



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

*\*COVID-19 stories highlighted in blue*

## JUST FOR COLLEAGUES



### Another Chance to Do Your Part: Get the Vaccine

Make a plan to get vaccinated.



CEO UPDATE VIDEO: VACCINE Q&A

### CEO Update Video: Vaccine Q&A

Hear from Dr. Nester and other clinical leaders about the importance of vaccination.

COVID-19  
VACCINE UPDATE

### Help Us Get Our Community Vaccinated

Read and share the message we are sending to our community.

COVID-19 VACCINE  
AND PREGNANCY

### Guidance for COVID-19 Vaccination and Pregnancy

Get the information you need to feel safe making your decision.



### Dr. Vrablik Shares His Vaccination Story

In his own words, he explains how he is doing his part.



### Enhanced Features of My Total Health Incentive Program

Learn how it supports your physical, emotional, financial and social wellness.



## Service Anniversary List

See who is celebrating a career milestone in January.

**Epic**  
UPDATE

## Epic Nurse Triage Application Now Live in Pilot Phase

Nurses: learn how it saves you time.

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## STORIES



### LVHN Gives Saucon Valley Manor Residents, Staff COVID-19 Vaccinations

Twelve residents and eight staff received their first dose of COVID-19 vaccine.



### Voices From the Front Lines: Jennifer Stephens, DO, LVPG Internal Medicine

“This year has taught me resilience and reaffirmed the truly important things in my life.”



### Look How Cute! First Babies of 2021 – Photos

Meet two local families who welcomed little ones into the world.



### Pregnant and Diagnosed with Melanoma

“My providers treated me like a person, not just a diagnosis.”

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## LVHN NEWS

LVHN FITNESS  
OPENING UPDATE

### LVHN Fitness & Fitness Center at Hazleton Now Open

Your safety remains the top priority.

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## IN THE NEWS

### U.S. flu numbers drop dramatically

January 2, 2021 | nbcnews.com

## **LVH-H welcomes its Baby New Year**

January 4, 2021 | [standardspeaker.com](https://standardspeaker.com)

## **LVHN to offer COVID-19 vaccine for free once shipments become available**

December 31, 2020 | [poconorecord.com](https://poconorecord.com)

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



## Another Chance to Do Your Part: Get the Vaccine

December 31, 2020

During this pandemic, the hope of a vaccine carried us through tough times. Now, the vaccine is here and so is your chance to protect yourself and those around you. We strongly encourage you to be vaccinated as soon as you are able to. We are currently vaccinating all patient-facing colleagues.

### Make a plan to be vaccinated

So far, we've vaccinated 8,000 colleagues and have received 9,000 additional doses to

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Another Chance to Do Your Part: Get the Vaccine



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](https://bddy.me/3igo27u).



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continue vaccinating our workforce.

**NEW AND EFFECTIVE IMMEDIATELY:** Vaccination clinics will not accept walk-in appointments so it is crucial that colleagues schedule an appointment, but **now all patient-facing colleagues can self-schedule an appointment to receive their first vaccine dose.**

Create an account on MyLVHN if you haven't already. MyLVHN is the quickest and most efficient way to schedule your vaccination appointment.

**Review these important points as you make your decision to be vaccinated.**

- **Both COVID-19 vaccines are safe and effective.** 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 after showing that its vaccine is [94.5 percent effective](#) in preventing COVID-19. [Read more about vaccine safety.](#)
- **Colleagues are reporting minimal if any side effects after receiving their vaccine.** We asked 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. The Federal 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. The vaccine can **NOT** cause a COVID-19 infection. [Read more about how frontline colleagues feel after their first shot.](#)
- **Sign up for MyLVHN to schedule your COVID-19 vaccination.** 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. [Sign up for MyLVHN here.](#)
- **If you have already received your first COVID-19 vaccine, schedule your second dose.** The best way to schedule an appointment for your second dose is through MyLVHN. [Read more about scheduling your COVID-19 vaccination.](#)



## A gift for doing your part

As a thank you for doing your part, LVHN is giving a T-shirt to all colleagues who get vaccinated. Details about how to get your T-shirt will be shared with you in the confirmation email you will receive after getting your vaccine.

For colleagues who were among the first to receive a vaccine and did not receive details about getting a T-shirt in your confirmation email, you will receive those details in the confirmation email after your second dose.

You'll also receive an "I got my shot" sticker. We encourage you to post selfies with this sticker and use the hashtag #LVHNProud to encourage our community to get vaccinated, or submit your selfie to us at [LVHN.org/stories](https://www.lvhn.org/stories) and tell us why getting vaccinated is important to you and our community.



## Stay safe and healthy

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 continue to protect yourself so you can be at your best and stay healthy to care for patients. You know what to do:

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



## CEO UPDATE VIDEO: VACCINE Q&A

# CEO Update Video: Vaccine Q&A – VIDEO & PHOTOS

January 04, 2021

Colleagues across LVHN continue to get vaccinated, marking the beginning of the end to this pandemic. In the latest CEO Update video, LVHN President and CEO Brian Nester, DO, MBA, FACOEP, answers questions about the vaccine and shares what he felt when he saw the first vaccine administered. Watch the video or read the transcript below. Plus, see what other clinical leaders are saying and feeling as they get vaccinated.

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CEO Update Video: Vaccine Q&A – VIDEO & PHOTOS



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Vaccine Q&A with Dr. Nester

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## VACCINE Q&A with Dr. Nester

### **Have any colleagues experienced side effects following vaccination?**

As of Dec. 27, LVHN administered a little more than 6,000 vaccinations to colleagues. (We've vaccinated more than 2,000 more colleagues since then.) Among the colleagues who received a vaccination, only 19 people reported side effects. That is .3 percent. The vast majority of these colleagues had mild symptoms such as local reaction at the injection site, fever, fatigue and body aches. This is more evidence that this vaccine is safe.

To give you even more peace of mind, colleagues from Employee Health Services monitor every colleague for 15 minutes after being vaccinated to address any side effects in the rare instance they occur and to ensure you are feeling healthy before you leave the vaccination clinic.

### **When you saw the first LVHN colleague get vaccinated, what did you feel?**

After knowing all that we have been through together – as an LVHN family and as a community – I felt relief. I was relieved to know that we finally have a vaccine that allows us to begin the process of putting an end to this pandemic. We finally see some light at the end of the tunnel. And as more vaccine become available, and as more people get vaccinated, that light will grow larger and larger every day. We have work to

do, but we are on a good path.

### What clinical leaders are saying



“While it is often said that ‘Hope is not a plan,’ I am overwhelmed with hope – the hope that this is the beginning of the end of this terrible pandemic and the tragedy and disruption it has wrought.”

**Thomas Whalen, MD, Executive Vice President and Chief Medical Officer**



“Colleagues getting vaccinated will save community members’ lives. That’s why we all went into this field – to help people and save lives. The vaccine is safe, effective and will save lives.”

**Matthew McCambridge, MD, Chief Quality and Patient Safety Officer**



“When I got vaccinated, my reaction was pure joy! I looked around the room at all of our colleagues, and while everyone was masked, the relief in their eyes and hope for future filled the room. All colleagues should get vaccinated to protect themselves and those they love, and because elimination of the pandemic will change the world one person at a time.”

**Kim Jordan, DNP, RN, Senior Vice President, Patient Care Services, and Chief Nursing Officer**

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“As colleagues get vaccinated, I feel relief and excitement. Getting vaccinated is the right thing to do for ourselves, our patients, our colleagues, our families and loved ones, and our community. It will save lives.”

**Michael Rossi, MD, Executive Vice President and Chief Clinical Officer**

## COVID-19 VACCINE UPDATE

### Help Us Get Our Community Vaccinated

January 07, 2021

*We're committed to sharing the latest information about COVID-19 vaccination with the people of our community. The following message will be shared with our community today. You can do your part by encouraging family and friends to sign up for MyLVHN if they do not already have an account. You also can assure people that COVID-19 vaccines are safe and effective. Thank you for your partnership and for doing your part.*

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Help Us Get Our Community Vaccinated



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There's a lot of excitement about [COVID-19 vaccines](#) in our community, and for good reason. These vaccines have been scientifically proven to be safe and effective. It's a sign that better days are ahead. At Lehigh Valley Health Network (LVHN), we are working quickly to vaccinate front-line health care workers as well as residents and staff of skilled nursing facilities. Like many people, you may have questions. As your health care partner, LVHN is looking out for you. We are committed to keeping you informed every step of the way. Here's everything you need to know.

- **The LVHN plan for administering COVID-19 vaccines is determined by the Pennsylvania Department of Health's phased approach to vaccination** – Vaccine supply is limited in the early stage of distribution. [View the phases and full plan.](#)
- MyLVHN is your path to vaccination – The first step you can take is to [enroll in MyLVHN](#) if you don't already have an account. Everyone with a MyLVHN account will automatically be preregistered for a COVID-19 vaccine. MyLVHN is a free, secure, easy-to-use patient portal that connects you with your personal health information. You do not need to be a current patient of LVHN, LVPG or Coordinated Health to open a MyLVHN account. Learn more at [LVHN.org/MyLVHN](#). If you already have an account, make sure all your information is up to date (Log in and click "Menu," "Account Settings," and then edit your personal information). You'll receive a notification when it's your turn to get vaccinated and you are able to schedule your appointment through MyLVHN.
- **COVID-19 vaccines are safe and effective** – We are administering the Pfizer and Moderna vaccines. While you will not be able to choose which vaccine you will receive, both have been proven safe and effective. After providing two months of safety from ongoing Phase 3 trials, Pfizer and Moderna 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](#).
- **Your vaccine will be FREE** – [LVHN will offer free COVID-19 vaccinations](#) to the community when supply becomes available.

Even after receiving the COVID-19 vaccine, we will need to continue to wear masks, wash hands frequently and stay socially distant until the majority of our community is vaccinated. For more details about vaccines, visit [LVHN.org/vaccines](https://www.lvh.org/vaccines).

## COVID-19 VACCINE AND PREGNANCY

# Guidance for COVID-19 Vaccination and Pregnancy

January 06, 2021

**This message is from Amanda Flicker, MD, Chair, Department of Obstetrics and Gynecology, and Timothy Friel, MD, Chair, Department of Medicine.**

As we continue vaccinating colleagues, important questions have been asked regarding the vaccine for women who are pregnant, breastfeeding or planning to become pregnant. The COVID-19 vaccine development and regulatory approval is rapidly changing, so it's important to note that information and recommendations about these vaccines and their use in specific populations will continue to evolve.

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Guidance for COVID-19 Vaccination and Pregnancy



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We want to share the most current information to help you feel safe making your decision to receive the COVID-19 vaccine.

### **Pregnancy is a risk factor for severe COVID-19 illness**

Based on growing evidence, Centers for Disease Control and Prevention (CDC) now includes pregnancy as a factor that leads to increased risk for severe COVID-19 illness.

Available data suggest that symptomatic pregnant patients with COVID-19 are at increased risk for more severe illness compared with nonpregnant peers, and pregnant patients with comorbidities such as obesity and diabetes may be at an even higher risk for severe illness.

### **Guidance from medical societies**

The American College of Obstetrics and Gynecology (ACOG), Society for Maternal Fetal Medicine (SMFM) and American Society for Reproductive Medicine (ASRM) recommend the COVID-19 vaccine be offered to patients who are planning to conceive, who are currently pregnant or who are lactating.

These societies also recommend the vaccine be offered to patients undergoing fertility treatment based on Advisory Committee on Immunization Practices (ACIP) eligibility criteria. Since the vaccine is not a live virus, there is no reason to delay pregnancy attempts because of vaccination administration or to defer treatment until the second dose has been administered.

Review information from each medical society:

- [ACOG Practice Advisory - Vaccinating Pregnant and Lactating Patients Against COVID-19](#)
- [SMFM - Provider Considerations for Engaging in COVID-19 Vaccine Counseling with Pregnant and Lactating Patients](#)
- [ASRM Patient Management and Clinical Recommendations During the Coronavirus \(COVID-19\) Pandemic](#)



## Speak with your health care provider

Your decision to receive the COVID-19 vaccine should be informed by the most recent evidence and a conversation with your health care provider. You should discuss potential benefits and unknown risks of declining or receiving the vaccine while pregnant, breastfeeding or planning to become pregnant.

The quickest and easiest way to schedule your vaccination is through MyLVHN. If you do not have MyLVHN, sign up today at [MyLVHN.org](https://www.lvhn.org/mylvhn) or download the free app at Google Play or through the Apple App Store.

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



## In His Own Words, Dr. Vrablik Shares His Vaccination Story

January 07, 2021

Kevin Vrablik, MD, is Medical Director of Employee Health Services and an Occupational Medicine Physician with LVPG HealthWorks. In his own words below, Vrablik shares how he and his wife, Lia Vrablik, a Diagnostic Technologist with LVPG HealthWorks, are doing their part to keep themselves and their children safe during this pandemic. Follow their lead and do your part by getting vaccinated. The quickest and easiest way to schedule your vaccination is through MyLVHN. If you do not have MyLVHN, sign up today at [MyLVHN.org](https://MyLVHN.org) or download the free app at Google Play or through the Apple App Store.

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In His Own Words, Dr. Vrablik Shares His Vaccination Story



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I wear an appropriate mask and follow Centers for Disease Control and Prevention (CDC) guidance to protect myself, and therefore, my family from contracting COVID-19. I do this not only because it is the rule, but because it is common sense to help contain COVID-19 at work, at home and in the community. Sometimes I have to wear an N95 respirator, which protects me and others from COVID-19 in situations where I am seeing COVID-positive colleagues, or where I am not sure of the risk.

### **Getting the vaccine**

I was excited to receive the Moderna COVID-19 vaccine, the first ever messenger RNA vaccine offered to health care workers and the public! I felt like

I was part of history. I was #LVHNProud! I have been watching the whole process since the beginning when the genome was released and was very interested in the new technology behind these amazing vaccines and how the nation was able to come together under Operation Warp Speed to produce them. I got it for the same reason I wear a mask, to protect myself, my family, friends and patients.



### **The first 48 hours**

It was really no different than any other vaccine I have received in the past. It stung a little bit when administered, and within 12 hours I had some pain, tenderness and swelling of my left upper arm. I would say it was a little worse than a tetanus booster, but 48 hours later, my symptoms are nearly resolved. I am anaphylactic to shrimp, lobster and crab, but that did not worry me because no food products are used to make the vaccine, although I did have my EpiPen with me, as usual, just in case.

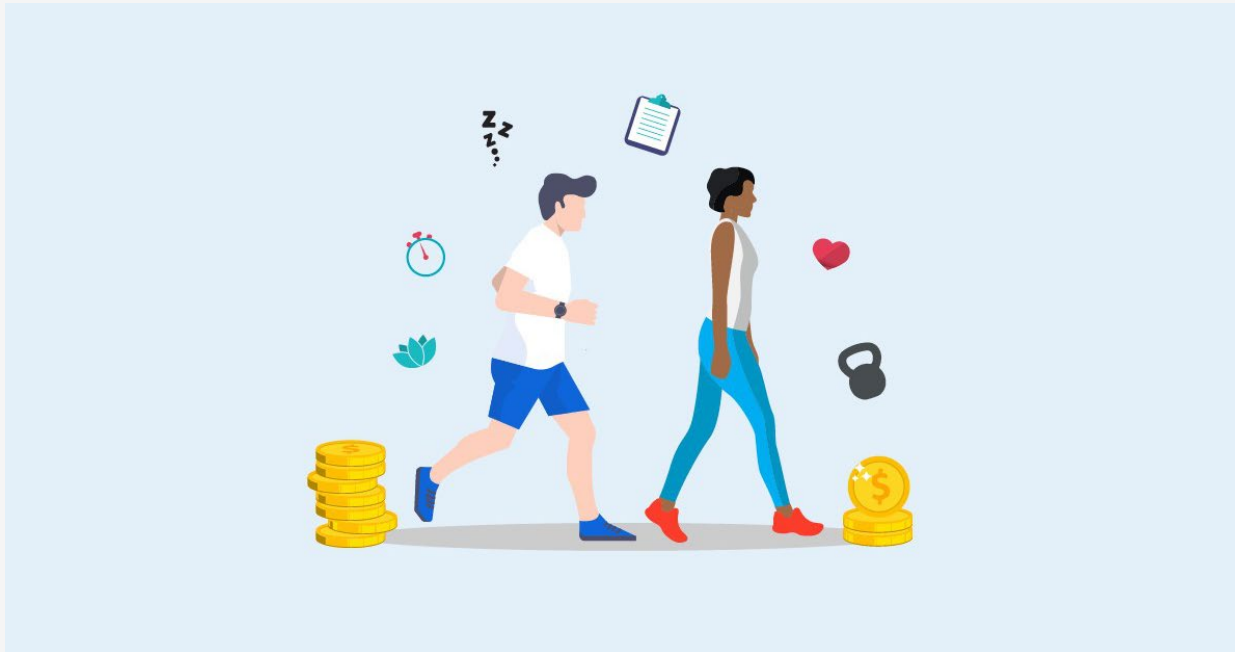
### **Encouraging others to be vaccinated**

I encourage everyone to get the COVID-19 vaccine. I would not have gotten it or

encouraged my wife Lia to get it if I did not feel it was safe. My three children will also be vaccinated as soon as the vaccine is available to them.

This pandemic's lesson to the world should be: It is not just about you, it is about your fellow human beings. Getting vaccinated, wearing a mask, washing your hands, staying home when you are sick and following quarantine and isolation guidelines help everyone, and if we would all just do this correctly and consistently, the pandemic will end sooner.





## Enjoy Enhanced Features of 2021 My Total Health Incentive Program

January 05, 2021

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

With the new year comes new hope and new aspirations. LVHN is here to support your physical, emotional, financial and social wellness this year with the **2021 My Total Health Incentive Program**. The program has been enhanced based on the positive

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Enjoy Enhanced Features of 2021 My Total Health Incentive Program



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feedback and participation of more than 7,000 colleagues. This program makes feeling good fun with rewards and prizes for engaging in wellness activities.

### **Follow these steps to get started:**

- **Visit the My Total Health Portal at [mth.lvh.com](http://mth.lvh.com).** The Incentive Program is not currently available to union colleagues at LVHN sites in Hazleton, Pocono or Schuylkill County.
- If you are a returning user, enter your LVHN SUI (user ID) and password to log in.
- If you are a new user, click “Register” to get started.

### **Here's how to track your points and earn rewards:**

- Complete eligible wellness activities that support physical, emotional, financial and social wellness, and record your participation in the My Total Health Portal at [mth.lvh.com](http://mth.lvh.com).
- Read about eligible wellness activities in this flyer or in the My Total Health Portal.
- **When you earn 50 points, you can redeem your points for a salad mason jar, and are automatically entered to win one of five raffles valued at \$200 each.**
- **When you earn 125 points, you can redeem your points for a \$125 e-gift card, and are automatically entered to win one of four AAA Travel vouchers valued at \$2,000 each.**

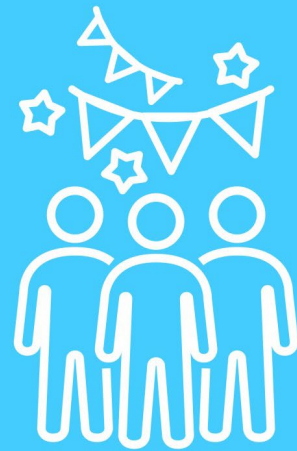
We hope you will enjoy the 2021 program. Download this [flyer](#) for more details. We continue to make changes to the My Total Health program to further promote a culture of health and wellness at LVHN, and to give you the exceptional colleague experience you deserve. The My Total Health Incentive Program is one way we're making LVHN a great place to work from hire to retire.

If you have questions, please send a message to your health coach through the My Total Health Portal or email [mytotalhealth@lvhn.org](mailto:mytotalhealth@lvhn.org).

Thank you for all you do for our health network and community.



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## Service Anniversary List – January 2021

January 04, 2021

Happy anniversary to these colleagues celebrating a career milestone at LVHN in January 2021. Congratulate them on their years of service.

### 45 years

David Dylewski, Dept. Of Psychiatry

Betsy Saras, Supply Chain Administration

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Service Anniversary List – January 2021



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## **40 years**

David Bowers, Clinical Services

Stephen Cunningham, Market Development

Anne Holena, LV Center For Women's Med

Michael Kempchinsky, Plant Operations

Karen Piccioni, Nursing Administration

Ann Reeder, 4KS Medical/Surgical Unit

Constance Staples, Pacu/Recovery Room

Linda Sterner, LVPG MFM-Madison Farms

Mary Vack, HIM Facility Based Coding

## **35 years**

Diane Carey, Patient Registration

Pauline Coombe, HSP CC & I78 RX

Lea Ann Dudinyak, Human Resources

Teresa McCabe, Cardiovascular/Telemetry Unit

## **30 years**

Lori Bertsch, Security

Linda Christman, Cancer Ctr Multi-Purpose Area

Anne Dainauski, Float Pool

Lori Deibler, Employee Health/Mod Wrkrs Comp

Lisa Frederickson, Radiology-Diagnostic - Cc

Ann Hurson, HIM Documentation Content

Joan Jessick, Patient Registration

Joseph Kalmar, Engineering

Thomas Kane, Radiology

Margaret Scheifele, CECE Ctr

Nancy Seislove, Breast Health Svcs - 17 & Chew

Donna Stevens, OACIS Palliative OutPatient

Michele Wagaman, Info Svcs Clinical Service

John Williams, Orthopedics

David Zelwalk, Dietary

### **25 years**

Dwayne Graaf, EMS Hazleton APTS Operations

Frances McNulty, Inpatient Rehab Facility

Tricia Schiavone, HIM Provider Based Coding

Heather Unangst, Obstetrics

### **20 years**

Kelly Aurand, Home Care - Skilled Nursing

Lori Barnett, CPP Podiatry

Allison Berlanda, LVPG-H Urology

Kimberly Flegler, Medical Oncology MHC

Kristin Flora, Childrens Clinic at LVH

Rose Hartz, Respiratory - Norwegian

Lori Krause, Operating Room-Allen 1503

Barbara Kremposky, Info Svcs Financial/Admin Sys

Dorothea Kull, Dietary

Rosaria Lentini, Transitional Skill Unit

Linda Magyar, 5CP Medical Surgical Unit

Judy Muth, LVPG OB/GYN 1245SCC

Ryan Shellhamer, Info Svcs Telecommunications

**15 years**

Elaine Adams, Dietary

Beatriz Ayacu Urrea, LVPG Family Med Emmaus

Karen Brinkmann, Respiratory Therapy

Cathleen Car, Physical Therapy-Allen 1621

Michelle Clifton, 5CP Medical Surgical Unit

Ann Cofre, Case Management

Teresa Cruz, CT Scan

Jennifer Davis, LVAS LVH - Cedar Crest

Lisa Dibetta, OR Centralized Scheduling

Donna Drury, CT Scan Bartonsville

Janice Eshleman, Home Care - Skilled Nursing

Amanda Flicker, LVH Chairs

Kimberly Godfrey, LVPG Healthworks-Admin

Melissa Grabinski, Vascu/Interventional Radiology

Michele Graver, Quality

Lorene Heffner, Breast Health Svcs. Admin

Nancy Huot, 7K Orthopedics

Gloriann Irizarry Rodriguez, Comprehensive Health Services

Denise Kaplan, COO Operations

Kerry Kluska, Cancer Center Alliance

Virginia Kmetz, Ip Rehab Facility

Keith Kocsis, Group Health Admin Svcs

Darren Leonard, Information Technology

Nicole Malecki, Pediatric Unit 5J

Eiran Mandelker, Imaging General (Payroll Only)

Shannon Manfredo, Emergency Department

Virginia Matrisciano, Respiratory Therapy

Marie Mazzetti, 6K Medical/Surgical Unit

Angela McAndrew, HC Central Business Office

David Miller, Pediatric Unit 5J

Deborah Moore, Administration

Thomas Nash, Cardiovascular/Telemetry Unit

Jane Nemeth, Neonatal ICU

Lori Nwaro, Critical Care Unit

Belina Palmieri, Home Health

Nicolas Petroff, Cardiac Cath Lab

Annie Plessl, CC Outpatient Registration

Tonya Reph, Patient Accounting

Darlene Reynolds, Cardiology Clinic -CC

Danna Rodriguez, Cancer Financial Services

Suzan Russen, CPP Orthopedics - Dickson 334

Penny Sevek, Sterile Processing

Lisa Shoop, Rhc Medical

Denise Snyder, LVPG Family Med 3080HAMIL

Emily Sorrentino, Radiation Oncology

Joseph Tracy, Ctr for Con Care and Innovatio

Kelly Van Vliet, Operating Room

Kathryn Walker, Pharmacy

Timothy Ziegler, 6C Medical/Surgical Unit

Michael Zimmerman, X-Ray Tech School

### **10 years**

Jill Abbott, MRI

Jill Agostini, Stress Lab Hwc

Donna Amper, Operating Room

Morgan Argento, LVPG Pediatrics Center Valley

Thomas Armstrong, Physical Therapy Hwc

Madison Babura, Neonatal ICU

Jennifer Bernegger, Emergency Service - CC

Stephen Bolusky, Sterile Processing

Kayla Cramer, Hospital Oncology Support

Kallan Dianna, Operating Room

Rachel Drzewiecki, Patient Safety

Amy Dunn, ER Pediatrics

Dorothy Fauri, Patient Accounting

Deborah Feiler, LVPG Family Med Quakertown

Tracy Fenton, Schuylkill Rehab

Carol Filipovits, 3A IPCU

Peter Franz, Facilities

Meagan Gasper, Diagnostic Imaging-Schnrs

Stellamarie Gurrieri, Precertification Dept

Vesselina Hadjieva, Grounds / Housekeeping

Amy Hagen, MICU/SICU

Jessica Hartenstine, Financial Services

Lauren Hartman, Adolescent Psych Unit

Kelsey Hood, Operating Room

Bradley Hoppes, Financial Services

Victoria Howard, LVHN ExpressCARE Palmer Twp

Mary Ann Jackson, PCS Staffing Resource Center

Erin Kirkpatrick, Concussion & Head Trauma Progr

Mikaila Kissel, Electrophysiolgy Lab

Marissa Koller, 4T Med/Surg

Danielle Moux, Express Care Quakertown

Elisa Moyer, Emergency Service - 17Th

Vladimir Nikiforouk, LVPG-P OB/GYN Office-East Stroudsburg

Beatrice Oertner, Quality

Daniel Patzek, Nursing Administration

Jennifer Perreault, Obstetrics

Kathleen Pomrink, Benefits Verification

Andreana Powell, LVPG Family Med 1251CC

Jacob Ripa, EMS Hazleton APTS Operations

Andrew Romeril, Clinical Services Observation

Hannah Ropp, Marketing

Amanda Sereyka, Cancer Center Radiation

Angel Torres, Transitional Trauma Unit

Kari Walters, Hospice Skilled Nursing

Kelly Ward, Physical Therapy

Alisha Wilcox, LVPG Urology

Amy Wojcik, Operating Room

Lauren Zaun, Pediatric ED

**5 years**



Mary Abboud, Operating Room-Beth

Nicholas Alderiso, LVPG Cardiology 1250CC

Brittney Aponte, Specialty Clinic-Emrick

Razan Asaad, LVPG Family/Intrnl Med 3080HAM

Abigail Bauer, ICU

Craig Bleiler, Physician & Executive Recruit

Lakaia Burgess, Float Nursing

Angela Camasto, ABCFP/Rice PHYS Capacity Pilot

Lolita Carter, Childrens Clinic at LVH

Eleanor Cavanagh, Post Operative-Allen 1503

Dennis Check, Support Services Security

Clarissa Collazo, LVPG Plastic Csmtc Surg1243SCC

Caitlin Costanzo, PT/OT

Lynn Coyle, Hospice Unit

Keri Curtis, Ct Scan

Ashley Darby, Tech Aide Float

Louise DeFebo, LVPG Float Pool

Bailey Ellenberger, LVPG Family Med Trexlertown

Catherine Fisher, Patient Accounting

Laura Fleming, Case Management

April Fligor, 7B Medical Surgical Unit

Tracie Fryer, Registration

Kevin Garcia, Operating Room

Leah Gehringer, Post Operative Unit Tilghman

Lisaeve Glemser, 402-CARE

William Hardish, General and Administration

Amanda Hess, Pediatric Unit 5J

Danielle Huie, Respiratory Care Services

Emily Ickes, LVH M Hospitalist Program

Kristine Jackson, MHC Heart Station

Jared Kern, Plant Engineering

Keshia Kiddish, CPP Orthopedics - 26 Station

Kendel Kline, Risk Assessment Program

Erika Krawchuk, Sterile Processing

Erin Kulp, LV Center For Women's Med

Diane Kurtz, 402-CARE

Marie Lambert, LVPG-P Oncology-Pocono

Debra Loder, Arena Medical Operations

Sarah Maksimik, LVPG OB/GYN

Sean Mcdermott, Float Pool

Patricia Mora, 4B (4N)

Susan Newhart, LVPG Neurology 1250CC

Victoria Norelli, Specialty Clinic-Emrick

Marie OKeefe, Home Care - Skilled Nursing

Taylor Onulack, LVPG Orthopedics Specialty

Jennifer Parry, Home Care - Skilled Nursing

Eva Paulino, Centro De Salud

Elizabeth Phillips, Operating Room-Allen 1503

Brian Piekarski, Laser Services

Svetlana Prosko, Progressive Coronary Care Unit

Katelyn Romig, LVPG Float Pool

Alexandra Ruh, Express Care-Ebg Cln

Holly Shelly, Patient Access Support - Admin

David Sklareski, Benefits

Mitchell Solt, Emergency Department

Genesis Suarez, Sleep Center @ Bethlehem Twmsp

Ciara Tukay, Float Nursing

Megan Vanlangen, LVPG Gnrl Bariatric Surg 1240C

Tracy Von Broock, LVPG Operations

Rebecca Wehr, Physical Therapy-Emrick

Joseph Welshko, Physical Therapy-Pocono

Sonya Whitman, SSH/3T

Lynda Yosco, Telecommunications



## Epic Nurse Triage Application Now Live in Pilot Phase

January 07, 2021

A new Epic Clinical Call application, *Nurse Triage*, is now live in a pilot phase for colleagues in the Patient Access Center Nurse Triage group. This application eliminates the need for nurses to manually look up information with the printed version of Schmitt-Thompson Triage protocols. These protocols are now embedded within Epic so triage nurses can more efficiently direct patients to the appropriate level of care and deliver timely and effective advice over the phone.

Using this streamlined automated workflow, triage nurses can help improve the quality

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Epic Nurse Triage Application Now Live in Pilot Phase



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A snippet of a Facebook post. It features the Lehigh Valley Health Network logo, the text "Lehigh Valley Health ..." with "49,513 likes" below it, and a "STAY SAFE STAY STRONG" graphic with a face mask. There is also a "#LVHNCOVIDSTRONG" hashtag and a "Like Page" button.

of patient interactions and provide more consistent clinical guidance and documentation with fewer resource requirements. The application integrates directly with LVHN's phone systems, generates call documentation and suggests appropriate care advice and a disposition.

As the pilot progresses, the Technology Division will develop analytics to monitor the operational and clinical effectiveness of the new nurse triage supported processes. Before moving out of the pilot phase, clinical leaders will evaluate the clinical content, survey staff regarding their perception of the triage content and/or assess a sample of charts to ensure content aligns with LVHN's accepted practices.

The Nurse Triage application is one of the first releases in LVHN's network-wide Voice Expansion Project. A limited release of Cisco Jabber – software that allows colleagues to call directly from their PC or mobile device using *Voice Over Internet Protocol* or VoIP, begins in a pilot phase Jan. 2021. This technology masks 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).

### **When to expect phase two**

Phase two of the Nurse Triage application deployment is expected in 2021 at LVPG and Coordinated Health practices, call centers, CARES program and other areas where nurses field patient care concerns. Community-based practices that use LVHN's Epic extension such as Valley Health Partners, can opt-in to access the Nurse Triage application. Where necessary, LVHN custom developed triage protocols will be added for community partners. The second phase also includes more data published to the Analytics Portal, including detailed call volumes, wait times, disposition trending, completion rates and staff productivity.

### **What does this mean for providers?**

Providers can be confident there will be no changes to clinical content and patient care. There will be a new look and feel when triage messages are routed to providers in Epic for review. The Technology Division is working with Epic to optimize the look of the note. Screenshots below illustrate the new look. Please note that providers can still click *Quick Note* and route notes or direction to internal staff.

In Basket | Patient Msg | Refresh | Edit Tools | Manage Pools | Preferences | Search | Manage QuickActions | Attach | Out | Properties

My Messages | Judith Brooks, CRNP | Patient Calls 4 unread, 22 total | Sort & Filter | QuickActions | Drop | Complete | Take | Encounter | QuickNote | Sign Encounter | Chart | Appl

Message | Message (LVH) | Visits/Patient Info | Meds/Problems | Vitals/Labs | My Last Note | Help

Conversation: Difficulty Urinating

Cheryl L Bothwell, RN to Judith Brooks, CRNP

Scheduled appointment for today in office. Suspected UTI

Cheryl L Bothwell, RN

Note

**NURSE TRIAGE NOTE**

Spoke to patient regarding patient's complaint(s) of Difficulty Urinati

See below for nurse assessment and triage recommendations provid encounter summary report.

Disposition  
See Today in Office

Patient/Caregiver understands and will follow disposition? **Yes**

Nursing Assessment

Question	Answer
Does the caller consider this a medical emergency?	No
Can the caller access 911?	Yes
Do you have any pain?	Yes
What is the severity of your pain? (Scale 1-10)	4
What are the alleviating or aggravating factors?	urinating
Do you have a fever?	No

Reason for Disposition  
• Painful urination AND EITHER frequency or urgency

Answer Assessment - Initial Assessment Questions  
1. SEVERITY: "How bad is the pain?" (e.g., Scale 1-10, mild, moder

Test, Katy  
Preferred Name: **Monique**  
Female, 58 y.o., 05/09/1962  
PCP: Judith Brooks, CRNP  
Language: Spanish  
Needs Interpreter: Spanish  
Last Weight: 51.3 kg (113 lb)  
Phone: H 370-779-1234  
My Pat List Reminders: None +

**ALLERGIES**  
Egg

Health Maintenance: Due  
Pyl: Confidential, Sensitive Visit (BTG)

Primary Ins: AETNAMCAD  
MIDN: 10005211  
MyChart: Active  
Pharmacy: CVS 16003 IN TARGET - DALLAS, TX - 13131 MONTFORT DRIVE  
Preferred Lab: None  
Next Appt: 12/18/20  
Next Appt With Me:

Status	Msg Date	Patient	Reason for Call
Pend	11/27/2019 8:22 AM	Test, Mary "Hail Mary"	Ambley/Err
Enc. Provider: Cheryl L Bothwell, RN		Sender: Cheryl L Bothwell, RN	Refill
Open?: Closed		MyCha... Active	Pa... NO
Last Accessed: AMB EXTENDER, AMBTTEST			
Read	12/09/2020 10:05 AM	Bulldog, Bentley "BDOG"	Nurse Triage, Cough
Enc. Provider: Tracy Riccio, RN		Sender: Tracy Riccio, RN	Refill
Open?: Closed		MyCha... Active	Pa... NO
Last Accessed: NURSE TRIAGE, RN			
New	12/9/2020 1:01 PM	Bulldog, Bentley "BDOG"	Difficulty Urinating
Enc. Provider: Tracy Riccio, RN		Sender: Kate Deangelis	Refill
Open?: Open		MyCha... Active	Pa... NO
Last Accessed: DEANGELIS, KATIE			
Read	12/10/2020 5:06 PM	Thursday, Male	Earache
Enc. Provider: Tracy Riccio, RN		Sender: Tracy Riccio, RN	Refill
Open?: Closed		MyCha... Inactive	Pa... NO
Last Accessed: NURSE TRIAGE, RN			
Read	12/10/2020 5:42 PM	Thursday, Male	Cough/Fever/Sore Th...
Enc. Provider: Tracy Riccio, RN		Sender: Tracy Riccio, RN	Refill
Open?: Open		MyCha... Inactive	Pa... NO
Last Accessed: NURSE TRIAGE, RN			
Read	12/14/2020 12:13 ...	Vytest, Heather	Itchy Eye
Enc. Provider: Tracy Riccio, RN		Sender: Tracy Riccio, RN	Refill
Open?: Closed		MyCha... Active	Pa... NO
Last Accessed: DEANGELIS, KATIE			
Pend	12/14/2020 12:18 ...	Hmt, Teen	Difficulty Urinating
Enc. Provider: Tracy Riccio, RN		Sender: Tracy Riccio, RN	Refill
Open?: Closed		MyCha... Active	Pa... NO
Last Accessed: AMBTTEST, NURSE			
Read	12/18/2020 3:23 PM	Hmt, Teen	Difficulty Urinating
Enc. Provider: Cheryl L Bothwell, RN		Sender: Cheryl L Bothwell, RN	Refill
Open?: Open		MyCha... Active	Pa... NO
Last Accessed: DEANGELIS, KATIE			
Read	12/18/2020 4:17 PM	Test, Katy "Monique"	Difficulty Urinating
Enc. Provider: Cheryl L Bothwell, RN		Sender: Cheryl L Bothwell, RN	Refill
Open?: Open		MyCha... Active	Pa... NO
Last Accessed: AMBTTEST, NURSE			
Pend	10/24/2017 1:44 PM	Nasium, Jim	Back Pain
MsgNote: Call after 5			
Enc. Provider: Daniel M Spatz Jr, MD		Sender: Cheryl L Bothwell, RN	Refill
Open?: Closed		MyCha... Inactive	Pa... YES
Last Accessed: AMB EXTENDER, AMBTTEST			
Pend	01/3/2020 8:37 AM	Cadence, Candy	Refill
Enc. Provider: Cheryl L Bothwell, RN		Sender: Judith Brooks, CRNP	Refill
Open?: Open		MyCha... Active	Pa... YES
Last Accessed: BROOKS, JUDITH			
Phase: Evaluation			
Pend	11/22/2017 10:46 ...	Smoker, Albert	Questions
MsgNote: Pocono Staff Task			
Enc. Provider: Cheryl L Bothwell, RN		Sender: Judith Brooks, CRNP	Refill
Open?: Closed			

Sent Messages | Completed W...

Part of the Epic functionality the Technology Division is working to improve is detailed in the screenshot below. For now, if providers scroll down on the right more specifics from the triage call can be found in detail at the bottom. The goal is to display complete symptoms/assessment at the top of the provider's view.



Test, Katy

Preferred Name: **Monique**  
Female, 58 y.o., 05/09/1962  
PCP: **Judith Brooks, CRNP**  
Language: Spanish  
**Needs Interpreter: Spanish**  
Last Weight: 51.3 kg (113 lb)  
Phone: H: 570-779-1234  
My Pat List Reminders: None +

ALLERGIES  
Egg

Health Maintenance: **Due**  
FYI: **Confidential, Sensitive Visit (BTG)**

Primary Ins.: AETNAMCAD  
MRN: 10005211  
MyChart: Active  
Pharmacy: CVS 16003 IN  
TARGET - DALLAS, TX - 13131  
MONTFORT DRIVE  
Preferred Lab: None  
Next Appt: 12/18/20  
Next Appt With Me:

1. SEVERITY: "How bad is the pain?" (e.g., Scale 1-10; mild, moderate, or severe)
  - MILD (1-3): complains slightly about urination hurting
  - MODERATE (4-7): interferes with normal activities
  - SEVERE (8-10): excruciating, unwilling or unable to urinate because of the pain moderate
2. FREQUENCY: "How many times have you had painful urination today?"  
Every 30 minutes
3. PATTERN: "Is pain present every time you urinate or just sometimes?"  
Yes always painful
4. ONSET: "When did the painful urination start?"  
today
5. FEVER: "Do you have a fever?" If so, ask: "What is your temperature, how was it measured, and when did it start?"  
none
6. PAST UTI: "Have you had a urine infection before?" If so, ask: "When was the last time?"  
that time?"  
Yes history
7. CAUSE: "What do you think is causing the painful urination?" (e.g., UTI, scratch, Herpes)  
Note sure
8. OTHER SYMPTOMS: "Do you have any other symptoms?" (e.g., flank pain, vaginal discharge, urgency, blood in urine)  
none
9. PREGNANCY: "Is there any chance you are pregnant?" "When was your last menstrual period?"  
no

Protocols used: URINATION PAIN - FEMALE-A-OH



Test, Katy "Monique" contacted Cheryl L Bothwell, RN

*This encounter is not signed. The conversation may still be ongoing.*

Disposition

See Today in Office  
Patient/Caregiver understands and will follow disposition? **Yes**

Care Advice

Patient/Caregiver understands and will follow care advice?: **Yes, plans to follow advice**  
SEE TODAY IN OFFICE:  
\* You need to be examined today. Let me give you an appointment.  
\* IF NO AVAILABLE APPOINTMENTS: You need to be seen in the Urgent Care Center. Go to the one at \*\*\*.







## LVHN Gives Saucon Valley Manor Residents, Staff COVID-19 Vaccinations

January 06, 2021  
BY JENN FISHER

William Maas, 81, was the first person to receive his COVID-19 vaccination administered by Lehigh Valley Health Network (LVHN) at Saucon Valley Manor today. The retired mailman and dedicated blood donor (11 gallons donated), says he was glad to get the vaccine. "It's very important to get the vaccine, for me," he says.

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LVHN Gives Saucon Valley Manor Residents, Staff COVID-19 Vaccinations



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Fellow resident, Anna Szoke, 89, who raised three children, also rolled up her sleeve to receive a vaccine. “I am happy to get it,” Szoke says.

Maas and Szoke are two of the 12 residents and eight staff members from Saucon Valley Manor in Hellertown who received COVID-19 vaccinations given by LVHN caregivers. This vaccination event was conducted to help ensure those considered at the highest risk for infection begin receiving protective shots and is in line with Pennsylvania Department of Health guidance that prioritizes people – including those in skilled nursing and long-term care facilities – receive vaccinations as quickly as possible.

“We have vaccinated our high-risk, frontline workers as well as others within our health network who want the vaccine and continue to do so,” says Brian Nester, DO, MBA, FACOEP, LVHN President and Chief Executive Officer. “As we continue that process in keeping with the CDC and state guidelines, we also are beginning to care for others who are most vulnerable in our community outside of our hospitals, those in long-term care facilities who are considered among the highest risk.”

Nester said LVHN staff is working as quickly as possible to get vaccine\* into the arms of as many people as possible to hopefully get control over the pandemic, which has taxed hospitals and caregivers for the past ten months.

To prepare for more widespread vaccination of the public, Nester recommends that those who don't already have a MyLVHN account [sign up today](#). (Note: You do not need to be a current LVHN, LVPG or Coordinated Health patient to have a MyLVHN account.) Once the vaccine is available, you will receive notifications when vaccine appointments can be made. MyLVHN is a free, secure, easy-to-use patient portal that connects you with your personal health information. Learn more at [LVHN.org/MyLVHN](https://LVHN.org/MyLVHN).

LVHN is administering the Pfizer and Moderna vaccines. While recipients are not able to choose which vaccine they will receive, both have been proven safe and effective. After providing two months of safety from ongoing Phase 3 trials, Pfizer and Moderna 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, go to [LVHN.org/Vaccines](https://LVHN.org/Vaccines).

*\*Vaccine supply is dependent on shipments from the State of Pennsylvania.*







## Voices From the Front Lines: Jennifer Stephens, DO, LVPG Internal Medicine

December 30, 2020  
BY TED WILLIAMS

*The coronavirus (COVID-19) pandemic has affected every aspect of our lives, none more so than those working on the front lines of this crisis – our health care heroes. **Voices From the Front Lines** is a series of interviews with Lehigh Valley Health Network (LVHN) health care professionals who see the impact of COVID-19 on patients*

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Voices From the Front Lines: Jennifer Stephens, DO, LVPG Internal Medicine



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*and colleagues, and who are dedicated to helping prevent the spread of the virus in the community.*

Internal medicine physician [Jennifer Stephens, DO](#), has been with [Lehigh Valley Health Network \(LVHN\)](#) for 17 years, rising to Chief Medical Officer, Quality, Patient Safety and Value Based Care, for Lehigh Valley Physician Group (LVPG). She also sees patients at [LVPG Internal Medicine–Fogelsville](#). Stephens was drawn to medicine as a teenager, intrigued by her mother’s life as an emergency room nurse.

### **How has your daily work life evolved since the onset of the COVID-19 crisis (comparing early days to now)?**

When the pandemic began, we needed to build virtual models to care for patients, create our approach to assess and test centers, and organize teams around the new work that needed to be done in caring for our community. We were ‘building the plane as we were flying it’ so to say. At this point, we have the plane built, and we are charting our course to navigate the changing environment.

The other change is that our administrative teams are mostly remote now. The change from in-person management and collaboration to a remote model has caused most of our team to reconfigure how work is done. It changes how you lead, communicate, develop solutions and keep your teams aligned. Connectivity and relationships are so important; keeping them strong through remote working is key.

### **How has this experience changed you, professionally or personally?**

This experience has been transformative in many ways for me, both professionally and personally. Professionally, our first eight weeks of pandemic efforts were unlike anything I have ever experienced (or suspect may experience again). The level of intensity, innovation, pace, teamwork and alignment toward a common goal was inspiring. Our motivation to support the community and protect our patients, family, friends and colleagues was so strong; it drove performance beyond anything imaginable. Seeing what was possible, and how it was achieved, changed my perspective on how an organization as big as LVHN can pivot rapidly when needed. I have complete confidence that no matter what is required of us in the future, we will meet the challenge.

Personally, this year has taught me resilience and reaffirmed the truly important things in my life. Relationships and time with family and friends can be the best medicine, even when virtual.

### **What's inspired you? What is a defining moment during this?**

Personally, my family inspires me to be the best version of myself. I work hard to be the best role model for my children and partner to my husband. I also find continuous inspiration in my patients and colleagues. The stories of sacrifice, dedication and outreach I hear are amazing. From donations across the community and health network, to individuals shopping and helping those that are in need and extra effort to ensure people know they are not alone – I see inspiring acts every day.

### **What have you learned about yourself or your team?**

This has taught me how true the quote by Margaret Mead was when she said, 'Never doubt that a small group of thoughtful, committed citizens can change the world. Indeed, it is the only thing that ever has.' Our team members moved mountains through this pandemic and realized how much they could accomplish together. That has been priceless.

### **What words of advice or encouragement do you have for people of our community?**

No matter what happens, people can rest assured that we are here to support them in all their health care needs. Our clinicians and care teams are dedicated to their patients and communities, and will continue to provide care in a manner that is of the highest effort and quality.

### **Are there any other thoughts you would like to share about this experience or about the resilience of patients?**

The pandemic has pushed health care organizations (ours included) to transform into the virtual space with intent and passion. The first time I was able to do a video visit with a patient was a great experience I will never forget. Virtual care lets us connect with patients anytime, anywhere. As those new health care offerings continue to grow and expand, we are excited to partner with patients to ensure convenience and access into all our services.



Read more *Voices From the Frontlines* at [LVHN.org/COVIDStrong](https://www.lvhn.org/COVIDStrong).



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## Look How Cute! First Babies of 2021 Born at LVHN – PHOTOS

January 07, 2021

2021 is off to a happy start for two local families who welcomed little ones into the world early this morning.

At 3:22 a.m., a baby boy named Maverick was born at LVH–Cedar Crest to proud parents Valerie Kehl and Joshua Young of

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Look How Cute! First Babies of 2021 Born at LVHN – PHOTOS



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Lenhartsville. Maverick weighs 7 pounds, 6.9 ounces and is 20 inches long.

A little less than two hours later, baby Astraea was born at LVH–Muhlenberg to Lekota McCann and Tylor Romig of Catasaqua. She weighs 7 pounds, 11 ounces and is 19.5 inches long.

Congratulations to both families and to all the families who grew by one member (or more) today at LVHN.

### **LVHN: Your motherhood partner**

LVPG obstetrics and gynecology practices and our Family Birth and Newborn Centers are your best choices in motherhood care – we're your motherhood partner. If you or someone you know is expecting (or hoping to have a baby in 2021), visit [LVHN.org/pregnancy](https://www.lvhn.org/pregnancy) to learn more or to make an appointment today.







## Pregnant and Diagnosed with Melanoma

January 05, 2021

BY SIDNEY STEVENS

Mariah Veley of Orefield was eagerly expecting her second child when she noticed a suspicious mole on her scalp in February 2018. A biopsy revealed a locally advanced melanoma requiring immediate treatment.

“It was an intense time,” says Veley, who was then 28 with a two-year-old son, Pierce. “I was 22 weeks pregnant and had an autoimmune disease called ulcerative colitis (UC)

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Pregnant and Diagnosed with Melanoma



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that would make cancer treatment extremely tricky.”

### **Extraordinary treatment team**

Veley attended a [multidisciplinary cancer clinic](#) at [Lehigh Valley Cancer Institute](#) to discuss treatment with her team of oncologists, surgeons, maternal fetal medicine specialists and nurse navigator Angela Miller, RN.

After consulting with specialists with [Memorial Sloan Kettering \(MSK\) Cancer Alliance](#), her team decided to remove the lesion and perform a sentinel lymph node biopsy to determine whether it had spread. However, they would delay other potentially harmful treatments until after delivery.

On March 15, head and neck surgeon [Chetan Nayak, MD](#), with [LVPG Ear, Nose and Throat](#), injected the 2-centimeters by 4-millimeters deep lesion with radiotracer. Sentinel lymph nodes were located in the right preauricular area in front of her ear and upper neck. He removed those along with the lesion.

“Three sentinel lymph nodes were positive, meaning this was stage 3 melanoma,” Nayak says.

### **Post-delivery success**

In June 2018, Veley underwent a C-section at 37 weeks to begin further treatment. Baby Scarlett was born without complications.

Next, plastic surgeon [Randolph Wojcik, MD](#), with [LVPG Plastic and Reconstructive Surgery](#), performed reconstructive surgery on Veley’s scalp to hide scarring. She also began taking targeted inhibitor drugs to block a BRAF gene mutation in her tumor that was promoting uncontrolled cell growth.

“Mariah took inhibitors for nine months,” says hematologist oncologist [Suresh Nair, MD](#), with [LVH Hematology Oncology](#). “She stopped after a severe UC flare, but she’s now cancer free.”

Veley credits her “world-class” medical team for helping her thrive during therapy. Not only did she continue working and caring for her children, she even started a nonprofit

and took up aerial acrobatics where she won a competition.

"My providers treated me like a person, not just a diagnosis," she says. "I couldn't be more fortunate."

**Watch Mariah's video>>**

*Learn more about Lehigh Valley Cancer Institute's award-winning cancer care at [LVHN.org/cancer](https://www.lvhn.org/cancer) or call 888-402-LVHN*



**Call: 888-402-LVHN  
(5846).**

## LVHN Fitness and the Fitness Center at the Health & Wellness Center at Hazleton Reopening Jan. 4.

LVHN FITNESS  
OPENING UPDATE

January 03, 2021

LVHN Fitness is reopening Monday, Jan. 4, at 8 a.m., just in time to help you achieve your New Year's resolutions. Our locations at 1243 Cedar Crest Blvd., Allentown, One City Center, Allentown, and 1770 Bathgate Road, Bethlehem, and 50 Moisey Drive, Hazleton will be open by appointment only. Our hours will vary by location and are listed

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LVHN Fitness and the Fitness Center at the Health & Wellness Center at Hazleton Reopening Jan. 4.



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below. Masks are required at all times in all locations.

LVHN Fitness locations at 1243 Cedar Crest Blvd., Allentown, One City Center, Allentown, 1770 Bathgate Road, Bethlehem will be open Monday-Friday from 7 a.m. to 7 p.m. Our Cedar Crest location also will be open Saturday and Sunday from 7 a.m. to 3:30 p.m.

The Fitness Center at the Health & Wellness Center at Hazleton will be open Monday–Friday from 5 a.m. to 9 a.m. and 5 p.m. to 8 p.m. Weekend hours are Saturday and Sunday from 7:00 a.m. to 12 p.m.

### **Schedule your exercise**

You are allowed to schedule a one-hour time slot, which includes your entrance and exit from the building. You can schedule your time on the “MyClub Portal.” You will need your member information in order to reserve time. If you are not currently a member, you can contact LVHN Fitness directly to sign up. Directions are below.

Directions on how to reserve time at LVHN Fitness:

- 1.Go to [LVHNfitness.com](http://LVHNfitness.com)
- 2.Enter Member ID# or Key Tag Number
- 3.Enter Last Name (must be the last name we have on file)
- 4.Enter Email Address (must be the email we have on file)
- 5.Create a Password for your account
- 6.Bookmark the page

LVHN Fitness will be following all CDC guidelines as they pertain to cleaning and will have two half-hour blocks of time allotted each day so that staff can clean thoroughly. There also will be a thorough cleaning each night. The daily schedule is as follows:

<b>7 -8 a.m. – open</b>	<b>11:30 a.m.-12:30 p.m. – open</b>	<b>4-5 p.m. – open</b>
<b>8 -9 a.m. – open</b>		<b>5-6 p.m. – open</b>
<b>9-10 a.m. – open</b>	<b>12:30-1:30 p.m. – open</b>	<b>6-7 p.m. – open</b>
<b>10-11 a.m. – open</b>	<b>1:30-2:30 p.m. – open</b>	
	<b>2:30-3:30 p.m. – open</b>	

## Your safety remains our priority

While we are reopening, we understand that COVID-19 remains a concern in our community. That's why we continue to make your safety and the safety of our staff a priority.

In addition to wearing masks, we are asking all members to continue to fill out a health-related questionnaire and have their temperatures taken as they enter the building.

We will offer classes in a limited capacity. You can find out more about our classes under the "Classes" tab in your "MyClub Portal."

We are looking forward to a great New Year and can't wait to see everyone back at the gym. Visit us at [LVHN.org/fitness](https://LVHN.org/fitness) for more information.