



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

**COVID-19 stories highlighted in blue*

JUST FOR COLLEAGUES

UPDATED TRAVEL GUIDELINES

AS OF MARCH 2

Updated Travel Guidelines

Out-of-state travel no longer requires testing or quarantine.

COVID-19 VACCINE FAQs

Answers to Questions From COVID-19 Town Hall Meetings

Share this information with family, friends and colleagues.

CLARIFYING CDC MASK GUIDANCE

Clarification on CDC Double Masking Guidelines

Patient-facing colleagues should wear a properly-fitting surgical face mask.



March Service Anniversary List

Congratulate these colleagues for their years of service.

WHY I AM

#LVHNProud

Abundant Opportunity Makes These Colleagues #LVHNProud

It's one thing that makes LVHN a Great Place to Work for all.

Thank You, Hospitalists

#ThankHospitalistDay

Thank You, Hospitalists

With hospitalists at all our campuses, we have a lot to be thankful for.



Welcomes New Chief of Neurosurgery

Walter Jean, MD, is renowned for his work with virtual reality for surgery.



Congratulate Friends of Nursing Award Recipients – Photos

They promote excellence in nursing practice, education and research.



Meet More Friends of Nursing Award Recipients – Photos

Read their inspirational stories.

STORIES



Two Teams, One Partner

Team rivals partner with LVHN and Coordinated Health sports medicine.

HEALTH TIPS



The Healthiest You Podcast – COVID-19: Past, Present and Future

Listen to a clip of the latest episode with Dr. Friel.



Five Things That Cardiologists Want You to Know About Heart Failure

Lehigh Valley Heart Institute provides important facts.



Why You Should Be Seeing a Podiatrist If You Have Diabetes

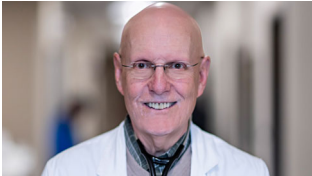
Read how podiatry can help prevent injuries.



Masks and Shields: A Breakdown of COVID-19 Armor

Get answers to all your mask questions.

LVHN NEWS



LVH–Pocono’s Chief of Staff, Vincent Francescangeli, MD, Receives National Recognition for Being a Health Care Hero

This honor caps off an impressive four-decade career in medicine.



COVID-19 Report – Updated March 1

Positive tests and hospitalizations continue downward trend.

IN THE NEWS

The Faces of International Women’s Day 2021 - Pennsylvania! (Amy M. Ahnert, MD - Lehigh Valley Health Institute – Cardiology)

March 2, 2021 | b104.com

Framework completed for Dickson City’s new LVHN hospital

February 26, 2021 | pahomepage.com

Local health experts sort out fact from fiction when it comes to COVID-19 vaccines

February 26, 2021 | wfmz.com

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

UPDATED TRAVEL GUIDELINES AS OF MARCH 2

Updated Travel Guidelines: Remain Vigilant Despite Lifted Travel Restrictions

March 02, 2021

Recently, the Pennsylvania Department of Health [terminated the order restricting out-of-state travel](#). This means you no longer need to obtain a negative COVID-19 test or quarantine for two weeks after entering Pennsylvania.

Despite these changes, we must remain vigilant. While our region continues to experience fewer cases, reduced hospitalizations and ongoing vaccinations, Centers for

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Updated Travel Guidelines: Remain Vigilant
Despite Lifted Travel Restrictions



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Disease Control and Prevention (CDC) advises that we must continue to do our part to reduce the risk of spreading COVID-19, especially as new variants emerge.

Consistent with ongoing [recommendations from the CDC](#), LVHN continues to discourage travel outside of the area as the pandemic continues.

However, given the update from the Department of Health, the following changes will be implemented immediately. Please understand that the virus, its incidence rate and the regulations of the region, state and nation are very dynamic, and changes in these regulations may occur at any time.

If you plan to travel and your paid time off (PTO) request has been approved by your immediate supervisor, here's what you need to know:

- Returning from travel outside of Pennsylvania no longer requires testing or quarantine, regardless of your vaccination status.
- Returning from travel outside of the United States requires a [negative COVID-19 test prior to boarding a return flight to the U.S. per CDC guidance](#).

If you choose to travel, you should continue to practice appropriate public health measures to slow the spread of COVID-19 such as masking, physical distancing and hand hygiene.

COVID-19 VACCINE FAQs

Answers to Your Questions From COVID-19 Town Hall Meetings

March 01, 2021

Colleagues are the most important part of our plan to care for our community during this pandemic. Now more than ever, you serve as an LVHN advocate and can help spread important information to the people of our community.

To give you the information you need, we recently held virtual COVID-19 Town Hall Meetings for colleagues. More than 1,500 colleagues attended. During these meetings,

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Answers to Your Questions From COVID-19 Town Hall Meetings



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LVHN experts provided the latest information about COVID-19 and vaccines. Then, colleagues had the chance to get answers to their questions.

Based on your interest and engagement, more Town Halls will be scheduled soon. In the meantime, here's where you can access answers to questions asked during the meetings.

Find colleague-specific FAQs on the [COVID-19 intranet](#) site. Note: You can access the intranet only if you are on a device connected to the LVHN network. If you are working remotely, you must be connected to the LVHN network via VPN.

Find FAQs that are relevant to colleagues and community members on [LVHN.org/vaccineFAQ](#). Use the information here to answer questions you get from family, friends and colleagues. Feel free to share the link with others too.

Find How-To Videos that explain [how to set up a MyLVHN account](#) and [how to schedule a vaccination appointment](#) on [LVHN.org/vaccines](#) and [LVHN.org/MyLVHN](#). Share these videos with your friends and family too. Remember, the quickest and easiest way to schedule a COVID-19 vaccination is through MyLVHN.

CLARIFYING CDC MASK GUIDANCE

Clarification on CDC Double Masking Guidelines

February 26, 2021

The double masking guidelines recently published by Centers for Disease Control and Prevention (CDC) have created some confusion for colleagues. Remember, these guidelines are for community members, not patient-facing health care workers.

It's most important for patient-facing colleagues to wear a properly-fitting surgical face mask. You can ensure your mask fits properly by following the "knot and tuck" method outlined below.

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Clarification on CDC Double Masking Guidelines



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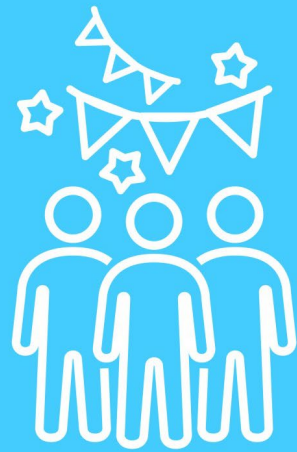
Knot and tuck ear loops of a 3-ply mask:

- Knot the ear loops of a 3-ply face mask where they join the edge of the mask
- Fold and tuck the unneeded material under the edges
- For detailed instructions, [watch this video](#).

[Patient-facing health care workers typically only need to wear one mask that fits properly](#). Remember, when an N-95 respirator is required, it also must be covered with a surgical mask.

Please refer to these [guidelines for use of personal protective equipment \(PPE\)](#) based on your role.

Informing colleagues how and when to use and reuse specific PPE items is the role of infection control and prevention. Supply chain assists in the implementation and logistics associated with our PPE guidelines. They ensure that all masks provided to LVHN colleagues are authentic, effective and safe.



Service Anniversary List – March 2021

February 26, 2021

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

45 years

Stephanie Genovese, Patient Representative

40 years

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Service Anniversary List – March 2021



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Joan Leicht, CT Scan

Darin Sawka, Tilghman Surgery Center

Paulette Villafane, 7K Orthopedics

Patricia Zocco, Heart Station

35 years

Deborah Angstadt, Bed Management

Rosanne Bevich, Spu

Wade Huber, Operating Room

Roseann Laudenslager, Cancer Program

Randal Shelly, Master Facilities Admin

Mary Weierbach, HOA Muhlenberg

30 years

Sandra Grunfelder, Grounds / Housekeeping

Elyse Kernan, Kidney Acquisition

Paula Klass, Case Management

Mark Paul, 4T Med/Surg

Brian Stello, Department of Family Medicine

Kimberly Wechsler, CECE Ctr

Heather Xanthopoulos, Vascu/Interventional Radiology

25 years

Raymond Daniels, HOA Muhlenberg

20 years

Gail Brown, LVPG Pediatrics Trexlertown

Tracy Dorwart, Emergency Department

Jodi Dronenburg, Childrens Clinic at LVH

Kristine Gemmell, LVPG Claude A Lord Blvd

Cynthia Graham, Patient Receivables Office

Michelle Grigg, Cardiology Clinic -CC

Kathy Herron, Emergency Department

Annmarie Kuchmas, Solution Center

Jessica Kurinec, Neurology Clinic - CC

James Liott, CPP Chiropractic

Bradley Lorah, CPP Orthopedics - Dickson 334

Jamie Marth, Emergency Service - CC

Kateryna Mease, Medical Oncology MHC

Stacy Michalik, TNICU

Rachel Raczka, Home Health Care

Colleen Rossi, Emergency Room

Joanne Schoemaker, 6KS Inpatient Rehab Facility

Barbara Sikora, Employee Health Service

Tracy Young, Dental Clinic

15 years

Juan Armbuster, Comprehensive Health Services

Kyle Benedetto, LVAS Tilghman

Nyann Biery, Department Of Family Practice

Susan Biggs, Volunteers Office

Linda Binder, Ultrasound - Norwegian

Susan Blankenhorn, Supply Distribution Services

Marlene Butz, Rehab SVCS at T-Town

Amy Edgett, Psych Eval/OP Services

Marcia Foss, X-Ray

Gilbert Gingrich, Info Svcs Technical Operations

Lauren Grantz, HSP CC & I78 RX

Catherine Gruer, LVPG Geriatric Med 17th St

Mark Henderson, HC Central Business Office

Michael Hess, Marketing

Dale Hetrick, Courier Services

Megan Howard, PT/OT

John King, EPIC Conversion

Ami Missal, HIM Provider Based Coding

Hilda Morrabal-Morales, Emergency Service - 17Th

Ovel Ortiz, Guest Services

Patricia Price, Home Care - Skilled Nursing

Andrew Rau, Supply Distribution Services

Yeny Rodriguez, Patient Safety

Lydia Seiferheld, PACU - CC

Jennifer Sheruda-Slater, Physical Therapy-DKSON

Caryn Stapinski, Pharmacy

Amy Steinmetz, LVPG-P Maternal Fetal Medicine

Joseph Symuleski, Physical Therapy-DKSON

Diana Torres, HIM Facility Based Coding

Angela Utley, LVPG Healthworks-Admin

Keith Weinhold, Office of COO

Karen Zehner, Patient Registration

10 years

Renee Adams, Ed Registration

Cheryl Arnold, 2K South

Priscilla Bejaran, Neurology Clinic - CC

Barbara Bendall, Telecommunications

Lynda Carlson, Utilization Management

Karina Carvajal, LVPG UroGyn Pond Rd

Andrea Costanzo, LVPG-P Internal Med E Stroud

Kristy Ernst, LVPG Family Medicine Bath

Mary Fatovic, Registration

Lori Frei, LVPG Operations

Kevin Hackman, HC Central Business Office

Carolyn Henry, HIM Provider Based Coding

Sharon Hopko, LVPG Ob/Gyn

Sandra Hudock, Benefits Verification

Denise Kalisz, CDC-Moselem Springs

Josh Kalmar, Plant Engineering

Arshpreet Kals, Emergency Department

Heather Klemped, OR Centralized Scheduling

Kristina Latsch, Emergency Department

Adrienne LeCrone, Medevac Ground Ambulance

Sandra Little, Bed Management

Michael Makela, Managed Care - G&A

Christine Metzler, Nursing Float Pool

Carla Miller, LVPG Operations

Sandy Moran, LVPG Infectious Disease 1250CC

Elizabeth Ostrosky, Pharmacy

Donna Perry, Upper Bucks Health & Diagnostic

Leah Ringholm, Financial Services

Jacquelyn Rodriguez, Mgmt Svcs Org

Amy Sarnes, Neonatal ICU

Emily Shirk, Labor & Delivery

Thomas Stout, Supply Chain Administration

Tigist Tilahun, Nursing Float Pool

Heather Vandegrift, 340B Team

Sanjeev Vasishtha, LVPG Peds Madison Farms

Ashley Venanzi, LVPG Physiatry Muhl

Kevin Whalen, Patient Access Support - Admin

Donna Wheeler, Nursing Float Pool

Brenda Williams, Partial Hospitalization

James Young, Inventory Management

5 years

Brenden Arnold, Sterile Processing

Reeba Baboo, IRF CC Therapy

Cameilia Baker, LV Center For Women's Med

Karen Bosch, Education Infrastructure

Laura Braslow, Express Care Quakertown

Alicia Carri, Tilghman St ExpressCare Reg

Sri Chennupati, LVPG Peds SurgUrology 1210SCC

Catherine Cimino, LVPG Urology

Beverly Cintron, Pediatric ED

Cori Clemmer, Physical Therapy-Allen 1621

Denise Cope, HC Central Business Office

Luz Cruz, Practice Engagement

Maria DeJoseph, LVPG Internal Med West Broad

Kenyon Delorenzo, Inpatient Unit-Allen 1503

John Dempsey, Info Svcs Technical Operations

Charles Devaul, Pulmonary Function at Muhlenbe

Tajhal Dowling, Specialty Clinic-Pburg

Katrina Farabaugh, Precertification Dept

Christine Gabrick, Operating Room Tilghman

Natasha Haines, Emergency Department

Lauren Hnat, LVPG Family Med Moselem Spring

Teresa Hoffman, Breast Health Svcs Cedar Crest

Paula Jacobus, LVPG IM Fleming Center

Mary Jones, Imaging-Allen Cln

Michael Kauffman, PT/OT

Kristen Keinert, 7A - Neuroscience Unit

Rachael Keinert, Patient Transport Services

Stacy Keiser, 6B Renal Med-Surg

Danielle Kowal, Revenue Cycle Coordinators

Eugene Kunkel, Rehab at Walnutport

Melissa Lahr, Post Operative-Pburg Asc

Stacey Lang, 5T Med/Surg

Amy Leicht, Laser Services

Patty Liu, LVPG Transplant Surg 1250SCC

Daniel Lopez, Diagnostic Care Center -MHC

Veronika Lyubinska, Case Management

Kendida Medina, Pre-Srvcs/Financial Clearance

Jennifer Mendez, LVPG Peds Infectious Dis 1210

Megan Milford, Clinical Services Admin.

David Miller, Security

Gail Morales, OutPt Reg East Region

Ellen Neff, IRF LVH-M

Melissa Para, Ultrasound Hwc

Sherry Pontosky, Nicu

Susan Raso, HIM Provider Based Coding

Gloria Rivera, Practice Engagement

Jessica Roccisano, Breast Health Svcs Cedar Crest

Tamara Rohrbach, Hospice Skilled Nursing

Margaret Shannon, LVPG OB/GYN Valley Ctr Pkwy

Jacqueline Shearer, Med Surg 4

Chaya Shuchat, LVPG Peds-Lehighton

Sarswattie Singh-Hardeen, LVPG-P Internal Med E Stroud

Kimberly Stambaugh, Pharmacy

Yesenia Stott, Remote Patient Monitoring

Shanti Uetz, 3A IPCU

Jiji Uthuppan, PT/OT Speech

Anthony Paul Villafuerte, Physical Therapy

Jill Wojnarowicz, Patient Accounting



Abundant Opportunity Makes These Colleagues #LVHN Proud

March 04, 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.

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Abundant Opportunity Makes These Colleagues #LVHN Proud



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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 #LVHNProud.

Kristina Rosario, RN

LVPG Urology

Colleague since 2014

Why I'm #LVHNProud: Opportunities

When asked what keeps her at LVHN, the answer Kristina Rosario, RN, provides is simple. “Everyone has your back,” she says. Since coming to the health network, Rosario feels she is always surrounded by a team she can count on to support her as she continues to grow.

“The camaraderie between colleagues at work and the bonds you make with colleagues outside work are extremely important,” Rosario says. “You always want to do the best for your patients, and it makes you want to do the best for your colleagues too.”



The ample opportunities to build strong relationships makes Rosario #LVHNProud. Before COVID-19, she says, “We would hang out and do things together. We all participated in a marathon together, worked at the flu drives and volunteered at the Amputee Support Group annual golf outings.”

A member of her department’s recognition committee, she helps her department mark milestones, celebrate birthdays and nominate colleagues for Friends of Nursing awards. The department also created a committee to help colleagues grow professionally and enjoy a long rewarding career at LVHN.

Recently, Rosario transitioned to a role in outpatient care at LVPG Urology. “What I love most about LVHN is that there is so much room for growth and transition,” she says. “As a nurse, I don’t have to leave the health network to seek another position to feel that I

am growing and helping patients in a different way. I'm excited about the opportunities that are open to me."

Christina Tomsic

Epic Community Connect Initiatives
Colleague since 2006

Why I'm #LVHNProud: Endless Opportunities

"As someone who worked in pharmacy all my life, I never anticipated to be working in technology. But when opportunity knocked, it just felt right and I made the switch. I absolutely love the way the technology department is managed, how it is so colleague focused, and the level of collaboration seen across teams. These driving forces have not only motivated me but also allowed me to feel supported along the way as I've grown within a new department and completed my bachelor's degree. For these reasons, along with many more, I view LVHN as an organization full of endless opportunities. I anticipate working for LVHN for many years to come and hopefully until I retire."



Jonathan Davidson

LVPG Administration
Colleague from 2006-2011 and since 2014

Why I'm #LVHNProud: Opportunities to Get Involved

"I really appreciate the opportunity to be involved in so many interesting and fascinating areas of work. Not staying in the silo of my department – whether it's being a member of LVHN's Young Professionals or Colleague Ambassador groups – helps me understand what is happening more globally across our health network. That keeps me grounded and connected to the work we all do as LVHN colleagues."



Lauren Grantz, PharmD

Director of Outpatient Pharmacy Operations
Colleague since 2006

Why I'm #LVHNProud: I'm a forever learner

"I came to LVHN as a pharmacy intern, then joined the health network as a staff pharmacist. Now I am completing my MBA. I feel fortunate to have been able to advance my career in the same department since coming here. Some of my colleagues at other institutions feel like they are at a dead end and that's why they move on. At LVHN, there is always room for growth."





Thank You, Hospitalists

#ThankaHospitalistDay

Thank You, Hospitalists

March 04, 2021

It's National Hospitalist Day. Here at LVHN, where we have hospitalists at every one of our hospital campuses, we have a lot to be thankful for.

A hospitalist offers support from the time a patient is admitted until he or she is discharged. When a patient comes to the hospital, day or night, a hospitalist is ready to admit the patient and manage his or her care. Surgeons or specialists also may request that a hospitalist co-manage a patient's care. LVHN hospitalists offer guidance to patients and ensure everyone, including patients, family members and the care team, are all informed.

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Thank You, Hospitalists



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“Hospitalists work tirelessly to ensure patients have the very best care,” says [David Burmeister, DO, Chair, Department of Emergency and Hospital Medicine, LVHN, with LVPG Emergency Medicine](#). “They are an absolutely critical part of our team, and we thank them for tirelessly working to improve the health of our community. Thank you to all hospitalists across the health network.”



LVHN Welcomes Walter Jean, MD, Chief of Neurosurgery

March 01, 2021

LVHN is pleased to welcome [Walter Jean, MD](#), as Chief of Neurosurgery. Jean is a board-certified neurosurgeon with expertise in complex intracranial surgery and is world-renowned for his work utilizing augmented and virtual reality for surgery.

“As a leader in brain and spine surgeries, LVHN takes pride in performing minimally invasive surgeries with the latest techniques,” says [Michael Pasquale, MD, Physician in Chief, Lehigh Valley Institute for Surgical Excellence](#). “With extensive experience and expertise, Dr. Jean is an exceptional addition to our team.”

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LVHN Welcomes Walter Jean, MD, Chief of Neurosurgery



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Jean comes to LVHN from George Washington University Hospital, where he was a professor of neurological surgery. He has authored numerous scholarly publications and serves as reviewer for many high-impact journals such as the Journal of Neuro-Oncology; World Neurosurgery; Operative Neurosurgery; and Journal of Neurological Surgery, Part B. He is an active member of the American Association of Neurological Surgeons, Congress of Neurological Surgeons and the North American Skull Base Society and serves frequently as faculty at their national meetings. As a pioneer, Jean utilizes virtual reality in neurosurgery and brings this revolutionary technology to the Lehigh Valley.

“I’m excited to join LVHN and building a solid foundation, I hope to take LVHN Neurosurgery to the next level with robust clinical activity, research and innovation as well as education,” Jean says. I encourage you to contact me and I am committed to being accessible.”

To speak with Jean about a patient, call [484-224-6054](tel:484-224-6054).

To refer a patient to Jean, call [610-402-6555](tel:610-402-6555).



Read the Stories of This Week's Friends of Nursing Award Recipients – PHOTOS

March 01, 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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Read the Stories of This Week's Friends of Nursing Award Recipients – PHOTOS



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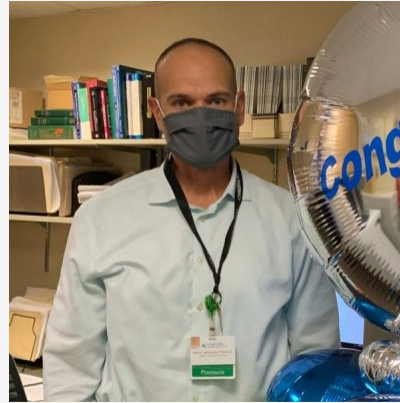


Jason Laskosky

Award for Excellence as a Pharmacist

Donated by: Mr. Robert and Mrs. Bonnie Hammel

As a valued LVHN pharmacist for more than 22 years, Jason Laskosky has provided outstanding leadership, thoughtful direction and mentorship to his pharmacy colleagues. As a clinical pharmacy specialist for the past 17 years, he has worked tirelessly to deliver better care to our most critical patients by ensuring appropriate medication use through real-time pharmacy surveillance in Epic. He shares his knowledge by contributing to ICU medication treatment protocols, supporting clinical research and disseminating best practices through publications and presentations regionally, nationally and internationally. He displays exemplary professional practice by serving on dozens of network committees and developing multiple care pathways and drug therapy protocols to promote safe patient care. Laskosky generously shares his knowledge and mentors pharmacy students and residents.

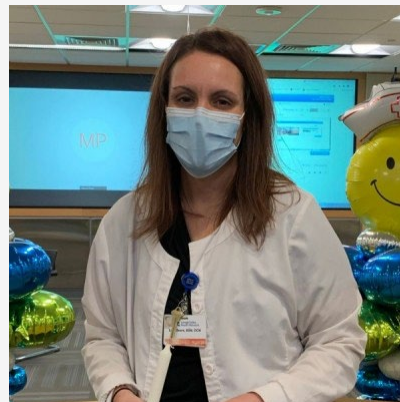


Erin Beers, RN

The Cancer Institute Leadership Council Excellence in Cancer Care Award

Donated by: Cancer Institute Leadership Council

Patients characterize Erin Beers, RN, as passionate, kind, cheerful and positive. Those who are fortunate enough to know and work alongside her say she has a contagious smile. Oncology patients often ask for Beers to care for them as her calm demeanor and exceptional knowledge help them through their cancer journey. Colleagues admire her leadership. Beers mentored 14 of 15 eligible nurses on her team as they applied to be PRIME nurses. She sees the person behind the patient and tailors each person's care to meet their unique



needs.

Christopher Melinosky, MD

Professional Excellence Council Physician Friends of Nursing Award

Donated by: Mr. Robert and Mrs. Bonnie Hammel

Early in his career, Christopher Melinosky, MD, realized that a team approach was vital to providing the best care possible for critical patients. Melinosky utilizes current best practices to improve patient outcomes and exemplifies LVHN as a Comprehensive Stroke Center. Nurses describe Melinosky as a true friend of nursing and value the time he spends reviewing patient cases, debriefing after difficult unit events, providing continuing education, listening to and respecting their concerns and partnering with them to create care plans for each patient.



“He cares about the well-being of the nursing staff both professionally and personally,” says his nominator. “Whether he’s taking the time to lighten the mood with a prank call or a classic dad joke, sending an e-Card for a job well-done or pulling up a chair to empathize with an RN after a long shift, LVHN nurses respect, admire and appreciate him.”

Beverly Jo Schmick, LPN

Award for Excellence in the Promotion of Patient Care

Donated by: Lehigh Valley Health Network Retiree Association

Beverly Jo Schmick, LPN, makes exceptional contributions to support patient care delivery. When a patient requires care for a high-risk pregnancy or is told their baby has an unexpected fetal anomaly, they rely not only on the skill but also the compassion of dedicated individuals like Schmick. She recognizes the unique needs of these patients and families and works

tirelessly to optimize their patient experience and engage them in important decisions regarding their care. Understanding the importance of consistency, she is instrumental in addressing fears, providing emotional support and helping patients overcome obstacles.



Michele Kratzer, MSN

Psychiatric Nursing Award

Donated by: LVHN Department of Psychiatry

During her 30-year career at LVHN, Michele Kratzer, MSN, started as a licensed practical nurse (LPN) and now holds a Master of Science in Nursing (MSN). This professional growth demonstrates a commitment to herself and her patients. Kratzer promotes the physiological and psychosocial well-being of each patient by assessing the patient as a whole and incorporating the family in care. She cares for children on the adolescent behavioral health unit by ensuring a safe environment and making sure every patient goes home with the care and knowledge that they need to live life to the fullest. Her commitment to specialty certification in Psychiatric and Mental Health Nursing and professional membership in the American Psychiatric Nurses Association demonstrates her passion for the profession.



Candice Veale, RN

Award for Excellence in Rehabilitation Nursing

Donated by: Deborah Kissling in memory of Randall D. Kissling

Colleagues say that Candice Veale, RN, is an incredible nurse and her extensive knowledge base, determination and confidence make her the nurse patients want and need when hospitalized.

“Being a good nurse comes naturally to Candice,” says a patient.

Her involvement as the co-chair of the Inpatient Rehabilitation Center–Muhlenberg Rehab Council exemplifies structural empowerment, a key component of the Magnet model, and demonstrates respect, involvement and collaboration. Veale has her nursing specialty certification, precepts and mentors new RNs and serves as a member of the Professional Excellence Council. She contributed to our fifth Magnet redesignation effort by showing evidence of improvements to Length of Stay Efficiency for patients at Inpatient Rehabilitation Center–Muhlenberg.





Meet More 2020 Friends of Nursing Award Recipients – PHOTOS

March 03, 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 with Friends of Nursing Awards for their heroic efforts.

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Meet More 2020 Friends of Nursing Award Recipients – PHOTOS



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Caitlin Costanzo

The Bill and Nancy Mason Award for Excellence in the Delivery of Rehabilitation Services

Donated by: The Bill and Nancy Mason Endowment established by Mr. and Mrs. William R. Mason

As a Certified Stroke Rehabilitation and Neurological Certified Specialist, Caitlin Costanzo's primary goal is to help rehabilitate a patient's injury to improve their quality of life.

"We transform hopelessness into confidence," Costanzo says. "Rehabilitation doesn't begin or end in a facility, but continues for days, weeks, years or a lifetime."

Costanzo is involved in the Stroke Improvement Team, Brain Warriors Stroke Support Group, Annual Stroke Rehab Symposium and Care Progression Rounds. She has distinguished herself as a true specialist in her discipline through continued dedication to learning and investment to improve care for a vulnerable patient population.



Neil Kocher, RN

The Kim Jordan Transformational Leadership Award

Donated by: Kim Jordan, RN

Neil Kocher, RN, is a charismatic nurse leader who motivates by example, fosters growth and empowers nurses to voice their ideas. His leadership fosters innovation and supports evidence-based practice in the intensive care unit and Regional Heart Center at LVH–Muhlenberg. Kocher creates an environment where LVHN nurses find meaning and value in their work by serving patients, their families and our community.



Tina Fiorino

The Auxiliary of Lehigh Valley Hospital Technical Partner Awards

Donated by: The Auxiliary of Lehigh Valley Hospital

Colleagues describe Tina Fiorino as enthusiastic, compassionate, nurturing, genuine and committed.

“Tina’s infectious laugh and vivacious spirit brighten our days,” says her colleague.

Fiorino serves on the emergency preparedness committee for the emergency department (ED) at LVH–Muhlenberg. She precepts new colleagues and assists patient care services in hiring because she offers valuable input on candidates. Above all, she exemplifies LVHN core values, and [her compassion and empathy for one patient](#) led to her receiving the Terry Capuano Partner of the Year Award.



Michael Glover, RN

The Auxiliary of Lehigh Valley Hospital Technical Partner Awards

Donated by: The Auxiliary of Lehigh Valley Hospital

Michael Glover, RN, is empathetic, compassionate and sincere. Glover has worked on the behavioral health unit and in the ED at LVH–Muhlenberg for eight years. In the most challenging and emotionally charged scenarios, he is known to be a leader and uses his skill to de-escalate patients in crisis. He proactively shares evidence-based interventions with colleagues to optimize patient outcomes.

“I have found my calling caring for people during their most troubling, stressful and vulnerable times,” Glover says.



Since his nomination for this Friends of Nursing Award, Glover has become a registered

nurse and continues to expand his knowledge and demonstrate his commitment to caring for the community.

Lauren Curcio, RN

Trauma Nursing Award

Donated by: The Physicians of LVPG General and Trauma Surgery

Lauren Curcio, RN, is a true example of what a trauma nurse should be, according to her colleagues.

She serves as unit skin champion, as pressure injury council chair for the transitional trauma unit and is a member of her unit's and the network-wide fall council.

Curcio continually looks for ways to improve patient care by collaborating with colleagues, nursing leadership and vendors to ensure the safest product is being used correctly for all patients. In fact, she's known as her unit's personal clinical resource specialist.



She demonstrates nursing expertise through professional certification as a Geriatric and Nurses Improving Care for Healthsystem Elders (NICHE) nurse. As a passionate advocate for the geriatric trauma population, she presented a poster on LVHN's "Code Purple" initiative at the national 2019 American Nurses Association (ANA) Quality Conference.

Erin Rooney, RN

John M. Eisenberg, MD, Award for Excellence as a Student Nurse

Donated by: The John M. Eisenberg Resident and Nursing Award Endowment Fund

As a Cedar Crest College nursing student, Erin Rooney, RN, served as vice president of the Student Nursing Association, mentored underclass nursing students, participated in global health initiatives in Tanzania, volunteered in local community wellness promotion

events and demonstrated exceptional critical thinking skills. Her high level of emotional intelligence, compassion and fortitude served her well as she transitioned from a student nurse to a registered nurse on the medical and surgical intensive care unit at LVH–Cedar Crest.





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Two Teams, One Partner



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Two Teams, One Partner

February 26, 2021

BY AMANDA BIALEK

Whether you're an avid athlete or enjoy an active lifestyle, getting sidelined from the game or your everyday routine because of an injury hurts. Luckily, you have access to a team of sports medicine specialists who care for you every step of the way – from injury treatment to rehabilitation and recovery. As the sports medicine providers for the only [Division I](#) schools in the region, [Lehigh Valley Health Network](#) (LVHN) and [Coordinated Health](#) help you get back on your feet so you can participate in the activities you love.

An unrivaled partnership

It's no surprise that [Lafayette College](#) and [Lehigh University](#) have one of the [longest-standing rivalries](#) in college athletics, dating back to 1884. "No matter the sport, the Lehigh-Lafayette game is the one that always gets circled on the schedule," says [Daniel Terpstra, DO](#), orthopedic surgeon with Coordinated Health and college team physician for Lehigh University.

Lehigh and Lafayette might be rivals in the sports realm, but what unifies the two schools is their continued partnership with sports medicine at LVHN and Coordinated Health. "They choose to stay with us year after year because our relationship is so strong," says [Nicholas Slenker, MD](#), orthopedic surgeon with Coordinated Health and college team physician for Lafayette College.

Sports roots run deep

A passion for sports that began during childhood was the launchpad for Slenker and Terpstra to pursue the work they do today in the field of sports medicine.

In third grade, Terpstra came home with a "What do you want to be when you grow up?" school project. That was easy for him to answer – a sports doctor for the [Phillies](#). Fast forward to his high school and college years, he wrestled and played football, landing his name in the Athletic Hall of Fame at [Bangor High School](#) and [Muhlenberg College](#).

"I always loved the interaction I had with my trainers and coaches. Sports medicine is about relationships and understanding how I can work together with the athletes, coaches and trainers to navigate the waters from injury through recovery," Terpstra says.

At [Parkland High School](#), Slenker was team captain of the swim team. "Growing up, athletics was a really critical part of my life and development," Slenker says.

The biggest lesson he learned in becoming a district champion swimmer was to put in the hard work. "My involvement in sports established my work ethic and gave me direction. Swimming was a springboard toward my success in medicine and eventually becoming a doctor," Slenker says.

On the sidelines

Of all the sidelines Slenker and Terpstra stood on throughout their careers in sports medicine, they are most proud to be back in their home areas helping athletes just like themselves overcome obstacles.

It can be tough news to hear that you'll be out for a few games or even a whole season. A sport becomes a central part of an athlete's life, so getting injured during the season is always devastating.

"But students who go through an injury often have a great perspective on it. Athletes already have an incredible work ethic, so they are invested in their journey to healing," Slenker says. He believes time on the field is critical as a sports medicine doctor, so he attends all basketball and football games for Lafayette.

"I love working with the high-level college athletes at Lehigh. The students are determined to do whatever they can to get better and back on the field," Terpstra says. He works closely with the Lehigh University football and wrestling teams, attending all home games and traveling regularly for away games.

Both college team physicians help intermittently at other games for sports like lacrosse, soccer and baseball. Every week, Slenker and Terpstra also offer training rooms at their respective campuses. The training room is open to all college athletes to come and have an injury checked out, stretch or get ice.

"Students like that they can get ahold of us anytime. They'll see us at practices, at the games or training room, and know that we are here for them and part of the team," Terpstra says.

From defeat to victory

The greatest win is the comeback after the injury. "When you have a defeat, you get back up, you retrain and move on to prepare for the next game or season. To be on this journey is the story of the sport," Terpstra says.

To learn more about our sports medicine services, visit LVHN.org/sportsmedicine.



COVID-19: Past, Present and Future

The Healthiest You Podcast: Episode 6

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The Healthiest You, Ep. 6: COVID-19: Past, Present and Future

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COVID-19: Past, Present and Future



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March 03, 2021

BY KATIE CAVENDER

The coronavirus has been a part of our lives for more than a year. Mike and Steph join Dr. Tim Friel, MD, LVHN Chair of Medicine to take a look at the past year and discuss what's to come.

This podcast was recorded on Feb. 23, 2021. Since the recording of this episode, the U.S. Food and Drug Administration issued [Emergency Use Authorization of the Johnson & Johnson vaccine](#). To read the latest about vaccines and Lehigh Valley Health Network's supply, visit [LVHN.org/VaccineFAQs](https://www.lvhn.org/VaccineFAQs).

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 the healthiest you.

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COVID-19: Past, Present and Future

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Five Things That Cardiologists Want You to Know About Heart Failure

February 25, 2021

BY KRISTY MARTIN

Did you know roughly 309,000 deaths annually are caused by heart failure in the U.S.? Not only that, nearly 960,000 new heart failure cases are diagnosed each year.

Heart failure happens when a person's heart is unable to pump enough blood to the

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Five Things That Cardiologists Want You to Know About Heart Failure



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body. Unlike a heart attack, which typically happens suddenly, heart failure is gradual and shows signs over time.

“At Lehigh Valley Heart Institute, patients are given more treatment options from the region’s largest team of board-certified advanced heart failure cardiologists,” says [Ronald Freudenberger, MD, Physician in Chief, Lehigh Valley Heart Institute](#). “That means when you need us, Lehigh Valley Heart Institute is your best option for heart care.”

Here are five important facts about heart failure:

1. Heart failure is complex

When heart failure happens, your heart is progressively getting weaker and may enlarge. The heart can’t pump properly, so your organs don’t receive the necessary amount of blood and oxygen. It is possible to develop heart failure after a heart attack – which are two completely different conditions of the heart – but that’s not always the case. There are certain risk factors such as diabetes or high blood pressure that may increase your risk of heart failure.

2. Heart failure is common

More than 6 million people in the U.S. suffer from this condition, and that number is expected to increase to more than 8 million by the year 2030.

3. Symptoms can seem unimportant, but they’re not

The most common symptoms of heart failure are shortness of breath and swelling in legs, feet and ankles, as well as fatigue. Many people attribute these symptoms to other causes, such as aging, which often makes heart disease difficult to diagnose until it’s too late for any significant treatment.

4. Hospitalization for heart failure is a warning sign

Because heart failure is so complex and a progressive condition, the need for hospitalization means things are worsening quickly and therapy must begin immediately.

5. Heart failure needs specialized care

It is crucial that all health conditions be considered when treating heart failure, especially with lifestyle and other health conditions in mind.

Visit, [LVHN.org/heartfailure](https://www.lvhn.org/heartfailure) to learn more about signs and symptoms. If you have concerns about your heart health schedule an appointment with an LVHN cardiologist by calling 888-402-LVHN



Call: 888-402-LVHN



Why You Should Be Seeing a Podiatrist If You Have Diabetes

February 25, 2021
BY HANNAH ROPP

[Diabetes](#) is a complex condition and can affect almost every part of your body, and your feet are no exception. Podiatrist [Samantha Newstadt, DPM](#), with Coordinated Health, part of Lehigh Valley Health Network (LVHN), outlines why it's so important to take care of your feet if you have diabetes.

Why people with diabetes should keep a close eye on their feet

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Why You Should Be Seeing a Podiatrist If You Have Diabetes



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According to Newstadt, many people who have diabetes develop some degree of neuropathy or nerve damage in their legs or feet, which causes a loss of sensation. “When this happens, you have a higher risk for being injured without knowing. If left untreated, even small injuries can progress into something more significant,” she says.

Newstadt says another reason that people who have diabetes are more susceptible to issues with their feet is because many have some element of vascular disease in their lower extremity, which also can contribute to complications.

What you can do to prevent diabetes–related foot conditions

The good news is that there is plenty you can do to prevent [diabetes–related foot conditions](#), starting with seeing a podiatrist. “If you have diabetes, it’s important to be established with a podiatrist and see them regularly. A podiatrist can evaluate any changes in your vascular health or for the development of neuropathy,” she says.

She also recommends checking your feet daily for any breaks in the skin or changes. In addition, she says she discourages her patients from walking barefoot. If you don’t want to wear shoes or slippers, she suggests wearing white socks so that if there is a break in the skin, it would be more noticeable.

Finally, Newstadt urges caution when it comes to clipping your toenails. If you do suffer from neuropathy, she says you may not notice a small cut that can turn into something more if you aren’t careful. In fact, she has many patients who come in for regular toenail clippings.

For more information about Newstadt and the services she offers, visit LVHN.org/SMNewstadt.



Masks and Shields: A Breakdown of COVID-19 Armor

March 02, 2021

BY KATIE CAVENDER

Even though a trip to the grocery store doesn't involve riding horseback with a medieval lance in tow, it does require armor of sorts. Gone are the days of metal breastplates with the family crest. Today's armor to fend off the coronavirus looks more like a cloth face covering sporting your favorite team or an endearing pattern. But not all armor is created equal.

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Masks and Shields: A Breakdown of COVID-19 Armor



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Fabrics, styles and fit of cloth face coverings vary widely, and so do their effectiveness. Researchers are continuing to investigate face masks to discover which types are the most effective at slowing the spread of COVID-19. The most important factors for an effective face mask are fit and fabric.

What type of mask is most effective at preventing the spread of COVID-19?

The [CDC recommends](#) that all face masks:

- Fit snugly against the sides of your face without gaps
- Completely cover your nose and mouth
- Include two or more layers of washable, breathable fabric
- Are secured with ties or ear loops
- Can be laundered and machine dried without damage or change to shape

When it comes to material, the [Pennsylvania Department of Health](#) recommends using two layers of tightly woven 100% cotton fabric.

Wearing a face mask alone is not the answer to preventing the spread of the coronavirus. It's important to wash your hands, distance yourself from others when possible and stay home if you feel ill.

Are neck gaiters, scarves or bandanas effective masks?

The CDC says, "scarves, ski masks and balaclavas are not substitutes for masks."

As for neck gaiters —, fabrics, styles and fit of cloth face coverings vary widely, and so do their effectiveness. Your face mask should be two-ply and made of breathable fabric, but the fabric should not be sheer. An ill-fitting gaiter also may tempt you to touch and adjust your mask throughout the day, increasing the chance that germs will be spread from your hands to your mask and face. Use these criteria to evaluate your neck gaiter to determine if it's the best choice for you and your family.

Should I wear two masks?

As mentioned above, it is important that your mask is two-ply and fits correctly. If your mask is single-ply, consider wearing two masks for better protection. If you have a loose-fitting mask, doubling up your masks may create a better fit. Ultimately, layers are key but doubling up your mask is not always necessary.

When should I wear a vented face mask?

Masks with breathing valves can be useful when working in construction and surrounded by airborne particles that are harmful to inhale. These masks prevent harmful particles from entering the mask and allow breath and moisture to exit. However, since outgoing particles are not filtered, these masks may be ineffective when it comes to slowing the spread of the coronavirus. If you have a vented mask, wear it with a procedural/surgical type mask to keep the valve covered.

Remember – wearing a face mask protects others, as well as yourself. It's critical that we all wear effective face coverings, implement social distancing and practice strict hand hygiene.

Who should not wear a mask?

Children under age 2 should not wear a mask. Some people may have a disability that prevents them from safely wearing a mask. There are also unique situations in which a mask would create a risk to workplace health, safety or job duty as determined by the [workplace risk assessment](#).

Since some people in our community will not be able to wear a mask, it is even more important for others to take that safety precaution. Masks are more effective when everyone wears one.

Is wearing a mask a substitute for social distancing?

Simply put – no, masks are not a replacement for social distancing. While masks reduce the risk for spreading COVID-19, they do not eliminate the risk. It is recommended that you practice all COVID-19 safety precautions (mask-wearing, hand-washing, social distancing and staying home when sick). All of these tactics are needed

to help protect our community.

When should I wear a mask?

The CDC recommends that you wear a mask in the following situations:

- Anytime you are in a public setting
- **Anytime you are** on a plane, bus, train or other form of public transportation traveling into, within or out of the United States, and in U.S. transportation hubs such as airports and stations – effective Feb. 2, 2021, this is a requirement across the U.S.
- When you are around people who do not live with you, including inside your home or inside someone else’s home
- Inside your home if someone you live with is sick with **symptoms of COVID-19** or has tested positive for COVID-19

The Pennsylvania Department of Health “Universal Masking Order” requires individuals to wear a face covering, in both indoor public places and in the outdoors when they are not able to consistently maintain social distancing from individuals who are not members of their household.

The state of Pennsylvania defines face coverings as, “A covering of the nose and mouth that is secured to the head with ties, straps, or loops over the ears or is wrapped around the lower face. A ‘face covering’ can be made of a variety of synthetic or natural fabrics, including cotton, silk, or linen, and, for the purposes of the order, can include a plastic face shield that covers the nose and mouth.”

For everyday use, preferred face coverings should be factory-made or sewn by hand. Additionally, procedural/surgical masks (paper) can be used as effective face coverings. N95 respirator face masks provide the highest level of protection and filtration. These specialized respirators are typically intended for health care providers and first responders.

To read more about how the Universal Masking Order applies to you visit [Universal](#)

How can I improve the fit of my mask?

Improving the fit of your mask not only helps prevent the spread of the coronavirus, it makes wearing a mask less uncomfortable. Here are some tips:

- **Custom fit** – Start by searching for masks that have ear loops that can be adjusted. If you are shopping for a child, look for custom children’s masks to ensure the best fit.
- **Nose wire** – Consider masks with a nose wire. It’s a metal strip along the top of the mask and may prevent air from leaking out of the top of the mask. Bend the nose wire over your nose to fit close to your face.
- **Mask fitter or brace** – Use a mask fitter or brace over a disposable mask or a cloth mask to prevent air from leaking around the edges of the mask. Check that it fits snugly over your nose, mouth and chin.
- **Add layers of material** – If your mask feels loose, you can consider adding a second mask to help the one closest to your skin lie against your face. Make sure you can still see and breathe easily.
- **Knot and tuck ear loops** – By knotting and tucking, you can improve the fit of a disposable surgical mask. Find a link to the how-to video on the [CDC website](#).
- **Check your mask before you go** – Double check the fit by cupping your hands around the outside edges of the mask. Make sure no air is flowing from the area near your eyes or from the sides of the mask. If the mask has a good fit, you will feel warm air come through the front of the mask and may be able to see the mask material move in and out with each breath.

Can face shields help prevent the spread of COVID-19?

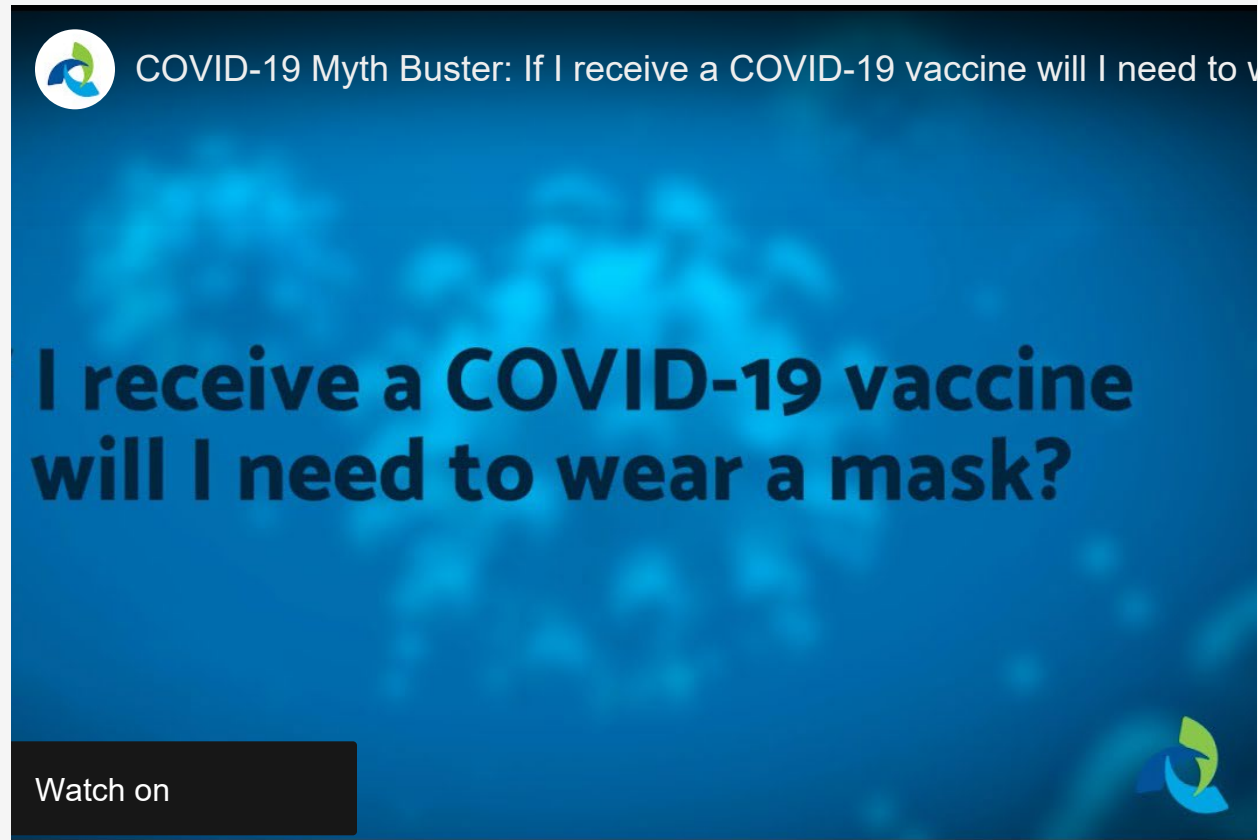
[Face shields are not a replacement for cloth face coverings](#). If worn, they should be in addition to a face mask for your protection. Disposable face shields should only be worn once, and reusable face shields should be cleaned and disinfected after each

use. Plastic face shields for newborns and infants are **NOT** recommended.

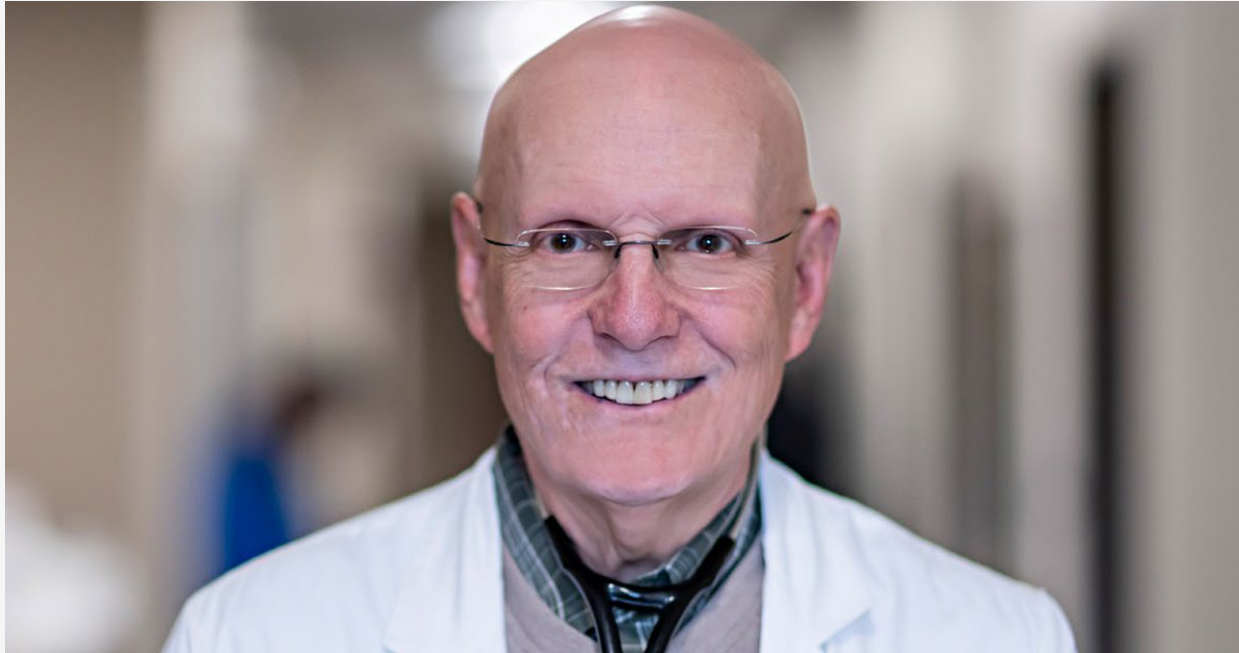
Is there scientific evidence that wearing a mask can help prevent the spread of an infectious disease?

Yes. You can visit the CDC webpage [considerations for wearing face coverings](#), to read about the evidence for the effectiveness of cloth face coverings, including scientific studies from reputable organizations.

If I receive a COVID-19 vaccine will I need to wear a mask?



For the most up-to-date information about COVID-19, safety precautions, visitation policies and more, visit LVHN.org.



LVH–Pocono’s Chief of Staff, Vincent Francescangeli, MD, Receives National Recognition for Being a Health Care Hero

March 01, 2021

BY JESSICA BLASCO

Recently named the Pocono Record’s Health Care Hero for December, Vincent Francescangeli, MD, the longtime chief of staff at [Lehigh Valley Hospital \(LVH\)](#)–

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LVH–Pocono’s Chief of Staff, Vincent Francescangeli, MD, Receives National Recognition for Being a Health Care Hero



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Pocono, was chosen as the winner of the Health Care Hero nationwide competition. This honor caps off an impressive career, as Francescangeli retired on Dec. 31 after four decades in medicine.

Inspired by family

In addition to working at Lehigh Valley Physician Group and LVPG Internal Medicine in East Stroudsburg, Francescangeli, known to patients and colleagues as “Dr. Frances,” is board certified in internal medicine. “Being a physician is a privilege and an honor,” says Francescangeli, who decided to become a doctor as a young man while helping his parents look after his grandparents. “As they got older, they lived with us for a period of time, and they became debilitated. We had to provide care for them. It was at that point I set my sights on medical school.”

After his father passed away from mesothelioma in 1990, Francescangeli took a greater interest in end-of-life care and became a board-certified hospice and palliative care medical director at LVH–Pocono. “I’ve learned so much from my hospice experience. Showing patients and their families that you still care means so much in the last moments of their life,” Francescangeli says.

Interest becomes passion

As a firm believer that patients nearing the end of their life still deserve the best possible care, the Monroe County Hospice* House holds a very special place in Francescangeli’s heart. “When you walk in the door, you know there is something special about this place. It’s quiet like a church; it’s an almost therapeutic environment,” he says. However, he believes what really sets apart Hospice House is the people who work there. “We do everything we can to take care of these patients. Little things like doing their hair, allowing them to sleep more and just showing that we haven’t given up on them can make a huge impact,” Francescangeli says.

Whether it’s wearing fun socks to bring a smile to a patient’s face or stopping by their bedside after hours, Francescangeli’s positive disposition and commitment to his patients leave a profound impact on the Pocono community as he enters retirement.

Passion becomes legacy

“I’ve had a very blessed career,” Francescangeli says. “I’ve been surrounded by dedicated partners and great physicians. I’ve had great opportunities.”

Stepping into Francescangeli’s role as the Medical Director for Hospice and Palliative Medicine is Christopher Bierman, MD, who hopes to continue to develop the hospice program. “My plan is to meet the local physicians and advanced practice providers and introduce myself and familiarize them with the things we can do for their patients. My goal is to continue to grow this great program and help as many people as we can,” he says.

As Francescangeli settles into retirement, he looks forward to what Bierman will do with his beloved hospice. “He will be good for hospice. He’s young and has the opportunity to bring a lot of new thoughts and ideas to the table,” Francescangeli says.

Bierman knows it will be a lot to live up to the legacy that Francescangeli has created. “It is incredible all the work he has done for hospice while also having his plate so full of his other responsibilities,” Bierman says. “I have big shoes to fill, and I look forward to doing my best!”

**Located in the heart of the Poconos is the Monroe County Hospice House, where our caring and seasoned clinical colleagues are dedicated to helping you or your loved one on the final passage of life. The Monroe County Hospice House provides another option for end-of-life care and pain management in a peaceful and tranquil environment when it is no longer feasible to manage symptoms at home. Nurses and physicians provide comfort and care 24/7 and continue providing physical, social, spiritual and emotional support to your loved one during the last stages of life.*

To learn more about the Monroe County Hospice House, please visit LVHN.org/HospiceHouse.

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

Total Positive Test Results

Since 03/16/2020

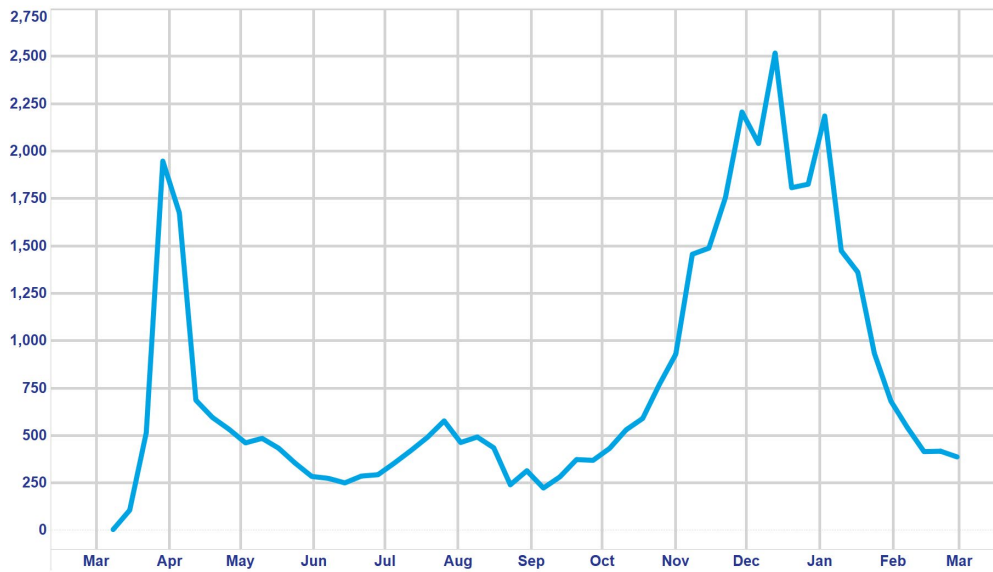
Total tests ordered: **227,246** – More than anyone in our region

Total positive tests: **40,994**

Positive result rate: **18.0%**

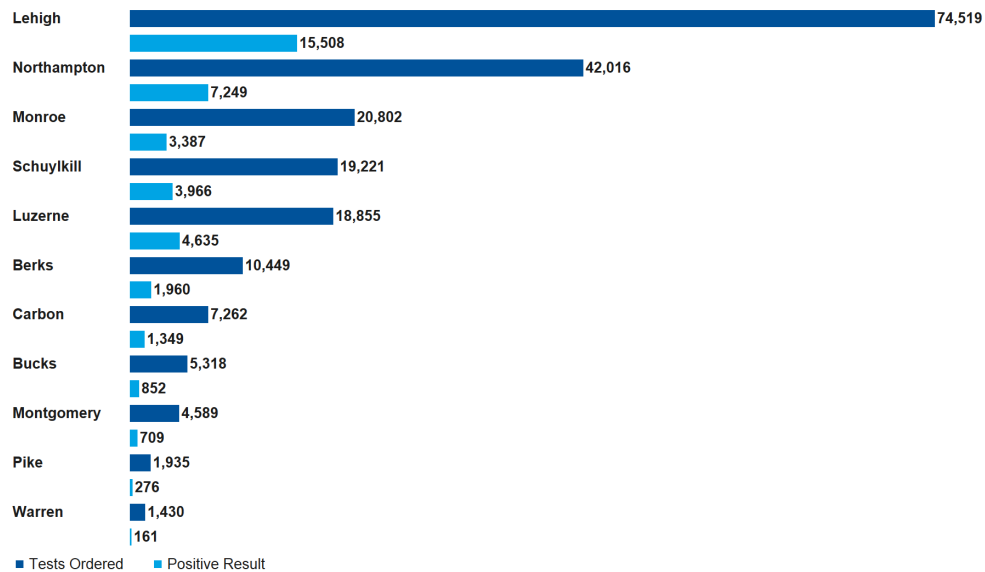
Weekly Positive Test Results

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

