



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

**COVID-19 stories highlighted in blue*

JUST FOR COLLEAGUES

HOW WE'RE STAFFING VACCINATION CLINICS

How We're Staffing Vaccination Clinics – Video

New process will ensure clinics have an adequate number of colleagues.

GUIDELINES FOR STAFFING COVID-19 VACCINATION CLINICS

Guidelines for Staffing Vaccination Clinics

Do not bring family and friends with you unless they are registered.

MORE GROUPS ELIGIBLE FOR VACCINATION

More Groups Eligible for Vaccination

We're providing vaccines to new essential worker groups and Phase 1B.



So Much Has Changed Since the Last Colleague Engagement Survey

See how LVHN is creating "Better Days Ahead" for you.

Epic
UPDATE

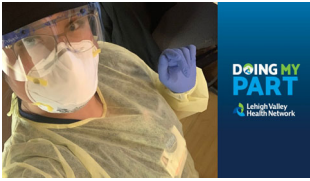
Training Now Available for Epic Upgrade

Learn about Epic enhancements prior to April 18 go-live.



Stacey Page Holds Others Accountable

She is doing her part by setting an example.



Gabriela Trahan is Passionate About Service and Safety

She is a role model for proper PPE use.



Celebrating Colleagues in Patient Access – Photos

During Patient Access Week, we celebrate Patient Access colleagues.



AIG Retirement Services

Impact of Loans on Your Retirement Account

AIG can help you decide if taking a loan from your account is worth it.



Learn About Advances in Kidney Cancer Care

Register for a special event April 27 at 5 p.m.

STORIES



Relief, Hope Unexpected Side Effects of COVID-19 Vaccine

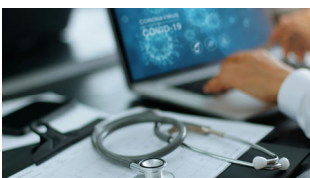
Read about one nurse's experience as a lead COVID-19 vaccinator.



Pocono Raceway's Tricky the Fox Does His Part by Getting Vaccinated – Video

Watch your favorite fox get a COVID-19 vaccine.

LVHN NEWS



LVHN COVID-19 Report – Updated April 5

The coronavirus is still spreading in our community.

HEALTH TIPS



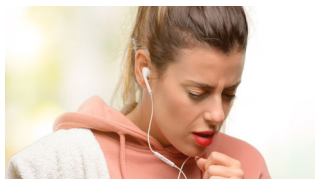
Why People Travel to LVHN for Kidney and Pancreas Transplant Surgery

Learn about the evolution of one of the most successful adult transplant programs in the country.



Advancements in Knee Pain Treatment Provide Patients Nonsurgical Options

“The overall experience is not what it was even 10 years ago.”



Taking a Time Out: Exercise After COVID-19

Make sure you return to exercise safely after COVID-19.



Food for Thought: Apple and Cabbage Salad

Enjoy this healthy and colorful dish.

IN THE NEWS

Are Lehigh Valley coronavirus vaccine providers ready for the coming demand? Bring it on, they say

March 31, 2021 | mcall.com

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

HOW WE'RE STAFFING VACCINATION CLINICS

New Process for Staffing COVID-19 Vaccination Clinics – VIDEO

April 05, 2021

The state of Pennsylvania has recognized LVHN as a leader in providing vaccines to our community. With this recognition comes the responsibility of vaccinating thousands of individuals a week. With more than 20 years of mass vaccination event experience, LVHN is ready. But we need you in order to make these events a success. Each drive-through vaccination event requires more than 100 colleagues.

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New Process for Staffing COVID-19
Vaccination Clinics – VIDEO



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LVHN has created a new process for staffing these events to ensure each event has an adequate number of colleagues:

- For each week of April, managers will identify two colleagues from their team to staff vaccination clinics. The manager can be one of the two colleagues.
- Each colleague identified must commit to staff a vaccination clinic or event eight hours during their assigned week. This can be broken up into different days, pending availability on the [online sign-up form](#).
- Managers will help you determine the best role for your skill set and shift for your schedule.
- Each colleague is responsible for adding his or her name to the [online sign-up form](#).

“Each role is just as important as the other,” says Terry Burger, RN, LVHN Administrator, Infection Control and Prevention. “People may think if they aren’t actually vaccinating that their role isn’t important, but it’s essential that we have these roles filled to make the event run seamlessly and ultimately get our community vaccinated.” LVHN encourages you to join us for this incredibly rewarding experience.

Here’s what colleagues are saying about staffing vaccination clinics



There are different ways you can get involved

Roles at the mass vaccination events range from traffic control to vaccinators. There is

a spot for anyone who is available to contribute. Colleagues who sign up should remain within their scope of duties (e.g., clinical, nonclinical, Epic-trained) to ensure we have the roles filled appropriately. Those roles include:

Nonclinical roles

- **Traffic control** (drive-through clinics only) – These roles are critical. On the traffic control team you will help direct traffic. Because the drive-through mass vaccination events have a high volume of cars, many traffic control volunteers are needed.
- **Appointment verification** –
 - Indoor clinics – This role is for people with Epic access. While at the clinic, you will assist registration by verifying appointments.
 - Drive-through clinics – As an appointment verification team member, you will walk through the staging lot to verify that the people who have arrived have an appointment.
- **Paperwork distribution** (indoor and drive-through clinics) – When you work on the paperwork distribution team, you will hand out consent forms and Emergency Use Authorization (EUA) forms to people before their vaccination.
- **LVHN registrar/scheduler** (indoor and drive-through clinics) – To fill this role, you must have special access in Epic.
- **Volunteer check-in** (drive-through clinics only) – If you join the volunteer check-in team, you can expect to help with logistics in various ways, from signing in volunteers to handing out wands, vests or radios.
- **Support role** (indoor clinics) – In the support role, you will be responsible for helping patients with wayfinding, provide support in the post vaccine observation area and support elsewhere as needed.
- **Scribe** (drive-through clinics only) – This role is for people who are proficient in Epic. They are responsible for documenting COVID-19 vaccination administration.

Clinical roles

- **LVHN provider** (drive-through clinics only) – Providers (physicians and APCs) are needed at a few different areas of the event. During your shift, you will walk up and down the observation lot to make sure people are feeling OK, answer questions and be ready to respond to any post-vaccination reactions. Providers may also be needed in the vaccination tent to answer patients' questions as they arrive.
- **Post-vaccination clinical assessor** (drive-through clinics only) – This role is for nurses or providers. On the clinical assessor team, you will stay in the observation lot to observe people during their required 15-minute post-vaccination observation.
- **Vaccinator** (indoor and drive-through clinics) – Nurses or providers who have vaccination

experience at an on-site clinic can volunteer for this role. Vaccinators stay in the vaccination tent or assigned clinic and administer shots to patients.

Answers to frequently asked questions

Are these roles paid?

Yes, all LVHN colleagues will be paid for their time. Non-exempt staff are paid at their hourly rate. If hours worked are in excess of 40 hours in a work week, they will be paid overtime. Exempt staff will be paid for hours worked over and above current FTE status.

Community members who sign up through the LVHN volunteer office don't get paid.

Is lunch provided?

At the drive-through clinics, lunch is provided for those who sign up for the whole day.

Will I get breaks?

Yes, breaks aren't scheduled, but you can let your team know when you'd like to grab a snack or use the restroom.

Are there restrooms close by?

Yes, there are restrooms nearby. Depending on the location, the restroom may be a portable toilet or an indoor restroom.

Do certain roles allow for people to sit occasionally?

The drive-through events have a constant flow of people, so you need to be able to stand and walk for a long period of time. If you need to sit occasionally consider signing up for an indoor clinic.

What time should I arrive for my shift?

This varies depending on your role and location of the vaccination event. Refer to the [online sign-up sheet](#) for details about when you should arrive.

Can I staff an event during my scheduled workday?

Speak with your supervisor about the best shift for your schedule. If you do staff a clinic or event during the day, you are not required to take PTO (paid time off).

Can community members volunteer?

Yes, LVHN COVID-19 Vaccination Clinics are staffed by colleagues and community members age 18 and older. **Every person who staffs a clinic who is not an LVHN colleague** must [fill out a short application](#) and an attestation release and waiver. After completing that process, they will receive an LVHN ID badge to show they are eligible to participate. This process applies to friends and family of LVHN colleagues as well.

Do not bring friends and family to the clinics unless they are registered as LVHN volunteers and have scheduled their volunteer shift with the LVHN Volunteer Office.

How do I sign up?

Talk with your manager about his/her plan for your team. Once the shifts and roles have been determined with your manager, use the [online sign-up form](#). Click on the tab that represents the event at which you'd like to volunteer and add your name to the role you'd like to fill.

GUIDELINES FOR STAFFING COVID-19 VACCINATION CLINICS

Guidelines for Staffing COVID-19 Vaccination Clinics

April 08, 2021

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Guidelines for Staffing COVID-19 Vaccination Clinics



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LVHN colleagues who staff the clinic will be compensated for their time. [Read more about that process here.](#)

MORE GROUPS ELIGIBLE FOR VACCINATION

LVHN Now Providing COVID-19 Vaccines to New Essential Worker Groups and Phase 1B

Lehigh Valley, Pa., April 05, 2021

As part of Lehigh Valley Health Network's (LVHN) commitment to vaccinate the most people possible, beginning today LVHN is opening vaccine appointments to educators and child care workers, firefighters, law enforcement personnel, grocery store workers, food and agriculture workers and everyone under Phase 1B. LVHN also will continue to expand eligibility over the coming weeks to additional phases as outlined by the [Pennsylvania Department of Health](#).

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LVHN Now Providing COVID-19 Vaccines to New Essential Worker Groups and Phase 1B



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While we will continue to vaccinate people in Phase 1A, the state has expanded eligibility to these groups:

- **Educators and child care workers**, including pre-K through 12 teachers and other school staff, as well as the faculty and staff of colleges and universities.
- **Law enforcement**, including police, sheriffs and deputies, constables, corrections officers and staff, as well as probation and parole staff.
- **Firefighters**, including career and volunteer firefighters.
- **Grocery store workers**, including all workers in supermarkets and grocery stores.
- **Food and agriculture workers**, including all food-processing company employees, including meat, poultry and dairy processing, fresh fruit and vegetable packing operations, food manufacturing, and all farm workers, farm operators and farm managers, including at urban agriculture operations.
- **Phase 1B**, including people in congregate settings not otherwise specified as long-term care facilities and persons receiving home- and community-based services, college students residing in apartments or dorms, U.S. Postal Service workers, manufacturing workers, clergy and other essential support for houses of worship, public transit workers and individuals caring for children or adults in early childhood and adult day programs.

LVHN has prepared by opening new, larger vaccine clinics, hosting ongoing mass vaccination drive-throughs and by offering appointments at Lehigh Valley Hospital (LVH)—Pocono, LVH—Hazleton and LVH—Schuylkill. With these expanded efforts, LVHN expects to deliver up to 36,000 doses per week.

First-dose appointments can be scheduled at clinics located at the former A.C. Moore store, 2633 MacArthur Road, Whitehall, and at Northampton Crossings shopping center in the former Sears Appliance and Hardware store, 3768 Easton Nazareth Highway, Palmer Township. Both locations open April 12 and will provide COVID-19 vaccinations

by appointment only.

Upcoming Mass Vaccination Drive-Through Events

- [Pocono Raceway](#) in Long Pond on April 7 (Appointments still available)
- [Dorney Park & Wildwater Kingdom](#) in Allentown on April 10

These events will deliver a total of 7,000 first doses.

LVHN is committed to administering the vaccine as quickly as possible to those who are eligible at the time. LVHN will cover all costs. The LVHN plan for administering COVID-19 vaccines is determined by the Pennsylvania Department of Health's [phased approach](#) to vaccination.

To schedule an appointment for any LVHN COVID-19 vaccination event including drive-through clinics, people in these industries as well as in Phase 1A and Phase 1B, can sign in to MyLVHN, the health network's patient portal. Essential workers can fill out the [COVID-19 Essential Worker Questionnaire](#) and will be notified when they can schedule their vaccination. They also can schedule an appointment by calling our COVID-19 Vaccine Hotline at 833-584-6283



Call: 833-584-6283

(833-LVHN-CVD). The COVID-19 Vaccine Hotline hours of operation are Monday-Friday 8:30 a.m.-5:30 p.m. and Saturday-Sunday 9 a.m.-5 p.m. However, because of large demand and call volume, you may be on hold. MyLVHN will be your fastest and easiest way to schedule.

The best thing you can do to preregister for vaccination is to create a [MyLVHN](#) account. You'll be notified when you are eligible for the COVID-19 vaccine and can schedule your vaccine appointment on MyLVHN.

For current vaccination information, visit [LVHN.org/vaccines](https://www.lvhn.org/vaccines).

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

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](#).



So Much Has Happened Since the Last Colleague Engagement Survey

April 05, 2021

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

The last time all colleagues participated in LVHN's annual Colleague Engagement Survey, we were only two months into the pandemic. Now, we've been fighting COVID-19 for more than a year. So much has changed, and there certainly are "Better Days

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So Much Has Happened Since the Last Colleague Engagement Survey



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Ahead.”

Some things did not change, however. Your commitment to our patients and their loved ones is unwavering. Thank you for:

- Having each other’s backs
- Providing heroic care
- Sharing the COVID-19 facts
- Doing your part
- Protecting and vaccinating our community
- Opening new facilities
- Providing convenient access to care

Another thing that did not change is LVHN’s commitment to you. Every year, we ask for your open and honest feedback about your work experience at LVHN during the Colleague Engagement Survey. In 2020, more than 12,500 colleagues (68.7% of our workforce) participated. We listened to you and took action.

Here’s a look at everything LVHN did over the past 12 months to create “Better Days Ahead” for you.

Growing the LVHN Family

- 2,700 new colleagues hired since July 2020
- Redeployed 140 displaced colleagues
- Extended reinstatement period, allowing colleagues who left and rejoined LVHN to maintain seniority and benefits
- Introduced new ways to warmly welcome new colleagues and strengthen

relationships with existing colleagues

Support for you*

- Annual [merit-based pay increase](#) awarded
- Full-time colleagues received \$550 [SSP bonus](#); part-time colleagues \$275
- LVHN [contributions to Defined Contribution Pension Plan continued](#) during the pandemic
- [LVHN Health Plan premiums](#) remained the same
- Roth IRA option added to LVHN 403(b)/401(k) helps you save for retirement
- [Use unspent 2020 FSA funds](#) in 2021
- Online Retiree Resource Center coming summer 2021

**If applicable*

Wellness for you*

- Colleague Resource Center “[Compassion for Colleagues](#)” resources help you during the pandemic
- [Pet adoption benefit](#) connects 70 colleagues with new furry friends
- [Wellness Time](#) awarded
- 40 additional hours of [PTO can be carried over](#) into FY22 (with vice president approval)
- Virtual fitness offerings, work wellness and mindfulness exercises provided
- [Drop-in counseling](#) and [emotional wellness support](#)

**If applicable*

Helping you grow and learn

- Virtual [career development classes](#) offered
- Certificate programs in management, customer service and administrative professionals provided
- Colleague Concierge services help colleagues transition to or find new opportunities
- [Career development sessions and on-demand resources](#) for colleagues, managers and leaders

Rewarding gifts for you

- Turkey Toss
- LVHN face masks
- Oven mitt
- Knitted hat
- T-shirt and pin following second vaccination
- Great Place to Work free coffee days

Cultivating our culture

- [Actions Against Racism and Advancing Equity Council](#) created
- Recognized as “[LGBTQ Healthcare Equality Leader](#)” by the Human Rights Campaign’s Healthcare Equality Index
- New [core values](#) introduced (compassion, integrity, collaboration and excellence)
- Zero tolerance for workplace violence

- [Listening sessions](#) to share your experiences and thoughts on diversity and inclusion

Recognizing amazing colleagues

- Named a [Best Workplace in Health Care and Biopharma](#) by Fortune
- [Great Place to Work](#) certified
- [Performance review process](#) streamlined
- 22 [Colleague Engagement Megastar Awards](#) presented
- 31 [Service Excellence Awards](#) presented

Take the 2021 Colleague Engagement Survey April 19-May 10

Now it's time to listen to you again. The 2021 Colleague Engagement Survey will take place April 19 to May 10. Watch for an email at work from survey@smdhr.com that contains a link to the survey.

[Print this flyer](#), post it in your department, take the survey and encourage other colleagues to do the same. The more colleagues who participate, the more feedback we have to make LVHN an even better place to work and grow.



Training Now Available for Epic Upgrade; Go-Live is April 18

April 05, 2021

On April 18, the quarterly Epic Upgrade to version August 2020/November 2020 will go live. In advance of this go-live, colleagues will need to complete training in LVHN's The Learning Curve (TLC). The training materials will provide an overview of enhancements to Epic application(s) that you use. **Prior to go-live (between now and April 18)**, please [review this flyer](#) to see what's coming.

Who needs to complete training?

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Training Now Available for Epic Upgrade;
Go-Live is April 18



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A snippet of a Facebook post. It features the Lehigh Valley Health Network logo, the text "Lehigh Valley Health ..." with "50,853 likes" below it, and a "STAY SAFE STAY STRONG" graphic with a mask icon. Below the post is a "Like Page" button and a "Share" button.

If you use the Epic electronic health record today, you need to review and complete your training.

How do I access my training in TLC?

To search for the eLearning, launch TLC on your SSO toolbar and click the magnifying glass icon in the upper right corner. Then copy and paste the course code into the search field.

Play in the Playground

The Epic Playground is now updated and available to explore. [For Epic Playground login information, please click here.](#)

Thank you for ensuring you are prepared for the quarterly Epic upgrade at LVHN when it goes live on April 18.



Stacey Page, RN, Holds Others Accountable as a Role Model

March 30, 2021

As role models, LVHN colleagues need to ensure they use proper personal equipment (PPE).

“Holding each other accountable is a sign that we care about our colleagues and community,” Stacey Page, RN, says. “We need to remember we are all in this together.”

As Patient Care Manager in the post anesthesia care unit at LVH–Cedar Crest, Page holds herself and others accountable for patient safety so they can serve as trusted role

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Stacey Page, RN, Holds Others Accountable as a Role Model



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models for our community.

Follow Page'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.



Gabriela Trahan is Passionate About Service and Safety

March 30, 2021

“There’s no better way to do my part than to commit to patient safety.”

Gabriela Trahan is #LVHNProud to be a Medical Assistant with LVPG Family and Internal Medicine–Bethlehem Township.

“My passion has always been to serve others,” Trahan says. “I pledge to continue working hard and wearing my PPE for everyone’s benefit. Remember, as a community we need to fight this together for everyone around us.”

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Gabriela Trahan is Passionate About Service and Safety



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Follow Trahan's lead and do your part.

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Celebrating and Thanking Colleagues in Patient Access

April 05, 2021

You never get a second chance to make a first impression.

This week is Patient Access Week. From April 4-10, we salute the extraordinary work being done by our colleagues in Patient Access Services. This year, more than ever, these colleagues have demonstrated an unwavering commitment to keep our patient's safe.

"Whatever needs to be done, they do it," said Lisa Mackey, LVHN's Vice President of

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Celebrating and Thanking Colleagues in Patient Access



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Patient Access. “Patient Access colleagues are the face of LVHN. These are the first people our patients see or talk with. They have compassion, empathy and patience, and they genuinely understand what it means to be a patient advocate.”

At LVHN, our Patient Access teams consist of more than 700 colleagues who register patients, schedule appointments, answer questions and help with financial assistance and financial clearance. Each year, the Access Center handles about 1.5 million phone calls and the outpatient registration team registers hundreds of thousands of patients.

In the last year, our Patient Access teams have gone above and beyond to deal with COVID-19. Here are a few ways LVHN has adapted to meet the demands:

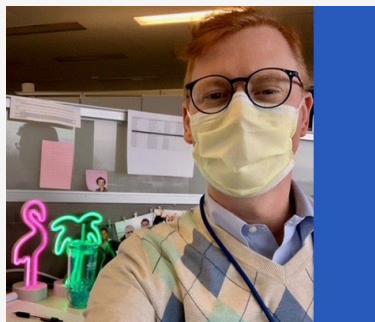
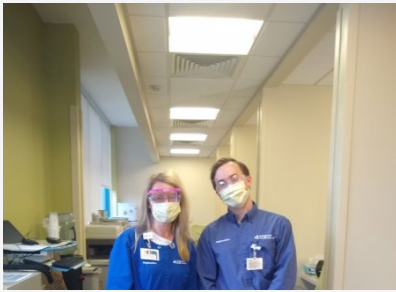
- **MyLVHN NurseHotline** – With just one day’s notice, the team expanded the hours and reach of the MyLVHN Nurse Hotline. People who call get answers to questions about their health, including COVID-19 symptoms, testing and vaccination. “We get calls from everyone, everywhere,” Mackey says.
- **Access Center** – When COVID-19 hit, the Access Center team responded quickly, adapting equipment and systems to move colleagues to remote workstations to help prevent the spread of infection. Now half the call center team works remotely. They also developed a line specifically for COVID vaccination scheduling.
- **Screening for COVID-19** – The team incorporated screening into the scheduling process to quickly assess symptoms over the phone and recommend testing.

Patient Access Week was created by the National Association of Healthcare Access Management nearly 40 years ago to recognize Patient Access professionals across the country. This year’s theme is “Resilience through adversity: evolving patient access.”

“Our patient satisfaction scores over the last three years continue to improve and that is something we are really proud of,” Mackey said. “What better way to measure the patient experience than by patient feedback.”

We thank our Patient Access professionals for stepping up and making a real difference. We appreciate the attention, caring and hard work you invest in our

community every day.







AIG Retirement Services

Impact of Loans on Your Retirement Account

April 05, 2021

Borrowing from your retirement account can seem like an easy way to come up with financing for a variety of things. After all, about 20 percent of all retirement plan participants today do just that. People borrow for small reasons like taking a vacation to big reasons like medical expenses or to cover an income gap due to the loss of a job. Behavioral finance will tell you that, for most people, it's easy to justify because you're simply borrowing money from yourself, right?

Before deciding to take out a loan from your retirement plan account, it's important to

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Impact of Loans on Your Retirement Account



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consider the following:

- Loans are not free. Even if borrowing from yourself, you will pay interest against the loan amount.
- Even more so, while what you may borrow is pre-tax income, you pay the loan back (including any interest) with *after-tax*. So, you are essentially taxing yourself on your future income twice. Once when you pay the loan back and again when you withdrawal your future retirement funds and pay taxes.¹
- Paying interest is not the same as compounded growth. While paying yourself interest may seem like a good thing, it's not the same as keeping your money in the account and letting it grow over time.
- Remember that loans are yet another expense for your budget to absorb. If you took a loan out because you were short on cash to begin with, make sure that you can afford the additional monthly expense.
- Loans must be paid back within five years or penalties will apply. At that point, the balance of the loan amount becomes fully taxable (meaning you will pay income taxes on it) and you will also pay a 10 percent early withdrawal penalty if you're under age 59 ½.
- If you leave the company, whether voluntarily or not, your loan balance becomes due. If you cannot come up with the cash to pay the balance by the next tax time, you will pay income taxes on the balance, as well as the early withdrawal penalty (if under age 59 ½).

So, while it may seem appealing to take a loan from your retirement account, take the time to weigh the positives versus the negatives to see if it's worth it. Your financial professional can work with you to do just that and explore different options for consideration. [Schedule time](#) with a member of your plan's financial team now.

This statement assumes that original contributions to the retirement plan account are made with pre-tax dollars and therefore normal income taxes will be assessed at the time of withdrawal in retirement.

Special Note: Reminder CARES Act Loan Repayment Options

If you took out a COVID-19 related loan last year under the Coronavirus Aid, Relief, and Economic Security (CARES) Act, you are subject to specific reporting and repayment stipulations. Please [click here](#) to learn more.

Let's build a better future, together. Visit us online at lvhn.aigrs.com or schedule an appointment with one of our AIG Retirement Financial professionals using the links below:

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

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

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

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

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

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

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

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

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

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

Attend our Monthly Educational Webinar: Tax Planning

In this month's webinar, gain a greater understanding of this basic financial planning necessity. Walk away with a greater understating of income taxes, tax advantaged

investing, specific tax strategies for homeowners, and tax filing tips.

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



Learn About Advances in Kidney Cancer Care

April 06, 2021

Leading cancer experts from Lehigh Valley Cancer Institute and Dana-Farber Cancer Institute are proud to present Advances in Kidney Cancer Care, a special virtual event, Tuesday, April 27, at 5 p.m.

Celebrate survivorship and learn about the latest advances in care, treatment and management of kidney cancer at this event, sponsored by the Andy Derr Foundation for Kidney Cancer Research. Andy Derr was a respected Allentown businessman who was diagnosed with kidney cancer in 2003 at age 42. He battled the disease and sought to

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help others facing a similar journey for more than 12 years before succumbing in January 2016.

Katie Fehlinger, entrepreneur, public speaker and TV personality, will be moderator of the event, which is open to colleagues and community members. Topics and speakers include:

Introduction

Suresh Nair, MD, Physician in Chief, Lehigh Valley Cancer Institute

Recent Updates in Renal Cell Cancer

Toni Choueiri, MD, Kidney cancer director, Dana-Farber Cancer Institute

Updates in Clinical Trials

Ashley Patzuk, BSN, RN Clinical Research Coordinator III, Lehigh Valley Cancer Institute

Visit LVHN.org/kidneyevent to register.



Relief, Hope Unexpected Side Effects of COVID-19 Vaccine

Pocono Record Op-ed: Mary Grace Conklin, RN, MSN, CCRN

April 02, 2021

I have worked at Lehigh Valley Hospital (LVH)—Pocono for 35 years, and while my daily role is working as a registered nurse in the cardiovascular/electrophysiology lab, I recently agreed to become one of the lead COVID-19 vaccinators at the hospital.

I believe being part of this vaccination process is perhaps the most important thing I

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have done in my nursing career. The staff at LVH–Pocono has been working around the clock to care for our COVID-19 patients since the beginning of the pandemic, and to see them get vaccinated has brought hope to everyone. They have been putting their own health at risk to save others, so receiving the vaccine is a huge milestone for my colleagues, and I am so proud to be helping them achieve the immunity that will protect them and our patients.

Even beyond the health care workers, as those 75 and older became eligible for vaccination, we were flooded with people whose excitement was palpable. I truly think many of them would have jumped and danced if they could have, and it made my heart sing to know I was helping them. Giving these vaccines is a top priority in my mind, so I sign up to administer them as often as I can. With each person I vaccinate, I feel that is one less person we may have to care for with COVID-19. You never know if that person might have an underlying health condition or if they could have potentially been one of the ones to become critically ill and die.

I keep that in mind with every person who sits before me waiting to be vaccinated. I want to vaccinate as many people as possible, so I don't spend time on small talk. What I do spend time on is making sure that everyone is comfortable and that any questions they have about the vaccine or potential side effects are answered. We have a very organized system at LVH–Pocono, and all of the people receiving the vaccine are just so happy to have the opportunity. I've noticed that many of the people like to keep the process moving because they don't want to delay the next person. It is so refreshing to see people caring about each other.

For those who still may be hesitant about the vaccine, I want to emphasize that most people have experienced similar side effects as they would with the flu vaccine, including a sore arm, slight fever and some fatigue. However, there is one additional side effect that doesn't get talked about as much, and that is the feeling of relief and hope. People are experiencing relief from the feeling of finally being safe from this awful virus. It is our wish to vaccinate everyone in our community, and for those who are still waiting, please hang in there. Our leaders are advocating for more vaccines from the state and hopeful that more supply will be available soon. Once we have the vaccines, I implore you, please come to see me at the vaccination clinic at LVH–Pocono when it's your opportunity to get a COVID-19 vaccination. I want to help you protect yourself, your loved ones and the community from COVID-19.

Mary Grace Conklin, RN, MSN, CCRN, is a registered nurse at [Lehigh Valley Hospital–Pocono](#) in East Stroudsburg.



Pocono Raceway's Tricky the Fox Does His Part by Getting Vaccinated

April 07, 2021

Are foxes eligible for the COVID-19 vaccine? If you're Tricky the fox from Pocono Raceway, you are. He was among those lined up to receive their first dose of the Moderna vaccine at LVHN's second mass vaccination event at Pocono Raceway in Long Pond. Tricky was excited to show just how simple it is to make an appointment and get the vaccine.

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“As soon as Tricky was eligible to receive the vaccine, he set up a MyLVHN account, made an appointment and came out here today to do his part,” said Kevin Heaney, Pocono Raceway’s Senior Director of Marketing Communications. “The process was fast and easy, and Tricky is feeling great!” he said.

LVHN is committed to administering the vaccine as quickly as possible to those who are eligible at the time. LVHN will cover all costs. The LVHN plan for administering COVID-19 vaccines is determined by the Pennsylvania Department of Health’s [phased approach](#) to vaccination.

To schedule an appointment for any LVHN COVID-19 vaccination event including drive-through clinics, people in Phase 1A and Phase 1B, can sign in to MyLVHN, the health network’s patient portal. Essential workers can fill out the [COVID-19 Essential Worker Questionnaire](#) and will be notified when they can schedule their vaccination. You also can schedule an appointment by calling our COVID-19 Vaccine Hotline at 833-584-6283  (833-LVHN-CVD). The COVID-19 Vaccine Hotline hours of operation are Monday-Friday 8:30 a.m.-5:30 p.m. and Saturday-Sunday 9 a.m.-5 p.m. However, because of large demand and call volume, you may be on hold. MyLVHN will be your fastest and easiest way to schedule.

The best thing you can do to preregister for vaccination is to create a [MyLVHN](#) account. You’ll be notified when you are eligible for the COVID-19 vaccine and can schedule your vaccine appointment on MyLVHN.

For current vaccination information, visit [LVHN.org/vaccines](https://www.lvhn.org/vaccines).

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

Tricky Gets A Vaccine





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 4/5/2021 at 9:00 AM.

Total Positive Test Results

Since 03/16/2020

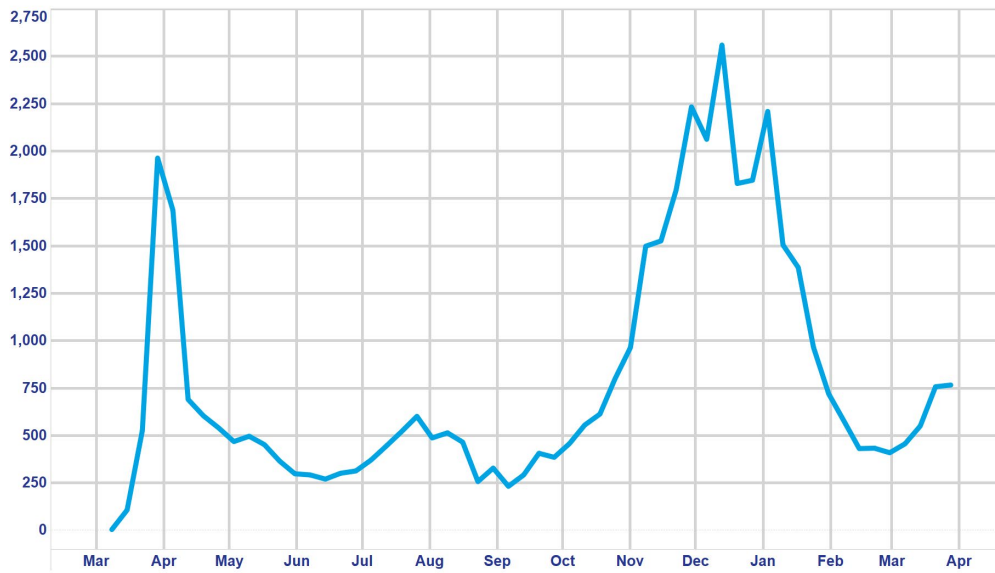
Total tests ordered: **240,575** – More than anyone in our region

Total positive tests: **44,652**

Positive result rate: **18.6%**

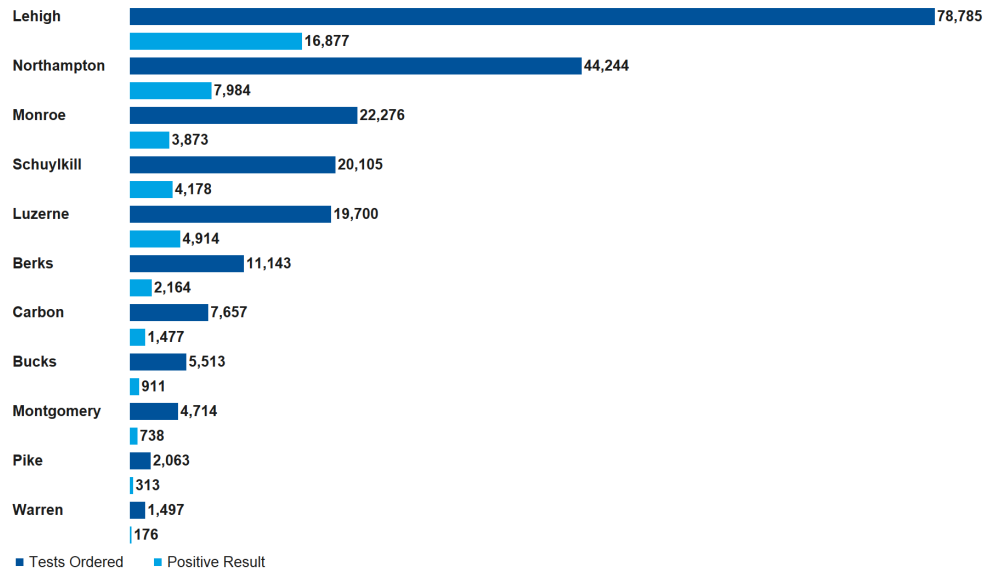
Weekly Positive Test Results

Data as of 04/03/2021



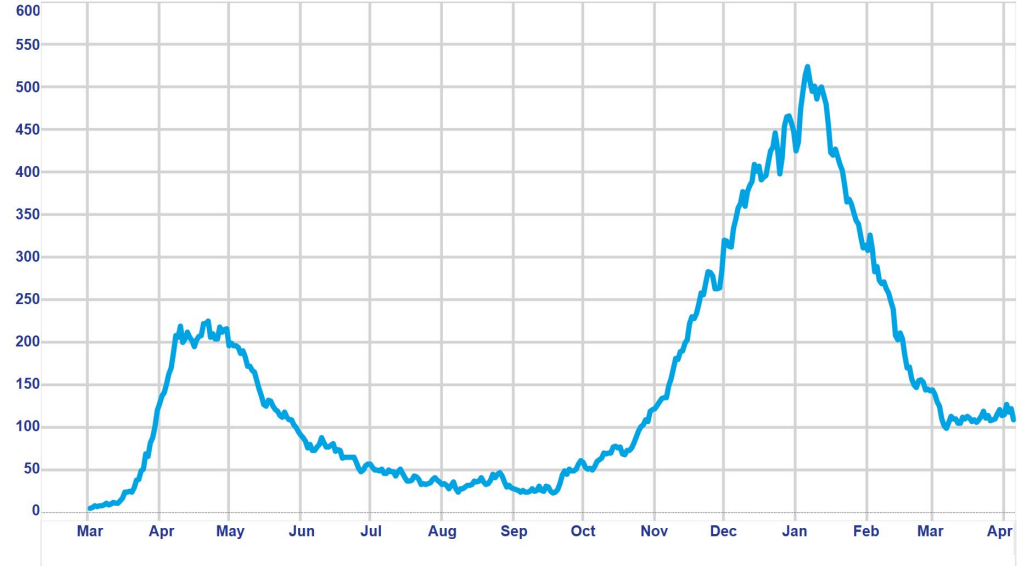
Patient Tests and Positive Results by County

First test result received 03/16/2020



COVID-19 Patients in LVHN Hospitals

Data as of 04/03/2021





Why People Travel to LVHN for Kidney and Pancreas Transplant Surgery

April 05, 2021

BY TED WILLIAMS

In July, Lehigh Valley Institute for Surgical Excellence will celebrate the 30th anniversary of its Kidney Transplant program. It's been 17 years since its Pancreas Transplant program was initiated. The two programs have grown to become one of the largest and most experienced adult transplant programs in the region (Pennsylvania,

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New York, New Jersey). Currently, LVHN does not have a pediatric transplant program.

We spoke with Michael Moritz, MD, who has been Chief, Transplantation Services since 2005, about the evolution of one of the most successful adult transplant programs in the country:

Q: Can you tell us about the history of the program?

Moritz: The first kidney transplant in our program was completed on July 12, 1991. On March 18, 2021, we completed our 1,634th transplant. There's only one hospital/health care network transplant center in all of Eastern Pennsylvania with more volume, that one at a much larger network in Philadelphia. And we've performed more than 1,200 of these transplants in the last 15 years. We have three experienced, highly qualified transplant surgeons and we keep ourselves pretty busy.

Q: Your program rates very high on the Scientific Registry of Transplant Recipients (SRTR) statistical analysis. How does LVHN's transplant program achieve such outstanding numbers for surgeries and outcomes?

Moritz: There are several factors involved based on our years of experience and expertise with successful transplants. We will accept good donors, particularly deceased donors, that other centers may not. We also accept more difficult transplant cases, multiple transplants or challenging anatomy for example, that lesser experienced centers can't chance. Finally, we perform transplants on weekends and holidays where other centers may not.

Consequently, we perform 25 percent of our entire transplant list each year, compared to about 13 percent for all comparable centers locally and nationally. From 2014 to 2019, our median wait time for transplant was about 35 months, compared to 60 months for comparable local centers, 47 months for regional centers and 42 months nationally. Throughout that time period, our success rate has remained extremely high – better than 94 percent.

Q: How have you been able to build your anonymous living donor program?

Moritz: We have a dedicated living donor coordinator, a full-time position, who locates these wonderful people who are willing to help someone they don't even know. Their

amazing humanity allows us to take multiple patients off our list every year. Because of the COVID-19 pandemic, living donation has been down significantly across the country. Here, we've had five anonymous kidney donations since May 2020. That says a lot about the very good people who live here among us.

Q: Can you tell us about your pancreas transplant program?

Moritz: We do two to four pancreas transplants a year, exclusively for people with type 1 diabetes who have significant kidney disease. Usually, they involve a simultaneous pancreas and kidney transplant from the same deceased donor. Sometimes a patient will have a kidney transplant first, often from a living donor, followed by a pancreas transplant that can occur months or even years later. The goal is to eliminate the kidney disease or failure while providing an internal source of self-regulating insulin, which also eliminates the diabetes. There aren't many centers of any size doing these transplants because these are very difficult cases. Again, because of our years of experience and expertise, we are able to help these patients.

Q: What does life after a kidney transplant look like?

Moritz: You can live a normal life – work, play, travel, do all the things you enjoy – without being tied to a kidney dialysis machine. There is a small risk involved like any surgery, but generally speaking you will live longer and better than you would going without the transplant. The patients who do well are those who are ready, willing, and able to live a lifestyle that involves taking pills twice a day 12 hours apart and getting regular blood tests monthly the first two years, less often after that. That's all you will need to do for a better and potentially longer life. This is covered by Medicare or any insurance coverage you may have. If you're a patient who needs regular kidney dialysis treatments, the sooner you get a transplant, the better your life is going to be.

April is Living Donor Month. To learn how to become a living kidney donor at LVHN, visit [LVHN.org/transplant](https://www.lvhnhospital.org/transplant).





Advancements in Knee Pain Treatment Provide Patients Nonsurgical Options

April 06, 2021

BY RICHARD LALIBERTE

Over the course of two decades providing advanced care for knee pain, orthopedic surgeon [Kevin Anbari, MD, with Lehigh Valley Physician Group \(LVPG\)](#), has seen treatment improve dramatically.

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Advancements in Knee Pain Treatment Provide Patients Nonsurgical Options



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“The overall experience is not what it was even 10 years ago,” says Anbari, a long-established Lehigh Valley provider who recently joined LVPG from OAA Orthopedic Specialists and now offers services at [LVPG Orthopedics and Sports Medicine–Hausman Road](#), [LVPG Orthopedics and Sports Medicine–Richland Township](#) and [Coordinated Health Lehighton–239 N. First Street](#). “Certainly, if you saw a parent go through knee surgery a generation back, things are very different now.”

Yet issues underlying [knee pain](#) are timeless. Most often, the joint’s cartilage, which provides a cushion between bones, gradually wears away. This can cause painful [arthritis](#) that may severely limit movement and degrade quality of life. “Cartilage does not have a great ability to repair itself, and each joint gets only one natural set of cushions,” Anbari says.

Pain often can be relieved at first with nonsurgical treatments. But when pain becomes intense or lack of mobility interferes with daily life, [total knee replacement](#) is often the best solution.

Transformed surgery

Replacing a knee entails accessing the joint through an incision, shaping bones where they meet and installing an artificial prosthesis. “That part hasn’t changed,” Anbari says. “But everything around it has become better.” Some of the most striking improvements include:

- **Better materials:** “Plastics in particular have improved and are less likely to wear out during a person’s lifetime than they used to be,” Anbari says. As a result, people receiving artificial knees today are less likely to need additional surgeries later in life.
- **Fewer transfusions:** Specialized drugs reduce bleeding during surgery so people are less likely to need blood transfusions. “When I trained, it wasn’t unusual to transfuse 20 percent of patients,” Anbari says. “Now it’s close to zero.”
- **Early activity:** People receiving new knees often are on their feet and walking the day of surgery – often within two or three hours – to promote faster recovery.
- **Advanced pain control:** “Today we use as few narcotics as possible and instead

rely on multimodal pain management that includes anti-inflammatory medications, ice packs, anesthetic inside the joint and nerve blocks that control pain in the joint but don't affect your ability to move the leg," Anbari says.

- **Shorter stays:** Added together, advances have reduced the amount of time people spend in the hospital following total knee replacement. "It used to be three or four days," Anbari says. "Now you're most likely to stay one night, and some patients have started to go home the same day."

Nonsurgical options

Another trend in recent years is to get as healthy as possible before surgery. "Things like quitting smoking, controlling diabetes and exercising more to strengthen the joint and surrounding muscles give you the best chances of having a successful surgery," Anbari says.

Most important of all may be losing weight. "That's a big deal because extra weight stresses the knee and correlates with development of arthritis," he says. Dropping 20 pounds reduces the chance of complications from surgery and may even reduce or delay the need for a new knee. It is also helpful for improving the pain from knee arthritis since "extra weight stresses the knee and correlates with development of arthritis," he says.

Once you need treatment, potential options that don't involve an operation include:

- **Taking pain relievers:** "We start with the simplest things, like fighting inflammation with over-the-counter ibuprofen or naproxen or prescription pain relievers, and go from there," Anbari says.
- **Wearing a brace:** Supporting the knee with a noninvasive external brace can be especially helpful if arthritis is confined to one side of the joint. "An unloader brace gently redistributes weight so your body is held by the good part of the knee," Anbari says.
- **Getting injections:** "The knee is very accessible, and delivering a steroid injection to the knee can alleviate inflammation and pain," Anbari says. If steroid

effectiveness wanes or use becomes restricted due to other medical considerations, injecting a lubricant gel into the joint can provide pain relief for weeks at a time.

“There are many non-operative treatments we can try prior to surgery,” Anbari says.

For more information about Dr. Anbari and the services he offers, visit LVHN.org/KKAnbari.



Taking a Time Out: Exercise After COVID-19

April 07, 2021

BY KATIE CAVENDER

If you work out regularly, you know your body's limits. You know how far you can run when you're tired. You know how many push-ups it takes to make your arms ache. But knowing your limits when it comes to COVID-19 isn't as easy. It's critical to take proper steps to return to physical activity safely after recovering from COVID-19.

In rare cases of COVID-19, people develop heart complications such as myocarditis

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Taking a Time Out: Exercise After COVID-19



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(inflammation of the heart muscle). Myocarditis is a significant health risk that can result in heart dysfunction, arrhythmias and even death. The American College of Cardiology currently recommends that some athletes who have tested positive for COVID-19 undergo a cardiology evaluation prior to returning to practice or play. Your office visit and any needed cardiac diagnostic testing should occur at least 10 days after symptom onset. Symptoms of myocarditis include:

- Chest pain
- Rapid or abnormal heart rhythms
- Shortness of breath at rest or during physical activity
- Passing out spells or feeling as though you may pass out
- Fatigue

Don't exercise while sick

If you have myocarditis, the risk for a life-threatening heart rhythm abnormality is increased with exercise. That's why it's critical to abstain from physical activity if you have symptoms of illness, including:

- Fever
- Cough
- Shortness of breath
- Sore throat
- Congestion
- Headache
- Muscle and joint pain

- Chills
- Nausea or vomiting
- Diarrhea
- Loss of sense of smell or taste

Get an evaluation

Lehigh Valley Heart Institute will try to get the answers you need the same day as your appointment, including your troponin level and echocardiogram reading. The need for further testing will be determined at the office visit.

Your care team also will help you determine when it is safe to begin a graduated return to your normal routine based on your medical history, symptoms, severity of illness, previous level of activity and cardiac testing.

To schedule a sports cardiology evaluation, call 888-402-LVHN



Call: 888-402-LVHN

Note: Clinical recommendations regarding exercise, athletes and return-to-play for those affected by COVID-19 may evolve quickly as more data is gathered and clinical recommendations develop further.



Food for Thought: Apple and Cabbage Salad

April 02, 2021

BY AMANDA BIALEK

If you need a refreshing side dish to go with your Easter meal this weekend, look no further. We have an egg-cellent apple and cabbage salad recipe that will add a pop of color to your plate.

Keep it healthy and colorful

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Food for Thought: Apple and Cabbage Salad



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This recipe is simple to make and full of health benefits. [Apples](#) and [cabbage](#) are great sources of fiber and vitamin C. They also are heart-healthy foods. Nutrients found in [apples](#) and [cabbage](#) may help lower “bad” (LDL) cholesterol. [Research](#) shows they are rich in anthocyanins (the pigment that gives them their coloring), which may lower the risk for [heart disease](#).

It's a win for your digestive system, heart and your taste buds. Check out the full recipe and nutritional information below.

Ingredients:

- 2 large sweet apples, such as Pink Lady or Gala, cored, seeded and cut into 1-inch chunks, unpeeled
- 2 cups shredded red cabbage
- 2 celery stalks, trimmed and diced
- 1/2 cup fat-free plain yogurt
- 2 tablespoons reduced-fat mayonnaise
- 1/4 cup orange juice
- 1/2 teaspoon curry powder
- 1 teaspoon honey
- 1/8 teaspoon salt
- 1/8 teaspoon pepper
- 2 tablespoons sliced almonds

Directions:

1. Combine apples, cabbage and celery in a bowl. Toss gently but well.
2. Stir together yogurt, mayonnaise, orange juice, curry powder, honey, salt and pepper in a cup. Spoon over salad. Mix gently but well.
3. Sprinkle on almonds and toss again. Makes 4 servings.

Nutritional information:

Per serving: 130 calories | 4.5 grams total fat | 3 grams protein | 21 grams carbohydrates | 3 milligrams cholesterol | 180 milligrams sodium | 3 grams dietary fiber

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.