updates as this health situation evolves. Refer to [LVHN.org/covid19](https://www.lvhn.org/covid19) for additional information, including FAQs for people with COVID-19, links to LVHN COVID-19 Assess and Test locations and more.





**No act of kindness,  
however small, is ever wasted.**

**#WorldKindnessDay**



## Lynn's Turn: Show Compassion Today and Make Kindness the Norm

November 12, 2020

"No act of kindness, however small, is ever wasted," says Aesop. Even in 2020, we are reminded of how timeless his fables are.

We're all experiencing extra stressors these days. The opportunity to make a difference in each other's daily lives through compassionate and kind actions – no matter how simple – has never been greater.

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Lynn's Turn: Show Compassion Today and Make Kindness the Norm



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## Show compassion

Compassion is one of our core values. When we [launched LVHN's core values](#), we encouraged you to bring each value to life through your actions. Compassion starts with being kind. When you act with compassion, you listen, show respect and foster a sense of belonging for all.

On Nov. 13, we celebrate [World Kindness Day](#). Kindness starts with one: one compliment, one smile, one kind act, one person. Whatever you do, know that your random act of kindness will create a ripple effect of kind acts.

## Be kind to your colleagues

Here are ways we can spread kindness at LVHN.

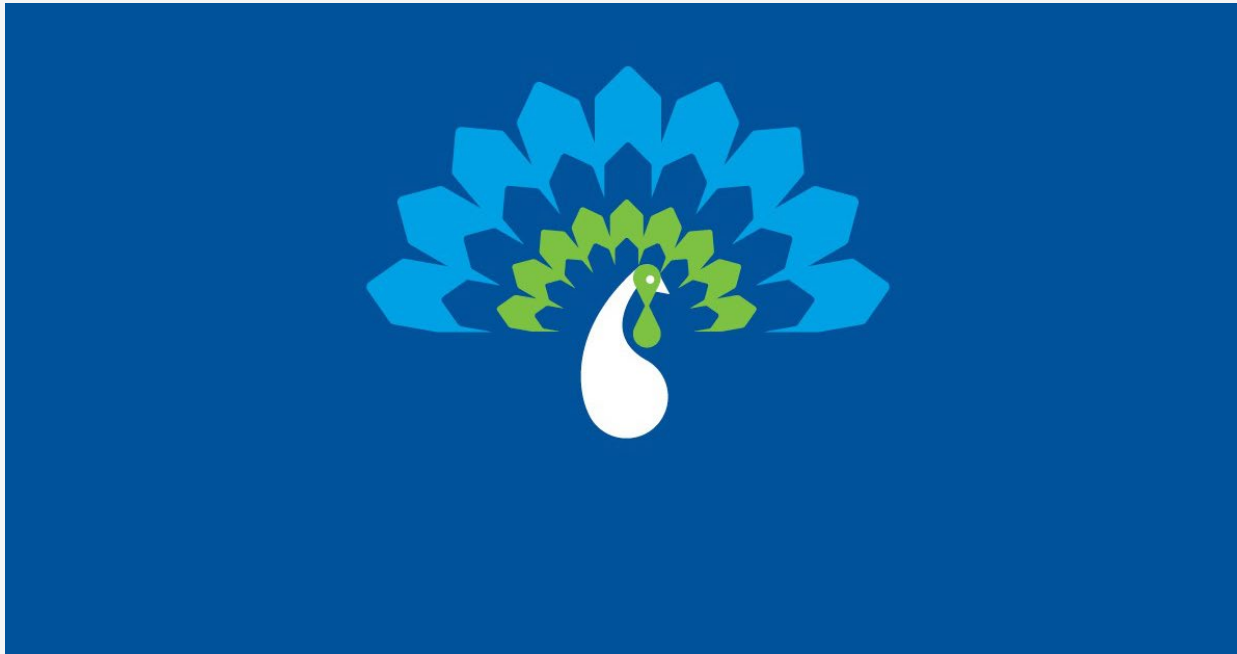
1. Start each WebEx meeting with a smile and friendly greeting.
2. Ask someone how they're doing and really listen to what they say.
3. Compliment a colleague's unique or fashionable face mask.
4. Make an effort to learn something new about a colleague.
5. Send an encouraging email or [eCard on Partner Points](#) for a job well done.
6. Connect with someone you haven't seen lately to let them know you're thinking of them.
7. Endorse a skill or leave a positive recommendation on your colleague's LinkedIn profile.

## Make kindness the norm

While we should make an extra effort to be kind on World Kindness Day, there are simple steps we can take to be more kind to ourselves and others every day. Here are seven ways to start making kindness the norm in your life from the Random Act of Kindness Foundation.

1. Send an uplifting text to a friend or family member
2. Let that person merge into traffic with a waive and a smile.
3. Include intentional moments of kindness, laughter and delight in your daily routine.
4. Go slightly outside of your comfort zone at least once a day to make someone smile.
5. Share a compliment with a colleague or friend.
6. Reach out to a family member you haven't spoken to in a while.
7. Treat someone to a cup of coffee or tea (a friend, a stranger or even yourself).

Make sure to visit LVHN social media channels tomorrow to be part of something special we have planned for #WorldKindnessDay. Have fun being a little extra kind tomorrow and take steps to make kindness the norm for yourself and for others.



## 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



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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.



## There's Still Time to Support the United Way

October 26, 2020

The LVHN United Way campaign is approaching the half-way mark. If you already made a contribution, thank you! If you are considering making a gift, today is a good day to make your donation.

Thanks to you, our local and regional United Way teams provide direct assistance to so many organizations and individuals who desperately need help. Remember, the money you donate stays in your community, unless you direct your donation to a specific area.

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## **LVHN's United Way campaign continues through Nov. 13**

This year's donor incentive gift is a Grub Hub gift card. If you are a new donor, contribute a minimum of \$2 per pay, \$52 per year, and receive a \$10 Grub Hub gift card. Returning donors who increase their donation from last year also get the \$10 Grub Hub gift card.

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. Your gift card will be sent to your email address at the conclusion of the campaign. [Learn more about Grub Hub](#). (All gift cards are subject to taxable income.)

Weekly raffle prizes also are being awarded randomly to colleagues who participate in the campaign.

### **If not you, who? If not now, when?**

Never has the impact colleagues have on the community been more apparent than during the COVID-19 pandemic. You heroically provide care for our families, friends and neighbors while protecting yourself and your loved ones. You heal, comfort and care, and continually help others when they need it most. You are an "Everyday Hero" and your gift to the United Way is one more example of your heroism.

### **Evergreen your gift**

Colleagues in the Lehigh Valley who visit the United Way portal will see that their previous gift has been "Evergreened." This means your gift will renew each year. Many colleagues have asked for this option. There is nothing more you need to do unless you want to increase, decrease or stop your gift. The evergreen option may be available to colleagues in our Hazleton, Schuylkill and Pocono regions in the future.

### **Payroll deduction**

Payroll deduction is still the best and easiest way to make a contribution. Deductions for this United Way campaign start with the pay period beginning Dec. 27, 2020 and end with the pay period beginning Dec. 25, 2021.

### **Your generosity helps people in many ways**



- In the Lehigh Valley, more than 6,500 children and families participate in United Way supported programs; 22,500 people have access to nutritious food programs; and more than 30,000 residents receive 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.

Thank you for supporting the United Way. If you have any questions, email [LVHN\\_United\\_Way\\_Campaign@lvhn.org](mailto:LVHN_United_Way_Campaign@lvhn.org).



## Take This Survey About Our Cafés

November 09, 2020

Whether you visit LVHN's cafés frequently, sometimes or never, we want to hear from you. LVHN and Morrison Healthcare, the company that provides food and nutrition services for our health network, is conducting a survey to get your feedback about the food options and dining experience in our cafés.

[Take the survey now.](#)

The survey will remain open until Nov. 22.

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Take This Survey About Our Cafés



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Your feedback will be used to help make our food and dining experience even better for colleagues, patients and visitors. Thank you for participating.



## Veterans Day Reflection: Oath of Office

*Alexander Alex, director of Lehigh Valley Health Network (LVHN) Veteran Health Program and a retired member of the U.S. Air Force, offers insight into the oath veterans and members of the military take.*

November 11, 2020

BY ALEXANDER ALEX

For our entire history as a nation, citizens from every walk of life, ethnicity, color and

Home

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Veterans Day Reflection: Oath of Office



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background have stepped forward, raised their hand, and taken an oath to “bear true faith and allegiance.” These individuals put on the uniform and placed their lives on the line for a cause far greater than some had imagined.

This Veterans Day as we celebrate the brave men and women who served our country, I’d like to offer a small insight to their commitment that began before any training, any military experience and deployment, or even donning of a uniform. Each person took a serious and binding oath that becomes the cornerstone of their service, action and commitment to the people of the United States of America.

The Oath of Office and Oath of Enlistment stem back to 1776 as the burden of a new nation rested heavily on the Colonial leadership and the formation of a fighting force. Continuing today, officers and enlisted take a pledge, and although required by federal law, their oaths offer insight to the core values of their commitment. I would like to break down the oath for you and its meaning.

The oath reminds individuals of their obligation to their country and committing to something greater than oneself. It is a reflection of the values each military service places upon their mission and goals to serve the nation. For example, Air Force core values are **Integrity First, Service Before Self and Excellence in All We Do**, while the Army states **Loyalty, Duty, Respect, Selfless Service, Honor, Integrity and Personal Courage**, and the Navy’s are **Honor, Courage and Commitment**. The Oath of Office is usually performed in front of an American flag and administered by a superior or higher-ranking officer at initial enlistment or reenlistment. For officers, it is generally given at time of promotion to a higher rank.

### **What each part of the Oath of Office means**

The oath is the foundation of those values that bind veterans as “one” regardless of what service they belonged to. In general terms, this is what each service member or veteran commits to:

Commissioned officers –

**I (name) do solemnly swear (or affirm),**

*It is a public declaration of commitment that you are accepting responsibility for your*

*actions and will be held accountable.*

**That I will support and defend the Constitution of the United States**

*This statement is important as one is not vowing to support the President or the flag or even the military service one is entering, but rather the Constitution, which symbolizes and embodies all of these.*

**Against all enemies, foreign and domestic;**

*As a guardian of the Constitution, one commits to always being ready to support and execute the necessary defense of the United States.*

**That I will bear true faith and allegiance to the same;**

*Officers pledge allegiance to the nation, not a military service or organization.*

**That I take this obligation freely without any mental reservation or purpose of evasion;**

*Your word is your bond. Without integrity, the moral pillar of the core values mentioned above is lost.*

**And that I will well and faithfully discharge the duties of the office upon which I am about to enter.**

*Promising to give it our all, every day, every time, without fail in the legal limits of one's given authority.*

**So help me God. (optional).**

*Signifies truth and commitment to what you have sworn to in this oath. It is a call to an ultimate authority to which you are ensuring your own integrity and honesty.*

The Oath of Enlistment, for those who are not officers, has a sentence of variation but nonetheless carries the same weight and meaning.

To veterans who took this oath, this was the code to live by and the values of their chosen military service. Its meaning is different for every member, but for me this oath and military service are not about what the United States is today or what it was in the past. They are about a nation and a Constitution that hold an ideal and vision of what our revolutionary forebears conceived in 1776 – to fight for what America aspires to be for everyone who cherishes freedom and liberty as a way of life.



### About the Author

Alexander Alex, Lt. Col., U.S. Air Force, MSC (Ret.), is the director of Lehigh Valley Health Network [Veteran Health Program](#) (VHP). VHP helps U.S. military veterans navigate health care and connects them with other helpful community resources. Learn more at [LVHN.org/VHP](https://LVHN.org/VHP).

***On this special day, please take time to watch this special tribute, organized by Lehigh Valley Health Network's Veteran Health Program, to outstanding veterans locally and in other areas of our nation:***





## LVHN Veterans Day Celebration





## Food for Thought: Carrot Ginger Soup Recipe

November 06, 2020

BY AMANDA BIALEK

Becoming the healthiest you starts with two ingredients – preventive care and action steps. Annual visits with your primary care doctor are important. But the steps you take before and after your appointment also matter.

The journey to health continues at home in your kitchen. We recommend unwinding after a long day with a warm bowl of Carrot Ginger Soup. This recipe is tasty and

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Food for Thought: Carrot Ginger Soup Recipe



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packed with benefits you don't want to miss out on.

## **We carrot about you**

One of the main ingredients is carrots, an excellent source of vitamins, like vitamin A, vitamin C, and vitamin K1. This veggie is rich in beta carotene. Your body converts the beta carotene into [vitamin A](#), which is essential for growth, good vision and immune function. Carrots also contain vitamin C, a contributor to [collagen production](#). That helps with your hair, skin and nail health, and supports the body as it heals from a wound. You also boost your bone health with the [vitamin K1](#) that comes from carrots.

## **Ginger is good for you**

Another powerhouse in this recipe is ginger. Did you know it helps with digestion and reduces [nausea](#)? [Research](#) shows it's highly effective in taming the tummy and provides relief for other common health problems like muscle pain. Ginger contains a compound called [gingerol](#), so it has anti-inflammatory effects on the body and also [relieves stress](#).

## **Small, but mighty – garlic and onions**

Not only do garlic and onions add great flavor to the soup, they both have impressive health benefits. These vegetables are part of the allium family of plants and have medicinal effects on the body.

Garlic can boost your [immune system](#), which helps lower your chances of catching a cold. If you already are sick, eating garlic may reduce the [severity of your symptoms](#). Onions are rich in [vitamins](#) like B9 and B6, yet low in calories. [Folate \(B9\)](#) is important for healthy red blood cell production. [Vitamin B6](#) helps the body break down proteins and fats as well as supports brain health.

[Studies](#) also suggest that garlic and onions may lower the risk for some cancers (stomach cancer, esophageal cancer and [colorectal cancer](#)).

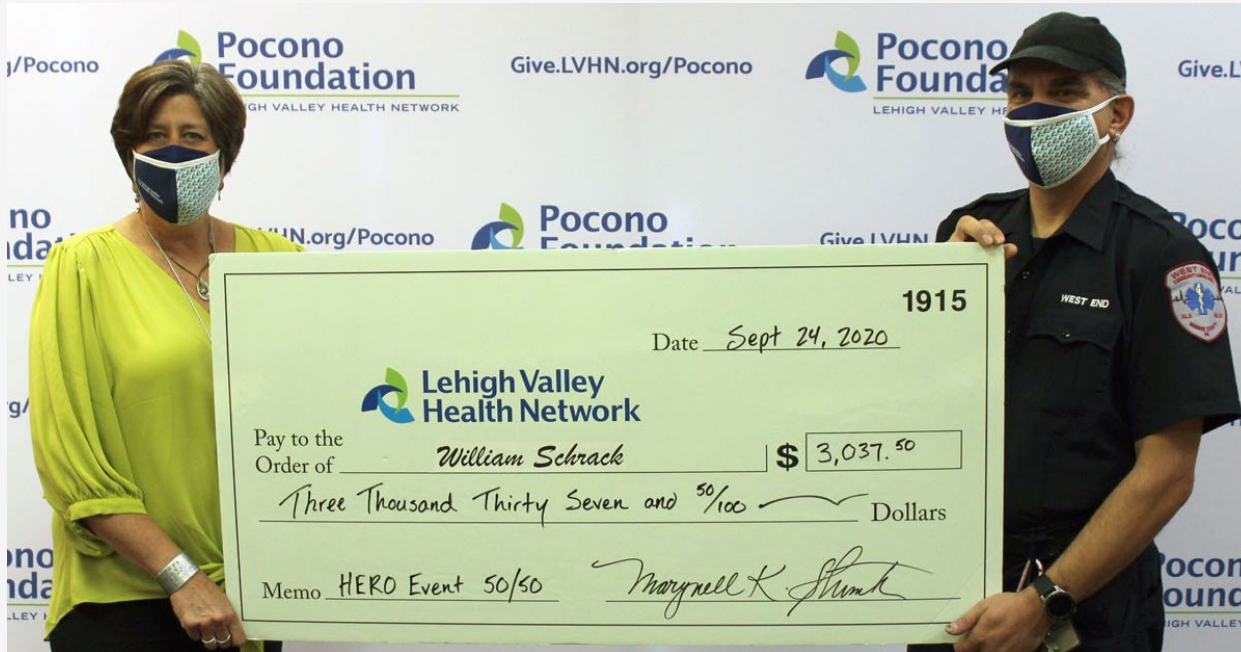
## **Let's start cooking**

Now you know the scoop on Carrot Ginger Soup. It's loaded with nutrients. So, head on over to your kitchen and start cooking. You won't regret enjoying this savory dish on a

cool autumn night. For the full recipe, check out the video below.

### Easy Carrot Ginger Soup

*This recipe is brought to you by your health care partners at LVPG Primary Care – reminding you a healthy outside starts from the inside. To learn about LVPG primary care or to find a provider near you, visit [LVHN.org/primarycare](https://www.lvh.org/primarycare).*



## Monroe County EMS Providers Recognized During Virtual Hero Event Sponsored by LVHN–Pocono Foundation

East Stroudsburg, Pa., November 10, 2020

Lehigh Valley Health Network (LVHN)–Pocono Foundation, along with [Lehigh Valley Hospital \(LVH\)–Pocono](#), recognized the extraordinary work to care for the community by local Emergency Medical Service (EMS) providers during the LVHN–Pocono

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Monroe County EMS Providers Recognized During Virtual Hero Event Sponsored by LVHN–Pocono Foundation



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Foundation's 4 annual EMS Hero Event held virtually for the first time on YouTube Live on Sept. 24.

The event honors and recognizes the outstanding service to our community by the four EMS agencies serving LVH–Pocono: [Bushkill EMS Emergency Corps](#), [Pocono Mountain Regional EMS](#), [Suburban EMS](#), and [West End Community Ambulance Association](#). In addition, despite the limitations of a virtual event, the Foundation raised a record \$16,600 for these local heroes. A special 50/50 raffle was also added to the event, to generate both interest and revenue, and sold more than 200 tickets. Proceeds from the event are split evenly among the four agencies and help to fund the cost of needed equipment for these providers.

The evening's highlights included videos of four separate life-saving 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 did not include an in-person dinner and awards ceremony, gift bags and awards were delivered to each station by the Foundation staff and dinner was delivered on the evening of the broadcast. Nearly 300 people have viewed the [event online](#).

***If you would like to learn more about ways you can support the Pocono Foundation, please visit: [Give.LVHN.org/Pocono](https://www.give.lvhn.org/pocono).***

### **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](#).





### Welcome Dr. Nadeem

Many people faced with a new diagnosis research their condition only to arrive at incomplete, inaccurate or out-of-date conclusions. That's where Nadeem steps in.

## Ahmed J. Nadeem, DO, joins the care team at LVPG Hematology Oncology–Muhlenberg

November 10, 2020

People facing a difficult diagnosis may turn to [Ahmed J. Nadeem, DO](#), who will use the latest scientific information to compassionately lead them through leading-edge treatments. As a specialist in hematology oncology, he treats people with cancer or blood disorders.

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Ahmed J. Nadeem, DO, joins the care team at LVPG Hematology Oncology–Muhlenberg



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“The reality is that a diagnosis of cancer is overwhelming and life changing,” he says. “It’s unfair to the people who don’t deserve what’s happening to them.”

Nadeem offers a path that aims to keep people optimistic and focused on their options, which are many.

“The future is very bright,” Nadeem says.

### **Helping people make care decisions**

Many people faced with a new diagnosis research their condition only to arrive at incomplete, inaccurate or out-of-date conclusions. That’s where Nadeem steps in.

“Sometimes what people find online is simply wrong,” Nadeem says. So, he guides people using “information that is fact based...to help them make the right decision.”

Nadeem’s goal is to be your partner “to help you make care decisions that are best for you.”

### **Offering leading-edge treatment**

Nadeem joined [LVPG Hematology Oncology–Muhlenberg](#) after completing a fellowship at [Lehigh Valley Health Network \(LVHN\)](#) in June. Some of his fellowship mentors became friends and are now colleagues.

Working at LVHN excites Nadeem because he can offer people the latest treatments based on research, which often presents several options, sometimes before they are available elsewhere.

He’s especially excited about treatments that employ a person’s own immune system to attack cancer. People are not as sick and have fewer side effects than with chemotherapy treatments, he says.

Nadeem is looking forward to the day when cancer is managed like other long-term conditions such as diabetes. He doesn’t think that’s too far into the future.



## Lifelong interest in medicine

Nadeem grew up with an interest in medicine. His mother is a pediatrician, who encouraged him to explore other fields to avoid the stress in medicine. Maybe as an act of rebellion in high school, Nadeem volunteered in several hospitals. That helped him decide to enter medicine.

As an undergraduate at [University of Arizona](#), Nadeem conducted research in a cancer lab focused on drug design.

After receiving medical training at [Midwestern University–Arizona College of Osteopathic Medicine](#), Nadeem completed his residency at [NYC Health + Hospitals/Woodhull](#), Brooklyn, New York. His fellowship at LVHN followed.

Nadeem looks forward to caring for people in the community.

**What is the most important message Nadeem has for the community? Watch this video to find out.**

*To schedule an appointment, visit [LVHN.org/Nadeem](#) or call 888-402-LVHN  (5846).*