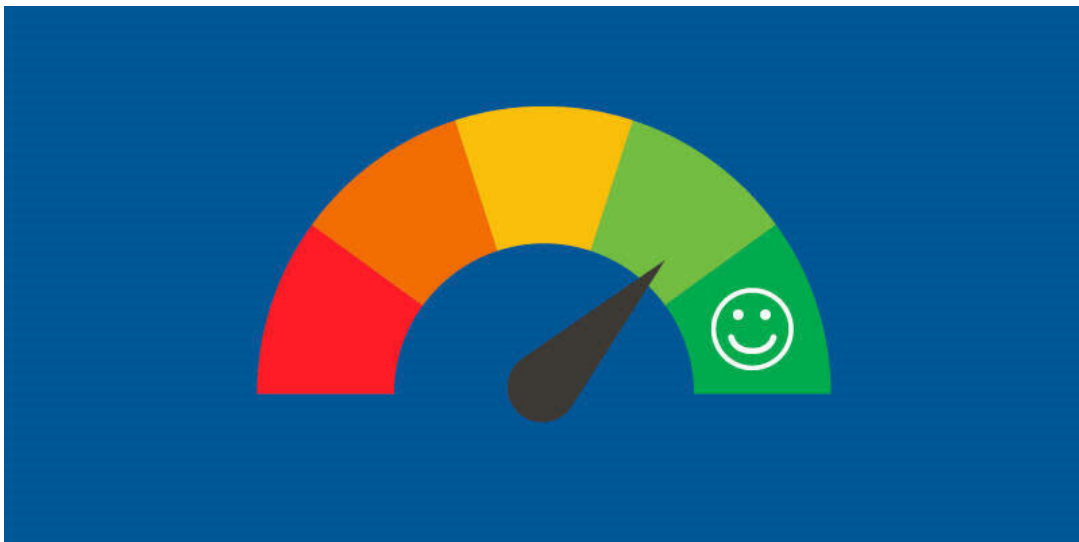


Joan Farrell

From: LVHN Insider <no-reply@insider.lvhn.org>
Sent: Thursday, October 21, 2021 4:29 PM
To: Joan Farrell
Subject: LVHN Weekly: Take the Pulse Survey, Give to United Way, COVID-19 Town Hall and More



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



Take the Mid-Year Pulse Survey

Your voice matters. The survey takes place Oct. 25 to Nov. 8.

[Read more →](#)

Partners United for a Better Tomorrow: Give to United Way Campaign

Earn a gift card when you donate on launch day,
Oct. 26.

[Read more →](#)



Watch the Latest COVID-19 Town Hall Meeting

Get the latest information about hospitalizations, boosters and more.

[Read more →](#)



Lynn's Turn: You Bring LVHN Core Values to Life

Today is World Values Day. Read about colleagues who bring our values to life.

[Read more →](#)



Partner of the Month Award – October 2021

Nicole Mitchell supports colleagues and provides comfort to patients and their families during the pandemic.

[Read more →](#)



Service Anniversary List – October 2021

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

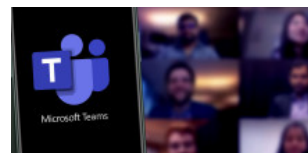
[Read more →](#)



Microsoft Teams Chat to Replace Skype on Oct. 23

Internal messaging via Skype will not be available after Oct. 23.

[Read more →](#)



Open Enrollment is Underway

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

[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.



[Read more →](#)

Tuition Reimbursement Enhancement Update

Learn about enhancements to the tuition reimbursement plan in 2022.

[Read more →](#)



Enter the Great Place to Work Raffle

Share what makes LVHN a Great Place to Work for you and you could win prizes, including PTO days.

[Read more →](#)



Tips From Engagement Megastars

Ever wonder what some highly engaged departments do differently? Read about some of their practices in Colleague Enga...

[Read more →](#)



Blood Donations, Supplies Critically Low

We are asking LVHN colleagues to roll up their sleeves and donate.

[Read more →](#)



Drum Roll, Please...

See how LVHN providers and services performed in the 2021 Lehigh Valley Business Reader Rankings awards.

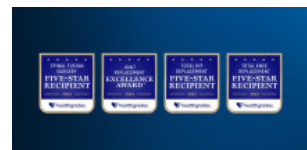
[Read more →](#)



Coordinated Health Earns Multiple Awards from Healthgrades

Healthgrades ranks Coordinated Health among the best hospitals for safety and orthopedic specialties.

[Read more →](#)



FDA Calling New Blood Test for Cancer Groundbreaking

The test is now in clinical trials.

[Read more →](#)



We're Here for You...Please Get Vaccinated for Us

Critical care nurse Nichole Persing, RN, shares an important message for the community about COVID-19.

[Read more →](#)



Zachary Wolfe, MD, joins Lehigh Valley Topper Cancer Institute

He will provide advanced and individualized treatments for patients with blood cancers and disorders.

[Read more →](#)



Get to Know Lehigh Valley Topper Cancer Institute's Hematologist Oncologist

Rachel Kinney, DO, has been with LVHN since graduating from medical school seven years ago.

[Read more →](#)



Knees Are Casualties of Women's Sports

Active women are at least twice as likely to suffer serious knee injuries as men.

[Read more →](#)





Take the Mid-Year Pulse Survey

Your voice matters. The survey takes place Oct. 25 to Nov. 8.

LVHN Insider

Thursday, October 21, 2021

LVHN is focused on providing an excellent work environment and will continue to listen to our colleagues. To succeed, we must support all colleagues and understand your needs. We care about you and your wellbeing.

We depend on your feedback to know where we are excelling and where we need to improve our efforts to continue our tradition of recruiting and retaining an engaged, loyal and resilient workforce.

That is why we are asking you to participate in the Mid-Year Pulse Survey. We are conducting a pulse survey to check the progress of engagement before the 2022 Colleague Engagement Survey. Completing the pulse survey is your opportunity to provide feedback about how LVHN is turning your survey answers into action to make LVHN an even greater place to work and grow.

The pulse survey will open Oct. 25, and your participation is important. Complete the survey by Nov. 8 to share feedback about your role, work environment, engagement and more. This is your chance to express your opinions openly and honestly. No one at LVHN will have access to individual responses.

Watch for an email from survey@smdhr.com that contains a link to the survey. The survey should take less than five minutes to complete.

Please complete the survey by Monday, Nov. 8. What you say helps LVHN take action to make your work experience the best it can be. Thank you for your time and attention to this effort.



Watch the Latest COVID-19 Town Hall Meeting

Get the latest information about hospitalizations, boosters and more.

LVHN Insider

Thursday, October 21, 2021

LVHN's 10th COVID-19 Town Hall Meeting for colleagues was held Oct. 20. Watch this video to get the latest information about COVID-19 cases and hospitalizations based on vaccination status and age group. Plus, LVHN experts review our vaccination policy, share the latest news on boosters, vaccination for pregnant women and children, and answer colleagues' questions.

<https://youtu.be/cQ8IfA1FKCE>



Lynn's Turn: You Bring LVHN Core Values to Life

Today is World Values Day. Read about colleagues who bring our values to life.

LVHN Insider

Thursday, October 21, 2021

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

Compassion, integrity, collaboration and excellence: These are LVHN's core values. They are the truest definition of who we are as individuals and as a cohesive LVHN. Our values unite us as colleagues and build connections in our community.



Today, Oct. 21, LVHN joins organizations around the globe in celebrating World Values Day. I am inspired as I reflect how our core values have carried us through the toughest times of the pandemic.

As we celebrate World Values Day together, let's reflect on who we are and what we believe. Let's "heal, comfort and care" with compassion, integrity, collaboration and excellence. Let's build connections through our shared values.

You bring our core values to life

Be kind, listen, show respect and foster a sense of belonging for all, and **compassion** abounds. Pauline Ayompe, RN, [received the DAISY Award for showing compassion](#) when her patient was fearful and in distress. Her care made all the difference in this patient's recovery.

Do what's right, act ethically and honestly, and communicate with transparency, and **integrity** thrives. Funded by grants from The Health Care Trust of Anne Constance and Carl Robert Anderson Health Equity Awards, LVHN colleagues are [spearheading health equity projects to address disparities in care and improve health outcomes for all](#).

Be a good partner, and create exceptional experiences in a safe and secure environment, and **collaboration** flourishes. Teamwork made all the difference when [Jessica Meier and her colleagues worked diligently to transfer a patient to our inpatient hospice unit at LVH-17th Street](#). Their persistence and determination as a team meant this patient passed with peace and dignity.

Achieve the best outcomes, and focus relentlessly on innovation and superior results, and **excellence** is attained. Your commitment to excellence is what makes us great, and that's why [we're recognized by U.S. News & World Report as the best hospital in the Lehigh Valley and one of the best hospitals in Pennsylvania](#).

I want to hear from you

Comment on this post and share what our core values mean to you. How do our values help you connect with those around you?



Partner of the Month Award – October 2021

Nicole Mitchell supports colleagues and provides comfort to patients and their families during the pandemic.

LVHN Insider

Thursday, October 21, 2021

Nicole Mitchell, Licensed Social Worker, LVHN Hospice–Medical Social Work

When COVID-19 first came to the Lehigh Valley, colleagues cared for the sickest patients who were near death. Because no visitors were allowed, our colleagues were the only ones in the rooms caring for patients with breathing tubes and monitors. Nicole Mitchell, a licensed social worker and member of the hospice response team, voluntarily suited up in protective gear and joined nurses and physicians in rooms set up for COVID-19 patients, providing support and comfort for patients and staff. Mitchell stepped up from the earliest days of the pandemic, when most people wanted to stay away. She held hands with patients, made Zoom calls so grieving family members could say goodbye, and supported colleagues while they assessed patients during and after extubation. “You want patients to die peacefully and not struggle when the tube comes out. The level of responsibility is massive,” says nominator Diane Buchner. “Nicole was willing to go into the COVID rooms with us, even though she didn’t have to. We were so busy, and at times extremely overwhelmed, and to have Nicole there made a world of difference. The staff at the hospital loves and trusts her judgement. I am proud and honored to work with Nicole, a truly compassionate colleague.”

Next Steps

Nominate a Partner of the Month.

Congratulate these Proud Partners Award recipients.

Matthew Marschall, DO, Emergency Department, LVH–Hecktown Oaks

A 3-month-old patient was brought to the emergency department pale, coughing and congested. After being admitted to the pediatric unit for dehydration, Marschall returned to the unit to check on the family. He continued to check on the baby several more times throughout the night. The infant was eventually transferred to the PICU at LVH–Cedar Crest. Marschall went above and beyond to ensure the safety of this infant and the peace of mind of the mother.

Amber Schantzenbach and Julie Lynn Shattah, Remote Patient Monitoring Team, LVHN–Mack Boulevard

Schantzenbach and Shattah were leaving for the day when they heard a cry for help in the parking lot. A man was bleeding from a stab wound. Both women sprang into action, retrieving protective gear from their car, holding pressure on the man's bleeding wound and calling 911. Their excellent teamwork helped put this patient on the road to a quick recovery.

Debbie Logothetides, Home Health Care, LVH–Schuylkill

When Logothetides discovered a patient was without needed medications because his pharmacy had closed, she immediately arranged to have the prescriptions sent to a pharmacy where she would pick them up for the patient. Because the patient lives alone and his emergency contact lives more than two hours away, her extra effort and caring action may have helped this patient avert a health crisis.

Ryanne Scherer, Technical Partner, Emergency Department, LVH–Hecktown Oaks

During orientation, Scherer was assisting a nurse taking vital signs on an 8-month-old patient when she noticed thin pieces of hair around the child's toes. She immediately told the team and the toe tourniquets were quickly removed from the baby's foot. Her attention and prompt action may have helped to prevent a worst-case scenario.



Partners United for a Better Tomorrow: Give to United Way Campaign

Earn a gift card when you donate on launch day, Oct. 26.

LVHN Insider

Thursday, October 21, 2021

The only way to get through a pandemic is together. You have demonstrated how a team can unite to create better days ahead. You continue to deliver quality, safe care to our community. United Way and the organizations it supports need your help to pave the way for the bright future we've all been working toward. Join the movement by donating to LVHN's United Way campaign.

This year, the theme of LVHN's campaign is "Partners United for a Better Tomorrow." It's all about uniting for the future. To be successful, we need your support.

Donate on Oct. 26 and receive a gift

In 2021, LVHN is once again providing a fun incentive to donate. Colleagues who donate on Oct. 26, the first day of the campaign, will be eligible to choose a \$10 gift card to Target or for gas. The gift card is for all new campaign contributors or previous donors who increase their donations.

The minimum contribution to qualify for the donor incentive gift is \$2 per pay (\$52 for the year). Gift cards will be sent to your email address at the conclusion of the campaign. Gift cards are subject to taxable income.

All colleagues who participate in the United Way campaign are eligible to win weekly, random raffle prizes. Give anytime during the campaign for your chance to win a prize.

How to donate in the Lehigh Valley

Colleagues based in the Lehigh Valley can access the United Way portal through your SSO toolbar. If this is your first time donating through the portal, you will need to set up your profile to enter a donation. If you donated last campaign through the portal, open your donation profile and make any type of increase to your contribution for the 2021 campaign. There is no minimum to donate through the portal.

How to donate in Hazleton, Schuylkill or Pocono

Colleagues who work at Hazleton, Schuylkill or Pocono locations will receive an email with information on regional United Way campaigns.

Imagine what your donation could do

Your generosity to the United Way helps people in many ways:

- A \$26 donation can provide crisis support for one single mom who has been abused and victimized.
- A \$52 donation can provide one month of senior assistance to reduce dangerous falls in a senior's home.
- A \$100 donation can provide one student with one month of summer learning in a safe environment.
- A \$365 donation can provide temporary housing for four homeless individuals for a year.

Regardless of the amount, all donations are greatly appreciated. Your gift stays in your community and supports the vital services local residents need most. For colleagues in the Lehigh Valley, City Center Allentown will do a dollar-for-dollar match to all new and increased gifts made as individual contributions or payroll deduction up to \$1 million.

Evergreen option automatically renews your gift next year

The evergreen option will continue for this year. Colleagues in the Lehigh Valley who contribute through the portal have the option to "evergreen" your gift, meaning it will automatically renew in the years to come. There is nothing more to do unless you want to increase, stop or change your gift.

Payroll deduction for this United Way Campaign begins with the pay period of Jan. 13, 2022, and will end with the pay period of Dec. 29, 2022.

Have questions?

Contact LVHN_United_Way_Campaign@lvhn.org.

Thank you for your generosity and for uniting with colleagues for a better tomorrow.



Service Anniversary List – October 2021

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

LVHN Insider

Wednesday, October 20, 2021

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

50 years

Joan Schultes, Case Management

45 years

Jean Bortz, Amb Surg Unit - Staging

Nancy Zosky, Supply Chain Analytics

40 years

Anne Hinderliter, Respiratory Care Services

Diane Wiersch, Info Svcs Clinical Service

35 years

Dana Hosfeld, Sleep Disorders

Cecelia Wotring, LVPG OB/GYN 1245SCC

30 years

Giselle Monosa-Hefelee, Rehab Float Pool

Robert Tocci, LVPS Patient Billing

Deborah Bandura, Cath Lab - Grandview

Cynthia Thomas, EPIC Conversion

Suzanne Jones, Wound Healing Center

Kristina Diefenderfer, LVPG Family Med Emmaus

25 years

Amy Arnold, Childrens Surgery Center

Lynda Lewis, HIM Facility Based Coding

Amanda Grim, HIM Documentation Content

Stacy Ryan, CECE Ctr

Carol Kish, Adolescent Psych Unit

Sharon McCulley, LVPG Family Med Kutztown

Nancy Adams, LVAS-LVH-Hecktown

Angela Kutz, Rehab South Ped's

20 years

Andrea Schneck, Patient Access Center

Joan Phillips, HIM Provider Based Coding

Kathy Sam, Supply Chain Analytics

Lamont Hosfeld, Info Svcs Physician Support

Christopher Adams, Info Svcs Physician Support

Shelly Ketchens, Dept. Of Medicine

Marisa Greggo, CT

Lisa Renn, Labor and Delivery Unit

Jennifer Devine, 5T Med/Surg

Amanda Kassis, Special Procedure Unit

Anita Davis, LVPG Ear Nose and Throat

Michael Badellino, LVPG Gnrl Trauma Surg CCTrauma

Katherine Nelson, LVPG Plastic Csmte Surg1243SCC

Tina Moyer, LVPG Urology

Kelly Campetti, LVPG Pain Specialists

Roseann Guterman, Lab Admin

Richard Gregory, Transportation

Patricia Rauch, LVPG-P Pediatrics-E Stroudsbur

Tammy Aicher, Pre-Srvcs/Financial Clearance

15 years

Robin Garner, Pediatric Unit 5J

Kim Gavigan, Cardiac Diagnostic Center

Christine Lynch, 4K Med/Surg

Loice Oluoch Nelson, 4K Med/Surg

Marivel Rapee, Transitional Skill Unit

Ilyshia Neff, Remote Patient Monitoring

Karen Snowden, LVH Rehab Cetronia Rd

Debra Fegley, Clinical Service Video Monitor

Nedaa Makhoul, HIM Provider Based Coding

Christina Tomsic, Community Connect Initiatives

Carole Handley, PACU - CC

Meghan Arrington, Cardiology Clinic -CC

Laurie Andes, TLC Full Care

Ryann Morrison, Physician Documentation

Kathy Attieh, Physician Documentation

Holly Debus, Benefits Verification

Amy Seng DeLong, Case Management

Susan Kichline, HC Central Business Office

Mary Tirrell, Government Relations

Scott Santee, Info Svcs Financial/Admin Sys

Matthew Werner, Info Svcs Technical Operations

Rhonda Thomas, Pharmacy

Marilyn Diaz, Special Procedure Unit

Caroline Robert de Massy, Rehab Svcs at LVH-M

Courtney Horoshock, Dental Clinic

Rosemary Tarof, HO Clinical Services

Christine Snyder, LVPG Urology

Andrew Sumner, LVPG Cardiology 1250CC

Justin Cooper, LVPG Infectious Disease 1250CC

Maryrose Pudelka, LVPG Internal Med Muhl

Eulalia Tukay, Same Day Surgery

Victoria Tuttle, Critical Care Unit

John Krulack, Critical Care Unit

Lytrese Pratt, Mammo Bartonsville

Walter Burch, Information Technology

Jennifer Miller, Specialty Clinic-Emrick

Carina Epting, Physical Therapy-Allen 1621

10 years

Kelly Slinko, Parent Education

Elizabeth Jensen, 7B Medical Surgical Unit

Yessenia Hernandez, NORI Administration

Alexandra Bauman, NORI Administration

Elizabeth McKiniry, 4K Med/Surg

Lori Fick, 3A IPCU

Matthew Nelson, Rehab Administration

Christina Ahner, Neonatal ICU

Sara Kline, Post Operative Unit Tilghman

Ashley Chuhran, MICU/SICU

Jacqueline Butsavage, Neuroscience Intensive Care

Cara Eckhart, Nursing Float Pool

Nicholas Blankenberg, Sexual Health Program

Stacey Hogan, Real Estate

Jacquelyn Koren, Perioperative Services

Thomas Sommers, Supply Distribution Services

Jennifer Warren, Hematology Oncology Clinic -CC

Christopher Fish, Av & Media Services

Christopher Rosa, Mail Processin Services

Matthew Bowers, Imaging In-House SVC Prog

Robert Kaplan, Master Facilities Admin

Cynthia Domenech, Vascular Lab

Elizabeth Pereira, Radiology Administration

Marigrace Feliciano, VHP Center For Women's Med

Kelly Fiadino, LVPG OBGYN Richland Twp

Lori Bisbing, LVPG Ear Nose and Throat

Alan Heckman, LVPG Cardiac Thoracic Surgery

Timothy Misselbeck, LVPG Cardiac Thoracic Surgery

Alysha Freed, LVPG Gnrl Bariatric Surg 1240C

Christine Bertalan, LVPG Anticoag-1230 CC

Heidi Van Valkenburg, Consult/Liason Psychiatry 1251

Denise Clouser, LVPG Family Med/Peds Hamburg

Melissa Hippert, LVPG Internal Med Muhl

Frans Zetterberg, LVPG Fam Med/Peds Cetronia Rd

Andrew Weiss, Professional Services

Beth Downing, Managed Care - G&A

Diane Bissol, Med Surg 4

Kristen Adams, Rehab Unit

Jennifer Stanek, LVPG-H Surgical Services-HWC

Kathleen Mecir, Fm - Vine St

Joanne Frymire, Pool Nurses - Norwegian

Lironne Jean-Charles, 3B (3N)

Kristen Scalzo, Cardiovascular Unit

Sandra Knuth, Pocono Utilization Mgmt

Wendy Stanton, Ultrasound Bartonville

Melissa Wright, Cardiology

Nicole Wolfrum, Radiology

Steven Adel, Pharmacy

Denise Payran, Cardiac Diag Center-Hland 2300

Kelly Reardon, Inpatient Unit-Allen 1503

Jennifer Marshall, CH Outpt Registration East

Evelyn Kenny, CH Outpt Registration East

5 years

Kaie Ra'oof, 6B Renal Med-Surg

Heleanna Immerso, NORI Administration

Jessica Goodrich, Pediatric ED

Maryna Hongvanthong, Perioperative Svcs Float Pool

Jaclyn Ramsden, Observation Unit

Dana Cellarius, 7A - Neuroscience Unit

Jessica Hartner, 5KS

Jenna Ruggiero, 5KS

Suzanna Memari, 5K Medical/Surgical Unit

Debra Orwan, Hospice Unit

Tamera Hamrick, Peds Sleep Center at 17th St

Christopher Leavy, ATC Services

Ashley Baxter, Neonatal ICU

Tory Thierolf, Inpt Rehab SVC-CC

Allison Hoffman, Inpt Rehab SVC-CC

Jhoanna Rae Marquez, PT/OT

Brittany Boyer, Neuroscience Intensive Care

Patricia Kern, Patient Access Center

Gail Boissonneault, Patient Access Center

Liza Kozlowski, Patient Access Center

Megan Haldaman, Patient Access Center

Kiana Bellesfield, Radiology at Fogelsville

Brittany Pondelek, IRF CC Therapy

Althea Baker, Clinical Services Observation

Jessica Noll, Clinical Service Video Monitor

Susan Sutor, LVPS Cedar Crest

Janice Depena, Operating Room

Sierra Houston, PACU - CC

Ashley Ohl, Labor & Delivery

Chelsey Burns, Precertification Dept

Amanda Gurgick, Precertification Dept

Alina Mihaita, Respiratory Care Services

Andria Merkel, Endoscopy - G.I. Lab

Andrea Ginnona, Speech & Hearing

Glenn Thompson, Emergency Service - 17Th

Alicia DiMaio, Emergency Service - CC

Melissa Salovay, Emergency Service - CC

Kathryn Morris, Emergency Service - CC

Kelsey Flammer, ASU-OR

Andrew Handwerk, Cancer Ctr Multi-Purpose Area

Deidre Peters, Neurology Clinic - CC

Lawrence Riddles, Cedar Crest CMO Office

Katherine Zeoli, Rev Cycle Ed-Process Improve

Jacklyn Cardoso, Patient Accounting

Olivia Carter, 402-CARE

Patrice Hare, EPIC Conversion

Cheryl Mcneill, Employee Health Service

Christine Kowal, Financial Services

Raeann Redmond, Info Services Administration

Samella Tellu, Info Svcs Customer Service

Brandi Lentine, Ambulatory Surgical Unit

Steven Buczek, Emergency Department

Patricia Samanns, Cardiac Cath Lab

Jacob Desilver, Cardiac Rehab Phase 1

Linda Stigers, Diagnostic Care Center -MHC

Maryann Fayad, Hospice Home Health Aides

Suzanne Bijou, Pediatrics Neonatalogy

Elise Patterson, LVHN Childrens Express Care PT

Alicia Kittle, LVPG Ped Surgery & Urology

Katherine Penetar, LVPG Cardiac Thoracic Surgery

Krista Smolinsky, LVPG Urology

Laura Turnbach, LVPG Urology

Gregory Smolen, LVPG Orthopedics Specialty

Jennifer Steitz, LVPG Orthopedics Specialty

Lauren Schwartz, LVH-CC Hospitalist Program

Julien Sanon, LVH-CC Hospitalist Program

Satinder Singh, LVH-CC Hospitalist Program

Caroline Harpster, LVPB Bariatric Med 1243CC

Lisa Beveridge, LVPB Family Med Moselem Spring

Alexandra Conniff, ED Providers

Ashley Ayala, LVPB Surg Oncology 1240CC

Michelle Baker, LVPB-L Hematology/Oncology HO

Cheri Silverstein Fadlon, LVPB Cardiology 1250CC

Alexa Holderman, LVPB Family Med Bangor

Grant Greenberg, LVH Chairs

Justin Zimmerman, Clinical Services

Sarah Bott, Patient Registration

Jamie Gretskey, Physician Assistants

Chelsey Fritz, Nuclear Medicine

Shaquanna Owens, 4B (4N)

Francis Pikul, Pet Ct

Sarah McGouldrick, Trauma

Amanda Johns, Float Nursing

Jessica Cole, Cardiac Cath Lab

Christopher Smilek, Supply Distribution Services

Anthony Badilla, Ct Scan

Melanie Handelong, Interventional Radiology

Serwaa Antwi, Cancer Center Infusion

Amy Simon, Emergency Room

Samantha Bauer, Emergency Room

Joan Schlegel, Mammo Bartonsville

Bernard Doherty, Messenger/Courier Service

Bonnie Coyne, Patient Relations

Kimberly Bright, LVPG-P Ob/Gyn Office-East Stro

Denise Warner, LVPG-P Gen/Bariatrc Surg-Plaza

Robin Morales, LVPG-P Fam/Intrnl Med-Strdsbrg

Patricia Christensen, LVPG-P Expresscare-Pocono

Peter Shanton, Diagnostic Imaging-Lehighton

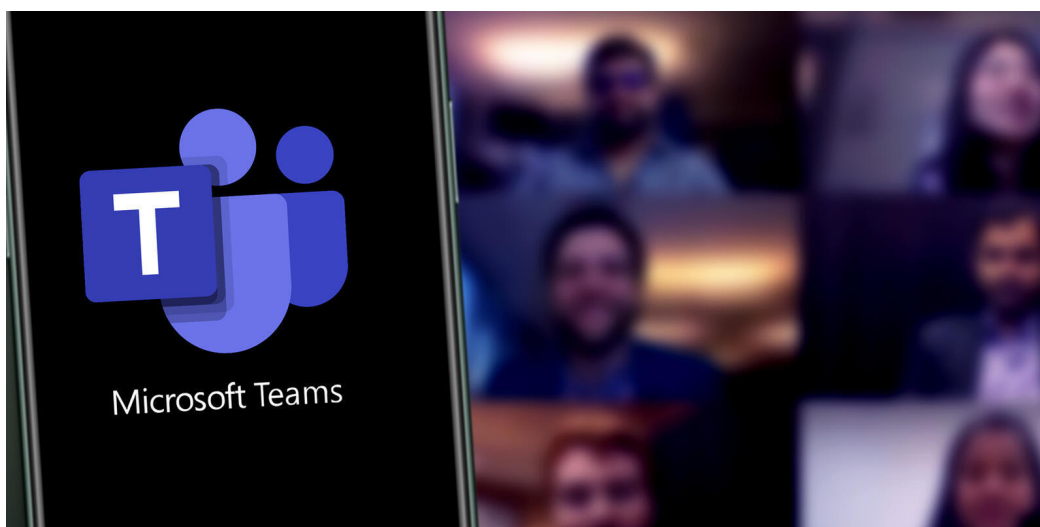
Francis Mroz, Sports Perfrm-Pocono Mtn Sd

Susan Walk, Post Operative-Beth

Carrie Wolf, Post Operative-Beth

Emily Rush, Operating Room-Pburg Asc

Diane Johnson, CPP Ophthalmology - 800 Coven



Microsoft Teams Chat to Replace Skype on Oct. 23

Internal messaging via Skype will not be available after Oct. 23.

LVHN Insider

Wednesday, October 20, 2021

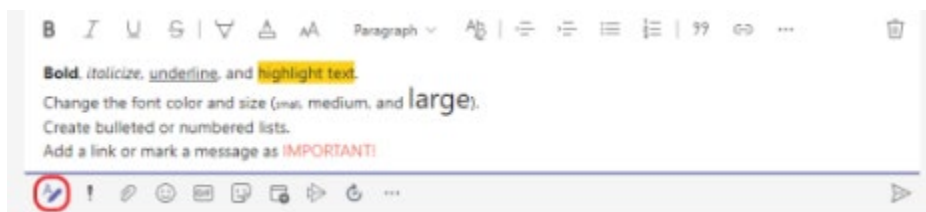
Starting Oct. 23, the internal messaging (IM) or chat platform, Skype for Business, will no longer be available at LVHN because Microsoft is retiring the platform. This feature will be replaced with the instant chat functions available within the Microsoft (MS) Teams application. All tasks colleagues are accustomed to using on Skype will be available via MS Teams Chat.

Using MS Teams for chat and IMs allows LVHN to better leverage the suite of applications available with Microsoft Office 365 (O365). The ability to see a colleague's presence or activity across other O365 applications and services will also be possible from MS Teams.

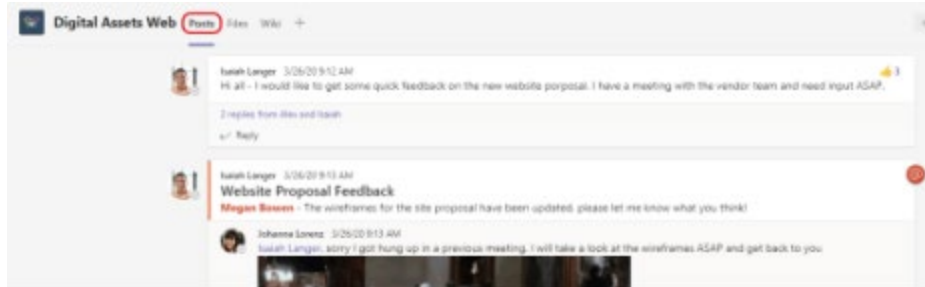
What to expect

MS Teams chat offers the same features as Skype for Business and more. For step-by-step written instructions and videos on using MS Teams chat, click [here](#) to access LVHN's Microsoft 365 Learning Pathways site. Choose [Start Chats and Calls](#) or browse instructions for other MS Teams and O365 features. Some of the features available with MS Teams chat follow.

- Chat with one person or the entire team
- Customize the look and feel of chats using the format function.



- If you are member of a team, the ability to chat with other team members is available on your team channel from the **Posts** tab. Every team member can see messages in **Posts**. All replies to a channel message stay attached to the original message so the thread is more easily followed.



- Search messages based on name or keyword.
- Filter messages so certain types, including unread, @mentions, replies and reactions will appear.
- Find saved messages
- Hide or mute chats so you don't get notifications.
- Delete individual messages that were sent

I don't have MS Teams; how do I get it?

If you're currently using Skype for Business, then MS Teams will automatically be installed to your workstation. Colleagues do not have to uninstall Skype as it will be automatically removed.

Will I still be able to chat if I'm not part of a team?

Yes, as long as MS Teams is installed on your workstation and running. If MS Teams is not running, then chats will be sent via email. There is, however, a delay before those messages are sent via email.

To ensure you receive and respond to IMs immediately, please configure MS Teams to automatically launch when you start your computer. For instructions on how to do this and answers to other FAQs, click here. <http://office365faq.content.lvh.com/o365-microsoft-teams-faq/>

Questions?

Please call the Technology Support Center at 610-402-8303 or email TechnologySupportCenter@lvhn.org. You can also submit a ticket from the [Technology Intranet page](#).



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.



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.



Tuition Reimbursement Enhancement Update

Learn about enhancements to the tuition reimbursement plan in 2022.

LVHN Insider

Monday, October 18, 2021

LVHN is enhancing the tuition reimbursement benefit plan to make the benefit consistent at all LVHN locations, effective Jan. 1, 2022. All colleagues will utilize Edcor, an online tuition management system, for the entire tuition application and reimbursement process for courses beginning on or after Jan. 1, 2022.

For any courses beginning in 2022, you should wait to apply for reimbursement until Jan. 1, 2022. At that time, the Edcor system will allow fees and textbooks to be included as part of the application process.

Enhancements to the tuition reimbursement plan for courses beginning on or after Jan. 1, 2022, include:

- Colleagues will have access to academic advising at no cost through Edcor for undergraduate degrees. You can meet with an advisor to discuss things like schedule, budget, degree choice, lifestyle, learning preference, career goals and more. Then, an advisor will provide options for cost savings and time needed to complete your education for several schools.

- The percentage for reimbursement will be 100% for all colleagues, up to the annual maximums as outlined below, for college-credited courses(s) leading to a degree which is job-related.
- The cost of textbooks will be eligible for reimbursement.
- Reimbursement will be provided for fees charged to the student, including graduation fees. Fees that are not eligible for reimbursement include items such as meals, housing, transportation, finance/deferral fees, late fees, test/exam fees, supplies that are retained after the completion of coursework (aside from textbooks) and home technology fees. Additional fees may be eligible for reimbursement.
- Colleague eligibility and the annual maximum reimbursement will change as follows:

Scheduled Work Hours	Undergraduate Annual Maximum	Graduate Annual Maximum
36 - 40 hours/week	\$4,000	\$5,000
15 - 35 hours/week	\$2,000	\$2,500

Union colleagues will continue with their current tuition reimbursement process and benefit, per their collective bargaining agreement.

To learn more, read these frequently asked questions about our tuition reimbursement plan. If you have questions about the provisions of the tuition reimbursement plan, please contact Edcor's customer service line at 855-258-3499.



Enter the Great Place to Work Raffle

Share what makes LVHN a Great Place to Work for you and you could win prizes, including PTO days.

LVHN Insider

Monday, October 18, 2021

What makes LVHN a Great Place to Work for you? Maybe it is your colleagues, or perhaps it's the pride you feel when caring for the people of our community. Whatever it is, we want to know.

Tell us in five words or less what makes LVHN a Great Place to Work for you.

[Submit your response](#) online now.

By submitting your response, you will be entered into a raffle to win one of multiple prizes, including PTO days. Submit your responses online now through Nov. 30. One entry per colleague is permitted. You also can [print and post this flyer](#) in your department, which includes a scannable QR code that links colleagues to the online submission form.

Great Place to Work certification: What's in it for you?

In September, LVHN became nationally certified as a [Great Place to Work](#) for the second consecutive year. This prestigious national designation helps us attract talented health care professionals to our team, which leads to a stronger workforce, less turnover, stable teams, and enhanced efficiency and quality. That makes the work experience better for you, and the care experience even better for our patients. It creates loyalty between LVHN and our patients, and when people continually turn to us for care, it gives us the financial strength to provide you with even greater benefits and rewards.



Tips From Engagement Megastars

Ever wonder what some highly engaged departments do differently? Read about some of their practices in Colleague Engagement Megastars.

LVHN Insider

Thursday, October 21, 2021

What does it mean to be a highly engaged colleague? It means that you are the health partner that our patients expect and deserve. What does engagement look like? Engagement comes in many forms, but there are some common practices among departments [that received the highest scores in the Colleague Engagement Survey](#). Highly engaged departments communicate effectively, work well as a team, show respect, demonstrate compassion and have strong leaders. Here's what leaders say about their departments.

Dann Braid, Helwig Health and Diabetes Center

“Having consistent meetings, sharing departmental and network information as well as receiving feedback and input from the team creates a highly communicative department.”

Carolyn Mangornong, Cancer Data Management, LVH–Cedar Crest

“Effective communication is key, especially since my team has two colleagues who work remotely, out of state. It's also important to keep an open-door policy, to listen and to engage with everyone on the team.”

Vickie Cunningham, Comprehensive Health Services

“We implemented a staff orientation process specific to Comprehensive Health Services that aids in defining the roles of teammates and allows for new staff to build rapport with tenured colleagues in their department. Our orientation process shortens the learning curve and builds trust among colleagues on our team.”

In the coming weeks, watch for more stories from Engagement Megastars shared right here on LVHN Insider.



Blood Donations, Supplies Critically Low

We are asking LVHN colleagues to roll up their sleeves and donate.

LVHN Insider

Thursday, October 14, 2021

Blood supplies throughout the nation are critically low, and our region is no exception. In order to ensure that blood continues to be available for those who need it, we are asking LVHN colleagues to roll up their sleeves and donate.

“During October, we typically collect 4,550 units of blood for our community hospitals to treat accident/trauma victims, cancer patients, premature infants, burn victims and those undergoing surgical procedures,” says Marie Clemens, corporate director communications, Miller-Keystone. “Unfortunately, our current inventory is only 1,200 units of blood. That means elective surgeries may need to be postponed. We need all available blood donors to help our community hospitals by donating their lifesaving blood.”

You can donate blood at an upcoming LVHN blood drive or at any Miller-Keystone locations. Appointments are required to donate. For more information or to make an appointment, visit [Giveapint.org](https://www.giveapint.org).

Upcoming LVHN blood drives

- Lehigh Valley Hospital–17th Street, Oct. 26, 8 a.m.–1 p.m.
- Lehigh Valley Hospital–Cedar Crest, Nov. 2, 7 a.m.–3 p.m.
- Lehigh Valley Hospital–Hazleton, Dec. 2, 12–5:30 p.m.
- Lehigh Valley Hospital–Muhlenberg, Dec. 15, 8 a.m.–4 p.m.

Blood donation facts

- About 450 pints of blood are needed every day in Pennsylvania-New Jersey region served by Miller-Keystone Blood Center, the supplier of blood products for LVHN and 28 other hospitals and health networks.
 - O-negative blood, the universal blood type, is used to treat patients in emergency situations when hospital staff don't have time to determine an individual's blood type.
 - O-positive is the most common blood type, and one in three people will need this type of blood transfusion.
-



Drum Roll, Please...

See how LVHN providers and services performed in the 2021 Lehigh Valley Business Reader Rankings awards.

LVHN Insider

Tuesday, October 19, 2021

You know LVHN is our community's best choice for quality care. That's why you do what you do. Now, our community knows it too thanks to LVHN's outstanding performance on the 2021 Lehigh Valley Business Reader Rankings awards. Thank you for voting and showing our community that you are #LVHNProud.

Watch this video to see how LVHN fares among our competitors. Hint: It's a clean sweep!

Congratulations to these LVHN services and providers selected as winners in every category for which LVHN was nominated:

- **Best Health System:** [Lehigh Valley Health Network](#)
- **Best Home Care Agency:** [Lehigh Valley Home Care–Allentown](#)
- **Best Orthopedic Surgeon:** [Eric B. Lebby, MD](#)

- **Best Physical Therapy Rehabilitation:** [Lehigh Valley Health Network Rehabilitation Services](#)
-

Coordinated Health Earns Multiple Awards from Healthgrades, Recognized for Patient Safety and Orthopedic Specialties

Healthgrades ranks Coordinated Health among the best hospitals for safety and orthopedic specialties.

By John Moralis

October 19, 2021



Coordinated Health, part of Lehigh Valley Health Network, consistently delivers safe, high-quality care, and for the fifth year running it is being recognized for this by [Opens in new tabHealthgrades](#). To help patients and their families make informed decisions about where to seek high-quality care, Healthgrades provides information to the public about hospitals, doctors and health care organizations.

[Coordinated Health–Allentown](#) received the Healthgrades Patient Safety Award for the third year in a row and is among the top 5% of hospitals in the nation for providing safe care for the second consecutive year.

Both [Coordinated Health–Bethlehem](#) and Coordinated Health–Allentown received specialty awards for orthopedic procedures such as joint replacement and spinal fusion, as they have in years past.

“Being ranked by Healthgrades as one of the top hospitals in the country for providing safe, high-quality care reflects the dedication of Coordinated Health colleagues,” says Amy Nyberg, President, Coordinated Health. “Our physician teams, nurses, physical therapists and hospital staff make us proud every day

because of how committed they are to our patients.

Coordinated Health–Bethlehem is the recipient of Healthgrades’ Joint Replacement Specialty Excellence Award, which means the hospital is among the top 10% in the nation for joint replacements. For patients, this means a lower risk for complication during joint replacement surgery. In fact, Healthgrades data show a 61.1% lower risk for patients who receive care at a hospital with this recognition compared to those without it. Coordinated Health–Bethlehem received a 5-star rating for total knee replacement for the fifth year in a row and a 5-star rating for total hip replacement for the second year in a row.

“Being ranked by Healthgrades as one of the top hospitals in the country for providing safe, high-quality care reflects the dedication of Coordinated Health colleagues,” says Amy Nyberg, President, Coordinated Health. “Our physician teams, nurses, physical therapists and hospital staff make us proud every day because of how committed they are to our patients.”

“Coordinated Health consistently receives awards from Healthgrades for safety. This achievement belongs to all of the hard-working colleagues who set a high standard for care and safety,” says Christine Biege, Vice President of Patient Care Services, Coordinated Health.

“Receiving these awards further shows that Coordinated Health puts care and safety first,” says Wayne Luchetti, MD, Chief of Staff and co-chair of the Department of Orthopedics, Coordinated Health. “Being recognized along with some of the best orthopedics specialists in the nation is an honor, and I’m proud of our team.”

Healthgrades evaluates roughly 45 million Medicare inpatient records from nearly 4,500 short-term acute care hospitals across the U.S. to provide quality and safety information about hospitals, doctors and health care organizations.

“Consumers are increasingly becoming aware of the differences of care provided by different hospitals. Consumers can feel confident that hospitals receiving a Healthgrades 5-star rating have demonstrated exceptional outcomes and their ability to provide quality care,” says Brad Bowman, MD, Chief Medical Officer and Head of Data Science at Healthgrades.

COLLEAGUE STORY

We're Here for You...Please Get Vaccinated for Us

Critical care nurse Nichole Persing, RN, has an important message for the community about COVID-19

By Nichole Persing, RN



Nichole Persing, RN, is Director of Clinical Services with Lehigh Valley Health Network.

Nursing is a tight-knit community. I know because I've been a critical care nurse for 17 years, including the last few years as a director at Lehigh Valley Health Network (LVHN), where our team has cared for some of our sickest patients. We look out for our fellow nurses, and we have each other's backs. Never has that been more apparent than during the COVID-19 pandemic as increased demands on our profession have hospitals and other health care facilities across the country, large and small, facing staffing challenges.

I have friends all over the country in nursing, and we all feel it. We support each other and exchange ideas so we can ensure we're providing the best care for our patients. During the last year and a half, we've all had to adapt, learn and tackle new challenges. We've seen patients succumb to COVID-19 and other illnesses during the pandemic. Every loss is hard on us.

It's tough, and we're tired. But I assure you the nurses at LVHN are resilient, the best I've worked alongside of in my career. We never lose focus on why we became nurses – *to care for people during their greatest time of need* – and we vow to be there for you, providing the special attention and care you expect and deserve.

We never lose focus on why we became nurses – to care for people during their greatest time of need – and we vow to be there for you, providing the special attention and care you expect and deserve.

One of the benefits of being a large health system like LVHN is we have the best resources and experts to care for patients in the best environment, especially in the unique times we are in.

And especially in a large system, each of us must continue to be inventive. A mentor once told me, “Don’t ever forget that crisis leadership is innovation on steroids.”

But sometimes even the smallest changes have the biggest impact. On my unit, we team up two nurses for every COVID patient to provide extra support to the patient and each other. We go above and beyond, and I often remember the time we brought an elderly couple with COVID together in a private location so they could spend their final moments where they belonged – with each other. Being able to offer that comfort is another example of why we chose nursing.

Being inventive also means looking beyond the here and now. At LVHN, we cultivate and mentor the next generation of nurses through our unique [nurse residency program](#), the first-ever nurse residency in Pennsylvania to receive a prestigious “Accreditation with Distinction” from the American Nurses Credentialing Center (ANCC). That means we have one of the best programs to prepare newly licensed registered nurses for a successful transition into their careers.

Our team is passionate about teaching our nurses, and I’ve watched this next generation who joined us during the pandemic bring an exceptional level of care and comfort to our patients under the most difficult of circumstances.

We are committed to doing our part – and there’s something you can do to help support the nurses and staff who support you. Get vaccinated. Even today, most people hospitalized with COVID-19 are not vaccinated and that puts stress on the entire health care system. And soon, flu season will begin. If everyone gets vaccinated for COVID-19 and the flu, fewer people will become sick and hospitalized. And that’s good for everyone – our caregivers, our families, our entire community and you.

Every nurse and everybody on your care team wants to go above and beyond for you. We’re here, we’re resilient, we’re focused, and we’re looking ahead to

make your care even better. We've come really far, and we can get through this by working as partners to do our part together.

Nichole Persing, RN is Director of Clinical Services with Lehigh Valley Health Network

Zachary Wolfe, MD, joins Lehigh Valley Topper Cancer Institute

He will provide advanced and individualized treatments for patients with blood cancers and disorders.

By Maggie Wurst



Lehigh Valley Health Network (LVHN) is excited to welcome Zachary Wolfe, MD, to Lehigh Valley Topper Cancer Institute.

Specializing in hematology and medical oncology, Wolfe offers patients state-of-the-art and individualized treatments in their community, allowing them to receive advanced care close to home.

“I chose to be a hematologist oncologist because a deep patient-physician relationship remains paramount in this area of medicine as we help patients through some of the most difficult times of their lives,” says Wolfe.

Building a connection

Wolfe believes the key to successful cancer treatment is building a connection with his patients and understanding how their unique backgrounds will guide their treatment plans.

“My philosophy of medicine is centered around understanding and knowing my patients as unique individuals,” he says. “Their preferences, goals and beliefs are just as important to me as having a precise knowledge and understanding of the conditions for which I am treating them.”

He strives to make his patients feel comfortable and takes time to get to know each person he cares for.

Specialties and educational background

Wolfe specializes in treating cancers and diseases of the blood, including:

- Acute leukemia
- [Acute myeloid leukemia](#)
- Anemia
- Benign hematology
- Bleeding disorders (including hemophilia)
- Chronic myeloid leukemia (CML)
- Immune thrombocytopenic purpura (ITP)
- Leukemia and lymphoma
- Myelodysplastic syndromes
- Non-Hodgkin's lymphoma
- [Sickle cell disease](#)
- Von Willebrand disease (VWD)
- Thrombocytosis
- Myeloma (plasma cell cancer)
- Leukocytosis
- [Hodgkin's lymphoma](#)
- [Acute lymphoblastic leukemia](#)
- Other blood disorders

After receiving medical education at Geisinger Commonwealth School of Medicine in Scranton, Pa., he completed a residency in internal medicine at Guthrie Clinic/Robert Packer Hospital in Sayre, Pa., before coming to LVHN for his hematology oncology fellowship.

As an LVHN alumnus, Wolfe is excited to continue caring for members of our community.

To schedule an appointment with him, visit LVHN.org/Wolfe or call 888-402-LVHN (5846).

FDA gives breakthrough designation to blood test for cancer

The test is now in clinical trials

Jaccii Farris

Oct 19, 2021 Updated 20 hrs ago

The Galleri blood test produced by California biotech company Grail has a long FDA approval process ahead of it. But even so, health officials say it could be a game changer in early cancer diagnosis.

"It's able to detect about 50% of cancers in people ages 50 to 79 whereas our current screening only picks up about 15%, so that's another 35%," said Dr. Suresh Nair with Lehigh Valley Health Network.

LVHN participated in the first round of trials. Nair says at trial there were a small number of false positives. But he says with more research and development, the test could save lives.

Grail says the Galleri test detects cancer through DNA signals in the blood. 90 percent of the time those DNA signals have told scientists exactly what kind of cancer is present.

Grail says the test is also finding signals related to aggressive cancers that currently lack screenings, like pancreatic cancer.

"Instead of only screening for individual cancers this allows us to screen individuals for many cancers," said Dr. Whitney Jones with Grail.

Jones says the hope is that Galleri will become a yearly test for those at risk done in conjunction with other cancer screenings.

The Galleri test is available by prescription. It costs \$949 and is not covered by insurance.

DOCTOR YOU SHOULD KNOW

Get to Know Lehigh Valley Topper Cancer Institute Hematologist Oncologist Rachel Kinney, DO

By Emily Shiffer



[Rachel Kinney, DO](#), hematologist oncologist with LVPG Hematology Oncology and Lehigh Valley Topper Cancer Institute, knew from an early age that she had a passion for medicine. Throughout high school and college, she worked as a pharmacy technician.

“I loved interacting with patients while also learning about medications and the diseases they treat,” she says.

A turning point came in her career, and she was inspired to become a physician after her grandfather became ill.

“I saw firsthand how difficult it was to have a loved one going through medical treatments. The health care system seemed so complicated, and I often felt helpless with how to best help him,” she says. “This fueled my interest in a career in medicine, with the hope that when another loved one became ill, I would be better able to guide them through their care.”

Influences that guided her career in hematology oncology

While attending Penn State University, Kinney used her interest in oncology to get involved in the Penn State Dance Marathon, known as THON, a student-run philanthropy committed to enhancing the lives of children and families impacted by childhood cancer.

“Each year THON raises millions of dollars for pediatric cancer with a mission to provide emotional and financial support to patients and their families, while also raising awareness and ensuring funding for critical research,” says Kinney. “During my years of involvement, I became close to many families undergoing cancer treatment, and I got to see firsthand both their positive outcomes and difficult challenges.”

After her grandfather’s death, she graduated from medical school with a special interest in geriatric oncology, largely because of him. And today, she also specializes in women’s health, particularly breast and ovarian cancer, as well as benign hematology.

Joining the LVPG Hematology Oncology team at LVHN

Kinney joined Lehigh Valley Health Network (LVHN) right after graduating from medical school, starting out as a resident in internal medicine, and went on to become the chief medical resident. She subsequently completed her fellowship in hematology and oncology and has been with the network for the past seven years.

“I was excited to be recruited as an attending physician at a place that values its employees and emphasizes excellent, evidence-based compassionate care,” says Kinney.

Guiding people through difficult time

As for her care philosophy, Kinney feels it’s important to involve family and loved ones in her patients’ care, as they can provide valuable additional support.

“We’ve all been a patient at some point in our lives, and the experience can be difficult and downright scary,” says Kinney. “My goal as a physician is to provide you with the best possible experience during what may be one of the toughest times in your life. I vow to always provide a clear explanation of your diagnosis as well as all available treatment options. I value honesty and open communication, and believe both are integral parts of a strong physician-patient relationship.”

And the best part of her job? Helping patients in their most vulnerable moments.

“As a hematologist oncologist, the best part of my job is guiding patients through what is likely one of the most difficult times in their lives,” says Kinney.

Get to know more about Dr. Kinney:

1. Outside of work, what do you enjoy doing?

When I'm not working, I enjoy spending time with my husband and our children. We love exploring new sites within the Lehigh Valley and traveling around the world. I also enjoy riding my bike or running through the beautiful local trails.

2. Where is the most interesting place you have traveled to?

Cambodia. I traveled abroad during medical school and had the most incredible experience, immersing myself in a culture so different from my own. I dream of returning to Southeast Asia in the future.

3. Aside from necessities, what is one thing could you not go a day without?

Coffee.

HEALTH TIP

Knees Are Casualties of Women's Sports

Active women are at least twice as likely to suffer serious knee injuries as men. But it's not just athletes who are at risk.



Although female athletes at the high school and college level can suffer serious knee injuries, women who play recreational volleyball or do step aerobics also can injure their knees, says the American Academy of Orthopaedic Surgeons (AAOS). “In addition, even a mother carrying her child down a flight of steps can trip and injure her knee,” says [Nicholas Slenker, MD](#), with [Coordinated Health Allentown—1621 N. Cedar Crest Blvd](#), “A knee injury can happen to any woman, no matter how athletic she is.”



Nicholas R. Slenker, MD

Orthopedic Surgery

Orthopedic Sports Medicine

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The chief movements that cause knee problems in women are pivoting and landing from a jump, the AAOS says.

Luckily, women can help protect themselves by strengthening the muscles around the knee and hip to provide joint stability.

Anatomy of the problem

Why are women's knees, in a sense, their Achilles' heel?

“Since a woman has a wider pelvis, her femur (thigh bone) descends into the knee at an inward angle,” says [Chelsea Evans, DO](#), with [LVP Orthopedics and Sports Medicine—1250 Cedar Crest](#).



Chelsea M. Evans, DO

Orthopedic Surgery

Sports Medicine

Orthopedic Sports Medicine

Make an Appointment

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When a woman becomes fatigued, as during an athletic event, the angle on landing becomes more pronounced, further increasing the chance of injury.

A band of fibrous connective tissue called the anterior cruciate ligament (ACL) passes through a “notch” in the lower end of the thighbone that forms part of the knee. The ligament is about the same size in women and men. But the notch is narrower in women. “That makes the woman’s ligament more susceptible to tearing,” Evans says.

A woman’s hamstring muscles, at the back of the thigh, are often weak compared with her quadriceps, the muscles at the front of the thigh. The quadriceps pull the bones of the lower leg forward, and the hamstrings pull them back. Hamstring muscles help protect the ACL from injury. When the pulling power is out of balance, the knees suffer.

The muscle imbalance tends to be far worse in women. “The imbalance may begin to happen during childhood if girls engage in less physical activity,” Slenker says. “Exercise can help overcome the problem.”

Risk for injury to the ACL appears to be higher during ovulation, when estrogen levels are highest.

Strengthen your legs

“Strengthening exercises are especially important for your hamstrings,” says Slenker.

Try **hamstring curls**: Lying on your belly, draw your lower legs upward. Try to touch your heel to your buttock. Use resistance equal to about 10 percent of your body weight. Do a few sets of 10 to 15 repetitions; hold them for a second or two.

Jumping exercises are also critical for building strength and preventing knee injuries. When you land from a jump, keep it soft. Come down on the balls of your feet and slowly roll back to the heel. Keep your knees bent and your hips straight. Try to keep your knees in line with your feet.

Hopping over a cone side to side and forward and backward builds strength and control:

- Place a 6-inch cone on your left. Hop over the cone with both feet, concentrating on a soft landing. Repeat by hopping back over the cone to the right. Do this 20 times.
- Place the cone in front of you. Hop over the cone with both feet, then hop backward over the cone. Keep your knees slightly bent when you land. Do 20 hops.
- Repeat the above forward and backward exercise, but hop with one leg at a time. Again, keep your knee slightly bent when you land. Do 20 hops on each leg.