



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

**COVID-19 stories highlighted in blue*

JUST FOR COLLEAGUES



Introducing Lehigh Valley Hospital-Dickson City – Video

The final steel beam is placed at our new hospital.



Celebrating Black History Month – Photos

Black and African American colleagues share what they love about working here.

COLLEAGUE FAQ: TRAVEL GUIDELINES

Colleague FAQ: Travel Guidelines

Get answers to questions colleagues are asking about travel.



CEO UPDATE VIDEO

CEO Update: Better Days Ahead Thanks to You – Video

Dr. Nester shows an emotional video featuring everything we accomplished together.

WHY
I AM

#LVHNPROUD

Why They Are #LVHN Proud

Colleagues share what makes LVHN a Great Place to Work for all.



Vote for LVHN Services in Schuylkill County
Participate in the Republican Herald Readers' Choice Awards.



Leader to Leader, February 2021 – Video
Get updates about our finances and goals, watch a tribute to Dr. Whalen and more.



Lehigh Valley Hospital Leadership Change
LVH President Bill Kent will leave LVHN to embark on a new journey.



Meet More Friends of Nursing Award Recipients – Photos
These colleagues work tirelessly to care for our community.



Introducing LVHN Project ECHO
This telehealth program connects specialists with providers in rural areas.

HEALTH TIPS



Watch Your Back: 6 Tips for Protecting Yourself While Shoveling Snow
Read tips to protect your back.

LVHN NEWS



COVID-19 Report – Updated Feb. 22
COVID-19 hospitalizations continue to decline.

IN THE NEWS

Use of ‘lifesaving’ experimental COVID treatment expanding in Lehigh Valley and beyond
February 21, 2021 | mcall.com

Share your story at LVHN.org/stories.



Introducing Lehigh Valley Hospital–Dickson City – VIDEO

February 25, 2021

Today we celebrated a huge milestone in the construction of our first hospital in the Scranton region with the placement of one of the final beams in the steel structure. We marked the occasion with a [virtual topping-off ceremony](#) and the announcement of the hospital's name, Lehigh Valley Hospital–Dickson City.

Virtual beam signing

Our LVHN tradition of having those involved with the project sign one of the final beams

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Introducing Lehigh Valley Hospital–Dickson City – VIDEO



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was carried on. Colleagues who have been working on LVH–Dickson City were asked to virtually sign their name by submitting their signature, which was printed and placed on a steel beam. That beam was shown being placed in the structure on [LVHN's Facebook page](#). Vice President of Patient Care Services Maryann Cortese-Rubino MS, RN, BSN, and Chief Medical Officer of LVH–Pocono and LVH–Dickson City William Cors, MD, both spoke during the event.

Services and facilities

LVH–Dickson City will open in spring 2022 and span more than 100,000 square feet. The hospital is physically connected to the building that serves as Coordinated Health Scranton Orthopedics. LVH–Dickson City will have an 18-bay emergency department and 24 private inpatient beds. There is also room for additional beds to be added in the future.

Lehigh Valley Institute for Surgical Excellence and Coordinated Health will bring nationally recognized quality surgical care to the region. Surgical and procedural programs that will be offered at this campus include spine, joint replacement, general orthopedic surgery, hand surgery, general surgery, ENT, urology, bariatric surgery and GI surgery.

Sincere thanks goes out to colleagues whose time and commitment helped make this project a reality. As always, we are #LVHNProud to call you our partners in success.



LVHN Colleagues Celebrate Black History Month - PHOTOS

February 25, 2021

Black History Month is the national observance to acknowledge and celebrate achievements, legacy and cultural values of Black and African Americans.

At LVHN, the diversity of our colleagues, patients, families and visitors strengthens our ability to innovate, problem solve and address complex challenges. Our diversity fosters environments in which differences of all kinds help us further our collective mission to heal, comfort and care for the people of our community.

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LVHN Colleagues Celebrate Black History Month - PHOTOS



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“Although February is designated as Black History Month, opportunities to acknowledge Black and African American colleagues, deepen racial understanding and address inequities are important to do throughout the year,” Lynn Turner, MBA, Senior Vice President and Chief Human Resources Officer, says. “LVHN is proud to honor the contributions of our Black and African American colleagues as we celebrate Black History Month.”

LVHN’s Actions Against Racism and Advancing Equity (AARAE) Council Education and Development Subcommittee gathered stories from Black and African American colleges. Learn why they are #LVHNProud to work for LVHN.

Katura Bullock, PharmD

Integrated Care Coordination

Why I work in health care

Being of service and helping patients understand their medications is my passion.

Why I am #LVHNProud to work here

I am proud to work at an institution nationally recognized for innovation and quality patient care.



Darryl Gaines Jr., MD

LVPG Internal Medicine

Why I work in health care

It provides me a unique opportunity to care for patients and cultivate long-lasting relationships.

Why I am #LVHNProud to work here

I chose to practice here at LVHN as I was impressed with the network's commitment to excellence and patient care.



Nadia Gittens, MSW, LSW

Inpatient Hospice

Why I work in health care

I believe in providing care and advocacy to vulnerable patients. While in high school, I became a certified nursing assistant to earn income while in college. After entering the field, I felt compelled to do more so I became a social worker.



Why I am #LVHNProud to work here

I applied for a position with LVHN because I believe that working for such a large health network means I can pursue my passion and advance professionally within the organization.

Roshelle Glasgow, MSN

Surgical Staging

Why I work in health care

I was always fascinated by the skill level and knowledge of nurses. I have two great nurse role models in my life that showed me the importance and impact of being a nurse and being there for those that required medical help.



Why I am #LVHNProud to work here

I initially chose LVHN because of convenience, but after working for the organization in different roles for over 10 years, I stay for the lifelong friendships that I have established and for my current work atmosphere.

Daryl Grant

Supply Distribution

Why I work in health care

It is an opportunity to work in a setting where the main goal is to help people.

Why I am #LVHNProud to work here

LVHN is an organization where diversity is valued and respected.



Dswanda Jones

Center for Orthopedic Medicine

Why I work in health care

I knew very early in my life that I couldn't make health care decisions for those who were sick or hurting, but I greatly admired those who could. I feel I provide my own level of care by supporting those who help improve patient lives.



Why I am #LVHNProud to work here

For me there wasn't any other option. When I moved to Pennsylvania, I researched all the options in our area and the only one that checked all my boxes was LVHN. Our services, benefits and career growth opportunities made the decision easy for me. Now, 14 years later, I am happy to say LVHN still meets and, at times, exceeds my expectations. I've made amazing professional and personal relationships, and I've learned more about health care administration than I thought I ever would. I truly am #LVHNProud.

Deanna Knight

LVPG Clinical Services

Why I work in health care

I wanted to make a difference in my community and raise health care awareness among minorities.

Why I am #LVHNProud to work here

At LVHN we strive to make sure our community has access to safe, affordable and high-quality health care. I am #LVHNProud!



Erma Moore, LCSW

Mental Health Clinic

Why I work in health care

I work in health care for the opportunity to help those in need, particularly in vulnerable populations.

Why I am #LVHNProud to work here

At LVHN, we have a great opportunity to provide support to our community.



Lauren White, RN

Surgical Staging

Why I work in health care

My mother has been a strong role model in my life, and she encouraged me to become a nurse. I also like that nursing is a challenging career that can teach you something new every day.



Why I am #LVHNProud to work here

I chose to start my nursing career at LVHN because the health network is well-known throughout this area and has earned Magnet® recognition for many years in a row.

Marie Wilson

Medical Staff Services

Why I work in health care

My mother worked in health care for for 40 years. Seeing how she touched the lives of her patients made me want to also help make a difference in someone's life in the same way.



Why I am #LVHNProud to work here

I began my career at Good Samaritan Hospital in the patient care area and later advanced into Medical Staff Services where I have been for the past 27 years. I was very excited to become part of a health system that wanted to invest in my community and see it thrive as much as I do.

Rosaline Owusu, CRNP, FNP-BC

LVPG Family Medicine

Why I work in health care

I grew up in a family of medical professionals. I wanted to become a journalist. However, in high school I discovered people were at their most vulnerable when they were sick. I knew my life's purpose was to care for others, so I became a nurse. I have been a nurse for 18 years, and I love being part of every patient's story on their journey to back to health.



Why I am #LVHNProud to work here

LVHN is my home! My nursing career began here in 2002. I was one of the few nursing students awarded the LVHN nursing scholarship, which helped established my path. I have enjoyed the support and friendship of many colleagues throughout the years. I call them my second family. I left briefly due to relocation and worked for other institutions but was never the same. I have been back for the past seven years and have never thought of leaving because there is no place like home.

Ayana Powell

Athletic Training

Why I work in health care

I'm fascinated by the human body and I enjoy helping others.

Why I am #LVHNProud to work here

I enjoy working with my colleagues and making a difference in the patient's lives that we treat every day.

Marjorie Maine, CRNP

LVH–Pocono ExpressCARE

Why I work in health care

I grew up surrounded by, and admiring, many brilliant teachers in my family. I also planned to become a teacher. However, my family and other families around us experienced chronic illness and I felt called to make a difference. Working in health care allows me to pursue my desire to heal and my love of teaching.



Why I am #LVHNProud to work here

I have been part of LVHN for more than five years. I'm #LVHNProud to work with people who love learning, teaching and healing as much as I do. At LVHN, we are committed to excellence and we care for every member of every community with equal importance.

LVHN's commitment to diversity, equity and inclusion

LVHN is dedicated to ensuring racial equity and opportunity at all levels of the organization. Brian A. Nester, DO, MBA, LVHN's Chief Executive Officer, launched a network council to create greater awareness and address racial and equity issues within our workforce. LVHN's Actions Against Racism and Advancing Equity (AARAE) Council includes colleagues across all regions served by LVHN in both clinical and nonclinical roles.

Through targeted subcommittees, members work together to identify and understand the underlying conditions that contribute to inequities at LVHN and focus on implementing lasting changes through a portfolio of focused actions. These actions aim to change cultural norms to foster equitable systems and behavior within LVHN and advance a work environment that respects every individual.

To learn more, check out the resources in the [OE Inclusive Leader and Colleague Toolkit](#) and watch for Actions Against Racism and Advancing Equity updates on LVHN

Daily.

COLLEAGUE FAQ: TRAVEL GUIDELINES

Answers to Colleague Questions about Travel Guidelines

February 25, 2021

Recently, the Centers for Disease Control and Prevention (CDC) revised [guidelines relaxing quarantine requirements](#) for individuals fully vaccinated against COVID-19 (those who are two weeks past the receipt of their final dose of the vaccine series). Fully vaccinated individuals who are exposed to COVID-19 no longer are required to quarantine after exposure to individuals with COVID-19 during the three months after completing their vaccine series.

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Answers to Colleague Questions about Travel Guidelines



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Lehigh Valley Health ...

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STAY SAFE STAY STRONG

#LVHNCOVIDSTRONG

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In addition to [changes in quarantine recommendations for fully vaccinated individuals](#), LVHN also updated its [policy for colleague travel](#). As colleagues ask questions, we're committed to sharing answers. Here are answers to the latest questions we've received.

Q: I received the COVID-19 vaccine and want to travel out of state. What steps do I need to follow?

A: If you are fully vaccinated against COVID-19 (two weeks past the receipt of your second/final dose of the vaccine series and within three months of your second dose of vaccine), you are not required to obtain approval from your department vice president for out-of-state travel. You only need to have your PTO request approved as normal.

Q: I received the COVID-19 vaccine and have traveled out of state. What are the requirements for me to return to work?

A: Even if you are fully vaccinated against COVID-19, you are required to obtain a negative COVID-19 test within 72 hours before returning to the state or following your return to Pennsylvania. You must obtain a negative COVID-19 test before returning to work.

Colleagues are responsible for arranging testing. Testing for colleagues enrolled in the LVHN Health Plan will be covered with no enrollee cost share. A provider's order to test is required.

Q: How long do I have to obtain a negative COVID-19 test after I return from traveling out of state before returning to work?

A: If you travel out of state, you will be expected to have a COVID-19 test within 72 hours before your return to Pennsylvania, or within 48 hours after your return to Pennsylvania. If you are not tested within this time frame, the needs of the department will be prioritized in determining if your absence is excused. Please plan for testing prior to your departure.

Example 1 (Test negative for COVID-19 within 72 hours before you return to PA):

If you are leaving Saturday to go to another state (other than New Jersey) and planning

to travel back to Pennsylvania the following Saturday, to be cleared for work on Monday after your return, you would need to get tested no sooner than the Wednesday before you return to work and receive a negative result.

Example 2 (Test negative for COVID-19 within 48 hours after you return to PA): If you are leaving Saturday to go to another state (other than New Jersey) and planning to travel back to Pennsylvania the following Saturday, to be cleared for work on Monday after your return, you would need to get tested in Pennsylvania on Saturday or Sunday and receive a negative result.

Q: Where can I go for a COVID-19 test?

A: Colleagues can go to these outpatient locations for testing:

- [Diagnostic Care Center at Lehigh Valley Hospital–Cedar Crest](#)
- [Diagnostic Care Center at Lehigh Valley Hospital–Muhlenberg](#)
- [Diagnostic Care Center at Lehigh Valley Hospital–17th Street](#)
- [Diagnostic Care Center at Lehigh Valley Hospital–Schuylkill](#)
- [Mountain Healthcare Center at Tobyhanna](#)
- [HNL Lab Medicine–Hanover Avenue](#)
- [HNL Lab Medicine–Allentown Towne Center \(Tilghman Street\)](#)
- [HNL Lab Medicine–Mountain Top](#)
- [HNL Lab Medicine–Pottsville](#)
- [HNL Lab Medicine–West Hazleton](#)
- [HNL Lab Medicine–Carbon Plaza Mall \(Lehighon\)](#)
- [HNL Lab Medicine–Health Center at Richland Township](#)

LVHN Assess and Test locations are for symptomatic testing only.

Q: How is international travel being handled?

A: CDC recommends that you do not travel internationally at this time and stay home to protect yourself and others from COVID-19. On Jan. 12, CDC announced an [order requiring all air passengers arriving to the U.S. from a foreign country to get tested no more than three days before their flight departs and to present the negative result or documentation of having recovered from COVID-19 to the airline before boarding the flight](#). You will be required to present the negative test result to your immediate supervisor before you may return to work. The order does not apply to air passengers flying from a U.S. territory to a U.S. state. However, the LVHN domestic travel policy applies, and testing is required within 72 hours before returning to Pennsylvania or upon your return to Pennsylvania.

Q: I have not received the COVID-19 vaccine and want to travel out of state. What steps do I need to follow?

A: If you are not fully vaccinated against COVID-19 (two weeks past the receipt of your second/final dose of the vaccine series and within three months of your second dose of vaccine), you will need to obtain permission from your immediate supervisor prior to traveling.

Q: I have not received the COVID-19 vaccine. However, I have received permission from my immediate supervisor to travel out of Pennsylvania. What are the requirements for me to return to work?

A: If you are returning to Pennsylvania after traveling out of the state and you are not fully vaccinated against COVID-19, you are required to obtain a negative COVID-19 test within 72 hours before returning to the state or following your return to Pennsylvania. You must obtain a negative COVID-19 test before returning to work.

Colleagues are responsible for arranging testing. Testing for colleagues enrolled in the LVHN Health Plan will be covered with no enrollee cost share. A provider's order to test is required.

Q: I need to obtain a negative COVID-19 test to return to work. How do I get an order to receive this test if I do not have symptoms? Is an asymptomatic test covered under the LVHN Health Plan?

A: You must obtain an order from your health care provider. Yes, asymptomatic testing for colleagues enrolled in the LVHN Health Plan will be covered with no enrollee cost share.

Q: Do I have a choice to obtain a negative COVID-19 test or quarantine for the time period required by the Pennsylvania Department of Health prior to returning to work?

A: No, you don't have a choice. Your supervisor will decide whether you should obtain a negative COVID-19 test or quarantine. Please discuss this requirement with your supervisor before traveling. Some departments may not be able to approve the quarantine period and will require testing upon return from travel due to critical staffing needs.

Q: Does the LVHN Health Plan cover COVID-19 out-of-state testing?

A: Yes, the LVHN Plan covers testing for COVID-19 even if you get tested in another state.



CEO UPDATE VIDEO

CEO Update Video: Better Days Ahead, Thanks to You

February 24, 2021

For nearly one year, we have been fighting COVID-19. In his latest CEO Update Video, LVHN President and CEO Brian A. Nester, DO, MBA, thanks you for your strength, reaffirms his belief that we will win the fight, and shares an emotional video that shows what we accomplished together in the last few months. Watch the video or read the transcript below.

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CEO Update Video: Better Days Ahead, Thanks to You



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CEO Update-Better Days Ahead

Watch later Share

State of the Health Network Address With Brian A. Nester, DO, MBA Watch on LVHN Daily week of March 22

Watch on



It's nearly March, the month that will mark one year in our fight against COVID-19. This has been a long, hard, stressful and exhausting battle, and I thank you for your fortitude, resilience and strength.

It was just about one year ago when I shared with you my strong belief that we will win this fight. Since then, my confidence hasn't waned. I know we will win and emerge stronger because I see the incredible work you do every day.

Through the challenges of a pandemic, you are making LVHN even better. We're continuing to grow, giving more people convenient access to care and adding more colleagues to our team. We also are working on new benefits to make your work experience at LVHN even better.

I'll talk about all of this and the better days ahead during the State of the Health Network address, which you will be able to watch on LVHN Daily at the end of March.

Until then, I once again want to say, "Thank you." If you want to know why I am thankful for you and why we all should be LVHN Proud, just [look at what we accomplished together](#) in the last few months.



Why They Are #LVHN Proud

February 25, 2021

LVHN is a certified [Great Place to Work](#) for all. Yet the things that make LVHN a Great Place to Work – the characteristics of our work environment that lead to long and rewarding careers – are different for each of us. Some colleagues value professional development opportunities, while others appreciate camaraderie among colleagues or our caring culture.

To help us truly understand everything that makes LVHN a Great Place to Work for all – and to learn from each other – colleagues are sharing the things that make them #LVHN Proud. Hear what they have to say, then share a comment on this post about what make LVHN a great place to work for you.

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Why They Are #LVHN Proud



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Tina Fiorino

Technical Partner, Emergency
Department, LVH–Muhlenberg

Colleague since 2012

Why I'm #LVHNProud: We Overcome Challenges

Whenever a patient comes into the emergency department, it's a given that Tina Fiorino and her colleagues are going to rise to the challenge and meet the situation head on. Day in and day out, dealing with these struggles has proven to be a huge blessing.

In her role as technical partner, Fiorino has become more aware of our community's homelessness. [Her compassion and empathy for one patient](#) led to her receiving the Terry Capuano Partner of the Year Award. "I am so grateful to be there for these patients, whether it be listening, encouraging or helping them clean up and get going again," Fiorino says. "It touches me because it's really at the core of who we are. We are all the same. Circumstances could lead any of us to such a situation."

What makes LVHN a place to call home is the tight-knit family she has with her colleagues. "I see my colleagues – who are amazing, selfless people who give of themselves – rise to the meet the challenges at the door," Fiorino says. "It keeps me humble and grounded."

That team atmosphere goes beyond the walls of the hospital. Before COVID-19, Fiorino and her colleagues spent a lot of time together outside of work, going out to dinner or getting together for various activities.

"We are strong and lean on each other," she says. "After a shift, I can call any one of my colleagues. It's that kind of kinship that makes the difference. From my experience



elsewhere, I didn't have that."

Fiorino believe that the best way to keep a strong team together is to make sure you genuinely connect with one another. "These are stressful times," she says. "If someone is struggling, never be afraid to pull them aside and ask what's going on. It's important to always be in the trenches with your team."

Shelbi Taylor, BSN

ExpressCARE Clinical Manager

Colleague since 2014

Why I'm #LVHNProud: Great Patient Care That Sets us Apart

"ExpressCARE is at the forefront of the pandemic. So, it's an exciting, fast-paced work environment, where you never really know what is going to walk through the door. It truly makes every day unique."



Tracy Kinney

LVPG Cardiology

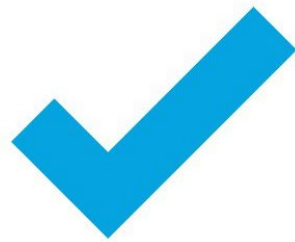
Colleague since 2017

Why I'm #LVHNProud: Caring for people is my passion

"Our practice cares for a large volume of geriatric patients. Lehigh Valley Heart Institute colleagues have a soft spot for this population. They are compassionate and always willing to go the extra mile to provide exceptional care. That is what makes the difference. The Heart Institute is a family, and the patients become a part of that family."



VOTE FOR US



Vote for LVHN Services in the Republican Herald 2021 Readers' Choice Awards

February 25, 2021

Colleagues are working hard to care for the people of our community. Let's give our very own health care heroes the recognition they deserve by voting for LVHN services in Schuylkill County in the Republican Herald 2021 Readers' Choice awards.

This year, LVHN is included in more than 12 categories in the awards program. Please show your support by voting today. You can vote every day now through March 12,

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Vote for LVHN Services in the Republican Herald 2021 Readers' Choice Awards



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2021.

How to vote

- [Visit the Republican Herald website.](#)
- Click the “Health” category.
- Register with your email address. Then vote for the nominees listed below in their respective category:
- **Family Doctor** – LVHN physician nominated are:
 - Debra Ahrensfield
 - Carol Miller-Schaeffer
 - Kelly Kalovcak
 - Kimberly Hashin
 - Mackenzie Mady
- **Gynecologist** – LVHN physician nominated are:
 - Ashley Faden
 - David Krewson
 - Eileen Weizer
 - James Xenophon
 - Robert Zimmerman Jr.
- **Hospital** – Lehigh Valley Hospital–Schuylkill

Medical Practice – LVPG practices nominated are:

- LVPG Family Medicine–Pine Grove
- LVPG Internal Medicine–Pottsville
- LVPG Cardiology–Claude A. Lord Blvd.
- LVPG Internal Medicine–Claude A. Lord Blvd.
- LVPG Obstetrics and Gynecology–Red Horse Road
- LVHN Physician Group
- **Obstetrician** – LVPG Obstetrics & LVPG Obstetrics and Gynecology
- **Physical Therapist** – LVHN Rehabilitation Center–Schuylkill
- **Rehabilitation Center** – LVHN Rehabilitation Center–Schuylkill
- **Urgent Center** – LVHN ExpressCARE–Schuylkill Medical Plaza
- **Miscellaneous, Best Place to Work Medical** – Lehigh Valley Hospital–Schuylkill
- **Miscellaneous, Best Place to Work Overall** – Lehigh Valley Hospital–Schuylkill

You will also see some other nominations under “Non-Profit Food & Drink” such as our Veterans’ Breakfast and the Schaeffer Harley Davidson Spaghetti Dinner which benefits our Gentle Yoga program for cancer patients.

VIRTUAL LEADER TO LEADER

Your health deserves a partner.  Lehigh Valley Health Network

Leader to Leader, February 2021 – VIDEO

February 22, 2021

From updates about our health network's finances and goals, to presentation about new leadership roles, LVH–Carbon, marketing and public affairs, and colleague wellness, February's Leader to Leader meeting was chock-full of information.

The meeting also was the last for Executive Vice President and Chief Medical Officer Thomas Whalen, MD, who will retire at the end of the month. Click below to watch a special tribute to Dr. Whalen as well as the other presentation from February L2L.

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Leader to Leader, February 2021 – VIDEO



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Partner of the Month Award and Introduction of New Leadership Roles

Lynn Turner, Senior Vice President and Chief Human Resources Officer

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

Network Performance Update

John Brodsky, Senior Vice President and Treasurer

Lynn Turner, Senior Vice President and Chief Human Resources Officer

LVH–Carbon Update

Terry Purcell, President, LVH–Carbon

Better Days Ahead: Marketing and Public Affairs

Rich Levy, Vice President, Marketing and Public Affairs

2021 My Total Health Wellness Program

Kendra Carey, Health Educator, Strategic Wellness Consultant

A Tribute to Tom Whalen, MD

Team of colleagues from throughout LVHN

SPECIAL ANNOUNCEMENT



Lehigh Valley Hospital Leadership Change

February 19, 2021

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

It is with mixed emotions that I announce the departure of Bill Kent, Senior Vice President of Operations and President of Lehigh Valley Hospital. Bill will be leaving LVHN on March 12 to take the helm of Matheny Medical and Educational Center as President and Chief Executive Officer.

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Lehigh Valley Hospital Leadership Change



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Located in Peapack, N.J., Matheny Medical and Educational Center is a special hospital for children and adults with medically complex developmental disabilities, a special education school providing academics and functional life skills, and an outpatient center meeting the health care needs of people with disabilities.

We all know Bill as a deeply caring and compassionate leader, and Bill feels this opportunity speaks to his passion for caring for children, especially those with special needs. Bill is certainly uniquely qualified to lead this organization, and we wish the very best to him and his entire family.

Bill has ably led the management and operations at LVH–Cedar Crest, LVH–17th Street, Lehigh Valley Reilly Children’s Hospital and LVHN–Tilghman for more than five years. Undoubtedly, he will be missed as a valued professional and friend to many colleagues.

Given we are in the midst of an active national search for a new Chief Operating Officer (COO), we will not immediately appoint a new President of Lehigh Valley Hospital. We anticipate filling the COO role in a few months and feel our new COO should have the opportunity to participate in the selection of a new leader to fill this role.

In the meantime, Michael A. Rossi, MD, MBA, Executive Vice President and Chief Clinical Officer (CCO), will serve as Acting President of Lehigh Valley Hospital while continuing his responsibilities as CCO. Dr. Rossi will work closely with Thomas Marchozzi, Executive Vice President, Chief Financial Officer and Acting Chief Operating Officer, and also will be supported through interim matrixed reporting structures, the details of which will be shared over the next few weeks.

Please join me in thanking Bill for his dedicated service to LVHN and wishing him well on his new journey.



Meet This Week's Friends of Nursing Award Recipients - PHOTOS

February 25, 2021

Friends of Nursing recognizes and promotes excellence in nursing practice, nursing education and nursing research. This year, the global COVID-19 pandemic showcased the heroism of our nurses, who continue to work tirelessly to care for our community.

Meet the colleagues recognized for their heroic efforts and watch for more stories of each Friends of Nursing Award recipient in the coming weeks.

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Meet This Week's Friends of Nursing Award Recipients - PHOTOS



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Stacey Lang, RN

The Medical-Surgical Nursing Award

Donated by: Frances R. Worman, RN

Stacey Lang, RN, is known for being everything a medical-surgical nurse should be: committed, compassionate, kind, flexible and a true example of a Magnet nurse. She participates in professional governance councils, has her specialty certification, is a [PRIME nurse](#) and mentors nursing students and new nurses. She does this all while keeping patients and their families her top priority.



“I have learned many valuable lessons working in oncology,” Lang says. “I always trust my instincts and value my patients as people, not tasks. I know they have lives, interests and people they love outside of the hospital walls.”

Lang received the 2020 Independence Blue Cross Celebrate Caring Award for the care she provided to a man in his late 40s with end-stage cancer. His wife also had a serious health condition. Their 17-year-old daughter was about to graduate from high school. Ranju Gupta, MD, hematologist/oncologist, gave the patient a set of blank cards and encouraged him to write to his loved ones. At this point, the pain in his hands was too severe to write, so Lang helped this patient by writing as he dictated his notes.

“On that first day, we wrote his daughter’s 18th birthday card. He would dictate, and I would write,” Lang says. “I was crying and kept apologizing, but he was so brave. When we finished, he signed his name at the bottom. Driving home from work, I couldn’t shake the experience. I kept thinking about a father leaving his daughter, right at the start of her adult life and wanted to do more.”

She went to the store and purchased cards for each of his daughter's life events: her 21st birthday, college graduation, engagement, wedding and birth of a child. Over the next several days, Lang and her colleagues helped the patient leave special messages for his daughter through these cards, which are with a family friend for safe-keeping until the patient's daughter reaches each milestone.

"Often, major life events are the moments we miss loved ones the most," Lang says. "Hopefully on these days, her father's words bring her some comfort and peace."

Aurey Amato, RN

Edward and Anne Davis Award for Excellence as a Nurse Preceptor

Donated by: Mr. Edward and Mrs. Anne Davis, RN, BS, MEd

Colleagues describe Aurey Amato, RN, as their go-to person in Care Transitions and Navigations as she is enthusiastic and welcomes the opportunity to educate and support new staff by creating an individualized and optimal learning experience for her peers. She develops tools and strategies to assist staff in navigating new processes, allows her colleagues the freedom to choose the learning method most suitable for them and encourages independence.



"My personal goal is to ensure that each new team member feels appreciated and is aware of the privilege we have to care for our patients and communities," Amato says.

Lien Hoang, RN

The Fleming Award for Exemplary Performance Associated with the Nurse Residency Program

Donated by: The Fleming Trust established by Richard and Peggy Fleming

One goal of LVHN's Nurse Residency

program is to incorporate best evidence into practice to advance safe, high-quality care and develop bedside clinical leaders. Lien Hoang, RN, completed an evidenced-based practice project entitled “Necessity of Focused Assessments.” Her research sought to determine if focused patient assessments in stable interventional cardiac patients reduced staff overtime related to patient documentation without producing negative patient outcomes.

The project incorporated a safe and efficient targeted patient assessment method that decreased unit RN overtime attributable to patient documentation by 50% during the project’s pilot. Hoang shared the findings at the July 2018 Nurse Residency graduation and October 2019 LVHN Research Day and as a poster presentation at the March 2019 Vizient Nurse Residency Conference in Orlando, FL.

Thanks to Hoang’s work, nurses can spend more time with patients that they previously would have spent documenting patient assessment findings.



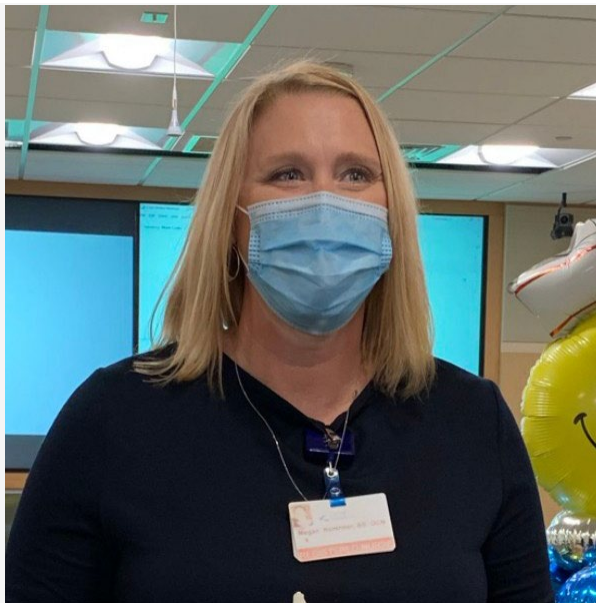
Megan Kershner, RN

Josephine Ritz, RN, Nursing Award for Excellence in Patient and Family Engagement

Donated by: Mrs. Josephine Ritz, RN

Patient-centered cancer treatment at times focuses on palliative, rather than curative, care. Colleagues of Megan Kershner, RN, say that she is a gifted communicator and often asks the hard questions so patients feel comfortable exploring their feelings and expressing concerns.

Kershner began her career as a nurse in hospice services. That experience helped her facilitate important yet difficult conversations to help maximize quality of life and ensure patient preferences are met.



"I respect each patient is on their own unique journey with cancer and I connect with patients and families by being transparent, finding common ground and establishing trust so they know they aren't alone," Kershner says.

This sentiment is eloquently detailed in a letter from a patient's daughter.

"My father was angry and in denial about his cancer diagnosis," says the patient. "Megan was diligent. She talked and joked with my dad and took her time with him, which broke down his wall and made him smile again. Everyone was shocked!"

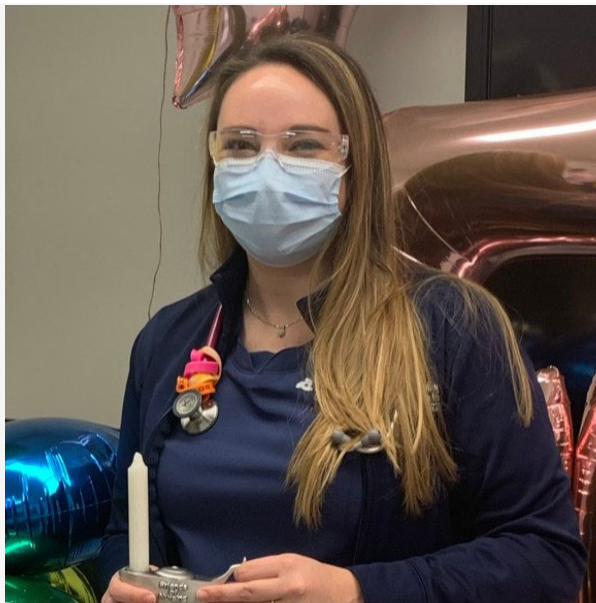
Alexis Chauvette, RN

Award for Excellence in Pediatric Nursing

Donated by: The Michelle Asnani, MD, Endowment, established by Mr. Gul Asnani

Alexis Chauvette, RN, displays the Magnet model components of transformational leadership and structural empowerment in her role as charge nurse, chair of her unit's education committee and preceptor to new RNs, as well as through her commitment to specialty

certification and pursuit of advanced nursing education. It is her compassion and deep respect for patients and families that make her a true treasure. The mother of a young oncology patient describes the comfort she felt when Chauvette cared for her daughter: “When I had to leave my daughter’s room, Alexis stayed with my baby girl and let her sleep on her chest. I knew in her hands she would be safe and sound when I returned.”



Chauvette was a source of strength for this family as they trimmed their daughter’s hair, which was falling out because of chemotherapy. The family calls Chauvette their “angel in blue.”

Margaret MacMahon, RN

Edward and Anne Davis Award for Excellence in Perioperative Nursing

Donated by: Mr. Edward and Mrs. Anne Davis, RN, BS, MEd

In four years as the director of the operating room (OR) at LVH–Cedar Crest, Margaret MacMahon, RN, has been called a firm but fair leader. She started the Optimal Resolution Committee to develop a team that embodies empowerment and involvement and to challenge staff to be a part of the solution to problems. Colleague engagement scores have increased in nearly every category from previous surveys, which is a testament to MacMahon’s leadership commitment. Her team appreciates her transparency, honesty, open-door policy and mentorship. She embodies structural empowerment by holding professional membership and specialty certification, seeking professional development opportunities and instructing new OR nurse interns.



Introducing LVHN Project ECHO (Extension for Community Healthcare Outcomes)

February 22, 2021

BY HANNAH ROPP

LVHN is proud to join Project ECHO (Extension for Community Healthcare Outcomes), an innovative telehealth program designed to connect health care specialists with

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Introducing LVHN Project ECHO
(Extension for Community Healthcare Outcomes)



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providers located in rural areas. The goal of Project ECHO is to help eliminate health care inequities through the use of telehealth technology.

Colleagues are invited to join LVHN's first Project ECHO presentation, "Focus on COVID-19," on Friday, Feb. 26 at 12 p.m. Our featured guests are LVHN telemedicine and infectious disease specialist Luther Rhodes, MD, and Alex Benjamin, MD, Chief, Infection Control & Hospital Epidemiology, LVHN. They will present information about Project ECHO and discuss trends pertaining to the COVID-19 pandemic.

"Our purpose with Project ECHO LVHN is to bridge information and care gaps in areas of infectious disease and infection control for LVHN patients who transition to post acute care facilities," says Rhodes.

Date: Friday, Feb. 26

Time: 12 p.m.

Register using this link:

<https://redcap.lvh.com/redcap/surveys/?s=DA37K7AWWL>



Watch Your Back: 6 Tips for Protecting Yourself While Shoveling Snow

February 19, 2021
BY HANNAH ROPP

After digging out from a snowstorm, it's not uncommon to have low back pain. Shoveling snow requires a lot of lifting and twisting, which can cause back injuries or existing back injuries to worsen.

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Watch Your Back: 6 Tips for Protecting Yourself While Shoveling Snow



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With no end in sight to the winter weather, physiatrist [Vikram Arora](#), DO, with Coordinated Health, part of Lehigh Valley Health Network (LVHN), has some tips on protecting your back while shoveling and what to do if you end up with back pain.

Protecting your back

According to Arora, warming up prior to shoveling snow is key to protecting your back. “Snow shoveling is an aerobic exercise, and like any exercise it’s important to warm up properly. Simple low-back stretches prior to shoveling can reduce your risk for serious injury,” he says.

1. **Dress warmly** – Dressing appropriately will help improve blood flow.
2. **Proper footwear** – Wearing boots with a proper tread will help reduce your risk for falling.
3. **The right shovel** – Use a lightweight shovel with a curved shaft so you can push snow.
4. **Good stance** – When shoveling, keep your back as straight as possible with your feet hip-width apart and bend with your knees.
5. **Don’t twist** – After lifting snow with the shovel, keep the shovel close to your body and pivot your entire body instead of twisting just your torso.
6. **Take breaks** – Shoveling snow is hard work! Take breaks every 10-15 minutes to give your back a chance to rest.

Treatment for snow-shoveling injuries

Arora says most back injuries that result from shoveling snow are muscular and heal within one to two weeks with conservative treatment. If you end up with muscular back pain from shoveling, he recommends rest, heat/ice, stretching and pain reliever medication. If your symptoms don’t improve with conservative measures, make an appointment with a specialist. Symptoms that need to be evaluated urgently include significant leg pain, numbness and weakness.

For more information on back pain, visit [LVHN.org/spine](https://www.lvhn.org/spine).

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.

This page was last updated on 3/8/2021 at 5:00 PM.

Total Positive Test Results

Since 03/16/2020

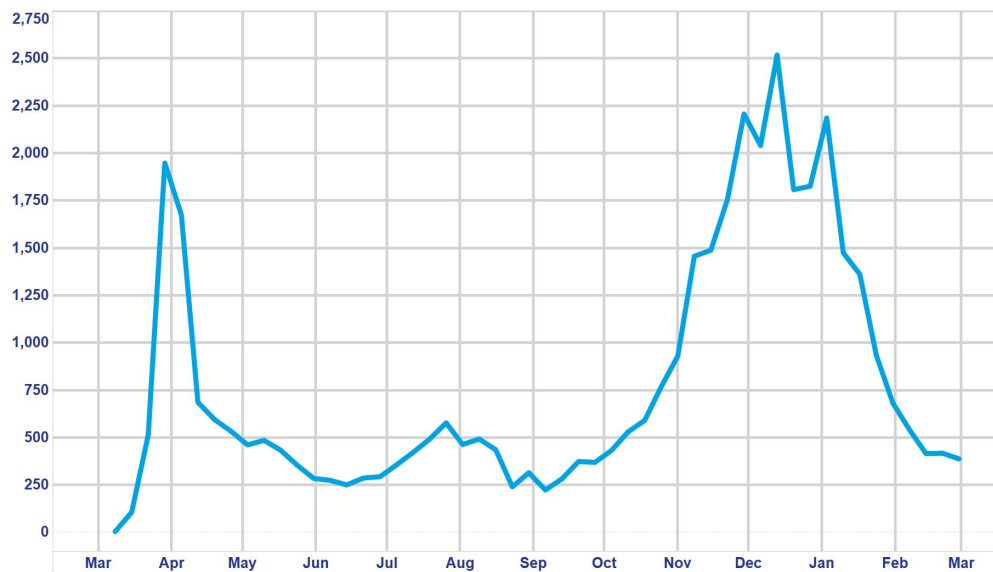
Total tests ordered: **227,246** – More than anyone in our region

Total positive tests: **40,994**

Positive result rate: **18.0%**

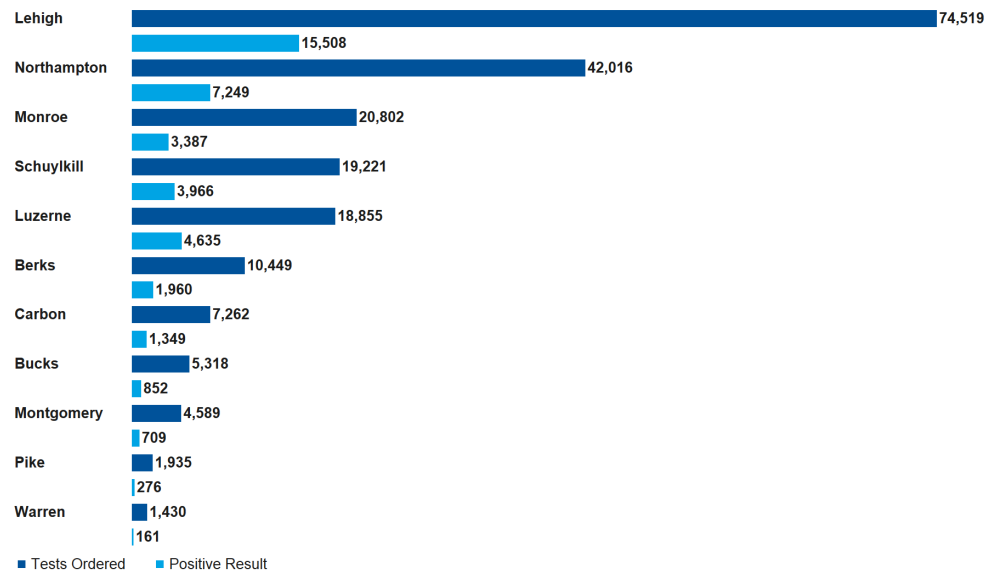
Weekly Positive Test Results

Data as of 03/06/2021



Patient Tests and Positive Results by County

First test result received 03/16/2020



COVID-19 Patients in LVHN Hospitals

Data as of 03/06/2021

