

Joan Farrell

From: LVHN Insider <no-reply@insider.lvhn.org>
Sent: Thursday, October 14, 2021 3:17 PM
To: Joan Farrell
Subject: LVHN Weekly: Open Enrollment, COVID-19 Town Hall Meeting, Recruitment and More



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



Open Enrollment is Underway

Choose the benefits that are best for you and your dependents Oct. 11-29.

[Read more →](#)

Attend COVID-19 Town Hall Meeting Oct. 20

Register for this meeting and get the latest information and ask questions as the vaccination deadline nears.

[Read more →](#)



Here's How We Are Attracting New Colleagues to LVHN

Learn about and see our recruitment efforts and marketing campaign.

[Read more →](#)



Introducing LVHN's Administrator, Employee Health Services

Virginia Gutierrez, MSN, will be joining LVHN as Administrator, Employee Health Services on Nov. 1.

[Read more →](#)



Go to LVHN Colleague Flu Shot Clinic for Your Flu Shot

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[Read more →](#)



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If you are interested in participating, consider completing a brief survey.

[Read more →](#)



Where Should I Go for My COVID Test?

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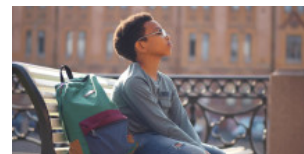
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School-Based Behavioral Health: Meeting Kids Where They Are

Lisa Liddington, Administrator, LVH-17th Street, discusses the importance of School-Based Behavioral Health.

[Read more →](#)



October Calendar of Events

See what's happening at LVHN all month long.

[Read more →](#)



Hope for Breast Cancer-Related Lymphedema

This common side effect from breast cancer treatment can be treated.

[Read more →](#)



How to Take Care of Your Mental Health

Understand signs that your mental well-being needs attention and TLC.

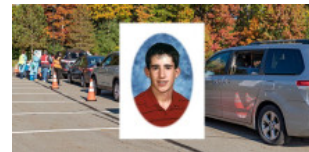
[Read more →](#)



Motivated by Martin

Diane McGowan advocates for getting immunized against seasonal influenza.

[Read more →](#)



Multidisciplinary Approach Helps Dan Dolphin Fight Back Against Kidney Cancer

Second opinion led to exceptional and individualized care for cancer recurrence.

[Read more →](#)



Living With Cancer as a Chronic Illness

Treatment advances have allowed chronic cancer patients to live fulfilling lives.

[Read more →](#)



Good Habit: Return to Cancer Screening

Preventing cancer and identifying it early can save lives.

[Read more →](#)







Open Enrollment is Underway

Choose the benefits that are best for you and your dependents
Oct. 11-29.

LVHN Insider

Monday, October 11, 2021

It's time to choose your benefits for 2022. Open Enrollment takes 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?

- **Review the Open Enrollment flyer you received 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 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 received in your home mail in late September or visit the Colleague Resource Center.



Attend COVID-19 Town Hall Meeting Oct. 20

Register for this meeting and get the latest information and ask questions as the vaccination deadline nears.

LVHN Insider

Tuesday, October 12, 2021

LVHN is committed to keeping colleagues informed throughout the pandemic. Numerous Town Hall meetings have been held all year long. Now, as the Nov. 12 deadline approaches for all colleagues to be fully vaccinated, one more Town Hall meeting will be held to ensure your questions are answered. Here are the details.

COVID-19 Town Hall Meeting

Wednesday, Oct. 20, 3-4 p.m.

The meeting will be held via Webex.

Registration required

To ensure we do not exceed the maximum number of participants a Webex meeting can support, registration is required for this Town Hall meeting. Here is how to register.

- [Click here to register.](#)
- On the Event Information page, click “Register.”
- Enter your name and email address, and click Submit.
- You will receive an email with a link to the meeting.

- Click on the attachment in the email to add the meeting to your Outlook calendar.

If the meeting is filled before you had a chance to register, don't worry. A recording of the meeting will be posted on LVHN Insider on Oct. 21.

What to expect

During the meeting, LVHN physicians and leaders will share the latest information about the virus and vaccines. You will have an opportunity to submit questions to these panelists:

- Lynn Turner, Senior Vice President and Chief Human Resources Officer
 - Tim Friel, MD, Chair, Department of Medicine
 - Alex Benjamin, MD, Chief Infection Control and Prevention Officer
 - Meredith Rochon, MD, Chief, Maternal Fetal Medicine
 - Tibisay Villalobos, MD, Chief, Department of Pediatrics, Section of Infectious Diseases
-



Here's How We Are Attracting New Colleagues to LVHN

Learn about and see our recruitment efforts and marketing campaign.

LVHN Insider

Friday, October 8, 2021

An effort to attract new colleagues is underway amid a national shortage of health care professionals. LVHN has launched a far-reaching recruitment campaign using several strategies aimed at attracting doctors, nurses and other professionals to enjoy a rewarding career at our health network. Here are the details.

Recruitment events

One of several nurse recruitment events was held at LVH–Cedar Crest on Sept. 18. Nearly 40 of the 66 people who attended accepted offers to fill open nursing roles across LVHN. Graduate nurses who attended the event met with nursing leadership from across the health network and learned about opportunities throughout the organization. LVHN leaders also spoke about our colleague experience and organizational values and why we are a great place to work, as well as our clinical ladder program, loan forgiveness programs and benefits. Attendees also had the opportunity to tour units at LVH–Cedar Crest.





Marketing outside our area

We are working to attract health care professionals from New York, Philadelphia and other communities outside the region. This is being accomplished with direct mailers and targeted social media messages to health care professionals in these regions outlining the benefits of working in our health network and the advantages of living in the Lehigh Valley and surrounding areas. Buses that transport people between the Lehigh Valley and metropolitan regions also are adorned with our message. You can't miss it!



Lehigh Valley Health Network
 Sponsored · 15

Join the LVHN Team and find out why LVHN is named a 2021 Best Workplace in Health Care & Biopharma™ by Great Place to ...See More

♥ your career.

Love Your Career
Start with us.

LEARN MORE

♥ your benefits.

Great Place to Work
For all.

LEARN MORE

♥ your colleagues.

Best In the Region
Great pay and ben...

LEARN MORE

Explore Career Opportunities
Apply today.

LEARN MORE



Bus wrap

Spotlighting job openings on social media

A new [LVHN Careers Facebook](#) page launched in July. Along with job postings, the page also encourages users to explore careers in health care or to consider LVHN as they take the next step in advancing their career.

Traditional marketing

Billboards along major highways inside and outside our region inform potential colleagues that they will love a career at LVHN. Ads in local newspapers focus on specific career opportunities at LVHN.



**Earn a referral bonus**

All colleagues are encouraged to help find new colleagues to join the LVHN family. Anyone who refers a qualified inpatient nurse will receive \$5,000. Those who refer an experienced technical partner, full-time physical therapist, medical assistant or full-time outpatient registration specialist will receive \$1,000. To make a referral, visit [LVHN.org/referral](https://www.lvhn.org/referral).

Competitive wages

LVHN made investments to ensure compensation remains highly competitive. Based on competitive data, nearly 6,900 colleagues received salary increases in addition to merit-based increases. We also provide flexible scheduling programs for RNs, including per diem and weekend opportunities with the ability to pick up additional shifts.

We will continue our endeavors to attract the best and the brightest colleagues to LVHN. We're #LVHNProud of the efforts above and have already hired more than 1,000 new colleagues since July 1, 2021. Working with great colleagues creates a rewarding work experience that can help everyone grow professionally and personally.



Introducing LVHN's Administrator, Employee Health Services

Virginia Gutierrez, MSN, will be joining LVHN as Administrator, Employee Health Services on Nov. 1.

LVHN Insider

Tuesday, October 12, 2021

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

I am pleased to announce that Virginia Gutierrez, MSN, will be joining LVHN as Administrator, Employee Health Services. She will join us Nov. 1 and report directly to me.

In this role, Virginia will organize and direct employee health services for our health network, providing oversight for the system-wide development, implementation, operations and evaluation of the services provided. Working with human resources and LVHN leaders, Virginia will provide expertise and assure quality, safety and cost-effectiveness in the accomplishment of strategic goals. The Director of Employee Health Services, Workers Compensation Manager and Disability Manager will report to Virginia.

Virginia has 34 years of experience as a nurse, including 28 years of experience in occupational health. In her most recent role as Director of Occupational Health Services at Princeton University, she was responsible for occupational health care, workers compensation case management, short-term disability, return to work case management, immunization services, travel planning and medical surveillance for OSHA-mandated programs and outreach.

Virginia received her bachelor's degree in nursing from Fitchburg State College and her master's degree in nursing from Boston College.

As we welcome Virginia to the LVHN family, please join me in thanking Jeri Lemanek for her exceptional contributions as Interim Administrator of Employee Health Services. Jeri's fantastic work in managing both COVID-19 and influenza vaccination efforts for LVHN helped keep colleagues and community members healthy and safe. Moving forward, she will continue in a leadership role as Director of Employee Health Services.

The health and well-being of our colleagues remain our top priorities. We look forward to having Virginia as an integral member of our team who can help give you and all colleagues the exceptional work experience you expect and deserve.



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. Exemption 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.



Colleague Feedback Requested for Potential Lyme Disease Vaccine Trial

If you are interested in participating, consider completing a brief survey.

LVHN Insider

Monday, October 11, 2021

Approximately 476,000 people in the United States will become infected with Lyme disease each year. While the condition may cause mild symptoms in the beginning, if left untreated, individuals may experience severe joint pain and swelling, facial palsy, nerve pain, neurological problems or other serious side effects.

To further the fight against this condition, Lehigh Valley Health Network has the opportunity to become a study site for a Lyme disease vaccine clinical trial sponsored by Pfizer.

The first step toward bringing the trial to LVHN in 2022 is identifying interest. As you are an LVHN colleague, we want to determine if you or someone you know would consider participating if the trial was available.

If you would consider participating in this type of trial if LVHN is chosen as a site, please fill out our [survey](#).

Please note that the purpose of this survey is to gauge interest in the trial. If it becomes available through LVHN, you will need to apply for formal participation.

If you have any questions about this survey, you can contact the Network Office of Research and Innovation at 610-402-9543.

Where Should I Go for My COVID Test?



Whether you have symptoms of COVID-19, had a high-risk exposure or just need clearance for travel, you need to have a prescription in order to get a COVID-19 test. The easiest and fastest way to get a prescription is to stay home and schedule a virtual visit.

Here's how to get a prescription for a COVID-19 test

By you seeing a provider from home, we can expedite your testing when you get to the appropriate testing site. Virtual options to obtain a script include:

- **Nurse line:** 888-402-LVHN (5846), option 4
- **COVID-19 video visit:**
 - To be seen right away, use the “On Demand ExpressCARE Video Visit” option through your MyLVHN app. This option will place you in a virtual waiting room to be seen by a doctor. Click the “On Demand ExpressCARE Video Visit” found under the “Menu” bar.
 - To schedule an ExpressCARE Video Visit appointment through your MyLVHN app at a time that is convenient for you, click “schedule an appointment or video visit” under the menu bar. Then choose the “ExpressCARE Video Visit with provider, video visit” option. Click "schedule now" and fill out the questions to be given a list of available appointment times.
- **Complete an E-Visit** (detailed questionnaire visit submitted to a provider) by visiting MyLVHN.org or your MyLVHN app. [E-Visits](#) can be found by clicking the “Menu” icon and then “E-Visits” (found under “Find Care” section of the Menu).

What if I don't have symptoms (I'm asymptomatic) or need a clearance test?

If you don't have symptoms of COVID-19 and need to be tested for work, school or travel, your first step is to do one of the following: Call the LVHN nurse line, complete an ExpressCARE video visit or do an E-Visit through MyLVHN. Once completed, you will be given a prescription and can be seen at any of the following COVID-19 asymptomatic testing locations:

Bucks County

- [HNL Lab Medicine–Richland Township](#), 320 West Pumping Station Road, Quakertown

Carbon County

- [HNL Lab Medicine–Carbon Plaza Mall](#), 1205 Blakeslee Blvd. Dr. East, Lehighton

Lehigh County

- [HNL Lab Medicine–Hanover Ave.](#), 1302 Hanover Ave., Allentown
- [HNL Lab Medicine–Tilghman St.](#), 4727 Tilghman St., Allentown

Luzerne County

- [HNL Lab Medicine–Mountain Top](#), 237 S. Mountain Blvd., Mountain Top
- [HNL Lab Medicine–West Hazleton](#), 8 Diana Lane, West Hazleton

Monroe County

- Lehigh Valley Hospital–Pocono Lab Services, front entrance, 206 E. Brown St., East Stroudsburg

Schuylkill County

- [HNL Lab Medicine–Pottsville](#), 1504 Pennsylvania 61, Pottsville

DO YOU LIVE IN NORTHAMPTON COUNTY?



Fast track, no prescription needed COVID-19 testing option open to:

Symptomatic and asymptomatic individuals and Northampton County residents or individuals employed by a Northampton County business. Bring your photo ID and insurance card to the testing site, located in the parking area to the rear of the building.

Visit Coordinated Health Bethlehem–3100 Emrick Blvd

What should I do if I have symptoms and need a COVID-19 test?

If you have COVID-19 symptoms, you should call the LVHN nurse line, complete an ExpressCARE video visit or do an E-Visit through MyLVHN. Once completed, you will be given a prescription and can be seen at any of the COVID-19 testing sites listed below.

Lehigh County

- [LVHN ExpressCARE–Airport Road](#), 1791 Airport Road, Allentown
- [LVHN ExpressCARE–Cedar Crest](#), 1101 S. Cedar Crest Blvd., Allentown
- [LVHN ExpressCARE–Fogelsville](#), 1431 Nursery St., Fogelsville
- [LVHN ExpressCARE–MacArthur Road](#), 2741 MacArthur Road, Whitehall
- [LVHN ExpressCARE–Macungie](#), 6451 Village Lane, Macungie
- [LVHN ExpressCARE–Muhlenberg](#), 2649 Schoenersville Road, Suite 100, Bethlehem
- [LVHN ExpressCARE–Tilghman](#), 4825 W. Tilghman St., Allentown
- [Coordinated Health Care on Demand*](#), 1503 N. Cedar Crest Blvd., Allentown
- [LVHN COVID-19 Test Site–17th Street](#), 401 N. 17th St., Suite 103, Allentown

*Coordinated Health sites only perform COVID-19 tests on patients over the age of 2

Northampton County

- [LVHN ExpressCARE–Bangor](#), 1337 Blue Valley Drive, Pen Argyl
- [LVHN ExpressCARE–Bethlehem Township](#), 2101 Emrick Blvd., Suite 101 C, Bethlehem

- [LVHN ExpressCARE–Palmer Township](#), 3701 Corriere Road, Suite 14, Easton
- [Coordinated Health Care on Demand](#)*, 2300 Highland Ave., Bethlehem

*Coordinated Health sites only perform COVID-19 tests on patients over the age of 2

Berks County

- [LVHN ExpressCARE–Moselem Springs](#), 14351 Kutztown Road, Fleetwood

Bucks County

- [LVHN ExpressCARE–Richland Township](#), 320 W. Pumping Station Road, Suite 3, Quakertown

Carbon County

- [LVHN ExpressCARE–Palmerton](#), 528 Delaware Ave., Palmerton

Luzerne County

- [LVHN COVID-19 Test Site–Sherman Court](#), 140 N. Sherman Court, Hazleton
- [Coordinated Health Care on Demand](#)*, 1120 Oak St., Pittston

*Coordinated Health sites only perform COVID-19 tests on patients over the age of 2

Monroe County

- [LVHN ExpressCARE–Bartonsville](#), 292 Frantz Road, Suite 102, Stroudsburg
- [LVHN ExpressCARE–Pocono](#), 200 E. Brown St., East Stroudsburg
- [LVHN ExpressCARE–Tobyhanna](#), 100 Community Drive, Suite 102, Tobyhanna
- [LVHN ExpressCARE–West End](#), 120 Burrus Blvd., Brodheadsville
- [Coordinated Health Care on Demand](#)*, 511 VNA Road, East Stroudsburg

*Coordinated Health sites only perform COVID-19 tests on patients over the age of 2

Schuylkill County

- [LVHN ExpressCARE–Schuylkill Medical Plaza](#), 200 Schuylkill Medical Plaza, Pottsville

New Jersey (Warren County)

- [Coordinated Health Care on Demand](#)*, 222 Red School Lane, Phillipsburg, NJ

*Coordinated Health sites only perform COVID-19 tests on patients over the age of 2



School-Based Behavioral Health: Meeting Kids Where They Are

Lisa Liddington, Administrator, LVH–17th Street, discusses the importance of School-Based Behavioral Health.

LVHN Insider

Monday, October 11, 2021

As students return to the classroom this fall, addressing their mental health needs has never been more important.

Long before the onset of COVID-19, mental health was already one of the fastest-growing concerns among school district administrators and teachers. Anxiety, the leading mental health disorder diagnosed in children, now affects over a third of all students. Suicide is now the second leading cause of death among teenagers.

As expected, the pandemic has exacerbated existing mental health issues for many kids and spurred new-onset anxiety and depression for others. According to the Centers for Disease Control and Prevention (CDC), mental health-related emergency department visits among adolescents increased 31% in 2020 compared to 2019. Sadly, as many as 80% of students with anxiety or major depression will never receive any treatment. For those children who do get help, school is often the only place services are available.

Outpatient therapy provided during the school day

Based at Lehigh Valley Hospital–17th Street, Lehigh Valley Reilly Children's Hospital School-Based Behavioral Health program partners with school districts across the Lehigh Valley and beyond to remove barriers to mental health treatment by providing outpatient therapy for kids at school during the school day. What started in 2017 as a grant-funded project in a handful of schools has grown to serve over 30 school sites in five counties. Today, the program can bill for services, which is critical to ensuring the program's

continued growth and financial sustainability. For kids who don't have insurance, grant funds help support therapy services for those students at no cost.

Virtual visits provided mental health services during COVID-19

Each year, hundreds of children who otherwise would not have access to mental health treatment are able to participate in evidenced-based therapy to help them address their trauma, improve their school performance and strengthen their overall well-being. When schools closed in March 2020 due to COVID-19, the School-Based Behavioral Health team didn't skip a beat, quickly transitioning all sessions to video visits. Although most kids today receive their services in school, video visits remain a valuable tool for reaching students who continue to learn remotely.

Critical services lead to impressive results

Whether services are provided in school or through video visits, program data shows the School-Based Behavioral Health program works:

- 80% of students assessed at discharge demonstrated a decrease in emotional distress
- 88% of students and caregivers assessed after six months of treatment reported that their problem had improved (no students or caregivers reported that their problem had worsened)
- 100% of students and caregivers assessed after six months of treatment reported that the program helped make problems more bearable

But the work of the School-Based Behavioral Health team extends far beyond traditional outpatient therapy for kids. The team provides critical case management services for caregivers, including linkages to food programs, job assistance and support with medical assistance applications for children. Team members connect students with supportive services including child mentors, summer camps and support groups. They also present regular professional development workshops for school faculty and community programs for parents and caregivers on mental health, suicide prevention and wellness.

This month is [National Suicide Prevention and Awareness Month](#), and we congratulate the School-Based Behavioral Health team on its steadfast commitment to improving access to potentially lifesaving mental health services for our region's most vulnerable kids. We all have a role to play in supporting the mental health of our children, and I urge you to [learn more](#) about how you can help prevent suicide and support kids who are experiencing mental health issues.



October Calendar of Events

See what's happening at LVHN all month long.

LVHN Insider

Tuesday, October 12, 2021

From fun events, to month-long celebrations, to sales in our gift shops, there is so much going on at LVHN! You'll find it all on October's calendar of events. Print the calendar below, post it in your department, get involved and take advantage of everything LVHN has to offer our colleagues?

Cool Colleague Calendar



Monthly events

- Global Diversity Awareness Month
- Kindness walls
- Breast cancer logo T-shirts available in the gift shops and pop-up shops

Daily events

Oct. 1

LVH-Hecktown Oaks Logo Event
10 a.m.-2 p.m., near cafeteria

Flu shot clinics begin

See LVHN Insider for schedule

Oct. 2

Women's 5K Classic

9:15 a.m.
Lehigh Parkway, Allentown

Oct. 4

Beginning of Relax and Revive Challenge

Runs through Oct. 31
Sign up on My Total Health

Beginning of

Take It Outside Challenge

Runs through Oct. 31
Sign up on My Total Health

Oct. 5

Do Something Nice Day

LVH-Cedar Crest logo event
10 a.m.-2 p.m., outside cafeteria

Oct. 6

Gift Shops Wacky Wednesday

20% off all pet merchandise

LVH-Schuylkill

S. Jackson Street Logo Event

11 a.m.-2 p.m.
First floor conference rooms A and B

Oct. 7

LVHN-Mack Blvd. Logo Event

10 a.m.-2 p.m., cafeteria

Miller Keystone Blood Drive

Noon-5:30 p.m.
LVH-Hazleton, mobile coach

Oct. 8

LVH-Schuylkill E. Norwegian Street Logo Event

11 a.m.-1 p.m., Wall Auditorium

Oct. 9

Walk to Defeat ALS

Registration: 9 a.m., walk: 10 a.m.
Cedar Crest College, Allentown

Oct. 11

Indigenous Peoples Day

Benefits Open Enrollment

Oct. 11-29

Oct. 12

LVH-Pocono Logo Event

10 a.m.-2 p.m.
Cancer Center, second floor

Serenity and Tranquility

Miller Keystone Blood Drive

8 a.m.-4 p.m., mobile coach

Ice Cream Truck

at LVH-Muhlenberg

11:30 a.m.-2 p.m.; 6-8 p.m.

Oct. 13

Gift Shops Wacky Wednesday

20% off cancer merchandise and get a free pink mask with cancer item purchase

Healthy Aging Presentation

Noon-12:30 p.m.
Register at My Total Health

Oct. 16

Lehigh Valley Light the Night Walk

7:30 p.m., Grange Park,
Upper Macungie Township

Oct. 18

Meatloaf Appreciation Day

Oct. 20

Gift Shops Wacky Wednesday

20% off winter hats, scarves and gloves

Healthy Aging Presentation

Noon-12:30 p.m.
Register at My Total Health

Oct. 21

World Values Day

Performance Management

Goal Tracking

Runs through May 2022

Pink Out Event, LVH-Hecktown Oaks

5-7 p.m., register at LVHN.org

Oct. 25

Pulse Survey

Oct. 25-Nov. 8

Oct. 27

Gift Shops Wacky Wednesday

25% off Halloween merchandise

Oct. 29

Gift Shop Sale

50% off Halloween merchandise

Oct. 30

Red Cross Blood Drive

9 a.m.-3 p.m.
Dale & Frances Hughes Cancer Center

Oct. 31

Halloween Parade -

Honoring Health Care Heroes

2 p.m., downtown Bethlehem



Hope for Breast Cancer-Related Lymphedema

This common side effect from breast cancer treatment can be treated

By **Jenn Fisher**



Surviving breast cancer is a victory. Contending with lymphedema, a side effect some women experience after breast cancer treatment, can feel like a never-ending struggle. However, a specialized [lymphedema rehabilitation program](#) at Lehigh Valley Health Network can help treat and relieve breast cancer-related lymphedema (BCRL).

What causes lymphedema?

Normally, the lymph system (made up of lymph nodes, vessels and ducts) circulates lymph fluid throughout the body. Breast cancer surgery or radiation therapy can damage the function of the system, resulting in blockages that backup fluid into the arms and hands.

“Up to one in five women treated for breast cancer is at-risk for developing lymphedema,” says breast cancer surgeon [Krista Bott, MD](#), with LVPG Surgical Oncology. “Women whose axillary (underarm) lymph nodes were removed as part of their breast cancer surgery are most at-risk.”

Lymphedema signs to watch for

Lymphedema can develop months or even years after breast cancer treatment. Watch for these symptoms and seek help right away:

- Arm swelling
- Heavy feeling limb
- Skin tightness
- Trouble moving a joint
- Burning feeling

Regaining hope

Occupational therapist Kelly Bartels, with [Rehabilitation Services–Tobyhanna](#), is a certified lymphedema therapist. She sees the toll BCRL can take. “Many women feel

hopeless because swelling can be significant and impair use of their arms or hands,” Bartels says.

But in Bartels’ hands, BCRL is treatable. “Our goal is to reduce volume, decrease limb size, control risk for infection, and improve overall quality of life,” she says.

Decongestion and compression

Treatment begins with specialized bandaging to decongest arm tissues. “We use compression bandages and specific wrapping techniques to help drain lymph fluid. We also perform manual lymph drainage (MLD) massage to facilitate that too,” Bartels says.

A personalized exercise plan also is part of therapy. “Gentle range of motion exercises help encourage fluid drainage and help you return to daily activity,” she says.

Motivating results

Treatment for BCRL requires commitment from a patient, but the payoff is motivating. “Most times, they see results after their first visit, and huge improvements after a few treatments. The timeframe to complete lymphedema therapy is unique to each individual, but it will require regular appointments and ‘homework’ using medical-grade compression garments to maintain results,” she says.

Lymphedema therapy is offered at:

- [LVHN Rehabilitation Center–Schuylkill](#)
- [Rehabilitation Services–Cetronia Road](#)
- [Rehabilitation Services–Health & Wellness Center](#)
- [Rehabilitation Services–Muhlenberg 1770](#)
- [Rehabilitation Services–Tobyhanna](#)
- [Rehabilitation Services–Hecktown Oaks](#)

How to Take Care of Your Mental Health

Understand signs that your mental well-being needs attention and TLC

By **Jenn Fisher**

Image



You know the symptoms of a cold: watery eyes, runny nose, feeling achy and run-down. When we feel like we're coming down with something, we reach out to our doctor and share our concerns.

But when it comes to our mental health, we often ignore signs and symptoms that something isn't quite right. "In order to first care for our mental health, we need to know the warning signs – and that looks different for all of us," says behavioral health education specialist Ashley Felker, with the department of psychiatry at [Lehigh Valley Hospital–Muhlenberg](#).

Signs and symptoms

Mental illnesses are experienced by millions of people and can occur at any point over a lifetime. In fact, the [Opens in new tabNational Alliance on Mental Illness \(NAMI\)](#) says that one in five adults in the U.S. has a mental illness, ranging from anxiety disorders and post-traumatic stress disorder to depression and bipolar disorder, among others.

NAMI shares some signs to watch for in yourself or others:

- Withdrawing from friends and family
- Loss of interest in usual activities
- Changes in sleep and energy
- Excessive worry and stress
- Extreme risk-taking behavior
- Overwhelming sense of fear

Kids and teens also can experience mental illness, with signs like extreme temper, acting out, drop in grades, disobedience and more.

What you can do

If you experience one or more of these symptoms, please know that mental health conditions can be treated and help you feel engaged in life again. "Just because you

cannot see it, doesn't mean it's not there. Mental health conditions are treatable," Felker says.

The first step is to make an appointment with your primary care provider right away. After speaking with your doctor, he or she may suggest counseling, medication therapy or other therapeutic treatments. "Your primary care provider can assist you in starting with the right level of care that helps you improve your mental health and overall well-being," Felker says.

Motivated by Martin

Diane McGowan is determined to help others understand that not getting immunized against seasonal influenza can lead to tragedy

By **Jenn Fisher**

Image



There was a time when Diane McGowan looked at the seasonal flu as an annual nuisance. "I weathered the storm by wrapping myself in several blankets to sweat it out, stayed on the couch, and had my husband take care of the kids and the household for the next several days. It was draining but the next season, I would do it all over again because I did not like needles. Little did I know what this cycle would cost me in the end," McGowan says.

In 2005, McGowan's 15-year-old son, Martin, became very ill. "We didn't know it, but he had the flu," she says. That night he threw up twice, had a fever, his lips were turning white from dehydration, and he complained of severe leg pain. "By the time we got to the hospital, his internal organs had already begun to break down, and sepsis was beginning," McGowan says.

Just 16 hours after he first became ill, Martin was taken into surgery, but he did not survive. "Martin's heart stopped around 6 p.m. and they could not revive him,"

McGowan recalls. “My son tested positive for the flu and, as I learned later, the rest of his complications were caused by influenza. Martin was not vaccinated against the flu.”

Finding purpose: Flu fighting

“After Martin’s death, I was confused. I did not understand how a healthy, active 15-year-old boy could die from the flu in 16 hours, without me even suspecting that he had the flu,” McGowan says. She dug into research to learn more and ultimately became an advocate for flu vaccinations. “You don’t know how your body will handle influenza the first time you contract the flu. Our son had not contracted the flu before his death, and I regret that he hadn’t been vaccinated against it.”

To help others understand the life-threatening complications that seasonal flu can cause, McGowan and her family sought a way to educate others, finding an ideal place to do it: [Lehigh Valley Health Network’s \(LVHN\) annual drive-thru flu shot clinics in Allentown](#). Each year since 2006, the McGowan family and their team of volunteers attend the drive-thru flu shot clinics and provide informational brochures to those who come to the event. The brochure details Martin’s story and reinforces the importance of receiving a seasonal flu vaccination. “Every time we hear a mom or dad tell us – ‘We were in line earlier in the day, got our shots, then read Martin’s story and decided to drive back to the clinic with our kids in the car’ – our hearts skip a beat. Fifteen years later and we are still in awe of LVHN’s commitment to keep the community healthy,” McGowan says.

Get your flu shot

If you or family members ages 6 months and older want to receive a vaccination against seasonal flu, you can get a flu shot at either of the two drive-thru flu shot clinics LVHN is holding at Coca-Cola Park in Allentown. (Please note: Our long-time drive-thru flu shot partner location, Dorney Park, is not available this year due to an extended operating system for the park.)

Saturday, Nov. 6

9 a.m.-3 p.m.

Coca-Cola Park

1050 IronPigs Way, Allentown, Pa. ([Opens in new tabview directions and map](#))

Sunday, Nov. 7

9 a.m.-3 p.m.

Coca-Cola Park

1050 IronPigs Way, Allentown, Pa. ([Opens in new tabview directions and map](#))

[Visit this page to fill out a consent form in advance](#). All people in your vehicle who are older than age 2 must wear a face covering (such as a cloth face mask) to help reduce spread of the coronavirus.

As has been done for more than a decade, Diane McGowan and her family also will be gathering donated food and toiletry items from those who attend the Allentown drive-thru flu shot clinics. Those items will be provided to community organizations to help people in need.

Multidisciplinary Approach Helps Dan Dolphin Fight Back Against Kidney Cancer

Second opinion led to exceptional and individualized care for cancer recurrence

By **Maggie Worst**



When Dan Dolphin woke up one morning with terrible back pain, he feared the worst. As a survivor of papillary [kidney cancer](#) who had undergone a nephrectomy less than a year before, he was concerned that his cancer had returned.

His worst fears were confirmed after his orthopedic doctor ordered a bone scan – his kidney cancer had recurred and spread (metastasized) to his bones.

Seeking a second opinion for kidney cancer

Even though Dolphin was happy with his nephrectomy at another institution, he wasn't completely satisfied with the follow-up care he received.

So when it was confirmed that his cancer had returned, he spoke to close friends for advice on where to go for a second opinion.

"I asked a trusted friend if I should go to Philadelphia to get a second opinion. I'll never forget him telling me that the physicians at LVHN would match up against anybody in the country. He was absolutely right," says Dolphin.

He was set up for an initial appointment with oncologist [Suresh Nair, MD](#), Physician in Chief, [Lehigh Valley Topper Cancer Institute](#). From the first time they met, he knew he was in good hands.



[Suresh G. Nair, MD](#)

Hematology/Medical Oncology

[Make an Appointment](#)

Need help scheduling? **[Contact Us](#)**

“Once I got to Lehigh Valley Topper Cancer Institute and met with Dr. Nair, I felt very comfortable with him. He explained everything to me, had already reviewed the results of my tests and even showed me on my scans exactly where my tumors were,” says Dolphin.

In addition to meeting Nair at his first appointment, Dolphin was introduced to two other clinicians who also would be part of his care team – advanced practice clinician **[Lauren Demberger, PA-C](#)**, with **[LVH Hematology Oncology](#)**, and radiation oncologist **[Alyson McIntosh, MD](#)**, with **[Allentown Radiation Oncology Associates](#)**.



[Lauren D. Demberger, PA-C](#)

Hematology/Medical Oncology

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[Alyson F. McIntosh, MD, MPhil](#)

Radiation Oncology

[Make an Appointment](#)

Need help scheduling? [Contact Us](#)

“I was impressed with how much my care team worked together from the very beginning,” says Dolphin. “Their [multidisciplinary approach](#) made me feel confident that I would receive the best treatment available.”

His care team created a treatment plan specifically tailored to his diagnosis, which included stereotactic body radiation therapy (a precise form of radiation therapy that targets cancerous tumors while reducing damage to surrounding tissue) delivered in conjunction with immunotherapy. This specific approach was something that Nair and McIntosh were very familiar with as part of the [Memorial Sloan Kettering \(MSK\) Cancer Alliance](#).

“The foundations of Dan’s treatment plan were based on findings from several clinical trials that we’ve done with MSK,” says Nair. “We found that when you deliver precise radiation with certain immunotherapy agents, it elicits a positive response.”

WORLD-CLASS CARE



[Get a Second Opinion](#)

A second opinion from Lehigh Valley Topper Cancer Institute helps you get the cancer treatment that's right for you – right from the start.

[Learn more](#)

An important goal for kidney cancer treatment

It was important for Dolphin that his treatments didn't affect his ability to work as a boy's lacrosse coach and physical education and health teacher for Allentown Central Catholic High School. He had a good feeling about the 2021 season and wanted to make sure he coached his team to the best of his ability.

Nair and McIntosh kept this goal in mind throughout Dolphin's treatments, and luckily, it paid off.

Not experiencing side effects from his treatments, Dolphin led his lacrosse team to win the Pennsylvania Interscholastic Athletic Association championship in June 2021 – just a month after a scan showed that his treatments had been very effective.

"Realizing my team had won the state championship was such an exhilarating feeling. It was the last 10 or 15 seconds of the game when it was quite obvious we were going to win, and it was like everything was moving in slow motion," says Dolphin. "I had been through a lot over the past year, but I was able to overcome it with the support of my family, colleagues and cancer care team."

Fighting back against kidney cancer

Days after the championship game, Dolphin announced his retirement. Now, he's looking forward to spending time with his wife, Sue, and their two sons, Joshua and Tyler.

He is still receiving additional treatment at Lehigh Valley Topper Cancer Institute and will continue to be followed closely for many years to come. Even though his cancer journey isn't over, he feels confident in his care team and the next steps.

“I see a lot of similarities between my care team and the kids that were on my lacrosse team,” says Dolphin. “My doctors are leaders in the field, and they’re very motivated. I couldn’t be more pleased with the treatment I’ve received.”



[Lehigh Valley Topper Cancer Institute](#)

We bring together providers of the highest caliber to better predict, prevent and treat cancer. Our large team of cancer experts works together to deliver today’s most effective treatments while researching the next generation of cancer care options.

Living with Cancer as a Chronic Illness

Treatment advances have allowed chronic cancer patients to live fulfilling lives.



In the past, cancer diagnoses only led to one of two outcomes: beating cancer, or not. However, over the last couple decades, things have become a lot less black and white. In fact, with recent scientific breakthroughs, many individuals diagnosed with cancer are living long and happy lives.

Many of these individuals have chronic cancer, which like other chronic medical conditions, is closely watched and continuously treated but never considered medically cured.

“There have always been chronic cancers, but recent advancements in treatments like immunotherapy and targeted therapy have helped patients with late-stage cancer live longer,” says [Savitri Skandan, MD](#), medical oncologist and Associate Chief, Division of Hematology and Medical Oncology with [LVPG Hematology Oncology–Muhlenberg](#). “My colleagues and I have patients with metastatic cancer who are more than 10 years out from their initial diagnosis, and they are still doing incredibly well.”

We know that receiving a cancer diagnosis is difficult enough. On top of that, finding out that your cancer is considered a chronic condition can raise concern. We’ve answered some of the most common questions we hear below:

What types of cancer are considered chronic?

There are a few types of cancer that are more likely to be considered chronic, including certain ovarian cancers, leukemias and lymphomas.

Also, some types of cancer that have spread to other parts of the body (metastasized), including certain types of metastatic breast and prostate cancer, are considered chronic.

“When I first tell my patients that they have been diagnosed with a chronic cancer, I try to drive home the point that their condition is treatable. Just because we can’t cure it doesn’t mean that we don’t have options,” says Skandan. “In fact, we will develop an individualized, comprehensive monitoring and treatment plan to help them live longer and improve their quality of life.”

What will the goals of my cancer treatment be?

When you have chronic cancer, the typical goals of treatment often don’t apply. Instead, the focus is on helping you live longer with your condition while also improving your quality of life through appropriate monitoring and treatment.

“Our two most important goals are prolonging life and maintaining quality of life. Some cancers may be monitored, but eventually, most patients will need treatment,” says Skandan. “Once we reach that stage, our goal is to control the cancer while also keeping any treatment side effects from affecting your day-to-day life.”

What should I look for in a cancer care team?

Chronic cancers require continued care, and because of that, it’s very important to find a team of clinicians you trust and feel comfortable with. An exceptional care team also will connect you to various supportive services, including nutrition counseling, smoking cessation, mental health services and palliative care services.

It’s also beneficial to find a health care organization that offers a multidisciplinary approach to treatment. This approach includes teams of cancer experts from different subspecialties who work together to develop a comprehensive treatment plan.

“Having access to clinical trials is also an important part of treatment for chronic cancers,” says Skandan. “As we manage your illness, new options may become available through advancements in research. Being at a health care institution that offers these advances can be incredibly beneficial.”

Caring for chronic cancer at Lehigh Valley Topper Cancer Institute

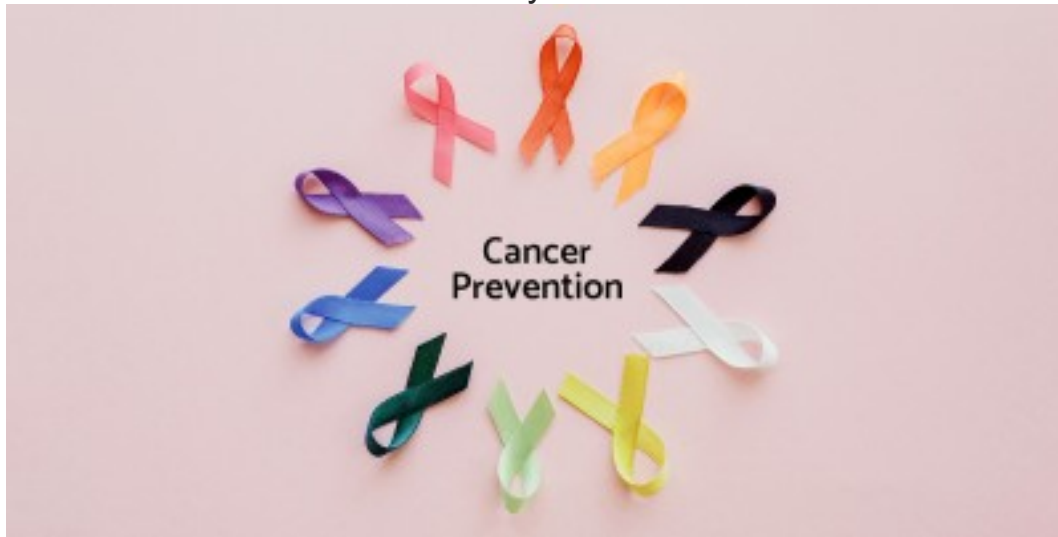
At Lehigh Valley Topper Cancer Institute, we offer patients with chronic cancers the latest treatments, either as standard-of-care therapies or through our network of clinical trials.

Our clinicians also see patients as part of specialized [multidisciplinary clinic teams](#), giving you access to multiple specialists from various disciplines.

Good Habit: Return to Cancer Screening

Preventing cancer and identifying it early can save lives

By **Jenn Fisher**



Learning you have cancer is a moment that never leaves you. A diagnosis triggers a wave of questions like, “Can this be cured?” “How will my family cope?” “Could I have prevented this?”

Screening for cancer is an important way to help prevent development of cancer, as well as identify cancer at an earlier and more treatable stage. During the pandemic, many people delayed their usual preventive health care, which includes cancer screening. Lehigh Valley Topper Cancer Institute is joining a nationwide effort to encourage people to resume appropriate cancer screening to prevent unnecessary deaths.

“Resuming regular primary care and recommended cancer screenings have the potential to stop the impact that the pandemic is having on identifying and treating people with cancer,” says [Suresh Nair, MD](#), Physician in Chief, [Lehigh Valley Topper Cancer Institute](#).

“We want our community to know that throughout the COVID-19 pandemic, all locations of Lehigh Valley Cancer Institute have implemented numerous infection control measures to provide a safe environment for people to receive important medical care.” –Suresh Nair, MD

Pandemic paused screenings

Throughout the pandemic, elective medical procedures, including those for cancer screening, were largely put on hold. According to the American Cancer Society (ACS), the impact was immediate as screening-related procedures dropped drastically starting in March 2020. ACS projects that the pandemic-related reductions in health care access and cancer screenings will result in a short-term drop in cancer diagnoses, then lead to an increase in later-stage cancer diagnoses and preventable deaths.

“We want our community to know that throughout the COVID-19 pandemic, all locations of Lehigh Valley Cancer Institute have implemented numerous infection control measures to provide a safe environment for people to receive important medical care,” Nair says.

“Simply put, regular cancer screening tests can improve and save your life,” says [Sean Quinlan-Davidson, MD](#), radiation oncologist with Allentown Radiation Oncology Associates. “Screening increases the chance of detecting some cancers early, when they may be easier to treat. We’re encouraging everyone in our community to talk to their doctor or a health care professional about getting back on track with their recommended cancer screenings.”

Types of cancer screening

Here are the three types of cancer screening we recommend.

Breast cancer screening

Breast cancer remains the leading cause of cancer death among women. Regular mammograms, starting at age 40, can help detect breast cancer at earlier stages. Schedule your mammogram through your MyLVHN account or [learn more about Breast Health Services](#).

Colon-rectal cancer screening

Colorectal cancer is the third most common cause of death among men and women in the U.S. Even prior to the COVID-19 pandemic, nearly one in three people for whom screening is recommended were not up to date with this screening. Colonoscopy is an effective procedure that can help prevent colon cancer by the removal of polyps from the intestinal tract. [Learn more about colonoscopy](#).

Lung cancer screening

Lehigh Valley Health Network follows the [Opens in new tabU.S. Preventive Services Taskforce \(USPSTF\) guidance for Lung Cancer Screening](#). Learn more about lung cancer screening and [take an assessment](#) to see if you are at risk for lung cancer.

Talk to your primary care provider or call 888-402-LVHN to schedule an appointment.