



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

**COVID-19 stories highlighted in blue*

JUST FOR COLLEAGUES

COVID-19 POLICIES AND PROCEDURES UPDATE

MARCH 16

Continue to Do Your Part After You're Vaccinated

Get a refresher on our current policies and practices.



Congratulations! We Made the Fortune List

LVHN is a 2021 Best Workplace in Health Care and Biopharma.



Live Well and Win Prizes With My Total Health

Gifts cards valued at \$200 and \$2,000 travel vouchers are up for grabs.



Participate in the U.S. Clinician Well-Being Study

Take the survey and help improve hospital work environments.



Meet March's Partner of the Month

Got a flat tire? Nicole Schmidt can help.



LVHN Colleagues Model Safe Behavior – Photos

See colleagues doing their part to keep themselves and others safe.



Nicole Zapotocky Does Her Part

She puts herself in patients' shoes to ensure their safety.



Project ECHO: 'COVID-19 Therapeutics'

Eric Young, MD, will discuss available treatments for coronavirus.

STORIES



Meet the Team Who Helps Make LVHN's Drive-Through Vaccination Clinics Happen

Get a glimpse of what it takes to make a mass vaccination clinic come together.



Ted's Excellent Vaccination Adventure

A real dude's real-world experience.



How Lehigh Valley Hospital–Pocono Met the Pandemic on the Front Lines

Read a Pocono Record Op-ed by William K. Cors, MD.

HEALTH TIPS



March is National Colorectal Cancer Awareness Month

Get screening info at our free virtual Colorectal Cancer Community Forum.



Food for Thought: Grilled Avocado Veggie Ceviche

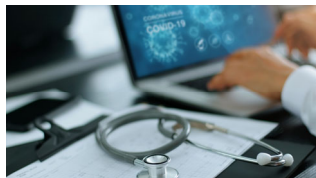
Learn why avocados are the perfect addition to tonight's dinner.

LVHN NEWS

**VACCINATION CLINIC
AT POCONO
RACEWAY MARCH 20**

LVHN Schedules First Mass COVID Vaccination Session in Monroe County at Pocono Raceway on March 20

This fully-booked event will vaccinate people in Pa.'s Phase 1A.



COVID-19 Report – Updated March 16

We didn't come this far to only come this far.

IN THE NEWS

LVHN urologist continues to speak about health issues men face

March 16, 2021 | tnonline.com

Share your story at LVHN.org/stories.

COVID-19 POLICIES AND PROCEDURES UPDATE

MARCH 16

Continue to Do Your Part After You Are Fully Vaccinated

March 16, 2021

Centers for Disease Control and Prevention (CDC) recently released new public health recommendations for fully vaccinated people. These recommendations do not apply to health care settings. As health care professionals, we hold ourselves to a higher standard and must do everything possible to protect ourselves, our colleagues and our community. Ending preventive measures too soon could lead to another spike in cases and new virus variants.

At LVHN, policies regarding COVID-19 infection control measures are continually

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Continue to Do Your Part After You Are Fully Vaccinated



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Lehigh Valley Health ...

50,572 likes

STAY SAFE STAY STRONG

#LVHNCOVIDSTRONG

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assessed and updated. We consider vaccination coverage data, colleague vaccination rates, new information on emerging variants and incidence of COVID-19 in the community.

The most recently published COVID-19 policies for LVHN colleagues remain in effect at all LVHN workplaces, **regardless of vaccination status**. Policies are available on the [COVID-19 intranet site](#). Changes will be shared with you via email and on LVHN Daily as part of our commitment to keeping you informed.

Current policies and practices

- **Mask use.** Colleagues must continue to wear a mask that covers the nose and mouth in all locations and at all times, except when eating or drinking. Maintain 6 feet distances when eating or drinking. Mask use must be consistent with the current LVHN policy, according to the colleague's role and procedure being performed. [See guidelines for use of PPE](#).
- **In-person meetings and gatherings.** In-person meetings or gatherings are not permitted unless approved by infection control and prevention leadership. All attendees of any meeting are required to wear a mask.
- **Lunch and breaks.** Do not eat or drink in groups, within 6 feet of another person or in a small enclosed room with multiple people.
- **Exposure, symptoms, illness and return to work.** The processes for reporting COVID-19 exposures to Employee Health Services, quarantining and returning to work have been updated for colleagues who are fully vaccinated. [See the updated guidelines](#).
- **Working remotely.** Colleagues who are able and approved to work remotely should continue to do so.
- **Recreational travel.** Consistent with CDC guidance, [travel is discouraged](#). If travel is necessary, domestic travel does not require special permission or a negative test result to return to work. International travel requires air passengers coming to the United States, including U.S. citizens, to have a negative COVID-19 test result or documentation of recovery from COVID-19 before they board a flight

to the United States.

- **Business travel, including travel for CME, CNE.** Business travel is not permitted. Education should be done virtually.
- **Conversa screening.** Colleagues must complete the screening before starting work duties. The screening has been updated to remove travel-related questions.
- Some changes to our [visitation policy](#) were made, effective March 10, regardless of visitor vaccination status.

If you have not been vaccinated, do your part and help keep our patients, colleagues and community safe. [Sign in](#) to MyLVHN to schedule an appointment for any LVHN COVID-19 vaccination event when supply is available.



Congratulations! We Made the Fortune List

March 12, 2021

**This message is from Brian A. Nester, DO, MBA,
President and Chief Executive Officer, and
Lynn Turner, Senior Vice President and Chief Human Resources Officer.**

Congratulations, colleagues! Your extraordinary work is once again shining the national spotlight on Lehigh Valley Health Network.

It was announced today that LVHN is named a 2021 Best Workplace in Health Care &

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Congratulations! We Made the Fortune List



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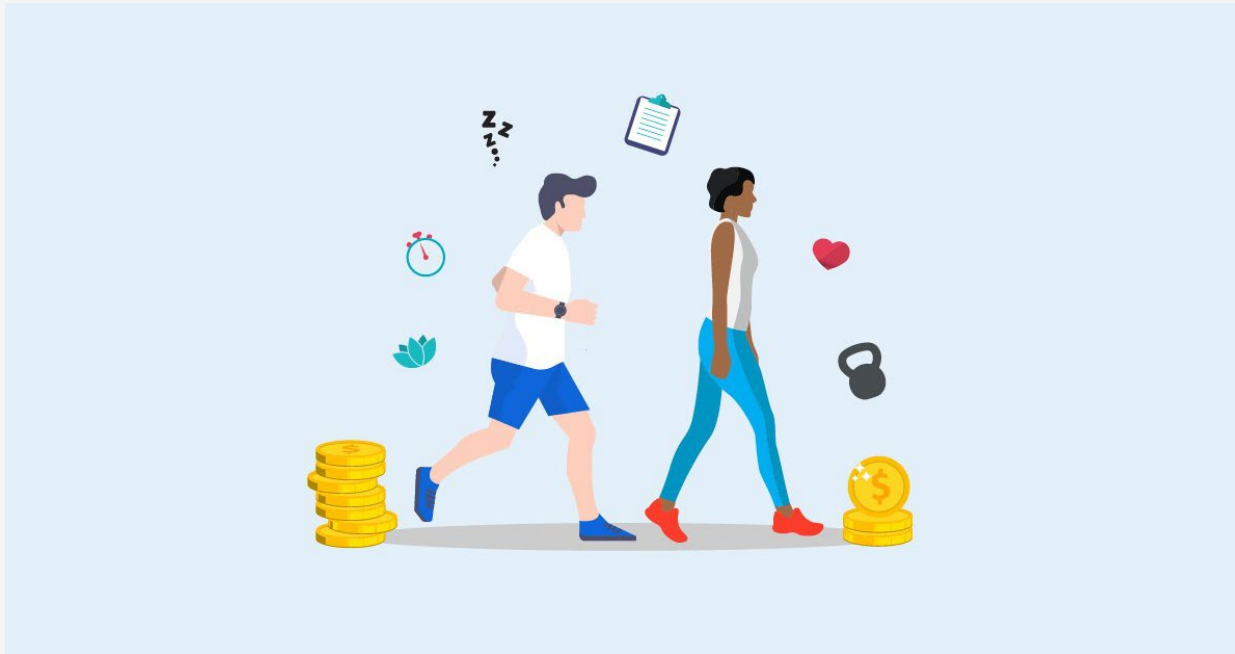
Biopharma™ by Great Place to Work and *Fortune*. This is amazing news! It's testament to the heroic work you have done throughout the pandemic, the amazing care you provide every day and the culture you foster to move LVHN forward from a [certified Great Place to Work](#), now to a Fortune Best Workplace in Health Care & Biopharma.

Great Place to Work, a global people analytics and consulting firm, polled more than 825,000 employees in the health care and biopharma industry to learn exactly what makes certain health care organizations the best places to work. Our culture of trust – and the positive things colleagues said about working at LVHN when surveyed – align perfectly with what makes a great workplace.

We will be sharing this exciting news with our community today and over the next several weeks. We'll also launch a marketing campaign to inform health care professionals outside our health network about the characteristics that make LVHN a great place to work for all. The campaign includes a feature story in the April/May edition of *Fortune* magazine, which will be available nationwide.

Our goal is to use this prestigious designation to attract the best and brightest new colleagues to join the LVHN family. We'll also use the designation as inspiration to constantly improve your work experience so that we retain the amazing colleagues we already have, because when you work alongside the best colleagues, it makes your work experience even better.

Thank you for making LVHN one of the best workplaces in health care in the entire USA. It's one more reason all of us can be #LVHNProud.



Participate in My Total Health Incentive Program and You Could Win a Raffle Prize

March 17, 2021

The My Total Health Incentive Program makes feeling good fun with rewards and prizes for engaging in wellness activities.

Track your points and earn rewards

Complete eligible wellness activities that support physical, emotional, financial and

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Participate in My Total Health Incentive Program and You Could Win a Raffle Prize



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social wellness and record your participation in the My Total Health Portal at mth.lvh.com. Access the portal any internet browser. You do not need to be connected to the LVHN network.

Here's how you earn prizes:

- When you earn 50 points, you can redeem a salad mason jar and are automatically entered to win one of five raffles valued at \$200 each.
- When you earn 125 points, you can redeem a \$125 gift card and are automatically entered to win one of four AAA Travel vouchers valued at \$2,000 each.

Here's when the raffle prizes will be drawn:

- **The five raffles valued at \$200 each will be drawn April 1, May 1, July 1, Sept. 1, and Oct. 1.** Each winner will be allowed to choose one of the following prizes: \$200 voucher to iRedeem Health or LVHN Fitness, or a AAA Membership.
- **The four grand prize raffles will all be drawn Dec. 1.** Each winner will receive a AAA Travel voucher valued at \$2,000 that is good for five years.

If you have a question, send a message to your health coach through the My Total Health Portal or email mytotalhealth@lvhn.org.

Want to be the first to receive My Total Health news, updates and information? Become a wellness champion for your department. Email mytotalhealth@lvhn.org to learn more.

Clinician Well-Being Study – Help Us Help You

This message is from Kim Jordan, DNP, Senior Vice President, Patient Care Services, and Chief Nursing Officer; Carolyn Davidson, PhD, Vice President, Patient Care Services, and Chief Nursing Quality and Patient Safety Officer; and Lori Grischott, MSN, Mana

March 18, 2021

Lehigh Valley Health Network's (LVHN) Lehigh Valley-based hospitals and services are partnering with University of Pennsylvania School of Nursing's Center for Health Outcomes and Policy Research on a [global initiative](#) to improve hospital work environments.

Lehigh Valley Hospital and Magnet-recognized services are participating in the U.S. Clinician Well-being Study, the first large-scale evaluation in the U.S. of mental health and well-being of hospital registered nurses (RNs), advanced practice providers (advanced practice registered nurses [APRNs] and physician assistants [PAs]), and physicians (MDs or DOs); and the value of positive work environments for clinician well-being and patient safety and quality of care. It comes right on the heels of the National Academy of Medicine's newest landmark report, [Taking Action Against Clinician Burnout: A Systems Approach to Professional Well-Being](#). The study involves clinicians in more than 60



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Clinician Well-Being Study – Help Us Help You



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Magnet® hospitals located nationally, plus a comparison group of nationally representative hospitals.

The study will involve you and your team members who provide care in the adult inpatient setting as well as the emergency room clinicians completing a one-time survey. The survey should take you approximately 10 to 15 minutes to complete. Your responses will be collected directly by the University of Pennsylvania's Center for Health Outcomes and Policy Research led by Linda Aiken, PhD, and Matthew McHugh, PhD. LVHN will never know who responded nor have access to your individual survey data. Furthermore, the survey platform will be enabled to track survey completion by email address stored separately from responses to survey questions, thus anonymizing responses.

By participating in this survey, you help ensure LVHN:

- Is represented in the largest interdisciplinary U.S. study on clinician well-being
- Receives individualized benchmarking reports with actionable data that is designed to provide solutions to improve clinician well-being and reduce burnout
- Participates in a Magnet® multisite study that meets the Magnet® re-designation requirements for evidence of New Knowledge, Innovation, & Improvements (NK1)

The individual survey data will be aggregated to the hospital level, then linked with Medicare Hospital Compare Patient Experience data (HCAHPS) and Medicare patient outcomes data. The study will quantify the cost implications of burnout and associated adverse patient outcomes. The identity of hospitals and individual nurses, advanced practice providers (APRNs and PAs), and physician respondents will be strictly confidential. LVHN will receive a report with our hospital's own aggregated research results with benchmarking against other hospitals. Our report would be specific to our institution and no other hospitals will be identified in the benchmarking.

We hope you will think this study is as important as we do.

- Your participation is voluntary. Your decision to participate, or not, will not in any way affect (favorably or unfavorably) your employment status, performance evaluations, career advancement or other employment-related decisions made by peers or supervisors.
- Your responses are confidential and your name will NOT be linked with your responses.
- The survey can be completed from any computer, tablet or smartphone at any time.

The survey will take approximately 10 to 15 minutes to complete.

- By completing the survey, you give your consent to participate.

*Please note that the survey will come from the following email address: USclinician_wellbeing_study@qualtrics-research.com.



Partner of the Month Award – March 2021

March 18, 2021

Nichole Schmidt, RN, Nurse Manager, Interventional Radiology, LVH-Hazleton

It was a cold, dreary day in November when a 91-year-old woman arrived for an ultrasound test. Her 89-year-old brother drove her to the 5:30 p.m. appointment. While sitting in the waiting room, the brother became nervous and upset. Schmidt noticed his anxiety and went over to comfort him. When he told Schmidt he was worried he might have a flat tire, Schmidt accompanied him to the lobby and asked security to go with them to the parking lot. When they got to his car, they found not one, but two flat tires.

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Partner of the Month Award – March 2021



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He had hit something that cut both tires driving to the appointment. Schmidt immediately called a tow truck. When the woman was done with the ultrasound test, Schmidt called a taxi for their return trip home. Schmidt then followed the taxi, ensuring they arrived home safely. “Nichole’s concern for the safety and well-being of this patient and her brother exceeds all expectations,” says nominator Laci Gashi. “She took a very stressful situation into her own hands, which in turn provided these two individuals with comfort, compassion and relief.”

Next Steps

Nominate a Partner of the Month.

Congratulate these Proud Partners Award recipients.

Kaitlyn Kilroy, BSN, Emergency Services, LVH–Cedar Crest

Driving home from work, Kilroy came to a scene of a terrible accident. She immediately stopped to assist the crash victims. Kilroy performed CPR on a young child until paramedics arrived. Throughout the pandemic, Kilroy has always been ready to extend a helping hand, demonstrating her courage and compassion in difficult situations.

Angel Burris, RN, Clinical Access Triage, Health Navigator, LVHN–Mack Boulevard

Burris received a call from a patient worried that she might have COVID-19. The patient suffered from severe acid reflux and described her symptoms: body aches, chills, shortness of breath. She also reported a fullness and tightness in her chest that radiated to her left arm. Burris told the caller to go to the emergency department right away. After much hesitation, the patient finally agreed. Several days later, the patient called back to thank Burris for saving her life.

Jason Gu, MD, Maggie Driscoll, MD, Nicole Mincin, Psychiatric Case Manager, Adult Behavioral Health Services, LVH–Muhlenberg

After a two-week inpatient stay, a patient in her 60s was scheduled for discharge. Because of a recent snowstorm, the patient’s car was buried by a snowplow. Working together, Gu, Driscoll and Mincin dug her car out of the snow. The patient was very

thankful she was able to go home after a long hospitalization.

Mark Knouse, MD, Chief, LVPG Infectious Diseases

During the pandemic, the infectious diseases team faced many challenges, including a reduction in staff. Knouse worked extra shifts and longer hours to keep colleagues, community members and patients safe. His ongoing research and dedication to improving outcomes helped LVHN become a leader in treating COVID-19 patients, reducing symptoms and preventing hospitalizations. Despite the stressful effects of this period, Knouse kept a positive outlook and a sense of humor.

Kelsey Dieck, Physical Therapy, Coordinated Health

Coming for therapy, a patient reported feeling seriously depressed. She expressed dissatisfaction with her primary care provider, explaining that she had no medical support to help her cope with depression. Responding in a kind and compassionate manner, Dieck arranged for the patient to see another family practice physician. Afterward, the patient called to say she was delighted with her new physician and the support she was receiving.

Samer Alkhuja, MD, LVPG Pulmonology–Pocono

A patient experiencing chest tightness and trouble breathing came to see Alkhuja. He immediately had the patient admitted to the PCU. Because the patient had several serious medical conditions, Alkhuja worked closely with multiple doctors to ensure this patient received the most appropriate treatment. The patient had a cardiac stent inserted. Alkhuja's persistence, compassion and expertise saved this patient's life.

Erin Gallagher, Payor Based Care, Population Health, LVHN–One City Center

Due to the visitation policy, one of Gallagher's patients couldn't have a family member present upon discharge. Gallagher followed up with the patient's husband. She spent nearly an hour on the phone reviewing hospital notes, medications, lab tests due and follow-up appointments. The patient's husband was very thankful for Gallagher's time and much-needed guidance.



LVHN Colleagues Model Safe Behaviors – PHOTOS

March 11, 2021

Check out the colleagues who are role models for safe behaviors.

I am blessed to serve my community. I'm thankful for our brand new emergency department now open to care for those needing emergent care and comfort.

-Jeanna Werner, RN, Emergency Department

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LVHN Colleagues Model Safe Behaviors – PHOTOS



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I wear PPE to clean, disinfect and sterilize our compounding equipment in the pharmacy.

-Christopher Goodman, Pharmacy Technician



I pledge to stop the spread by helping and educating patients to wear their masks and wash their hands.

-Ashley Smith, Technical Partner



As an LVHN colleague, it's my job to be a role model for the importance of wearing a mask at work.

-Wendy Stratz, Office Coordinator, Engineering Administration



I want to keep my patients, colleagues and family as safe as I can to stop the spread of COVID-19 and to keep everyone healthy.

- Jennifer Keller, DO, LVPG Internal Medicine

Follow their lead and do your part.

Submit your story

Since the start of this pandemic, your dedication to keeping our colleagues and community safe has been nothing short of heroic. How do you model the behaviors that keep us safe? How do you inspire others to do the same? Submit your story and masked selfie at LVHN.org/stories, and you could be featured for doing your part.





Nicole Zapotocky Does Her Part and Puts Others First

March 18, 2021

“During the pandemic, I took a step back and thought about how I’d want someone to handle a doctor’s appointment for me or my loved ones,” says Nicole Zapotocky, Insurance Coordinator with LVPG Cardiology. “I acted with my brain, but also with my heart.”

Patients feel safe and comfortable keeping their cardiology appointments during the COVID-19 pandemic thanks to Zapotocky and her colleagues at LVPG Cardiology–Easton.

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Nicole Zapotocky Does Her Part and Puts Others First



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“We asked the patients to call the office when they arrive and we called them back when we were ready for them,” Zapotocky says. “Once their office visit was completed, I went in the patient exam rooms and did all the scheduling in the rooms before walking them to the front to eliminate patient-to-patient contact and unnecessary contact with surfaces.”

Follow Zapotocky’s lead and do your part.

Submit your story

Since the start of this pandemic, your dedication to keeping our colleagues and community safe has been nothing short of heroic. How do you model the behaviors that keep us safe? How do you inspire others to do the same? Submit your story and masked selfie at LVHN.org/stories, and you could be featured for doing your part.



LVHN Presents Project ECHO “COVID-19 Therapeutics”

March 16, 2021

You're invited to LVHN's Project ECHO presentation, “COVID-19 Therapeutics.” Eric Young, MD, infectious disease physician with LVHN, will be discussing all available treatment options for COVID-19 and their effects on coronavirus. This presentation only applies to adult patients with COVID-19.

In order to participate, you must:

- Understand the natural history of COVID-19 infection.

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LVHN Presents Project ECHO “COVID-19 Therapeutics”



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- Know the role of individual medications in the management of COVID-19 infection and when to use each medication.
- Recognize the limitations of our current treatment of COVID-19 infection.

Register using this link:

<https://redcap.lvh.com/redcap/surveys/?s=A4K8M7RNEC>

[Click here to view the flier.](#)



Meet Our Team: People Who Help Make Lehigh Valley Health Network's Drive-Through Vaccination Clinics Happen

March 17, 2021

BY HANNAH ROPP

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Meet Our Team: People Who Help Make Lehigh Valley Health Network's Drive-Through Vaccination Clinics Happen



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Lehigh Valley Health Network (LVHN) has vaccinated thousands of community members through COVID-19 drive-through vaccination clinics. These clinics are safe and efficient ways to vaccinate a large number of people at once and will continue well into the future. While it may look like a seamless process, there are a lot of people involved in making sure the event, like the one we held today at Dorney Park, is a success.



Terry Burger, RN, Administrator, Infection Control

Terry Burger, RN, has been organizing the drive-through flu shot clinics for over 20 years, but says the COVID-19 vaccination clinics are much different and are more detailed. To start, appointments are needed at COVID-19 drive-through clinics to ensure enough vaccines are available. Computers and specialized software are also necessary to chart in real-time how much vaccine is being used. In addition, an observation lot and critical care physicians are needed in the rare event there is a reaction.

Burger says that it's still a learning process. "Every time we hold one of these we discover something new to make the process even more efficient," she says.



Brenda Croll-Stachelek, MSN, Infection Preventionist

Drive-through vaccination clinics wouldn't be possible without the help of LVHN colleagues and Brenda Croll-Stachelek is tasked with staffing the events and making sure everyone is in the right role. She works closely with operations to find out how many people are needed in each position from traffic coordinators, to nurses, pharmacists, physicians and more. The number of colleagues at each event varies, but is usually between 150-200 people.



Elie Jabbour, PharmD, Director, Clinical Pharmacy Services

While you may not see them, pharmacists and pharmacy technicians play a vital role in drive-through vaccination clinics. They are located at an enclosed facility and draw up the doses, label them and deliver them to the nurses. They generally put together 600 doses in an hour and try to stay two hours ahead.

Elie Jabbour, PharmD, Director, Clinical Pharmacy Services, says the experience is rewarding. "As pharmacists and pharmacy technicians, this is our opportunity to use our unique skillset to give back to the community," he says.



Carol Fox, RN, Director, Trauma Program

When it comes to drive-through vaccination clinics, nurses are the stars of the show. They are the ones responsible for the vaccinations themselves. LVHN Registered Nurse Carol Fox says it's an amazing experience. "I had one woman who just cried hysterically this morning because she was so happy. I cried along with her. We've all been waiting a year for this and I'm so proud to be a part of it," she says.

In addition to administering the vaccines, the nurses also double check the paper work and mark the time the car is allowed to leave the observation lot on the windshield.



Steven Scott, MD, Hospital Medicine

LVHN physicians are available at COVID-19 drive-through vaccination clinics in the rare event of a reaction. There are generally four or five physicians available who walk up and down the aisles to make sure everyone is doing OK. People are told to put on their four-way signals to alert physicians to a problem. In most cases the reactions are minor and only require additional observation.


“It’s so important that people get their vaccine and this is a great way to help. People are so appreciative. I had a couple this morning who drove two hours to be here,” says Steven Scott, MD, LVHN general internal medicine physician.

More vaccination clinics are on the way

LVHN is committed to keeping our community informed about vaccine availability in real time as more vaccination clinics are scheduled. There are three ways to stay up to date:

LVHN.org – LVHN will post a green alert at the top of our website, [LVHN.org](https://www.lvhn.org), to indicate that appointments are available. When appointments are unavailable, LVHN will post a red alert at the top of the website.

MyLVHN – People on the LVHN patient portal, MyLVHN, will see an announcement on the home screen indicating if appointments are available.

COVID-19 Hotline – If you do not have access to technology, you can call 833-584-6283  (833-LVHN-CVD) to receive an update and schedule an appointment if supply is available. Demand and call volume is high. You may be on hold and all vaccine appointments may fill up while you wait. The fastest way to get an appointment is through MyLVHN.

LVHN typically receives vaccine shipments on Tuesdays when supply is available. Please remember that more than 300,000 people in Phase 1A are waiting to get vaccinated by LVHN. Vaccine supply is determined by the state of Pennsylvania. Appointments are filled on a first-come, first-serve basis and are taken very fast.

For more details about vaccines and upcoming vaccination clinics, visit LVHN.org/vaccines.



Ted's Excellent Vaccination Adventure

March 15, 2021

BY TED WILLIAMS

Rewind to a few days ago, when I got lucky and booked a COVID-19 vaccination appointment through my MyLVHN app. (Lehigh Valley Health Network's secure patient portal.) When I got through and signed up for the Dorney Park drive-through vaccination clinic, it felt like I'd won the lottery.

Will there be lollipops?

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Ted's Excellent Vaccination Adventure



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However, as I turned onto Lincoln Avenue on Dorney's parking lot side on the day of my shot, I was feeling nervous. Now I know lots of people who say they have no problem getting shots. Between me and you, I'm not one of them. (Like everybody, I collected a lot of lollipops from my family doctor for being so brave getting booster shots as a kid. Didn't help.) But even I know that if we want to end this pandemic sometime soon, we should all get this shot.

Several signs and masked volunteers pointed the way through the parking lot to where vehicles were lined up in three rows. Another masked volunteer strolled by with an iPad to make sure my appointment was legitimate. When it checked out okay, she scribbled a yellow smiley face on the upper corner of my windshield.

A second masked volunteer offered some paperwork. I quickly filled out a consent form, then looked over a vaccine fact sheet, a guide card indicating what would happen from here, and my official "I GOT MY SHOT" sticker. About 25 minutes after I had turned down Lincoln Avenue, I got waved around to the vaccination tents. I cringed as I pulled up in Lane 10 to my destination. Instinctively, I looked for lollipops.

Somebody wrote "1334" in smiley-face yellow on the opposite side of my windshield. I would later find out this signified my vaccination time so masked volunteers waiting on the other side of the tent would know how to time the 15 minutes post-vaccination period to be sure I didn't have an adverse reaction to the vaccine.

Quick and literally painless

A masked clinician then rolled up my T-shirt sleeve a bit, swabbed my shoulder with some alcohol and warned me of an impending pinch. It wasn't much of a pinch actually, and I wondered if he had missed. But he confidently placed a Band-Aid over the injection site, gave me a vaccination record card to bring along for the booster on April 1, and sent me along to the masked volunteers who would keep me entertained until 1349 (1:49 p.m.).

By 1353 (1:53 p.m.), I was back on Route 222 heading home. Local media said 3,600 people would be vaccinated at Dorney Park on this day. That's a whole lot of yellow smiley faces. And there are a whole lot more to come.

Have you signed up for MyLVHN yet? Visit [LVHN.org/MyLVHN](https://www.lvhn.org/MyLVHN) for everything you need to get started.

About the author:

Ted Williams is a Lehigh Valley native and writer. He was a long-time web and print journalist for [The Morning Call](#) and [The Express-Times](#), as well as a writer at Lehigh Valley Health Network (LVHN) for six years. Today, he is a freelance writer who contributes articles to LVHN's news blog.



How Lehigh Valley Hospital–Pocono Met the Pandemic on the Front Lines

Pocono Record Op-ed: William K. Cors, MD, MMM, FAAPL

March 15, 2021

Originally published in the Pocono Record on February 9, 2021

It is my honor to serve as the Chief Medical Officer for Lehigh Valley Hospital (LVH)–

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How Lehigh Valley Hospital–Pocono Met the Pandemic on the Front Lines



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Pocono for the past four years, and for six years before that in a similar position for Pocono Medical Center. Despite decades of experience in the clinical practice of medicine, as well as in hospital leadership positions, nothing fully prepared us for the COVID-19 pandemic that has consumed the past year.

In February and March 2020, we began to see an influx of severely ill patients with a respiratory disease often requiring specialized care in the critical care unit. We quickly assembled clinical teams to plan for the triage and care of the many patients arriving in the emergency room requiring admission. This was unlike anything we had ever experienced, and, at first, it was unclear what we were dealing with. In time, the skilled teams and providers both at LVH–Pocono and across Lehigh Valley Health Network gathered data, collected information from other health care systems, assembled care teams and collaborated to develop care plans in real time for an illness that was largely unknown.

As a leader of LVH–Pocono, it was essential that I have the most accurate information about what’s happening on the front lines. I named a cabinet of medical staff leaders from multiple disciplines, including emergency medicine, infectious disease, internal medicine, trauma surgery, critical care intensivists, hospitalist medicine, surgery, anesthesia and nursing. We met by phone several times each week, or even daily, depending on what was happening. These trusted advisers contributed their observations, opinions and recommendations on what was required to keep this complex operation running smoothly and safely. They not only helped hospital leadership deal with the current situations, they also helped plan “what if” scenarios in the event we had to do things in a different fashion than standard operating procedure. Their counsel was invaluable throughout the height of the pandemic. There were times it felt like it would never end, but thanks to my colleagues’ hard work and input, the organization was able to safely steer the ship through the unknown waters created by the pandemic. I am totally humbled by the perseverance, dedication, commitment and resiliency of these health care professionals, and for that, I shall be forever grateful.

As the months went on, the number of cases declined with protective measures and warmer weather, but we continued to learn from one another and from medical experts around the globe what worked and what didn’t in treating this new viral pandemic.

Unfortunately, once the cold weather and the holidays approached, a second surge

occurred, but this time it was a bit different. The experience we had gained showed that some treatments such as monoclonal antibodies, remdesivir, dexamethasone and high-flow oxygen could help many people from becoming more severely ill. However, despite our best efforts, some patients still required critical care, but far fewer than with the first surge.

We will get through this because now we have hope with the vaccinations that are becoming more available every day. This is the light at the end of the tunnel.

Based on my extensive research of the subject, I had no hesitation to take the COVID vaccination as soon as I was eligible to receive it. I have had both injections, and I had some mild malaise following the second shot, but that is nothing compared to what so many patients went through with the illness itself. I strongly encourage everyone – when the vaccine is available and you are eligible – to please get the vaccination to protect yourself, your loved ones and your community.

William K. Cors, MD, MMM, FAAPL, is a neurologist and serves as the Chief Medical Officer for [Lehigh Valley Hospital–Pocono](#) in East Stroudsburg.



March is National Colorectal Cancer Awareness Month

Get screening info at our virtual – and free – Colorectal Cancer Community Forum

March 17, 2021

Knowing your risk for colorectal cancer is important, particularly as you hit a milestone like the big 5-0. If you turn 50 in 2021, Lehigh Valley Cancer Institute has a free virtual event just for you:

Colorectal Cancer Community Forum

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March is National Colorectal Cancer Awareness Month



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This virtual event will feature speakers from the Cancer Institute who will shed light on important topics like colorectal cancer screening, nutrition and colon health, and facts about prevention strategies.

Facts about colorectal cancer

- Colorectal cancer is the third most common cause of cancer death in the U.S.
- Caught early, colorectal cancer is highly curable.
- Everyone should be screened for colorectal cancer beginning at age 50, unless you have a family history of the disease or certain other risk factors, and then earlier screening may be needed. Check with your primary care provider for guidance on timing.

Attend the Virtual Colorectal Cancer Community Forum

Date: Tuesday, March 30

Time: 6 p.m

Register: at LVHN.org/colonevent

This event will be moderated by Stephanie Wells from [Mike and Steph in the Morning on B104](#), and co-host of Lehigh Valley Health Network's podcast, [The Healthiest You](#).

Speakers and topics

Three Lehigh Valley Cancer Institute colleagues will speak at the event, including:

- [Linda Lapos, MD](#) – Colonoscopy: Screening and Prevention
- Jennifer Brennan, MS, RD, CSO – Get the Facts About Nutrition and Your Colon
- [Usman Shah, MD](#) – Prevention Strategies: Fact vs. Fiction

Questions and answers with speakers including [Bhavana Singh, MD](#), LVPG Hematology Oncology–Pocono, [Maged Khalil, MD](#), LVH Hematology Oncology-Cedar

Crest, and [Patrick Hickey, DO](#), Eastern Pennsylvania Gastroenterology and Liver Specialists following the presentations.



Food for Thought: Grilled Avocado Veggie Ceviche

March 17, 2021

BY AMANDA BIALEK

Get ready to "avo" good time and celebrate St. Patrick's Day with a healthy recipe. This grilled avocado with veggie ceviche will not disappoint. It's flavorful and the perfect green addition to go with your dinner tonight.

Avoca-don't worry, be healthy

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Food for Thought: Grilled Avocado Veggie Ceviche



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[Avocados](#) are full of nutrients like vitamins C, E and K, magnesium and potassium. They also contain heart-healthy monounsaturated fatty acids and may lower your cholesterol levels. Since avocados are high in fiber (approximately 6-7 grams per half fruit), eating them will improve digestion and naturally detox your system. You can check out the full recipe below.

Ingredients:

- 3 tablespoons [organic red wine vinegar](#)
- ¼ cup lime juice
- ¼ cup orange juice
- 1 teaspoon honey
- 1 teaspoon grated ginger
- ½ of a vegetable bouillon cube, minced to a powder
- 2 tablespoons [extra virgin olive oil](#), plus more for greasing
- salt and pepper to taste
- 1 ear of corn, kernels removed
- 1 red bell pepper, seeded and diced small
- ¼ cup minced red onion
- 2 purple carrots, peeled and sliced into thin coins
- 1 cup small diced cauliflower
- 1 serrano pepper sliced thin

- ¼ cup minced cilantro
- 4 avocados, halved with pits removed

Directions:

1. In a medium size mixing bowl, combine red wine vinegar, juices, honey, ginger, powdered bouillon cube and extra virgin olive oil. Whisk to combine, then season with salt and pepper to taste.
2. To the bowl with the dressing add corn kernels, bell pepper, red onion, purple carrots, cauliflower, serrano and cilantro. Toss to combine, season with more salt and pepper if desired, then set aside to marinate for at least 15 minutes, up to 1 hour.
3. Brush avocado halves and grill pan generously with extra virgin olive oil. Place pan over medium-high heat. Once pan is smoking hot, add avocados cut side down. Grill for 2-3 minutes until avocado has dark grill marks across the surface.
4. Transfer grilled avocados to a serving plate, then fill the cavities with vegetable ceviche. Serve immediately. **Serves 8 as a side.**

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

VACCINATION CLINIC AT POCONO RACEWAY MARCH 20

LVHN Schedules First Mass COVID Vaccination Session in Monroe County at Pocono Raceway on March 20

Those in Pa.'s Phase 1A will be eligible to receive their first dose by appointment only

Lehigh Valley, Pa., March 16, 2021

Vaccine appointments are currently filled.

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Contact



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LVHN Schedules First Mass COVID
Vaccination Session in Monroe County at
Pocono Raceway on March 20




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[Lehigh Valley Health Network \(LVHN\)](#) will hold its first COVID-19 mass vaccination session in Monroe County at [Pocono Raceway](#) in Long Pond on Saturday, March 20.

On this date, we expect to vaccinate 3,000 people in the state of [Pennsylvania's Phase 1A](#) by appointment only. Those without an appointment will not be eligible for vaccination. The drive-through clinic will be held from 8:30 a.m. to 5:30 p.m. First doses of the Moderna vaccine will be administered for free.

LVHN will be administering vaccines throughout the Pocono region this week, including sites at both Pocono Raceway and [Lehigh Valley Hospital–Pocono](#). To schedule an appointment for the Pocono Raceway drive-through clinic or any other LVHN COVID-19 vaccination event, people in Phase 1A can sign in to MyLVHN. You also can schedule an appointment by calling our COVID-19 Vaccine Hotline at 833-584-6283  (833-LVHN-CVD). However, because of large demand and call volume, you may be on hold and appointments for others may be taken while you wait. MyLVHN will be your fastest and easiest way to schedule. Appointments will be filled on a first-come, first-served basis.

LVHN is committed to keeping our community informed about vaccine availability in real time.

When LVHN receives a vaccine shipment

People with a MyLVHN account will see an announcement in the portal that appointments are available. We also will post a green alert at the top of our website, LVHN.org, telling you that appointments are available. LVHN typically receives vaccine shipments on Tuesdays when supply is available. People seeking a vaccination should check MyLVHN regularly for the latest announcement. To confirm your eligibility for a vaccination for any LVHN COVID vaccination event, the public can sign up with MyLVHN, the health network's free, secure and easy-to-use patient portal.

Please remember that more than 300,000 people in Phase 1A are waiting to get vaccinated by LVHN. Appointments are filled on a first-come, first-served basis and are taken very fast. At LVHN, we administer the vaccine very fast, too, using all the doses we receive within one week.

When all available appointments are filled

People with a MyLVHN account will see an announcement in the portal that appointments are no longer available. We also will post a red alert at the top of our website, LVHN.org, telling you that appointments are not currently available.

When we receive a new vaccine shipment, we will post a new announcement about newly available appointments. The ability to schedule an appointment is dependent upon the supply of available vaccine at LVHN, which is determined by the state of Pennsylvania.

LVHN has extensive mass immunization experience, hosting drive-through flu shot clinics for nearly two decades, where we have vaccinated as many as 8,000 people in one day. We will apply that experience to large-scale drive-through COVID-19 vaccine events throughout the region to supplement our existing vaccination locations as supply is made available from the state.

LVHN will continue to expand its mass immunization program. Sites in other locations are being established in coordination with local health bureaus and authorities. An appointment is needed to receive the vaccine at all LVHN locations, including the mass immunization sites.

Sign in or sign up at [LVHN.org/MyLVHN](https://www.lvhn.org/MyLVHN).

About LVHN

[LVHN](#) includes eight hospital campuses, three in Allentown, one in Bethlehem, one in East Stroudsburg, one in Hazleton and two in Pottsville, Pa.; [Coordinated Health](#), which includes two hospital campuses, nearly two dozen multispecialty locations including ambulatory surgery centers and orthopedic injury centers in northeastern Pennsylvania and western New Jersey; 26 health centers; numerous primary and specialty care physician practices; 20 [ExpressCARE](#) locations including the area's only [Children's ExpressCARE](#); pharmacy, imaging, home health, rehabilitation and lab services; and preferred provider services through Valley Preferred. Specialty care includes: trauma care for adults and children, burn care at the Regional Burn Center; kidney and pancreas transplants; perinatal/neonatal, cardiac, cancer, orthopedics, neurology, complex neurosurgery capabilities including national certification as a

Comprehensive Stroke Center, and robotic surgery in 10 specialties. [Lehigh Valley Cancer Institute](#), [Lehigh Valley Heart Institute](#) and [Lehigh Valley Institute for Surgical Excellence](#) physicians provide the most advanced treatments. Lehigh Valley Cancer Institute is a member of the [Memorial Sloan Kettering \(MSK\) Cancer Alliance](#), an initiative that helps community providers improve the quality of cancer care and offers access to MSK clinical trials. [Lehigh Valley Reilly Children's Hospital](#), the community's only children's hospital, provides care in more than 30 specialties and general pediatrics. [Lehigh Valley Hospital–Cedar Crest](#) is ranked as the region's No.1 hospital for seven straight years and has been recognized among Pennsylvania's top six hospitals for seven consecutive years by [U.S. News & World Report](#). Lehigh Valley Hospital (LVH)–Cedar Crest, [LVH–17th Street](#) and [LVH–Muhlenberg](#) are the region's only [Magnet®](#) hospitals for nursing excellence. Additional information is available by visiting [LVHN.org](#) or following us on [Facebook](#) , [Twitter](#), [LinkedIn](#) and [Instagram](#).

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 3/15/2021 at 3:50 PM.

Total Positive Test Results

Since 03/16/2020

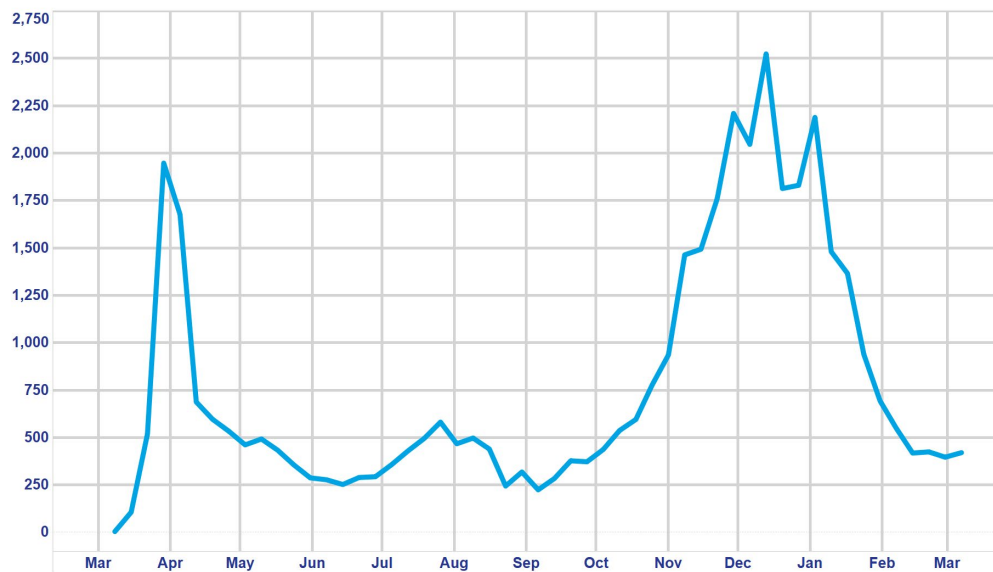
Total tests ordered: **230,136** – More than anyone in our region

Total positive tests: **41,637**

Positive result rate: **18.1%**

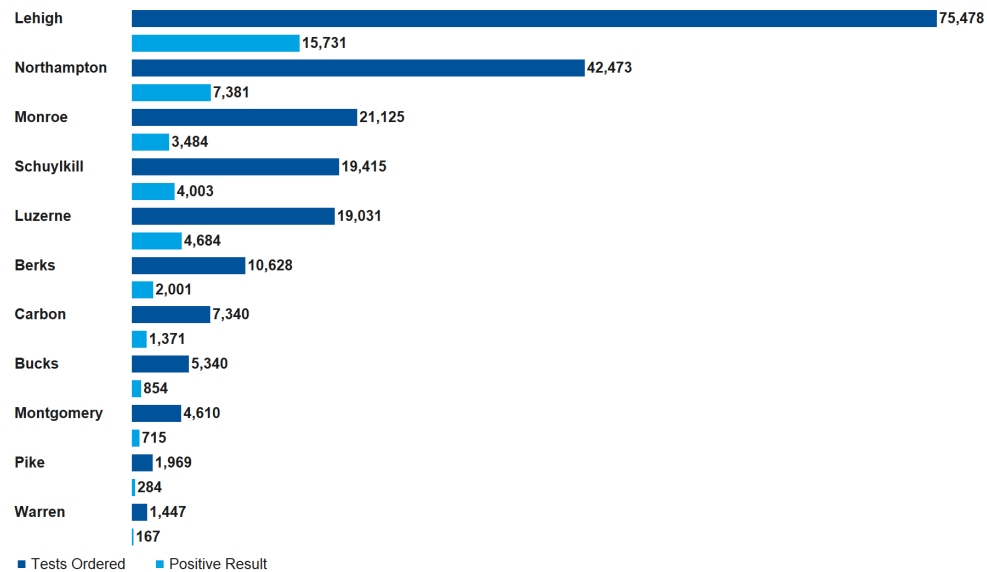
Weekly Positive Test Results

Data as of 03/13/2021



Patient Tests and Positive Results by County

First test result received 03/16/2020



COVID-19 Patients in LVHN Hospitals

Data as of 03/13/2021

