



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

*\*COVID-19 stories highlighted in blue*

## JUST FOR COLLEAGUES



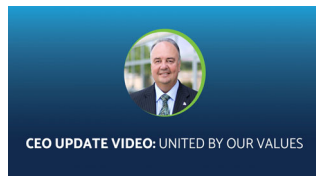
### Lehigh Valley Heart Institute Collaborates With Penn Medicine for Heart Transplants

New affiliation ensures heart transplant patients receive the highest level of care.



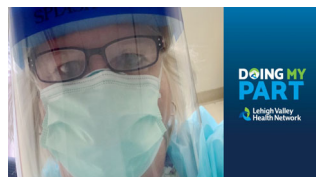
### Listening Session With Actions Against Racism and Advancing Equality Council

Share your experiences and thoughts on diversity and inclusion at LVHN.



### CEO Update Video: United by Our Values

Dr. Nester says we have the power to bring entire communities together.



### Robin Pesotini Acts to Protect Those Around Her

She's doing her part and protecting family members in high-risk groups.



### Colleagues Celebrated at Service Excellence Awards – Photos

Meet colleagues recognized for efficiency and innovation in the clinical workplace.



### Community Service Award Recipients Celebrated – Photos

Read inspiring stories about colleagues doing amazing things in the community.



## February Service Anniversary List

Who is celebrating a career milestone this month?

**Epic**  
UPDATE

## Next Epic Upgrade Coming April 18

It ensures our system receives fixes, enhancements and more.



## Ensure Retirement Protection Is in Your Future

Schedule a meeting with an AIG financial professional.

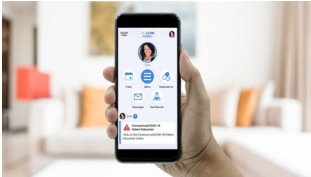
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## STORIES



### Flying High After ACL Surgery

Read why this athlete is cheering for Coordinated Health.



### What It Means to Get Care at a Most Wired Hospital

Learn three ways receiving care at a Most Wired health network helps you.

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## HEALTH TIPS



### The Healthiest You Podcast: Ladies, it's Heart Month

Learn about women's heart needs.



### Top 5 Things Every Woman Needs to Know About Cervical Health

Gynecologic Oncologist Christine Kim, MD, answers important questions.



### The Healthiest You Podcast: Losing Weight to Gain Health

Listen to a clip of the podcast and find out how to subscribe.

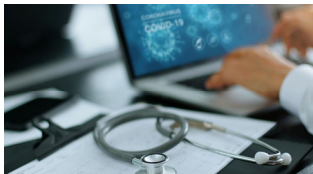


## Food for Thought: Hummusalsa

Get the recipe for this healthy snack.

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## LVHN NEWS



### COVID-19 Report – Updated Jan. 23

COVID-19 hospitalizations are declining after holiday surge.



### Lehigh Valley Reilly Children's Hospital Introduces Enhanced Pediatric Cleft Lip and Palate Program

Children with cleft lip or palate can now stay close to home for comprehensive treatment.



### LVHN Hosts Region's First Drive-Through COVID-19 Vaccination Clinic–VIDEO

Watch a recap of this vaccination event.

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## IN THE NEWS

### 'It's a massive undertaking:' Local health networks coordinate COVID-19 distribution

February 1, 2021 | [lvb.com](https://lvb.com)

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



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Lehigh Valley Heart Institute Collaborates With Penn Medicine for Heart Transplants



## Lehigh Valley Heart Institute Collaborates With Penn Medicine for Heart Transplants

February 03, 2021

February is heart month and Lehigh Valley Heart Institute is kicking it off with some big news. Lehigh Valley Heart Institute has formalized a new partnership with [Penn Medicine](#) that will ensure patients in the region who need a heart replacement receive the highest level of care. Penn Medicine is one of the nation's leading academic medical centers and has one of the largest transplant teams in the country –

performing nearly 1,500 heart transplants since 1987.

Nearly 90 percent of patients with heart failure who choose Lehigh Valley Heart Institute for their care are able to receive all of their treatment in the Lehigh Valley. However, those who require a heart transplant will be referred to Penn Medicine, whose teams are equipped to treat the most complex cases. After the transplant, patients are able to receive all follow-up care and continued heart care right here at Lehigh Valley Heart Institute.

“When someone requires the most complex level of care, Lehigh Valley Heart Institute makes sure our patients are in the right hands for the best treatment,” says Ronald Freudenberger, MD, MBA, Physician in Chief, Lehigh Valley Heart Institute. “As affiliate partners, Lehigh Valley Heart Institute and Penn Medicine recognize patients and their families may prefer to stay close to home for their care. That’s one of the benefits of this relationship—working jointly to ensure more advanced care is available for heart transplant patients when they need it.”

Lehigh Valley Heart Institute provides treatments for patients with complex cases of heart disease that many hospitals turn away. In some cases of severe heart failure, a heart transplant may be the best option. The relationship with Penn Medicine not only provides access to advanced transplant care through the [Penn Transplant Institute](#), but diagnostic testing, breakthrough therapies and clinical trials.

“Penn Medicine is proud to support Lehigh Valley Health Network in delivering advanced cardiac care—whether that’s providing heart failure care close to home or a heart transplant in Philadelphia,” says Michael A. Acker, MD, Director of the Penn Medicine Heart and Vascular Center and Chief of Cardiovascular Surgery in the Perelman School of Medicine at the University of Pennsylvania. “Our health systems are committed to delivering exceptional, personalized and convenient care for patients across the region, and we will deliver the best plan of care for patients through a coordinated, collaborative approach.”

***Learn more at [LVHN.org/hearttransplant](https://LVHN.org/hearttransplant).***





ACTIONS AGAINST RACISM AND ADVANCING EQUITY COUNCIL

## Join a Listening Session with the Actions Against Racism and Advancing Equity Council

February 02, 2021

LVHN's Actions Against Racism and Advancing Equity (AARAE) Council invites you to attend a listening session to share your experiences regarding inclusion and equity.

Recent national events have highlighted the need for increased understanding, growth and change related to racial inequalities. In July, LVHN hosted forums open to all

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Join a Listening Session with the Actions Against Racism and Advancing Equity Council



colleagues who wanted to share their feelings, experiences and perspectives on these events.

The AARAE council will host listening sessions for colleagues to share individual experiences and thoughts on diversity and inclusion at LVHN.

These one-hour listening sessions will be hosted virtually via WebEx.

Ten sessions are scheduled starting Feb. 8. View each session and register using this link:

<https://lvhnoe.wufoo.com/forms/sel2wkf0mz3seh/>

**NOTE:** Each session is limited to 25 participants.

If you have questions, please contact:

[Ed Taliaferro](#), Vice President, Internal Audit and Compliance Services

[Erma Moore](#), Program Director, 17th St. Clinic, Psychiatry

[Judy Sabino](#), Chief Diversity, Equity and Inclusion Liaison





## CEO UPDATE VIDEO: UNITED BY OUR VALUES

# CEO Update Video: United by Our Values


February 01, 2021

**Compassion, integrity, collaboration and excellence:** These are LVHN's core values. They are the truest definition of who we are. In the latest CEO Update Video, LVHN President and CEO Brian Nester, DO, MBA, FACOEP, says our values do more than unite us as colleagues. They have the power to bring entire communities together. Watch the video or read the transcript below to learn how.

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CEO Update Video: United by Our Values





**Compassion, integrity, collaboration and excellence: These are LVHN's core values.** They are what we believe. They guide us in decision making. They are the truest definition of who we are and unite us as LVHN colleagues.

We have seen the power of unity during the most challenging periods of the pandemic. Time and time again, we have shown that when we stand united and work together toward a common goal, there is nothing we cannot achieve.

Our unity is not only emblematic of who we are as health care professionals, it shows our community who we are as individuals. View our health network from the outside in, and you'll see nearly 20,000 members of one LVHN family, each driven to be the health partner people deserve. That is why I firmly believe our core values do more than unite us as colleagues. They have the power to bring entire communities together because values and behaviors such as ours are unquestionably contagious.

Be kind, listen, show respect and foster a sense of belonging for all, and **compassion** abounds. Do what's right, act ethically and honestly, and communicate with transparency, and **integrity** thrives. Be a good partner, and create exceptional experiences in a safe and secure environment, and **collaboration** flourishes. Achieve the best outcomes, and focus relentlessly on innovation and superior results, and **excellence** is attained.

At LVHN, we are undoubtedly our community's health care leader, yet we have the opportunity to be something even greater. We can be unifiers. As a new administration takes office in Washington, D.C., and as our fight against COVID-19 wages on, let's reflect on who we are and what we believe. Let's "heal, comfort and care" with compassion, integrity, collaboration and excellence. Let's be role models and show our community the power of unity.



## Robin Pesotini Acts to Protect Those Around Her

January 29, 2021

Robin Pesotini's husband had a kidney transplant, quadruple bypass heart surgery and is diabetic. Her first daughter and her four children all have prolonged QT, a heart rhythm disorder, and her second child is trying to get pregnant for the first time.

She is a phlebotomist at LVH-Pocono so she's especially careful when it comes to COVID-19 precautions. "I need to do all I can to stay safe to keep them safe especially considering my job entails very close contact with patients," Pesotini says.

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Robin Pesotini Acts to Protect Those Around Her



You never know who around you may be at higher risk for developing a severe case of COVID-19. She knows that wearing a mask and getting the COVID-19 vaccine doesn't just help her stay safe. It also keeps her family and community safe and healthy. She reminds everyone to wash their hands, stay home and stay safe.

Follow Pesotini's 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.

### **Submit your story**

We must do everything possible to stop the surge. How do you model the behaviors that keep us safe? How do you inspire others to do the same? Submit your story and masked selfie at [LVHN.org/stories](https://LVHN.org/stories), and you could be featured for doing your part.

## SERVICE EXCELLENCE AWARDS 2021

### Colleagues Celebrated at Service Excellence Awards – PHOTOS

February 02, 2021

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Colleagues Celebrated at Service  
Excellence Awards – PHOTOS



# SERVICE EXCELLENCE AWARDS 2021

Guldin Awards celebrate colleagues and teams who make exceptional contributions toward the implementation of a new or more efficient work practice or process. These awards are named in memory of the late George Guldin, who worked in respiratory care.

Here are the stories of four recipients of the Guldin Awards for Efficiency and Innovation in the Clinical Workplace. More stories about our Service Excellence Award recipients will be shared on LVHN Daily in the weeks to come.

## **The LVHN Guldin Award for Efficiency and Innovation in the Clinical Workplace**

### **Michele Rice**

The Guldin Award for Efficiency and Innovation in the Clinical Workplace in the Lehigh Valley was awarded to Michele Rice. What started as an innovative collaboration between patient care services, organizational effectiveness and connected care became a solution to keep colleagues safe during the pandemic. Michele pioneered a virtual care model to reduce the amount of time it takes to process new patients, helping to offload surge volumes and get patients seen faster. These workflows were implemented



across all our emergency departments as well as in some inpatient areas so colleagues could safely complete intake tasks using technology outside of isolation rooms, limiting their exposure to patients with suspected cases of COVID-19. Michele's nominator, Melinda Brosious, worked with Mr. Guldin. She says, "Michele models the qualities Mr. Guldin exemplified in his leadership. She is a true leader and innovator."

### **Team of Colleagues, LVH–Hazleton**

The Guldin Award for Efficiency and Innovation in the Clinical Workplace in Hazleton was awarded to a multidisciplinary team of colleagues, including Jody Shigo, Lynda Naperkowski, Diane Bissol, Mary Yanac, Carmela Ruby, Ian Heck, Edward Kapuschinsky, Christopher Moro, Melanie Bowman and Barbara Hunsinger. Patient care services colleagues play an integral role in the patient experience. In October 2019, a multidisciplinary team was created to develop leader standard work to improve the patient experience at LVH–Hazleton. Hospital renovation projects, Epic implementation and the COVID-19 pandemic were just a few of the major challenges the team faced in a short period of time during their journey. Thanks to their innovation and resiliency, improvements to date have been outstanding. In FY20, LVH–Hazleton exceeded maximum threshold goals for patient experience in all three domains, including rate the hospital, communication with nurses and communication with doctors.

### **Tammy Castles**

The Guldin Award for Efficiency and Innovation in the Clinical Workplace for a colleague in Pocono went to Tammy Castles. Tammy is the Director of the Cardiovascular/Telemetry Unit. During the pandemic, Tammy went above and beyond for her colleagues and patients. She created a safe working environment and ensured that her team always had appropriate PPE. When her team needed her, Tammy functioned as a nurse, a technical partner and did any task necessary. She came to work early, stayed late and did little things to make patients as comfortable as possible.





## Mary Scanlan

The Guldin Award for Efficiency and Innovation in the Clinical Workplace for a colleague in Schuylkill was awarded to Mary Scanlan. A registered nurse in the intensive care unit, Mary cares for critically ill patients with expertise and compassion. In the last year, Mary's son became ill. With strength and grace, she has balanced the demands of caring for patients during the pandemic and caring for her son. She is kind. She radiates positivity. She unselfishly supports and cares for patients and colleague alike. And she is most deserving of this award.



## Lisa Gohn

The Guldin Award for Efficiency and Innovation in the Clinical Workplace at Coordinated Health goes to Lisa Gohn. Lisa is a medical assistant, and she's always willing to lend a helping hand. She is compassionate and caring, and she goes the extra mile to ensure patients have all questions answered. She is never inconvenienced by even the smallest requests. Outside of her formal role, she volunteers countless hours wherever help is needed to run clinics and conduct COVID screenings. Her nominator describes her as "a ray of sunshine that stands out no matter where she goes."





## SERVICE EXCELLENCE AWARDS 2021

### Community Service Award Recipients Celebrated – PHOTOS

February 02, 2021

As part of our Service Excellence Award celebration, we present Volunteer Community Service Awards, which recognize an individual or team that demonstrates outstanding commitment in volunteer activities and has shown dedication and philanthropy to an organization, business or institution inside or outside of LVHN.

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Community Service Award Recipients  
Celebrated – PHOTOS



The Dr. Mark Young Award recognizes a physician who demonstrates outstanding accomplishments in community health improvement. Before his untimely passing, Dr. Young was LVHN's Chair of Community Health and Health Studies. He was passionate about enhancing the health and well-being of our community. Recipients of this award share Dr. Young's passion.

Here are the stories of five recipients of the Volunteer Community Service Award and the recipient of the LVHN Mark Young, MD, Award. More stories about our Service Excellence Award recipients will be shared on LVHN Daily in the weeks to come.

### **LVHN Volunteer Community Service Award**

#### **Team of Colleagues, 4K at LVH–Cedar Crest**

In the Lehigh Valley, the Volunteer Community Service Award went to a team of colleagues from 4K at LVH–Cedar Crest: Brenda Gray, Pam Owensby, Krysten McGovern, Katie Bradley, Simone Tukeva, Christine Lynch, Victoria Gurriera, Rebecca Kleintop, Courtney Miller and Kim Bartman. In 2004, this team started an Amputee Support Group. Just three or four patients attending early meetings. Now, monthly meetings draw up to 60 amputees and their families. This team has supported the effort from the beginning. In 2007, they launched an annual golf outing to raise money for the group. About 100 golfers raised \$5,000 to help with the costs of prosthetics, adaptations to vehicles or homes, and scholarships for education. Now, more than 200 golfers participate and raise \$20,000 each year. Money raised by this group also supports a peer certification training program that encourages amputees to help others navigate life-changing events. It is no surprise that LVHN's Amputee Support Group has been recognized as one of the nation's best.

#### **Team of Colleagues, ALS Clinic**

Our second Community Service Award was presented to another group from the Lehigh Valley. It went to the team from the ALS Clinic: Dr. Alissa Romano, Dr. Allison Walsh, Ashley Georgevic, Sandra Tremblay, Sarah Ashford, Nicole Moyer, Caitlin Costanzo, Amanda Cuth and Melissa Carmody. The person who nominated these colleagues refers to them as the "backbone" of the clinic. ALS is a neurologic condition with no known cure and has a 100 percent fatality rate. With the utmost compassion, this team

has supported patients and families for the past 18 years. They also support the ALS Association, which provides ramps, home care, wheelchairs and support services for patients and families navigating this devastating diagnosis. Families in the Lehigh Valley recently benefited from nearly \$4,500 raised during the ALS Association Walk to Defeat ALS.

### **Ruthann Mantz**

Our next recipient of the Volunteer Community Service Award puts others first in all she does. It is Ruthann Mantz, a registered nurse with LVPG Pediatric Gastroenterology. Ruthann makes her patients feel valued because she not only addresses their medical needs, she takes time to learn about their interests, dreams for the future and concerns about their care. She leads a yearly family support night to help patients with Crohn's disease and ulcerative colitis. She's also an integral part of the Pediatric Specialty Center's Miracle League Halloween party, a fun-filled and safe trick-or-treat event for patients with intellectual and physical disabilities and their families. Ruthann also teaches Sunday school. In the true spirit of volunteerism, Ruthann never views all her commitments as burdensome. Rather, she finds joy in seeing children smile and selflessly dedicates her time to making others happy.



### **Harold Herndon**

This recipient of Schuylkill's Volunteer Community Service Award is an active and involved member of his community, Port Carbon. He is Harold Herndon. Harold is driven to help seniors, youth and everyone in his community. He serves as Port Carbon's Mayor, and previously served as Borough Council President. A small borough near Pottsville, Port Carbon experienced devastating flooding a few years ago. Harold organized rescue and relief efforts, and worked with local, state and federal organizations to bring this tight-knit



community together. Harold has worked at LVH–Schuylkill for more than 40 years in Security and now Supply Chain. His colleagues and community trust, admire and respect him because he represents all that is good about LVHN.

### **Team of Colleagues, LVHN EMS in Hazleton**

There is strength in numbers, proof of which is the amazing work of 35 colleagues from the LVHN EMS team in Hazleton. They were the recipients of the Community Service Award: Brian Cara, Karlie Boyle, Patrick Welch, Christine Graaf, Dwayne Graaf, David Onder, David Minnick, Seth Zimmerman, Wallace Boyle, Michael Bowman, Jacob Ripa, Jennifer Ripa, Paul Malloy, Paul Batzel, Sierra Alicea, Albert Black, Robert Senape, Jamie Klein, Dennis Ganc Jr., Jenny Salko, Jonathan Sonntag, Stephanie Nearhoof, Joel Lindtner, Vanessa Stahler, Harrison Jordan, Danielle Hannon, David Hauptly, Ashley Fister, Courtney Franks, Tricia Miernicki, Richard Donald, Robert Segaria, Robert Leshko Jr., Daniel Leshko. As the primary 911 ambulance provider for the Hazleton area, LVHN EMS responds to emergencies, transports patients between facilities and supports various community programs. Colleagues on this team do not hesitate to help anyone in need. They will stop to help someone along the side of the road, provide comfort to a heartbroken family on the scene of an incident, offer assistance to firefighters and police officers, and lend a helping hand in the emergency department. During the pandemic, they provide extra support to one another as they learn to navigate situations where they could be exposed to the virus. In their free time, they continue to give by volunteering for or working with their local fire departments or EMS units. The Greater Hazleton community is in good hands knowing this team is ready to answer the call.

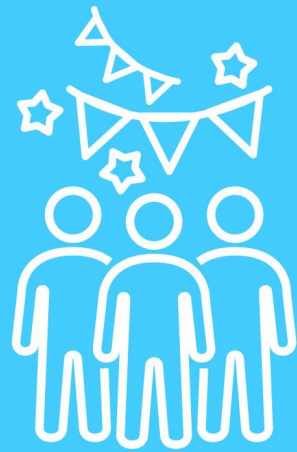
### **LVHN Mark Young, MD, Award**

#### **Timothy Friel, MD**

This year, the LVHN Mark Young, MD, Award went to Dr. Tim Friel. Since the beginning of the pandemic, Dr. Friel has been a valuable resource for the health network on numerous levels. Earlier, you learned about the comprehensive work he and the members of the COVID Leadership Team and Command Center have

been doing. The responsibility and the work that needs to be done to lead our health network and community through this pandemic might be too much to shoulder for many health care professionals. Not Dr. Friel. In addition to helping provide direction on processes, operations and countless other tasks on his plate, he also works hard to keep the people of our community informed. He is regularly called upon to provide current and evidence-based information via media interviews, often making time to speak with them despite an extraordinarily busy schedule managing other aspects of the pandemic at the clinical level. Dr. Friel has been a true leader during these difficult months. He has played a significant role in helping to promote safety measures and the importance of vaccination.





## Service Anniversary List – February 2021

February 01, 2021

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

### **45 years**

Suzanne Zeller, Social Services

### **35 years**

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Service Anniversary List – February 2021

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David Behler, Pharmacy

Nancy Bock, ICO Staging & Recovery

Christa Boltz, Radiology - Norwegian

Kathleen Cochrane, Neonatal ICU

Dian Compton, Nurse Staffing Office

Cathyann Feher, Dept. Of Surgery

Jeanne Florian, 4KS Medical/Surgical Unit

Debra Gilson, LVPG Peds SurgUrology 1210SCC

Rachel Griffith, Pharmacy

Karen Hoak, Human Resources

Donna Hordendorf, Obstetrics

Nancy Kochenberger, Obstetrics

Donna McNamara, LVPG OB/GYN 1245SCC

Deanna Shisslak, Parent Education

Richard Wagner, Revenue Cycle Coordinators

**30 years**

Pamela Ferrence, Respiratory

Stacey Goebert, LVPP PCP

Leslie Lupin, Physical Therapy-Hland 2030

Diane Marschall, Pharmacy

Paula Potter, Radiology

Theresa Sanders, Pharmacy MPA

Roseanne Stansbury, Mailroom

Cathy Ann Sweeney, Lab Admin

Debra Yelovich, Partial Hosp Adoles Psych

### **25 years**

Amy Acosta, Operating Room

Angela Keck, SDC Home Studies

Gail Lutsky, Partial Hospitalization

### **20 years**

Michele Banner, Mother-Baby/GYN

Brenda Benner, Patient Access Support - Admin

Barbara Castner, Solution Center

Deneen Evan, CPP Orthopedics - Dickson 334

Dawn Evert, Financial Services

Cynthia Ferko, Pharmacy - Oncolo

Amal Hanna, LVPG Pediatrics Pond Rd

Treena Horn, Rhc Medical

David Kopes, Engineering

Patricia Lowthert, 5 North

Danielle Minalda, Laboratory - Norwegian

Suzanne Otto, Hematology Oncology Clinic -CC

Angela Papay, Cancer Ctr Multi-Purpose Area

Michelle Sgrignoli, Pediatric ED

Sandra Wilsey, LVPG Urology

Alan Yerger, Engineering Administration

### **15 years**

Gayle Burkhart, Home Care - Physical Therapy

Amy Conley, Information Technology

Rebecca Conway, Cardiac Cath Lab

Scott Donmoyer, Info Svcs Telecommunications

Robert Driscoll, Pharmacy

Barbara Elliott, LVPG Peds Gastroenterolgy 1210

Leila Fay, Ed Registration

Leanne Galatis, Mri-Allen Cln

Stephanie Gehret, LVPG GYN/Oncology 1240CC

Richard Gould, Neonatal ICU

Trina Grace, NORI Clinical

Laurie Hauck, PT/OT Speech

Ruthann Kaspern, Clinical Appeals-Denial Mmgt

Alicia Kocher, Revenue Cycle Coordinators

Keri Kraemer, Anesthesia

Andrew Lefever, Cardiac Cath Lab

Maria Leon, Interpreter Services 17Th St

Karen McArdle, Childrens Surgery Center

John Polishan, Cardiovascular Unit

Hilda Sainz, Pre-Srvcs/Financial Clearance

Jill Schappell, LVPG Peds Gastroenterolgy 1210

Noreen Schneck, Radiation Therapy MHC

Denise Schofield, CPP Orthopedics - Dickson 334

Linda Schwartz, Library Services

Judy Simpson, Respiratory - Norwegian

Erica Thompson, EPIC Conversion

Vincent Zimbardo, Diagnostic Radiology

Gwynneth Zimmerman, Neurology Clinic – CC

## 10 years

Heather Bankos, Neonatal ICU

Jessica Barreca, LVPG Orthopedics Specialty

Paul Berkowitz, Info Svcs Data Analytics

Michellelee Blizzard, Critical Care Unit

Wendy Brader, Patient Receivables Office

John Butler, Supply Distribution Services

Sarah Case, Hospice Skilled Nursing

Marisa Cruz, HO Clinical Services

Zachary Dugan, Cat Scan - Norwegian

Brenda Dwinal, Cancer Data Management

Nicole Edwards, LVPG Family Med Trexlertown

Lillian Espinosa, Patient Accounting

Susan Foster, Child Life Department

Susan Hansen, Department Of Family Practice

Morgan Horton, NORI Administration

Kimberly Kuhns, LVPG UroGyn Pond Rd

Bianca Mokgethi, LVH M Hospitalist Program

Teresa Nelson, Home Care Physical Therapy

Sherri Norris, Info Svcs Data Analytics

Linda Parry, Patient Accounting

Sarah Rehal, Emergency Room

Denisse Rivera Santos, Patient Accounting

Adrianne Rohs, EEG

Sharon Sabatine, Pre-Srvcs/Financial Clearance

Altagracia Salazar, Comprehensive Health Services

Darling Santos, LVPG Peds Pulmonology1210CC

Mandula Seneviratne, Speech & Hearing

Scott Sevinsky, Rehab Svcs at LVH-M

Jennifer Smith, CC Outpatient Registration

Lisa Stauffer, LVPG Internal Med West Broad

Brian Sterner, Info Svcs Financial/Admin Sys

Taryn Tolerico, Ultrasound

Andrea Travisano, 4K Med/Surg

Betsy Varghese, Pharmacy

Kara Yanni, 4KS Medical/Surgical Unit

Kimberly Zarzecki, Maternity

**5 years**

Marie Adams, PT/OT

Stacy Albrecht, Lehigh Valley Fam Health Ctr

Susan Angelisanti, LVPG OB/GYN Kutztown

Laura Bailey, 4K Med/Surg

Arlene Bartol, Hwc Cardiology

Nichole Beehrle, Emergency Room

Michelle Bley, Grounds / Housekeeping

Melissa Breiner, LVH-CC Hospitalist Program

Kate-Lyn Brogan, LVPG Bariatric Med 1243CC

Alyssa Bryan, Cardiology Clinic -CC

Ericka Carmona, HIM DOC Mgmt Release of Info

Kelly Carr, Central Scheduling Hwc

Robert Cefola, Emergency Service - CC

Nancy Clarke, 4B (4N)

James Conklin, Biomedical

Daniele Dellecker, Rhc Medical

Amanda Dieter, Diagnostic Imaging-Beth

Richard Dolecki, Shuttle/Valet

Katie Drayton, Physical Therapy-Allen 1621

Dennis Eagle, Courier Services

Kathryn Fedor, PACU - CC

Lisette Garcia, Float Nursing

Annaliese Gorham, Obstetrics

Kerri Green, Medical Education USF

Renee Guida, OutPt Reg East Region

Larose Hajjar, 5K Medical/Surgical Unit

Laura Herm, PACU - CC

Yvette Jabbour, Neuroscience Intensive Care

Carolyn Jackson, Mental Health Nursing

Erinn Jones, Financial Services

George King, Hospice Skilled Nursing

Briana Kish, LVPG Peripheral Vascular Sur

Eileen Kissling, Operating Room - Norwegian

Joseph Klink, Cardiac Rehab Phase I

Michael Kozman, MRI

Ian Liebold, 5K Medical/Surgical Unit

Jamaira Lopez, Cancer Financial Services



Aileen Love, LVPG PulmonaryCritCare Med1250

Barbara Matusick, Dietary

Barbara Mcglade, Laboratory - Norwegian

Patricia Moore, Mental Health Nursing

Gregory Morgan, Professional Services

Christopher Moro, Icu

Gina Nichol, Adult Ped Psychiatry Muhl

Babatunde Ogun, Pharmacy

Stacey Olian, Central Scheduling Hwc

Michael Padden, Operating Room

Christopher Painter, Express Care Quakertown

Annmarie Palmer, Operating Room

Elisa Pellosie, OHU/TOHU Speciality Float Pool

Nichole Persing, Progressive Coronary Care Unit

Romalle Phillips, Mental Hlth Anc

Gwendolyn Pongracz, Compliance

Alyssa Rauenzahn, IRF Nursing

Annette Reese, LVPG Float Pool

Morgan Reiss, Emergency Service - CC

Elaine Riebow, Office of Philanthropy

Patricia Rowland, LVPG FM Macungie ExpressCare

Alison Rubin, LVPG Peds Gastroenterolgy 1210

Diana Santiago, LVPG IM MUH Express Care

Brittany Schaarschmidt, Post Operative Unit Tilghman

Kristine Scott, Population Health

Rosemarie Sell, LVPG Obstetrics Gyn Fogelsvill

Troy Serfass, Security

Sharon Shaw, Cardiology Clinic -CC

Karen Shemanski, LVPG Ear Nose and Throat

Lani Sherman, Financial Services

Victor Shutack, Compliance

Kristin Snyder, ICU

Amy Sotak, Nuclear Medicine Hwc

Megan Sulzer, Payor Based Care Cordination

Nancy Thomas, ATC Services

Chrysalis Torres, Patient Receivables Office

Nicholas Tucciarone, Emergency Service - CC

Kierra Varcos, LVHN Fitness

Lizbeth Velasquez, Op Intake Dept

Jeffrey Venzke, Patient Access Center

Kimberly Walker, 2K South

Teresa Wavrek, Emergency Department

Adrienne Westgate, MICU/SICU

Victoria Wirth, Cardiac ICU

# *Epic* UPDATE

## LVHN's Next Epic Upgrade Coming in April

February 04, 2021

LVHN Technology will upgrade to latest version of Epic software on April 18.

### **Why upgrade?**

Upgrading ensures LVHN's electronic health record (EHR) system receives critical fixes, regulatory requirements and workflow enhancements. These updates are applied during LVHN's scheduled downtimes.

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LVHN's Next Epic Upgrade Coming in April



By staying current with Epic software updates, LVHN benefits from the latest functionalities used by other tier organizations and ensures current clinical references and regulatory impacts are addressed.

### **What's next?**

Operations/clinical stakeholders and subject matter experts will meet with project team members to review enhancements and decide if LVHN will go with the new feature/functionality for their areas. When decisions are made, the technology team will build the new upgrade components.

As more information becomes available, updates will be reported in upcoming installments of Tech Download and LVHN Daily.



AIG Retirement Services

## Make Sure Retirement Protection Is in Your Future

February 02, 2021

When you reach retirement, you expect to reap the rewards for decades of hard work and diligent saving so you can live happily ever after. Well, as many Americans are finding out, it's not always a fairy-tale ending. In fact, one of the biggest concerns people have about retirement is that they won't have the income to sustain their current lifestyle or, even worse, that they could run out of money altogether.

These concerns can often lead to a less enjoyable retirement because people are afraid

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Make Sure Retirement Protection Is in Your Future



they might spend too much of their savings in the early years and not have enough later when their health is declining and inflation has driven up healthcare costs.

The good news is that there is a way to improve your chances of achieving a more secure and satisfying retirement through retirement income planning. Studies show that people who have a protected lifetime income stream are generally more secure financially than those who don't.

In addition, people with protected lifetime income have a higher level of satisfaction in retirement, which is a key factor in enjoying your retirement years.

A 2018 Guaranteed Lifetime Income Study conducted by Greenwald & Associates and CANNEX gathered information from 1,003 individuals between the ages of 55 and 75 and whose household assets were at least \$100,000. Respondents said the greatest benefits of having a protected lifetime income are protection against longevity risk, peace of mind, and being better able to budget – all of which can make for a less stressful and happier overall retirement.

The study also found that the perceived value of protected lifetime income continues to grow. More respondents now considered protected income “a highly-valuable addition to Social Security” compared to one year earlier. Of these individuals, nearly three-quarters said protected lifetime income is “extremely important” to their financial security.

While both Social Security and pensions can provide this kind of income stream, they don't always cover your retirement income needs. You may also be one of the many Americans who doesn't receive a pension. In that case, putting money into an annuity can supplement your protected lifetime income, helping you maintain your lifestyle.

The study found that concerns about long-term healthcare, losing money in a market downturn, and fear of outliving retirement savings were among the factors that respondents said increased their interest in protected lifetime income.

### **Higher satisfaction scores for those with protected lifetime income**

Between 1998 and 2010, the University of Michigan conducted the Health and Retirement Study, which gathered data from approximately 26,000 Americans over the

age of 50 on an array of retirement issues, such as wealth, income, job security, health and cognition.

The results revealed that satisfaction scores for all of these retirement issues were significantly higher for people who had more than 30% of their assets invested in protected lifetime income products. For example, when it comes to nursing home expenses, individuals with at least 30% of their retirement portfolio made up of protected lifetime income products were more confident that they'd be able to afford it.

While the study did not indicate a “magic number,” it did find that when people have more protected lifetime income, their overall satisfaction levels rose accordingly. Even though retirement satisfaction has been declining over time, satisfaction rates remain higher for people with a guaranteed monthly income stream, according to the study.

There's no question that financial uncertainty can impact your happiness in retirement, which is why protected lifetime income products as a portion of your retirement portfolio can help ease a lot of that worry. Schedule a meeting with a financial professional and see how an annuity could help protect your retirement income and pave the road to a less stressful and happier lifestyle.

If you have questions, contact our dedicated financial professionals by calling 610-402-8801, visit us online at [lvhn.aigirs.com](https://lvhn.aigirs.com) or schedule an appointment with them using the links below:

Jeffrey Hoffman: [Click here to schedule a virtual meeting or phone appointment](#)

Michael Ryan: [Click here to schedule a virtual meeting or phone appointment](#)

Ike Pius: [Click here to schedule a virtual meeting or phone appointment](#)

Brandee Lusch: [Click here to schedule a virtual meeting or phone appointment](#)

Bradley Boandl: [Click here to schedule a virtual meeting or phone appointment](#)

Tim Schroyer: [Click here to schedule a virtual meeting or phone appointment](#)



Kevin Gertz: [Click here to schedule a virtual meeting or phone appointment](#)

Vicki Moliken: [Click here to schedule a virtual meeting or phone appointment](#)

Adam Dobson: [Click here to schedule a virtual meeting or phone appointment](#)

While on-site visits are on hold for the time being, we have resources to meet with you virtually – by phone, FaceTime or Webex. Our commitment to you is to make it easy to stay informed, manage your account, and get the support you need to feel confident you have a plan in place to meet your long-term financial goals.

### **Attend our Monthly Educational Webinar: Young Professionals**

This presentation is geared towards early career employees, focusing on the importance of saving earlier rather than waiting, and managing debt.

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



## Flying High After ACL Surgery

January 27, 2021

BY HANNAH ROPP

Competitive cheerleader Katie Greb is used to people downplaying her sport. The 15-year-old, who has been cheering since she was 5, often finds herself explaining what competitive cheer is, and why it's a sport. "Competitive cheer is a combination of gymnastics and dance. I do everything from back handsprings to full layouts," she says.

Like many athletes, Greb has had her share of injuries, including a broken arm and a dislocated shoulder. But when she hurt her knee in February 2020, she knew that it was

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Flying High After ACL Surgery



different. “I was doing a pass in practice, and I just landed awkwardly. When I heard a pop, I knew it was bad,” she says.

## **A diagnosis and plan**

Greb went to see orthopedic surgeon [Wayne Luchetti, MD](#), with Coordinated Health, part of Lehigh Valley Health Network. Within 48 hours Greb had an MRI and was diagnosed with an anterior ligament rupture of the knee, or as it’s commonly known, an [ACL tear](#).

Luchetti explains that ACL tears are common among athletes, especially female athletes. “ACL tears generally occur in athletes who change direction suddenly or jump and land incorrectly. Females tend to be more prone to ACL tears because of the anatomic makeup of their knee,” he says.

While Luchetti recommended surgery, he wanted Greb to go through a few physical therapy sessions first, which is commonly known as prehab. “Anytime with an ACL tear like that, you want to get the knee calmed down, the swelling to come down and the range of motion to come back. Usually it takes about three to four weeks before surgery for that to happen,” says Luchetti.

## **It takes a village**

Greb says she knew right away that physical therapy was going to be an important part of her recovery. Prior to her surgery, she began working with [Katie Drayton, a physical therapist](#) with Coordinated Health, part of Lehigh Valley Health Network. Drayton says that while COVID-19 was a concern, extra safety measures were put in place to make sure that both she and Greb remained safe and were still able to complete physical therapy in-person. Greb’s physical therapy included a lot of stretching and mobility exercises, and within just a few sessions she was ready for surgery.

ACL reconstruction surgery is done as an outpatient procedure, which means no overnight hospital stay is required. It is also minimally invasive so only two small incisions are made in order for the surgeon to insert a thin tube-like camera and surgical instruments to access the joint space. The entire procedure generally takes about an hour.

The day after surgery, Greb was back at physical therapy. While she admits she was sore, her desire to get back to cheerleading served as her inspiration.

Drayton says that physical therapy after an ACL repair includes a wide range of activities. “It really brings it back down to the basics and grows it from there,” she says.

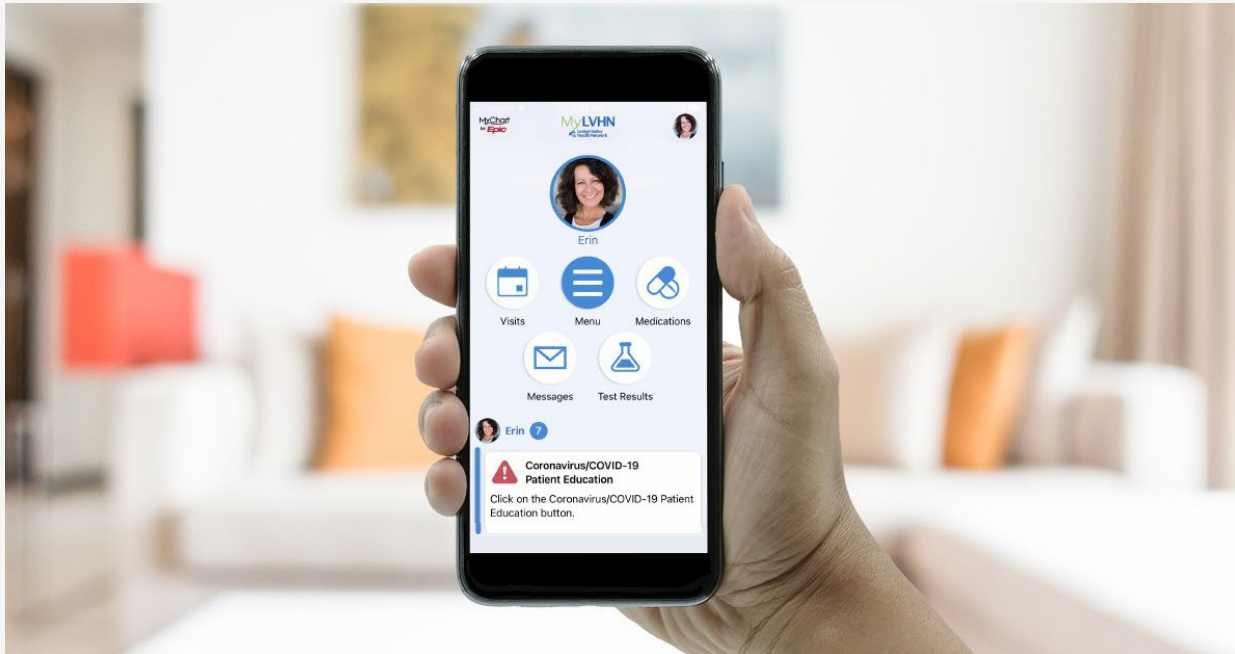
### **Back on the mat**

Throughout her recovery, Greb remained focused on her goals. “It wasn’t an easy recovery, but I always tried to remember what others had told me about the process and to stay positive,” she says.

After nearly eight months, Greb was able to return to cheer at nearly her full level. She says her ultimate goal is to cheer in college and win a national title. It’s a goal that Luchetti says wouldn’t surprise him. “Katie has a fantastic attitude and is a very high-level athlete. When a kid has a great attitude and they work hard, anything is possible,” he says.

**Watch Katie’s video >>**

***If you think you have a sports-related injury, don’t delay your recovery. Make an appointment at [LVHN.org/sportsmedicine](https://www.lvhn.org/sportsmedicine) or call 888-402-LVHN (5846).***



## What It Means to Get Care at a Most Wired Hospital

January 31, 2021

BY AMANDA BIALEK

Innovative care is what you deserve when it comes to your health, and at Lehigh Valley Health Network (LVHN), we provide just that. Whether you're scheduling an appointment or coming in for a surgery, our technologies enhance every part of your health journey.

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What It Means to Get Care at a Most Wired Hospital



LVHN was named a [Most Wired](#) hospital by the [College of Healthcare Information Management Executives \(CHIME\)](#), an industry organization that assesses how effectively health care organizations apply technology to support clinicians and patients. Getting care at a Most Wired hospital means you can access helpful tools before visiting us, during your time in our offices and after you are home. Here are three key ways receiving care at a Most Wired health network helps you:

## **Health information at your fingertips**

MyLVHN is LVHN's secure patient portal.\* You can access your health care information and care team as well as schedule video visits and in-person appointments right from your fingertips. You also can request prescription refills, pay medical bills and view test results. To sign up to access [MyLVHN](#) through a computer, visit [MyLVHN.org](#) or download the free MyLVHN app. Whether you're at home or traveling, MyLVHN makes it easy and convenient to keep track of your health (or someone you care for). It's also the most convenient way to schedule a COVID-19 vaccination. By activating a MyLVHN account, you are preregistered for a COVID-19 vaccine and will be notified through MyLVHN when you can schedule your appointment.

## **Schedule all kinds of appointments**

Making an appointment is quick and simple. You can schedule an in-person visit or virtual visit using MyLVHN. Not only can you schedule a well-visit appointment, you also can use MyLVHN to schedule any of more than 140 diagnostic tests or imaging studies that your doctor has ordered. You also can schedule video visits and E-Visits – both offer you access to health care right from the comfort of home.

## **Less time in waiting room – more meaningful time with your provider**

With eCheck-In and other convenient features, you'll spend less time in the waiting room and more meaningful time talking with your doctor. You can take care of important tasks ahead of time using eCheck-In. Your provider will send you any questionnaires that need to be filled out a few days before your appointment, securely through MyLVHN. Automatic appointment arrival is a new feature that allows you to contact the office when you are on the parking lot. You'll receive a phone call when it's time to go inside for your appointment.

## **Communicate with your care team anytime, anywhere**

You can send and receive non-urgent messages from your LVHN health care provider (or your child's or loved one's provider). Sometimes you have a question about medication or a test result. Instead of waiting on the phone, you can securely communicate with your provider and health care team in MyLVHN. Your provider may suggest an E-Visit if your question is more complex or requires more information.

## **Easy access to your care in the hospital**

While MyLVHN helps you be proactive with your health care before and after your appointments, MyChart Bedside keeps you engaged and informed during your hospital stay. Upon admission (mother-baby unit and medical-surgical), you'll be offered a secure interactive tablet that features MyChart Bedside and videoconferencing applications.

"This technology is really revolutionizing the way we care for you and create our care partnership with you. MyChart Bedside helps to increase communication between you and your care team, and we hope it helps make your time spent in the hospital as productive and pleasant as possible," says Jaclyn Stine, clinical informaticist with LVHN.

## **Access real-time health information**

Transparency between you and your care team is essential. That's why we make your health care information easily accessible to you through MyChart Bedside during hospitalization. You can view real-time information about your care, such as your vital signs (blood pressure, temperature, respiration rate and pulse rate). MyChart Bedside also gives you direct access to lab work results, as well as information about your provider.

## **Personalized to meet your needs**

MyChart Bedside shows you why you're here and the path forward for your care during hospitalization. You can view what's on your agenda for the day and who will be taking care of you. There are information icons to click on that help you learn more about your condition and medication(s). If needed, interpreter services are available to you at your

bedside.

### **Send non-urgent messages**

MyChart Bedside is simple to use and a great way to stay connected with your care team throughout the day and evening. At the touch of a button, you can request non-urgent needs (such as change of linens, a walk, ice chips).

### **Stay connected with family**

There are also videoconferencing applications on the tablet so you can stay in touch with loved ones while you're with us.

## **Technology makes remote patient monitoring possible**

For you or a loved one with a chronic condition, peace of mind is possible with our team of telehealth nurses and digital technology. LVHN's [Continuous Ambulatory Remote Engagement Services \(CARES\)](#) program ensures that your condition is always being monitored. When you go home after your hospital or practice visit, your care continues.

### **How it works**

A kit with medical equipment is provided to you if you have a chronic condition such as congestive heart failure or chronic obstructive pulmonary disease (COPD). Along with tools to take your vitals, a device known as a hub also is included. The hub plugs into an outlet and uses Bluetooth technology to pair with the medical equipment. After your blood pressure is read, the information feeds directly into the electronic health records system, Epic. Your health information is then monitored regularly by a nurse.

"You have a health care partner looking out for you. If a nurse sees a health concern, they escalate it to a provider," says Michael Dougherty, clinical applications and support expert with LVHN.

This technology allows you or your loved one to be at ease, knowing that if your condition changes, your health care team is ready to respond.

### **COVID-19 care at home**



[Remote patient monitoring](#) also is offered for some patients who have been diagnosed with COVID-19 or have COVID-like symptoms. For those enrolled in the COVID-19 CARES program, medical equipment is provided to them to monitor their blood oxygen levels and temperature.

You can record your health readings by logging into MyLVHN. Twice a day, you'll answer questions about your symptoms. Recorded health information about your condition will be reviewed by a nurse and shared with a physician, if necessary.

Should you or a loved one with COVID-19 need to speak with a nurse, you can request a call from the LVHN CARES team.

There are 67 patients enrolled in the COVID-19 CARES program and more than 1,000 patients in the CARES program. This technology allows us to be there for you even after you're at home.

LVHN provides a wide variety of telehealth services to help you and your family manage your health and receive the care you need in the comfort of your home. **Learn more about [telehealth services](#) available to you and virtual care options at [LVHN.org/virtualcare](#).**

*\*The MyLVHN app is powered by MyChart® licensed from Epic Systems Corporation, © 1999 – 2021.*



Episode #4  
**Ladies, it's Heart Month**

HOSTED BY: MIKE AND STEPH FROM B104

## The Healthiest You Podcast: Ladies, it's Heart Month

February 04, 2021

BY KATIE CAVENDER

### About the podcast

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

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The Healthiest You Podcast: Ladies, it's Heart Month



the healthiest you.

### **Episode 5: Ladies, it's Heart Month**

On this episode of The Healthiest You, Mike and Steph talk about matters of the heart with Deborah Sundlof, DO, cardiologist with Lehigh Valley Heart Institute. Learn about women's heart needs and ways we can all make heart-healthy changes in our lives.

***Listen to a clip of the show >>***

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## Top 5 Things Every Woman Needs to Know About Cervical Health

*with Gynecologic Oncologist Christine Kim, MD, FACOG, FACS*

February 02, 2021

BY JESSICA BLASCO

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Top 5 Things Every Woman Needs to Know About Cervical Health



When it comes to women's health, cervical cancer may not always receive the attention it deserves, so we spoke with [Christine Kim, MD](#), a board-certified and fellowship-trained gynecologic oncologist with LVPG Gynecologic Oncology, part of [Lehigh Valley Cancer Institute](#), to answer the important questions on cervical health. Kim provides care at [Lehigh Valley Hospital \(LVH\)—Pocono](#) and [LVH—Muhlenberg](#).

### **1. When should women begin having obstetrician gynecologist (OB-GYN) exams, and at what age can they stop?**

In the U.S., we recommend women start Pap test screening at age 21 and repeating it every three years if results are normal. Starting at age 30, women have the option of having both a Pap and human papillomavirus (HPV) test. If both are normal, this screening can be spaced out to every five years. If a patient has had at least three previous normal Pap and HPV tests, then most women can stop further screening at age 65. Again, this depends on a patient testing regularly prior to that age and having sufficient normal screenings.

### **2. Why are regular cervical cancer screenings (Pap test and HPV test) important?**

Sometimes there are issues that could be going on that may not be detected until a gynecologic check-up. With respect to cervical cancer screening, it is not the Pap tests themselves, but the frequency of them that has improved the ability to pick up precancerous changes. Additionally, we now have HPV testing that also helps guide which Pap tests are potentially more concerning than others. An OB-GYN checkup is also a good time for women to discuss private issues that they don't wish to discuss with their friends or family members. For example, an OB-GYN provider will not balk at being asked about various types of contraception, vaginal dryness, vaginal discharge, vulvar itching, menstrual irregularities, pelvic pain, menopausal symptoms or other 'private' issues. It's a great time to ask about the HPV vaccination or other aspects of female health, such as how much calcium to take.

### **3. What symptoms might a woman experience that indicate she should see her OB-GYN or primary care provider?**

A woman should contact her provider if she is experiencing any abnormal bleeding, such as between menstrual periods, during intercourse or after menopause. Very heavy bleeding or prolonged bleeding, pelvic pain, vulvar itching, abnormal vaginal discharge,

feeling a vaginal bulge, history of diethylstilbestrol (DES) exposure, or any other pelvic issue are signs you should seek gynecologic care immediately. Ultimately, it's important for patients to discuss how frequently they need gynecologic exams with their provider. There may be other reasons that OB-GYN checkups need to be performed more regularly.

#### **4. If a woman needs GYN cancer care, how can a gynecologic oncologist help?**

As a gynecologic oncologist, I can help distinguish what is potentially cancerous and what is not. I also will work with your gynecologist to determine the best treatment for conditions like complex ovarian masses, abnormal Pap tests or persistent abnormal bleeding.

A woman should see a gynecologic oncologist for further counseling if she has a strong family history of cancers, specifically ovarian, breast, endometrial or colon cancers. A gynecologic oncologist can assess a woman's risks and discuss whether she's a candidate for genetic testing, risk-reducing surgery or if she should be followed more closely. Your doctor may recommend a visit to a gynecologic oncologist based on your condition, particularly if you have been diagnosed with a cancer or a pre-malignant condition. You also may request an appointment on your own.

#### **5. Why should women visit LVHN for their GYN care?**

Our GYN providers are really knowledgeable, and they're a great team of people who work well together. We can provide in depth evaluations of the cervix with colposcopies, and some offices offer outpatient loop electrosurgical excision procedures (LEEP), if needed.

Additionally, LVH–Pocono has received accreditation as a Center of Excellence in Minimally Invasive Gynecology (COEMIG). The COEMIG designation is a professional recognition and distinction of surgeons. My colleagues, [Radhika Ailawadi, MD](#), [Shadi Kayed, MD](#), [Vladimir Nikiforouk, MD](#), and [Daying Zhang, MD](#), are all certified as COEMIG surgeons at LVH–Pocono. The hospital and physician accreditation is a testament to the exceptional work provided by these physicians and their supporting medical teams to patients in the Pocono community.

***Learn more about Christine Kim, MD, at [LVHN.org/Kim](https://www.lvhn.org/Kim)***





## The Healthiest You Podcast: Losing Weight to Gain Health

January 29, 2021

BY KATIE CAVENDER

### About the podcast

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

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The Healthiest You Podcast: Losing Weight to Gain Health





the healthiest you.

## Episode 4: Losing Weight to Gain Health

The fourth episode of The Healthiest You is now available. Listen in as Mike and Steph discuss weight loss and new year's resolutions with [bariatric surgeon Richard Boorse, MD, with LVPG General, Bariatric and Trauma Surgery](#) and Cheryl Rutkauskas, registered dietitian, with LVHN. Find out why so many people struggle to lose weight and ways to set yourself up for success.

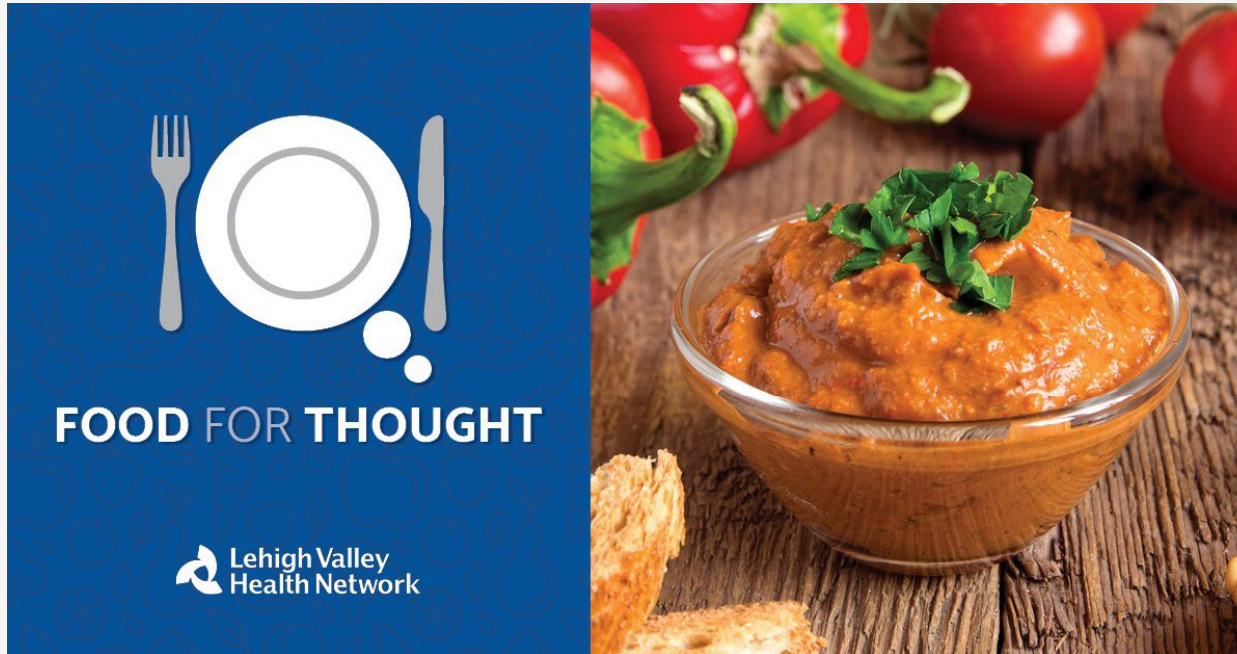
***Listen to a clip of the show >>***

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Food for Thought: Hummusalsa



## Food for Thought: Hummusalsa

January 29, 2021

BY AMANDA BIALEK

What do you get when you put hummus and salsa together? Hummusalsa! You can make your own hummusalsa at home with this week's recipe. It's a tasty twist on two popular dips made with ingredients that will help you stay fuller longer.

Hummusalsa is made with garbanzo beans (chickpeas), which are full of [protein and fiber](#). That combination helps control your appetite and aids in digestion. [Research](#) shows protein and fiber may lower your calorie intake throughout the day, making

hummusalsa great to enjoy as a snack or at lunch time.

Pair hummusalsa with your favorite veggies like carrot sticks, sugar snap peas or broccoli florets for a snack. Or, you can enjoy this dip by adding some to your lunch. Spread a scoop of hummusalsa into a whole-grain pita bread and add a handful of baby spinach or kale.

Check out the full recipe below.

### **Ingredients:**

- 1 (16-ounce) can garbanzo beans, drained and rinsed
- 1 tablespoon lemon juice
- 2 teaspoons olive oil
- ½ teaspoon salt
- ¼ teaspoon pepper
- ¼ teaspoon paprika
- ¼ teaspoon ground cumin
- 1 small, finely chopped garlic clove, optional
- 1 small jalapeño chile, seeded and coarsely chopped
- 1 large scallion, trimmed and coarsely chopped
- 2 tablespoons coarsely chopped cilantro
- ½ cup grape tomatoes, halved; quartered if large
- 1/8 teaspoon chipotle chile powder (optional)

## Directions:

1. Combine garbanzo beans, lemon juice, oil, salt, pepper, paprika, cumin and garlic in blender or bowl of food processor fitted with steel blade. Puree.
2. Stop the blender and scrape down the contents. Add jalapeño chile, scallion and cilantro. Mince with on/off pulses to finely chop contents.
3. Add tomatoes, then mince again, turning machine on/off two or three times.
4. Scrape hummusalsa into a bowl; mix well. Taste. If more heat is desired, stir in chipotle chile powder. Makes 4 (1/3-cup) servings.

***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](https://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 COVID-19 Report

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

Lehigh Valley Health Network (LVHN) is the region's leader for coronavirus (COVID-19) assessment, testing and care. To win the fight against COVID-19, it's important that everyone continues to practice [social](#)

[distancing](#), wash their hands frequently, [wear a mask](#) and take all the necessary steps to prevent the spread of infection.

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This page was last updated on 2/1/2021 at 6:35 PM.

## Total Positive Test Results

Since 03/16/2020

**Total tests ordered:** **210,851** – More than anyone in our region

**Total positive tests:** **37,610**

**Positive result rate:** **17.8%**

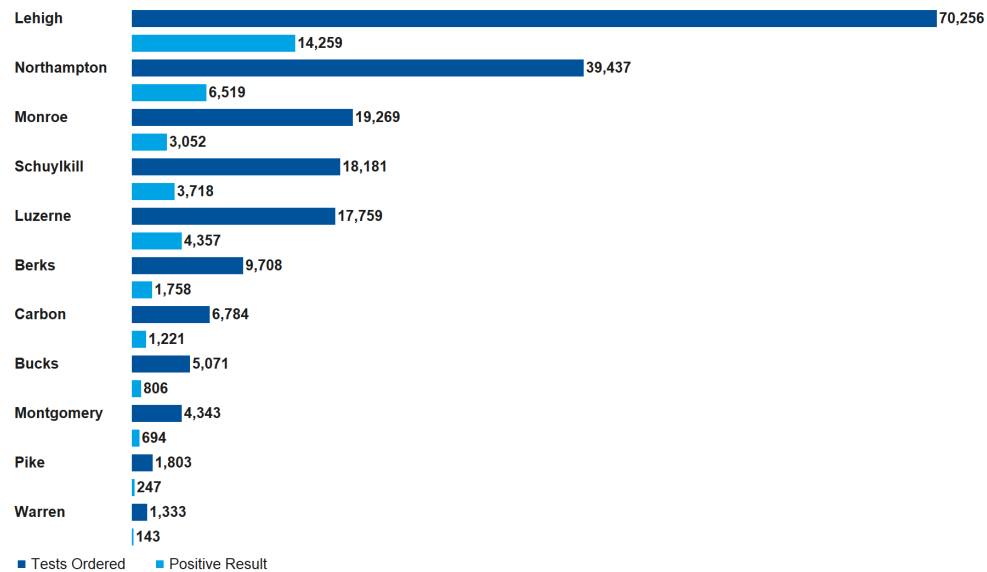
## Weekly Positive Test Results

Data as of 01/30/2021



## Patient Tests and Positive Results by County

First test result received 03/16/2020





# COVID-19 Patients in LVHN Hospitals

Data as of 01/30/2021





## Lehigh Valley Reilly Children's Hospital Introduces Enhanced Pediatric Cleft Lip and Palate Program

*Children with cleft lip or palate can now stay close to home for comprehensive treatment.*

February 01, 2021

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Lehigh Valley Reilly Children's Hospital  
Introduces Enhanced Pediatric Cleft Lip  
and Palate Program



BY KIRSTIN REED

Clefts, or openings, in the lip or palate (the roof of the mouth) form before birth. These birth defects can interfere with a child's or adult's ability to eat and talk. Corrective surgery to fix cleft lips and cleft palates closes and repairs these openings, improving breathing, speech and appearance for children and adults alike.

### **Enhanced program provides multidisciplinary expertise**

The Enhanced Pediatric Cleft Lip and Palate Program at [Lehigh Valley Reilly Children's Hospital](#) brings together a team of cleft experts to manage cleft diagnoses from birth.

Pediatric plastic surgeon [Wellington Davis III, MD](#) with [Lehigh Valley Reilly Children's Hospital](#) and LVPG Pediatric Surgical Specialties, leads the team.

"Cleft care is multidisciplinary, so you can't just have a surgeon manage your child's treatment," says Davis. "Our cleft team includes a cleft surgeon, pediatric dentist, orthodontist and speech therapist."

Joining Davis, the dedicated team at Lehigh Valley Reilly Children's Hospital includes pediatric dentist [Marsha Gordon, DDS](#), orthodontist [Philip Tighe, DMD](#), and speech and swallow therapist Tara Huggard.

### **Stay close to home for diagnosis and treatment**

Most cases of cleft lip or cleft palate are diagnosed by ultrasound during prenatal evaluations.

"When a family is referred for prenatal cleft evaluation, we discuss a plan even before the baby is born," Davis says. "After the baby is born, we have a standard treatment protocol."

Starting at birth, the cleft team will ensure the baby is feeding well. Some children benefit from pre-surgical intervention, which is decided during an orthodontic evaluation. Most cleft lips are surgically repaired between 3 and 6 months of age and most cleft palates can be repaired between 9 and 12 months.

“Almost all children will need speech therapy after palate repair,” Davis says. “Some may require secondary surgery or minor touch-up surgery around age 5. Between ages 6 and 8, most children will require orthodontic evaluation and treatment.”

### **Get personalized care from a dedicated team**

The Enhanced Pediatric Cleft Lip and Palate team will see patients together, meaning your child will be seen by the same group of caregivers during every step of their treatment plan.

“We’ll see how things are evolving over time,” Davis says. “Continuity is important with cleft care, especially because we will see the family once a month or once every other month for the first year of the child’s life.”

***Parents, ask your child's doctor for a referral to the Enhanced Pediatric Cleft Lip and Palate Program or call 610-402-7999 to schedule an appointment.***



## LVHN Hosts Region's First Drive-Through COVID-19 Vaccination Clinic

January 27, 2021

BY HANNAH ROPP

When Nancy Roth of Macungie turned on the morning news and saw that cars were already lining up at [Dorney Park](#) for the COVID-19 vaccination clinic that was starting at 8 a.m., she kicked her morning routine into overdrive. "I got here early for my

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LVHN Hosts Region's First Drive-Through COVID-19 Vaccination Clinic



appointment, but this was a well-oiled machine” she laughed. “I’ve been counting down the days to this.”

Roth was one of many community members who registered to receive their COVID-19 vaccine at [Lehigh Valley Health Network’s](#) (LVHN) first drive-through vaccination clinic. The event was held for those 75 and older.

LVHN is no stranger to this type of event. Each fall LVHN holds a drive-through flu shot clinic at Dorney Park where nearly 5,000 community members receive their flu shot.

Community members 75 and older came to receive their first COVID-19 vaccine at LVHN’s drive-through vaccination clinic at Dorney Park.

### **Convenience and safety top priority**

According to LVHN Chair of Medicine Tim Friel, MD, the drive-through COVID-19 vaccination clinic offers community members a safe and efficient way to receive their vaccine. “Our goal with the masked drive-through campaign is to create the safest possible way to have community members get their vaccine,” he says. “This is a great option because they stay in their cars and have limited contact with others.”

[MyLVHN](#), LVHN’s secure patient portal, remains the quickest and easiest path to the COVID-19 vaccine. In fact, many say they registered for the event through MyLVHN. “I actually signed my mom up for MyLVHN because I heard it was the best way to get the vaccine and I got a notice the next day that she was eligible so I quickly signed her up,” says Bridget Eripret of Allentown.

Eripret’s mother, Vera Cody also of Allentown, says she was relieved to receive the vaccine and was pleased with the entire process. “I feel happy and blessed. I’m really glad to see such great organization and everything moving so smoothly and pleasantly.”

The drive-through clinic was divided into three areas. An appointment confirmation and check-in area, vaccination site and a holding area where those who are vaccinated are required to wait for 15 minutes to ensure there is no reaction.

### **More vaccine drive-through clinics in the future**

Friel says that LVHN is already planning more drive-through COVID-19 vaccine clinics as vaccine supply increases. “Our goal is to deploy drive-through clinics at several other sites through the multiple counties we serve in the weeks ahead,” he says.

The importance of being vaccinated wasn’t lost on those at the event. “I’m very happy. I hope everyone has the opportunity to get vaccinated and follow through on this. I think it’s really important to do so,” says William Higgins of Emmaus.

Even after receiving the COVID-19 vaccine, people must continue to wear a mask in public, wash hands frequently and stay socially distant until the majority of our community is vaccinated.

***For more details about vaccine supply and eligibility, visit [LVHN.org/vaccines](https://www.lvhn.org/vaccines).***