



LVHN WEEKLY

| YOUR WRAP-UP OF THE WEEK'S NEWS FROM LVHN



N95 Respirator Policy Changes

Learn about new N95 respirator guidelines and when you need to wear an N95.

[Read more →](#)

LVHN Denounces Bigotry and Hate

Dr. Nester offers help to those affected by anti-Semitic attacks.

[Read more →](#)



Care for the Caregiver

Learn about our mindfulness programs and other resources that address the negative impact of mental stress.

[Read more →](#)



Service Anniversary List – June 2021

Happy anniversary to these colleagues celebrating a career milestone at LVHN.

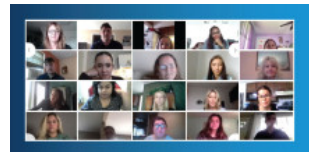
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Welcome New Colleagues Who Attended Connections June 1, 2021

We have 193 new colleagues in the LVHN family.

[Read more →](#)



New Chief Philanthropy Officer Joining LVHN

Liv Vesely will design and implement a comprehensive fundraising strategy.

[Read more →](#)



PA of the Year Serves Her Community Through Street Medicine

Ho'onani (Nani) Cuadrado is the 2021 recipient of the PA of the Year Award.

[Read more →](#)



Congratulate These DAISY Award Recipients

These nurses go above and beyond for patients.

[Read more →](#)



New Way to Submit Real Estate Department Work Orders

Colleagues working in buildings outside hospital campuses can submit work orders through LVHN's Real Estate Department.

[Read more →](#)



LVHN Colleagues Get Free Tickets to Back on Track Bash at the Velodrome

Don't miss opening night at the Valley Preferred Cycling Center.

[Read more →](#)



Discounted Tickets for Sherman Theater

Colleagues can get 50% off general admission tickets to most Concert on the Creek shows through June 15.

[Read more →](#)



When Recovering From COVID-19 Takes Months, Not Weeks

Read about Thomas Hawk's battle with COVID-19.

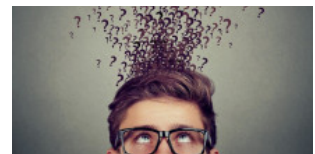
[Read more →](#)



Sticking It to the Stigma: A Chat About Mental Health

The Healthiest You podcast features Courtney Chellew, DO, with LVPG Adult and Pediatric Psychiatry.

[Read more →](#)



Carotid Artery Disease and Stroke

Here is the information you need to know.

[Read more →](#)



Tips to Help You Prevent Skin Cancer

Learn what you can do during sun season to protect yourself.

[Read more →](#)



Lehigh Valley Health Network 1200 Cedar Crest Blvd, Allentown, PA 18105

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N95 Respirator Policy Changes

Learn about new N95 respirator guidelines and when you need to wear an N95.

LVHN Insider

Tuesday, June 1, 2021

The Pennsylvania Department of Health recently released updated interim infection prevention and control recommendations for health care settings during COVID-19. Updates were made based on an increase in the availability and distribution of personal protective equipment (PPE) including N95 masks. As a result, the following changes were made to LVHN's guidelines for use of PPE:

- N95 respirators are required for all colleagues providing care for a patient with known or suspected COVID-19.

- N95 respirators are still required during all aerosol generating procedures (AGP).
- N95 masks are to be worn for one shift and discarded.

Universal eye protection during patient care encounters is still required for all colleagues with patient-facing roles.

Print and post the updated [Guidelines for Use of PPE flyer](#) in your department for easy reference.



LVHN Denounces Bigotry and Hate

Dr. Nester offers help to those affected by anti-Semitic attacks.

LVHN Insider

Wednesday, June 2, 2021

**This message is from Brian A. Nester, DO, MBA,
President and Chief Executive Officer, LVHN.**

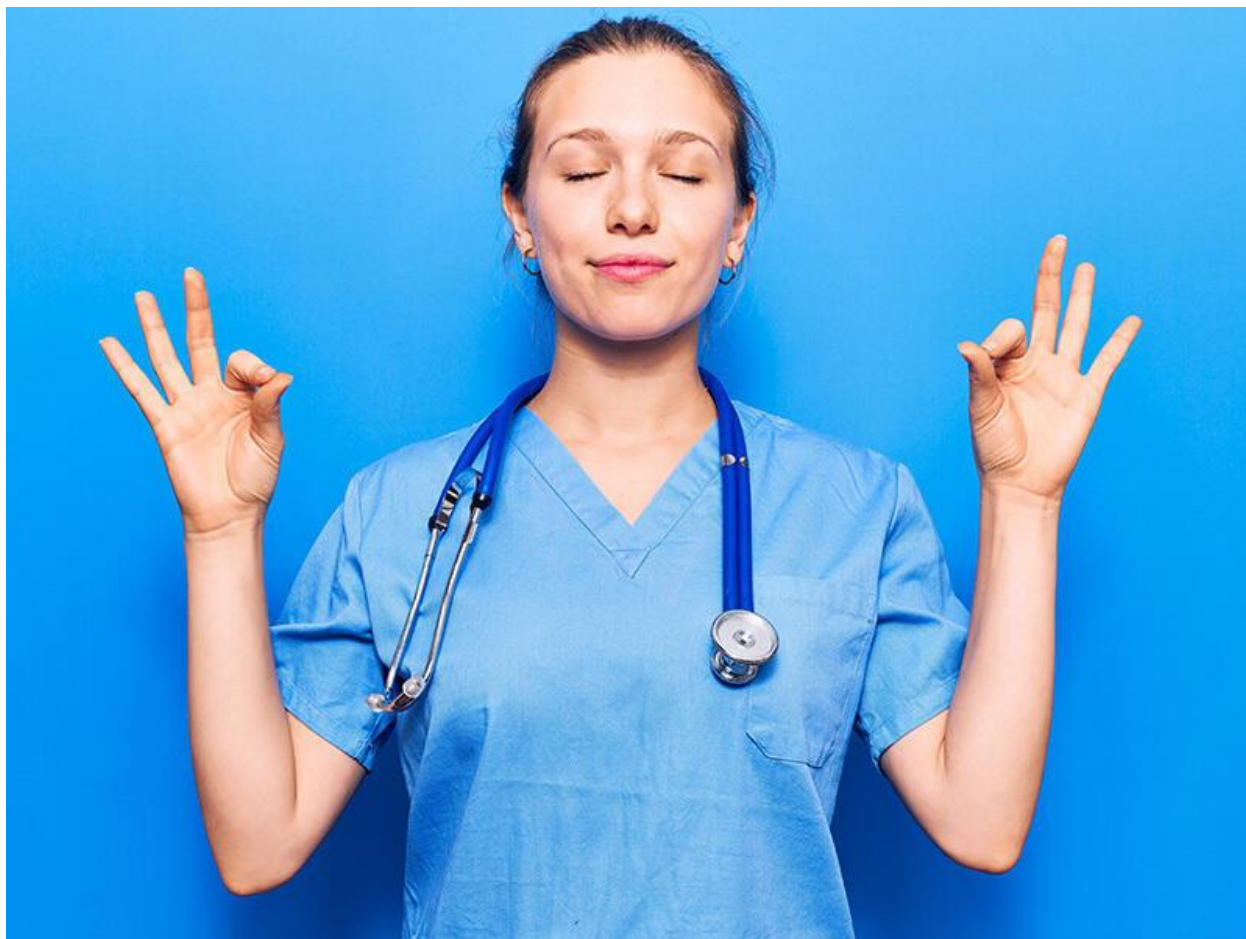
As I have done far too often in the last several months, I come before you to share concern with those targeted by hateful words and actions.

Over the last several days, our nation has seen a rise in anti-Semitic attacks that has been associated by many in our nation with ongoing conflict in the Middle East (and subsequent cease fire) in Israel and Gaza. Anti-Jewish harassment, physical violence, online attacks and vandalism are being reported in communities across the country.

We recognize that discussions surrounding this topic are filled with complexities. As an organization, we believe it is important to denounce bigotry and hate of all kinds to foster support of our colleagues, patients and friends who are affected by these recent events.

For all those affected by recent national events, I urge you to seek counsel and support from the Employee Assistance Program at 610-433-8550 or 800-327-8878.

Our continued commitment to treat others with respect, civility and empathy is more important than ever now and moving forward.



Care for the Caregiver

Learn about our mindfulness programs and other resources that address the negative impact of mental stress.

LVHN Insider

Wednesday, June 2, 2021

In the final story of our series during Mental Health Awareness Month, learn about mindfulness programs and other LVHN resources that address the negative impact of mental stress on your life.

We've all heard the phrase, "I'm worried sick." Despite anxious times and difficult days, you show up every day to serve our patients, colleagues and community. But you can't pour from an empty cup. At LVHN, self-care resources are available to help you refill your own cup.

“Across the health network, we have many tactics and metrics to gauge how a process is going and what adjustments need to be made,” says Carolyn Lamparella, Director of Preferred EAP and LVHN Wellness Committee member. “We need to be doing the same thing for our mental health.”

LVHN offers these mindfulness and stress reduction programs that teach you how to lessen the corrosive effects of mental stress and feel more in control:

- **Growing Resilience with Mindfulness:** This program offers six 90-minute sessions where participants practice mindfulness virtually in a group for encouragement and socialization. It is led by instructors from LVHN’s Center for Mindfulness. Enroll through the [My Total Health portal](#) or [this inquiry form](#).
- **Mindfulness on the Spot:** This 45-minute virtual program for beginners covers what mindfulness is and how it can be practiced. It is led by instructors from LVHN’s Center for Mindfulness and [provided to groups or departments by request](#).
- **The Graduate Practice Group** is for graduates of the Growing Resilience with Mindfulness or Mindfulness Based Stress Reduction programs. This virtual group meets the first Tuesday and third Wednesday of each month from 6-7 p.m. via [Blue Jeans](#).

How to create a daily habit of mindfulness

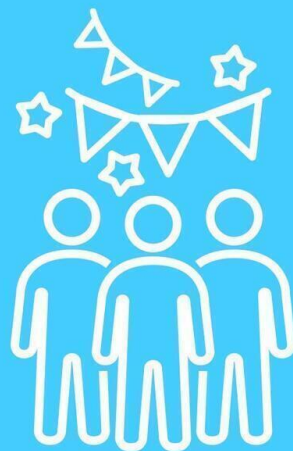
To get started, notice and name your emotion. One way to do this is to pair washing hands with a mindful moment – slow down, pause, manage your breathing and reflect: How am I doing on an emotional level? “If you are washing or sanitizing your hands 10 times a day, that is 10 opportunities to take five slow breaths,” Lamparella says.

Another example is during shift change. Make it a habit to take one minute out of that shift change to think about how your shift affected you and how are you feeling emotionally. Then ask yourself: What do I need? How can I take care of myself after my shift?”

Free relaxation resources

- [Headspace](#) (offering a 14-day free trial subscription)
- [Ten Percent Happier](#) app (currently free for health care professionals by creating an account and redeeming a gift code)

- To claim your complimentary subscription, redeem the gift code HEALTHCARE on the website. Then log into the mobile app on your Apple or Android device using the same Ten Percent Happier account and all the subscription contents of the app will be unlocked. Or simply go to their [Coronavirus Sanity Guide](#) to access relevant free content/resources without creating an account.
 - [Insight Timer](#) meditation app (free talks, music and meditations)
 - [University of Florida Psychiatry Mindful Relaxation Minutes](#) archive (25 to 30 minutes each)
 - [Meditation for Calmness in Uncertain Times](#) (6 minutes, works with Spotify app)
 - [University of Florida Mindfulness Resource Links](#)
 - [Healthy Minds](#) app
 - Christiana Care [brief mindfulness videos](#)
 - [Ted Talk with Laurel Braitman from Stanford Medical School](#) (mental **health benefits of storytelling and reflective writing for health care workers**)
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Service Anniversary List – June 2021

Happy anniversary to these colleagues celebrating a career milestone at LVHN.

LVHN Insider

Tuesday, June 1, 2021

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

45 years

Bonnie Lynn, Neuroscience Intensive Care

40 years

Ruth Clark-Ramos, Childrens Clinic at LVH

Linda Drexinger Durishin, Organizational Development

Bonnie Foose, Home Health Care

Debra Klingler, 6B Renal Med-Surg

Kimberly Leaver, Patient Accounting

Teri Lippowitsch-Vogel, TNICU

Peggy Mudrick, Float Nursing

Lisa Myers, Supply Chain Analytics

Marion Naftzinger, ICU

Nancy Saeger, Supply Management

Cassandra Snyder, Pain Management

Darla Stephens, HC Clinical Services

Karen Zurn, Emergency Service – CC

35 years

Margaret Bennett, Open Heart Unit

Mary Anne Browning, Labor & Delivery

Donna Burkos, Mental Health Clinic-Muhl

Lori Chistakoff, Interventional Radiology

Brenda Derr, Home Health

Pamela Di Natale, TNICU

Danita Fenstermacher, 5KS

Kathy Fink, Comprehensive Health Services

Karen Hanzelman, Ambulatory Surgical Unit

Christine Hess, Remote Patient Monitoring

Kathleen Hoffert, Nuclear Medicine

Maureen Hojnacki, Cancer Ctr Multi-Purpose Area

Karen Jones, Open Heart Unit

Nicholas Jupina, Partial Hosp Adoles Psych

Ronald Kayes, Radiology - Norwegian

Susan Labar, Short Procedure Unit

Anne McCormick, ICU

Martina Oswald-Remaly, Open Heart Unit

Susan Pool, Clinical Informatics

Gloria Reenock, Labor and Delivery Unit

Tracey Reither, Solution Center

Carol Shalaway, PACU - CC

Debra Skripko, Pediatrics

Sherry Squierdo, Interventional Radiology

Cynthia Ward, Cardiac Cath Lab

Denise Ward, Ob Gyn

Lori Washburn, Transitional Skill Unit

Roberta Werkheiser, Cancer Financial Services

Laurie Wimmer, Wound Ostomy Continence

30 years

Tamara Bergen, Short Procedure Unit

Michelle Bernier, Electrophysiology Lab

Melissa Bubbenmoyer, Heart Station

Marlene Calpin, ICO Staging & Recovery

Sandra Casella, Physical Therapy

Shirley Cesanek, CVM

Eugene Finn, MICU/SICU

Vivian Foulke, Child Life Department

Darlene Garon, Cardiac Rehab

Dolores Kernan, Mental Health Nursing

Colleen Koskovich, Cancer Ctr Multi-Purpose Area

Aline Krum, Med Surg 7

Melisa Kubic, Payor Based Care Cordination

Bonnie Langella, Pharmacy

Alicia Lynch, Ct Scan

Emily Mari, Medical Oncology MHC

Sherri Marx, Operating Room - Norwegian

Maureen McDonough, Bed Management

Donna Sylvester, Operating Room

Kirstin Umland, Pre-Op Staging

Jeanna Werner, Emergency Service - CC

Denise Witek, HIM Facility Based Coding

25 years

Joseph DeFulvio, General Administration

Patricia Geisinger, LVPG Fam Med/Peds Cetronia Rd

Michele Glezman, Nurse Float Pool

Denise Gould, Critical Care Unit

Orion Rust, LVPG Maternal Fetal Med 3900HA

Brett Williamson, Mental Health Clinic-Muhl

20 years

Jeremy Benninger, EPIC Conversion

Kristy Fegley, Pharmacy

Anthony Glynn, Info Svcs Clinical Service

Beverly Imschweiler, Housekeeping

Sharyn Jones, EPIC Conversion

Marc Juretus, Info Svcs Clinical Service

Tiffany Keeler, Wound Healing Center

Susan Kelly, Utilization Management

Nancy Ketner, Hyperbaric Medicine

Ann Kirka, Pharmacy

Robert Kramer, Dept. Of Psychiatry

Allen Kull, Inventory Management

Melinda Lichtenwalner, Regional Heart Center

Michele McCloskey, Pre-Srvcs/Financial Clearance

Christine McFarland, LVPG Pediatrics Laurys Station

Angela Mendez, CVM

Stacy Mesics, Pharmacy

Bryn Pencil, Respiratory Care Services

Robert Pencil, Neuroscience Intensive Care

Lisa Popovich, Special Procedure Unit

Doreen Shaver, Float Pool

Stacey Smith, LVPG Internal Med 3080Hamilton

Megan Snyder, Patient Safety

Tracey Spittler-Hassler, Women's Specialty Float Pool

Manmeet Thakral, Payor Based Care Cordination

Tanya Viera, LV Center For Women's Med

Tina Weikel, RN Triage/Hlthcare Navigation

Lisa Willett, BH 1

Tammy Wolfe, HIM Provider Based Coding

Jichao Ye, Vascular Lab

Jenelle Yost, Obstetrics

15 years

Jean Bakke Cain, LVPG Neurology 1250CC

Marcie Basile, ED Providers

Rosemarie Bigus, LVPG-P Urogynecology Bartonsvi

Karen Bilger, LVPG OB/GYN Valley Ctr Pkwy

Barbara Bobinyec-Riffel, Trauma

Ann Bordenick, LVPG Internal Med 1230CC

Jennifer Brown, Emergency Department

Alyssa Bruchko, LVPG OB/GYN Pond Road

Joseph Candio, LVPG Internal Med 1230CC

Michelle Carraro, ED Providers

Ashley Conaway, Transitional Skill Unit

Eleanor Cosic, LVPG Internal Med 1230CC

Jennifer Cotto, Diagnostic Imaging-Allen 1503

Amy Davis, LVPS Cedar Crest

Joyce Dumbach, HIM Provider Based Coding

Lori Dzojko, LVPG Internal Med 1230CC

Kelly Ely, 5K Medical/Surgical Unit

Tracy Gemberling, HC Central Business Office

Jeffrey Gesell, ED Providers

Rosalie Goldstein, CECE Ctr

Tara Goss, LVPG Urology

Clara Granados, Operating Room

Kathryn Grube, Sterile Processing

Raizalie Gutierrez, Cancer Support Services

Susan Hassay, Childrens Clinic at LVH

Cecelia Hatch, Radiology At Palmer Township

Lindsey Hayde - Sexton, LVAS LVH - Cedar Crest

Melissa Heckman, LVPG Pediatrics Easton

Robin Heller, Nurse Staffing Office

Holly Hess, Cancer Services at Bangor

Jill Hickman, LVPG Family Med Laurys Station

Debra Hontz, LVPG Maternal Fetal Med 3900HA

Poli Iordanova, Cardiovascular/Telemetry Unit

Laurieann Kapun, HIM Provider Based Coding

Mary Keifer Kimock, Info Svcs Clinical Service

Jennifer Keller, LVPG Family/Intrnl Med BethTw

Jonathan Kochuba, LVPG Internal Med 1230CC

Adam Kotkiewicz, HOA Muhlenberg

Patricia Kott, Med Surg 5

Christine Krick, Transitional Open Heart Unit

Thomas Lakata, LVPG Internal Med 1230CC

Nicole Leibel, Adult Psych - Jackson

Holly Lingo, Operating Room

Susan Lohrman, LVPG Urology

Margaret Mancini, Supervisor-Nurse Staffing Offi

Jody Manuel, CH Outpt Registration East

Christina Mathioudis, Vascular Lab

Colleen McBrearty, Cardiac Cath Lab

Krysten McGovern, 4K Med/Surg

Jennifer Meihofer, ICU-M & RHCM Float Pool

Tara Mertens, Hospice Skilled Nursing

Jennifer Mesker, Cancer Center Pharmacy

Mariselle Millan-Rios, Concussion & Head Trauma Progr

Sara Mindler, Emergency Service - 17Th

Megan Mojeda, Utilization Management

Sharon Nikoleyczik, Diagnostic Care Center -MHC

Cheryl Oakes, Rehab Unit

Jenna Ottinger, Electrophysiology Lab

Jessica Paukovits, TNICU

Cassie Petruzzi, Emergency Room

Jennifer Phillips, Institutional Review Board

Patricia Quinlan, LVH M Hospitalist Program

Shawn Quinn, ED Providers

Erin Reiche, Float Nursing

Erik Resch, PACU - 17

Marianne Reynolds, Pediatric ED

Lynn Rivera, Specialty Clinic-Allen 1621

Carrie Rohrer, Staging/PACU Tilghman

Kimberly Schaffer, LVPG Pain Specialists

Patricia Seiders, Infusion Therapy

Kimberly Sheeran, Clinical Services Admin.

Theresa Siffel, HC Clinical Services

Constance Simpson, Emergency Department

Kerry Snyder, Health Care Analytics

Rebekah Souder, Hospice Skilled Nursing

Erin Sweet, Radiology-Diagnostic - Cc

Gail Tashner, Psych Rehab and Case Mgmt

Emily Touma, Pharmacy

Evelyn Venturini, Per Diem Pool

Michelle Violante, Pharmacy

Rebecca Weiss, LVPG Family Med Trexlertown

Kenneth Williams, BH 2

Matthew Winas, LVPG Internal Med 1230CC

Denise Woodworth, Health Care Analytics

Sally Wright, Nursing Float Pool

Crystal Zellner, Clinical Services Observation

10 years

Afaf Abdouche, CVM

Emine Alendar, Cancer Services at Bangor

Lisa Allwein, Special Procedure Unit

Linda Balogh, Nursing Float Pool

Rebecca Beil, LVPG Pain Specialists

Julie Brita, Accounts Payable

Veronica Brohm, Family Medicine Education

William Cors, Administration

Becky Costenbader, Maternal Fetal Medicine

Valentine Croft, Partial Hospitalization

Jacob Culichia, Health Care Analytics

Lynn Cunningham, Burn Out Patient Program

Jessica Dalton, 2K South

Chelsea de Jesus, Maternal Fetal Medicine

Nadyne Dias, Pediatric Rehab At CC

Mary Clare Dinan, Healthworks Trexlertown

Nancy Duro, Radiology Administration

Shannah Dutko, Emergency Service - CC

Shannon Emerich, Emergency Service - 17Th

Stephanie Erwin, EPIC Conversion

Tina Everett, Risk Management

Ashley Fryer, Physical Therapy-ST CIR

Erin Gallagher, Payor Based Care Cordination

Doris Golebiewski, IRF CC Therapy

Tabitha Gombert, Central Scheduling Hwc

Justin Guthier, LVPG Cardiology 1250CC

Serena Hatcher, MICU/SICU

William Hendricks, Ultrasound

Thomas Juszczuk, Supply Distribution Services

Devin Kennedy, Emergency Service - CC

Jessica Knauss, LVPG Family Med Muhlenberg

Sheila Knecht, Purchasing

Donna Kocher, Healthworks Bethlehem

Heather Kowalishen, LVPG-P Family Med-E Strdsburg

Alexandria Limpar, Neuroscience Intensive Care

Todd Malseed, Post Operative-Beth

Heather Mannon, Housekeeping

Lianne McGinn-Bunn, LVPG Expresscare - Bangor

Joanna McKnight, Nursing Administration

Mary Monroe, HIM DOC Mgmt Release of Info

Lauren Overby, Pediatric Intensive Care Unit

Kristen Picone, Progressive Coronary Care Unit

Allison Robbins, LVPG Fam Med/Peds Cetronia Rd

Donna Rodenbaugh, 5T Med/Surg

Nicole Seip, Care Management

Muhammed Sheikh, LVPG Peds Neurology 1210SCC

Roxanne Smith, Cardiac Diagnostic Center

Susanne Spiezio, Mammography

Amanda Stark, LVHP Acute Care Therapy

Bridget Stein, Medical Surgical Unit

Susan Stine, Hematology Oncology Clinic -CC

Jose Tukay, Supply Management

Darcie Wagner, Ultrasound at Palmer Township

Pilar Weaver, Specialty Clinic-Wg

William Weidner, Plant Engineering

5 years

Ashley Amato, CPP Orthopedics - Dickson 334

Kyle Androkitis, Op Intake Dept

Crystal Behler, LVPG Orthopedics Specialty

Karlie Boyle, EMS Hazleton APTS Operations

Corrie Brown, ED Providers

Charles Burke, Nuclear Med

Maria Camier, Med Surg 5

Samantha Carr, Risk Assessment Program

Corey Cinicola, Rehab at Orefield

Aylin Colpan, LVPG Infectious Disease 1250CC

Jose Enrique Cordova, Operating Room

Thomas Costanzo, Operating Room

Crystal Cova, LVPG Obstetrics Gyn Fogelsvill

Matelin Crosen, PGME-Surgery

April Cruz, LVPG Fam Med/Peds Cetronia Rd

Justin Darrow, LVPG Family Med Quakertown

Laura Darrow, LVPG Pediatrics Quakertown

Brittany Ely, LVPG-L Emergency Med Hecktown

Devon Ervin, Risk Assessment Program

Derek Fikse, PGME - Emergency Medicine

Kiersten Fischl, IRF CC Therapy

Lisa Fraser, Trauma

Megan Furchner, Library Services

Angelica Garcia, Cardiology Clinic -CC

Paul Ghattas, PGME-Surgery

Michael Green, Cardiology Clinic -CC

Cheryl Groshko, Security

Alysha Handler, 6 North

Kelli Harajda, LVPG Pediatrics Center Valley

Jocelyn Harrod, LVPG IM Nazareth Rd

Christopher Hosford, LVPG Float Pool

Katie Kindt, LVPG Pediatrics Center Valley

Stacy Klinger, Adult Peds Psychiatry SCC

Christopher Lenivy, Pulm/Crit Care Fellowship

Jonathan Lentz, Rehab at Hellertown

Hannah Loebel, PGME-Surgery

Anam Malik, GI Fellowship

Rebecca Mann, Cancer Data Management

Matthew Marschall, LVPG-L Emergency Med Hecktown

Zachary Matuzsan, ED Providers

Ryan Mayo, HEM ONC Fellowship

Jason Mcfarquhar, LVAS LVH - Cedar Crest

Carissa Miller, Labor & Delivery

Tiffany Miller, Med Surg 4

Louis Morolla, ED Providers

Gregory Munch, Security

Kaitlyn Musco, Pulm/Crit Care Fellowship

Matthew Palilonis, LVPG-L Emergency Med Hecktown

Bonnie Parker, Operating Room

John Pendy, BH 1

Thomas Quinn, PGME-Rheumatology Fellowship

Crystal Quinones, LVPG Adolescent Medicine

Mamtha Raj, PGME-Surgery

Christopher Ramdass, Pharmacy

Gregory Robins, Ct Scan

Lalaine Rubiano-Alfonso, Observation Unit

Zeena Santiago, Childrens Clinic at LVH

Paul Secheresiu, PGME Cardiology Fellowship

Catherine Semder, Rehab Svcs at LVH-M

Erin Smith, Vida Nueva Casa

Edward Stish, Icu

David Testa, LVPG-P Family Med-Blakeslee

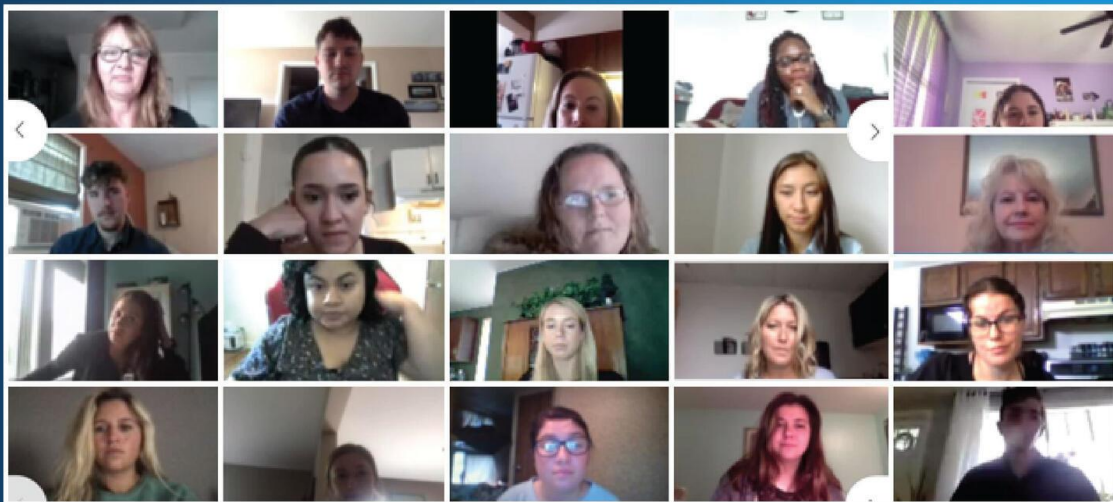
Roberto Torres-Lopez, Plant Engineering

Kristi Tracey, LVH Rehab Lehighton

Sagar Vadhar, PGME Cardiology Fellowship

Sandhya Venkataraman, PGME - Endocrinology

Qi Yan Wang, PGME-Surgery



Welcome New Colleagues Who Attended Connections June 1, 2021

We have 193 new colleagues in the LVHN family.

LVHN Insider

Thursday, June 3, 2021

Adams	Noah	Certified Athletic Trainer
Allen	Charde	Medical Assistant
Amentler	Edana	Reg Vasc Technologist
Anema	Logan	Technical Partner
Anewalt	Sherry	RN PDM I Evng/Night
Antzoulis	Loannis	Data Engineer Assoc
Ascione	Frank	Nurse Extern I
AVILES	KAMIL	Emergency Dept Tech Cert
Baez	Lisa	Clerk Typist
Baldwin	Ashlee	Registration Rep
Benitez	Daiana	Patient Transporter
Blackwell	Terran	402-CARE Rep
Bondi	Alexander	Staff Tax Accountant

Brogan	Jessica	Patient Services Rep
Brown	Keri	Prof Student Nurse Pt Obs Asst
Buchanan	Caroline	Physical Ther Per Diem
BurnsMitchell	Michelle	Pt Observation Asst
Calderon	Corrine	Talent Acq Business Partner
Campomizzi	Alyssa	Technical Partner
Caraballo	Amaya	Nursing Assistant
Carey	Abigail	Medical Assistant Phys Prac
Cathcart	Jessica	Patient Obs Assistant
Cavanagh	Kyle	Nursing Assistant
Clemmer	Elizabeth	PSNE- Professional Student Nurse Extern
Coleman	Melody	Technical Partner
Colon	Kiera	Member Service Asst
Constant	Nadjulia	PSNE- Professional Student Nurse Extern
Corrado	Hannah	Mental Health Aide
crofford	javid	Cook
Cummons	Madison	Prof Student Nurse Pt Obs Asst

Curtis	Ryan	Scheduling Coord
Dalembert	Yverrose	CNM
Dartouzos	Tina	Technical Partner
Davis	Sarah	Technical Partner
Domagalski	Lea	Practice Manager
Eagono	Fayth	PSNE- Professional Student Nurse Extern
Eister	Joseph	Distribution Specialist
Emenheiser	Tara	Technical Partner
Epler	Sandra	Technical Partner
Erickson	Jordan	Genetics Counselor
Erie	Sarah	Scheduling Coord
Feher	Alyssa	Clinical Exer Phys CDC/HS
Fey	Madison	Technical Partner
Forbes	Dianna	Patient Obs Assistant
Freudenberger	Max	Financial Assistant
Fulwiler	Kaylyn	Nursing Assistant
Fuoco	D'Anna	Technical Partner

Galassi	Michael	Prof Student Nurse Pt Obs Asst
Gangewere	Ashley	Technical Partner
Garratt	Rebecca	RN OP Chemo
George	Trinity	Nurse Assistant
Gerngross	Gabrielle	Inpatient Care Manager - MSW
Gillespie	Jacqueline	Medical Assistant Phys Prac
Guadalupe	Marelyn	Technical Partner
Hambleton	Anna	PSNE- Professional Student Nurse Extern
Hansen	Kirstin	Technical Partner
Hart	Meliya	Patient Transporter
Hazelton	Talia	Reg Spec
Headrick	Daniel	Technical Partner
Hertkorn	John	Financial Assistant
Hillegas	Lori	Technical Partner
Hokenson	Marylouise	Secretary Executive
Hollednak	Alexsis	Housekeeping Aide
Houtchens	Jenny	Medical Assistant Phys Prac

Hrbek	Lindsay	Patient Services Rep
Huntzinger	Christine	Reg Spec
Inga	Araceli	Prof Student Nurse Pt Obs Asst
Johnson	Brandon	Clinical Exer Phys CDC/HS
Johnson	Virginia	Nurse Assistant
Joseph	Caroline	Pharmacy Technician
Karabinus	Julie	Emergency Dept Tech Cert
Karapelou	Mikayla	Patient Obs Assistant
Kats	Madeleine	Nurse Extern I
Kaur	Jobanpreet	Technical Partner
Keegan	Sean	Distribution Specialist
Keller	Hope	Pharmacy Technician
Kershes	Lauren	CRNP
Kervick	Chiara	Technical Partner
Farley	Michaelleen	PSNE- Professional Student Nurse Extern
Kresefski	Mariah	Critical Care Transport RN
Krase	Kassandra	Nurse Extern I

Lambert	Lindsay	Nurse Extern I
Lauderman	Brian	Phys Therapy Asst PDM
Leader	Lauren	Physical Therapy Aide
Lehman-Stettler	Molly	Sr. Payroll Tax Analyst
Letting	Rebecca	Speech/LangPathologist
Lewis	Irene	Technical Partner
Liberto	Britni	Technical Partner
Lo Piccolo	Giulia	Technical Partner
Lopez	Anisa	Patient Transporter
Loughlin	Kyle	Technical Partner
Lucas	Robert	Reg Cardiovas Inv Spec
Krewson	Grace	Technical Partner
Mancini	Amy	Case Manager
Manifold-Herring	Sharon	Physical Ther Per Diem
March	Ronald	Security Officer
Magloire	Tiffany	Radiology Support Tech
Martin	Amanda	Nursing Asst II - Acute Care

Martin	Hannah	PSNE- Professional Student Nurse Extern
Marrero	Johanelix	Medical Assistant Phys Prac
McCarthy	Valerie	Scheduling Coord
McClary	Haley	Technical Partner
McElwee	Conor	Scheduling Coord
McGirr	Brianna	Technical Partner
Mears	Melanie	CT Tech
Merkel	Alexis	Technical Partner
Miletics	Catherine	Payment Posting Spec
Miller	Roy	Systems Technician
Medlar	Rachel	PSNE- Professional Student Nurse Extern
Mills	Abigail	Nurse Assistant
Moll	Rick	Facilities Maintenance Tech
Mony	Jyothi	Technical Partner
Morelli	Julie	Technical Partner
Morgan	Kennedy	Pharmacy Intern
Motto	Casey	Clin Staff Pharm PDM

Moyer	Brooke	Medical Assistant Phys Prac
Muller	Madison	Prof Student Nurse Pt Obs Asst
Mumma	Catherine	Scheduling Coord
Mustafa	Amina	Pt Observation Asst
Nadzinski	Paulina	Technical Partner
Nelson	Skylar	Nurse Extern I
Nice	Shelby	RN PDM III Day
NIKLES	KATIE	Physical Therapy Asst
Olaviany	Jonelle	Nurse Extern I
Onulack	Stephen	Pharmacy Intern
Ortega	Rose	Pt Observation Asst
Pandey	Vidisha	Prof Student Nurse Pt Obs Asst
Parks	Carolann	Medical Assistant Phys Prac
Patel	Ria	Pharmacy Technician
Peek	Stephen	Security Officer
Pennie	Olivia	PSNE- Professional Student Nurse Extern
Peralta	Ivan	Security Officer

Miller	Yvonne	Technical Partner
Pierro	John	EVP & COO
Polacco	Molly	Speech/Lang Path Pdm
Pontosky	Vaeda	Technical Partner
Popstein	Tianna	Nurse Extern I
Petermann	Diane	RN Phys Prac
Pothering	Taylor	Technical Partner
Radcliffe	Olivia	Prof Student Nurse Pt Obs Asst
Ramirez	Hilda	Technical Partner
Rehm	Gary	Mental Health Aide
Remmen	Jennifer	Registered Nurse
Reyes-Cortes	Esmeralda	Technical Partner
Risell	Carolyn	Medical Assistant Phys Prac
Ritz	Rosemarie	RN Phys Prac
Prokopowich	Audrey	Scheduling Coord
Rodriguez	Destinee	Technical Partner
Rudy	Jacob	Technical Partner

Sadadiwala	Mansi	Clin Staff Pharm PDM
Salgueiro	Kyle	Registered Nurse - OR
Salinas	Elena	Technical Partner
Sallade	Amanda	Nurse Assistant
Sauchinitz	Bettyanne	Technical Partner
Schatzman	Elizabeth	PA
Schnabel	Samantha	Scheduling Coord
Schulze	Kyle	Pharmacy Intern
Shelly	Paige	Diag Technologist
Shiptoski	Maria	DO
Shuler	Serena	PSNE- Professional Student Nurse Extern
Silberberg	Yamarieliz	Technical Partner
Sitaras	Nicholas	Physical Therapist
Rodenbach	Katrina	CRC Consultant
Smith	Jeanine	MRI Technologist
Snyder	Hannah	PSNE- Professional Student Nurse Extern
Smith	Brianna	Tray Aide

Spittle	Bailey	Nurse Assistant
Steadman	Emily	Clin Staff Pharmacist
Stettler	Kirstin	Technical Partner
Stojkov	Michelle	Phlebotomist
Storbeck	Nicole	PSNE- Professional Student Nurse Extern
Soto	Alize	Nurse Extern I
Torgersen	Tanner	Pharmacy Intern
Toro	Nancy	Sterile Processing Technician
Tremonte	Tammala	Ultrasonographer
Trexler	Beth	Registered Nurse
Vaidian	Sheena	Technical Partner
Valdivieso	Josefina	PA
Valazquez	Jennifer	Technical Partner
Vernitsky	Susan	Director Clin Svcs
Waldron	Meghan	Community Health Worker
Weisner	Joy	RN Care Manager WKND
Whalen	Joseph	Nursing Assistant

Windish	Marylynn	EAP Counselor
Wirth	Amber	Patient Services Rep
Wiswesser	Jillian	Prof Student Nurse Pt Obs Asst
Womer	Maria	Technical Partner
Un	Raphael	Clin Staff Pharmacist
Yagerhofer	Kassondra	MRI Technologist
Young	Joseph	RN Home Care
Zappulla	Colleen	Technical Partner
Zebhideh-Strain	Alexis	Mental Health Technician
Wood	Allison	Technical Partner



New Chief Philanthropy Officer Joining LVHN

Liv Vesely will design and implement a comprehensive fundraising strategy.

LVHN Insider

Wednesday, June 2, 2021

**This message is from Brian A. Nester, DO, MBA,
President and Chief Executive Officer, LVHN.**

Developing and fostering relationships with those who provide philanthropic support to Lehigh Valley Health Network (LVHN) is essential to the furthering of our mission. I am pleased to announce that we found a new colleague to

lead this important work. Liv Vesely, MPH, MA, will join LVHN as Senior Vice President and Chief Philanthropy Officer (CPO) on June 7.

Liv will be responsible for the design and implementation of a comprehensive fundraising strategy and special projects to support the mission and strategic goals of LVHN. She will work to expand our philanthropic efforts into more markets and establish strong relationships with colleagues, community members and partner organizations in all the regions we serve. Liv will report to me and work closely with the LVHN Board of Trustees, Development Committee, and LVHN clinical and administrative leaders to achieve these goals. As CPO, Liv also will be a member of CEO Council.

Liv comes to LVHN from Jupiter Medical Center Foundation in Florida, where she served as President and Chief Advancement Officer. Her list of achievements in this role is impressive and includes the following:

- Developed a \$300 million comprehensive campaign strategy and operational development plan to support the long-term strategic vision for the medical center, securing more than \$230 million in five years
- Increased financial support for operations and capital, closing multiple eight-figure gifts (the medical center's new cancer institute, patient tower, comprehensive stroke center, and heart and vascular institute were 100% underwritten through philanthropy)
- Revamped the donor database and prospect management process to create a sophisticated data-driven system that provides accurate giving reports and analytics
- Developed the medical center's first planned giving program, which includes a Planned Giving Advisory Council
- Managed more than 35 events annually that included galas, golf tournaments, major gift dinners, ribbon-cuttings, physician recognition and caregiver receptions, and more

Prior to her time with Jupiter Medical Center Foundation, Liv gained extensive experience as Deputy Chief Development Officer at Mount Sinai Health System in New York, Vice President of Development at Western Connecticut Health Network Foundation, and Director of Annual Giving and Development at Columbia University Medical Center.

Liv holds a Master of Public Health, Executive Health Care Management and Administration from Columbia University, a Master of Arts, Latin American Studies from New York University, a U.K. Master of Arts, International

Relations from University of Kent, and a Bachelor of Arts, International Relations and Spanish from Syracuse University.

Liv and her husband have one daughter, who will attend Moravian Academy. Their three dogs will join them on their move to Pennsylvania. Outside her career, Liv is a triathlete and has participated in a few Ironman and many Half Ironman events. She also has run about 15 marathons around the U.S. and in Europe, and numerous half marathons.

Liv is the perfect leader for LVHN's Office of Philanthropy. I am confident that her experience and vision will help ensure LVHN has the financial strength and community support we need to heal, comfort and care for generations to come. Please join me in welcoming Liv and her family to the LVHN family.



PA of the Year Serves Her Community Through Street Medicine

Ho'onani (Nani) Cuadrado is the 2021 recipient of the PA of the Year Award.

[View on www.aapa.org](http://www.aapa.org)

by LVHN Insider
Published 3 days ago



Congratulate These DAISY Award Recipients

These nurses go above and beyond for patients.

LVHN Insider

Friday, May 28, 2021

The DAISY Award recognizes nursing excellence and honors nurses for providing compassionate and patient-centered care. Jessica Logan, Abby Gruver, Alexandra DiPace, Kara Yanni, Blake Wessic, Theresa Wasno, Joanna Janiak, Jessica Dalton, Brianna Famularo and Lee Holden are

celebrated by patients and colleagues for going above and beyond to provide exceptional care.

Jessica Logan, RN, October 2019

4K, LVH—Cedar Crest



Nurses not only care for a patients' physical health, but they are also support systems for mental health. And for a patient of Jessica Logan, RN, her mental health needs were properly addressed in a compassionate, caring way.

"I was feeling extremely down because I had a setback in recovery, and that brought back past surgeries and a lot of negativity. Jessica Logan didn't just give me my meds and leave. She could see I was in a depressive state, and she sat and talked with me and told me if I needed to talk, I could press the call button," says the patient.

Logan went a step further to make sure her patient got the mental health help she needed.

"She offered to reach out to a counselor for me. My depression has taken a toll on my life, and her recognizing that I was not myself at that time and sitting with me to make sure I was going to be okay is sometimes all I needed," says the patient.

With her attentive care, Logan went above and beyond to meet her patient's physical and mental needs.

"I really appreciate her taking time out of her busy schedule and patient list to make sure I was alright and to comfort me. She showed concern for my well-being, and I can tell she cares about her patients. Thank you, Jessica Logan. You deserve this DAISY award and more," says the patient.

Abby Gruver, RN, November 2019

Perinatal Unit, LVH–Cedar Crest



When Abby Gruver, RN, greeted a patient who came to LVH-Cedar Crest to deliver a baby, the patient already knew that she would not be able to bring it home. Her baby would be stillborn.

"Abby was the first person who greeted my family and me as we checked in to the labor and delivery unit at LVH–Cedar Crest to do the most difficult thing that I have ever done: give birth to a baby I knew was not alive anymore," explains her patient. "At 21 weeks, my husband and I had been given the news that our baby had passed away, but I still had to be induced and deliver the baby."

For the next two nights, Gruver was by her patient's side through her labor process.

"From the very beginning, Abby was compassionate, professional and accommodating. During such a difficult time, she was a listening ear, a

shoulder to cry on and a strong presence who held my hand (literally) and talked me through labor and delivery,” says the patient.

Gruver made sure her patient was comfortable and informed about each step of the experience.

“Before every dose of medicine, checkup or procedure, Abby was sure to fully explain what to expect and answer any questions I had. I could tell that nursing was not just her job, she truly cared and was personally invested in making sure that I was informed and comfortable. This was unlike any care I had ever received before,” says the patient.

After delivery, Gruver continued to show what an amazing nurse she is, and her efforts were noticed by her patient’s family.

“During such an emotional time, she remained professional and helped talk me through and keep me grounded when making really difficult decisions about my stillborn baby. In my opinion, she went way above and beyond her job description as a nurse,” says the patient. “Each of my family members who was there with me commented on her attentiveness, kindness and compassion.”

Gruver’s compassion and empathy gave her patient hope during this dark time.

“Although my reason for being in the unit was extremely sad, Abby was a glimmer of hope and light. Instead of focusing on the pain and sadness of the experience of giving birth to a stillborn baby, I am choosing to focus on the amazing care I received by such a compassionate nurse, and she will always be in my memory,” says the patient.

Alexandra DiPace, RN, December 2019

7C, LVH–Cedar Crest



Hospital visits were a regular part of life for a patient of Alexandra DiPace, RN. However, the care that DiPace gave to this patient, who has dwarfism, stood out during this particular visit.

“The definition of a good nurse is ‘caring, understanding, non-judgmental and has a strong ability to empathize with patients of all walks of life.’ This is the exact definition to describe Alexandra DiPace as a nurse and as a person,” says the patient.

During this visit, DiPace spent extra time talking to and comforting her patient during struggles.

“I arrived later in the evening, she was so welcoming and caring. I am a four-foot dwarf with depression and anxiety. The second night I was there I was a mess crying and couldn’t sleep. Alex took time to sit on the end of my bed and talk to me. I started to relax and was able to sleep,” says the patient.

The kindness that DiPace showed her patient made a lasting impact on her patient’s life.

“It was said that ‘Skills can be taught. Character, you either have or you don’t.’ Alex does, and that is why I believe Alex is so deserving of the DAISY Award. She definitely made a difference in my life. She may never realize how much,” says the patient.

Kara Yanni, RN, January 2020

4K South, LVH–Cedar Crest



Nurses are responsible for monitoring their patients from start to finish during a hospital stay. The diligent observation of Kara Yanni, RN, was truly lifesaving for one patient.

“On the day I was scheduled to be discharged, I ate my breakfast and it didn't sit well. Later, I ordered lunch hoping it would go better. Kara came into the room and instinctively knew something was wrong. She called the doctor and asked to postpone the discharge,” says the patient.

Yanni remained attentive to her patient's condition, which quickly declined.

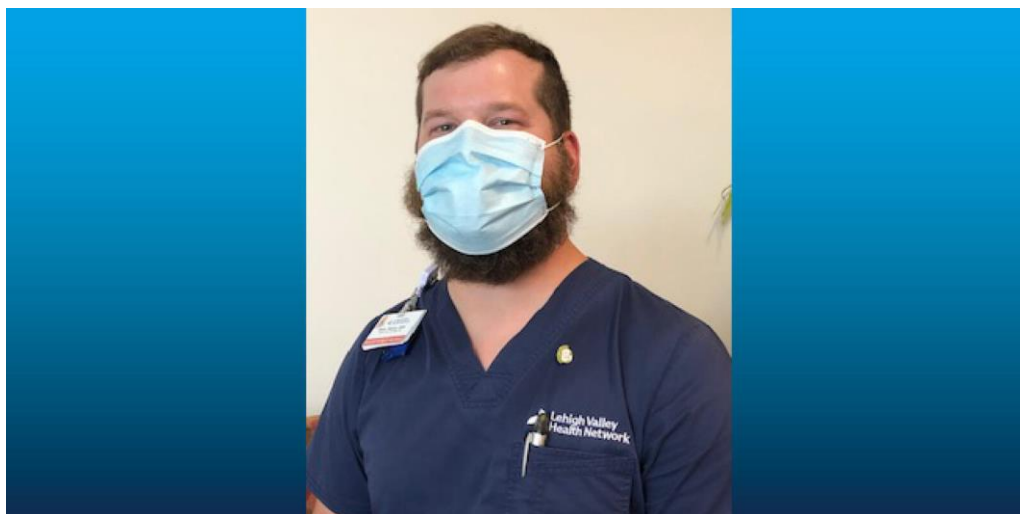
“Later that day, I spiked a high fever and was shaking uncontrollably with chills. I became delirious and began to speak unintelligibly and was not able to follow commands. Kara called a stroke alert. She remained calm and in control, and I was transferred to ICU,” says the patient.

After her doctors ruled out a stroke, the patient was diagnosed with septic shock.

“Had it not been for her skill and instinct, I would most likely have been at home when this occurred, and the outcome may not have been as favorable. One of the doctors remarked that Kara saved my life,” says the patient.

Blake Wessic, RN, February 2020

Home care



Home care nurse Blake Wessic, RN, was assigned to care for his latest patient thanks to his expertise in cancer care.

“My mom was receiving home care after being diagnosed with stage 4 cancer. Once she came home, we had nurses who were nice, but knew nothing about cancer patients. I called Lehigh Valley Home Care and asked for a nurse who worked with patients who have cancer,” says the award nominator.

Wessic was the perfect nurse for the job. He called the patient’s family and informed them he would be coming to see them the next day.

“I wondered how my mom was going to feel about a male nurse. Blake came the next day and the first thing he did was sit with my mom for about 10 minutes. I left them alone so they could talk. After he left, I asked my mom how it went, and she said, ‘I want him every week! He is going to be my little soldier.’ I asked why. She said he took the time and listened to me,” says the award nominator.

Wessic visited his patient and her family diligently, forming a strong and trusting relationship.

“He visited her until she went to heaven. He went beyond what his job was about. He always sat with mom as soon as he came. He listened to her and addressed any concerns she had. Every time Blake left, my mom had a smile on her face. She always said, ‘That’s my little soldier,’” says the nominator.

Wessic helped guide his patient and her family into hospice care.

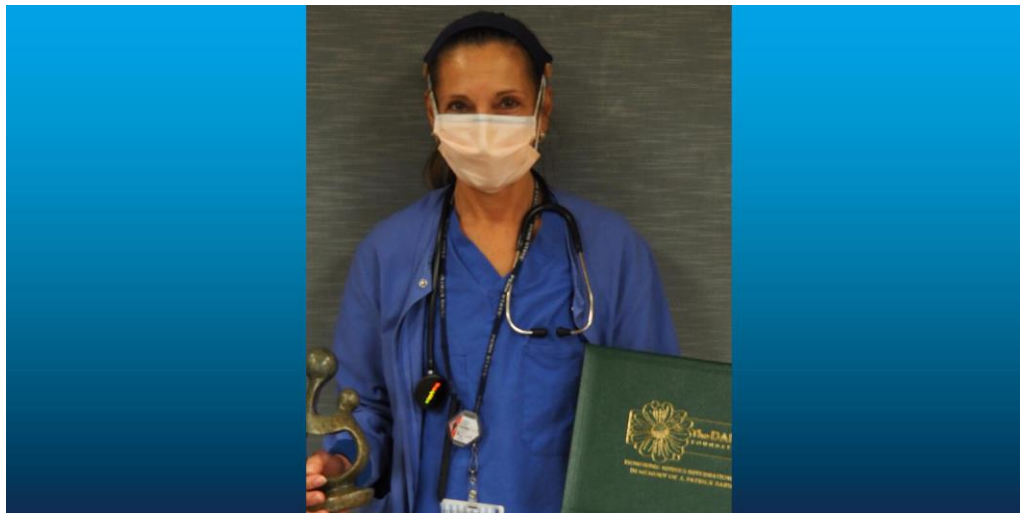
“When time got closer, he came to me and my mom and said I think it’s time for hospice. He told me that my mom would likely be going in a few days now. I trusted him and he was right,” says the nominator.

And Wessic was with his patient until her last breath.

“The day before my mom’s passing, Blake came in and just sat with my mom. My mom cried and said, ‘You are my little soldier,’ and that she was thankful that he was in her life. My mom could not thank him enough,” says the nominator. “And I cannot thank Blake enough for being so caring, thoughtful and considerate. Blake deserves to receive the DAISY Award because he helped my mom go to heaven in peace.”

Theresa Wasno, RN, March 2020

LVHN–Tilghman



At 4:30 a.m. one morning in March 2020, a man drove up to the front of LVH-Cedar Crest, jumped out of the car and yelled, “My wife is having a baby and her water broke.” Without hesitation, Theresa Wasno, RN, who was taking temperatures at the entrance that night, rushed to the aid of the woman.

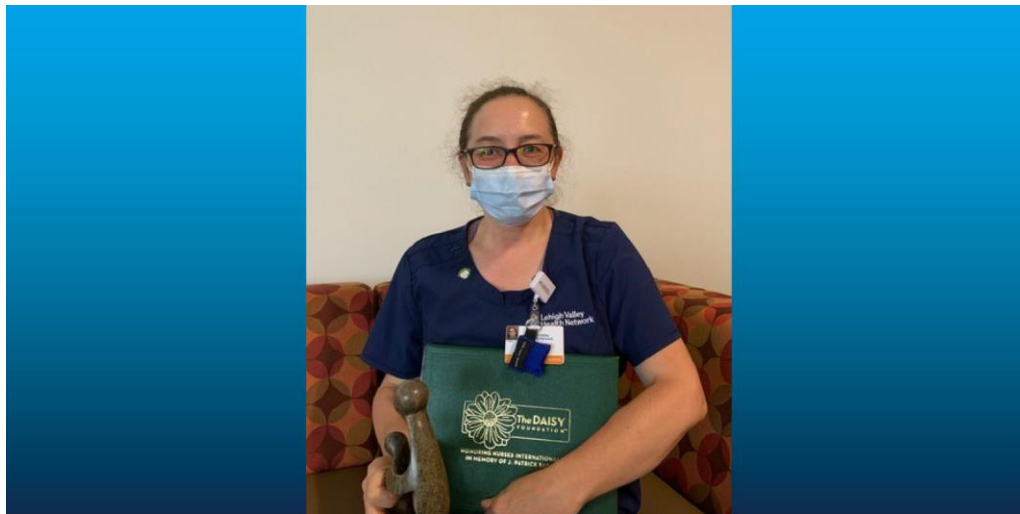
“Theresa assured the woman that she was there to help. She took control of the situation in a calm manner and coached the woman to continue her breathing, and simultaneously directed the security officer to call the labor and delivery unit, and asked them to come to the front of the hospital,” says the award nominator.

In a few moments, Wasno delivered the baby herself without difficulty.

“As an experienced nurse, she controlled the situation and assisted labor and delivery staff in the care of the mom,” says the award nominator. “Theresa represents LVHN as an exemplary colleague who has the knowledge and skill to think quickly and provide excellent care.”

Joanna Janiak, RN, April 2020

Home care



For many patients who require home care nursing, the COVID-19 pandemic has presented a unique set of challenges. Lucky for one patient, nurses like Joanna Janiak, RN, help make things a bit easier.

“I am a disabled senior citizen. Because of COVID-19, I am sequestered in my apartment,” says the patient. “During a routine visit to dress my leg wounds, I offhandedly mentioned to Joanna that my usual support people were afraid to go to the supermarket due to the pandemic. As a result, I was having trouble getting food, especially perishables.”

Janiak volunteered to help without a second thought.

“Without any request on my part, and as we both shopped at the same store, she immediately insisted on going to the supermarket for me. Nothing I could say would dissuade her,” says the patient. “She also insisted that she would cover the cost of my food, and again, I could not dissuade her. She said that she planned to go shopping the next day, and she would call me in advance

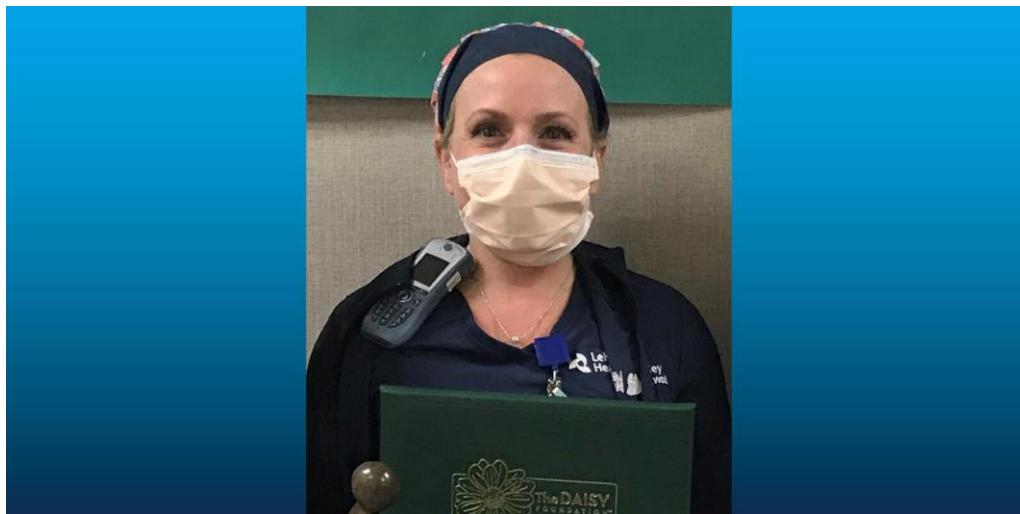
before delivering the groceries. I explained that I had a budget for food and could easily reimburse her for the cost of the food, but she would hear nothing of it.”

As promised, Janiak went above and beyond for this patient.

“A few days later, I received a call from her saying she had just left a bag of groceries at my door and I should retrieve it and put the perishables in the fridge.”

Jessica Dalton, RN, May 2020

2KS, LVH–Cedar Crest



Jessica Dalton, RN, was assigned to a patient during her night shift who was not doing well.

“My mom was in grave shape. Her health was failing, and so was our hope. She was on a ventilator and sedated for the second time,” says the nominator.

Emotionally and physically exhausted from being in the hospital from morning until night, that patient’s family told Dalton they were heading home.

“I told Jess I was leaving for the night. She told me not to worry, that she and my mom were going to the spa that night. They were going to get manicures and pedicures,” says the nominator. “I laughed and headed to my car for my 30-minute drive home.”

And Dalton kept her word.

“The next day I went in to see my mom and her hair was braided beautifully to the side (away from the ventilator), and her nails and toenails were polished. It meant so much to me to have someone like Jessica care for my mom, since she could no longer care for herself,” says the nominator. “She went above and beyond her duties to show care for a patient, and my family and I will never forget her.”

Brianna Famularo, RN, June 2020

7T, LVH–Muhlenberg



After the end of her night shift, Brianna Famularo, RN, walked to the parking lot, where she noticed an unresponsive person in a car.

“She sought help from security to remove him from the vehicle and performed CPR until EMS arrived,” says the award nominator. “Brianna’s quick reaction helped the patient to begin breathing.”

Lee Holden, RN, July 2020

Trauma Neuro Burn Float Pool



When Lee Holden, RN, came into the room to comfort a patient's son, he didn't know the impact he would have on him.

"My mother was on the transitional open heart unit (TOHU) due to medical complications. She had been in hospital for nearly five weeks. One day I came to visit my mom, and it was an extremely difficult visit for me. As I stood by her bedside, holding her hand and crying, Lee Holden walked in the room," he says.

After Holden calmly and politely introduced himself, he offered the son comforting words.

"He came over to me and said, 'Michael, this is very difficult to see, especially when it is your mother, but I am taking good care of her and she is comfortable. She is happy you are here.' He then proceeded to ask me if I needed anything," says the patient's son.

The empathy and care Holden showed continued as the patient's family had to make the difficult decision to transfer their mom to hospice. He helped coordinate FaceTime calls with out-of-town family and visits with local family.

"During that time, Lee had arranged multiple times for my siblings who reside out of state to FaceTime with my mother. Lee also made arrangements for my mom's grandchildren to be able to come in the room and see her," he says.

"When the day got emotional for me, I would step out of the room to cry, and Lee was always right there. He would come over to ask if I was doing okay and would consistently ask what he could do for me."

During their conversations, he formed a friendship with Holden and learned they were both cyclists.

“His genuine compassion, empathy and support demonstrate true excellence in nursing. It was a very tough day for my family, but Lee reassured us and was there to help us through. There truly are no words to describe how well Lee treated my mom and my family,” he says. “As difficult as the day was, Lee made it more comfortable and did not hesitate to go above and beyond. I am forever grateful and will never be able to thank Lee enough.”



New Way to Submit Real Estate Department Work Orders

Colleagues working in buildings outside hospital campuses can submit work orders through LVHN's Real Estate Department.

The second phase of LVHN's implementation of Nuvolo, a computerized maintenance management system, launches June 2. This phase affects colleagues working in buildings outside LVHN hospital campuses, such as LVPG offices, who currently submit facilities work requests to the real estate department. Please note that access to Nuvolo has changed. Instead of clicking the Clinical Engineering icon to access Nuvolo, colleagues should select the **House icon** labeled **Property Management Service Request**.

What is changing?

Instead of sending an email to real_estate_services@lvhn.org for work requests, colleagues will access Nuvolo from the SSO toolbar and submit a request through the app. Adding real estate department service requests to Nuvolo ensures each request can be handled in the most efficient manner, using technology that will standardize and streamline workflows across the health network and support LVHN's growth.

Completion of the online Nuvolo form is the fastest and most comprehensive way to submit real estate related service requests. The option to call the real estate department for emergency situations will still be available.

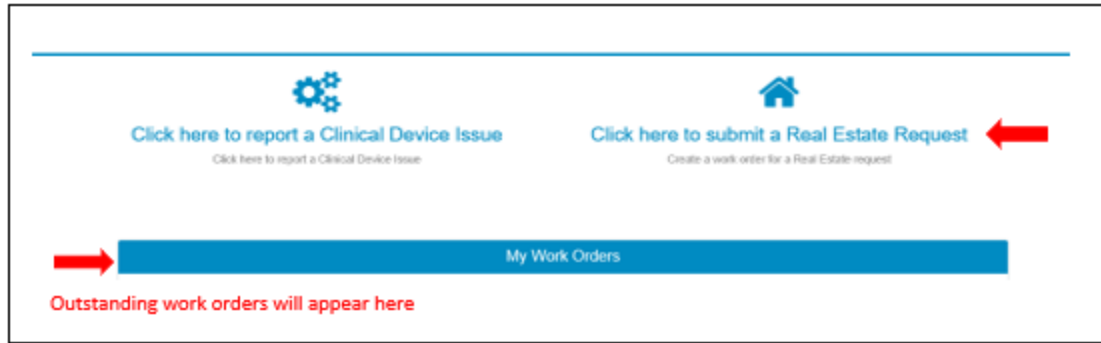
How to access Nuvolo

To make a Real Estate request or work order, click the **Property Management Service Request** icon from the SSO toolbar.



Property Management Service Request

The screen below will appear. Select the house icon to submit real estate department/facilities work orders and requests. Any outstanding work order will be displayed under the My Work Orders bar below.



After clicking the house icon, the following screen will appear. **All fields on the screen need to be completed.**

Real Estate Request

Create a work order for a Real Estate request

For emergency service please call 484-884-8700.



1 - Requester Details

Requester

Email

Contact Phone

User Department

2 - Please describe your Problem/Issue

3 - Tell us where you're located

Select Building

 Add attachments

[Download the tip sheet](#) for using Nuvo!o for Real Estate Department work orders.



LVHN Colleagues Get Free Tickets to Back on Track Bash at the Velodrome

Don't miss opening night at the Valley Preferred Cycling Center.

LVHN Insider

Thursday, June 3, 2021

This year's seasonal opening for Friday night racing will be extra special as we celebrate a return to the events we love. Join us for great racing and camaraderie, compete with fireworks.

Valley Preferred members and participants with LVHN.org email addresses are eligible for two free tickets to opening night June 4.

What: Back on Track Bash

When: June 4, 5-10 p.m.

Go to: <https://thevelodrome.com/shop/>

Enter Code: june4-lvhn



Discounted Tickets for Sherman Theater

Colleagues can get 50% off general admission tickets to most Concert on the Creek shows through June 15.

LVHN Insider

Thursday, June 3, 2021

To Essential and Front-Line Workers at Lehigh Valley Health Network...

In the past 16 months, we have faced many unique challenges as a society and being kind and supportive is more important than ever. The Sherman Theater has been closed since March of 2020, but we are ready to re-open and celebrate and get people to come together again.

To thank YOU, the amazing essential and front line workers for your hard work and dedication and everything you have done to keep our community strong

during this pandemic, we'd like to offer you time to take a break and enjoy some music at a discounted price over the summer.

SAVE 50% - Use code **FLW2021** to save 50% off the General Admission ticket price for your choice of most of our Concert on the Creek shows. Offer valid thru June 15.

- Friday, June 11: The Contact Collective - Rock Fusion and Soul
- Sunday, June 13: Fleetwood Macked - Tribute to Fleetwood Mac
- Friday, June 18: Almost Queen - Tribute to Queen (*10% Discount-FLWQ2021)
- Saturday, June 19: Bob Marley Sounds of Jamaica performed by Young Lion
- Friday, June 25: Sail On Tribute to the Beach Boys
- Saturday, June 26: Joey & the T-Birds Doo Wop and 50s & 60s Music
- Friday, July 9: SoCal Vibe Music of Sublime, Slightly Stoopid, Dirty Heads, Jack Johnson, Jason Mraz, and more performed by Walter Lee and Friends
- Saturday, July 10: The Maybabies - A Mix of Fun Alternative, Classic and Popular Rock
- Friday, July 30: BSTREET Band - Tribute to Bruce Springsteen
- Saturday, July 31: 2nd Street Players - Tribute to Earth, Wind and Fire
- Sunday, August 1: 7 Bridges - Eagles Tribute
- Saturday, Aug 7: Unforgettable Fire - Tribute to U2
- Sunday, August 8: Best Friend's Girl - The #1 Cars Experience
- Friday, August 13: Christian Porter Band

Shows are presented by the Sherman Theater and ESSA Bank & Trust, located at the ESSA Bank & Trust Park, 200 Palmer Street, Stroudsburg. These are outdoor concerts - bring a lawn chair and wear comfortable shoes. For more information visit www.shermantheater.com or call 570-420-2808.



When Recovering From COVID-19 Takes Months, Not Weeks

June 02, 2021

BY HANNAH ROPP

Thomas Hawk's battle with COVID-19 was anything but easy. The 72-year-old Bethlehem resident came down with the condition while on a hunting trip in Maine last fall, and his son drove him through the night to Lehigh Valley Hospital–Muhlenberg in Bethlehem. Hawk had a high fever, nausea, vomiting and cough. While he was able to recover enough initially to go home, he ended up back in the hospital within just a few days and ultimately had to be intubated.

“It was terrifying to watch because we just didn’t know what was going to happen,” says his daughter, Kelly Hawk.

After a month in the hospital and several setbacks, including a small stroke, Thomas was released from the hospital. However, his daughter says they were unprepared for his ongoing recovery. “When he came home from the hospital, he couldn’t do anything

on his own. He couldn't even remember how to make coffee. We had Post-it notes everywhere," she says.

A new diagnosis

When Thomas came home from the hospital, he wasn't the only one who needed care. Kelly's mother, Thomas' wife, also had COVID-19 and was hospitalized, but never intubated. Both were diagnosed with long COVID and are now part of the [Lehigh Valley Health Network's \(LVHN\)](#) post-COVID rehabilitation program, which is designed to address long-term issues related to COVID-19.

According to [Mark Knouse, MD, infectious diseases physician with LVPG Infectious Diseases](#), long COVID is not uncommon. "We are seeing more people with COVID symptoms lasting beyond four weeks, which is defined as long-COVID," he says.

He says some of the most common symptoms associated with long-COVID include chronic fatigue, shortness of breath, cognitive issues or "brain fog," joint or muscle pain, muscle weakness and dizziness when standing.

Knouse says it's important for people with long-term COVID-19 symptoms to seek help. "The good news is that we have a program in place to help manage symptoms associated with long-COVID and help people return to better health," he says.



Day by day

Kelly says that she and her family take her parents' recovery from COVID-19 one day at a time and are thankful for the progress they have made through LVHN's post-COVID rehabilitation program. "My dad is home and he's able to do things like fish with his grandchildren. He still has moments, but he's improving every day," she says.

LVHN's post-COVID rehabilitation program helps patients who suffer from long COVID by offering them individualized treatment plans based on the referring physician's recommendation and their input. Treatment is often a combination of in-person and virtual care.

According to Kelly, her father's treatment is focused on strengthening his muscles and resolving cognitive issues that resulted from his stroke and COVID-19. He sees his occupational therapist two to three times a week in-person.

Post-COVID rehabilitation is offered at all 50 LVHN outpatient rehabilitation service locations. [Get more information about post-COVID rehabilitation.](#)



Sticking It to the Stigma: A Chat About Mental Health

The Healthiest You Podcast: Episode 8

May 30, 2021

[Courtney Chellew, DO, psychiatrist with LVPG Adult and Pediatric Psychiatry](#), joins Mike and Steph from B104 to stick it to the stigma of mental health. Learn how to help destigmatize mental illness and about available treatment options by listening to the latest episode of The Healthiest You podcast.

About the podcast

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

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Carotid Artery Disease and Stroke: What You Need to Know

May
28,
2021

BY PAMELA LAWRENCE

Did you know that nearly 20% of all strokes are caused by a buildup of plaque in one of the main blood vessels in your neck, the carotid arteries? Since every 40 seconds someone in the U.S. suffers a stroke, it's important to be aware of this potentially dangerous condition and understand your personal risk factors so you can take steps to prevent a stroke from happening to you.

Carotid artery disease and stroke

The carotid arteries are located on the side of your neck and deliver blood to the brain.

Carotid artery disease, also called carotid stenosis, occurs when fatty deposits clog the blood vessels that carry blood to your brain. A blockage increases your risk for stroke, a

medical emergency that occurs when the blood supply to the brain is interrupted or seriously reduced.

“Most people don’t know they have carotid stenosis until it’s found on a physical exam by their primary care doctor or cardiologist. Typically, since there are no symptoms, patients don’t know they have the disease until they’ve had a stroke,” explains [Mila Ju, MD, vascular and endovascular surgeon with LVPG Vascular Surgery](#).

That’s why if you have any risk factors for stroke, it’s important to have your health care provider perform regular screenings to make sure you do not have a carotid artery blockage that could cause a stroke.

Understanding your risk factors for stroke

Ju explains that most of the patients she sees are in their 60s and older. However, it’s not unusual to treat patients in their 40s and 50s, especially if they have more than one risk factor, including:

- Family history
- High cholesterol
- Smoking
- Unhealthy diet
- Sedentary lifestyle

Warning signs of stroke

Symptoms of stroke may be sudden and include:

- Weakness or numbness of the face, arm or leg, especially on one side of the body
- Confusion or difficulty speaking or understanding
- Problems with vision such as dimness or loss of vision in one or both eyes
- Dizziness or problems with balance or coordination

- Problems with movement or walking
- Severe headache with no known cause

“If you think you or someone else is having a stroke, time is of the essence. You should immediately call 911 – don’t waste time trying to get to the ER by car. You really need to act fast and get to an appropriate hospital as soon as possible,” Ju says.

Diagnosing and treating carotid artery disease

When a primary care physician or cardiologist suspects that a patient may have carotid stenosis, they will refer them to a vascular surgeon, who will typically perform an ultrasound. “If the imaging results confirm the diagnosis and the carotid artery is blocked by 70% or more, we will perform surgery to remove the blockage to prevent stroke,” Ju says.

“If they don’t qualify for surgery, we monitor patients to make sure stenosis doesn’t increase. We advise them on reducing their risk factors including quitting smoking and possibly putting them on proper cholesterol medication. We also counsel them on what stroke symptoms to watch out for and encourage them to eat better and exercise more.”

Surgical options

[Lehigh Valley Health Network \(LVHN\)](#) provides a comprehensive approach to treating carotid stenosis. “We offer both open surgical intervention and a minimally invasive approach for high-risk patients. Our neurology, cardiology and primary care teams work closely together to offer the best options for our patients,” Ju says. The most common surgery performed to remove plaque buildup in the carotid arteries is called carotid endarterectomy. This surgery is considered low risk and entails making an incision in the neck, clamping the artery, then removing the plaque. The artery is then closed, the clamp is released and blood flow is restored.

“This surgery has a very high success rate. Patients typically spend one night in the hospital and can return home the next day,” Ju says.

Certain high-risk patients do not qualify for carotid endarterectomy and instead require a minimally invasive procedure called trans carotid artery revascularization, or TCAR.

This procedure is performed through a small incision at the neckline just above the clavicle (collarbone). The surgeon places a tube directly into the carotid artery and

connects it to a system that directs blood flow away from the brain, to prevent any loose plaque from reaching it. Filtered blood is then returned through a second tube in the upper leg. A carotid stent is then placed to stabilize the plaque in the carotid arteries. Finally, blood flow reversal is turned off and blood flow resumes in its normal direction.

LVHN's collaborative team approach provides best options for treatment

Ju says that it's important to use a team approach involving primary care physicians, cardiologists and neurologists to collaborate and offer the best options to treat patients with carotid stenosis and help prevent stroke.

"As a vascular surgeon at LVHN, I'm fortunate that I have many tools that I can offer my patients with carotid artery disease. I can offer open surgery or minimally invasive procedures, depending on their individual situation. I don't see patients as one dimensional, I see them as a whole," Ju says.

For more information on the treatment of carotid artery diseases at LVHN, visit [LVHN.org/Stroke](https://www.lvhn.org/stroke).



Sun Season Is Here: Tips to Help You Prevent Skin Cancer

May 28, 2021

BY HANNAH ROPP

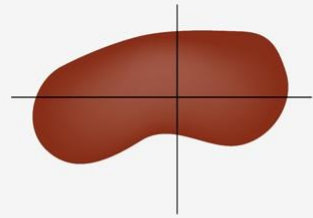
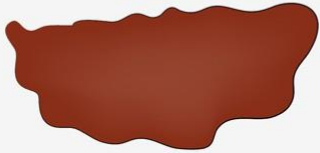
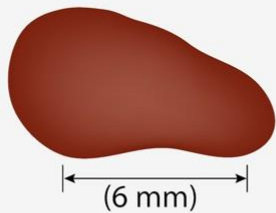
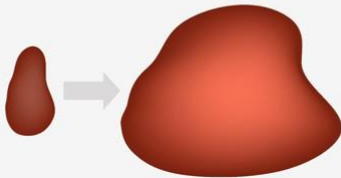
The sun isn't aware of social distancing, which puts you at risk for developing skin cancer. Skin cancer is the most common form of cancer diagnosed each year in the United States with roughly 5 million new cases reported. However, it's also one of the most preventable types of cancer and one of the most treatable thanks to a host of new options, including clinical trials.

[Lehigh Valley Cancer Institute](#) offers leading-edge procedures and treatments for melanoma and is a member of the [Memorial Sloan Kettering \(MSK\) Cancer Alliance](#). This alliance gives patients access to the latest cancer treatments, leading-edge clinical trials, and the diagnosis and treatment expertise of MSK physicians. Patients, especially those with advanced metastatic melanoma, gain the benefit of being among the first to receive groundbreaking immunotherapy medications, which are proving to be lifesaving.

What you can do to protect yourself

Fortunately, there's plenty you can do to protect your skin and reduce your risk for melanoma and other forms of skin cancer.

- Use a broad-spectrum sunscreen with SPF (sun protection factor) of 30 or higher, and be sure to reapply every two hours or after sweating or swimming.
- Stay out of the sun and look for shade, especially between the hours of 10 a.m. and 4 p.m.
- Wear sun-protecting clothing (hats, swimsuit coverups, etc.).
- Make sure that your children are protected as well. Babies over 6 months of age can wear sunscreen.

**A****A**symmetry**B****B**orders
(the outer edges
are uneven)**C****C**olor
(dark black or have
multiple colors)**D****D**iameter
(greater than 6 mm)**E****E**volving
(change in size,
shape and color)

Learn the A, B, C, D, E's of melanoma

An early skin cancer diagnosis will result in a better outcome, which is why [Michael Evans, MD](#), with LVPG Hematology Oncology–Airport Beltway Hazleton, part of Lehigh Valley Cancer Institute, suggests routine self-exams. “Regularly examine your body for signs of skin cancer,” Evans says. “If you notice any spot that changes, itches or bleeds, see your primary care provider or a dermatologist. The sooner skin cancer is diagnosed, the greater your treatment options.”

In order to do a self-exam of your skin, Evans suggests following the A, B, C, D, E criteria. Look for:

A – Asymmetrical moles

B – Borders that are irregular

C – Color variations

D – Diameter no more than a pencil eraser

E – Evolution or changes to your moles

To learn more about skin cancer, go to [LVHN.org/skincancer](https://www.lvhn.org/skincancer) and watch a melanoma survivor's story.

If you notice any of these signs, call your primary care provider's office. If you need a doctor, please visit [LVHN.org/find-a-doctor](https://www.lvhn.org/find-a-doctor) or call us at 888-402-LVHN (5846).
