



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

**COVID-19 stories highlighted in blue*

JUST FOR COLLEAGUES



A Plea to Colleagues and Community

Dr. Friel appears live on WFMZ.



Lori Heimbach is Doing Her Part

She encourages people not to put their health on hold.



Travel Requirements Related to Picking Up College Students

Get the information you need prior to leaving.



LVHN Is Most Awarded Organization in Readers' Choice Awards

We are the winner in 11 categories!



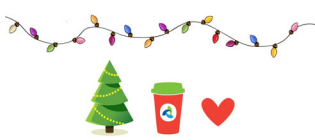
Welcome 121 New Colleagues

Meet the new members of the LVHN family.



Thank You, Everyday Heroes

Your generosity made our United Way campaign successful.



Discounted Trees and Holiday Items for Colleagues

Get 10% off at Hill Farms or Unangst Tree Farms.



Partners. Heroes: Watch Your Story During LVHN's Annual Meeting

View the online event Dec. 2 at 5:30 p.m.

HEALTH TIPS



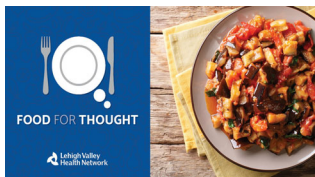
Giving Thanks and Staying Safe

These COVID-19 considerations will help you plan.



The Healthiest You: Home for the Holidays – Podcast

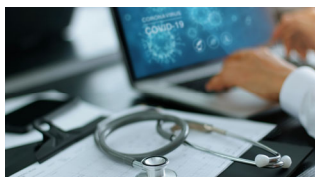
Drs. Benjamin and Norris help you celebrate safely.



Food for Thought: Grilled Ratatouille Salad

The key ingredient is egg-cellent.

NEWS



LVHN COVID-19 Report

See the latest statistics about testing and care at LVHN.

IN THE NEWS

LVHN specialist says local hospitals at 'critical crossroads,' begs public to slow spread of virus

November 23, 2020 | WFMZ.com

Doctors say more people are seeking counseling during pandemic

November 23, 2020 | WFMZ.com

LVHN doctor gives helpful tips for a 'COVID conscious' Thanksgiving

November 21, 2020 | WFMZ.com

COVID-19 Update With Local Doctor

November 20, 2020 | ssptv.com

PA's daily COVID-19 case count drops, hospitalizations rise

November 20, 2020 | poconorecord.com

Share your story at LVHN.org/stories.



A Plea to Our Colleagues and Community: Do Your Part

November 25, 2020

Home

Share this release

A Plea to Our Colleagues and Community:
Do Your Part



Tweets by @LVHN



Better days are ahead, thanks to this historical moment at Lehigh Valley Health Network. If you missed our [#LVHNLive](#) COVID-19 vaccination and Q&A this afternoon, here are some highlights: bddy.me/3p0vWnQ. Search [#LVHNLive](#) on Facebook for the full live coverage.



Embed

[View on Twitter](#)

Connect

COVID-19 Patients in LVHN Hospitals as of Nov. 20, 2020



With rising numbers of positive cases of COVID-19 and increasing hospitalizations in our community, as show in the chart above, LVHN is putting out a call to arms for everyone to “Do Your Part” so hospitals do not become overwhelmed. Tim Friel, MD, Chair, Department of Medicine, appeared live on WFMZ-TV’s Channel 69 News at 10 Tuesday evening to urge the community to practice critical safety measures so that hospitals have the beds, equipment and staff available to treat all patients amid the latest wave of the pandemic. [Watch his plea](#), and join him in encouraging our community and each other to “Do Your Part.” Tell us why you “Do Your Part” by submitting your masked selfie and story at LVHN.org/stories.

[Watch Dr. Friel's Plea to Do Your Part.](#)



Lehigh Valley Health ...

49,152 likes



#LVHNCOVIDSTRONG

[Like Page](#)

[Share](#)



Lori Heimbach is Doing Her Part

November 25, 2020

Lori Heimbach knows that if you don't take care of yourself, you can't take care of others. Here, she shows off her stylish LVHN mask while taking care of her own health at a recent doctor's appointment – all while enjoying a beautiful sunset. Don't put your health on hold. It's a message we spread early in the pandemic as we learned people were avoiding care because of COVID-19. We take extraordinary measures to provide safe care in every location so our community can feel confident LVHN is the safest place to get the care you need. Follow Lori's lead and do your part.

Home

Share this release

Lori Heimbach is Doing Her Part



Tweets by @LVHN



Better days are ahead, thanks to this historical moment at Lehigh Valley Health Network. If you missed our [#LVHNLive](#) COVID-19 vaccination and Q&A this afternoon, here are some highlights: bddy.me/3p0vWnQ. Search [#LVHNLive](#) on Facebook for the full live coverage.



Embed

[View on Twitter](#)

Connect



Submit your story

We are at a critical crossroads where positive cases and hospitalizations continue to rise. We must do everything possible to stop the surge. How do you model the behaviors that keep us safe? How do you inspire others to do the same? Submit your story and masked selfie at LVHN.org/stories, and you could be featured for doing your part.



GUIDANCE FOR OUT-OF-TOWN TRAVEL

Travel Requirements Related to Picking Up College Students or Others

November 23, 2020

This message is from Terry Capuano, RN, Executive Vice President and Chief Operating Officer, and Thomas Whalen, MD, Executive Vice President and Chief Medical Officer

As cases of COVID-19 infection continue to rise, we again remind you to do your part to stem the spread of the coronavirus. On Tuesday, Nov. 17, the Commonwealth of Pennsylvania stated that travel out of and back into the state

Home

Share this release

Travel Requirements Related to Picking Up
College Students or Others



Tweets by @LVHN



Better days are ahead, thanks to this historical moment at Lehigh Valley Health Network. If you missed our [#LVHNLive](#) COVID-19 vaccination and Q&A this afternoon, here are some highlights: bddy.me/3p0vWnQ. Search [#LVHNLive](#) on Facebook for the full live coverage.



Embed

[View on Twitter](#)

Connect

should be severely limited to dampen the rise in positive COVID-19 cases. The Pennsylvania Secretary of Health put orders in place related to testing and/or quarantine requirements for those who travel outside Pennsylvania.

We understand that there are instances requiring travel by our colleagues, such as getting a child home from college. Prior to leaving, please answer this question to know how you need to proceed:

Will your travel require spending more than just pick-up/drop-off time in another state?

If you answer “No”

[Pennsylvania Department of Health's \(DOH\) travel mandate](#) allows for “transitory” travel through the Commonwealth. If you (a parent/guardian/family member) are traveling to a state other than New Jersey only to drop off or pick up the student and then immediately leave the campus and the state to return to Pennsylvania, then this would meet the exemption for transitory travel. Remember to use all safety precautions to protect yourself and others from COVID-19: Wear a face mask; frequently wash your hands (or use hand sanitizer); maintain 6 feet of distance between yourself and others who do not live with you; and don’t travel if you are feeling sick.

If you answer “Yes”

Should your travel to another state require more than just pick-up/drop-off time or include an overnight stay, in addition to needing to follow requirements of Pennsylvania DOH policy related to travel outside Pennsylvania, **the following process must be followed by LVHN colleagues:**

- Colleague must seek approval in advance for their travel from his/her immediate supervisor. In turn, that approval can only be granted by the pertinent member of the Network Leadership Council (NLC) – this is a colleague in vice president role or above.
- If the colleague can obtain a COVID-19 test prior to returning to the state as directed by the Pennsylvania DOH, then this should be accomplished.



- In all cases, the colleague must obtain a negative test before returning to work and therefore should quarantine until that time. During the quarantine period, you must use PTO, and if PTO is exhausted, unpaid time.

Specifics concerning COVID-19 testing related to travel

Should you need to travel to another state (beyond pick-up/drop-off transitory travel) and have received approval from the appropriate NLC member (vice president and above), you will need to follow this process upon return to Pennsylvania:

- **You must quarantine for 14 days following return.** During the quarantine period, you must use PTO, and if PTO is exhausted, unpaid time.

OR

- **You must provide evidence of negative FDA-approved COVID-19 test performed 72 hours prior to arrival back in Pennsylvania.**

OR

- **If a test result is pending upon return, you must quarantine until a negative result is finalized.**

Proof of test result must be provided to your manager prior to return to work. You must be asymptomatic. If symptomatic, repeat testing required. You must quarantine until a negative test result is received.

Obtaining a COVID-19 test in Pennsylvania

If a colleague is unable to get tested prior returning to Pennsylvania, testing may be performed after arrival in the state. Testing options include:

1. Testing at an HNL Lab Medicine site. Test orders for colleagues approved for out-of-state travel will be placed by a designated team so that the testing can be performed on the day of return to Pennsylvania. Test costs will be covered by LVHN.
2. Colleagues may also opt to get tested at other regional testing sites such as CVS, Rite Aid, Walgreens, etc. Colleagues are responsible for the scheduling and cost of this testing.

Whether the COVID-19 test is obtained through HNL or an outside provider, a colleague

must provide evidence of their negative test to their supervisor on the first day back to work.

For other travel-related LVHN policy questions, please refer to our statement from Nov. 18, [Travel Guidelines for the Holidays](#).

During this very unique time, greater thought and care is required for all situations that involve interactions with people who normally live outside of your household. Following these guidelines is essential to protecting your family and our colleagues as we care for an ever-increasing number of COVID-19 patients. Thank you for following them, and for all you are doing to deliver care in the face of this pandemic challenge.



Congratulations! You Made LVHN the Most Awarded Organization in Readers' Choice Awards

November 23, 2020

During this pandemic, the care you provide can only be described as heroic. Your selflessness and dedication to caring for our patients in these unprecedented times is remarkable. The warm smiles you wear behind your mask give patients and colleagues working alongside of you hope. Your commitment to safety and timely communication

Home

Share this release

Congratulations! You Made LVHN the Most Awarded Organization in Readers' Choice Awards



Tweets by @LVHN



Better days are ahead, thanks to this historical moment at Lehigh Valley Health Network. If you missed our [#LVHNLive](#) COVID-19 vaccination and Q&A this afternoon, here are some highlights: bddy.me/3p0vWnQ. Search [#LVHNLive](#) on Facebook for the full live coverage.

Embed

[View on Twitter](#)

equips everyone around you with the knowledge and resources to stay safe.

Our community notices every bit – The care, compassion, devotion and expertise delivered day after day. Need proof?

LVHN was the most-awarded organization in the 2020 Morning Call Readers' Choice Awards and a 'Top Winner' for the Lehigh Valley Business Reader Rankings. These achievements are a testament to who we are as a network.

Our colleagues are the reason that LVHN is a certified ["Great Place to Work."](#) Because of our health care heroes, LVHN is the best choice for care. From our incredible colleagues to the community we serve that trusts in us every day, let's celebrate everything that makes LVHN great.

We are excited to be the winner in 11 categories for the Reader's Choice Awards!

- Cancer Center
- Emergency Services
- Family Doctor
- Nursing Services
- Obstetrician
- Patient Care
- Physical Rehab Center/Services
- Sports Medicine



- Surgeon
- Urgent Care
- Best Place to Work

LVHN also received the designation of 'Top Winner' in Lehigh Valley Business Reader Rankings for:

- Best Health System
- Best Orthopedic Surgeon – Eric B. Lebby, MD
- Best Physical Therapy Rehabilitation

This yet another reason to be #LVHNProud and celebrate the valuable work you do daily. Thank you for your support and for all you do!

Welcome 121 New Colleagues



#HIRINGNOW



Welcome to the LVHN Family

November 20, 2020

LVHN continues to grow - 121 new colleagues recently joined the LVHN family. Below is a list of our new colleagues and the departments where they will be working.

Leave a comment on this post and welcome LVHN's newest colleagues.

If you're a new colleague, leave a comment and share what makes you #LVHNProud to work here.

Welcome these new colleagues

Home

Share this release

Welcome to the LVHN Family



Tweets by @LVHN



Better days are ahead, thanks to this historical moment at Lehigh Valley Health Network. If you missed our #LVHNLive COVID-19 vaccination and Q&A this afternoon, here are some highlights: bddy.me/3p0vWnQ. Search #LVHNLive on Facebook for the full live coverage.



Embed

[View on Twitter](#)

Connect



Karla Alvarez, Lehigh Valley Physician Practice

Terra Appling, Outpatient Registration

Christina Bacchus, Pediatrics

Kelly Baxter, Operating Room

Sandy Bayona, Mental Health Clinic

Brittney Beiler, LVPG Adult/Pediatric Psychiatry

Andrea Bell, LVPG Family Medicine-Emmaus

Erika Beltran, Outpatient Lab

Christopher Bierman, Palliative Medicine

Rebecca Biscello, 6B

Edward Bonner, LVPG Family Medicine/Pediatrics-Hamburg

Kelly Bossert, 4K

Tanaisia Bowens, LVPG Family Medicine-Blakeslee

Kanisha Brown, Outpatient Lab

Cory Bywater, Security

Naydeen Carrion, Dietary

Joshansky Castillo, Patient Registration

Kariann Coblentz, Neurology Clinic

Jerry Copf, Inpatient Rehabilitation Center-Cedar Crest



Victor Correa, Financial Services

Mireika Cuevas, Lehigh Valley Family Health Center

Gene Culp, EMS Hazleton APTS Operations

Emily Dahlgren, Regional Heart Center Medical

Carlene DeKenipp, Registration

Stephanie Destafney, LVPG Geriatric Medicine-17th Street

Erin DiSabatino, LVPG Family Medicine-Easton Avenue

Lisa Dlugos, Behavioral Health Specialty Float Pool

Tracy Donahue, RN Triage/Health care Navigation

Denise Erdman, NORI Clinical

Angelika Everett, Administration

Avelina Feliciano, Lehigh Valley Family Health Center

Elizabeth Feliciano, Sitter

Jenelly Feliz, Nursing Float Pool

Ana Figueroa, 4B

Heather Finnerty, Respiratory Care Services

Julie Fisher, 4KS

Kimberly Foster, Payor Based Care Coordination

Irma Garcia, Inpatient Unit-Allen 1503

Veronica Gisondi, LVPG General and Bariatric Surgery-1240 Cedar Crest

Amber Glass, ICU

Erendira Guzman, Operating Room

Rahniya Harrington, 4T

Britni Helbert, 4K

Alyssa Heppding, Physical Therapy

Jon Hill, Outpatient Regional Float Pool

Yohanna Inoa, Behavioral Health Specialty Float Pool

Amanda Johnson, LVPG Obstetrics and Gynecology

Sienna Jones, 5KS

Alexis Jurchenko, Transitional Trauma Unit

Jennifer Kennedy, Med Surg 7

Cristian Kent, Dietary

Nicole Kern, Benefit

Kayla Knight, Med Surg 7

Sarah Knop, LVH-Cedar Crest Hospitalist Program

Taina Lahoz, Patient Access Center Scheduling

Rebecca Lee, Pharmacy

Ellie Lewis, Patient Access Center Scheduling

Zhane Linton-Ford, 6C

Emily Loughery, Dietary

Jude Luckenbill, LVPG Urology

Ryan Luckwaldt, Dietary

Kathleen Luongo, CPP Orthopedics - Dickson 334

Heaven Martin, LVPG Internal Medicine-Claude A. Lord Boulevard

Chessie Mathews, Home Care - Skilled Nursing

James Mauro, Pharmacy

Kristina May, Diagnostic Radiology

Kyle Mertl, Emergency Preparedness

Karen Mikovitch, Specialty Clinic

Carrienne Mille, Patient Access Center Scheduling

Kelsey Miller, Lehigh Valley Anesthesia Services, LVH-Cedar Crest

Kelsey Miller, Lehigh Valley Anesthesia Services, LVH-Cedar Crest

Mary Miller, 4K

Laura Miller-Kline, Operating Room

Caitlin Moyer, LVPG Endocrinology-1243 Cedar Crest

Noble Nassar, Interpreter Services

Maria Negron, Managed Care

Angelina Nehme, Sterile Processing

Grace Newswanger, Pastoral Care

Sheilah Nicosia, Maternal Fetal Medicine

Hannah Orth, ICU

Meghan Paradise, LVH-Cedar Crest Hospitalist Program

Michelle Pastulla, LVPG Family Medicine-Macungie, ExpressCARE

Amosia Paul, 4T

Ray Paulino Canela, Housekeeping

Connor Pelkey, Patient Access Center

Trenessa Pendleton, :LVHN Fitness

Valia Perez, Group Health Admin Services

Joy Petrosky, Oncology

Bonnie Pezzuto, LVPG Urology

Michael Pokrinchak, Health Care Analytics

Abbigail Reimer, LVH-Cedar Cres Hospitalist Program

Kim Reinmiller, LVPG Surgical Services-Health & Wellness Center

Denise Robertson, LVPG Internal Medicine-1230 Cedar Crest

Iliana Rodriguez, Transitional Trauma Unit

Melissa Roth, LVPG Family Medicine/Pediatrics-Hamburg

Kaitlyn Russell, 2B

Jacqueline Russell, Access Center

Benjamin Russo, LVHN Fitness

Robert Santangelo, Plant Engineering

Sirea Sapp, Pediatric Intensive Care Unit

Kimberly Scheibenhofer, Inpatient Rehabilitation Center-Cedar Crest

Gianna Siegel-Colon, Inpatient Unit

Rosemary Simpson, Patient Registration

Chana Sleiman, Breast Health Services

Anthony Smith, Plant Engineering

Kaitlyn Soranno, PGME-Surgery

Ebelita Surita, Progressive Coronary Care Unit

Wilda Tavaréz, Outpatient Lab

Nephthali Theodore, Specialty Clinic-Pocono

Jillian Thomas, LVPG Obstetrics and Gynecology-Madison Farms

Brandon Thomas, Physical Therapy-Pocono

Jonice Tracy, 6C

Kristen Tucker, Medical Staff Services

Jade Turner, Radiology-Diagnostic

Niara Valentine, Clinical Services Observation

Michele Volkert, Clinical Services Administration

Gabriel Walters, Clinical Services Observation

Kaylee Weaver, LVPF Family Medicine-mmaus

Hannah Weierbach, LVPF Cardiology

Stefanie Wyler, LVPF-Oncology-Pocono

David Yadush, Psychiatry



Thank You, Everyday Heroes

November 25, 2020

This message is from Brian Nester, DO, MBA, FACOEP, and Lynn Turner, Senior Vice President and Chief Human Resources Officer.

Our 2021 United Way campaign has come to a close, and we are pleased to report another successful campaign. Colleagues across our health network gave generously. It's just one more example of why our colleagues are heroes.

Contributions from LVHN, Coordinated Health and HNL Lab Medicine combined for a grand total of \$237,552. That's \$40,000 more than last year's campaign total! This will go a long way to support and help people in all the communities we serve. Thank you for your generosity and heroism. Here is a breakdown of donations by location:

[Home](#)
[Share this release](#)

Thank You, Everyday Heroes



Tweets by [@LVHN](#)



Better days are ahead, thanks to this historical moment at Lehigh Valley Health Network. If you missed our [#LVHNLive](#) COVID-19 vaccination and Q&A this afternoon, here are some highlights: bddy.me/3p0vWnQ. Search [#LVHNLive](#) on Facebook for the full live coverage.


[Embed](#)
[View on Twitter](#)
[Connect](#)

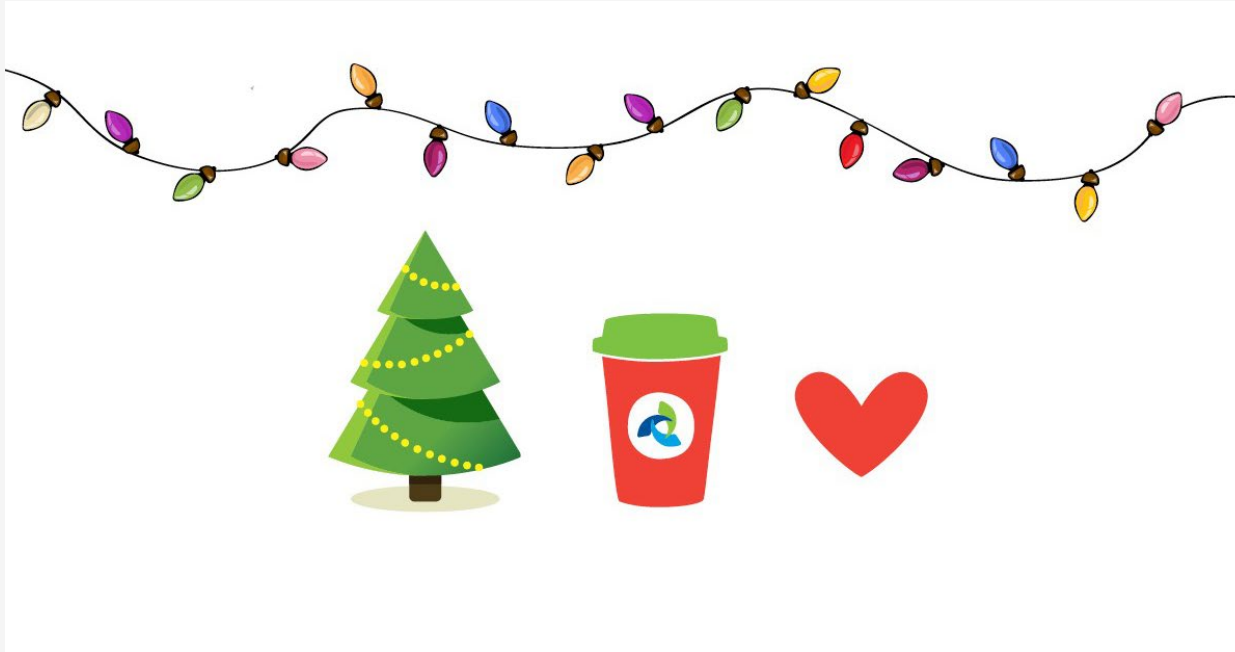

- Lehigh Valley: \$210,863
- Hazleton: \$9,901
- Schuylkill: \$8,731
- Pocono: \$8,344

This year's campaign included "evergreen giving," which allows contributions to continue from the previous campaign with no effort on behalf of the donor. Those who increased their contribution or donated for the first time will receive a \$10 Grub Hub gift card. It's a gift colleagues will enjoy and something that will help local restaurants during these difficult times.

We would like to thank the members of the campaign committee for organizing another successful campaign: Andrea Kneedler, Howard Stalker, Anne Helme, Alyssa Foley, Tracey Sechler, Mike Peckman, Rick Martuscelli, Denise Woodworth, Diane Boris, Jane Danish, Stacy Karvaski, Raffael Lucci, Shalini Jandris, Karla Bachl, Melissa Blihar, Dawn Gugliuzza and Lani Sherman.

During a difficult and challenging time for colleagues, the LVHN family continues to show our resilience and grit. Most of all, your compassion, which is one of LVHN's core values, shines through time and time again. We are #LVHNProud to call you "colleague."





Discounted Trees and Holiday Items for LVHN Colleagues

November 25, 2020

Looking for the perfect tree, wreath or unique gift? Stop by [Hill Farms](#) or [Unangst Tree Farms](#) this weekend! All LVHN colleagues receive 10 percent off their purchase. Simply show your badge at the beginning of checkout to receive the discount.

Hill Farms

1434 Gilberts Hill Road, Lehigh, Pa.

Home

Share this release

Discounted Trees and Holiday Items for LVHN Colleagues



Tweets by @LVHN



“My team is so unbelievably strong and resilient,” says Chantal Branco, RN, LVHN’s first front line hero to receive the COVID-19 vaccine. “They work so hard, every day, good days bad days, more bad than good lately. I’m just so incredibly proud of them and proud to lead them.”

[twitter.com/mcall/status/1...](https://twitter.com/mcall/status/1339738568609189889)

<https://twitter.com/mcall/status/1339738568609189889>

Embed

[View on Twitter](#)

Connect

Promotion details: The discount applies to tree purchases only. Only one tree per customer.

Unangst Tree Farms

7300 Bath Pike, Bath, Pa.

Promotion details: Enjoy 10 percent off any item inside the gift shop. The promotion does not apply to trees here.

LVHN also has partnered with both Hill Farms and Unangst to provide free hot chocolate while guests search for their perfect tree. Bonus: If you find the LVHN ornament the next three weekends, your tree is free!

Free hot chocolate, discount and find-the-ornament dates

- Nov. 27–Nov. 29
- Dec. 5–Dec. 6
- Dec. 12–Dec. 13





Partners. Heroes.: Watch Your Remarkable Story Live Online During LVHN's Community Annual Meeting

November 17, 2020

When faced with the daunting challenges of a pandemic, the people of our community deserve a partner. They also need heroes. You are among the more than 19,000 health care heroes at LVHN who have our community's back throughout this crisis.

Home

Share this release

Partners. Heroes.: Watch Your Remarkable Story Live Online During LVHN's Community Annual Meeting



Tweets by @LVHN



"My team is so unbelievably strong and resilient," says Chantal Branco, RN, LVHN's first front line hero to receive the COVID-19 vaccine. "They work so hard, every day, good days bad days, more bad than good lately. I'm just so incredibly proud of them and proud to lead them."

[twitter.com/mcall/status/1...](https://twitter.com/mcall/status/1339738568609189889)

<https://twitter.com/mcall/status/1339738568609189889>

Embed

[View on Twitter](#)

The amazing work you and all colleagues have done this year will be the main focus in LVHN's virtual 2020 Community Annual Meeting. You're invited to watch online as we tell the people of our community how LVHN's heroes are saving the day. Here is how you can participate.

Lehigh Valley Health Network Community Annual Meeting

A virtual event

Dec. 2, 2020

Participate online at LVHN.org/AnnualMeetingLive

Online registration begins at 5 p.m.

Program begins at 5:30 p.m.

Remarks from:

- John Stanley, Esq., Chairman, LVHN Board of Trustees
- Patricia Martin, MD, President, LVHN Medical Staff
- Brian Nester, DO, MBA, FACOEP, President and Chief Executive Officer, LVHN

Connect





Giving Thanks and Staying Safe

November 20, 2020

BY KATIE CAVENDER

We all know the main purpose of Thanksgiving is gratitude, but it has so many other purposes as well: hugging family members, waiting on a turkey that seems like it should have been done cooking an hour ago and catching up with loved ones. Traditions make Thanksgiving what it is, but this year may have to look a little different.

COVID-19 considerations

Home

Share

Giving Thanks and Staying Safe



Connect



The [Centers for Disease Control \(CDC\)](#) recommends that if you answer “yes” to any of these questions, consider making other plans.

- Are you, someone in your household or someone you will be visiting at [increased risk for getting very sick](#) from COVID-19?
- Are cases high or increasing in your community or your destination? Check [CDC's COVID Data Tracker](#) for the latest number of cases.
- Are hospitals in your community or your destination overwhelmed with patients who have COVID-19? To find out, check [state and local public health department websites](#) or the [LVHN COVID-19 Report](#).
- Does your home or destination have requirements or restrictions for travelers? Check [Pennsylvania COVID-19 information for travelers](#) and other [state and local requirements](#) before you travel.
- During the 14 days before your travel, have you or those you are visiting had close contact with people they don't live with?
- Do your plans include traveling by bus, train or air which might make staying 6 feet apart difficult?
- Are you traveling with people who don't live with you?

On Nov. 17, the state of Pennsylvania announced four new ways to help reduce the spread. These mitigation efforts include an outline of hospital expectations, COVID-19 testing for travelers entering the state, a strengthened masking order and recommendations for colleges and universities. The implications on Thanksgiving plans include:

- **Loved ones from out of state will require a COVID-19 test (effective Nov. 20)**
 - Secretary of Health Dr. Rachel Levine [issued an order](#) requiring anyone who visits from another state to have a negative COVID-19 test within 72 hours prior to entering the commonwealth. If someone cannot get a test or chooses not to, he or she must quarantine for 14 days upon arrival in Pennsylvania. Pennsylvanians

visiting other states are required to have a negative COVID-19 test within 72 hours prior to returning to the commonwealth or to quarantine for 14 days upon return to Pennsylvania. This order does not apply to people who commute to and from another state for work or medical treatment.

- **You will need to wear a mask when with others from outside your household**
 - Through [this new order](#), masks are required when you are inside an indoor facility (including homes) with people who do not live in your household – even if you are able to be 6 feet apart.

Family talk: Start the conversation now

Start discussing holiday plans now. Talk to your loved ones about your concerns, ask what safety precautions they've taken leading up to the gathering. Find common ground and come up with a solution that works for everyone. Here are a few ideas:

- **Come together with masks** – Wear a mask and find ways to be socially distant while eating, especially if your gathering includes people who are outside your household or includes people who are at risk for complications from COVID-19.
- **Dine together virtually** – Plan a time to sit at the table with your laptop and eat with your extended family virtually.
- **Gather outside** – Gather around a fire pit or play cornhole to have family time.
- **Thanksgiving delivery** – Do you have a well-loved Thanksgiving dish? Prepare it and drop off portions at loved ones' homes.

Protect your loved ones and your community

If you have any symptoms of illness, stay home. We have virtual care options to make sure you receive the care you need at home. To learn more, visit [LVHN.org/virtual](https://lvhn.org/virtual).



Episode #2 Home for the Holidays

HOSTED BY: MIKE AND STEPH FROM B104

The Healthiest You Podcast: Home for the Holidays

November 25, 2020

BY KATIE CAVENDER

About the podcast

The Healthiest You podcast is hosted by familiar voices – [Mike and Steph from B104](#). In each episode they will interview doctors and experts across Lehigh Valley Health Network to learn practical health tips for everyday life – to empower you to be the healthiest you.

Home

Share

The Healthiest You Podcast: Home for the Holidays



Connect



Episode 2: Home for the Holidays

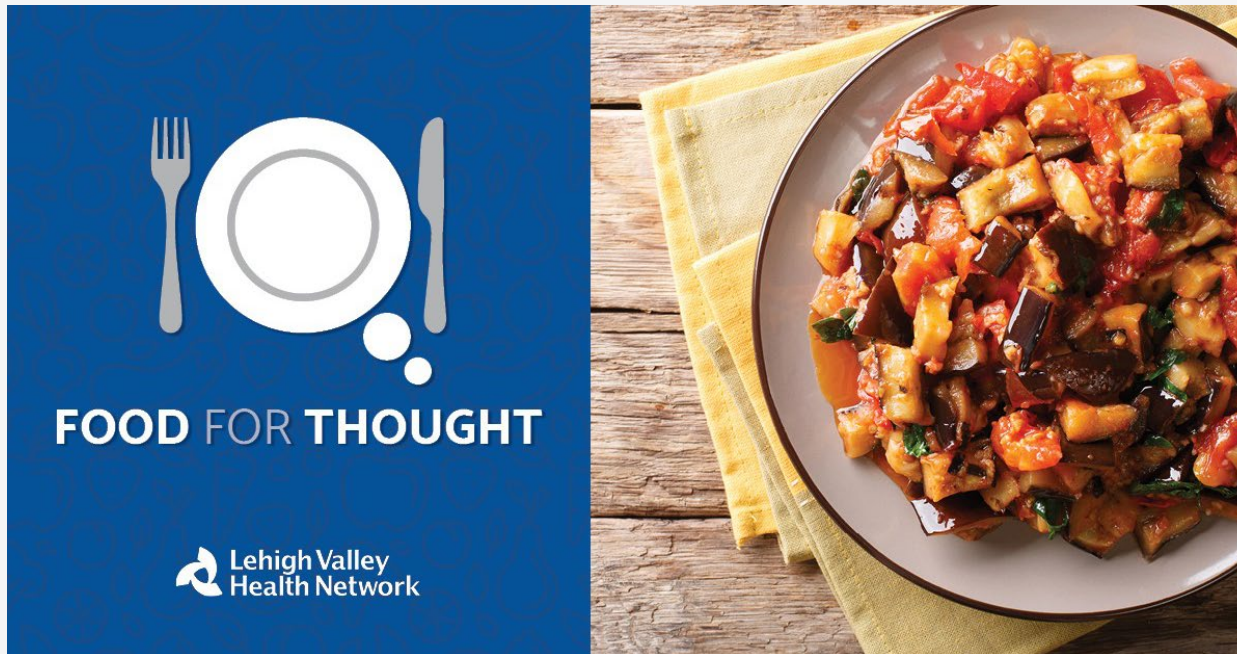
The second episode of The Healthiest You is now available. The term “home for the holidays” has a whole new meaning in 2020. With that in mind, Mike and Steph sit down with Alex Benjamin, MD, LVHN Chief Infection Control and Prevention Officer, and Ed Norris, MD, LVHN Chair of Psychiatry, to discuss the importance of social distancing during the holidays and holiday stress.

Listen to a clip of the show

Subscribe on your favorite podcast app

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

- [Apple Podcast](#)
- [Breaker](#)
- [Google Podcast](#)
- [Player FM](#)
- [Pocket Casts](#)
- [Podcast Addict](#)
- [Spotify](#)
- [Stitcher](#)



Food for Thought: Grilled Ratatouille Salad

November 20, 2020

BY AMANDA BIALEK

Veggie lover or not, you're going to want to taste this Grilled Ratatouille Salad recipe. It's made with eggplant, onion, red bell pepper and summer squash. But before you start cooking, find out which one of the ingredients is egg-tra good for you.

Why this key ingredient is egg-cellent

Home

Share

Food for Thought: Grilled Ratatouille Salad



Connect



It's often thought of as a vegetable but actually is a fruit. When eaten raw it has a bitter taste, but once cooked, it has a mild flavor that pairs well with bold ingredients. Any guesses? It's eggplant, which has some surprising health benefits.

High in antioxidants

Eggplant is a good source of antioxidants, which protect against cell damage caused by free radicals (harmful substances). Over time, your body can accumulate a large amount of free radicals, causing a process called [oxidative stress](#) to occur.

A few [factors](#) that may lead to this process are radiation, pollution, eating processed foods and injuries. Oxidative stress also can contribute to the development of cancer, autoimmune disorders and cardiovascular disease. One way to fight back is to eat foods that supply antioxidants – they protect and repair your body.

Full of fiber

One cup of cooked eggplant (cubed) contains 2.4 grams of fiber. That's about 5 percent of the daily requirement for adults. This is important for a happy and healthy [digestive system](#).

Healthy weight management

While high in fiber, eggplant is low in calories. That creates a perfect combination to maintain a healthy weight. A cup of [eggplant](#) (cubed) only has 20.5 calories.

Supports heart health

Since eggplant is rich in antioxidants and fiber, eating it also may improve your [cholesterol](#) levels. This may lower your risk for heart disease and stroke.

Let's start cooking

Eggplant may be the star of the show for this Grilled Ratatouille Salad, but don't forget about the other ingredients that add all the flavors to make this a tasty dish. Watch the video below for the full recipe.

Easy Grilled Ratatouille Salad

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.

[Find a Doctor](#)[Locations](#)[Services](#)

LVHN COVID-19 Report

See the latest statistics about COVID-19 testing and care at LVHN

Lehigh Valley Health Network (LVHN) is the region's leader for coronavirus (COVID-19) assessment and care. To win the fight against COVID-19, it's important that everyone continues to practice [social distancing](#), wash their hands frequently, [wear a mask](#) and take all the necessary steps to prevent the spread of infection.



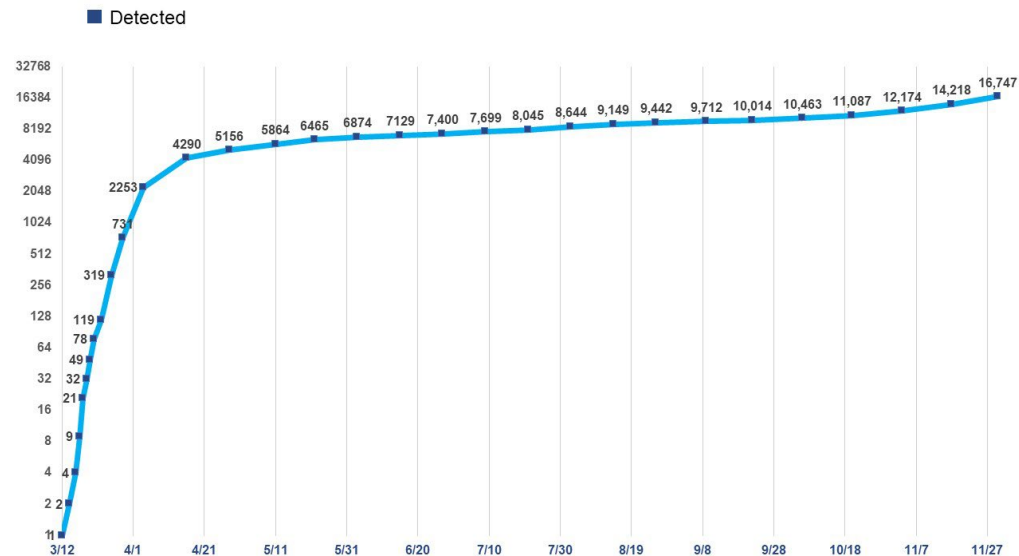
This page was last updated on 12/1/2020 at 10:31 AM.

Total Positive Test Results

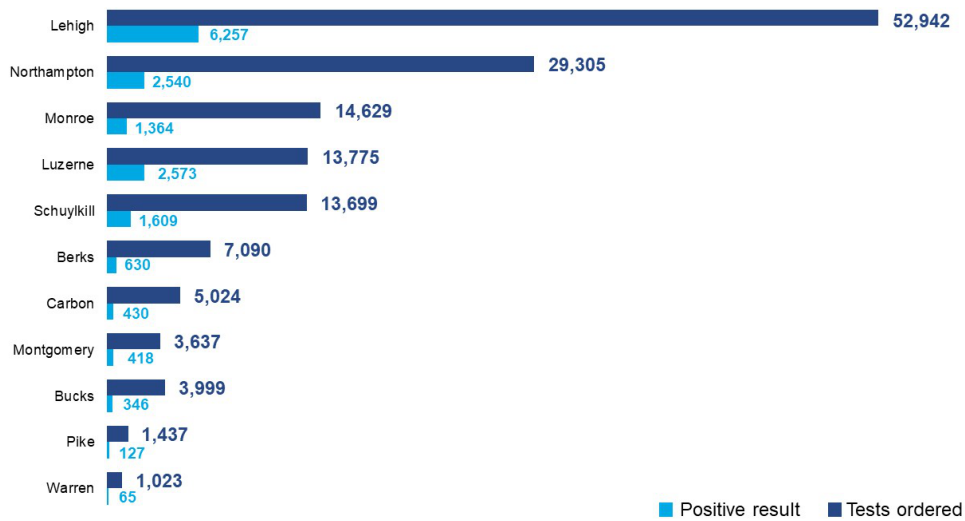
Total tests ordered: **151,319** – More than anyone in our region

Total positive tests: **16,747**

Positive result rate: **11.4%**

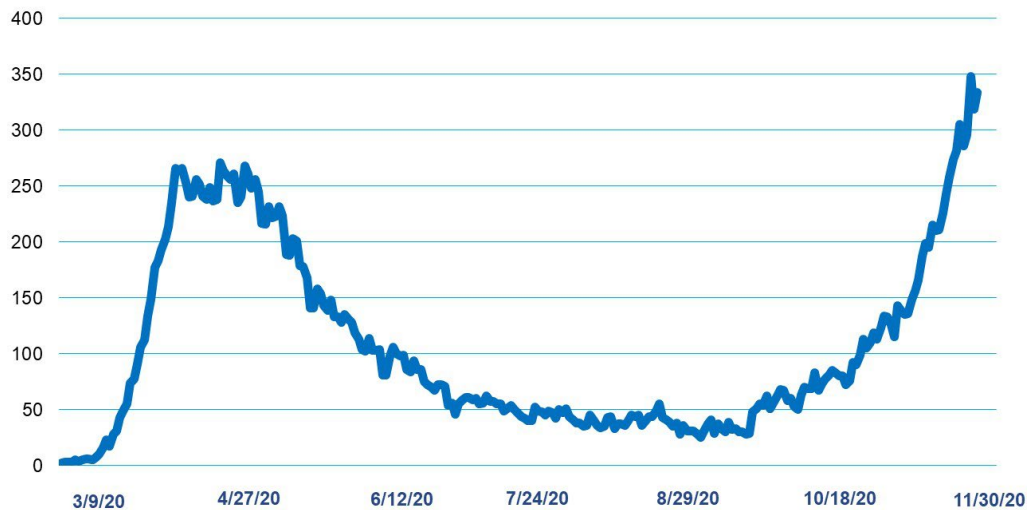


Patient Tests and Positive Results by County



First test result received 03/16/2020

COVID-19 Patients in LVHN Hospitals



Results as of 11/30/2020; however, there are an additional 81 test results pending.

The solid blue line shows the number of COVID-19 patients in all LVHN hospitals.

Donate to join the fight against COVID-19

#LVHNCOVIDSTRONG

Your source for COVID-19 news, health tips and encouraging stories.

[Read More](#)