



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

*\*COVID-19 stories highlighted in blue*

## JUST FOR COLLEAGUES



### Vaccine Update: Finishing Tier 1A, Starting Tier 1B

Learn what to expect when it's your turn to be vaccinated.

**SIGN UP FOR MYLVHN**

### Sign Up for MyLVHN to Schedule Your Vaccination

It's the quickest, most efficient way to do so.



### CEO Update: Celebrate the Holidays Safely

A reminder from Dr. Nester will help keep you and your loved ones safe.

**COVID-19 TESTING LOCATION UPDATES**

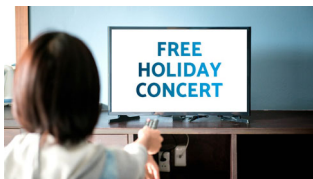
### Updates to COVID-19 Testing Locations for Asymptomatic Patients

Get the latest on testing at HNL Lab Medicine.



### LVH-Pocono Showcases Patient Success Stories – Video

Get a preview of our latest marketing campaign.



### Watch a Free Virtual Holiday Concert

Celebrities bring the warmth of the holidays to you.



Lehigh Valley Health Network

We make the grade.

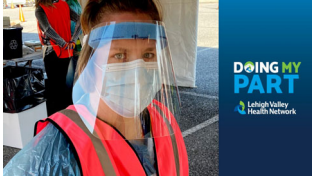
## 'A' Grades for Safety From Leapfrog

LVH-Cedar Crest and LVH-Pocono receive recognition.



### Jessica Manjack Wears PPE With Pride

It's how she is doing her part to keep others safe.



### Amy Jedlovec Leads by Example

She sets an example every day in the community.



### Erin Levine Keeps Vulnerable Patients Safe

She is doing her part to ensure care is never delayed.



### 2021 Friends of Nursing Award Nominations Open

View the nomination book; nominations due Jan. 18.



### New Electric Car Charging Stations at LVH-Cedar Crest

They're open to colleagues, and more are coming soon.



### 8 Tips to Quit Smoking

A BeneQUIT tobacco cessation specialist provides effective advice.



### Order Your Free Holiday Gift by Dec. 31

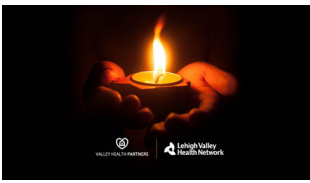
Choose an oven mitt or knitted hat.

## STORIES



### Best Gift You Can Give Is to Do Your Part – Video & Photos

Colleagues share their feelings and reasons for getting vaccinated.



## Virtual Candlelight Ceremony Honors VHP Street Medicine's Homeless Patients Lost in 2020 – Video

Watch this touching ceremony.

---

### HEALTH TIPS



#### How LVHN Colleagues Feel After Their COVID-19 Vaccination

Find out how front-line colleagues feel 24 hours after their shot.



#### COVID-19 Vaccines Backed by Scientific Data

Learn the phases of a clinic trial and why vaccines are 95 percent effective.

---

### LVHN NEWS



#### Lehigh Valley Hospital–Carbon Virtual Groundbreaking – Video

The new hospital will be located along Route 443 in Mahoning Township.

---

### IN THE NEWS

#### LVHN administers first doses of the Pfizer vaccine

December 17, 2020 | wfmz.com

#### COVID-19 vaccine arrives at LVHN, health care workers get shots soon afterward

December 17, 2020 | mcall.com

#### First LVH-Schuylkill employees vaccinated

December 18, 2020 | republicanherald.com

---

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



## COVID-19 Vaccine Update: Finishing Tier 1A and Starting Tier 1B Vaccinations This Week

December 21, 2020

We are continuing to make progress in our fight against COVID-19. Last week we received our first shipment of Pfizer vaccines and were able to vaccinate more than 1,000 colleagues. We received more shipments of vaccines this week and are proud to announce all remaining Tier 1A front-line colleagues principally assigned to COVID-19

Home

Share this release

COVID-19 Vaccine Update: Finishing Tier 1A and Starting Tier 1B Vaccinations This Week



Connect



Lehigh Valley Health ...  
49,457 likes  
#LVHNCOVIDSTRONG  
STAY SAFE STAY STRONG  
Like Page Share

units are being vaccinated.

## Updated LVHN COVID-19 vaccine plan

We received 3,000 Pfizer vaccines and 4,000 Moderna vaccines. Because there will be enough vaccines for everyone in Tier 1A, there is no random selection process needed. If you are assigned to Tier 1A, you received an email through your LVHN email account by the end of the day Monday with instructions on how to schedule your vaccine.

**Please note: You will not be able to choose which vaccine you receive. Both vaccines have very similar efficacy and safety profiles.**

We will also begin vaccinating colleagues in Tier 1B within the next week. To ensure fairness and equitable distribution, LVHN will randomly select colleagues from the 1B tier of the [LVHN Vaccination Plan](#) to determine the order in which colleagues receive the vaccine. Those selected from Tier 1B to receive the vaccine will receive an email through their LVHN email account that includes instructions with next steps. If you have been identified to receive the vaccine and you are not patient facing, we request that you defer your vaccination until all 1A and 1B colleagues are vaccinated.

If you are selected to receive the vaccine, we encourage you to schedule your vaccine appointment as soon as possible, ideally within 24 hours of receiving your email notification. Colleagues who wish to defer their vaccination at this time (or decline the vaccination) should respond to the email with their preference.

The COVID-19 vaccine does have a few exclusions. If you have had another vaccine within the last 14 days, you should postpone scheduling your COVID-19 vaccination until 14 days after the other vaccination. Also, if you answered yes to any of the Conversa screening questions, you should delay your vaccine.

Do not reach out to Employee Health Services or the Access Center about scheduling your vaccination until you have been contacted. You will not be able to schedule your vaccine until you have been notified by email.

Receiving the vaccine is voluntary. However, we strongly encourage you to be vaccinated as soon as you are called for your protection and the protection of our patients. Given the logistics associated with administering the vaccine, careful planning

is required to ensure every dose of the vaccine is used. **Have questions about the vaccine? [Read LVHN COVID-19 Vaccine FAQ.](#)**

### **Both vaccines safe and effective**

Both the Pfizer and Moderna vaccines have been proven safe and effective. After providing two months of safety from ongoing Phase 3 trials, both were granted Emergency Use Authorization by the Food and Drug Administration (FDA). Data show that Pfizer's COVID-19 vaccine is 95 percent effective in preventing COVID-19 while Moderna's vaccine has shown to be 94.5 percent effective.

**To learn more about COVID-19 vaccines including FAQs and myth buster videos, visit [LVHN.org/COVID19vaccines](https://www.lvhn.org/COVID19vaccines)**



## SIGN UP FOR MYLVHN

# Sign Up for MyLVHN to Schedule Your COVID-19 Vaccination

December 21, 2020

MyLVHN helps you take control of your health. LVHN's secure patient portal gives you access to your health information, your care team and so much more. And now, it is the quickest and most efficient way to find out information about when you can receive the COVID-19 vaccine and schedule your vaccination appointment.

If you do not have a MyLVHN account, you can call to schedule your COVID-19

Home

Share this release

Sign Up for MyLVHN to Schedule Your COVID-19 Vaccination



Connect



Lehigh Valley Health ...  
49,457 likes  
STAY SAFE STAY STRONG  
#LVHNCOVIDSTRONG  
Like Page Share

vaccination appointment once you have been notified.

All colleagues are encouraged to sign up for a MyLVHN account if you don't already have one. It is the quickest and easiest way to get vaccinated and stay safe. To sign up, go to [MyLVHN.org](https://MyLVHN.org) or download the free MyLVHN app on Google Play or the Apple App Store.

### Get the information you need

- Learn more about the [LVHN Vaccination Plan, including tiers](#).
- Read [vaccine FAQs for colleagues](#).
- Visit [LVHN.org/MyLVHN](https://LVHN.org/MyLVHN) for information about our patient portal.





## 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



Connect



Lehigh Valley Health ...  
49,457 likes  
#LVHNCOVIDSTRONG  
STAY SAFE STAY STRONG  
Like Page Share

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](#).

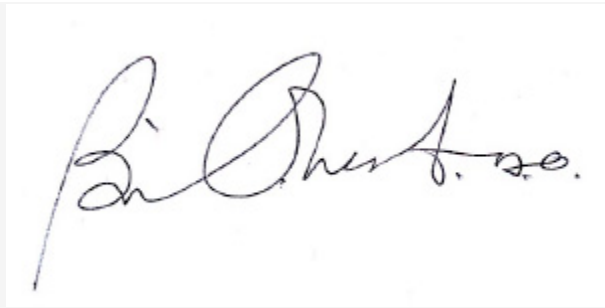
- **Number and crowding of people at the gathering** – Gatherings with more people pose more risk than gatherings with fewer people. CDC does not have a limit or recommend a specific number of attendees for gatherings. The size of a holiday gathering should be determined based on the ability of attendees 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.



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>

## COVID-19 TESTING LOCATION UPDATES

### Updates to COVID-19 Testing Locations for Asymptomatic Patients

December 23, 2020

The following COVID-19 testing location updates have been made:

- HNL Lab Medicine–Hausman Road is **no longer offering** COVID-19 testing.
- **New locations added!** HNL Lab Medicine now offers COVID-19 testing for people without symptoms at the Patient Centers listed below in addition to

Home

Share this release

Updates to COVID-19 Testing Locations for Asymptomatic Patients



Connect



Lehigh Valley Health ...  
49,457 likes  
STAY SAFE STAY STRONG  
#LVHNCOVIDSTRONG  
Like Page Share

their [current testing locations](#). Testing at these locations is for people who have had a known exposure to the virus, but do not have symptoms, or for people who have an upcoming procedure. A doctor's order is required in either instance. Clearance testing, including testing for work or school, will not be offered.

- [HNL Lab Medicine–Allentown Towne Center \(Tilghman Street\)](#)
- [HNL Lab Medicine–Health Center at Richland Township](#)
- [HNL Lab Medicine–Carbon Plaza Mall](#)

As a reminder, if a community member needs guidance on getting a COVID-19 test, where they go depends on why they need a test. See our [community guidelines for COVID-19 testing](#) for more information. You can always find the latest testing locations on LVHN.org:

- [Testing for people with symptoms](#)
- [Pre-procedure testing](#)
- [Testing for people who have been exposed to the virus but do not have symptoms](#)





## LVH–Pocono Showcases Real Patient Success Stories in Newest Marketing Campaign - VIDEO

December 22, 2020

BY JESSICA BLASCO

Lehigh Valley Hospital–Pocono is launching its newest mass-media campaign, “A Partner You Can Trust.” As Monroe County’s only full-service hospital, the campaign

Home

Share this release

LVH–Pocono Showcases Real Patient Success Stories in Newest Marketing Campaign - VIDEO



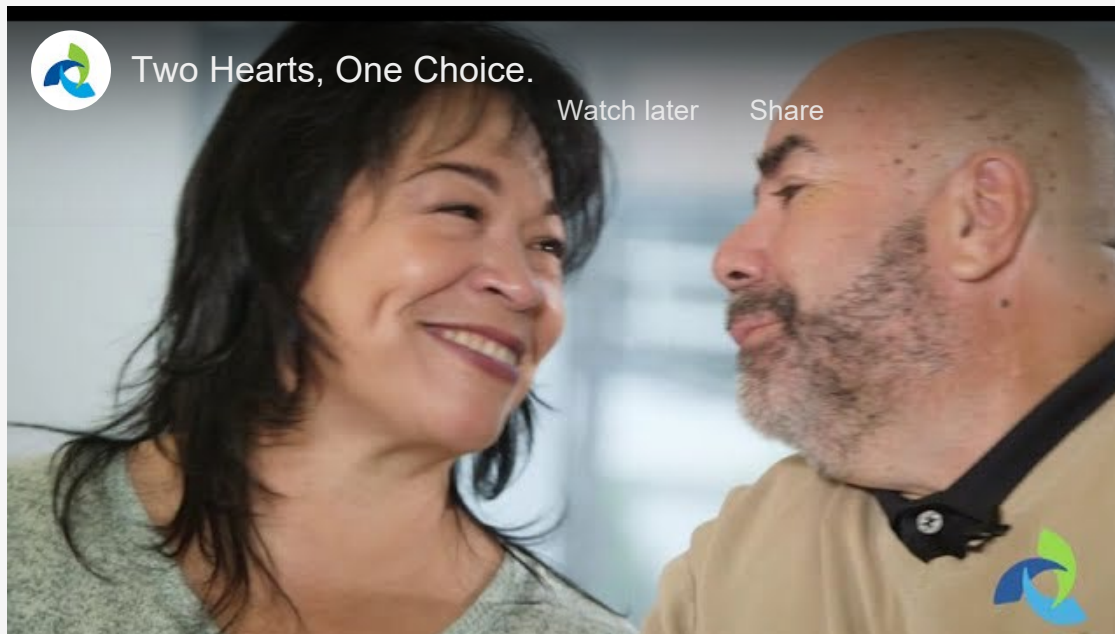
Connect



Lehigh Valley Health ...  
49,457 likes  
/COVIDSTRONG #LVHNCOVIDSTRONG  
STAY SAFE STAY STRONG  
Like Page Share

highlights success stories from different network institutes and service lines. These real-life patient success stories seek to inform the community of the caliber of safety and expertise offered at LVH–Pocono, which is the only hospital in the Pocono region equipped to handle complex, high-risk heart attacks and open-heart surgery. The hospital's first story features Edinson and Nancy from Stroudsburg, a husband and wife who both underwent double bypass surgery within days of each other. Their remarkable story will be highlighted on billboard, print, online, radio and TV and pitched to the local media.

Here is a preview of the “A Partner You Can Trust” campaign and Edinson and Nancy’s story:





## Watch This FREE Virtual Holiday Concert

December 21, 2020

With all that's going on right now, take time to pause for a moment and focus on something uplifting. A holiday concert would be just perfect!

Musicians On Call collaborated with the American Hospital Association (AHA) to offer AHA members (including LVHN) access to Hope for the Holidays, presented by Citi, a virtual concert featuring some big names that will bring the warmth and spirit of the holidays to you. This event is a way to thank front-line caregivers for your dedication and hard work.

Home

Share this release

Watch This FREE Virtual Holiday Concert



Tweets by @LVHN



Elizabeth Flodin, DO, Vice Chair, Department of Obstetrics & Gynecology, LVH-Muhlenberg, is one of many LVHN colleagues who chose to be vaccinated while pregnant. Learn why she believes the benefits of the vaccine outweigh the risks of contracting COVID: [bddy.me/3ibDS3h](https://bddy.me/3ibDS3h).



Embed

[View on Twitter](#)

Connect



Hear encouraging messages from Dolly Parton, Kelly Clarkson and Billie Eilish. Enjoy seasonal classics performed by Leslie Odom Jr., Meghan Trainor, Josh Groban, HAIM and Pentatonix, just to name a few.

[Click here](#) to get exclusive access to the concert.

Use password: ahaholiday

Colleagues are invited to watch this festive concert on demand now through Jan. 6, 2021.





## LVH–Cedar Crest and LVH–Pocono Awarded 'A' Grades for Safety From Leapfrog

December 22, 2020

LVH–Cedar Crest and LVH–Pocono each was awarded an 'A' grade on the [Hospital Safety Grade](#) report from The Leapfrog Group for fall. In addition, LVH–Pocono earned a Top Hospital award from the independent national watchdog organization.

The national ratings reflect how well hospitals protect patients from accidents, errors, injuries, infections and other harms. The safety score is designed to give the public

Home

Share this release

LVH–Cedar Crest and LVH–Pocono Awarded 'A' Grades for Safety From Leapfrog



Tweets by @LVHN



Elizabeth Flodin, DO, Vice Chair, Department of Obstetrics & Gynecology, LVH–Muhlenberg, is one of many LVHN colleagues who chose to be vaccinated while pregnant. Learn why she believes the benefits of the vaccine outweigh the risks of contracting COVID: [bddy.me/3ibDS3h](https://bddy.me/3ibDS3h).



Embed

[View on Twitter](#)

information that is useful for choosing a hospital for care.

Matthew McCambridge, MD, LVHN's Chief Quality and Patient Safety Officer, said it's extremely satisfying for others like Leapfrog to recognize the safe care provided at LVHN hospitals, especially during unprecedented times.

"During a pandemic, emergency situations like heart attacks, strokes or injuries don't stop," McCambridge says. "We're proud to be able to safely care for all our patients, not just those with COVID-19. These 'A' grades from Leapfrog reflect on the skilled colleagues – physicians, nurses and many, many others – who go above and beyond their everyday dedication to take care of our community."

"As the nation copes with a challenging pandemic, our gratitude extends to hospital leadership and health care workers everywhere for their tremendous dedication," says Leah Binder, President and CEO of The Leapfrog Group.

LVH–Pocono is among only 29 hospitals nationwide and three in Pennsylvania to receive a Top General Hospital award. Over 2,200 hospitals were considered for the prestigious award in four categories: Top General, Top Children's, Top Rural and Top Teaching. In the four categories combined, 105 hospitals nationwide, 11 in Pennsylvania including LVH–Pocono, won 2020 Top Hospital awards.

Developed under the guidance of a national Expert Panel, the Leapfrog Hospital Safety Grade uses 28 measures of publicly available hospital safety data to assign grades to more than 2,600 U.S. acute-care hospitals twice per year. The Hospital Safety Grade's methodology is peer-reviewed and fully transparent, and the results are free to the public.

To see the LVH–Cedar Crest and LVH–Pocono full grade details, and to access tips for staying safe in the hospital, visit [hospitalsafetygrade.org](https://hospitalsafetygrade.org).

## Connect









## Jessica Manjack Coordinates Supplies and Wears PPE With Pride

December 22, 2020

Since the start of this pandemic, supply chain management colleagues have been working diligently to ensure proper supplies of personal protective equipment (PPE) are available to our frontline heroes.

Jessica Manjack, Supply Coordinator, wears her mask in all public places because she knows it protects her and everyone around her.

Home

Share this release

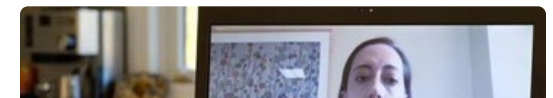
Jessica Manjack Coordinates Supplies and Wears PPE With Pride



Tweets by @LVHN



Elizabeth Flodin, DO, Vice Chair, Department of Obstetrics & Gynecology, LVH-Muhlenberg, is one of many LVHN colleagues who chose to be vaccinated while pregnant. Learn why she believes the benefits of the vaccine outweigh the risks of contracting COVID: [bddy.me/3ibDS3h](https://bddy.me/3ibDS3h).



Embed

[View on Twitter](#)

Connect

“Wearing a mask sends a visual signal to others that social distancing and healthy behaviors are practiced regularly,” says Manjack. “Be a hero to others. Wear your mask!”

Follow Jessica’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](https://LVHN.org/stories), and you could be featured for doing your part.





## Amy Jedlovec Leads by Example

December 15, 2020

Amy Jedlovec, PA-C, a physician assistant with LVHN ExpressCARE–Moselem Springs, knows we are only as strong as our weakest link. That’s why she commits to patient safety and encourages her community to do the same.

“We are all in this together,” says Jedlovec. “We can move forward when we lead by example, and I try to be that example for my community every day.”

Follow Amy’s lead and do your part.

Home

Share this release

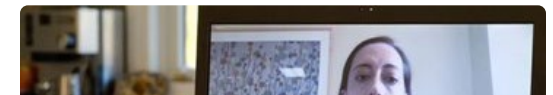
Amy Jedlovec Leads by Example



Tweets by @LVHN



Elizabeth Flodin, DO, Vice Chair, Department of Obstetrics & Gynecology, LVH-Muhlenberg, is one of many LVHN colleagues who chose to be vaccinated while pregnant. Learn why she believes the benefits of the vaccine outweigh the risks of contracting COVID: [bddy.me/3ibDS3h](https://bddy.me/3ibDS3h).



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](https://LVHN.org/stories), and you could be featured for doing your part.







## Erin Levine Keeps Vulnerable Patients Safe

December 22, 2020

Patients with cancer still need life-saving treatment during the pandemic. Colleagues like Erin Levine, Outpatient Oncology Dietitian with Lehigh Valley Cancer Institute, provide trusted and safe care.

“I commit to patient safety so I can keep vulnerable patients as healthy as possible to prevent any delay in getting them the care they need,” says Levine.

Follow Erin’s lead and do your part.

Home

Share this release

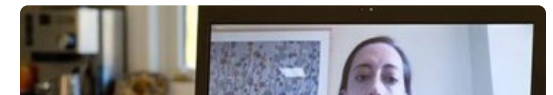
Erin Levine Keeps Vulnerable Patients Safe



Tweets by @LVHN



Elizabeth Flodin, DO, Vice Chair, Department of Obstetrics & Gynecology, LVH-Muhlenberg, is one of many LVHN colleagues who chose to be vaccinated while pregnant. Learn why she believes the benefits of the vaccine outweigh the risks of contracting COVID: [bddy.me/3ibDS3h](https://bddy.me/3ibDS3h).



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](https://LVHN.org/stories), and you could be featured for doing your part.





## 2021 Friends of Nursing Award Nominations Open

December 23, 2020

Nominations are open for 2021 Friends of Nursing Awards. To nominate a deserving colleague for an award, here's what to do.

- View the [2021 nomination book](#) to review the awards and nomination criteria.
- Complete the [nomination form](#) on the LVHN intranet.

**Awards open to all colleagues**

Home

Share this release

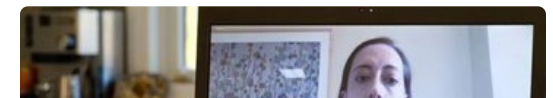
2021 Friends of Nursing Award Nominations Open



Tweets by @LVHN



Elizabeth Flodin, DO, Vice Chair, Department of Obstetrics & Gynecology, LVH-Muhlenberg, is one of many LVHN colleagues who chose to be vaccinated while pregnant. Learn why she believes the benefits of the vaccine outweigh the risks of contracting COVID: [bddy.me/3ibDS3h](https://bddy.me/3ibDS3h).



Embed

[View on Twitter](#)

Connect



Select Friends of Nursing Awards are now open to colleagues in all locations. Review the [2021 nomination book](#) for nomination criteria.

### Submitting a nomination

All nomination materials must be submitted together. Include these attachments with the nomination:

- Nomination letter by nominator
- One letter of support
- A personal exemplar (for all individual nominees)
- A photo of the nominee

Complete the nomination form, attach all required materials and press submit.

Incomplete nomination forms will not be accepted. All nominations must be submitted through the [2021 nomination form](#) on the LVHN intranet.

**The due date for nominations is Jan. 18, 11:59 p.m.**





## New Electric Car Charging Stations Open to LVHN Employees

December 22, 2020

Electric vehicles, or EVs, are becoming more popular. At LVHN, we are doing our part to provide more charging options in the Lehigh Valley. Blink Charging Co., a leading owner, operator and provider of EV charging equipment and services, has signed an exclusive seven-year agreement with LVHN for Blink to own and operate charging stations at LVHN facilities, including hospitals, health centers, physician practices, rehabilitation locations, ExpressCARE sites and other outpatient care locations.

Home

Share this release

New Electric Car Charging Stations Open to LVHN Employees



Tweets by @LVHN



Elizabeth Flodin, DO, Vice Chair, Department of Obstetrics & Gynecology, LVH-Muhlenberg, is one of many LVHN colleagues who chose to be vaccinated while pregnant. Learn why she believes the benefits of the vaccine outweigh the risks of contracting COVID: [bddy.me/3ibDS3h](https://bddy.me/3ibDS3h).



Embed

[View on Twitter](#)

Connect

The deployments began with the first fast-charging stations at LVH–Cedar Crest. They are located near the new emergency department. The station is equipped with two ports and accessible to all colleagues 24 hours a day, seven days a week.

Six additional chargers are scheduled to be deployed at LVH–Muhlenberg, and six at our soon-to-open LVH–Hecktown Oaks campus. The remainder of the initial 219 chargers will be deployed in 2021.

"At LVHN, we care deeply about our community's environmental future and are committed to the use of clean energy and transportation," says LVHN President and CEO Brian Nester, DO, MBA, FACOEP. "Electric vehicles have many benefits, including reducing carbon dioxide pollution and improving the health of communities. That's why we are excited to make EV fast-charging stations readily available to Lehigh Valley residents. We believe this effort will help pave the way for more widespread adoption of electric vehicle use in the future."

"As evidenced by the exclusive and long-term nature of this agreement, LVHN is committing to making EV charging stations available to the medical staff, patients and visitors of LVHN," says Blink Charging Chief Operating Officer Brendan Jones. "They serve as a model both in their local communities and the health care industry, and they should be commended for providing the infrastructure required to make widespread EV adoption a reality."

This is another way LVHN is helping to improve quality of life in our community. EVs have been shown to reduce emissions, which helps to improve air quality by reducing an environmental pollutant.





## 8 Tips to Quit Smoking From a BeneQUIT Tobacco Cessation Specialist

December 21, 2020

The BeneQUIT program provides free nicotine replacement medication and telephonic counseling from a trained Tobacco Treatment Specialist with a National Certificate in Tobacco Treatment Practice (NCTTP). The BeneQUIT program is available free of charge to all non-union LVHN colleagues. Contact [Christie Lanasa](#) at 610-969-0148 for more information on BeneQUIT. Non-union colleagues who complete the BeneQUIT program are eligible to have the tobacco surcharge removed from their LVHN insurance

Home

Share this release

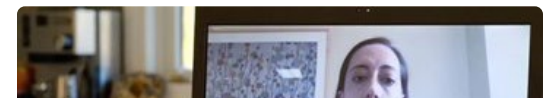
8 Tips to Quit Smoking From a BeneQUIT Tobacco Cessation Specialist



Tweets by @LVHN



Elizabeth Flodin, DO, Vice Chair, Department of Obstetrics & Gynecology, LVH-Muhlenberg, is one of many LVHN colleagues who chose to be vaccinated while pregnant. Learn why she believes the benefits of the vaccine outweigh the risks of contracting COVID: [bddy.me/3ibDS3h](https://bddy.me/3ibDS3h).



Embed

[View on Twitter](#)

Connect

plan. Lehigh Valley Hospital–Pocono colleagues should contact [Virginia Matrisciano](#) at 570-476-3680, [📞](#) for tobacco cessation services.

If you've ever thought, "I'd like to stop using tobacco, but this is not a good time," then BeneQUIT Tobacco Cessation Specialist Christine Lanasa may be able to help.

### Your tobacco-free strategy

Quitting tobacco can be a challenge, but know that even during the most stressful times, people are quitting every day. Here are some suggestions for a tobacco-free strategy that may work for you.

1. **Focus on your motivation.** Write down the reasons you want to quit. Then, post that list where you can see it. Start with questions like these:
  - Do you want to protect your children or grandchildren from secondhand smoke?
  - What worries you if you continue using tobacco?
  - Are you tired of being out of breath or coughing?
  - Do you want to feel your best?
2. **Consider using Nicotine Replacement Therapy (NRT)** such as the patch, gum, lozenge, nasal spray or inhaler. Talk to your doctor or a Tobacco Treatment Specialist about whether using NRT is right for you. NRT reduces cravings and withdrawal symptoms while eliminating the use of chemicals commonly found in cigarettes.
3. **Pick a replacement behavior.** Be creative! Decide what you are going to do when your cravings hit and then do your replacement behavior every time you feel a craving coming on. Your new behavior may seem unfamiliar or awkward at first, but celebrate that you are taking steps to stay tobacco-free.
4. **Gather the supplies that help you stay tobacco-free.** You may want sugar-free gum, a water bottle, nicotine gum or lozenges, healthy snacks or craft supplies.





Keep these items in your purse, car and desk to replace the tobacco you may have kept there in the past.

5. **Mobilize your support system.** Identify who will help you stay tobacco free. Let them know you are no longer using tobacco and tell them how they can help. You want to surround yourself with people who won't offer you tobacco and who will understand if you are feeling more irritable or nervous than usual. Consider working with a professional Tobacco Treatment Specialist who understands nicotine addiction and is trained to support you using tobacco-free strategies. You may also seek out a national board-certified health coach, therapist or physician to help support you on this journey.
6. **Keep tobacco out of sight and out of mind.** Set yourself up for success by removing items that remind you of tobacco. Free your environment of tobacco products, ashtrays or matches. Clean out your car and jacket pockets.
7. **Avoid places you buy cigarettes or the places you go to smoke cigarettes.** When you do go out, try to only go places where tobacco is not allowed. Be careful of alcohol consumption, as it affects your decision-making.
8. **Take it one day at a time.** Maybe you are having a tough day. You do not have to commit to making healthy decisions beyond today, so focus on getting through today. Remind yourself that staying tobacco-free is going to get easier and remember that cravings don't usually last more than 20 minutes.

### **Not ready to quit cold turkey?**

If you are not ready to commit to a tobacco-free lifestyle just yet, but want to take steps toward being tobacco-free, here are some tricks for cutting down on your tobacco use over time.

- Ask your doctor about a prescription medication like Chantix or Wellbutrin, which block or act on nicotine receptors in your body to quiet cravings and make tobacco less appealing.
- Try giving yourself a tobacco allowance each day, and gradually decrease your allowance over time.

- Put off using tobacco for at least 30 minutes when you have a craving and find something else to do instead. Try increasing this delay as you see success.
- Practice quitting for a day. Imagine how you want the day to go and make necessary arrangements. Make a promise to yourself that you will be tobacco-free for one day and don't make any obligation beyond that day. Celebrate that you can do it!

If you do use tobacco when you're trying to quit, think about what you learned from the experience and remember what might help you stay tobacco-free next time. Call your Tobacco Cessation Specialist for additional support.



## 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



Elizabeth Flodin, DO, Vice Chair, Department of Obstetrics & Gynecology, LVH-Muhlenberg, is one of many LVHN colleagues who chose to be vaccinated while pregnant. Learn why she believes the benefits of the vaccine outweigh the risks of contracting COVID: [bddy.me/3ibDS3h](https://bddy.me/3ibDS3h).



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](mailto: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.



## The Best Gift You Can Give is To Do Your Part – VIDEO & PHOTOS

December 23, 2020

We are #LVHNProud of front-line colleagues who continually do their part to stop the COVID-19 surge. Vaccines are an important step in our community's recovery from this pandemic. Hear colleagues share their feelings and reasons for getting vaccinated, and see photos of colleagues who received their vaccine.

Home

Share this release

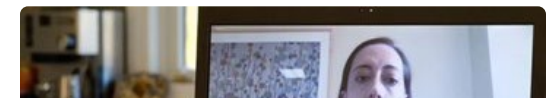
The Best Gift You Can Give is To Do Your Part – VIDEO & PHOTOS



Tweets by @LVHN



Elizabeth Flodin, DO, Vice Chair, Department of Obstetrics & Gynecology, LVH-Muhlenberg, is one of many LVHN colleagues who chose to be vaccinated while pregnant. Learn why she believes the benefits of the vaccine outweigh the risks of contracting COVID: [bddy.me/3ibDS3h](https://bddy.me/3ibDS3h).



Embed

[View on Twitter](#)

Connect





# LVHN COVID-19 Vaccinations

Watch later

Share



Although COVID-19 vaccines aren't available to everyone in the community just yet, there are still ways to help slow the spread of COVID-19 – wear a face mask when you are near others, wash your hands often, create distance between yourself and others when possible and stay home if you feel sick.









## Virtual Candlelight Ceremony Honors VHP Street Medicine's Homeless Patients Lost in 2020

December 22, 2020  
BY TED WILLIAMS

When [Valley Health Partners \(VHP\)](#) physician assistant [Seth Campbell, PA-C](#), and other members of the [VHP Street Medicine team](#) would visit Martin Deemer at his encampment, he would always direct them to other homeless neighbors who he felt were more in need of their help. "Next time," he would say when they would approach

Home

Share

Virtual Candlelight Ceremony Honors VHP Street Medicine's Homeless Patients Lost in 2020



Connect



him about his own care.

But Martin Deemer ran out of “next times.” He would be one of eight homeless friends of VHP Street Medicine lost in 2020. They were honored Monday at the fifth annual National Homeless Persons’ Memorial Day Virtual Candlelight Ceremony hosted by VHP Street Medicine and [Lehigh Valley Health Network \(LVHN\)](#). This year’s ceremony was limited to social media because of COVID-19 concerns.

### **Imperfect questions**

“Every year at this vigil, I’m tempted to ask the imperfect questions: What could I have done differently? How could I have prevented this from happening?” Campbell says. “It seems we all can relate to these times in life.”

Addressing the imperfect questions has been the driving force behind the VHP Street Medicine program, which this year was one of several LVHN community-based programs and practices that moved to a new nonprofit, Valley Health Partners Community Health Center, which is especially focused on the needs of underserved populations throughout the area.

### **The road to more**

“Our team from VHP Street Medicine remains committed to doing everything possible to address the physical and emotional needs of our homeless friends,” says [Brian Nester, DO, MBA, FACOEP, President and Chief Executive Officer at LVHN](#), in his remarks that opened the virtual candlelight ceremony.

That commitment was demonstrated in 2020 by two new programs to benefit the homeless. A respite care program made possible through a grant from the Highmark Foundation permitted 26 sick homeless patients to recuperate in Extended Care America hotel rooms. Also, mail service was launched for homeless patients so they could access Social Security benefits, insurance benefits and other services.

### **No one dies alone**

Martin Deemer’s name will join those of Morris Mest, Tabitha Winters, Shari Pissani, Jason Boyle, Michael Price, William Ebnetter and Andrew Sweitzer on the

Remembrance Wall at LVHN–One City Center, which was created in 2016 to honor the memory of lost Street Medicine patients. The wall was made possible through a gift from Nester and his wife, emergency medicine physician Tina Pippis-Nester, DO.

“LVHN has a wonderful program, our No One Dies Alone program, where volunteers sit in hospice with patients in their final moments of life,” says Pippis-Nester, who also spoke at the candlelight ceremony. “While we continue to battle the tragedy of homelessness, we humbly maintain this remembrance wall with the hope that no one dies unknown.”

### **Lead by example**

Pippis-Nester also honored [Hoonani \(Nani\) Cuadrado, PA-C](#), the leader of the VHP Street Medicine team, who was named the [2020 Pearl Birnbaum Hurwitz Humanism in Healthcare Award](#) recipient. This national honor pays tribute to the woman who best exemplifies humanism and has advanced the well-being of underserved or at-risk populations in the health care arena. Cuadrado is the first non-physician to be so honored. Her efforts exemplify the dedication of caregivers throughout the VHP organization.

“The very heart of this organization is to provide care for our communities most vulnerable,” says Veronica Gonzalez, executive director of VHP. “We seek to understand our patients’ barriers and walk side by side with them to overcome them.”

**Watch the virtual vigil here:**

*To learn more about Valley Health Partners Community Health Center and their Street Medicine Team, visit [valleyhealthpartners.org](https://valleyhealthpartners.org).*



## How LVHN Colleagues Feel After Their COVID-19 Vaccination

December 22, 2020

Wondering how it feels the day after a COVID-19 vaccine? Since Thursday, LVHN has administered more than 1,000 vaccinations to front-line colleagues and plans to vaccinate about 6,000 more in the coming days. Of the colleagues who received a vaccination, only three people reported side effects – one person had redness and swelling at the injection site, one had an itchy throat and the other had a fever. Symptoms for each person subsided quickly. Of the colleagues who had known severe

Home

Share this release

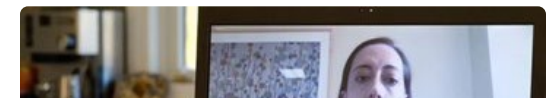
How LVHN Colleagues Feel After Their COVID-19 Vaccination



Tweets by @LVHN



Elizabeth Flodin, DO, Vice Chair, Department of Obstetrics & Gynecology, LVH-Muhlenberg, is one of many LVHN colleagues who chose to be vaccinated while pregnant. Learn why she believes the benefits of the vaccine outweigh the risks of contracting COVID: [bddy.me/3ibDS3h](https://bddy.me/3ibDS3h).



Embed

[View on Twitter](#)

Connect

allergies, no side effects were reported.

We asked other colleagues how they felt 24 hours after their first dose of the vaccine. The most common symptom was slight soreness at the injection site, but otherwise it was business as usual.



"Except for a sore arm at the injection site, much like how I felt when I got the flu shot, it is business as usual today. I feel great knowing that this is the beginning to the end of the pandemic!"

**Jennifer Rovella, DO, LVPG Pulmonary and Critical Care Medicine**







"I'm feeling great today. My left arm is a little sore but nothing that is keeping me from my normal daily activities."

**Chantal Branco, RN, LVHN Patient Care Services**





"About 24 hours after getting the vaccine, I have no issues besides a slightly sore arm at the injection site. It hasn't limited me in any way."

**Glenn Thompson, RN, LVHN Emergency Services**



"I feel fine. Worked out this morning without any problem."

**Anthony Valente, MD, LVH-Hazleton Critical Care Medicine**



“I am feeling fine. My arm is no sorer than when I get the flu shot. It did not stop me from doing yoga at home last night, working yesterday and today, or shoveling snow this morning.”

**Marcelo Gareca, MD, LVPG Infectious Diseases**



“My only symptoms yesterday were some moderate right arm pain at the injection site and mild fatigue. I feel fine today.”

**Charles WorriLOW, MD, LVPG Emergency Medicine**

### **Most commonly reported symptoms**

The U.S. Food and Drug Administration says that the most commonly reported side effects are pain at the injection site, tiredness, headache, muscle pain, chills, joint pain and fever. It’s important to remember that even if you do experience some of these mild symptoms, they usually go away within a day or two and the symptoms are far milder than what most people experience when they are sick with COVID-19. The vaccine can **NOT** cause a COVID-19 infection.

While the shot itself cannot make you contagious, it is important for everyone to continue wearing a face mask and proper PPE. It is unclear at this point if the vaccine prevents people from becoming infected with COVID-19 or if it prevents feeling sick when infected. That means you could still transmit virus after you’ve received your shot.

To learn more, visit <http://LVHN.org/COVID19vaccines> .



## COVID-19 Vaccines: The Clinical Trials and What We Know Right Now

November 16, 2020

BY KATIE CAVENDER

*Updated Dec. 23, 2020*

Over the past three months, LVHN has vaccinated colleagues and community members through our participation in the Pfizer COVID-19 vaccine clinical trial. Now that the

Home

Share

COVID-19 Vaccines: The Clinical Trials and What We Know Right Now



Connect



vaccine has received Emergency Use Authorization (EUA) from the [U.S. Food and Drug Administration \(FDA\)](#), even more colleagues and eventually community members can receive the vaccine, and we began vaccinating our first front-line colleagues this week under EUA. Data shows that Pfizer's COVID-19 vaccine is [95 percent effective](#) in preventing COVID-19 in participants without evidence of prior SARS-CoV-2 infection. Moderna's vaccine received EUA this week after showing that its vaccine is [94.5 percent effective](#).

## Science can't be rushed

In order for any drug to be approved, it must go through the same 3-4-phases of clinical trials and a COVID-19 vaccine is no different. What is different is that the administrative aspects of the trial, production of the vaccine and distribution were expedited. Typically, the phases of a trial occur sequentially, but with COVID-19 treatments and vaccinations researchers planned the next phase of the trial before the current phase concluded.

"The science will take as much time as the science needs," says [Joseph Yozviak, DO, LVHN Principal Investigator for the COVID-19 vaccine clinical trial](#). "The only things eliminated from the trial were unnecessary delays." The standard clinical trial process includes:

- **Phase 1** – During this phase clinical trials enroll healthy volunteers. In this phase, various doses of a vaccine and various versions of a vaccine are given to different volunteers. The vaccine is evaluated to see if any participants develop antibodies and to see which versions perform the best. It also is examined for safety. Once the vaccine shows indications of effectiveness and safety, the vaccine is moved to phase 2.
- **Phase 2** – During this phase a larger number of volunteers are enrolled, and the type of vaccine and dosage is narrowed down even more to learn the best version. Once that information is gathered, the best version will be used to move forward with a single dose of a single vaccine in phase 3.
- **Phase 3** – During phase 3, trials enroll even more participants. This phase further verifies the efficacy of the vaccine and gathers additional safety information.

During FDA review for EUA, the FDA determines if there is enough information to prove that the vaccine is working and that it's safe – just like any other vaccine. Most side effects of a vaccination are seen in the first two months after it is received, however these clinical trials will continue to monitor participants for two years.

- **Next steps** – When the phases are complete, the FDA can consider it for approval for general use. With non-COVID-19-related drugs, it is not uncommon for it to take a year or so after phase 3 has completed before the FDA is able to make a decision about approval. Avoiding delays in reviewing trial data is one of the administrative processes that has been sped up especially for COVID-19 treatments.

Typically, manufacturing begins after FDA approval is received, however many of the manufacturers of a COVID-19 vaccine started production early to ensure distribution occurred quickly after EUA approval.

- **Phase 4** – After a vaccine is approved for general use, it may enter phase 4. This phase consists of ongoing surveillance to observe how the vaccine performs in everyday scenarios.

“It's OK to have questions,” says Yozviak. “But I can assure you that the FDA does not issue an Emergency Use Authorization or approve vaccines without data proving that this vaccine is safe and effective.”

### **A vaccine like no other**

There's something very unique about the Moderna and Pfizer COVID-19 vaccines – they are made with RNA.

The vaccines we're used to either contain a weak version of the virus (like for measles or mumps) or a killed virus (like for the flu). The vaccination injects the dead or weakened virus into your body to stimulate your immune response.

Pfizer and Moderna are the only two companies that have produced a SARS-CoV-2 RNA vaccine for COVID-19 thus far. “The RNA in these vaccines are modified copies of the same part of the genetic material from the virus. It's basically a small set of instructions that your body's cells will use to build the virus's spike protein, not the whole virus,” says Yozviak. “Our immune system will still respond to the spike protein as



foreign and produce antibodies.”

One other important thing to note: “This RNA does not become a part of us. It does not integrate into our DNA.”

*To learn more about COVID-19 vaccines including FAQs and myth buster videos, visit [LVHN.org/COVID19vaccines](https://www.lvhn.org/COVID19vaccines).*

## VIRTUAL GROUNDBREAKING LEHIGH VALLEY HOSPITAL – CARBON



# Lehigh Valley Hospital–Carbon Virtual Groundbreaking

December 22, 2020

**This message is from Terry Purcell, President, Lehigh Valley Hospital–Carbon.**

Lehigh Valley Health Network (LVHN) is marking the start of construction of Lehigh Valley Hospital (LVH)–Carbon in the safest way possible, virtually. An event was held to formally mark our commitment to building the first LVHN hospital in Carbon County, LVH–Carbon, which is slated to open spring 2022. Watch the virtual groundbreaking [here](#).

Home

Share this release

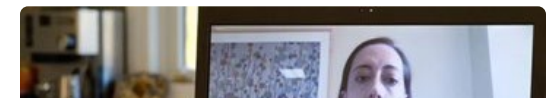
Lehigh Valley Hospital–Carbon Virtual Groundbreaking



Tweets by @LVHN



Elizabeth Flodin, DO, Vice Chair, Department of Obstetrics & Gynecology, LVH-Muhlenberg, is one of many LVHN colleagues who chose to be vaccinated while pregnant. Learn why she believes the benefits of the vaccine outweigh the risks of contracting COVID: [bddy.me/3ibDS3h](https://bddy.me/3ibDS3h).



Embed

[View on Twitter](#)

Connect



## Lehigh Valley Hospital–Carbon Virtual Groundbreaking

Watch la



### Furthering our commitment to Carbon County

LVHN has been serving the Carbon County community for decades, and we look forward to providing a higher level of care and convenient access to care through LVH–Carbon. The new hospital will cover 100-thousand-square-feet and be located along Route 443 in Mahoning Township, just outside of Lehighton.

### Services and facilities

LVH–Carbon will feature a 12-bay emergency department, 18 inpatient beds, two operating rooms, two procedure rooms and four observation rooms with plans to expand in the future. The hospital will also have a helipad to transfer critical patients as needed.

LVHN already provides several services in Carbon County including family medicine, obstetrics, orthopedics and world-class cancer care made possible through LVHN’s membership in the Memorial Sloan Kettering Cancer Alliance. Thanks to LVH–Carbon, we will expand our offerings to include inpatient care, outpatient surgery, rehabilitation, diagnostic cardiology and radiology including MRI, CT and ultrasound. We will also have an infusion center and around-the-clock care at our emergency department.

## Sincere thanks

Thank you to everyone who has worked to make this new hospital a reality. We are #LVHNProud to call you “colleagues.”



© 530092021 All Rights Reserved. Terms of Service