



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

**COVID-19 stories highlighted in blue*

JUST FOR COLLEAGUES

CEO UPDATE: CELEBRATE THE HOLIDAYS SAFELY

CEO Update: Celebrate the Holidays Safely

Dr. Nester shares things to consider as you plan your holidays.



Wishing you joy this holiday season.
You deserve it.

Get Your Free Holiday Gift

Choose an oven mitt or knitted hat.

COVID-19 FOOD DONATION GUIDELINES

Eating Safely and Accepting Food Donations at Work

These guidelines help protect you from COVID during meals and breaks.



Partners. Heroes.

Your Amazing Story is Told at LVHN's Annual Meeting – Video

Watch Dr. Nester's presentation to our community.



DOING MY
PART
Lehigh Valley
Health Network

Vanessa Taggart is Doing Her Part

She has three tips to help you stay safe.



Watch LVH-Cedar Crest ER Ribbon Cutting

Join the virtual event Monday, Dec. 7, at 10 a.m.

Greater Hazleton Area COVID Testing Locations

New Assess and Test Location in Hazleton Area

It's located at the Coordinated Health facility in Hazle Township.



Epic
UPDATE

Complete Training for Epic's Next Upgrade

Prepare for the Dec. 6 upgrade.



Discounted Tickets for Lights in the Parkway

Get \$3 off and use your ticket any day through Dec. 27.



December Service Anniversary List

Congratulate colleagues celebrating a career milestone.

**Welcome 96
New Colleagues**

Lehigh Valley
Health Network

#HIRINGNOW

Great
Place
To
Work
Certified
2020

Welcome 96 New Colleagues

Meet the latest members of the LVHN family.



AIG Retirement Services

Schedule Your Year-end Financial Checkup

You also can register for two upcoming webinars.

STORIES



Free Hot Chocolate at Local Tree Farms

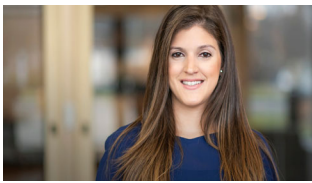
Find out how you can win a free tree!

HEALTH TIPS



LVHN Employees, Patients and Community Members Participating in COVID-19 Clinical Trial

One volunteer wants to help get society back to normal.



Meet Nurse Navigator Andrea Rivera Rodriguez

Learn how a lung cancer screening navigator can help you.



Reduce Your Risk of Falling as You Age

Physical therapist Sandy Tremblay has five tips to minimize your risk.

NEWS

COVID-19 TESTING GUIDANCE

Guidelines for COVID-19 Testing at LVHN

Where you go for testing depends on why you need it.



LVHN COVID-19 Report

See the latest statistics about testing and care at LVHN.

IN THE NEWS

A plea from the front lines for your help with COVID-19 | Opinion

November 30, 2020 | lehighvalleylive.com

Women of Allentown Police Department donate to LV Cancer Center

November 28, 2020 | WFMZ.com

The reason why exactly 279 Bethlehem parking meters will be free on Saturdays this season

November 26, 2020 | lehighvalleylive.com

Fading memories: LVHN doctor talks about Alzheimer's

November 24, 2020 | tnonline.com

Share your story at LVHN.org/stories.



CEO Update: Celebrate the Holidays Safely

December 03, 2020

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

I hope you enjoyed your Thanksgiving celebration with your family and did so in as safe a manner as possible. Certainly, the COVID-19 pandemic has been [stressful](#) and isolating for many people, particularly now during the holiday season, which is normally marked by gatherings to reconnect with family and friends. But, as the number of COVID-19 cases continues to increase rapidly across the United States, the safest way

Home

Share this release

CEO Update: Celebrate the Holidays Safely



Tweets by @LVHN

LVHN Retweeted



Paul Duffy

@grastondoc1

Doing my part! @LVHN @coordhealth
#lvhnproud #COVID19

Embed

[View on Twitter](#)

Connect



to celebrate the holidays is at home with the people you live with.

Celebrating virtually or with members of your household who are consistently taking [measures](#) to reduce the spread of COVID-19 poses the lowest risk. Your household members include anyone who currently lives and shares common spaces in your housing unit, such as your house or apartment. This can include family members, as well as roommates or people who are unrelated to you. However, in-person gatherings that bring together family members or friends from *different* households – including students returning home from college – can increase the chances of getting or spreading [COVID-19](#).

We all share the strong desire to spend time with those we love. But, these are extraordinary times that may require sacrifices to ensure safety and protection, especially for older members of our family and household who have certain medical risk factors. These individuals have weaker defenses for fighting the challenges of a COVID-19 infection. Surely, none of us would want to be the cause of unnecessary exposure to the virus that could harm a loved one. That's why LVHN is putting out a call to arms for everyone to "Do Your Part," so hospitals do not become overwhelmed. Here's the situation:

- In the last three weeks, COVID-19 has been spreading quickly across our region.
- In the last 10 days, the number of patients admitted to LVHN hospitals has nearly doubled.
- We already have nearly as many COVID patients in our hospitals as we did in the



spring.

- We have a plan in place to care for all patients. However, we need our community's help to ensure we are not overrun with COVID patients and to ensure we have the beds, equipment and staff to care for all patients.

The actions you take over the next month will matter and can significantly impact the health of our community. Do your part. Make the right decisions to protect yourself and others so hospitals can care for everyone.

- Wear a mask.
- Practice social distancing by staying 6 feet apart.
- Wash your hands frequently.
- Stay home as much as you can, especially when you are sick.
- Think about ways you can limit contact with others. For example, go to the grocery store once a week instead of multiple times.

For all these reasons, consider how your holiday plans can be modified to reduce the spread of COVID-19 to keep your family, friends and communities healthy and safe. While *nothing* is safer than gathering *only* with those individuals you live with, Centers for Disease Control and Prevention (CDC) offers the following considerations to slow the spread of COVID-19 during small gatherings. Please consider the following information as you plan your holidays.

- **Community levels of COVID-19** – High or increasing levels of COVID-19 cases in the gathering location, as well as in the areas where attendees are coming from, increase the risk for infection and spread among attendees. Consider the number of COVID-19 cases in your community and in the community where you plan to celebrate when deciding whether to host or attend a gathering. Information on the number of cases in an area can often be found on the local [health department](#) website.
- **Exposure during travel** – Airports, bus stations, train stations, public transport,

gas stations and rest stops are places travelers can be exposed to the virus in the air and on surfaces.

- **Location of the gathering** – Indoor gatherings, especially those with poor ventilation such as small enclosed spaces with no outside air, pose more risk than outdoor gatherings.
- **Duration of the gathering** – Gatherings that last longer pose more risk than shorter gatherings. Being within 6 feet (two arm lengths) of someone who has COVID-19 for a cumulative total of 15 minutes or more greatly increases the risk for becoming sick and requires a 14-day [quarantine](#).
- **Number and crowding of people at the gathering** – Gatherings with more people pose more risk than gatherings with fewer people. CDC does not have a limit or recommend a specific number of attendees for gatherings. The size of a holiday gathering should be determined based on the ability of attendees from different households to stay [6 feet apart](#), wear [masks](#), [wash hands](#), and follow [state, local, territorial](#) or [tribal](#) health and safety laws, rules and regulations.
- **Behaviors of attendees *prior to the gathering*** – Individuals who did not consistently adhere to [social distancing](#), [mask wearing](#), [hand-washing](#), and other prevention behaviors pose more risk than those who consistently practiced these safety measures.
- **Behaviors of attendees *during the gathering*** – Gatherings with more safety measures in place – such as [mask wearing](#), [social distancing](#) and [hand-washing](#) – pose less risk than gatherings where fewer or no preventive measures are being implemented. Use of [alcohol or drugs](#) may alter judgment and make it more difficult to practice COVID-19 safety measures.

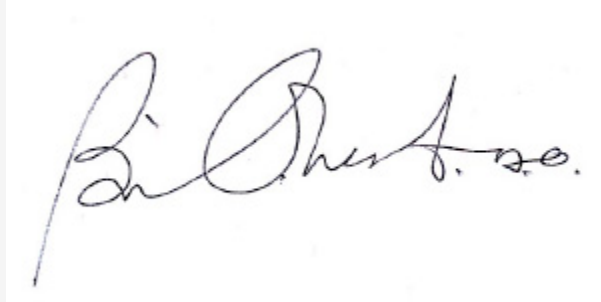
Now is the time to pledge to safety, to help contain the spread of COVID-19 and flatten the curve, like you did this past spring. Remember, even close adherence to the considerations above won't stack up to the safety of gathering only with the people you live with. At best, they will only partially mitigate the risk for spreading COVID-19.

I know this is hard. But, do you know what would be even worse? Having a sick loved

one who can't get the care he or she deserves because hospitals are overwhelmed.

Here's the good news. It's not too late. If we act now, we'll be OK. So, do your part and feel confident that LVHN is doing all we can to manage this unprecedented surge of COVID-19 cases for the patients and communities we serve.

For all you do, be LVHN Proud. Thank you for your partnership.

A handwritten signature in black ink, appearing to read "Brian Nester, DO, MBA, FACOEP". The signature is fluid and cursive, written on a white background.

Brian Nester, DO, MBA, FACOEP
President and Chief Executive Officer, Lehigh Valley Health Network

Reference: <https://www.cdc.gov/coronavirus/2019-ncov/daily-life-coping/holidays.html>

Get Your Free Holiday Gift: Choose An Oven Mitt Or Knitted Hat

November 30, 2020

This message is from Lynn Turner, MBA, Senior Vice President and Chief Human Resources Officer, LVHN.

The holidays are a time to reflect on the past and look to the future. I want to acknowledge your tireless efforts this year and thank you for your heroic dedication to caring for others. Because of you, LVHN is certified as a “Great Place to Work.” This national recognition reflects everything the LVHN family does to “heal, comfort and care for the people of our community.”

As we do our part to keep others safe, LVHN will not host holiday buffets for colleagues this year. Instead, in appreciation of each of you doing your part to keep everyone safe and healthy, each colleague will receive a holiday gift from LVHN.

Order your holiday gift

Our gift to you is a free **LVHN oven mitt** or **knitted hat**. All colleagues can order your free gift online and it will be shipped to your home at no cost to you.

Home

Share this release

Get Your Free Holiday Gift: Choose An Oven Mitt Or Knitted Hat



Tweets by @LVHN

LVHN Retweeted



Paul Duffy

@grastondoc1

Doing my part! @LVHN @coordhealth
#vhnpride #COVID19

Embed

View on Twitter


Connect



Follow these steps to order your gift.

- [Click here](#) to visit the ordering website.
- Enter your Employee ID number as your username and your last name as your password. Your password will be case sensitive. If your last name is more than one word separated by a space or symbol, include that space or symbol (example: Smith Jones or Smith-Jones).
- You can find your Employee ID number in the top left corner of your home page on the Colleague Resource Center. (Access the CRC from your SSO Toolbar. If

you are prompted to log in to the CRC, enter your SUI@lvh.com and your LVHN password.) **NOTE: Your Employee ID number is a five or six digit number (example: 123456). This is different than your SUI number, which starts with a letter followed by four numbers (example: X1234).**

- Enter your home address. NOTE: Do not have your gift shipped to your work address.
- Enter your email address. This is where you will receive USPS tracking information.
- You have the option to order either an oven mitt or a knitted hat. Select your gift.
- There is a limited supply of each item, so place your order early to ensure the item you want is in stock. The last day to place your order is Dec. 14, 2020.
- Your gift will be shipped the week of Dec. 14.
- If you have questions about ordering your gift, call Volunteer Services at 610-402-8899 , Mon.-Fri., 8 a.m.- 4 p.m. or email LVHN@lvhn.org.

Have questions? [Read this Q&A.](#)

Warm wishes this holiday season

Over the holidays, please make every effort to recharge and reflect on the important contributions you make every day.

Thank you for doing your part to keep our patients, colleagues and communities safe.

COVID-19 FOOD DONATION GUIDELINES

Guidelines for Eating Safely and Accepting Food Donations at Work

November 27, 2020

This message is from Timothy Friel, MD, Chair, Department of Medicine; Alex Benjamin, MD, Chief Infection Control and Prevention Officer; and Terry Burger, Administrator, Infection Control and Prevention.

Since the start of the pandemic, the most common cause of COVID transmission between colleagues at LVHN has been linked to eating together in workspaces during meals and breaks.

Home

Share this release

Guidelines for Eating Safely and Accepting Food Donations at Work



Connect



Lehigh Valley Health ...
49,238 likes
STAY SAFE STAY STRONG
#LVHNCOVIDSTRONG
Like Page Share

How to eat safely at work

- Colleagues may bring food from home for their own consumption. Please make sure all foods brought from home are contained securely.
- Do not share food brought from home with other colleagues.
- Food purchased by colleagues at work must be produced in a facility with a commercial kitchen that has a valid food license, such as a restaurant.
- Food purchased for consumption by multiple colleagues must be individually wrapped, pre-packaged, single-service or grab-n-go.
- Colleagues should not purchase platter-style foods, raw or cooked. This includes whole pizzas, cheese and vegetable trays, sandwich platters and dessert trays.
- When eating together in break rooms and cafeterias, colleagues must remain 6 feet apart.
- Practice good hand hygiene before and after eating.
- Masks must be worn at all times except during eating and/or drinking.

Food donation guidelines

Our health network has adopted the following guidelines for accepting food donations in our ongoing effort to keep colleagues and patients safe. These guidelines are available online at LVHN.org/covid19donations.

- Donated food must be scheduled through [Signup Genius](#) at least two days in advance. Food brought to one of our facilities that hasn't been scheduled will not be accepted.
- Donated food must be produced in a facility with a commercial kitchen that has a valid food license, such as a restaurant. Homemade foods will not be accepted.
- No platter-style foods, raw or cooked, will be accepted. This includes whole pizzas, cheese and vegetable trays, sandwich platters, dessert trays and other similar donations commonly found in our break areas.

- All donated foods must be individually wrapped, pre-packaged, single-service and grab-n-go.
- Bulk donations of shelf-stable food items remain acceptable. Donors should contact Volunteer Services at 610-969-2850



Call: 610-969-2850

for information about how to donate in bulk.

If you know someone who would like to make a food donation to any LVHN facility, please inform them about these guidelines. You might consider encouraging them to purchase a restaurant gift card or voucher and mail them to:

Lehigh Valley Health Network
Office of Philanthropy
2100 Mack Blvd., Fourth Floor
Allentown, PA 18103

Another option would be a monetary donation, which also should be made to the Office of Philanthropy by calling 484-884-6385



Call: 484-884-6385

We appreciate the countless contributions and sacrifices made by every LVHN colleague during this pandemic. Please help us make sure our working environment remains as safe as possible for everyone. Thank you for all you do.



Your Amazing Story Is Told During LVHN's 2020 Community Annual Meeting – VIDEO

December 02, 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](#)

Your Amazing Story Is Told During LVHN's 2020 Community Annual Meeting – VIDEO



Tweets by [@LVHN](#)

LVHN Retweeted



Paul Duffy

[@grastondoc1](#)

Doing my part! [@LVHN](#) [@coordhealth](#)
[#vhnproud](#) [#COVID19](#)

[Embed](#)

[View on Twitter](#)

[Connect](#)

The amazing work you and all colleagues have done this year took center stage during LVHN's 2020 Community Annual Meeting, which was held virtually for the first time. Watch the entire meeting here.



The meeting featured presentations 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



You also can read LVHN's Annual Report online at [LVHN.org/annualreport](https://www.lvhn.org/annualreport). There, you'll get detailed information about LVHN's finances and community benefit.



Vanessa Taggart's Three Tips to Stay Safe

December 03, 2020

We're all in this together. No one knows this better than Vanessa Taggart, Accounts Payable Director. Here's how she and her family stay #LVHNCOVIDSTRONG:

- Keep clean cloth masks by the door so you can grab one before you leave the house.
- Keep paper masks in the cars just in case.

Home

Share this release

Vanessa Taggart's Three Tips to Stay Safe



Tweets by @LVHN

LVHN Retweeted



Paul Duffy

@grastondoc1

Doing my part! @LVHN @coordhealth
#lvhnproud #COVID19

Embed

View on Twitter

Connect



- If you see someone out and about without a mask, offer one from your “just in case” stash.

“If we all do our part, we can stay healthy,” says Taggart. “We have to help each other. It's about all of us.”

Follow Vanessa’s lead and do your part.

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.





Join Us Virtually: LVH–Cedar Crest Emergency Room Ribbon-Cutting

December 03, 2020

We invite you to join us virtually for the ribbon-cutting of the all-new emergency room at LVH–Cedar Crest. Since January 2019, you have watched this 160,000-square-foot project come to life and become the largest and most advanced emergency room in the state. Help us celebrate by joining the ceremony on Facebook Live.

What: LVH–Cedar Crest emergency room ribbon-cutting

Home

Share this release

Join Us Virtually: LVH–Cedar Crest
Emergency Room Ribbon-Cutting



Tweets by @LVHN

LVHN Retweeted



Paul Duffy

@grastondoc1

Doing my part! @LVHN @coordhealth
#vhnproud #COVID19

Embed

[View on Twitter](#)

Connect

When: Monday, Dec. 7, 10 a.m.

Where: Tune in to [LVHN's Facebook page](#)

The event will be recorded and available to view on the LVHN Facebook page. We encourage you to share this #LVHNProud moment on social media with your family, friends and professional colleagues.

Take a virtual tour

Following the event, a video tour of the emergency room will be posted, so check back to get a look inside.



Greater Hazleton Area COVID Testing Locations

LVHN Opens Second COVID-19 Assess and Test location at Coordinated Health-Hazle Township

December 03, 2020

Beginning Dec. 7, LVHN is opening a second Assess and Test location inside the Coordinated Health-Hazle Township facility to meet the increased demand for COVID-19 testing and the number of positive COVID-19 cases in the Greater Hazleton community. LVHN COVID-19 Assess and Test Center–Sherman Court, Hazleton,

[Home](#)

Share this release

LVHN Opens Second COVID-19 Assess and Test location at Coordinated Health-Hazle Township



Tweets by @LVHN

LVHN Retweeted



Paul Duffy

@grastondoc1

Doing my part! @LVHN @coordhealth #lvhnproud #COVID19

[Embed](#)

[View on Twitter](#)

remains open.

- **Only people with COVID-like symptoms will be tested at these facilities.** LVHN is NOT offering COVID-19 testing to people who:
 - Do not have symptoms *
 - Did not have a significant exposure to the virus *
 - Require COVID-19 clearance testing for work, school or travel *

**People who do not have symptoms or need clearance testing can visit local pharmacies such as CVS, RiteAid and Walgreens for COVID-19 testing. We recommend calling ahead to see if the location near you provides this service.*

- A medical order for testing is strongly encouraged. Contact your primary care provider for assessment or call the LVHN nurse triage line at 888-402-LVHN

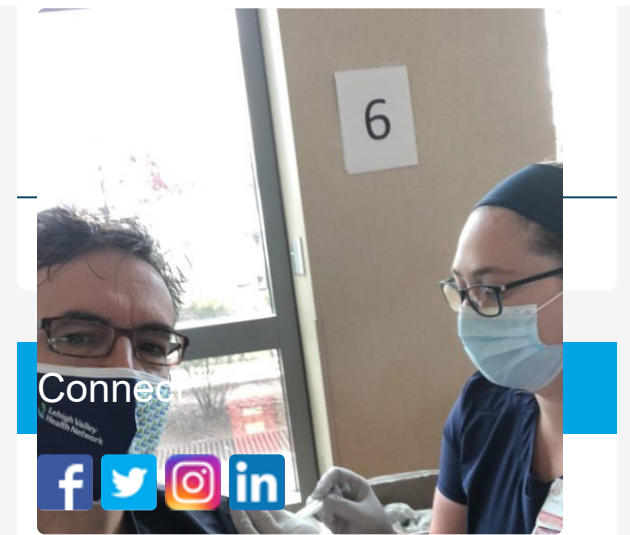


Call: 888-402-LVHN

(5846) **PRIOR to coming to the testing location.** You also may do an online screening at [LVHN.org/virtualcare](https://www.lvhnhospital.org/virtualcare).

- Bring personal ID and insurance information when being tested. Most insurances are accepted, including GHP Family and Geisinger Gold.

LVHN Assess and Test Locations in Hazleton:



LVHN COVID Assess and Test Location - Coordinated Health–Hazle Township

26 Station Circle
Hazle Township, PA 18202
570-710-3168



Call: 570-710-3168

Hours

Monday-Friday, 8 a.m.-5 p.m.
Saturday and Sunday, 9 a.m.-3 p.m.

LVHN COVID Assess and Test Center–Sherman Court

140 N. Sherman Court
Hazleton, PA 18201
570-501-7400



Call: 570-501-7400

Hours

Monday-Friday, 8 a.m.-5 p.m.
Saturday and Sunday, 9 a.m.-3 p.m.

For the latest up-to-date information on Assess and Test locations, visit
[LVHN.org/COVID19](https://www.lvhn.org/COVID19).



Complete Your Training for Epic's Next Upgrade

December 03, 2020

On Sunday, Dec. 6, the quarterly Epic Upgrade will go-live with two versions: February 2020 and May 2020. To prepare you for the changes to come, please review the training materials that the Department of Education provided. The training materials will provide an overview of enhancements to the Epic application(s) that you use.

Who needs to complete training?

If you use the Epic electronic health record today, you will need to review and complete

Home

Share this release

Complete Your Training for Epic's Next Upgrade



Tweets by @LVHN

LVHN Retweeted



Paul Duffy

@grastondoc1

Doing my part! @LVHN @coordhealth
#vhnproud #COVID19

Embed

View on Twitter

Connect

your training.

How do I access my training?

Launch The Learning Curve (TLC) from your .SSO Apps. To search for the eLearning, click on the magnifying glass icon in the upper right corner. Copy and paste the course code (see below) into the search field.

Play in the Playground

The Epic Playground is now updated for the Epic upgrade and available for you to explore. [For Epic Playground login information, please follow this link.](#)

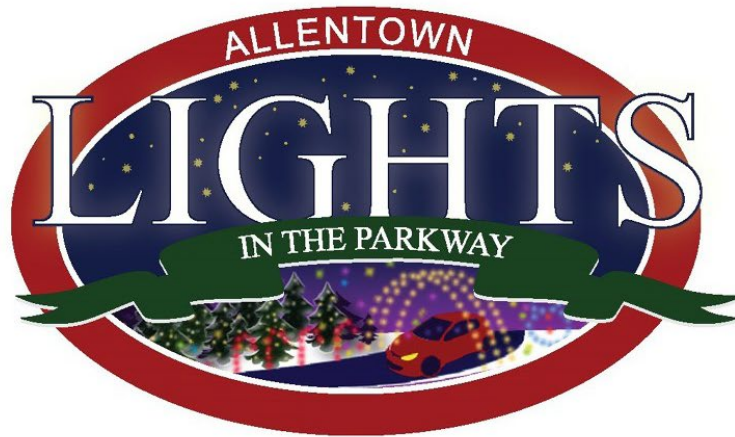
If you have issues accessing TLC, please contact the Technology Support Center via phone or [through the Technology Intranet site.](#)

EPIC APPLICATION	COURSE NAME AND CODE IN TLC (Copy and paste the course name OR code in the TLC search field)
Ambulatory (All ambulatory-based clinical staff including providers – other applications may be needed such as: beacon, ophthalmology)	Course Name AMB: AMBULATORY UPGRADE TRAINING V20 May Course Code NE08167
Anesthesia (Anesthesia staff)	Course Name AST: ANESTHESIA UPGRADE TRAINING V20 May Course Code NE08168
ASAP (Emergency Department)	Course Name ASAP: END USER UPGRADE TRAINING V20 May Course Code NE08169



Beacon (Oncology, infusion)	Course Name BEA: UPGRADE TRAINING V20 May Course Code NE08173
Cadence (Scheduling)	Course Name CAD: CADENCE UPGRADE TRAINING V20 May Course Code NE08174
Cupid (Invasive and Non-Invasive Cardiology)	Course Name CUP: CUPID UPGRADE TRAINING V20 May Course Code NE08178
Dorothy and Comfort (Homecare and Hospice)	Course Name DOR: Dorothy and Comfort Upgrade V20 May Course Code NE08179
Epic Inpatient Clinical Documentation (ClinDoc) and Stork (Clinical documentation for all inpatient nurses and providers – including Stork)	Course Name CLN: Inpatient Clinical and Stork Upgrade V20 May Course Code NE08175
Epic Inpatient Orders	Course Name INP: Inpatient Orders Upgrade V20 May Course Code NE08188
Grand Central (Bed management, Admission, Discharge, Transfer)	Course Name ADT: GRAND CENTRAL UPGRADE TRAINING V20 May Course Code NE08180
Haiku and Canto	Course Name HKU: Haiku and Canto Upgrade V20 May Course Code NE08207
HIM (Health Information Management)	Course Name HIM: All Roles Upgrade V20 May Course Code NE08201
Home Health and Hospice Billing	Course Name HHB: Home Health and Hospice Billing Upgrade V20 May Course Code NE08206
Kaleidoscope (Ophthalmology)	Course Name KAL: Kaleidoscope Upgrade V20 May Course Code NE08208
OpTime (Peri-op, OR)	Course Name ORM: OpTime - Upgrade Training V20 May Course Code NE08184
Phoenix (Transplant)	Course Name PHX: Phoenix Upgrade V20 May Course Code NE08185
Radiant (Radiology)	Course Name XRY: Radiant Upgrade V20 May Course Code NE08200

Resolute Hospital Billing (Hospital Billing, Billing Customer Support)	Course Name RHB: Resolute Hospital Billing Upgrade V20 May Course Code NE08186
Resolute Professional Billing (Professional Billing, Billing Customer Support)	Course Name RPB: Resolute Professional Billing Upgrade V20 May Course Code NE08187
Wisdom (Dental offices and staff)	Course Name WIS: Wisdom Upgrade V20 May Course Code NE08198
Willow (Inpatient Pharmacy)	Course Name WIL: Willow Upgrade V20 May Course Code NE08199



Lights in the Parkway: Discounted Tickets for LVHN Colleagues

December 02, 2020

Is a trip to [Lights in the Parkway](#) an annual holiday tradition for your family? Maybe you've never been, but now's your chance.

[Get your discounted tickets](#)

This year, [get discounted tickets](#) to Lights in the Parkway, a safe, socially distanced

[Home](#)

[Share this release](#)

Lights in the Parkway: Discounted Tickets for LVHN Colleagues



[Tweets](#) by [@LVHN](#)

LVHN Retweeted



Paul Duffy

[@grastondoc1](#)

Doing my part! [@LVHN](#) [@coordhealth](#)
[#vhnproud](#) [#COVID19](#)

[Embed](#)

[View on Twitter](#)

[Connect](#)

drive-thru display of lights and holiday scenes along more than a mile of Lehigh Parkway in Allentown.

Purchase your tickets [online](#) beginning Dec. 6 and enter code: Heroes2020 for \$3 off the regular ticket price. **Note: The discount code is only valid Dec. 6-12.**

Use your ticket any day or time during the holiday season Nov. 27- Dec. 27, 5:30-10 p.m. To redeem your ticket, please follow these instructions:

Simply follow the link: <https://lightsintheparkway2020.eventbrite.com/> and complete these steps:

1. Click on the Event “Lights in the Parkway 2020”
2. Click “Tickets”
3. Click “Enter Promotional Code” link in the top right of the window that pops up
4. Type in “HEROES2020” and click “Apply Code”
5. It will show discount on ticket type
6. Click the ticket number to “1” and click “Checkout”
7. Enter First Name, Last Name, and Email Address and click “Register”
8. You Can Click “View Ticket” to view and print or save to device.

The ticket will also then be emailed to the buyer, which may be redeemed in the following ways at Lights in the Parkway:

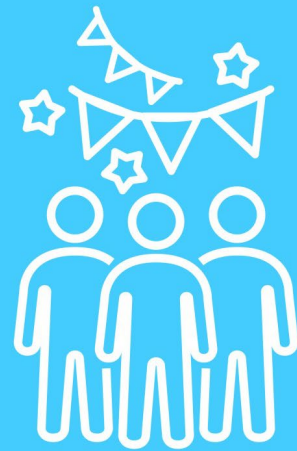
- Downloaded to the Eventbrite app and store on your phone, to be presented at the ticket booth
- Pulled up in your email with barcode that can be scanned from your phone, to be presented at the ticket booth



Printed ticket from your email, to be presented at the ticket booth



© 529632020 All Rights Reserved. Terms of Service



Service Anniversary List – December 2020

December 01, 2020

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

45 years

Gale Kubida, Lab Admin

Pier Monaco, Pharmacy

[Home](#)

[Share this release](#)

Service Anniversary List – December 2020



Tweets by @LVHN

LVHN Retweeted



Paul Duffy

@grastondoc1

Doing my part! @LVHN @coordhealth
#lvhnproud #COVID19

[Embed](#)

[View on Twitter](#)

Connect



40 years

Marie Hrinkonich, Breast Health Svcs. Admin

Jerome Oravec, HIM Facility Based Coding

Daniel Ritter, Linen Services

Stephen Vanya, Mental Health Clinic-Muhl

35 years

Tina Armellino-Montagner, 340B Team

Joanne Mann, Hospice Skilled Nursing

Rafael Trinidad, Patient Transport Services

30 years

John Amentler, Ind Med Clinic

Scott Dorney, EPIC Conversion

Jeremy Driscoll, Info Svcs Technical Operations

Lisa Heeps, Pharmacy MPA



Patricia Kisenwether, Central Scheduling Hwc

Lorraine Perry, Pool Nurses - Norwegian

Tammy Schmick, Wound Healing Center

Kay Young, Dept. Of Ob/Gyn

25 years

Cher Carl-Kline, LVPG Peds SurgUrology 1210SCC

William Defuso, Plant Operations

Susan Frederick, LVPG PulmonaryCritCare Med1250

Colleen Selinko, Communications

Heidi Singer, LVPG Geriatric Med 17th St

20 years

Micheline Brunner, Clinical Informatics

Rebecca Caraballo, Physician & Executive Recruit

Erin Causa, Pre-Op Staging

Lisa Esposito, Dietary

Rajwattie Jagernauth, Float Nursing

John Lenner, Plant Engineering

Carla Martucci, LVPG Rheumatology 3080Hamilton

Angela Pistoria, LVPG Burn Surgery 1210SCC

Kimberly Resch, Ambulatory Surgical Unit

Rashel Richardson, Operating Room Tilghman

Carol Tetz, Critical Care Unit

Dawn Weiss, Trauma Reg Res Ctr.

Tabitha Weller, Clinical Services Admin.

Kenneth Yanochik, X-Ray

15 years

Angela Bower, Info Svcs Customer Service

Tia Burger, Cat Scanning

Anne Clay, Pharmacy

Sarah Cruz, Mental Health Clinic Muh

Ronald Davis, Pharmacy

Marian Gericke, Home Care - Skilled Nursing

Sharon Glenn, LVPG Plastic Csmtc Surg1243SCC

Barbara Gottshall, LVPG Plastic Csmtc Surg1243SCC

Kimberly Horton, IRF CC Admin

Kelly Houtz, Radiology - Norwegian

Amber Krause, Cardiac ICU

Cory Kukuvka, Rehab Svcs at LVH-M

Heather Lauer, LVPG Ob/GYN Palmer Twp

Michelle Luizer, ABCFP/Rice PHYS Capacity Pilot

Jason Makin, LVAS LVH - Cedar Crest

Suzanne Mee, LVPG-P Internal Med E Stroud

Donna Myers, LVPG Plastic Csmtc Surg1243SCC

Gina O'Leary, LVPG PulmonaryCritCare Med1250

Maria Parra, Comprehensive Health Services

Melissa Rodriguez, HIM Provider Based Coding

Madelin Santiago, Specialty Clinic-Allen 1621

Danielle Schmidt, Emergency Department

Theresa Sullivan, Info Svcs Telecommunications

Carol Vansciver, Registration

10 years

Omari Brown, LVPG Peds Madison Farms

Merranda Cestaro, Patient Receivables Office

Stephen Cunningham, Administration

Erin Dashner, Radiology - Diagnostic 17Th

Deborah DePaul, NORI Administration

Tanya Ensminger Fernandez, Center For Ed Dev & Support

Annemarie Erdman-Schofield, Occupational Therapy

Cheryl Falco, Patient Accounting

Sharron Gallop, LVPG-P Endocrinology-Bartonsvl

Melissa Greb, HIM DOC Mgmt Release of Info

Vilija Griciute, Ultrasound

Christina Heffner, LVPG Rheumatology 3080Hamilton

Traci Hoffman, HIM Provider Based Coding

Roxanne Jasinski, Patient Accounting

Melissa Keyser, Dept. Of Medicine

Christopher Kita, Organizational Development

David Kramp, Security

Bobbie Lantz, EPIC Conversion

Louise Link, NORI Clinical

Kelly McGonigal, Patient Accounting

Yaqoob Mohyuddin, Hwc Cardiology

Megan Oberdoester, PT/OT Speech

Norma Qammaz, BH 1

Victoria Rufe, Support Services Security

Jeffrey Schappell, Plant Engineering

Brian Smith, PT/OT

Barbara Snell, Clinical Services

Craig Stiles, Facilities

Rebecca Watkins, 6 North

Jennifer Zehner, Radiation Therapy MHC

5 years

Eileen Adams, Hospice Skilled Nursing

Catherine Altmann, Endoscopy - G.I. Lab

Crystal Ambrosch, LVPG OB/GYN Trexlertown

Peter Antonelli, Ed Registration

Lizette Aponte, LVPG-P Family Med-Blakeslee

Carli Appleby, Operating Room

Mary Aselin, Hospice Skilled Nursing

Nicole Barresi, Care Management

Shaqueenah Battle Privott, LVPG Ob/GYN Palmer Twp

Raymond Bernardi, President

Lauren Biernacki, Business Development

Nathan Blatt, LVAS LVH - Cedar Crest

Carla Bortz, MHC Outpatient Registration

Nickole Brantley, LVPG Geriatric Med 17th St

Monika Bzura, Patient Accounting

Ana Carvalho, 4T Med/Surg

Raymond Cassidy, Courier Services

Kristi Cauley, Amb Surg Unit - Staging

Dana Clark, NORI Clinical

Stephanie Claros, Open Heart Unit

Edward Clauss, Info Svcs Technical Operations

Zaidy Deleon, Population Health

Edward Dobek, MRI

Izabela Dzimira, ICU

Sherley Encarnacion, Family & Internal Med-Alliance

Zuhal Ergonul, LVPG Peds Neurology 1210SCC

Jordan Frazier, Radiology

Ryan Fuller, Neuroscience Intensive Care

Ashley Gannon, Transitional Trauma Unit

Patricia Graves, Adolescent Psych Unit

Elizabeth Haring, Emergency Service - CC

Mark Harvey, LVPG Internal Med 1230CC

Tanai Hassell, PACU - 17

Tammy Heflin, Breast Health Svcs. Admin

Lisa Herbst, Float Nursing

Brandon Hicks, LVAS - LVH Muhlenberg

Shalyn Houser, Obstetrics

Kate Huck, Rehab Administration

Kevin Hudak, Security

Stephanie Huff, Pharmacy

Xerxes Irani, Ed Registration

Gina Irving, LVPG-P Fam/Intrnl Med-Strdsbrg

William Kent, Office of COO

MaryKate Klass, Human Resources Administration

John Klein, Plant Operations

Richard Kuklantz, Arena Medical Operations

Lisa Lance, LVPG Ophthalmology Fogelsville

Ashley Lane, LVPG PulmonaryCritCare Med1250

Jamie Lewis, Patient Accounting

La-kisha Lewis, OutPt Reg East Region

Cely Livingston, Education Infrastructure

Ann Loomis, CC Outpatient Registration

Nancy Malkiewicz, Mri-Allen Cln

Kelly McNabb, PT/OT

Anne McNally, LVPG OB/GYN West Broad

Jessica Meier, Neurology Clinic - CC

Marielle Messing, Marketing

Chelsea Miklas, BH Float Pool

Tammy Miller, Patient Accounting

Michael Minear, Executive Office

Oswaldo Morales, Patient Accounting

Rex Parker, HSP CC & I78 RX

Cynthia Pena, Gynecologic Oncology Clinic-CC

Jonathan Pizarro, Burn Center

Brittani Powers, 5CP Medical Surgical Unit

Dennis Puyarena Ramos, Hepatitis Care Center

Alison Reppert, Diagnostic Radiology

Betsy Rodriguez-lugo, LVPG Orthopedics Specialty

Manuela Rosario, Emergency Service - 17Th

Patricia Rosario, Patient Accounting

Brian Segel, Fitness at Arena

Holly Singley, LVPG Ob/Gyn

Bonnie Smicker, Perioperative Svcs Float Pool

Tracey Snyder, IRF CC Therapy

Julie Stone, Operating Room

Joseph Thomson, Plant Engineering

Tonja Tooley, Finance Administration

Alicia White, Physical Therapy

Giovanna Zola, Nurse Float Pool



Welcome 96 New Colleagues

Lehigh Valley Health Network #HIRINGNOW

Great Place To Work[®]
Certified
OCT 2020–OCT 2021
USA

Welcome 96 New Colleagues to the LVHN Family

December 02, 2020

LVHN continues to grow – 96 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.

Home

Share this release

Welcome 96 New Colleagues to the LVHN Family



Tweets by @LVHN

LVHN Retweeted



Paul Duffy

@grastondoc1

Doing my part! @LVHN @coordhealth
#vhnproud #COVID19

Embed

[View on Twitter](#)

Connect

Welcome these new colleagues

Lori Ache, Radiology - Norwegian

Ana Altobar-Steward, Transitional Skill Unit

Althea Blake, Patient Access Center

Nicole Bolton, LVPG Fam Med/Peds Cetronia Rd

Tanaisia Bowens, LVPG-P Family Med-Blakeslee

Sarah Burcaw, Patient Access Center

Chase Burlingame, 4K Med/Surg

Cory Bywater, Security

Luz Camacho Flores, Ultrasound

Kelly Carpency, Rehab at Easton Ave

Marlyna Castro, LVPG Physiatry Muhl

Ayse Celik, Pastoral Care

Heather Chapman, 17 ED Registration



Rebecca Cherichello, 4KS Medical/Surgical Unit

Scott Christensen, Emergency Room

Keshana Clarke, LVHN Fitness

Christine Coll, Emergency Service - CC

Veronica Colombo, 7A - Neuroscience Unit

Laura Corrin, Cat Scanning

Dilian Cruz Rivera, HSP 17th & Chew

Keri Diehl, Pharmacy

Trevor Diehl, Operating Room

Matthew Dill, Security

Jennifer Distefano, Mri

Amanda Dotter, LVPG FM Macungie

Michael Erdman, LVPG - Lehigh Cardiac and Thoracic Surgery

Danielle Espitia, 4T Med/Surg

Timothy Figueroa, Rehab Unit - Pt

Rachel Fuehrer, Progressive Coronary Care Unit

Tannis Gallagher, 5K Medical/Surgical Unit

Emilia Gentilesco, Stress Lab Hwc

Megan Getz, LVPG Family Med Emmaus

Patricia Gormley, Tilghman Surgery Center

Matthew Gross, Chiropractic

Alivia Halvorsen, Ultrasound

Dawn Halvorson, Dept. Of Medicine

Samantha Handwerk, 17 ED Registration

Jaimie Hanna, 7T Med/Surg

Carolynn Harbinson, General Orthopedics/Orthopedic Surgery

Kevin Hernandez, LVPG Fam Med/Peds Cetronia Rd

Justine Herrlinger, LVPG Peds-Lehighton

Stephanie Hionidis, LVHN Scranton Orthopedic Specialists

Kayla Hossler, 6 North

Stacey Hozella, Maternity

Kira Johnson, RN Triage/HiIthcare Navigation

Katheryn Josko, LVPG Orthopedics Specialty

Sierra Kasper, Grounds / Housekeeping

Jena Kichline, CPP Ophthalmology - 800 Coven

Tamara Kristopaitis, Centralized Transport

Henry Iark, Med Surg 4

Michelle Lerch, Supply Management

Kaitlyn Logan, Progressive Coronary Care Unit

Geraldine Luna, Wound Care Bartonsville

Molly McKelvey, 7A - Neuroscience Unit

Eviles Montero, Shuttle/Valet

Erica Morales, LVPG OB/GYN Pond Road

Zachary Motter, CH Outpt Registration East

Frederick Ohlinger Jr., General and Administration

Allison O'Malley, 6B Renal Med-Surg

Vivian Ortiz, Med Surg 5

Metsa Osmanzai, Mammo Bartonsville

Annalyssa Painter, LVPG IM Nazareth Rd

Connor Pelkey, Patient Access Center

Kassidy Potter, Radiology

Katlyn Pritchard, 6B Renal Med-Surg

Katherine Raffensberger, Patient Relations

Kaie Ra'oof, 6C Medical/Surgical Unit

Nicko Rios, Operating Room

Desire Robert, 4C LLM

Anna Samaszko, Home Care Skilled Nursing

Harpreet Sandhu, 5K Medical/Surgical Unit

William Schafer, Security

Sheldan Schleicher, LVPG OB/GYN Pond Road

Beth Schnell, Patient Registration

Robert Serino, LVPG Family Med Orefield

Desiree Singley, Med Surg 4

Kelsie Smith, LVPG-P Endocrinology-Bartonsvl

Suzanne Smith, Patient Access Ctr Scheduling

Shamari Stewart, Med Surg 7

Kathleen Storrs, Patient Access Center

Zachary Strouse, Patient Transport Services

Emily Surovy, Patient Access Ctr Scheduling

Alana Swiss, 4K Med/Surg

Mark Taylor, Progressive Coronary Care Unit

Kacyann Thompson, Radiology-Diagnostic - Cc

Stephanie Thompson, LVPG Ob/GYN Palmer Twp

Kimberly Troup, Patient Registration

Jocelyne Vega, LVPG Family Med Trexlertown

Jayne Villani, Op Intake Dept

Taryn Wagner, LVPG OB/GYN 1245SCC

Brandon Wallick, Heart Station

Danyel Williams, LVPG Pediatrics Trexlertown

Maria Yapul, Dental Clinic

Molly Yelencsics, Sports Perfrm-Lack

Jessica Yturizaga, LVPG Internal Med 1230CC

Lorie Zimmerman, Home Care - Skilled Nursing



AIG Retirement Services

Stay on Track With a Year-end Financial Checkup

November 30, 2020

As we near the end of the year, now might be a good time for a financial checkup. Think about any adjustments you may need to make for 2021 and ask yourself these questions:

- **Are my savings on track?** Consider increasing your savings, particularly if you are not taking full advantage of the employer match. Visit aigrs.com to access online tools and calculators that can help you see where you are today in saving for your future and what you can do to help get on track.

Home

Share this release

Stay on Track With a Year-end Financial Checkup



Tweets by @LVHN

LVHN Retweeted



Paul Duffy

@grastondoc1

Doing my part! @LVHN @coordhealth
#vhnproud #COVID19

Embed

[View on Twitter](#)

Connect

- **Are my investments aligned with my future goals?** When it comes to creating an investment portfolio to help you maintain your quality of life during retirement, most experts agree that diversification is a good option for achieving desired returns while managing risk. Visit aigrs.com to access the FutureFIT Calculator to see how your assets are allocated and find out how you can make adjustments to your mix to be more aligned with your goals.
- **Is my beneficiary information current?** Take time to update the person or entity to receive your retirement benefits. Be sure to review and update this information if you've had a major change in your life, like a marriage, new child, divorce or death. Keeping this information current will help ensure your family's overall financial wellness.

Schedule your year-end checkup with one of our dedicated financial advisors by calling 610-402-8801



Call: 610-402-8801

or by 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.

Attend our Monthly Webinar: Brainworks: Simple Solutions for Staying Sharp

In this presentation, our financial professional team will discuss some of the key findings about how the brain works, ways we can train our brain to perform better – to be more resilient to stress and to endure the test of time – reducing our risk of cognitive decline, dementia and Alzheimer’s disease.

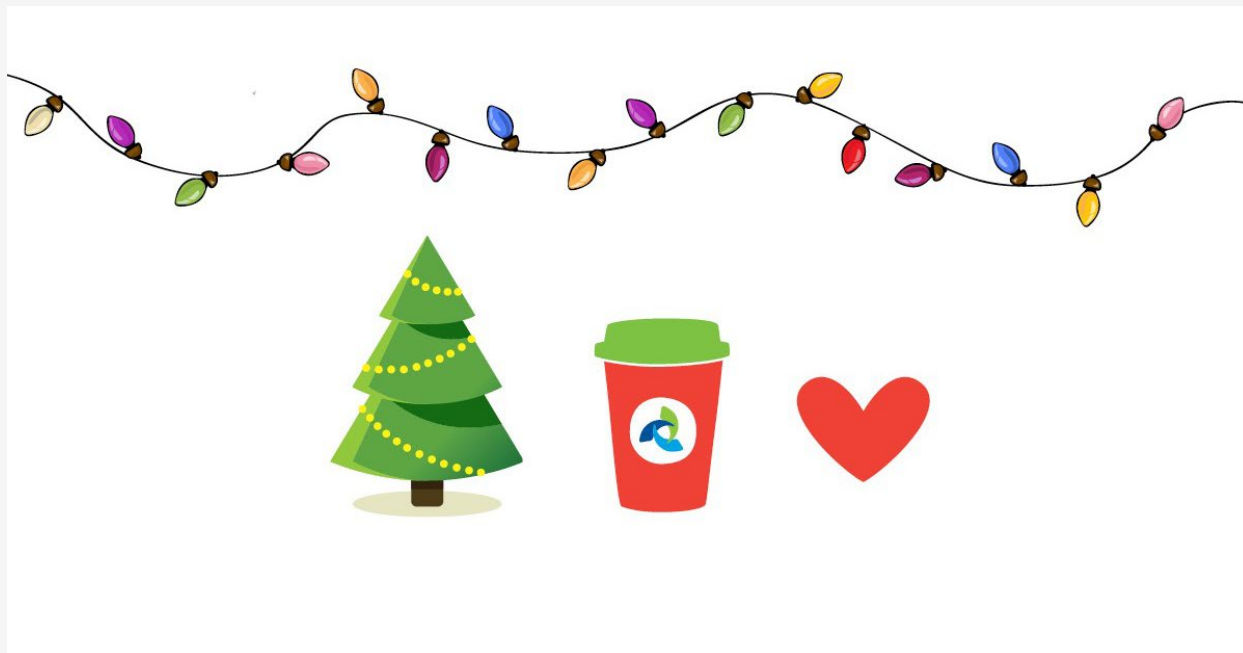
In addition, we will discuss the implications your children or other loved ones may face if you fall significantly ill or pass away and how legacy planning can be a benefit to yourself and to the ones you love.

[Click here to register](#) for your preferred time and day for these impactful workshops.

FutureFIT Financial Wellness Webinars: Get Help Shaping Your Financial Future

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.



Free Hot Chocolate at Local Tree Farms

November 25, 2020
BY KATIE CAVENDER

Looking for the perfect tree, wreath or unique gift? Stop by [Hill Farms](#) or [Unangst Tree Farms](#) this weekend!

LVHN has partnered with both Hill Farms and Unangst Tree Farms 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 will be free!

Home

Share this release

Free Hot Chocolate at Local Tree Farms



Tweets by @LVHN

LVHN Retweeted



Paul Duffy

@grastondoc1

Doing my part! @LVHN @coordhealth
#lvhnproud #COVID19

Embed

[View on Twitter](#)

Connect



Hill Farms is located at 1434 Gilberts Hill Road, Lehighton.

Unangst Tree Farm is located at 7300 Bath Pike, Bath.

Free hot chocolate and find-the-ornament dates:

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





LVHN Employees, Patients and Community Members Participating in COVID-19 Clinical Trial

One Pfizer study volunteer wants to help get society back to some level of normalcy

December 02, 2020
BY BRIAN DOWNS

Home

Share

LVHN Employees, Patients and Community Members Participating in COVID-19 Clinical Trial



Connect



Kenneth Miller, a respiratory care educator at [Lehigh Valley Health Network \(LVHN\)](#), received a new identity Sept. 3. He became known as clinical trial subject 01-008.

That was the date Miller received his first dose of either a placebo (inactive substance) or the vaccine being produced by Pfizer and partner BioNTech to protect against SARS-CoV-2, the virus that causes [COVID-19](#). Miller is among about 75 LVHN employees, patients and community members who consented to participate in the phase 3 trial for the vaccine to determine if it is effective and safe.

“Working in respiratory therapy I’ve seen the horrors of COVID-19 firsthand and wanted to reduce the threat or spread of the virus,” Miller says. “I wanted to help get society back to some level of normalcy.”

Like all participants in the trial, Miller received two vaccinations, the second one about three weeks after the first. He and the other participants will continue to be followed for two years even if the vaccine receives emergency authorization from the Food and Drug Administration (FDA) and public distribution begins. On Nov. 18, [Pfizer announced preliminary results show the vaccine was 95 percent effective in preventing](#) the disease among trial volunteers who had no evidence of prior coronavirus infection. The investigational vaccine is an RNA-based vaccine and does not contain the whole virus, or the parts of the virus that can make a person ill. The company says it will have manufactured enough doses by the end of the year to immunize 15 million to 20 million people.

At LVHN, the Network Office of Research and Innovation (NORI) and the Infectious Disease department are jointly leading the health network’s participation in the Pfizer trial with [Joseph Yozviak, DO, LVHN Internal Medicine](#), serving as the study’s principal investigator.

LVHN is the only location in the region participating in the trial with the other closest sites in New Jersey, New York and Maryland.

“The main outcome of this study is to look at the number of participants who develop COVID-19,” Yozviak says. “We compare people who received the vaccine to those who received a salt water placebo. The question is, does the vaccine prevent disease?”

Yozviak says one of the requirements was participants between 18 and 85 years of age needed to work, live or be involved in situations where they were at risk for being exposed. “We wanted to track those who likely would encounter the virus,” he says.

After enrollment the study involves blood and nasal swab specimen collection, two doses of either study vaccine or placebo, tracking of symptoms in an electronic diary and six in-person visits at Lehigh Valley Hospital (LVH)—17th Street, approximately over a two-year period. Participation is voluntary and those enrolled can withdraw at any time. Any participant who develops symptoms that may be consistent with COVID-19 undergoes a virtual evaluation and performs a nasal swab to test for SARS-CoV-2.

Miller, 65, considers himself fairly healthy, goes to the gym and has several conditions like asthma and hypertension that are controlled. He also says in his 46-year career at LVHN, he’s gotten to know a number of people involved in research and says he knew early on he’d be interested in helping with the study if selected.

“I understand those who don’t like shots in addition to the possible side effects,” he says. “But this is a disease that has no preference for age, sex or ethnic group—it takes advantage of all individuals. If we work as a team, get this under control and eradicate it, we can move on with our lives.”

For more COVID-19 news, health tips and encouraging stories, visit [LVHN.org/COVIDStrong](https://www.lvhn.org/COVIDStrong).



Meet Nurse Navigator Andrea Rivera Rodriguez

November 30, 2020

Hi, my name is **Andrea Rivera Rodriguez, CRNP**, and I am a lung cancer screening navigator with Lehigh Valley Health Network.

Most people understand navigation and its role when it comes to GPS (Global Positioning System) mapping on your phone or in your vehicle, but navigating lung cancer screenings is a different story. Just like a GPS, I'm there for people when they are going through uncharted territory.

[Scheduling screenings](#)

[Home](#)

Share this release

Meet Nurse Navigator Andrea Rivera Rodriguez



Tweets by @LVHN

LVHN Retweeted



Paul Duffy

@grastondoc1

Doing my part! @LVHN @coordhealth
#vhnpride #COVID19

[Embed](#)

[View on Twitter](#)

[Connect](#)

Certain people should have a regular [lung cancer screening](#) based on their risk factors for the disease. I help them schedule their appointments for a low-dose CT scan and make sure they're coming back for follow-up screenings.

In its early stages, [lung cancer](#) often doesn't have any symptoms. In some cases, the only way to detect early-stage lung cancer is through screening. Early-stage lung cancer can be cured, but finding the cancer early is critical.

Getting the results

Screening results lead to answers, so I work with different departments within LVHN to make sure that people get their screening results as quickly as possible. People can view all their results on the LVHN patient portal, [MyLVHN](#). They can even ask their provider questions about the results through the portal.

Although the findings are available on the app, it's still nice to have someone discuss them with you. I'm there to explain the findings and answer questions. It can be stressful for people when the screening uncovers something that requires follow-up or a biopsy. The stress can even make it difficult to comprehend the results. I make myself available night and day to patients and their families (with the patient's permission) so they can ask any question, anytime.

Multidisciplinary care

All findings are reviewed by a [multidisciplinary care team \(MDC\)](#) at Lehigh Valley Cancer Institute. The MDC brings together providers from different areas of the health



network. In that meeting, we decide who should receive a biopsy, and then I relay that information to the patient and anyone on that person's care team who needs to know, such as a primary care provider.

If the biopsy comes back positive for cancer, I make sure that the person is connected with the right people based on the type of cancer and the cancer's stage. Once someone is set up with an oncologist or surgeon, there will be another navigator to be by their side just like I was.

If you have three or more of the risk factors below, you should receive a lung screening.

- Between the ages of 55 and 80 (Centers for Medicare and Medicaid Services places this range at 55 to 77 years)
- Has a 30 pack-year smoking history (which means smoking one pack per day for 30 years; two packs per day for 15 years, etc.)
- Currently smokes or quit smoking within the past 15 years

Making sure patients and their families are well informed is what motivates me every day. Speak with your primary care provider or other specialists about your risk for lung cancer. Early detection helps people start lung cancer treatment sooner. Learn more about lung cancer screenings at [LVHN.org/lungscreening](https://www.lvhcn.org/lungscreening).



Reduce Your Risk of Falling as You Age

December 02, 2020

BY HANNAH ROPP

It's no surprise that falling becomes more common as you age. In fact, one in every four older adults suffers injuries from falls each year. However, according to physical therapist Sandy Tremblay from Lehigh Valley Health Network, you have the power to reduce your risk of falls. "Doing regular physical activities that include endurance, muscle strength and balance activities reduce the risk of fall-related injuries," she says.

Home

Share

Reduce Your Risk of Falling as You Age



Connect



How physical therapy can help

One way to reduce your risk of falling is to see a physical therapist. Physical therapists are movement experts who improve quality of life through hands-on care, patient education, and prescribed movement.

A physical therapist can help you:

- Assess your risk for falling
- Design an individualized plan for your fall-prevention needs
- Help make your home safe
- Learn about medical risk factors associated with falls
- Provide you with appropriate exercise and balance training
- Work with other health care professionals to address any underlying medical conditions that could increase your fall risk

Five tips to reduce your risk of falls

Falls can be prevented. Tremblay outlines five tips she often tells her own patients when it comes to minimizing their risk of falling.

- **Maintain mobility and improve strength** – Stay active by doing physical activities you enjoy. Take part in tai chi, yoga or walking. Doing so will help you keep your strength, flexibility, coordination and balance. Check with your doctor or physical therapist to see what types of activities are safe.
- **Get a fall screening** – Ask your doctor or physical therapist about fall screenings. A trained health care provider can assess your fall risk and work with you to find ways to decrease your risk.
- **Read your medication labels** – If you take more than four medicines (prescribed or over-the-counter), your risk for falling is higher. Many drugs can cause

dizziness, loss of balance, blurry vision and more. If you have any of these symptoms, review your medications with your pharmacist. Then, talk to your doctor about whether a change is in order.

- **Eliminate hazards around your home** – Check your home for anything that could cause you to trip. Things like rugs, clutter, poor lighting, and wobbly furniture or handrails could be a hazard. If you cannot fix or remove the items yourself, ask a friend or family member to help.
- **Improve home safety** – Add a secure grab bar in the tub or shower and next to the toilet. A bar will provide support when the floor or your feet are slippery. Check with your doctor or physical therapist about any programs that offer home safety assessments. Your Area Agency on Aging may be another source of help or support.

For more information on fall prevention or to make an appointment with a physical therapist, visit [LVHN.org/outpatient](https://www.lvhn.org/outpatient).

COVID-19 TESTING GUIDANCE

Guidelines for COVID-19 Testing at LVHN

December 01, 2020

Do you need to get a COVID-19 test? Where you go depends on why you need a test. Here are some simple guidelines.

If you have COVID-19 symptoms:

If you have symptoms such as fever, chills, cough, shortness of breath, muscle aches, or other cold and flu like symptoms, stay home and do any of the following:

[Home](#)

[Share this release](#)

Guidelines for COVID-19 Testing at LVHN



Tweets by @LVHN

LVHN Retweeted



Paul Duffy

@grastondoc1

Doing my part! @LVHN @coordhealth
#lvhnproud #COVID19

[Embed](#)

[View on Twitter](#)

[Connect](#)



Contact your primary care physician

- Call the MyLVHN Nurse Information line at [888-402-LVHN](tel:888-402-LVHN).
- Complete an **E-Visit** (detailed questionnaire visit submitted to a provider) by visiting MyLVHN.org or your MyLVHN app.
- Complete an **LVHN Video Visit** by [downloading the MyLVHN app](#).

While you don't have to be a legal resident of Pennsylvania, due to medical licensing regulations you must be in the state of Pennsylvania in order to do a video visit. During your virtual visit, you will be screened to determine if you need a COVID test. If it is determined you do need a test, one will be ordered and you will be guided to the appropriate testing location at ExpressCARE, Coordinated Health or LVHN Assess and Test.

If you do not have COVID-19 symptoms, but have had significant exposure:

If you do not have symptoms but have been exposed to someone who has tested positive for COVID-19, call 888-402-LVHN [📞](tel:888-402-LVHN) (5846) to talk with a nurse who can provide an order and refer you to the appropriate testing location.

If you need a COVID-19 clearance test:

If you need a test for travel or employer clearance, please contact one of the major pharmacies in our area. Rite Aid, Walgreens and CVS provide this service. We recommend calling ahead to ensure the pharmacy location you choose performs



testing.

For more information on COVID-19 testing at LVHN, please visit [LVHN.org/COVID19](https://www.lvhn.org/COVID19).