

## Joan Farrell

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**From:** LVHN Insider <no-reply@insider.lvhn.org>  
**Sent:** Thursday, October 07, 2021 3:35 PM  
**To:** Joan Farrell  
**Subject:** Return to Office, Senior Open Golf Championship, Health Equity Projects and More

**Follow Up Flag:** Follow up  
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### **Return to Office Delayed Until Nov. 15**

This date aligns with our COVID-19 vaccination policy and will help keep colleagues safe.

[Read more →](#)

## LVHN Proud Supporter of 2022 U.S. Senior Open Golf Championship

Our health network and children's hospital will be the Presenter of the 19th Hole and junior programming.

[Read more →](#)



## Health Equity Projects Funded by Grants

Read about the projects and the colleagues who will lead them.

[Read more →](#)



## Open Enrollment: Oct. 11-29, 2021

It's time to choose the benefits that are best for you and your dependents.

[Read more →](#)



## Go to LVHN Colleague Flu Shot Clinic for Your Flu Shot

Colleague flu shot clinics will begin Oct. 1 and continue until Nov. 12.

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## Adopt a Pet and Get Up to \$250 From LVHN

Learn about LVHN's unique Pet Adoption Assistance Program.

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## LVHN Fitness—Muhlenberg Opening on Weekends

You will have more time to achieve your fitness goals.

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## LVHN Retiree Resource Center Now Available

Use the online tool to prepare for a secure retirement.

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## Kicking Off Breast Cancer Awareness Month

Now is the perfect time to learn about breast cancer risk factors and screening guidelines.

[Read more →](#)



## Spirit Halloween Partners with Lehigh Valley Reilly Children's Hospital

Save on your purchase and support our Children's Hospital.

[Read more →](#)



## Project ECHO: Monoclonal Antibodies

Attend a presentation on Oct. 15 at noon.

[Read more →](#)



## Hazleton Teen Overcomes Obstacles to Comfort Newborn Babies

Ella brought more than 1,300 handmade hats to our Family Birth and Newborn Center.

[Read more →](#)



## Pink Out: Learn the Latest About Breast Cancer Screening and Treatment

LVH-Hecktown Oaks Pink Out event to be held Oct. 21, 5-7 p.m.

[Read more →](#)



## LVHN Offers Prevention, Recovery and Treatment Options

LVHN promoted harm-reduction approaches at Rally in the Valley.

[Read more →](#)



## Discounted Tickets for Philadelphia 76ers

Join the Recreation Committee group in a club box.

[Read more →](#)



## Photos From the Heart Walk

Congratulations to the LVHN teams for supporting a great cause.

[Read more →](#)





## **Return to Office Delayed Until Nov. 15**

This date aligns with our COVID-19 vaccination policy and will help keep colleagues safe.

LVHN Insider

Monday, October 4, 2021

As per LVHN's COVID-19 vaccination policy, Friday, Oct. 1, was the deadline for colleagues to receive the first two-dose COVID-19 vaccination (Moderna or Pfizer) or single-dose vaccination (Johnson & Johnson). Nov. 12 is the deadline to complete the vaccine series.

To align with this policy, prevent the spread of the virus and help keep colleagues safe, LVHN is delaying the date colleagues will return to the office.

- Monday, Nov. 15, 2021, is the new target date for colleagues who are temporarily working remotely to return to the office. On this date, all colleagues will either be vaccinated or will have been granted a medical, religious or temporary medical exemption.
- Colleagues who are currently working in the office may continue to do so.

Thank you for your diligence and for doing your part to help keep our colleagues, patients and communities safe.

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## **LVHN Proud Supporter of 2022 U.S. Senior Open Golf Championship**

Our health network and children's hospital will be the Presenter of the 19th Hole and junior programming.

LVHN Insider

Wednesday, October 6, 2021

Are you a golf lover? Here's some exciting news about our health network's involvement in a major event coming to the Lehigh Valley.

LVHN and Lehigh Valley Reilly Children's Hospital are proud supporters of the 42<sup>nd</sup> U.S. Senior Open Championship, which will be held at Saucon Valley Country Club June 21–26, 2022. LVHN will be the Presenter of the 19<sup>th</sup> Hole, and Lehigh Valley Reilly Children's Hospital will present junior programming for the event, which is the most coveted championship in senior golf.

“Helping people live well involves more than providing world-class health care. It also involves giving people opportunities to stay active and enjoy quality time with family and friends,” says Brian A. Nester, DO, MBA, President and Chief Executive Officer, LVHN. “By partnering with the U.S. Senior Open, LVHN will help introduce people of all ages to the wonderful sport of golf, bring family and friends together, and reinforce to everyone that LVHN is your partner in health at every stage of life. We're excited and can't wait until June 2022.”

The U.S. Senior Open is conducted by the United States Golf Association (USGA) and widely recognized as the most comprehensive and challenging golf championship in the nation. The championship is expected to attract more than 110,000 spectators throughout the week. This will

be the third time Saucon Valley has hosted this championship, which will make it the only venue in the country to host the championship three times.

As the Presenter of the 19<sup>th</sup> Hole, LVHN will inform attendees about the world-class heart, cancer, surgical and specialty services we provide while providing ticketholders with an outdoor festival-like experience. The 19<sup>th</sup> Hole will be located in the middle of the three finishing holes of Saucon Valley's Old Course. Interactive features will include live music during practice rounds, a 9,000-square-foot putting green, swing simulators, lawn games, jumbotrons, food court, sports bar and more.

Lehigh Valley Reilly Children's Hospital will share information about the more than 30 pediatric specialties it provides and present a variety of programming for the children of our community. Our Children's Hospital will present golf clinics for kids, a "Kids' Club" experience tent, a contest to design the event ticket for juniors and more.

Watch for more details about the U.S. Senior Open and the opportunities it presents to our health network, colleagues and community in the months leading up to the event.

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## Open Enrollment: Oct. 11-29, 2021

It's time to choose the benefits that are best for you and your dependents.

LVHN Insider

Thursday, September 16, 2021

It's soon time to choose your benefits for 2022. Open Enrollment will take place Oct. 11-29.

Your health and the health of your dependents are important to LVHN. That's why we offer a comprehensive benefits package for all benefit-eligible colleagues.

### **Who is eligible?**

- Colleagues at LVHN facilities in the Lehigh Valley and at Coordinated Health; non-union colleagues in Hazleton, Schuylkill and Pocono; and Schuylkill OPEIU Faculty colleagues.
- **New this year:** Hazleton AFSCME, Pocono JNESO, Schuylkill OPEIU and Schuylkill SEIU colleagues are eligible for LVHN core benefits.

Colleagues in all areas listed above must be scheduled to work 15 hours or more per week to be eligible.

### **What do you need to do?**

- **Look for an Open Enrollment flyer in your home mail in late September.** It includes the steps you should take to choose the benefits that are best for you.
- **Visit the Colleague Resource Center.** That's where you will find all the details about your benefits. It's also where you will go to enroll beginning Oct. 11. To access the Colleague Resource Center, click the "LVHN CRC-Lawson" icon on your SSO toolbar.

**Attend an open enrollment help session via Webex for colleagues who work at LVHN facilities in the Lehigh Valley; non-union colleagues in Hazleton, Pocono and Schuylkill; and Coordinated Health, HNL Lab Medicine and Schuylkill OPEIU Faculty colleagues.**

These help sessions will assist with any benefit or enrollment questions you may have. [Click here to attend](#) on the following dates and times:

- Wednesday, Oct. 13: noon
- Thursday, Oct. 21: 3 p.m.
- Tuesday, Oct. 26: 7:30 a.m.

**Attend a special education session via Webex for Hazleton AFSCME, Pocono JNESO, Schuylkill OPEIU and Schuylkill SEIU colleagues.**

Education sessions provide detailed information about the benefits available to you. [Click here to attend](#) on the following dates and times:

- Tuesday, Sept. 28: 7:30 a.m., noon
- Wednesday, Oct. 6: noon, 3 p.m.

**Attend a special help session via Webex for Hazleton AFSCME, Pocono JNESO, Schuylkill OPEIU and Schuylkill SEIU colleagues.**

These help sessions are for questions you may have regarding the enrollment process. [Click here to attend](#) on the following dates and times:

- Thursday, Oct. 14: 7:30 a.m.



- Wednesday, Oct. 20: noon, 3 p.m.

### **Hazleton OPEIU/OPEIU Home Health and Pocono JNESO colleagues**

For detailed information about Open Enrollment, read the post card you will receive in your home mail in late September or visit the Colleague Resource Center.

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## **Go to LVHN Colleague Flu Shot Clinic for Your Flu Shot**

Colleague flu shot clinics will begin Oct. 1 and continue until Nov. 12.

LVHN Insider

Monday, September 20, 2021

Colleagues are reminded to get their flu shots this year as flu season quickly approaches.

**Whether you provide direct patient care, continue to work on site at an LVHN facility or are working remotely, all colleagues must follow the LVHN influenza vaccination policy and all colleagues are expected to receive a flu vaccination.**

Previously, only colleagues in patient-facing roles were required to get the influenza vaccine. Colleagues and independent medical staff may request a medical or religious exemption. Exception requests must be submitted by Nov. 1 at 4 p.m.

Call the employee health services office nearest to you to obtain an exemption request form:

- LVH–Cedar Crest, [610-402-8869](tel:610-402-8869)
- LVH–Muhlenberg, [484-884-7098](tel:484-884-7098)
- LVH–Pocono, [570-476-3779](tel:570-476-3779)

- LVH–Schuylkill, [570-621-4351](tel:570-621-4351)
- LVH–Hazleton, [570-501-4788](tel:570-501-4788)

Non-employed LVHN partners cannot request exemption. Requiring all colleagues to get the COVID-19 and influenza vaccines will help ensure we provide the safest possible care to our patients and keep colleagues and community members safe.

### **Making it easy to get your shot**

View the schedules below to find the time and location that is right for you.

- [Lehigh Valley schedule](#)
- [Hazleton schedule](#)
- [Schuylkill schedule](#)
- [Pocono schedule](#)
- Coordinated Health colleagues: Visit any [Care on Demand office](#) during open hours.

### **What you need to know about safety precautions**

LVHN is taking extra measures to make sure our flu clinics are as safe as possible.

- **Everyone must complete the Conversa COVID-19 screening the day of vaccination** – This is a requirement even if you work from home or do not have a shift scheduled for that day. To complete the screening visit <https://clinic.conversahealth.com/conversation/MjIwLTM3OTI> or text **lehigh** to 83973.
- **Fill out your consent form before arriving** – Prior to attending a flu shot clinic, you must complete the electronic consent form, which can be found in your TLC education bundle. Additionally, you can access the [electronic consent form](#) on our intranet.
- **Additional cleaning measures are used** – The LVHN team will take additional cleaning steps to ensure commonly touched surfaces are continually disinfected.
- **Distancing while you wait** – LVHN has protocols in place to ensure lines flow smoothly while allowing people to be socially distant.

### **Vaccinations received outside of an LVHN flu shot clinic**

If you receive a flu vaccination at an LVPG practice or LVHN ExpressCARE, your proof of vaccination will automatically transfer to your employee health medical record. If you receive a flu vaccination outside of an LVHN flu shot clinic, an LVPG ExpressCARE or your LVPG provider, you must submit proof to employee health services. There are several ways to do this:

- **Upload to the intranet** – This is the preferred method to submit proof of vaccination. On the LVHN intranet go to Resources>>Employee>>Influenza information. Scroll to the forms section and click “Submit Your Flu Proof Here.”

- **Send an email** – You may also send proof via email to Kathleen\_K.Bowers@lvhn.org.
- **Send a hard copy** – Printed proof can be sent to employee health services through interoffice mail or faxed to 610-402-1203. Make sure your name is clearly written on the document along with another unique identifier such as your LVHN computer user ID.

### **Get your flu shot as soon as possible**

It takes two weeks for protection from a flu vaccine to develop in the body, so be sure to get your flu shot as soon as it becomes available to you. While getting a flu vaccine will not protect against COVID-19, there are many important benefits, including acting as a preventative tool for people who have chronic illnesses and minimizing the risk of becoming infected with both the flu and COVID-19.

Since 2010, CDC estimates that flu has resulted in between 140,000 and 960,000 hospitalizations each year. Flu vaccine prevents tens of thousands of hospitalizations each year. Just like COVID-19, influenza is a virus spread from person to person. While our community is experiencing a pandemic, it's more important than ever to do what you can to prevent the spread of infectious diseases. Health networks across the country already have limited resources due to COVID-19. A large flu outbreak could result in added strain on health systems. Health care workers have a [special obligation to be vaccinated](#) because people who remain unvaccinated and spread the flu can cause serious harm to vulnerable patients.

*Colleagues who join the health network after the colleague flu clinics have completed will still follow the LVHN vaccination policy and will be expected to receive a flu shot.*

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# Adopt a Pet and Get Up to \$250 From LVHN

Learn about LVHN's unique Pet Adoption Assistance Program.

LVHN Insider

Tuesday, October 5, 2021

Have you been thinking about adding a furry family member to your household? Rescuing an animal can be a rewarding experience for you, your family and the pet. Now is the purr-fect time to add large doses of happiness to your home and save a life at the same time.

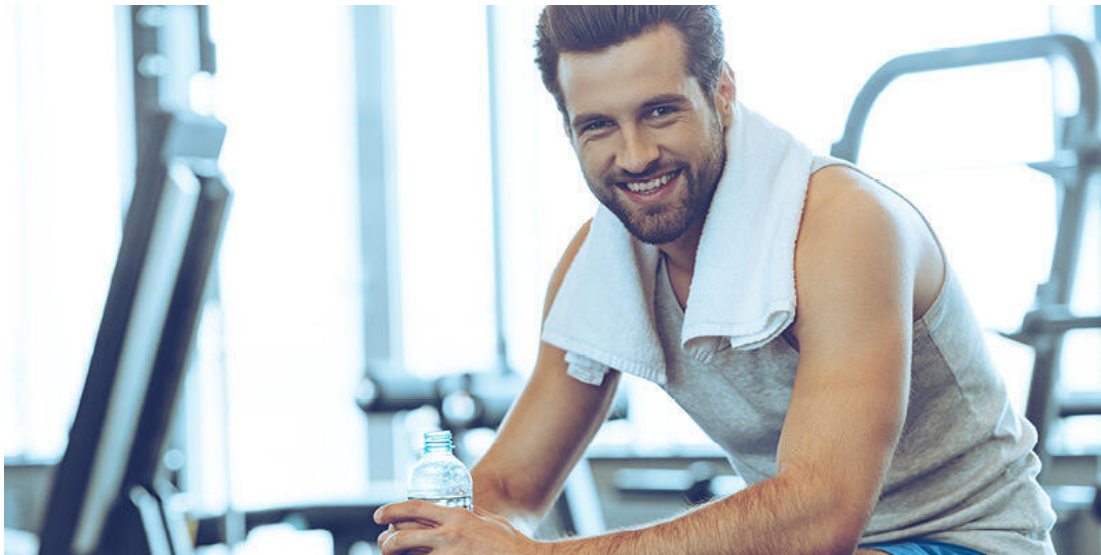
Pets have a relaxing effect and petting an animal can even improve your mood. Studies show that spending time with your animal helps increase oxytocin levels and reduces cortisol, the infamous stress-related hormone. Pets can help alleviate anxiety and depression, and interactions with them can help people manage many mental health conditions. Even the sound of a cat purring can be soothing.

Once again, LVHN is offering Pet Adoption Assistance to the first 50 colleagues to complete this form along with proof of rescue receipt. This unique benefit will contribute up to \$250 toward a recent qualifying rescue pet adoption. Interested colleagues will have until Dec. 31, 2021 to submit their information.

Please send all information to [BENEFITS LOA@lvhn.org](mailto:BENEFITS_LOA@lvhn.org). If you have questions, please call the Colleague Resource Center at 844-462-7547, option 4.

Most importantly, don't forget to include a picture of your new furry family member!

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## LVHN Fitness–Muhlenberg Opening on Weekends

You will have more time to achieve your fitness goals.



## LVHN Insider

Thursday, September 30, 2021

Great news for LVHN Fitness members. Soon you will have even more options when it comes to your weekend workout. Beginning Oct. 2, LVHN Fitness–Muhlenberg will be open on Saturday and Sunday, 7 a.m.–3:30 p.m.

Many services regularly offered at LVHN Fitness–Muhlenberg will be offered on the weekend, including:

- Cardiovascular, strength and functional equipment
- Personal training services
- Massage services
- Locker room amenities, including towel service

### **Continued safety precautions**

Your health continues to be our priority. Anyone coming to LVHN Fitness who is not vaccinated for COVID-19 must wear a mask. (Reminder that colleagues must have their first COVID-19 vaccine by Oct. 1, unless they have an approved exemption. If you have an approved exemption, please wear a mask.) We also ask that everyone wipes down equipment before and after every use, and please stay home if you are sick. Any reports of equipment issues or needs can be sent to [fitness@LVHN.org](mailto:fitness@LVHN.org).

LVHN Fitness is committed to helping you achieve your fitness goals, and we look forward to providing our members with more time to take advantage of our facilities and services. To learn more about LVHN Fitness and all of the great services it offers, visit [LVHN.org/fitness](https://LVHN.org/fitness).





# LVHN Retiree Resource Center Now Available

Use the online tool to prepare for a secure retirement.

LVHN Insider

Friday, October 1, 2021

You've heard the term "Don't put all of your eggs in one basket." So, how do you know what basket to put your eggs in? When it comes to deciding where to allocate your money for retirement, it can be an overwhelming decision.

## Visit the new LVHN Retiree Resource Center

If you are thinking about or near retirement, visit the new LVHN Retiree Resource Center at [LVHN.aigrs.com/lvhn-rrc](https://LVHN.aigrs.com/lvhn-rrc) to take advantage of tools, articles and resources that can help you plan for your next phase in life.

## Know your risk profile

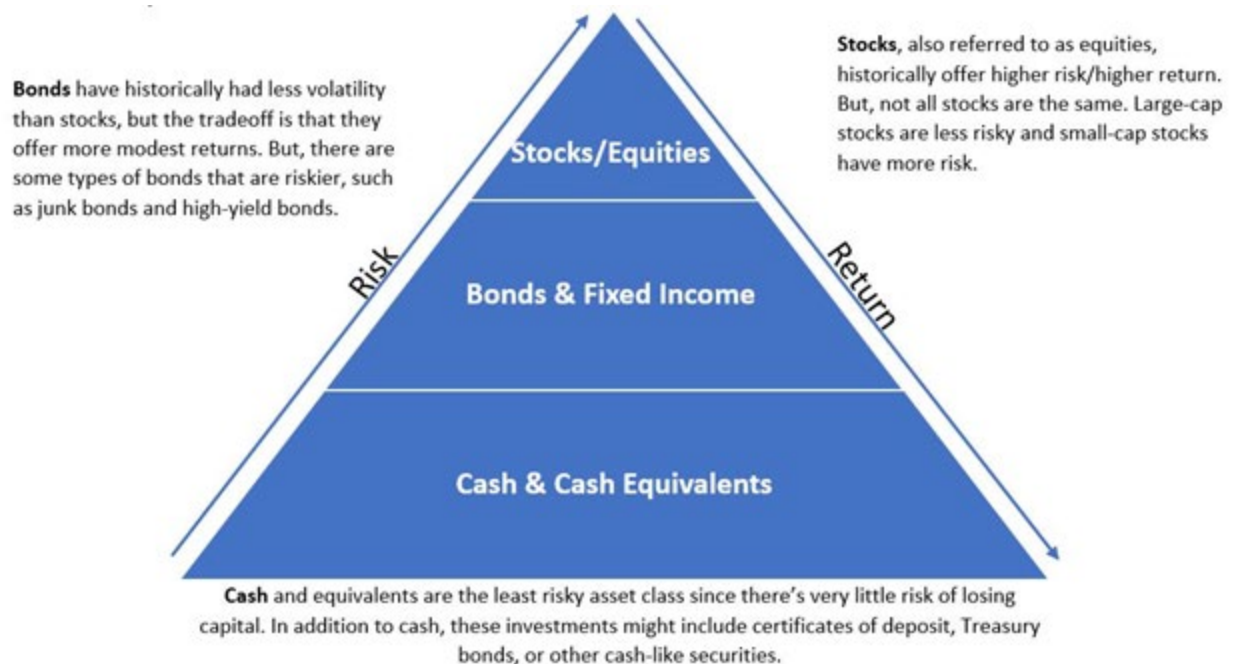
If you're someone who wants to be more hands-on and select your own investments, it's important to understand these three main factors.

The starting point in making this decision is to know what kind of investor you are. Take a look at the descriptions below and think about which one best describes you. .

<b>Conservative:</b> My main goal is principal preservation and liquidity. I will accept low returns to minimize a decline in my principal.	<b>Aggressive:</b> I am seeking high returns and am willing to accept much greater fluctuations of principal for the opportunity to achieve long-term gains.
<b>Moderate:</b> I am willing to accept some fluctuations of principal to achieve a better return.	<b>Very aggressive:</b> I am seeking maximum returns and will accept substantial fluctuations of principal to achieve long-term gains.

## Understand the different types of investments

Now let's take a look at how this relates to the types of underlying investments, which make up the different mutual fund or model portfolio options, that are often found in a retirement plan. When selecting investments, it's important to understand their asset class.



### Decide how long you will invest

The third main deciding factor is to determine your investment time horizon. Do you have 30 years left to save for retirement or will you be retiring in five years? The time you have to invest can also play a part in deciding how to diversify your portfolio. If you have a long-time horizon, you may feel that you can withstand the ups and downs of the market in order to (hopefully) produce better returns. On the other hand, if you are going to retire in the near-term, you may want to select less risky investments (i.e. diversify less) in order to preserve the money that you have saved.

### Put it all together

Understanding these three factors will play a big part in ultimately how you choose to diversify the investments in your retirement plan account. Meet with a member of your plan's dedicated financial professional team to walk through your strategy. Be sure to periodically check-in as time goes on to make sure you are still on the right track. Changes in your employment, pay, family situation and health all play a part of your overall retirement savings strategy.

For help in implementing an investment strategy that's most appropriate for you, schedule a meeting with one of your plan's dedicated financial professional team members. Find your dedicated financial professional by visiting [lvhn.aigrs.com/contact-us](http://lvhn.aigrs.com/contact-us). To make changes to your retirement plan account, visit [lvhn.aigrs.com](http://lvhn.aigrs.com).

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federal, state or local tax penalties. For advice concerning your individual circumstances, consult a professional attorney, tax advisor or accountant.

Securities and investment advisory services offered through VALIC Financial Advisors, Inc. (VFA), member FINRA, SIPC and an SEC-registered investment adviser.

### **Attend our Monthly Educational Webinar: Retirement Pathfinder: Are you on track for the retirement you envision?**

Retirement Pathfinder from AIG Retirement Services is an interactive retirement income planning tool that can help you see your retirement plan like you've never seen it before. By attending this presentation, learn how to dynamically illustrate numerous retirement scenarios and identify potential pitfalls in retirement planning.

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

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## **Kicking Off Breast Cancer Awareness Month**

Now is the perfect time to learn about breast cancer risk factors and screening guidelines.

By **Maggie Wurst**

October 1, 2021



October isn't only for fall festivities and spooky thrills. It's also Breast Cancer Awareness Month – the perfect time to learn more about this condition and find out when you should begin getting screened for it.

### **Mammography guidelines**

Dr. Alfonse explains why it's important to get a mammogram and not put it off.

It is recommended that individuals born biologically female who are 40 and older get a mammogram once a year.

However, if you are at high risk for developing breast cancer, you may be advised to start getting screened sooner. Depending on your family history, your physician may recommend genetic testing to evaluate your risk further.

While [screening mammograms](#) aren't something anyone looks forward to, they are incredibly important and can detect breast cancer that can't be felt during self-exams. It's important to remember that the temporary discomfort you feel during a mammogram is worth it, because it could save your life.

### Mammography at LVHN

At Lehigh Valley Topper Cancer Institute, our [Breast Health Services](#) mammography team performs more than 79,000 mammograms each year. Our team members are experts in this area, and if needed, will connect you to our world-class breast cancer specialists for continued evaluation or treatment.

Individuals 40 and older can schedule their annual screening mammogram conveniently through [Opens in new tabMyLVHN](#) after logging into their account.

To do so:

- Click the calendar icon and then "Schedule an appointment"
- Select "Screening Mammogram" from the list of options and complete the questions to schedule your appointment

### Upcoming events

There are various events taking place for Breast Cancer Awareness Month in our community. Take a look at a few listed below:

- Lehigh Valley Health Network's Breast Cancer Live Chat – Wednesday, Oct. 6 on [LVHN's Facebook Page](#)
- [21st Annual Pink Light Walk](#) – Thursday, Oct. 7 in East Stroudsburg, Pa.
- [Pink Out at Hecktown Oaks](#) – Thursday, Oct. 21 in Easton, Pa.

To learn more about breast cancer symptoms, diagnosis and treatment, visit [LVHN.org/breastcancer](https://www.lvhn.org/breastcancer).

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## Hazleton teen overcomes personal obstacles to provide warming comfort for newborn babies



by: [Madonna Mantione](#)

**Posted: Sep 28, 2021 / 11:07 PM EDT / Updated: Sep 28, 2021 / 11:07 PM EDT**

**HAZLETON, LUZERNE COUNTY (WBRE/WYOU)** — The pandemic has certainly given us more than our fair share of sad news from our local hospitals, but now we have a story that shows signs of life.

An amazing local young woman whose contribution to those in need serves as an inspiration to all of us.

“It’s very awesome to help somebody in need,” Girl Scout Gabriella D’Amato said.

#### ADVERTISING

14-year-old D’Amato is no stranger to helping the community as a Girl Scout. To earn her Girl Scout Silver Award, the Hazleton native sought help from the community by collecting homemade hats for newborn babies at Lehigh Valley Hospital Hazleton.

“I am visually impaired and blind. So, a lot of the community helped me,” D’Amato said.



The project is personal to Gabriella and her family, reminiscent of the first three months of her life spent in the neonatal intensive care unit. Gabriella and her two siblings were born premature at 24 weeks. Gabriella lost her vision, and her brother and sister passed away shortly after birth.

“It honors my brothers and sisters. They passed away after birth and stuff. And I wish they would’ve survived it,” D’Amato said.

“We are donating the hats in memory of her sister and brother, Giovanni and Giada. They all would have been 15 years old this year. So, the project is also special because it’s in their memory,” Gabriella’s mother, Marie D’Amato said.

Gabriella’s story captured the hearts of people across the nation. She received handmade hat donations from Arizona, Florida, and Philadelphia, in addition to our area. And since Gabriella’s blindness makes it hard for her to knit, dozens of volunteers pitched in to make the hats.

“This is gonna supply the babies that are born at Lehigh Valley Hospital Hazleton for the next three years with their caps. So, she’s gonna put a smile on people throughout the whole region,” Lehigh Valley Health Network Northwest region president Terry Purcell said.

800 babies are born each year at the hospital’s family birth and newborn center. Gabriella and her mom hope the hats bring comfort to mothers and newborn babies. After completing the 50 hours of service needed for the project, Gabriella hopes to encourage other girls to achieve their goals and overcome obstacles.

“I think all women should be fierce, all Girl Scouts should be fierce,” Gabriella said.

Gabriella turns 15 Friday. She hopes the hat drive will become an annual event.

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## **Pink Out: Learn the Latest About Breast Cancer Screening and Treatment Currently Happening at Lehigh Valley Topper Cancer Institute**

By **Hannah Ropp**

October 4, 2021



Breast cancer is the second most common type of cancer diagnosed in women and now is your chance to learn more. Grab your favorite pink outfit and get ready to discover the latest information about breast cancer at Lehigh Valley Hospital (LVH)–Hecktown Oaks Pink Out Oct. 21 from 5 to 7 p.m.

Registration, tours and resource tables are available at 5 p.m. Presentations begin at 6 p.m.

### **Breast cancer resources on-site**

Prior to informative presentations beginning at 6 p.m., registered guests will have the opportunity to see firsthand what resources Lehigh Valley Health Network (LVHN) has available.

Attendees will be able to:

- Check out the LVHN resource table for interactive fun and information about breast health, genetic counseling and more.
- Tour the new Breast Health Services area of LVHN's newest hospital, [LVH–Hecktown Oaks](#).
- Have your mammogram done on-site at LVHN's [mammo coach](#).
- Enjoy light refreshments.

### **Learn the latest about breast cancer**

Beginning at 6 p.m., doctors and providers from Lehigh Valley Topper Cancer Institute and LVHN will share important new information relating to breast cancer. Some of the topics include the latest imaging studies to help detect breast cancer even earlier, and new treatment options and studies.

Be sure to get your pink on to receive a gift and enter the Pink Out raffle for fun prizes.

[Opens in new tabRegister Today](#)

If you can't join us in person, please tune in to [Opens in new tabLVHN's Facebook page](#).

**COVID-19 Mandates:** Employees must be vaccinated or have an approved exemption. We strongly encourage all attendees to be fully vaccinated against COVID-19. You are considered fully vaccinated two weeks after completing your vaccine series. If you have been diagnosed with COVID-19 within two weeks of the event, or are experiencing symptoms, please stay home. **Masks are required.**

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## LVHN Offered Prevention, Recovery and Treatment Options at 'Rally in the Valley'

By **Brian Downs**

September 23, 2021

### Image



Lehigh Valley Health Network (LVHN) promoted harm-reduction approaches in the midst of the overdose crisis worsened by and often overshadowed by the COVID-19 pandemic at Rally in the Valley in south Bethlehem on Sept. 12. Addiction prevention, recovery and treatment options were offered at the event organized by SYNC Recovery Community at the ArtsQuest Center. Among those who attended were LVHN colleagues from LVHN Addiction Recovery Services, LVHN Inclusion Health Recovery Care/Center of Excellence, LVHN Department of Psychiatry, LVHN Emergency Medicine Institute and Valley Health Partners Street Medicine.

Rally in the Valley is an annual free music festival to celebrate recovery as a community concept and brings light to the many strengths that accompany a recovering lifestyle. The event featured music, dynamic speakers, food, fun family activities, and many resources and support.

Gillian A. Beauchamp, MD, LVHN's Department of Emergency and Hospital Medicine and Medical Director, Acute Care Substance Use Prevention and Management, says the overdose crisis was worsened by and often overshadowed by the COVID pandemic. Beauchamp says the health network provided naloxone training and distributed 120 naloxone kits with the support of Lehigh County Drug and Alcohol. Instructors taught community members how to use naloxone to reverse an opioid overdose and save a life, giving someone the chance to breathe again and enter recovery. In addition, LVHN Emergency Medicine Institute offered CPR classes to 110 people and provided take home CPR training/practice kits to each participant.



**Gillian A. Beauchamp, MD**

Emergency Medicine

Medical Toxicology

“With the increased stressors of the COVID pandemic, people with substance use and mental health conditions have suffered in the context of reduced access to support and resources,” Beauchamp says. “In addition, the street supply of pills and powders are now heavily contaminated with fentanyl and similar synthetic substances, which can more easily cause accidental overdose death. Now, more than ever, keeping naloxone on hand is important to ensure we give our community members the chance to survive an overdose and to live their best lives.”

In addition, Beauchamp says, LVHN distributed 300 Deterra medication disposal bags, which make it easier and safer for people to dispose of unused medications in the community. Unused medications are common in our homes and can get into the wrong hands, resulting in increased risk for accidental poisoning, harmful use and even death. Deterra bags provide an easy way for families to dispose of medications before they cause harm by deactivating the drugs, making

them safe to dispose of in landfills. The bags are environmentally friendly, since they are converted to natural water and carbon dioxide through a natural process.

“We are proud to have joined the community in celebrating recovery at the 2021 Rally in the Valley,” Beauchamp says.

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## **Discounted Tickets for Philadelphia 76ers**

Join the Recreation Committee group in a club box.





Donna Stout

Tuesday, October 5, 2021

The LVHN Recreation Committee is thrilled to be able to offer tickets to a few Philadelphia 76ers games for the 2021-2022 season.

The Sixers are gearing up for an exciting season. Enjoy the benefits of a private club box, above lower level seating, that includes a comfortable reserved seat, gathering area, beverage service and private bathrooms. Note: The club box is shared with other groups outside of LVHN.

This is an overall savings of up to 14% per ticket over what you would pay if you were to purchase on your own, with not additional fees added to the prices below. Transportation is not included.

The following games are available:

Sunday, December 19 vs. New Orleans @ 8:00 PM - Corner Club Box #22 - \$125 per person (must reserve no later than November 5)

Saturday, January 29 vs. Sacramento @ 7:30 PM - Corner Club Box #22 - \$191 per person (must reserve no later than December 3)

Saturday, February 12 vs. Cleveland @ 7:30 PM - Corner Club Box #22 - \$157 per person (must reserve no later than December 17)

For questions or to order tickets, please contact [Kelly.Beauchamps@LVHN.org](mailto:Kelly.Beauchamps@LVHN.org)

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## Photos From the Heart Walk

Congratulations to the LVHN teams for supporting a great cause.

LVHN Insider

Wednesday, October 6, 2021

The Heart Walk is the American Heart Association's premier event for raising funds to save lives from this country's No. 1 and No. 5 killers: heart disease and stroke. Thank you to all the LVHN teams for supporting such a great cause.

Congratulations to all LVHN participants and teams for your accomplishments at the 2021 American Heart Association Heart Walk:

- LVHN awarded Top Fundraising Company with \$9,655.22 raised and the most walkers of all participating companies.
- LVHN awarded Top Company in the Move More Challenge with 10,901 minutes.
- Team LVHN – The Racing Hearts (LVPG Cardiology–Muhlenberg) placed third out of all teams with \$2,156.18 raised.
- Team LVHN - C.C. Physical/Occupational Therapy placed fourth out of all teams in the Move More Challenge with 3,712 minutes.
- Stephen Walker from team LVHN - C.C. Physical/Occupational Therapy came in fourth out of all walkers in the Move More Challenge with 1,778 minutes.

Thank you to all our team coaches:

- Cardiac Rehab – Theresa Mylet
- C.C. Physical/Occupational Therapy – Nicole Bailey
- CC PT/OT – Mitzie Hernandez
- CH Rehab and Outpt Reg – Terra Appling
- CHS Love & Pride – Jeannie Ong
- CICU – Adara Sos
- Don't Be Tachy – Julianne Fritz
- EMS Wheels – Kristen Myers
- Heart & Sole – Franchesca Reyes
- HO Gait Keepers – Mark Fuse
- IV Michael – Scott Appnel
- Lehigh Valley Heart and Vascular Institute – Kyle Garon
- LVPG Bariatric Medicine – Katelyn Brogan
- LVPG Cardiology – Fairview Avenue – Nicole Zapotocky
- One Heart – Amy Ahnert, MD
- The Racing Hearts – Megan McGonagle
- Team Call HR – Amber Edmonds
- Walk it Like it's Hot – Sherry Druckenmiller
- Young Professionals – Erika Clauss

































