

Whitney Kern

From: LVHN Insider <no-reply@insider.lvhn.org>
Sent: Thursday, November 4, 2021 4:34 PM
To: Whitney Kern
Subject: LVHN Weekly: COVID-19 Vaccines for Children 5-11, COVID-19 Vaccine Appointments, Advancing Equity at LVHN and More

Follow Up Flag: Follow up
Flag Status: Flagged



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



LVHN to Vaccinate Children 5-11 With Pfizer Vaccine

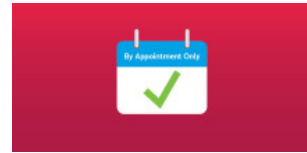
Shots available by appointment at vaccine clinics and two LVPG practices.

[Read more →](#)

Appointments Required for COVID-19 Vaccines Through LVHN

Walk-in vaccination no longer available at LVHN COVID-19 vaccine clinics due to increasing demand for shots.

[Read more →](#)



CEO Update: Advancing Equity at LVHN

Dr. Nester reflects on diversity, equity and inclusion at LVHN.

[Read more →](#)



Nominate a Colleague for an LVHN Service Excellence Award

Learn about the awards and submit a nomination before Nov. 19.

[Read more →](#)



Refer a Candidate to a Great Place to Work for Any Position and Receive a Bonus

Refer a qualified candidate and earn anywhere from \$150 to \$5,000.

[Read more →](#)



Network Goals Progress Report

See how we are doing as we work to achieve the Quadruple Aim.

[Read more →](#)



Let's Recognize the Veterans Among Us

If you served, share a photo with your LVHN colleagues.

[Read more →](#)



Paying Tribute to the Lenape During Native American Heritage Month

Attend a virtual presentation on Nov. 19 to learn more about the history of the Lenape.



[Read more →](#)

Reminder: Take the Mid-Year Pulse Survey

Your voice matters. Complete the survey by Nov. 8.

[Read more →](#)



Prove You're a Lehigh or Lafayette Super Fan to Join LVHN at the Game

Are you a Lehigh Mountain Hawk or a Lafayette Leopard? Show us your team pride for a chance to win tickets.

[Read more →](#)



November Calendar of Events

See what's happening at LVHN all month long.

[Read more →](#)



Service Anniversary List – November 2021

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

[Read more →](#)



Reminder: Go to LVHN Colleague Flu Shot Clinic for Your Flu Shot

Get your flu shot at a colleague flu shot clinic before Nov. 13.

[Read more →](#)



LVHN Recognized as a Global Leader in Health Care Technology

LVHN is being recognized as a Most Wired health care organization, earns Level 10 designation.

[Read more →](#)



What Are You Thankful For?

Send a photo to participate in upcoming video.

[Read more →](#)



Remember to Redeem Points for the 2021 My Total Health Incentive Program

Redeem points to earn rewards until Nov. 30.

[Read more →](#)



Want to Win an iPhone 12 or Series 6 Apple Watch?

Eligible colleagues can simply create a free account with Gympass by Nov. 21 for a chance to win.

[Read more →](#)



Reminder: Colleague Feedback Requested for Potential Lyme Disease Vaccine Trial

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

[Read more →](#)



Having Trouble Donating to United Way?

Bad news: There's been some technical difficulty.
Good news: We have a solution.

[Read more →](#)



What Everyone Should Know About Lung Cancer Screening

Finding lung cancer early through screening can be the key to a successful outcome.

[Read more →](#)







LVHN to Vaccinate Children 5-11 With Pfizer Vaccine

Shots available by appointment at vaccine clinics and two LVPG practices.

LVHN Insider

Wednesday, November 3, 2021

Families can now schedule Pfizer-BioNTech vaccinations for children age 5-11 by appointment only at all Lehigh Valley Health Network (LVHN) COVID-19 vaccine clinic locations and select Lehigh Valley Physician Group (LVPG) Pediatrics practices. This is in response to the Food and Drug Administration (FDA) granting the vaccine emergency use authorization (EUA) for this age group on Friday, Oct. 29, and the Centers for Disease Control and Prevention (CDC) endorsing it on Tuesday, Nov. 2. The vaccine was previously granted EUA for children age 12-15 in May 2021, and its original EUA in December 2020 included children age 16-18.

“We at Lehigh Valley Reilly Children’s Hospital strongly encourage COVID-19 vaccination for children 5 years of age and older,” says [J. Nathan Hagstrom, MD](#), Chief of Pediatrics at Lehigh Valley Reilly Children’s Hospital. “The FDA has reviewed data for this age group and found the vaccine to be not only effective, but safe as well.”

While children are less likely to be severely affected by COVID-19 than individuals in other age groups, they can still become infected, experience symptoms from the disease and need to be hospitalized. Some also develop multisystem inflammatory syndrome in children (MIS-C), a complication that involves inflammation of certain organs (including the heart, lungs, kidneys, brain, skin, eyes or gastrointestinal organs).

In addition, infected children can spread COVID-19 to other individuals, including those with preexisting conditions and compromised immune systems.

"It is LVHN's responsibility to protect the children and adults in our community," says Hagstrom. "Being able to vaccinate younger children against COVID-19 will not only protect them, but their families and the community members they interact with as well."

While the vaccine for children in this age group consists of the same components as the Pfizer-BioNTech vaccine for other ages, the dose is significantly smaller (10 micrograms instead of 30 micrograms), and the needles used to administer it are smaller as well.

How to schedule

There are two easy ways to schedule your child's appointment:

1. Go to MyLVHN, the health network's patient portal:
[Sign In](#) [Sign Up](#)

You may need to request proxy access to your child's MyLVHN account to schedule their appointment. To do so, please contact your child's provider. If your child does not have an LVHN provider, please call 888-402-LVHN (5846).

1. Call our COVID-19 Vaccine Hotline at 833-584-6283 (833-LVHN-CVD). We're open Monday-Friday, 8:30 a.m.-5:30 p.m.

Locations

Through MyLVHN or the COVID-19 Vaccine Hotline, your child's vaccination will be scheduled at one of LVHN's five clinic locations or one of the two participating LVPG Pediatrics practices. Please note: You cannot directly schedule through these clinic or practice location pages. These links are for location information only.

1. [COVID-19 Vaccine Clinic–Northampton Crossings](#)
2. [COVID-19 Vaccine Clinic–Pocono](#)
3. [COVID-19 Vaccine Clinic–Hazleton](#)
4. [COVID-19 Vaccine Clinic–Schuylkill](#)
5. [COVID-19 Vaccine Clinic–MacArthur Road](#)
6. [LVPG Pediatrics–Trexlerstown](#)
7. [LVPG Pediatrics–Richland Township](#)

Possible side effects

The pediatricians at our Children's Hospital offer the following guidance for parents:

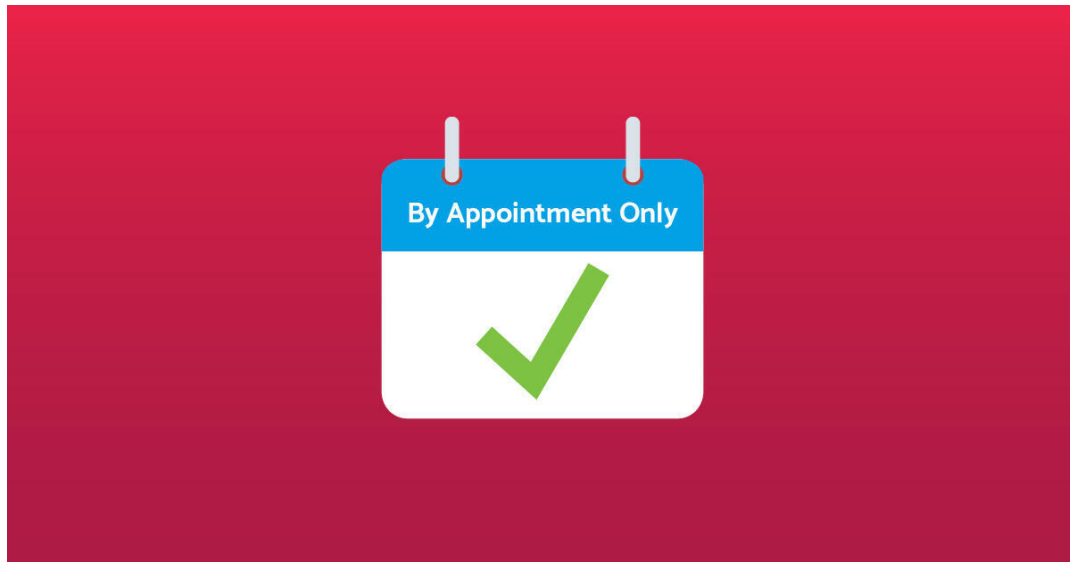
- Common side effects of the vaccine are pain, redness and swelling in the arm where you received the shot, as well as fatigue, tiredness, mild headache, muscle pain, chills, fever, swollen lymph nodes and nausea.

- These side effects can affect your child's ability to do daily activities but should go away in a few days.
- In children and adolescents, these side effects may be more common with the first dose than typically seen in adults.
- You may want to give your child acetaminophen four times a day for the first one to two days at the appropriate dosing after receiving the vaccine.
- Please don't give your child ibuprofen or acetaminophen before they receive the vaccine.
- To reduce pain and discomfort where your child got the shot, apply a cool, wet cloth to the spot on the arm where the shot was given.
- Encourage your child to drink lots of fluids and wear light clothing if they have a fever.

Upcoming parent education session

Pediatric specialists from our Children's Hospital will be hosting a virtual information session on child COVID-19 vaccination on Wednesday, Nov. 17, from 5:30-6:15 p.m. Learn more and register at LVHN.org/parentsessions.

For more vaccination information, visit LVHN.org/vaccines.



Appointments Required for COVID-19 Vaccines Through LVHN

Walk-in vaccination no longer available at LVHN COVID-19 vaccine clinics due to increasing demand for shots.

LVHN Insider

Friday, October 29, 2021

Beginning Monday, Nov. 1, Lehigh Valley Health Network (LVHN) will offer COVID-19 vaccinations, including booster shots, through appointment only. Walk-in vaccinations are no longer available at this time.

We have made this change in response to an increased demand for vaccines and booster shots, and in anticipation of the Pfizer/BioNTech vaccine receiving emergency use authorization (EUA) for children ages 5-11. Appointment-only vaccinations support the safety and experience of those receiving vaccines under our care, allowing our clinicians to adequately plan and prepare for the number of individuals expected at each location.

You can schedule an appointment for a booster dose or first dose by calling our vaccine hotline at 833-584-6283 (833-LVHN-CVD) Monday–Friday, 8:30 a.m.–5:30 p.m. or by using [MyLVHN](#), our patient portal. MyLVHN is an easy and convenient way to select the day, time and location for your shot. Review the options below to find instructions for scheduling a booster shot or initial vaccination, or how to schedule without a MyLVHN account:

How to Schedule an Appointment for Booster (using MyLVHN)

- Log in to MyLVHN (at MyLVHN.org or open mobile app).
- Click the “Menu” button.
- Select “COVID-19 Vaccine 3rd Dose Booster.”
- You will be presented with questions and a list of conditions pertaining to third shots for immunocompromised people. Answer “No,” then select “Continue.”
- You will be presented with questions and conditions related to the three available booster shots. If you qualify, select “Yes,” then “Continue.”

How to Schedule an Appointment for Booster (not using MyLVHN)

- Call LVHN’s COVID-19 hotline at 833-584-6283 (833-LVHN-CVD). The hotline is open Monday–Friday, 8:30 a.m.–5:30 p.m.

How to Schedule an Appointment for First Dose Vaccination (using MyLVHN)

- Log in to MyLVHN (at MyLVHN.org or open mobile app).
- Click the “Menu” button.
- Click “COVID-19 Vaccine Scheduling,” follow the prompts and choose the location and time that work best for you.

How to Schedule an Appointment for First Dose Vaccination (not using MyLVHN)

- If you do not currently have a MyLVHN account and are not scheduling a booster shot:
 - Visit [LVHN.org/considerations-scheduling-covid-19-vaccine-appointment](https://www.lvhn.org/considerations-scheduling-covid-19-vaccine-appointment), acknowledge the listed guidelines and click the “Make an Appointment” button.
 - Alternatively, call LVHN’s COVID-19 hotline at 833-584-6283 (833-LVHN-CVD). The hotline is open Monday–Friday, 8:30 a.m.–5:30 p.m.

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



CEO Update: Advancing Equity at LVHN

Dr. Nester reflects on diversity, equity and inclusion at LVHN.

LVHN Insider

Monday, November 1, 2021

LVHN President and CEO Brian A. Nester, DO, MBA, reflects on the collective strength of our workforce during Global Diversity Month. Watch his video and read an update from the Actions Against Racism and Advancing Equity Council below.

LVHN’s Actions Against Racism and Advancing Equity (AARAE) Council was formed in September 2020 to identify and recommend strategies to improve and sustain inclusion and equity for all LVHN colleagues.

LVHN is committed to sustaining an inclusive environment where everyone’s identities are respected, and all colleagues feel valued and part of the LVHN community. Thanks to the work of LVHN’s AARAE Council, these are the recommendations we will implement:

- Prioritize diversity, equity and inclusion (DEI) across LVHN.
- Increase the proportion of LVHN colleagues, leaders and trustees from underrepresented groups.
- Commit organizational resources and structures to execute DEI goals.
- Include DEI content and perspectives in all LVHN initiatives and communication.

The AARAE Council's work toward implementing these objectives will continue. Colleagues across the health network also contribute to this important work. Here are examples of work that is already completed or underway to address equity at LVHN:

- In February, colleagues were invited to share their experiences regarding racial equity at LVHN. General themes emerged and were shared with Dr. Nester. Similar group exercises are planned for fiscal year 2022.
- Cultural observances were acknowledged at LVHN, and colleagues were involved in the internal and external promotion of these observances on LVHN Insider and social media. A DEI intranet page is being developed for colleagues to access resources and connect with AARAE Council members.
- Health equity projects funded by the Health Care Trust of Anne Constance and Carl Robert Anderson will promote health equity and address disparities in care at LVHN and in the communities we serve.
- Recruitment strategies were customized this year to encourage the enrollment of leaders of color in this year's Management Academy.
- Groups that foster inclusion and retention, including LVHN Young Professionals, Women Leadership Group and Multicultural Professional Development Group are supported by LVHN leaders.

Thank you to all colleagues for your honesty, transparency and commitment to making LVHN a great place to work – and a great place for care – for all.



Nominate a Colleague for an LVHN Service Excellence Award

Learn about the awards and submit a nomination before Nov. 19.

LVHN Insider

Thursday, November 4, 2021

Colleagues throughout LVHN do amazing things every day. They deserve to be rewarded for all they do for our health network, our patients and our community. To give colleagues the recognition they deserve, LVHN's Reward and Recognition Committee invites you to nominate an individual or team for a 2022 Service Excellence Award.

Submit a nomination on Partner Points by Nov. 19.

What are Service Excellence Awards?

This is the fourth annual Service Excellence Awards program. These awards strategically recognize colleagues who do exceptional things. There are several categories that support our LVHN mission, goals and values. You can nominate a colleague or team in one of the following eight award categories:

- **The LVHN Guldin Award for Efficiency and Innovation in a Physician Practice** recognizes a colleague or team that exhibits exceptional contributions toward implementation of a new or more efficient work practice and/or process method.
- **The LVHN Guldin Award for Efficiency and Innovation in the Clinical Workplace** recognizes a colleague or team that exhibits exceptional contributions toward implementation of a new or more efficient clinical work practice and/or process method.
- **The LVHN Guldin Award for Efficiency and Innovation in the Nonclinical Workplace** recognizes a colleague or team that exhibits exceptional contributions toward implementation of a new or more efficient administrative work practice and/or process method.
- **The LVHN Mark Young Award** recognizes a physician who demonstrates an outstanding accomplishment in community health improvement.
- **The LVHN Star Mentor/Coach Award** recognizes a colleague who instructs, develops and promotes other colleagues and is considered an "unsung teacher" in their department.
- **The Provider Service Star Award** recognizes an LVPG physician or advanced practice clinician (APC) who consistently demonstrates exceptional customer service characteristics.
- **The Volunteer Community Service Award** recognizes a colleague or team that represents LVHN in the local community. This individual or team demonstrates outstanding commitment in volunteer activities and has shown dedication and philanthropy to an organization, business and/or institution (inside or outside LVHN).

- **The Terry Capuano Partner of the Year Award** is named for our retired Chief Operating Officer Terry Capuano. The recipient is chosen from among the 10 previous Partner of the Month Award winners.

Patient Experience Awards will be awarded to the outpatient departments, inpatient departments and physician practices based on measurable achievements in patient satisfaction performance criteria.

How do I nominate a colleague?

You can nominate a colleague for a Service Excellence Award on **Partner Points**. Here's how:

- From your SSO toolbar, click "**Partner Points**"
- At the top of the page, click "**Recognition**"
- Scroll over to "**Award of Excellence**" and click on the award you wish to submit a nomination.
- Click "**Get Started**"
- Enter the name of the colleague(s) or team. Try to provide the names of all the colleagues you are nominating.
- Enter the reason or story behind why you believe the colleague or team should receive the award. Provide specific examples of how the colleague(s) or team meets the award criteria. Please use uppercase and lowercase letters.
- Click "**Submit submission**"

What is the nomination deadline?

Nominations must be received by Nov. 19 to be considered. If you have questions regarding the nomination process, please contact Lorraine Pirino at Lorraine_T.Pirino@LVHN.org.

How are award recipients selected?

Once the nomination process is closed, the voting will begin. Nominations are reviewed and voted on by a voting body made up of over 150 colleagues: Corporate Executive Operating Council, Network Leadership Council, LVHN Reward and Recognition Committee, Colleague Ambassadors and HR Consultants.

When will the award recipients be named?

The award recipients will be announced in January 2022.



Refer a Candidate to a Great Place to Work for Any Position and Receive a Bonus

Refer a qualified candidate and earn anywhere from \$150 to \$5,000.

LVHN Insider

Thursday, November 4, 2021

To all colleagues who helped keep our colleagues, patients and community safe by receiving the COVID-19 vaccine, thank you for doing your part.

At LVHN, we respect the choice of those who opted not to receive the vaccine. We also realize this is a difficult time for colleagues who may have lost friends in the workplace. For that, we are sorry.

To help add new colleagues to the LVHN family, our referral program is expanding. From Nov. 5, 2021, through Jan. 31, 2022, you will receive a bonus for referring a candidate to fill any position at LVHN. Although all positions are important to our health network, the amount of the referral bonuses are based on current vacancies, recruitment challenges and trends in the job market. Here are the details:

Colleague Referral Program

- **Refer an experienced* inpatient registered nurse, earn up to a \$5,000 bonus.** You will receive \$1,500 at six months of active employment, \$1,500 at one year and \$2,000 at two years.
- **Refer an experienced* technical partner or nursing assistant, earn up to a \$1,000 bonus.** You will receive \$500 at six months of active employment, \$250 at one year and \$250 at two years.

- **Refer a full-time physical therapist, earn up to a \$1,000 bonus.** You will receive \$500 at six months of active employment and \$500 at one year.
- **Refer a colleague who is hired for environmental services or dietary at LVH–Pocono, earn up to a \$200 bonus.** You will receive \$100 in your first paycheck after the colleague is hired and \$100 after 60 days.
- **Refer a medical assistant, earn up to a \$1,000 bonus.** You will receive \$500 at six months of active employment and \$500 at one year.
- **Refer a full-time outpatient registration specialist, earn up to a \$1,000 bonus.** You will receive \$500 at six months of active employment and \$500 at one year.
- **Refer a candidate for a position not listed above, earn \$150 bonus.** You will receive the bonus after the colleague completes six months of active employment. This bonus is for referrals made from Nov. 5, 2021, through Jan. 31, 2022.

*At least one year of direct patient care

[Submit your referrals online and learn more.](#)

Physician and APC Referral Program

- **Refer a physician to LVPG, earn \$2,500.** You will receive the bonus 90 days after the physician starts working.
- **Refer an advanced practice clinician (APC) to LVPG, earn \$1,000.** You will receive the bonus 90 days after the APC starts working.

Submit candidates (providers only) at LVHN.org/ProviderReferral.



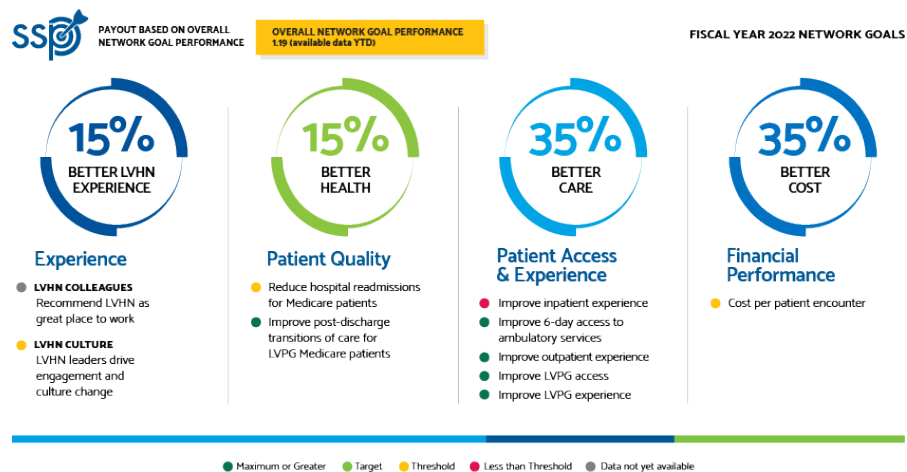
Network Goals Progress Report

See how we are doing as we work to achieve the Quadruple Aim.

LVHN Insider

Friday, October 29, 2021

Every fiscal year, we work hard to achieve our network goals related to the Quadruple Aim (better LVHN experience, better health, better care and better costs). Here is how we are doing thus far.



Let's Recognize the Veterans Among Us

If you served, share a photo with your LVHN colleagues.

LVHN Insider

Wednesday, November 3, 2021

Millions of men and women have proudly worn the uniform of a branch of the U.S. military and some of those people are our very own Lehigh Valley Health Network (LVHN) colleagues.

This Veterans Day, we want to honor you by sharing a photo of you during your days on duty. Thanks for your service in the Army, Navy, Air Force, Marines, Coast Guard, National Guard or Space Force. Your pledge to support and defend the Constitution of the United States against all enemies, foreign and domestic, was a solemn promise to protect us all and should not go unnoticed on Nov. 11.

Upload your photo and any related information about where you served by the end of the day on Monday, Nov. 8. There are two ways to share your photo:

- Save your photo to the X-drive using this folder: X:\Photographic Services Public Outbox\Jessica Koch\Veterans Day Photos 2021
- Upload your upload to LVHN.org/stories

On behalf of all the colleagues in the best health network anywhere, thank you!



Paying Tribute to the Lenape During Native American Heritage Month

Attend a virtual presentation on Nov. 19 to learn more about the history of the Lenape.

LVHN Insider

Thursday, November 4, 2021

This announcement is from Lynn Turner, Senior Vice President and Chief Human Resources Officer, and Judith Sabino, Chief Diversity, Equity and Inclusion Liaison.

Celebrated annually in November, [Native American Heritage Month is dedicated to commemorating the history, cultures and contributions of indigenous people of America](#), including the Lenape – the indigenous people whose ancestral homeland ranged from New Jersey and Delaware, southeastern Pennsylvania between the Susquehanna and Delaware rivers, and the southeastern part of New York state west of the Hudson. Consistent with our core values of compassion and integrity, we pay tribute to the Lenape’s past, present and future generations.

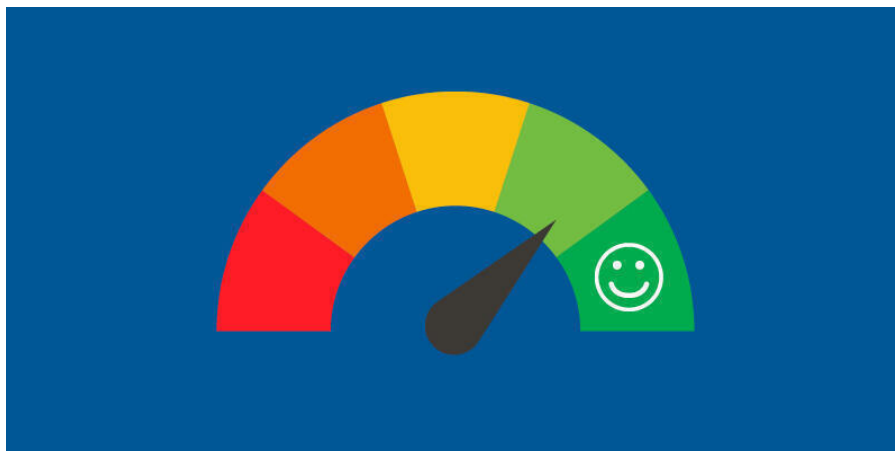
While the Lenape, also known as the Delaware people, are spread out across the United States, larger groups of the Lenape are found in Oklahoma and Ontario, Canada in present day.

Hear directly from members of the Delaware Nation

To deepen our cultural understanding, please join us on [Webex](#) on Nov. 19, from 12-1p.m. for *Native American Heritage Month: The Lenape*. Katelyn Lucas and Jack Johnson from the Delaware Nation will give a presentation on the history of the Lenape and answer questions about the Lenape and indigenous health care practices.

Katelyn Lucas works as a Tribal Historic Preservation Assistant for Delaware Nation, a federally recognized Lenape Nation. While her work is based at the Museum of Indian Culture in Allentown, the Delaware Nation is now located in Anadarko, Okla., as a result of their forced removal from their homelands in eastern Pennsylvania and New Jersey. She is currently a PhD student at Temple University specializing in Early American Literature and Native American Studies, with an emphasis on Lenape history and early colonial Pennsylvania literature.

Jack Thomas Johnson is an enrolled member of the federally recognized tribe Delaware Nation located in Anadarko, Okla. He grew up in Norman, Okla., for most of his life and now resides in Philadelphia, his ancestral homeland. He has been a speaker on his Lenape history for 10 years. He is currently employed by the City of Philadelphia.



Reminder: Take the Mid-Year Pulse Survey

Your voice matters. Complete the survey by Nov. 8.

LVHN Insider

Wednesday, November 3, 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.

Beginning Oct. 25, you should have received an email from survey@smdhr.com that contains a link to the survey. The survey should take less than five minutes to complete.

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.

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.



Prove You're a Lehigh or Lafayette Super Fan to Join LVHN at the Game

Are you a Lehigh Mountain Hawk or a Lafayette Leopard? Show us your team pride for a chance to win tickets.

LVHN Insider

Thursday, November 4, 2021

Football season is back, and one of the greatest rivalry games is happening right here in the Lehigh Valley. The annual Lehigh vs. Lafayette football game is Nov. 20 at noon at Goodman Stadium. This is the 157th rivalry game between these local Division 1 colleges, making it the most-played rivalry game in college football.

Coordinated Health, part of Lehigh Valley Health Network, has served both teams as their sports medicine provider for more than 30 years. Join LVHN in a virtual pep rally to highlight the game and the health network's partnership with both schools. If you're a super fan of either team, here's how you can show your pride:

1. Put on your best Lehigh or Lafayette attire.
2. Record a brief video message to your team to wish them luck, or snap a photo.
3. Save your video or photo to to [X:\Photographic Services Public Outbox\Rivalry Game 2021](#) by Nov. 10 to be entered to win a four-pack of tickets to the game and invited to a tailgate hosted by Lehigh University. Make sure to add your name to the title of the file.

Video and photo submissions may be shared on LVHN's social media channels.

Whether you don brown or maroon, remember to strut your stuff at the game Nov. 20. See you there!



November Calendar of Events

See what's happening at LVHN all month long.

LVHN Insider

Monday, November 1, 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 November'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

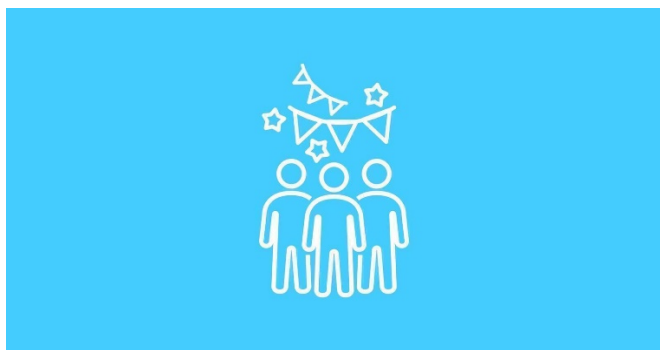
Monthly events

- Peanut Butter Lovers Month
- Native American Heritage Month
- Great Place to Work raffle. Search "Great Place to Work" on LVHN Insider to learn more and enter by Nov. 30.

Daily events

Nov. 1 LVHN Gift Shops 75% off Halloween merchandise All day	Nov. 10 LVHN Gift Shops Wacky Wednesday 20% off anything red, white and blue	Nov. 18 LVHN-Mack Boulevard and LVH-Schuylkill Turkey Toss 2-5 p.m.
Nov. 2 Miller-Keystone Blood Drive 7 a.m.-3 p.m. ECC 9 and 10, LVH-Cedar Crest Election Day	Nov. 11 Veterans Day LVHN Gift Shops Veterans Day Sale All veterans receive 20% off	Nov. 19 Miller-Keystone Mobile Blood Drive 730 a.m.-1230 p.m. Health & Wellness Center at Hazleton
Nov. 3 LVHN Gift Shops Wacky Wednesday 20% off Christmas merchandise	Nov. 12 Gift Shops Colleague Appreciation Day 25% off to all colleagues with an ID badge	Nov. 20 Red Cross Blood Drive 9 a.m.-3 p.m., Dale & Frances Hughes Cancer Center
Nov. 6 Community Drive-Thru Flu Clinic 9 a.m.-3 p.m., Coca-Cola Park	Nov. 13 LVH-Hecktown Oaks Drive-Thru Flu Clinic 9 a.m.-3 p.m. Deadline for flu vaccines	Nov. 22-23 Auxiliary in The Bag Vendor Sale 7 a.m.-4 p.m., Jaindi Lobby, LVH-Cedar Crest
Nov. 7 Daylight Savings Time Begins Fall back Community Drive-Thru Flu Clinic 9 a.m.-3 p.m., Coca-Cola Park	Nov. 15 LVH-Muhlenberg Turkey Toss 2-5 p.m.	Nov. 24 LVHN Gift Shops Wacky Wednesday 20% off dips, breads and drink mixes
Nov. 8 LVH-Hecktown Oaks Virtual Town Hall Meeting 5 p.m., Webex	Nov. 16 LVH-Pocono Turkey Toss 2-5 p.m.	Nov. 25 Thanksgiving
Nov. 8-11 Auxiliary Masquerade \$5 Vendor Sale 8 a.m.-4 p.m., Jaindi Lobby, LVH-Cedar Crest	Nov. 17 LVHN Gift Shops Wacky Wednesday 20% off all fall clothing, accessories LVH-Hazleton and Dorney Park Turkey Toss 2-5 p.m.	Nov. 26 Black Friday
Nov. 9 LVH-Muhlenberg Hiring Event 3-7 p.m., LVH-Muhlenberg ECC B, C and D		Nov. 27 Small Business Saturday
		Nov. 28-Dec. 6 Hanukkah
		Nov. 29 Cyber Monday





Service Anniversary List – November 2021

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

LVHN Insider

Monday, November 1, 2021

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

50 years

Paul Harvey, Operating Room - Norwegian

45 years

Henrietta Dudeck, Spu

Claire McGinley-Kish, 6KS Inpatient Rehab Facility

40 years

Christopher Barry, Plant Engineering

Joanne Fenstermaker, Sterile Processing

Susan Miksch, Trauma

Janine O'Hazzo, Ob Gyn

35 years

Lisa Bickel, Hospice Unit

Tammy Bonner, Emergency Room

Melissa Cope, CC Outpatient Registration

Laura Fulmer, Radiology - Norwegian

Charlotte Hall, Special Procedure Unit

Christine Hnatow, LVPG OB/GYN Valley Ctr Pkwy

Paula Maduro, Med Surg 4

Carol Nagazina, Vascul/Interventional Radiology

Susan Parker, HIM Provider Based Coding

Donna Smith, Dietary

Leilani Souders, Strategic Operations

30 years

Mary Alimecco, Stress Lab Hwc

Carleen Bensinger, Patient Registration

Kathy Castellano, Housekeeping

Damarie Lugo, VHP Center For Women's Med

Stephen Pliska, Icu

Pamela Wood, LVPS Muhlenberg

Rae Zwalley, Sterile Processing

25 years

Teresa Benner, VHP LVPP PCP

Sarah Crocket-Tone, Case Management

David Diehl, Pharmacy

Tracy Lisicky, Respiratory Care Services

Donna Raatzs, Hematology Oncology Clinic -CC

20 years

Janie Barnyak, Financial Services

Santina Bentz, Occupational Med - Jackson

Krista Bose, Burn Out Patient Program

Brandon Bossard, LVPG ExpressCare Moselem Sp

Amber Brenner, Ultrasound

Jennifer Cooper, Float Pool

Barbara Delgado Shomo, Adolescent Psych Unit

Cynthia Dinsmore, VHP Center For Women's Med

Vanessa Dorward, MICU/SICU

Jenny Guzick, Pool Nurses - Norwegian

Jane Harding, Ob Gyn

Debra Koback, Pre-Admission Testing-Jackson

Jennie Lasso, Physical Therapy-Brodhead

Julie Lewis, Nursing Float Pool

Laura McHugh-Neary, HC Central Business Office

Thomas McLoughlin, LVH Chairs

Marybeth Salata, Patient Registration

Laura Slomiak, ED Providers

Susan Terplan, HC Central Business Office

15 years

Cynthia Ashcraft, Nursing Float Pool

Karen Beadencup, Nursing Float Pool

Laura Berman, LVPG Neurology 1250CC

Paula Bubeck, HIM Facility Based Coding

Ana Castillo, Clinical Service Video Monitor

Kristin Cortright, LVPG Family Med 1251CC

Kristy Cressman, Adult Peds Psychiatry SCC

Lori Dachowicz, HIM Facility Based Coding

Diane Daubert, Oncology Clinic

Vincent Deangelo, Plant

Jacalyn Dreisbach, Psych Eval/OP Services

Tara Encarnacion, Cardiac Rehabilitation

Kristopher Franklin, Ultrasound

Cory Frederick, Info Svcs Customer Service

Marcelo Gareca, LVPG Infectious Disease 1250CC

Ernest Garza, Clinical Service Video Monitor

Lavern Gladstone, Operating Room

Jill Gower, Radiology at Fogelsville

Kathleen Hartranft, HIM Provider Based Coding

Cynthia Held, Pharmacy

Christine Hricak, LVPG Maternal Fetal Med 3900HA

Kelly Huber, LVPG Peds-Lehighton

Lori Izzo, Patient Safety

Amy Johannsmeier, LVPg Family Med 1251CC

Mark Knouse, LVPg Infectious Disease 1250CC

William McQuilken, Trauma Reg Res Ctr.

Kim Michael, Patient Access Ctr Scheduling

Pamela Moatz, Patient Accounting

Gwen Nakao, Neuroscience Intensive Care

Jaan Naktin, LVPg Infectious Disease 1250CC

Nilda Natal, 6T Med/Surg

James Quinlan, Clinical Engineering

Luther Rhodes, LVPg Infectious Disease 1250CC

Dawn Rodriguez, Emergency Department

Bryon Scott, Specialty Float Pool ER

Lisa Segan, LVPg Urology

Kristin Vandyke, LVPg Peds Madison Farms

Maria Vasquis, Adult Ped Psychiatry Muhl

Margarita Velazquez, DCC and Periop Registration

Julio Velazquez, Security

Tara Wagner, LVPg Peds Gastroenterolgy 1210

Diane Yoder, Veteran Health Program

Wendy Young, VHP Childrens Clinic at LVH

Christa Zimmerman, Ultrasound - Norwegian

10 years

Jennifer Adamski, Marketing

Tyra Beltz, EEG

Alan Bryski, Consult/Liason Psychiatry 1251

Ashley Calderon, Operating Room-Allen 1503

Brittany Chormanski, CVM

Joseph Cimino, CT

Elizabeth Clark, LVHP Acute Care Therapy

Cari Cleffi, Dept. Of Pediatrics

Joseph Conway, Physical Therapy-PITTSTON

Joan Deppe, LVPG Pediatrics Laurys Station

Carol Digilio, LVPG OB/GYN Leighton

Christine Dullard, Quality Management

Beth Engelhardt, Pre-Srvcs/Financial Clearance

Amanda Fatula, Physiatry

Heather Faust, 6T Med/Surg

Stephanie Fistner, Sterile Processing-Asc

Christine Gabrielle, 6KS Inpatient Rehab Facility

Shirley Gallagher, LVPG Maternal Fetal Med 3900HA

Russell Gasser, Sleep Lab

Patricia Hendry, CPP Orthopedics - Dickson 334

Heather Henry, Lab - HLA

Kelly Hunsicker, HIM Facility Based Coding

Willard Kincaid, Info Svcs Customer Service

Dineen Kunkle, LVPG Family Med/Peds Hamburg

Linda Luckenbach, LVPG OB/GYN Lehighton

Virginia Mastropasqua, Clinical Documentation Cdi

Karyn Miller, Education Infrastructure

Judith Miller, Adult Peds Psychiatry SCC

Christine Mirabile, Critical Care Unit

Mary Moore, CPP Orthopedics - Dickson 334

Robin Peltz, Ip Rehab Facility

Ashleigh Renitsky, LVPG Urology

Tara Schlier, LVPG OB/GYN Lehighton

Julius Silva, Physical Therapy-Emrick

Tiffany Speer, Compliance

Andrew Thomas, Info Svcs Technical Operations

Amanda Vazquez, LVPG OB/GYN Pond Road

Andrea Waxman, VHP Center For Women's Med

Sandra Wehr, LVPG OB/GYN Lehighton

Robert Young, Financial Services

Martha Zulic, LVPG OB/GYN Lehighton

5 years

Rachel Acevedo, Op Intake Dept

Valeria Arango-Londono, LVPG-L Ortho Muhlenberg

Tammy Arnold, Supply Distribution Services

Ileana Asanache, Behavioral Health Ancillary

Luzes Aybar, LVPG IM MUH Express Care

Susan Banos, Central Scheduling Hwc

John Bartholomew, Plant Engineering

Jack Basile, ED Providers

Jennifer Beach, Care Management

Catherine Biondo, Guest Services

Michael Blawn, MICU/SICU

Ashley Bobal, CH Registration

Katherine Booth, Office of Philanthropy

Alexis Brown, LVPG Urology

Leslie Brown, LVPG Urology

Talia Caccioppoli, Op Intake Dept

Kelsey Camacho, CPP Orthopedics - Dickson 334

Alexandria Castro, OP Lab

Nicole Chickey, NORI Clinical

Scott Christman, Medevac Ground Ambulance

Barbara Cramer, Op Intake Dept

Samantha Cunningham, Rehab Services-Brodheadsville

Annmarie Deantonio, Rehab Services-Mountain

Donna Deming, Neurology Clinic - CC

Michael Deprill, Support Services Security

Smita Deshpande, LVPG Geriatric Med 17th St

Kristen Dobson, IRF CC Therapy

Natalia Doni, LVPG Family Med Laurys Station

Diana Donnelly, Op Intake Dept

Heather Ebersole, Patient Accounting

Amber Edmonds, Perioperative Svcs Float Pool

Brianne Fazio, Diagnostic Imaging-Beth

Shannon Ferrante, LVPG IM Express Care Fogelsvil

Kathleen Finlayson, Rehab Services-Stroudsburg

Marley Freeman, Op Intake Dept

Amber Gamble, Express Care-Ebg Cln

Robert Garner, Rehab at Hecktown Oaks

Carly Gavalla, TNICU

Maria Geralyn Gotico, BH 1

Kyle Grampp, Registration

Michele Grida, LVPG Orthopedics Specialty

Linda Hamill, Op Intake Dept

Dexter Hollenbach, Physical Therapy

Brittney Johnson, LVPG Internal Med Muhl

Ashley Keppley, LVPG Ob/Gyn

Kristopher Krawchuk, ED Providers

Scott Labar, Shuttle/Valet

Jenna Lehman, Mri

Gabriel Lewullis, LVPG Orthopedics Specialty

Brianna Martin, Upper Bucks Health & Diagnostc

Denise Martinez, Emergency Room

Benjamin Mast, Rehab at 1250SCC

Susan Mcelroy, Trauma

Michael Mehringer, Info Svcs Technical Operations

Shierley Miller, Vascu/Interventional Radiology

Jan Musser, Office of Philanthropy

Kim Ni, 6C Medical/Surgical Unit

Megan Nolter, LVPG Gnrl Trauma Surg CCTrauma

Jerardin Ortiz Acuna, LVPG Internal Med 3080Hamilton

Susan Palazzo, LVPG Surg Oncology 1240CC

Sonal Patel, Comprehensive Health Services

Yenis Perez, LVPG Geriatric Med 17th St

Amanda Petruccelli, MHC Outpatient Registration

Laura Pritz, LVPG Neurology 1250CC

MD Rahman, LVH-CC Hospitalist Program

Nayath Rambay, OutPt Reg West Region

Kevin Riordan, Rehab Services-Stroudsburg

Maria Riordan, Home Care Physical Therapy

Edmond Robinson, Security

Yesenia Roman, MHC Outpatient Registration

Rebecca Rotz, OP Rehab Marshalls Creek

Linda Salas-Mamary, Op Rehab Admin

Joseph Schimmel, Perfusion

Mia Sclafani, ED Providers

Tracy Stackhouse, Op Intake Dept

Marjorie Stephen, LVPG Urology

Della Steward, NORI Administration

Christina Strauss, LVPG Urology

Jacquelin Tankersley, LVPG Neurosurgery 1250SCC

Rebecca Taylor, LVPG Ob/Gyn

Tyler Trapani, Bed Management

Tami Truss, VHP Lehigh Valley Fam Health

Kara Wales, Rehab Services Acute Care

Susan Zambri, 1243 Fitness Center



Reminder: Go to LVHN Colleague Flu Shot Clinic for Your Flu Shot

Get your flu shot at a colleague flu shot clinic before Nov. 13.

LVHN Insider

Monday, October 25, 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.



LVHN Recognized as a Global Leader in Health Care Technology

LVHN is being recognized as a Most Wired health care organization, earns Level 10 designation.

LVHN Insider

Thursday, October 28, 2021

Lehigh Valley Health Network (LVHN) is once again recognized as a Level 10 Most Wired health care organization for acute and ambulatory care by Digital Health. This is the highest recognition an organization can earn, and only 15 organizations achieved Level 10 in 2021.

LVHN has been recognized as a Most Wired health care organization by Digital Health for 16 consecutive years. In 2020, LVHN was one of only eight organizations to achieve Level 10.

The Digital Health Most Wired survey is managed by the College of Healthcare Information Management Executives (CHIME) and assesses how effectively health care organizations use modern technology to support clinicians and patients. In the Digital Health survey and assessment, health care organizations earn a level from 1 to 10 in three categories: acute, ambulatory and long-term care.

CHIME defines Level 10 organizations as leaders in health care technology who actively push the industry forward, often leveraging technology in innovative ways and encouraging deep adoption across their organization. To earn a Level 10 Most Wired

recognition, LVHN demonstrated an outstanding record of leveraging the power of digital technology within a visionary corporate strategy.

The Most Wired survey continues to experience dramatic growth in participation. Among the 36,674 organizations from seven countries that provided data to CHIME to be considered for Most Wired recognition, 142 health care organizations received Level 9 Most Wired recognition and 15 achieved Level 10. This shows that LVHN is among the best in the world when it comes to health care technology.

“Receiving Level 10 two years in a row demonstrates LVHN’s commitment to using effective technologies that help our clinicians deliver high-quality care to our patients,” says Michael Minear, LVHN Senior Vice President and Chief Information Officer. “To be recognized as Level 10 Most Wired, the entire organization must partner to deploy and utilize technology to support clinical care and patient service. LVHN focuses on effectively utilizing technology and analytics across the continuum of care to improve patient care and service.”

CHIME is dedicated to improving health care by providing an interactive and trusted environment for senior health care information technology leaders. The organization has nearly 3,400 members in 55 countries.

“Digital transformation in health care has accelerated to an unprecedented level since 2020, and the next few years will bring a wave of innovation that empowers health care consumers and will astound the industry,” says CHIME President and CEO Russell P. Branzell. “The Digital Health Most Wired program recognizes the outstanding digital leaders who have paved the way for this imminent revolution in health care. Their trailblazing commitment to rapid transformation has set an example for the entire industry in how to pursue a leadership vision with determination, brilliant planning and courage to overcome all challenges.”



What Are You Thankful For?

Send a photo to participate in upcoming video.

LVHN Insider

Friday, October 22, 2021

November is National Gratitude Month, and Thanksgiving is right around the corner. Show your appreciation for your colleagues by participating in a video that will be shared with colleagues and the community.

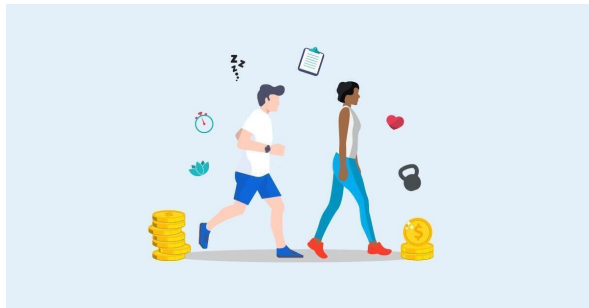
Want to participate? Follow these steps:

- Grab a marker and board, sign or piece of paper
- Write "I'm thankful for..." and fill in the blank with a colleague or team you'd like to thank or opportunity or event at LVHN that you are thankful for
- Snap a photo holding the sign in front of you, without a mask if social distancing allows

Save your photo to <X:\Photographic Services Public Outbox\Jessica Koch\Gratitude Video> with your name in the title of the file by Nov. 1 to be included in this special salute to colleagues.

The video will be published on LVHN Insider and social media in November.

Thank you for being a part of this project and for all you do.



Remember to Redeem Points for the 2021 My Total Health Incentive Program

Redeem points to earn rewards until Nov. 30.

LVHN Insider

Monday, November 1, 2021

November is the final month to complete and record your wellness activities in the My Total Health Portal for the 2021 My Total Health Incentive program.

You have until Nov. 30 to earn your salad mason jar and electronic gift card.

When you earn 125 points and redeem your electronic gift card, you are automatically entered to win 1 of 4 grand raffle prizes (\$2,000 AAA Travel Vouchers, good for 5 years).

Need help earning those last few points? See the attached infographic for a list of point-eligible wellness activities or message your health coach through the My Total Health Portal at mth.lvhn.com.



Want to Win an iPhone 12 or Series 6 Apple Watch?

Eligible colleagues can simply create a free account with Gympass by Nov. 21 for a chance to win.

LVHN Insider

Thursday, October 28, 2021

Share this flyer with your colleagues and [join the My Total Health channel](#) on LVHN Insider for all program news and updates.

Our partnership with with Gympass gives you access to a network of fitness facilities and programs. [Register for your free Gympass account](#) by Nov. 21 for your chance to win an iPhone 12 or Series 6 Apple Watch.

*Eligible colleagues include: Non-union LVHN colleagues located in the Lehigh Valley, Hazleton, Pocono, and Schuylkill, including Coordinated Health, Health Network Labs, and Schuylkill OPEIU Faculty Colleagues

Gympass

Sign up for a chance to win big!



Scan the QR Code to get started!*



Feel Good during this Open Enrollment Season!

Sign up for Gympass for FREE from **10/1/2021 through 11/21/2021** to be automatically entered into a raffle for prizes like an **iPhone 12, Series 6 Apple Watch, \$100 Amazon Gift Card**, and a one month **Gympass Gold Membership**

Raffle winners will be announced on 12/01/21

More on Gympass

Gympass is a complete corporate wellbeing platform set on helping everyone feel good - including you. In our variety of affordable plans, you can explore our network of partners that support you mind and body

Get started with Gympass today, by downloading the **Gympass App** or visiting gympass.com/us/lvhn-us

*Visit promo.gympass.com/us/oe-affle/topclients to see our Terms and Conditions.





Reminder: Colleague Feedback Requested for Potential Lyme Disease Vaccine Trial

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

LVHN Insider

Wednesday, November 3, 2021

Update: We experienced technical difficulties with the previous survey link shared on LVHN Insider. If you are interested in participating in a potential Lyme disease vaccine trial, please complete the survey linked here. Colleagues who completed the survey using the previous link also need to complete the survey using the new link.

Thank you for your understanding and for sharing feedback about this potential Lyme disease vaccine trial.

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.



Having Trouble Donating to United Way?

Bad news: There's been some technical difficulty. **Good news:** We have a solution.

LVHN Insider

Thursday, October 28, 2021

Thank you to all colleagues who have successfully donated to this year's United Way campaign in support of our local communities.

Some colleagues have experienced technical problems as a result of unexpected browser issues. To make a donation, you should use the SSO toolbar to access the United Way portal. Please remember that Internet Explorer no longer supports the donor portal.

For colleagues with evergreen gifts only:

- If you wish to change your gift, simply modify the existing one in your account. Do not create a new gift on top of the existing one. For help modifying an existing gift, [view these instructions](#).
- If you do not alter your existing donation, it will automatically roll over to 2022.
- To opt out of the evergreen program, please email LVHN_United_Way_Campaign@lvhn.org.

If you are a first-time donor, [view these instructions](#). If you experience issues with the portal, contact Howard Stalker at Howard.Stalker@lvhn.org.

Colleagues who donate through Oct. 29 will be eligible to choose a \$10 gift card that can be used at Target or that can be used for gas. The gift card is for all new campaign contributors who donate a minimum of \$2 per pay (\$52 for the year) or previous donors who increase their donations.

Thank you for your generosity and for being partners united for a better tomorrow.

What Everyone Should Know About Lung Cancer Screening

Finding lung cancer early through screening can be the key to a successful outcome.

By Maggie Wurst



Lung cancer is the leading cause of cancer death in the United States, with more people dying from it than colon, breast and prostate cancers combined.

[lung cancer screenings](#), which allow clinicians to detect lung cancer earlier (when it is most treatable).

“Routine cancer screenings are used for early detection of cancers that can be asymptomatic until their later stages. The screening tools we have available may help detect an early-stage cancer, which can be treated and possibly cured,” says family medicine physician [Natasha Carlson, MD](#), with [LVPG Family Medicine–Hecktown Oaks](#). “Patients at high risk for developing lung cancer can greatly benefit from screening, as early identification of lung cancer allows for prompt intervention. This in turn can lead to remission, cure or increased survival.”

Current lung cancer screening guidelines

Lung cancer screening is done with low-dose computed tomography (CT) scans.

During the test, you lie on a table while an X-ray machine uses low doses of radiation to create detailed images of your lungs. The scan only takes a couple minutes and is completely pain-free.

At this time, only certain individuals can be screened. To be eligible, you must meet all the following criteria:

- Be between the ages of 50 and 80
- Have a 20 pack-year smoking history (determined by multiplying the number of cigarette packs smoked per day by the number of years smoked)
- Currently smoke or have quit within the past 15 years

How to get screened for lung cancer

These lung cancer screening guidelines were recently updated by the U.S. Preventive Services Task Force, allowing younger individuals with less pack-years to get screened. But, while these updates are widely accepted, Medicare and some other insurance payers have until January 2023 to cover them.

If you would like to schedule a lung cancer screening, it is best to first discuss your eligibility with your family medicine or primary care physician.

From there, you should speak to your insurance provider to make sure you are covered for the screening. If your insurance does not yet recognize the lower age and pack-year eligibility, you may need to hold off on scheduling your screening until the new year.
