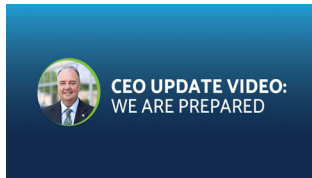




Here are the latest encouraging stories, health tips and news items.

*COVID-19 stories highlighted in blue

JUST FOR COLLEAGUES



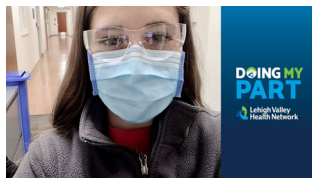
CEO Update Video: We Are Prepared

We planned and are prepared for this latest surge in COVID-19 cases.



COVID-19 Vaccine Update: If You Have Already Received Your First COVID-19 Vaccine, Schedule Your Second Dose

Schedule an appointment for your second dose through MyLVHN.



Julie Morena Wears PPE to Show Respect for All

It's just a small gesture of respect.



Talking Points About Community Vaccination

Use these as a guide if you get questions about free COVID-19 vaccinations.



Brian Shaner Stays Healthy to Support Colleagues and Family

He does his part so he's healthy to raise his son.



Supporting You and Your Family With Virtual Fitness Offerings and COVID-19 Essentials

Learn about fitness offerings for you and your family.



Coming soon! New Voice Technology Project to Reconnect and Modernize LVHN Communications

The project will replace more than 23,000 phones at LVHN.



LVH–Pocono Celebrates DAISY Team Award Winners – PHOTOS

Read the stories of these amazing teams.



Lifelong Passion for Rehabilitation Nursing Leads to Distinguished Honor for Tina Roma Fisher

She was named a Fellow of the Association of Rehabilitation Nurses.

STORIES



From the Sidelines to the Frontlines

LVHN athletic trainers are working as temporary technical partners.



Caring for Generations of Women

Ann Marie McDermott, MD, helps women live their healthiest lives.

HEALTH TIPS



Food for Thought: Blueberry Ricotta Pancakes

Save this recipe for your first breakfast of 2021.

LVHN NEWS



LVHN to Offer Free COVID-19 Vaccinations to Community

Vaccinations will start in the coming months when supplies are made available.

IN THE NEWS

More electric vehicle charging stations coming to Lehigh Valley Health Network facilities

December 27, 2020 | lehighvalleylive.com

The Lehigh Valley's 1st to get COVID-19 vaccine say it's worth a little soreness

December 26, 2020 | lehighvalleylive.com

COVID-19 has claimed more than 225 lives in Schuylkill County

December 25, 2020 | standardspeaker.com

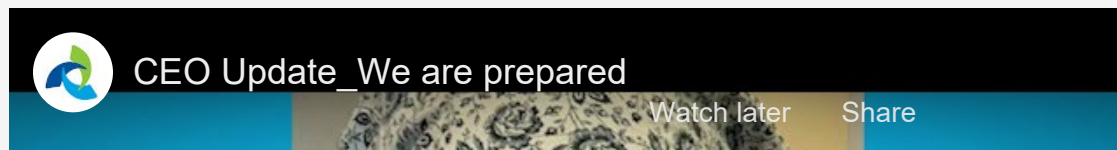
Share your story at LVHN.org/stories.



CEO Update Video: We Are Prepared

December 28, 2020

Vaccinations are beginning to be administered . Yet, the number of COVID-19 cases in our hospitals continues to be high. In the latest CEO Update video, LVHN President and CEO Brian Nester, DO, MBA, FACOEP, reports that we planned and are prepared for this latest surge. Watch the video or read the transcript below.



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CEO Update Video: We Are Prepared



Tweets by @LVHN



Wondering what the [#bamlanivimab](#) buzz is all about? The [@US_FDA](#) recently authorized this new drug treatment for emergency use in those who have contracted COVID-19 — and it's now available at LVHN. But what is it? And who gets it? Find out here: bddy.me/3igo27u.

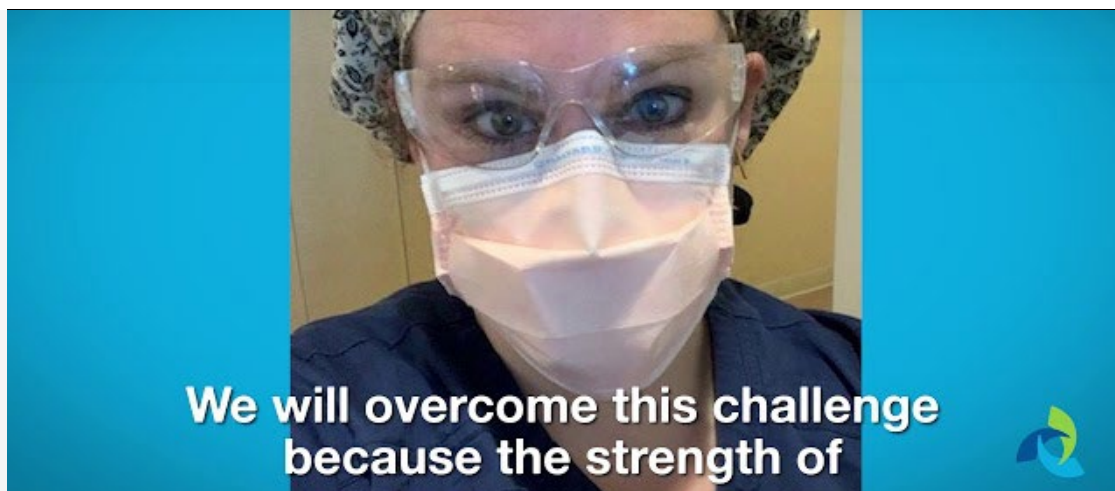


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Colleagues throughout LVHN continue to get vaccinated. That's great news. However, as the monumental task of vaccinating our entire community gets underway, the number of COVID patients in LVHN hospitals continues to climb quickly. In September, only a few months ago, there were on average about 30 COVID patients in our hospitals each day. Currently, there are about 300 patients in our hospitals. By January, the number of COVID patients in our hospitals is projected to be double what it was at the peak of the pandemic this past spring.

When you hear statistics like this, you probably have questions. Do we have enough med/surg and critical care beds? Do we have adequate ventilators and equipment? Do we have enough PPE? Do we have an adequate supply of specialty medications? The answer to each of these questions is "Yes."

Over the summer, leaders throughout LVHN worked together to create a plan to ensure we are ready for a surge during the holidays. Parts of the plan are being implemented now, as needed. If the curve continues to rise as steeply as expected, our greatest challenge will be staffing.

To deliver the specialized care our patients deserve, we will need to be flexible. Some colleagues may need to temporarily shift from their primary area of focus to care for patients with the most urgent health care needs.

We will overcome this latest challenge because we know the strength of LVHN is our colleagues – our health care heroes. Once again, I thank you for all you are doing. I



know it's hard, but I implore you to dig deep. Fight the fatigue. And continually stress to family and friends the things they can do to help limit the number of COVID-19 hospitalizations. You know what they are:

- Wear a mask in public.
- Stay 6 feet apart.
- Limit interactions with other people.
- Wash your hands frequently.
- Stay home when you are sick.

During this latest surge, know with certainty that LVHN is prepared to care for our community. Our colleagues are the most important part of our plan. So, please remember to take care of yourself so you can be the best you – the best hero.

COVID-19 VACCINE UPDATE

COVID-19 Vaccine Update: If You Have Already Received Your First COVID-19 Vaccine, Schedule Your Second Dose

December 30, 2020

We are continuing to vaccinate LVHN colleagues against COVID-19. Thousands of LVHN colleagues have already received their first COVID-19 vaccine and we will continue vaccinations over the next few weeks. It's important to remember both the Pfizer and Moderna vaccines require two doses to be effective. The vaccine will not

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COVID-19 Vaccine Update: If You Have Already Received Your First COVID-19 Vaccine, Schedule Your Second Dose



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reach its peak efficacy rate until you receive the second dose.

If you received the Pfizer vaccine, you will need a second dose 21 days later. If you received the Moderna vaccine, you will need a second dose 28 days later. We have spaced appointments appropriately based on whether you received the Pfizer or Moderna vaccine. While you should try to get your second dose as close to the recommended time as possible, you do have a window of up to four days after the recommended date. For example, if your second dose of vaccine is due on January 10, 2021, you would be encouraged to schedule this booster on January 10, 11, 12, 13 or 14.

The vaccines are not interchangeable so your second dose **MUST** be from the same manufacturer as the first. You will learn which vaccine you received when you are vaccinated and it also will be noted in your record.

You will receive instructions on how to schedule your second dose at your LVHN e-mail address 24 hours after your first dose. After you receive the email, the easiest and quickest way to schedule your second vaccination appointment is through MyLVHN. Attached is a guide to show you how to schedule your vaccination through MyLVHN. If you don't have MyLVHN, sign up today at [MyLVHN.org](https://www.mylvhn.org) or download the free app through [the Apple App Store](#) or [Google Play](#).

If you were already scheduled for your second dose and your appointment is confirmed in MyLVHN, you do not need to take further action. For those colleagues who have not yet received their first dose, please do not contact Employee Health Services or the Access Center about scheduling your vaccination until you have been contacted via LVHN e-mail and MyLVHN that you have been randomized to receive your vaccination.

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.

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.](#)



Julie Morena Wears PPE to Show Respect for All

December 28, 2020

Julie Morena, RN, wears PPE for her family at home and for patients she sees every day at LVPG Obstetrics and Gynecology–Madison Farms.

“You never know what battle someone is fighting, and wearing a mask is a small and selfless gesture to show respect for all,” says Morena.

Follow Julie’s lead and do your part.

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Julie Morena Wears PPE to Show Respect for All



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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.

COMMUNITY VACCINATION TALKING POINTS

Talking Points About Community Vaccination

December 30, 2020

As community members and patients ask you questions about free COVID-19 vaccinations at LVHN, please use these talking points - below as your guide. You can also [download this document](#). It's important to note that we are not currently providing vaccinations to our community, but we will in the future when supplies are available for mass distribution. Meanwhile, we continue to vaccinate our colleagues in tier 1a and tier 1b, and encourage you to check your MyLVHN account and your LVHN email for your notification to schedule. Thank you for doing your part.

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Talking Points About Community
Vaccination



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Once COVID-19 Vaccination is Available for Mass Distribution, LVHN will Offer Vaccinations to Our Community

- To help ensure everyone in our community has access to the COVID-19 vaccination, Lehigh Valley Health Network (LVHN) will provide vaccinations without charge in the future.
- We are not currently providing the vaccine to the public. Providing the COVID-19 vaccine to the public will occur in the coming months when supplies are made available for mass vaccination. The plan is determined by the Pennsylvania Department of Health's phased approach to vaccination. You can learn more at the state's website at [Health.pa.gov](https://www.health.pa.gov).
- We are still in Phase 1 of the state's plan, focused on vaccinating frontline health care providers. The network continues to vaccinate our health care workers as quickly and safely as possible as the vaccine arrives to ensure they are able to care for our patients and the public.
- Currently, two COVID-19 vaccines have been given emergency use authorization by the U.S. Food and Drug Administration, one from Pfizer/BioNTech and the other from Moderna.
- You will not be able to choose which vaccination you receive. Both the Pfizer and Moderna vaccines have been proven safe and effective after providing two months of safety from ongoing Phase 3 trials. 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.
- LVHN believes it is essential that all citizens have an opportunity to receive a COVID-19 vaccination, and cost should not be a barrier so we can help ensure everyone can receive this protective shot to help end the pandemic.
- For more details about when the vaccine will be available at LVHN for the community, and how to obtain a second dose, you are encouraged to sign up for MyLVHN, LVHN's patient portal that is powered by Epic.
- Sign up online at [MyLVHN.org](https://www.MyLVHN.org) or through the free MyLVHN app for Apple and

Android devices. Visit [the Apple App Store](#) or [Google Play](#) to download the MyLVHN app for your smart device. You also can learn more about MyLVHN at LVHN.org/MyLVHN.

- You can also get LVHN vaccine updates and COVID-19 vaccine information, including FAQs and videos, at our COVID-19 Vaccine Website at LVHN.org/vaccines



Brian Shaner Stays Healthy to Support Colleagues and Family

December 30, 2020

As a Colleague Relations Supervisor, Brian Shaner spends his days supporting others as they further our mission to heal, comfort and care for our community. Outside of work, he spends time with his family.

“I pledge to do my part to wear appropriate PPE and maintain social distance because I need to be here to provide for my family,” says Shaner. “It is very important for me to do my part so there is a future for my son to grow up in.”

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Brian Shaner Stays Healthy to Support Colleagues and Family



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Follow Brian'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.



Supporting You and Your Family With Virtual Fitness Offerings and COVID-19 Essentials

December 30, 2020

With gyms closed again, LVHN provides access to a variety of virtual fitness offerings for you and your family.

[Access LVHN Fitness online](#)

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Supporting You and Your Family With Virtual Fitness Offerings and COVID-19 Essentials



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LVHN Fitness offers live and on-demand workout classes.

Use Google Chrome or Safari to access the [MyClub Portal](#). This portal is not compatible with Internet Explorer.

1. Click the 'Classes' tab at the top of the page.
2. Select the location drop-down and choose the LVHN Fitness Cedar Crest location.
3. Click on the class of interest and the link for the live session will be in the description.

To access the on-demand classes, click [LVHN Fitness Video Library](#) on the MyClub Portal homepage.

Gympass offers benefits to you and your family

With Gympass*, your discounted fitness benefit, you can add up to five dependents in your plan.

For just \$9.99 per month, you and your family can take advantage of one-on-one personal training sessions, virtual workout classes and more than 40 wellness apps all from the comfort of your home. Register your free account using your SUI (LVHN user ID) here: gympass.com/us/lvhn-us.

*Gympass is available to all non-union colleagues.

iRedeem Health

Get great deals on COVID-19 essentials from [iRedeem Health](#). Share this website with family and friends so they can take advantage of the discounts on essentials that help keep our community safe.



Coming soon! New Voice Technology Project to Reconnect and Modernize LVHN Communications

December 29, 2020

Modern and secure communication is more important than ever and the ability to standardize voice technologies across the entire LVHN network is the key to supporting new communication technologies that protect and improve patient care and colleague communications. Last month, the Technology Division initiated the Voice Expansion

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Coming soon! New Voice Technology Project to Reconnect and Modernize LVHN Communications



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Project – a 20-month project that includes replacing more than 23,000 phones, including desk phones, headsets, conference room phones and more than 1,900 patient room phones.

A Voice System that Integrates with Current and Future LVHN Technology

Colleagues throughout the network will benefit from a slew of modern communications capabilities this project will generate because it is much more than just new phones. New software, including specialized middleware that connects voice technology with the Epic EHR and other LVHN operational systems is included. Workflows can be streamlined by eliminating gaps in the current voice system which will solve specific clinical and operational use cases and improve patient experience.

When to Expect New Voice Equipment and Voice Applications

The first piece of this project is scheduled to go live in January when Technology Division will deploy Cisco Jabber – software that allows colleagues to call directly from their PC or mobile device using *Voice Over Internet Protocol* or VoIP. This technology can mask personal mobile device numbers so the person answering the call will see it as an incoming call from LVHN. This technology is also referred to as a *soft phone* (software phone).

Next steps will be phased in based on operational functionality with priorities being the call centers serving patients (including the Patient Access Center and LVPG locations), remote workers, clinical facilities and administration functions. LVHN colleagues can expect to hear from members of the Voice Expansion Project soon in order to schedule on-site visits to evaluate each phone system. During this visit, members of the team will need access to technology closets, desk phones, fax machines, etc. and will make every effort to minimize disruption to patient care.

As phases progress, please expect to see more communications from the Voice Expansion Project team. Notifications about deployment schedules, status updates, training and instructions (tip sheets), reminders and go-live support are all part of this transformation.



LVH–Pocono Celebrates DAISY Team Award Winners – PHOTOS

December 29, 2020
BY KIRSTIN REED

The DAISY Team Award is designed to honor collaboration by two or more people, led by a nurse, who identify and meet patient and/or patient family needs by going above and beyond the traditional role of nursing. Congratulate these DAISY Team Award winners from LVH–Pocono.

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LVH–Pocono Celebrates DAISY Team Award Winners – PHOTOS



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2B/Progressive Care, June 2020

A team of caregivers cared for one patient with chronic conditions complicated by a rare bleeding disorder during four separate admissions to PCU. Nurses, the nurse manager, nursing assistants, doctors, case managers, dietary hostess, unit secretaries and housekeepers all went above and beyond to work as a team to make sure he was well cared for.



“All shifts and staff members put my father’s needs first as they took care of acute medical issues, reassured him and educated him about new conditions,” says the patient’s daughter. “Nurses collaborated with doctors and the pharmacy to make sure his infusions were timely and ordered appropriately. They updated family members and were available any time they were needed.”

For this family, a simple thank you doesn’t express their gratitude for the care their father received.

“My father felt safe, valued and cared for while on PCU. As his family members, we felt it was OK to leave him and go home because we knew he was in excellent hands with the PCU staff,” says the patient’s daughter. “As a result of the care he received, he is motivated and working hard every day to improve his health.”

Employee Health Services, July 2020

During the pandemic, employee health services nurses are hard at work to keep their colleagues safe and healthy.

Mary Barzydlo is an Administrative Assistant with LVPG–Pocono. She assisted employee health services during the COVID-19 crisis and was so moved by what she witnessed, she nominated

them for a DAISY Team Award.

“Words can't describe the admiration I have for Victoria Castaldi, Employee Health Services Coordinator, and Lori Deibler, RN, Employee Health Services Nurse, for organizing processes through these unprecedented times,” says Barzydlo. “As busy as they are, they never hesitate to offer their assistance. They are here working morning, noon, night and some weekends.”

Cardiopulmonary Rehab, August 2020

Sometimes a team is so good, it's impossible to choose just one person who deserves recognition. That's why this patient nominated the team of cardiopulmonary rehabilitation nurses to receive the DAISY Team Award.

After a heart valve procedure, she was scared.

“When I began rehab, my goals seemed impossible,” says the patient. “Could I use the step machine for four minutes? Could I work my arms for four minutes? Could I lift itty-bitty weights for four minutes? Could I walk for four minutes? Could I walk from the car park area? Could I do all of this and actually breathe at the same time without stress? Impossible!”

Soon, she began to look forward to rehab days.



“The nurses encouraged me, smiled, encouraged some more, patted me on the back and cheered me on,” says the patient. “Each step along the way I felt a gentle presence guiding me through my accomplishments. They didn’t just help me strengthen my muscles. They treated my mind, body and soul and made me feel whole.”

Post Anesthesia Care Unit (PACU), October 2020

As the COVID-19 pandemic evolved, LVHN colleagues were asked again and again to be flexible and resilient to meet the changing needs for patient care.

To provide care to critically ill patients, PACU nurses were asked to change their work schedules so their critical care skills and expertise could be used to provide much-needed patient care in other areas of the hospital.



“This was a very challenging time,” says Patrice Rimbey, RN, Director, Perioperative Services. “PACU nurses who typically work Monday-Friday were asked to change their schedules to work 12-hour shifts either days or nights including weekends and holidays. Essentially, we asked them to rearrange their lives.”

PACU nurses met this challenge head on.

“They accepted this ask with grace and poise, showing the utmost professionalism at all times,” says Rimbey. “At no time did anyone refuse or push back. I have amazing respect for this team. They are role models for collaboration and teamwork.”

The team includes Lisa Goldy, Brian Pavloski, Teresa O’Malley, Constance Staples, Janeth Ameyna, Lauren Cannon, Allison Dittus, Patricia Haelsing, Gina Bianco, Maria Bermudez, Megan Sutter, Danielle Tuttle Scott and Tamara Bergin.

Dale and Frances Hughes Cancer Center, Chemotherapy and Infusion Services, November 2020

When patients have multiple health concerns, they spend a lot of time with members of their care team.

“I go to the Dale and Frances Hughes Cancer Center every three weeks for immunotherapy,” says one patient. “I have stage 4 renal cell cancer, and my wife has several health concerns of her own.”



This patient didn't plan to spend his retirement years in so many doctor's offices, but thanks to the chemotherapy and infusion nurses, he looks forward to his infusions.

“They treat me like an old friend, they always have a smile on their faces and they ask how my wife and I are doing,” says this patient. “We have some nice conversations and they make me smile. I can't tell you enough how good they make me feel about myself.”



Lifelong Passion for Rehabilitation Nursing Leads to Distinguished Honor for Tina Roma Fisher

December 30, 2020

Tina Roma Fisher, MSN, RN, CRRN, achieved the most distinguished level of membership in her field's national association when she was recently nominated and accepted for recognition as a Fellow of the Association of Rehabilitation Nurses (FARN).

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Lifelong Passion for Rehabilitation Nursing Leads to Distinguished Honor for Tina Roma Fisher



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Roma Fisher has been a rehabilitation nurse for more than three decades. She serves as the Director of Clinical Services for Inpatient Rehabilitation Center–Muhlenberg. In this role, she cares and advocates for patients who are acutely or chronically ill to help them restore function and regain independence through rehabilitation.

“As a Fellow, I will work to advance the rehabilitation nursing specialty and highlight the countless examples of how rehab nurses make a difference every day,” says Roma Fisher.

Fewer than 10 percent of ARN members are granted the privilege of using this credential. Fellow status recognizes nurses who display outstanding leadership in rehabilitation nursing and provide sustained, distinguished contributions, service and commitment to the field.

“Congratulations to Tina Roma Fisher, RN, FARN!” says Joseph Napolitano, PhD, Vice President, Patient Care Services, LVH–Muhlenberg, “Tina epitomizes what it means to be an outstanding leader in rehabilitation nursing. The ARN Fellow designation recognizes her outstanding leadership and significant dedication to the specialty as well.”



From the Sidelines to the Frontlines

December 23, 2020
BY TED WILLIAMS

The first time Mike Bannon walked down the hall of the COVID-19 unit at [Lehigh Valley Hospital \(LVH\)–Hazleton](#) wearing full personal protective equipment (PPE), he was a little uneasy. “This certainly wasn’t what I signed up for in health care,” says the senior certified athletic trainer at Lehigh Valley Health Network (LVHN). “But in a short time, I realized something special was happening here.”

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From the Sidelines to the Frontlines



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From care on the sidelines...

Bannon is one of over four dozen LVHN and Coordinated Health athletic trainers who typically work with athletes in school districts through the Lehigh Valley and northeast region. In a typical week, you'll find Bannon working with athletes at Hazleton Area High School but due to the recent statewide surge in COVID-19 infections, the Commonwealth of Pennsylvania has stopped all interscholastic sports until Jan. 4. Rather than sitting at home waiting for the lockdown to be lifted, Bannon and other [LVHN athletic trainers](#) are working as temporary technical partners assisting overextended inpatient nursing units at LVH–Cedar Crest and LVH–Hazleton. Additionally, athletic trainers with Coordinated Health are supporting outpatient clinics and community employers with their COVID-19 related needs.

“Our senior leaders at LVHN asked if we could help out, and we’re more than happy to do whatever we can for any of our front-line workers,” says David Maxted, director of sports medicine programs at LVHN. “We began working with them last week, and we’ll be there until we go back to normal scheduling. We’re honored to take part in LVHN’s effort during this crisis.” Stephanie Gehman, athletic training team leader with Coordinated Health, part of Lehigh Valley Health Network, feels similarly. “We are so proud of the work our athletic trainers and performance coaches are doing in our communities. They have worked tirelessly during this time to aid in the COVID effort. Athletic trainers are versatile medical professionals and have quickly adapted to serve in the pandemic,” Gehman says.

To care on the front lines

On the hospital side, Maxted sent a list of his athletic trainers to the nursing scheduling departments, and most worked a unit shift beginning Dec. 15. The athletic trainers are supervised by the unit’s charge nurse and are freeing nurses from tasks such as taking patient vital signs, assisting with patient positioning (particularly “proning,” which is turning a COVID-19 patient over to help breathing), delivering food trays, answering call bells, and generally being there for whatever need arises. They are trained for specific tasks as needed.

“Several times I found myself just spending time with patients in their rooms, reassuring them as best I could,” says Bannon, who has been working a 3-11 p.m. shift on weekdays thus far. “Patients really appreciate you sitting with them as their families

can't because of COVID restrictions. Something like this may be a little out of the norm for an athletic trainer, but it's really gratifying just to be able to be there for them."

Pivoting to new roles

This experience is something Bannon won't forget.

"I watch these nurses and technical partners in action, with all the hours they've been working, it's like they never leave the hospital," Bannon says. "I may have been uneasy at first, but seeing how strong they are and how they answer every need for these ill patients, it's really inspiring."

Stay informed about COVID-19. Visit [LVHN.org/COVID19](https://www.lvhn.org/COVID19).



Caring for Generations of Women

December 24, 2020

From a young age, obstetrician and gynecologist (OB-GYN) [Ann Marie McDermott, MD](#), with [LVPG Obstetrics and Gynecology–Palmer Township](#) and [LVPG Obstetrics and Gynecology–Pond Road](#) in Allentown, knew she wanted to practice medicine.

“Some kids waver in what they want to do when they grow up. It sounds hokey, but I never wavered! I knew I wanted to be a doctor, and the sciences appealed to me,” says Dr. McDermott. “My mother was a teacher, and she said to me, ‘This is your goal. Aspire to it and go for it.’ I never waffled.”

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Caring for Generations of Women



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Falling in love with OB-GYN field

Born and raised in Jamaica, she came to the United States at 16. New Jersey was her home base throughout undergrad and medical school, until she came to the Lehigh Valley in 1995 for residency. Dr. McDermott completed her residency at Lehigh Valley Health Network (LVHN) and has been a practicing physician since 1999.

Initially, Dr. McDermott thought she wanted to be a pediatrician. But after completing her obstetrics rotation, she was hooked. “I fell in love with it. I loved every bit,” she says. “I get to deliver babies, bond with family and continue care.”

Returning to LVHN

After practicing at Easton Hospital, she came back to Lehigh Valley Health Network in May 2020.

“I’ve come full circle with my medical practice,” she says. “Lehigh Valley Health Network is like home. Their philosophies melt into my philosophy. I love that patient care is at the forefront of what they do, and it drives them. So, it was an easy decision for me to come back.”

And she continues to provide personalized, warm care.

“My care philosophy is: ‘Treat your patients like your family, and to treat them like you think you’d want your family or yourself to be treated.’ I give them personalized care,” she says. “You find out more about them as a person, not a patient, and they really open up.”

Caring for generations of women

One of the most rewarding things about this is treating generations of women from the same family.

“I have one family that I take care of four generations of women,” Dr. McDermott says. “It gives me a sense of pride.”

Connecting with her patients, whether in-person or via telemedicine, fuels her passion

for care.

“I love to listen. I’m always learning something new from my patients. They lift me up and remind me why I’m here. And they make me laugh!” she says. “I’m a very down to earth person and very approachable, and patients pick up on that. I treat you as family.”

Personalized care, even during pandemic

While the current pandemic has changed many things, she’s still focused on seeing patients and delivering empathetic care.

“The pandemic has brought so many changes in life and in medicine. It’s forced us to continue good patient care and make sure patients don’t fall through the cracks,” she says. “Telemedicine has made it possible to serve our patients without in-person contact but still seeing them face-to-face.”

And while she can’t hug her patients during these times, she’s found safer ways to connect.

“We do our elbow bumps instead of hugs, and I make sure I’m smiling really broadly under this mask,” she says.

As she continues to care for patients during these unprecedented times, she is holding true to her care philosophies.

“The positive side of the pandemic is that I’ve not disrupted care to my patients,” she says. “I’m dedicated to helping each woman who trusts me with her care to live her healthiest life.”

Make time for your care. Schedule an appointment with Dr. McDermott at LVHN.org/McDermott.



Food for Thought: Blueberry Ricotta Pancakes

December 24, 2020

BY AMANDA BIALEK

The best compliment to a cold, snowy morning is a homemade breakfast. Why not start the day off right with a berry-good recipe that the whole family will enjoy? Blueberry Ricotta Pancakes won't disappoint – they're deliciously sweet and healthy.

Benefits of blueberries

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While this fruit is tiny, it's mighty good for you. Blueberries rank as the highest of any fruit for antioxidants, and are an excellent source of [fiber and vitamin C](#) (1 cup provides 3.6 grams of fiber and 24 percent of daily vitamin C). They're considered a superfood because of their powerful health benefits. Blueberries can help lower [blood pressure](#), protect against heart disease, support your digestive system, improve skin health and help maintain strong bones. So, don't forget to add the blueberries when you're making the pancakes this weekend. Check out the full recipe below.

Blueberry Ricotta Pancakes - Video

Blueberry Ricotta Pancakes Recipe

Ingredients:

- 1 cup flour
- 2 teaspoons baking powder
- 1/4 cup sugar
- 1/4 teaspoon salt
- 1 cup reduced-fat milk
- 2 eggs, beaten
- 1/2 cup ricotta cheese
- 2 cups blueberries, divided
- Vegetable oil
- Maple syrup (optional)

Directions:

1. Combine flour, baking powder, sugar and salt in a large bowl. Stir well.
2. In a small bowl, whisk together milk, eggs and ricotta cheese. Pour over flour mixture and stir briefly to mix. Do not beat. Stir in 1 cup blueberries.
3. Lightly grease a griddle (or very large skillet) with oil and heat over medium heat.
4. Drop in pancake batter to form 6 pancakes. Cook pancakes until bubbles form on top and edges turn golden, about 2 minutes. Flip over and cook second sides about 2 minutes or until golden.
5. Remove pancakes and keep warm. Repeat with remaining batter to form 6 more pancakes.
6. Arrange on 4 serving plates. Top each stack with 1/4 cup blueberries.

7. Serve with maple syrup if desired. This recipe is brought to you by your health care partners at LVPG Primary Care – reminding you a healthy outside starts from the inside. To learn about LVPG primary care or to find a provider near you, visit LVHN.org/primarycare. Ongoing nutrition education is important for your health. Remember to always talk with your doctor should you have any questions about nutrition or your dietary needs.



LVHN Preparing to Vaccinate the Community for Free When Public Shipments Become Available

Lehigh Valley, Pa., December 29, 2020

To help ensure everyone in our community has access to the COVID-19 vaccination, [Lehigh Valley Health Network \(LVHN\)](#) will provide vaccinations without charge once vaccinations become available for wide distribution. The decision was announced today by [Brian Nester, DO, MBA, FACOEP](#), President and CEO for LVHN

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LVHN Preparing to Vaccinate the Community for Free When Public Shipments Become Available



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“We believe it is essential that all citizens have an opportunity to receive a COVID-19 vaccination, and cost should not be a barrier,” Nester says. “We will offer this vaccine free of charge to the community so we can help ensure everyone can receive this protective shot to help end the pandemic.”

The vaccine is not yet available to the public. Providing the COVID-19 vaccine to the public will occur in the coming months when supplies are made available for mass vaccination. The plan is determined by the Pennsylvania Department of Health’s phased approach to vaccination. You can learn more at the state’s website at [Health.pa.gov](https://www.health.pa.gov). “Our LVHN team is actively working on logistics so we are ready to go once supplies are ready,” Nester says.

We are still in Phase 1 of the state’s plan, focused on vaccinating frontline health care providers. LVHN has vaccinated about 8,000 front-line staff, more than any other health provider in the region. The network continues to vaccinate our health care workers as quickly and safely as possible as the vaccine arrives to ensure they are able to care for our patients and the public. LVHN received an additional 9,000 doses today and will use them as quickly as possible to vaccinate LVHN health care providers and medical staff, and EMS so that we can move deeper into the community when supplies permit.

Currently, two COVID-19 vaccines have been given emergency use authorization by the [U.S. Food and Drug Administration](https://www.fda.gov), one from [Pfizer/BioNTech](https://www.pfizer.com) and the other from [Moderna](https://www.moderna.com). Additional vaccine candidates are in various stages of review.

For more details about when the vaccine will be available for the community at LVHN, and how to obtain a second dose, the community is encouraged to sign up for MyLVHN, LVHN’s patient portal that is powered by [Epic](https://www.epic.com). “MyLVHN will provide a convenient way to learn about COVID-19 vaccination events as they are scheduled,” Nester says.

Sign up online at [MyLVHN.org](https://www.lvhn.org) or through the free MyLVHN app for [Apple](https://www.apple.com) and [Android](https://www.android.com) devices. You also can learn more about MyLVHN at [LVHN.org/MyLVHN](https://www.lvhn.org/MyLVHN).

COVID-19 vaccine information, including FAQs and videos, is available at [LVHN.org/vaccines](https://www.lvhn.org/vaccines).

About LVHN

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