



LVHN WEEKLY

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



Get Your Free Holiday Gift: Choose a Sherpa Blanket or Phone Charger

Learn how to receive your gift from LVHN.

[Read more →](#)

Recognizing Celebrations for All This Holiday Season

Read about the range of holidays celebrated by LVHN colleagues.

[Read more →](#)



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To reduce exposure to cyber threats, personal email access will be restricted on LVHN devices beginning Dec. 7.

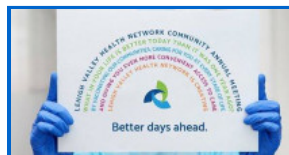
[Read more →](#)



2021 LVHN Community Annual Meeting

Learn how Lehigh Valley Health Network is creating "Better Days Ahead" for people in all the communities we serve.

[Read more →](#)



Celebrate 2021 Friends of Nursing Award Recipients

See the list of award recipients honored during the 2021 Friends of Nursing Awards Gala.

[Read more →](#)



Read Stories of This Week's Friends of Nursing Award Recipients

Congratulations to these six Friends of Nursing award recipients.

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Don't Lose Your FSA/DCA Dollars

Review your Flexible Spending Account and/or Dependent Care Account before the end of the year.

[Read more →](#)



October's PSR MVP Award Recipients

Three colleagues received PSR MVP Awards for demonstrating exemplary core values this fall.

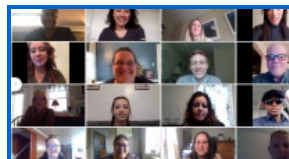
[Read more →](#)



Welcome New Colleagues Who Attended Connections Nov. 29

We have 123 new colleagues in the LVHN family.

[Read more →](#)



Service Anniversary List – December 2021

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

[Read more →](#)



Vaccinations Are Our Ticket to Turning the Pandemic into an Endemic

Vaccines save millions of lives and prevent disability that is

unimaginable in today's world.

[Read more →](#)



10 Questions with Orthopedic Surgeon Eric Lebby, MD

Eric Lebby, MD, has been named Best Orthopedic Surgeon for 2021 by a Lehigh Valley Business Magazine survey.

[Read more →](#)



What Should I Know About Scheduling My Mammogram After a COVID-19 Vaccination?

It's important to consider the timing of 'when' to have your mammogram following a COVID shot.

[Read more →](#)



Staying Healthy This Holiday Season

The Healthiest You Podcast: Episode 16

[Read more →](#)



Should I Take Low-Dose Aspirin to Prevent a Heart Attack?

What to consider before making the decision to start, or stop, taking baby aspirin as a heart-attack preventative.

[Read more →](#)





Get Your Free Holiday Gift: Choose a Sherpa Blanket or Phone Charger

Learn how to receive your gift from LVHN.

LVHN Insider

Thursday, December 2, 2021

This message is from Brian A. Nester, DO, MBA, President and Chief Executive Officer, LVHN, and Lynn Turner, MBA, Senior Vice President and Chief Human Resources Officer, LVHN.

Being a health care professional is not easy, but you continue to “heal, comfort and care” for your patients and our communities every day. For that, we are grateful and #LVHNProud.

Despite the challenges of COVID-19, LVHN continues to be the region’s health care leader and a nationally recognized organization for the quality of our care and culture. This year, thanks to the dedication of all members of our LVHN family, we provided world-class care for the people of our communities, opened new facilities and received accreditations, national designations and certification as a Great Place to Work.

To celebrate the holiday season, and to thank you for all that you do, each colleague will receive a gift from LVHN. You can choose one of two holiday gift options.

Order your holiday gift

Our gift to you is a free LVHN Sherpa blanket, in blue or gray, or a phone charging stand. The charging stand is compatible with both Apple and Android devices that allow wireless charging.



You must order your gift online.

Follow these steps to order your gift.

- [Click here](#) to visit the ordering website.
- Enter your Employee ID number as your username and your last name as your password. Your password will be case sensitive. If your last name is more than one word separated by a space or symbol, replace the space or symbol with a dash (example: Smith Jones to Smith-Jones or O'Brian to O-Brian).
- You can find your Employee ID number in the top left corner of your home page on the Colleague Resource Center. Access the CRC from your SSO Toolbar. If you are prompted to log in to the CRC, enter your SUI@lvh.com and your LVHN password. NOTE: Your Employee ID number is a five or six digit number (example: 123456). This is different than your SUI number, which starts with a letter followed by four numbers (example: X1234).
- Enter your home address. NOTE: Do not have your gift shipped to your work address. The gift will be shipped to your home at no cost to you.
- Enter your email address. This is where you will receive USPS tracking information.
- You have the option to order either a Sherpa blanket, in blue or gray, or a phone charging stand. Select your gift.
- There is a limited supply of each item, so place your order early to ensure the item you want is in stock. The last day to place your order is **Dec. 17**.
- Gifts will be shipped throughout the month of December.
- Exchanges will only be permitted if you receive your item and it is damaged. If you need to exchange your item, you can do so by taking it to an LVHN volunteer services office or contact allentown@thinkcgc.com for assistance.

Have questions?

If you have questions about ordering your gift, call Volunteer Services at 610-402-8899, Monday-Friday, 8 a.m.- 4 p.m.

Warm wishes this holiday season

Over the holidays, we hope you'll recharge and reflect on the important contributions you make every day.

Thank you for all you do.



Recognizing Celebrations for All This Holiday Season

Read about the range of holidays celebrated by LVHN colleagues.

LVHN Insider

Thursday, December 2, 2021

This message is from Lynn Turner, Senior Vice President and Chief Human Resources Officer, and Rev. Kevin Correll, Manager, Department of Pastoral Care.

Celebrating the holiday season at LVHN is an exciting time because our health network is wonderfully diverse. Our colleagues represent numerous cultures and religions, and they celebrate a range of holidays at different times throughout the year.

At LVHN, we are mindful of the holidays that colleagues, patients and their families celebrate. There are about 29 holidays between Nov. 1 and Jan. 15 celebrated by seven of the world's major religions. Some people don't partake in these holidays at all.

Here are some tips to be respectful in your engagement with colleagues this holiday season:

- Ask others how they observe the holiday season and what greetings they use.
- If you're having a celebration in your department, invite colleagues to share different aspects of their religions and cultures.
- Allow colleagues and patients to opt out of holiday greetings and celebrations. Be supportive and kind if they choose to do so.

The holiday season can be challenging for patients who are ill or hospitalized. Acknowledging the emotions patients are feeling and offering kind words can make a meaningful impact.

Here are some tips to be thoughtful in your interactions with patients and their families this holiday season:

- Talking with patients about their favorite traditions during this time of the year can prompt conversation about how they observe holidays or choose not to celebrate during this season.
- If holidays hold a religious significance for patients, let them know a chaplain is available to visit and make a referral in Epic as needed.
- Don't assume someone is celebrating a specific holiday. Follow the patient's lead and be sensitive to differences.
- As always, offering a kind word or a few minutes of cheerful conversation can go a long way to lift everyone's spirits.

With a health network of more than 19,000 colleagues, and a region as large and diverse as ours, it is very likely that you will encounter people celebrating a holiday with which you may not be familiar. Here are some upcoming holidays:

- **Diwali** – A five-day Hindu festival of lights that began Nov. 4
- **Hanukkah** – An eight-day Jewish “Festival of Lights” which starts at sundown on Nov. 28 and ends at sundown on Dec. 6
- **Bodhi Day** – A Buddhist holiday celebrated on Dec. 8 that commemorates the day Siddhartha Gautama, the historical Buddha, experienced enlightenment
- **Yule** – A Wiccan celebration of the winter solstice takes place Dec. 20-Dec. 22
- **Christmas** – A celebration of the birth of Jesus celebrated by many Christians on Dec. 25 or Jan. 7
- **Kwanzaa** – A weeklong secular holiday honoring African American heritage celebrated Dec. 26 to Jan. 1
- **Lunar New Year** – The traditional Chinese holiday marking the end of winter that falls on Feb. 1, 2022

However you choose to commemorate it, may this holiday season be healthy and happy for you and your family.



Personal Email Blocked from LVHN Devices

To reduce exposure to cyber threats, personal email access will be restricted on LVHN devices beginning Dec. 7.

LVHN Insider

Tuesday, November 30, 2021

Cyber criminals and hackers are constantly trying to breach computer networks to steal private and sensitive information. Often, they use this information to commit identity theft, fraud, or to hold a company's computer network for ransom. The frequency of these attacks on hospitals and health care systems has increased in the U.S. Cyber criminals often breach network systems through personal email accounts accessed on a company's devices that have direct access to the company's network infrastructure.

Lehigh Valley Health Network (LVHN) takes threats like this very seriously. We have an advanced and robust cyber security system that is continuously improving to meet this threat. We are taking a proactive approach to keep colleagues' private information and our patients' information out of the wrong hands.

Personal email accounts pose a digital safety risk

As part of this approach, we have determined that allowing LVHN colleagues to access their personal email accounts from LVHN devices presents too great of a risk. Beginning Dec. 6, 2021, colleagues will no longer be allowed to access personal email from websites like Gmail, Hotmail and Yahoo Mail on LVHN devices. This change will not impact colleagues' personal mobile devices. Access to social media will still be allowed on LVHN devices.

Personal email accounts aren't secure

Personal email accounts are often not equipped with advanced spam protection, and

users may unknowingly download malicious attachments or click phishing links attached to personal emails. These links can allow malware to enter the LVHN computer network.

Sending emails to and from personal accounts like Google and Yahoo puts information at risk because these accounts don't always have the advanced email filtering LVHN has put into place and the personal email systems reside on servers that may not be secure and are often hosted in other countries.

For the LVHN email system, Office 365, there are sophisticated malware and other filters that block more than 50% of inbound emails that are clearly from malicious senders and have links to malware. Email filters of known risky emails are a basic cybersecurity protection.

Indeed, many of the data loss prevention incidents investigated to date by LVHN Technology stem from colleagues sending emails from personal accounts.

Thank you for doing your part to keep LVHN's computer network safe and secure.

2021 LVHN Community Annual Meeting

Learn how Lehigh Valley Health Network is creating "Better Days Ahead" for people in all the communities we serve.

<https://onfirstup.com/LVHN/LVHN/contents/28262706>



Celebrate 2021 Friends of Nursing Award Recipients

See the list of award recipients honored during the 2021 Friends of Nursing Awards Gala.

LVHN Insider

Monday, November 29, 2021

Friends of Nursing recognizes and promotes excellence in nursing practice, nursing education and nursing research. On Sept. 27, colleagues gathered at the annual Friends of Nursing Awards Gala to hear stories, honor award recipients and reflect on the incredible impact our nurses make each day. [Watch the full event](#).

Individual stories of each Friends of Nursing Award recipient will be shared to the [nursing channel on LVHN Insider](#) in the coming weeks. Here's a list of all the 2021 recipients.

Corrine Hyman, Children's ER, Lehigh Valley Reilly Children's Hospital

M.G. Asnani, MD, Award for Excellence in Pediatric Nursing

Donated by: The Michelle G. Asnani, MD, Endowment established by Mr. Gul Asnani

Jaime Kupillas, Family Birth and Newborn Center, LVH-Muhlenberg

Award for Excellence in Nursing Education

Donated by: Lehigh Valley Health Network Retiree Association

Elizabeth Sweet, Labor and Delivery, LVH-Cedar Crest

Award for Excellence in the Delivery of Obstetrical/Gynecologic Nursing Care

Donated by: The Department of Obstetrics and Gynecology

Devon Gulick, Child-Life Department, LVH-Cedar Crest

Award for Excellence in the Promotion of Patient Care

Donated by: Mr. Robert and Mrs. Bonnie Hammel

Jacob Troutman, LVPG Pediatric Hematology-Oncology

Professional Excellence Council Physician Friends of Nursing Award

Donated by: Mr. Edward and Mrs. Anne Davis, RN, BS, M.Ed.

Karen Snowden, Rehabilitation Services-Cetronia Road

The Bill and Nancy Mason Award for Excellence in the Delivery of Rehabilitation Services

Donated by: The Bill and Nancy Mason Endowment established by Mr. and Mrs. William R. Mason

Katrina Mills, Transitional Trauma Unit, LVH-Cedar Crest

The Ardis Gaumer Award for Excellence in the Care of Geriatric Patients

Donated by: The Ardis Gaumer Endowment Fund

Lauren Madea, Cancer Center Pharmacy, LVH–Pocono

Award for Excellence as a Pharmacist

Donated by: Attorney and Mrs. Matthew R. Sorrentino

Carole Rottmann, LVPG Pulmonary and Critical Care Medicine

Advanced Practice Clinician Award

Donated by Dr. John and Dr. Kathy Gray

Pamela Sellars, MICU/SICU, LVH–Cedar Crest

The Legal Services/Risk Management Award for Exemplary Care and Professionalism in a Critical and Challenging Situation

Donated by: Attorney and Mrs. Glenn Guanowsky

James Benco, Transitional Trauma Unit, LVH–Cedar Crest

The Auxiliary of Lehigh Valley Hospital Technical Partner Awards

Donated by: The Auxiliary of Lehigh Valley Hospital

Mitchell Solt, Emergency Department, LVH–Muhlenberg

The Auxiliary of Lehigh Valley Hospital Technical Partner Awards

Donated by: The Auxiliary of Lehigh Valley Hospital

Renee Lepley, DeSales University

John M. Eisenberg, MD, Award for Excellence as a Student Nurse

Donated by: The John M. Eisenberg Resident and Nursing Award Endowment Fund

Rosa Harris, Cedar Crest College

The Raymond L. Hoffman Award for Excellence as a Student Nurse

Donated by: The Hoffman family in memory of Raymond L. Hoffman

Caitlin Stasiw, Cancer Center, Multi-Purpose Area

The Award for Excellence in the Delivery of Ambulatory Care

Donated by Mr. Robert and Mrs. Bonnie Hammel

Sharon Benko, 7K, LVH–Cedar Crest

The Dr. Peter and Ruth Keblish Award for Excellence in Orthopaedic Surgical Nursing

Donated by: Mrs. Ruth Keblish in honor of Dr. Peter Keblish

Christopher Nine, Population Health

Care Management Continuum Award

Donated by: Mr. Michael J. Schiffer and Family in memory of Mr. and Mrs. Calvin Schiffer

Elisa Moyer, Emergency Department, LVH–17th Street

Award for Excellence in Emergency Medicine

Donated by: Mr. Robert and Mrs. Bonnie Hammel

Lisa Rosati, Burn Center, LVH–Cedar Crest

The Robert Lurig Memorial Award for Excellence in Burn Care

Donated by: The Robert Lurig Memorial Endowment established by Robert's parents, Mr. and Mrs. Robert Lurig, Family and Friends

Carole Handley, Post Anesthesia Care Unit, LVH–Cedar Crest

Edward and Anne Davis Award for Excellence in Perioperative Nursing

Donated by: Mr. Edward and Mrs. Anne Davis, RN, BS, M.Ed.

Chelsea Brubaker, Respiratory Care Services, LVH–Cedar Crest

Award for Excellence in the Delivery of Respiratory Care

Donated by: Mr. Robert and Mrs. Bonnie Hammel

Jenelle Faust, 6K, LVH–Cedar Crest

Edward and Anne Davis Award for Excellence as a Nurse Preceptor

Donated by: Mr. Edward and Mrs. Anne Davis, RN, BS, M.Ed.

Kimberlee Hunsicker, Open Heart Unit, LVH–Cedar Crest

Josephine Ritz, RN, Nursing Award for Excellence in Patient and Family Engagement

Donated by: Mrs. Josephine M. Ritz, RN, and Wings2Peace Fund-Susan Christine and Ann Marie Markowitz

Kathleen Kelly, Payor-Based Care Coordination

Josephine Ritz, RN, Nursing Award for Excellence in Patient and Family Engagement

Donated by: Mrs. Josephine M. Ritz, RN, and Wings2Peace Fund-Susan Christine and Ann Marie Markowitz

Victoria Stanton, Lehigh Valley Home Care

Alma W. Holland Award for Excellence in Home Care Nursing

Donated by: Charles D. Peters, MD, and Barbara Peters, RN

Carol Hunt, Nursing Education, LVH–Pocono

The Fleming Award for Exemplary Performance Associated with the Nurse Residency Program

Donated by The Fleming Trust established by Richard and Peggy Fleming

Jessica Faustner, Emergency Department, Specialty Float Pool, LVH–Cedar Crest

The Fleming Nursing Caring Awards

Donated by: The Fleming Trust established by Richard and Peggy Fleming

Patricia Klein, Regional Heart Center, LVH–Muhlenberg

The Fleming Nursing Caring Awards

Donated by: The Fleming Trust established by Richard and Peggy Fleming

Brittany Boyer, Neuroscience Intensive Care Unit, LVH–Cedar Crest

Award for Excellence in Neuroscience Nursing

Donated by: Dr. P. Mark Li and Elizabeth Patrick

Amy Levan, Multipurpose Satellite/Multipurpose Infusion at Bangor

The Florence Nightingale Exemplary Professional Practice Award

Donated by: Wings2Peace Fund-Susan Christine and Ann Marie Markowitz

Frances Worman

DAISY Lifetime Achievement Award

4C, Low-Level Monitoring Unit, LVH–Cedar Crest

DAISY Team Award

Rehabilitation Services, LVH–Cedar Crest

The Fleming Award to Recognize New Knowledge, Innovations and Improvements

Donated by: The Fleming Trust established by Richard and Peggy Fleming

Post Anesthesia Care Unit, LVH–Cedar Crest

Award for Professional Nursing Certification – Department Greater Than 15 Staff Members

Donated by: Allentown Hospital School of Nursing Alumni Association in memory of deceased alumni

Adolescent Behavioral Health Unit, LVH–Muhlenberg

Award for Professional Nursing Certification – Department Less Than 15 Staff Members

Donated by: Mr. Robert and Mrs. Bonnie Hammel

Infusion Center at Bangor, Lehigh Valley Cancer Institute

The Lehigh Valley Health Network Board of Trustees Patient Satisfaction Award for Ambulatory Services

Donated by: The Lehigh Valley Health Network Board of Trustees

Adolescent Behavioral Health Unit, LVH–Muhlenberg

Senior Management Patient Satisfaction Award for Inpatient Care

Donated by: Lehigh Valley Health Network Leader Council



Read Stories of This Week's Friends of Nursing Award Recipients

Congratulations to these six Friends of Nursing award recipients.

LVHN Insider

Wednesday, December 1, 2021

Friends of Nursing recognizes and promotes excellence in nursing practice, nursing education and nursing research. On Sept. 27, colleagues gathered at the annual Friends of Nursing Awards Gala to hear stories, honor award recipients and reflect on the incredible impact our nurses make each day. [Watch the full event.](#)

Meet the colleagues recognized for their heroic efforts and watch the [nursing channel on LVHN Insider](#) for more stories of each Friends of Nursing award recipient in the coming weeks.

Corrine Hyman, Children's ER, Lehigh Valley Reilly Children's Hospital

M.G. Asnani, MD, Award for Excellence in Pediatric Nursing

Donated by: The Michelle G. Asnani, MD, Endowment established by Mr. Gul Asnani



Corrine Hyman, recipient of the M.G. Asnani, MD, Award for Excellence in Pediatric Nursing, is a true partner. Hyman's colleagues collectively breathe a sigh of relief when they know she's working. Her calm, confident demeanor and exceptional clinical and leadership skills make her the nurse colleagues seek out in the Children's ER. Laser focused on the patient experience, Hyman participated in unit initiatives such as developing a communication board as well as tools that help provide informed, inclusive and sensitive care to patients and families.

Jaime Kupillas, Family Birth and Newborn Center, LVH–Muhlenberg

Award for Excellence in Nursing Education

Donated by: Lehigh Valley Health Network Retiree Association



"Let us never consider ourselves finished nurses ... we must be learning all of our lives," writes Florence Nightingale. Jaime Kupillas, recipient of the Award for Excellence in Nursing Education, decided to pursue a career in nursing more than 16 years ago and has never stopped learning and growing in her beloved profession. In her role as a Patient Care Specialist in the Family Birth and Newborn Center at LVH–Muhlenberg, you'll find Kupillas conducting staff in-service training, developing unit-specific education and serving as an evidence-based practice facilitator for LVHN nurse residents. She embodies the best qualities of a mentor.

Elizabeth Sweet, Labor and Delivery, LVH–Cedar Crest

Award for Excellence in the Delivery of Obstetrical/Gynecologic Nursing Care

Donated by: The Department of Obstetrics and Gynecology



Elizabeth Sweet's colleagues nominated her for the Award for Excellence in the Delivery of Obstetrical/Gynecologic Nursing Care because her passion for engagement sets the tone on the Labor and Delivery unit at LVH–Cedar Crest. Sweet is a member of four professional governance councils and uses her voice to improve the orientation, onboarding and retention of new nurses and nurse residents on her unit. Sweet began her career as a professional nursing student on the Labor and Delivery unit. She is confident that her nursing career will be spent supporting her colleagues and advocating for the families who trust, admire and respect the skillful and compassionate care she provides at the bedside.

Devon Gulick, Child-Life Department, LVH–Cedar Crest

Award for Excellence in the Promotion of Patient Care

Donated by: Mr. Robert and Mrs. Bonnie Hammel



"If you truly love your job, you will never work a day in your life," says Devon Gulick, recipient of the Award for Excellence in the Promotion of Patient Care.

She lives and breathes this mantra in her role as a Child-Life Specialist at Lehigh Valley Reilly Children's Hospital. Gulick's goal is to make the hospital a lot more fun and a lot less scary for her patients. She achieves this goal by engaging kids in virtual-reality gaming, creating "port cards" to ensure continuity of care for kids who receive a port for chemotherapy, and organizing a "Clinic's Got Talent" show for pediatric oncology patients complete with ice cream, pizza and a DJ. Plus, patients and their families find joy in seeing their favorite clinic staff singing, dancing and performing magic tricks.

"Devon stood by our side during our darkest moment, and during at least 100 more moments where she provided remarkable joy and brightness to our family," says one patient's mother.

Jacob Troutman, LVPG Pediatric Hematology-Oncology

Professional Excellence Council Physician Friends of Nursing Award

Donated by: Mr. Edward and Mrs. Anne Davis, RN, BS, M.Ed.



As Florence Nightingale wrote in *Notes on Nursing*, "Let us each and all realizing the importance of our influence on others—stand shoulder to shoulder—and not alone, in the good cause."

Pediatric hematologist Jacob Troutman, DO, recipient of the Professional Excellence Council Physician Friends of Nursing Award, embodies Nightingale's sentiment. This award recognizes a physician who effectively collaborates with nurses to promote best practices and optimal patient outcomes.

"Nurses become nurses because they truly want to help others, and I could never do my job or gain a parent's trust without nurses," says Troutman.

A true partner, Troutman deliberately includes nurses in "lunch and learns" and in pediatric tumor boards. He proactively assists nurses in preparing for their pediatric oncology nursing certification exams by teaching different subjects included on the test.

The words “family” and “collaboration” describe Troutman’s relationship with pediatric oncology nurses and the children and families they serve.

“It is a beautiful thing to watch someone live out their purpose. It’s a remarkable sight to watch them use their light to give life to others,” says one grateful mother when describing Troutman.

Karen Snowden, Rehabilitation Services–Cetronia Road

The Bill and Nancy Mason Award for Excellence in the Delivery of Rehabilitation Services
Donated by: The Bill and Nancy Mason Endowment established by Mr. and Mrs. William R. Mason



Karen Snowden, recipient of The Bill and Nancy Mason Award for Excellence in the Delivery of Rehabilitation Services, is recognized as a national leader in women’s health and rehabilitative medicine. She meets patients when they feel vulnerable and afraid. She connects with patients on their path to wellness. She teaches them about how their bodies heal during recovery and provides inspiration and hope along the way. Her involvement in evidenced-based care initiatives elevate the standard of care at LVHN and the physical therapy profession at large.



Don’t Lose Your FSA/DCA Dollars

Review your Flexible Spending Account and/or Dependent Care Account before the end of the year.

LVHN Insider

Monday, November 29, 2021

Take a few minutes this month to log into [MyPopulytics.com](https://www.mypopulytics.com) to review your Flexible Spending Account (FSA) and/or Dependent Care Account (DCA) status and ensure you don't lose your funds. Contributions to your 2021 FSA and/or DCA must be used for services received within the calendar year. If you had 2020 FSA and/or DCA funds that carried over to 2021 under the special COVID-19 provision, those funds may be used to reimburse either 2020 or 2021 expenses.

As a convenience, Populytics offers direct access to the FSA Store, the only e-commerce site exclusively stocked with FSA-eligible products and services. FSA Store eliminates the guesswork behind what is reimbursable under your FSA. You can access the site easily once you've logged into MyPopulytics.com. Simply click on WealthCare FSA & HSA Account under the "Quick Links" menu just as you would to check your FSA Balance. Then, click on the Shop FSA Store button at the top left side of the page.

Keep in mind that incurring expenses is not the same as submitting a claim. In order to be reimbursed with **2020** funds, claims must be submitted to Populytics by **Dec. 31, 2021**. For reimbursement with **2021** funds, the deadline to submit a claim is **March 31, 2022**. Debit card transactions on Jan. 1, 2022, and after will draw against 2022 FSA funds.

One last reminder: Be sure to retain receipts for all of your debit card transactions. This is important for verification of expense eligibility. Populytics may ask you to submit receipts associated with debit card transactions to validate your expenditures comply with IRS guidelines.

If you have questions about your FSA/DCA funds or any other issue, please contact Populytics at 484-862-3505, 800-925-8459 or via [MyPopulytics.com](https://www.mypopulytics.com) where you can submit your questions by clicking on "Contact Us" at the top right side of the home page.



October's PSR MVP Award Recipients

Three colleagues received PSR MVP Awards for demonstrating exemplary core values this fall.

Marciann Albert

Friday, November 26, 2021

The Patient Services Representative (PSR) MVP Award is presented to PSRs or Cross-trained Medical Assistants (MAs) who demonstrate behaviors beyond the responsibility of their designated role that positively impact and enhance the patient experience.

By bringing our Network's Core Values (Compassion, Integrity, Collaboration, and Excellence) to life through action, October's PSR MVP Award recipients established trusting relationships with patients and their families, ultimately saving patient lives.

LVPG Family Medicine – Pine Grove PSR MVP Winners

Terri Lebo, Patient Services Representative and Michele Unger, Medical Assistant

Several weeks ago, an elderly patient called the LVPG Family Medicine - Pine Grove office and asked if she could be seen immediately. Medical Assistant, Michele Unger, answered the call and could hear immediately the patient struggling to breath and gasping for air.

Unger explained to the patient that she would need to be seen in the emergency room right away and signaled Patient Services Representative, Terri Lebo, to call 911. While Unger stayed on the phone with the patient to provide positive reinforcement until EMS arrived, Lebo worked with emergency dispatchers to provide patient details.

The patient was transported to the emergency room, admitted and intubated. After a few weeks, she successfully recovered and was discharged. Recently, the patient and her daughter were able to reconnect with both Unger and Lebo during a follow up patient visit.

The patient and her daughter expressed gratitude for the lifesaving care Unger and Lebo helped facilitate. Both women were thrilled to hear that each colleague would both be recognized for their efforts and called them her "hero's."

LVPG Urology – 1250 Cedar Crest

Tina Mondovich, Patient Services Representative

While assisting a patient at check out, Tina Mondovich, Patient Services Representative noticed something alarming. The patient's blood pressure was 186/76 and heart rate was 40.

Mondovich contacted her site Manager, Tina Moyer, to communicate concerns about the patient's vital signs. The patient also reported to Mondovich some discomfort in his neck.

Mondovich and Moyer shared their concerns with the practice's clinical staff, who determined the patient needed to be evaluated at the emergency room.

Mondovich and her colleagues helped facilitate the transport and provided patient details to the emergency staff. The patient was quickly evaluated, treated, and after a full assessment, was discharged.

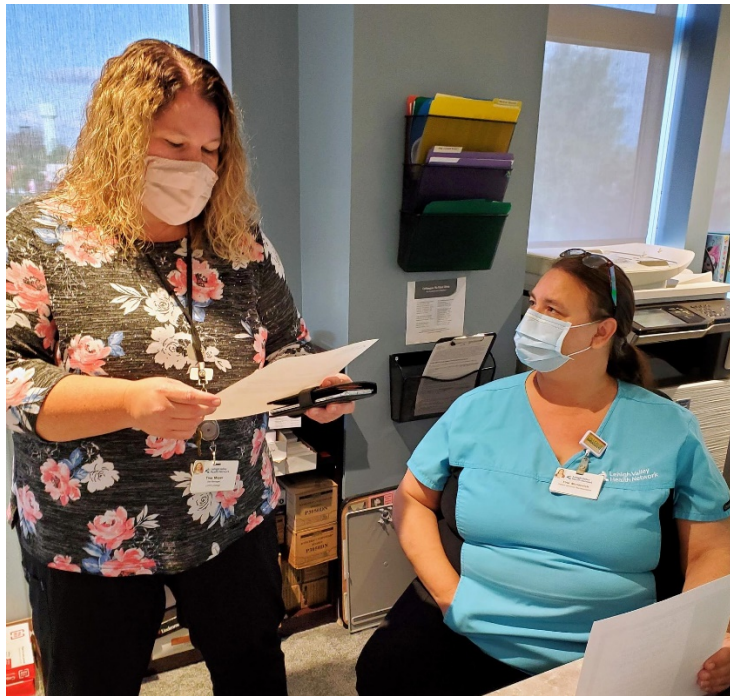
According to Moyer, "Tina saw the patient was in distress and demonstrated exemplary core values. Because she stepped up and alerted the proper clinical staff, thus putting the patient's needs and safety first, the patient was able to receive the care he needed."

Moyer adds “Tina consistently provides excellent patient service and care. Her compassion for every patient she interacts with was highlighted on this particular occasion and a perfect example of practice teamwork.”

Please join us in congratulating all three colleagues for their extraordinary patient care and efforts!

The next PB and PSR User Group will be held on December 1, 2021 via WebEx from 3:00 p.m. to 5:00 p.m.

For questions about PB and PSR User Group topics, resources, or how to register for the Webex may be directed to







Welcome New Colleagues Who Attended Connections Nov. 29

We have 123 new colleagues in the LVHN family.

LVHN Insider

Tuesday, November 30, 2021

Evana Aboud, Nuc Med Technologist

Janelle Alfano, Mgr Periop Bus Svc

Ashley Allen, Reg Spec

Suzanne Altieri, Physical Therapist HC

Miranda Antiga, Registered Nurse

Rosa Arroyo, Home Health Scheduling Coord

Alexis Bair, Patient Services Rep

Kelly Baxter, Distribution Specialist

Cynthia Berger, Cln Research Coord I

Sara Bloss, Project Coord, Talent Acquisition

Alisha Bowers, Patient Services Rep

Aimee Braunsberg, Mental Health Technician

Shannon Brinker, Technical Partner

Rachel Butler, Medical Assistant Phys Prac

Rachelle Butz, RN Phys Prac

Ivette Castillo, Secretary Executive

Attia Chaudhry, Clin Staff Pharm PDM

Elizabeth Cover, Medical Assistant Phys Prac

Lisa Cruz, Medical Assistant

Yeimy De La Rosa, Medical Secretary

Andrea Mae Dean, Polysom Tech Trainee

Diane Deiter, Credit Refund - Spec

Yesmeily Diaz, Medical Assistant Phys Prac

Cali Downs, Surgical Technician

Jennifer Dumas, UM Case Manager

Mureille Etienne, Nursing Assistant

Jennifer Falanga, Registered Nurse

Kayla Faraj, Housekeeper

Daniel Fenstermacher, OR Diag Technologist

Jocelyn Ferrence, LPN

Jakita Ferrera, Medical Assistant Phys Prac

Brianna Foose, LPN Phys Prac

Breanna Gaugler, Patient Services Rep

Claudia Gesualdi, Clerk Typist

Gina Gonzalez, Secretary Executive

Alison Gourley, Occup Therapist PDM

Rachel Green, Nurse Assistant

Jennifer Greer, Admin Partner

Jenna Grochowski, Technical Partner

Gissella Guillen, Office Coord

Miranda Gunkle, Technical Partner

Donna Hall, PA General PDM

Michelle Hamorski, Mental Health Tech

Rachel Henninger, LPN Phys Prac

Skandia Hernandez, Transporter

Lisa Herzog, Clinical Appeals Nurse

Shawn Hickernell, Practice Director

Deanna Hill, LPN Phys Prac

Ebow Holderbrook-Smith , MgrSterileProcessing

Diana Holtz, Inpatient Care Manager - MSW

Andrea Horn, Inpatient Care Manager - MSW

Rashema Jones, Patient Services Rep

Ellamae Jugao, Pre Engagement Spec

Ariana Kampfe, Occup Therapist PDM

Jeffrey Kaplan, Sr Project Manager

Cheyenne King, Patient Access Engagement Specialist

Ann Marie Knaus , Supply Coord

Jason Knight, Supv ALS BLS WECA

Paige Kogelman, PA

Lori Kuehn, CardiacUltrasound Tech

Ryan Laughran , Physical Therapist

Lynda Laventure, Crisis Intervention Spec

Amanda Mackaravits, CNA

Jessie Mann , RN Per Diem Eve/Night

Fhateema Mason, Call Center Host/Hostess

Samantha Matthews, Patient Services Rep

Emily McDevitt, Social Worker BSW

Trisha McLaughlin, Registered Nurse

Rodney Merwine, Denial Specialist

Robert Miller, Graphic Design Specialist

Erin Miller, Technical Partner

Maria Molina, Housekeeper

Maria Monzon, Admin Partner

Asa Moyer, Physical Ther Per Diem

Laura Moyer, Social Worker BSW

Timothy Murphy, Application Dev & Support

Chemlyn Ogle-Elias, Nursing Assistant

Rebecca O'keefe, Phlebotomist

Jessica Ortega, Medical Assistant Phys Prac

Kateryna Pawlowski, Phlebotomist

Susy Perdomo, Insurance Coord

Sasha Perkins, Scheduling Coord

Megan Phillips, RN PDM I Day

Natalia Polius, Medical Assistant Phys Prac

Colin Price, PA

Eric Retto, LPN Phys Prac

Kenny Reyes, RN Phys Prac

Alyssa Rismiller, Diagnostic Tech - ExpressCARE

Alecsandra Rivera, Nursing Assistant

Amanda Rohloff, Registered Nurse

Erica Rosado, LPN Phys Prac

Lisa Roth, PA

Nicole Ryan, LPN Phys Prac

Kyra Ryan, Registered Nurse

Shannon Sanderlin, Admin Partner

Lizberny Santana, Admin Partner

Morgan Scheirer, Medical Assistant Phys Prac

Daniel Schwoyer, General Mechanic

Wanda Seda, Peri OP Specialist

Lilly Seiders, Nurse Assistant

Rebecca Shank, Behavioral Health Spec

Christina Shuey, Sr Financial Analyst

Jeffrey Sisko, Interv Rad Tech

Jaime Sizemore, Inpatient LPN

Rachel Smith, Registered Nurse

Kaylee Swink, Registration Rep

Julio Tamani, Technical Partner

Angela Torres, LPN Phys Prac

Anne Toussaint, Mental Health Technician

Gordon Travis, Dir Periop Svcs

Eugenio Ulanday Jr, Customer Supp Analyst

Taylor Umar, Occup Therapist PDM

Jennifer Villard, Group Health Claims Processor

Suzanne Wary, CRNP

Dawn Wehr, Admin Partner

Stephanie Whary, Patient Transporter

Andrea Wolert, RN Home Care

Jena Wolfe, RN Phys Prac

Sydney Ynoa, Guest Services Representative

Michael Young, Technical Partner

Amanda Zaborowski, Patient Services Rep

Logan Zettlemoyer, Emergency Dept Tech Cert

Allison Zito, Registered Nurse



Service Anniversary List – December 2021

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

LVHN Insider

Wednesday, December 1, 2021

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

45 Years

Vanessa Taggart, Dir Accounts Payable

40 Years

Daryl Geiger, Supvr Facilities Mgmt

Debra Golden, RN PDM II Day

Stephanie Gross, Mgr Clin/Rev Apps and Supp

Kerry Knauss, Physical Therapy Aide

35 years

Carol Demcher, Director Clin Svcs

John Dunleavy, Sr OD Consultant

Paul Evans, Certified Registered Nurse Anesthetist

Albert Hartig, Sr Financial Analyst

Gail Hauze, Admin Partner

Joann Knopf, Inv Card Lab Tech Asst

Kay Schwalm, RN Phys Prac

30 Years

Jean Holman, Registered Nurse

Michael Sheptock, Periop Tech Asst

25 Years

Nancy Bledsoe, Registered Nurse

Marguerite Buchman, Registered Nurse

John Cressman, Sr Web Dev and Supp Expert

Kelly Erickson, Therapeutic Act Worker

Norma Iverson, Office Coord Psych

Cheryl Major, Reg Spec

Patrick Pagella, CRNP Intermediate

Palma Ruginis, Tech Dev and Supp Analyst

Dana Schaeffer, Care Continuum Partner

20 Years

Joanne Barbera, Supply Chain Syst Analyst

Beth Beatty, Registered Nurse

Michele Benanti, Registered Nurse

Donna Bendas, Paralegal

Tammie Cernobyl, RN WKND Night

Erin Colley, Access Ctr Triage RN Team Lead

Geraldine Fasching, Registered Nurse

Sue Ellen Humza, Secretary

Angela Martino, Patient Services Rep

Teresa Olimpaito, Radiology Registration Rep

Heather Posavek, CRNA PerDiem Incentive

Lee Schleicher, Assoc Chaplain

Melissa Thomas, Counseling Systems Specialist

Lisa Trznadel, Financial Coord

15 Years

Linda Adams, Nuc Med Technologist

Robin Beers, Tumor Registry Clerk

Eric Bingaman, Surgical Technician

Nina Britton, Site Manager

Charles Cagno, Registered Nurse

Carmen Castro De Leon, Office Coord

Lori Clark, Certified Registered Nurse Anesthetist

Kelly Connelly, CRNP General

Kirsten Dotta, Work Comp Case Coord

Maria Estrella De Tavarez, Technical Partner

Michelle Foster, Staffing Specialist

Sharon Fuller, Supv Physician Billing

Debra Gallagher, Cln Research Coord I

James Goff, Sterile Processing Technician

Stacy Gumulak, Mgr Registration

Wilfredo Hernandez Lopez, Linen Aide

Renee Kashmer, RN PICC

Hollie Keiter, Project Coordinator

Jaime Kupillas, Patient Care Spec

Ashley Maccarone, Medical Assistant Phys Prac

Hipolito Madera, Mgr Svc Excellence

Cynthia Mcclelland, Reg X-Ray Tech

Leah Miller, Clinical Secretary

Carlene Mull, Occupational Therapist

Emelinda Ortega, Site Manager

Matthew Palka, RN Hospice On Call

Genetha Ramos, Authorization Specialist

Ruth Rice, CRNP General

Tammy Selby, Registered Nurse

Tiffany Share, Director Clin Svcs

Dolores Stewart, Nurse Assistant

Mylla Supatan, Registered Nurse

Patricia Walsh, LPN

Matthew Weintraub, Critical Care Transport RN

Bonnie Winch, Secretary Admin

10 Years

Llorraine Aguila, Medical Records Tech

Janice Andersen, Tumor Registrar PDM

August Baggest, Patient Transporter

Kate Bierce, Clin Doc Specialist II

Kimberly Blake, Nuc Med Technologist

Courtney Bloss, PA General

Dana Boylan, Clin Quality Analyst

Elizabeth Bryant, HIV Case Manager

Barrie Carr, Sr Project Manager

Denise Conroy, Sr Telecommunications Analyst

Geoffrey Dieck, Radiation Physicist II

Chelsey Freed, RN PDM III Day

Andrew Garofano, RN Per Diem Day

Matthew Headen, Emergency Dept Tech Cert

Dana Hildebrand, Admin Partner

Terri Jackson, Data Support Specialist

Cynthia Jones, Billing Compliance & Audit Coord

Stephanie Kaleyckik, OP Coding Analyst II Hosp Based

Ashley Kalmar, CT Tech WKND Night

Tara Kilmer, Peri Sonographer III

Sarah Leicht, Help Desk Supp Analyst

Daniel Loch, Plumber

Jessica McKee, Secretary Admin

Deyna Miliano, Insurance Follow-up Rep

Stephanie Miller, Medical Assistant Phys Prac

Gabriela Mora, Periop Tech Asst

Michael Nimeh, Physician

Matthew Nussbaum, Practice Leader

Jessica Ramirez, Pharmacy Technician II

Erin Sabol, Physical Therapist

Julie Santayana, CRNP

Antje Schwartz, Inpatient Care Manager - BSN

Megan Semanchik, Specialty Pharmacy Coordinator

Brian Shablin, Practice Leader

Denise Shultz, Medical Assistant

Ronald Simms, Occupational Therapist

Margo Simock, RN Hyperbaric

Samantha Simonson, Scheduling Coord

Deborah Sobolewski, Practice Director

Marilynn Stanley, Third Party Receivables Biller

Eileen Steirer, Practice Manager

Joy Stickler, RN Phys Prac

Danielle Vaskalis, Reg Resp Therapist

Gary Werner, LPN Phys Prac

Denise Zaremba, Registered Nurse

5 Years

Jason Abuiso, EMT

Shujayat Ali, Practice Leader

Stephen Benavage, Certified Registered Nurse Anesthetist

Abbey Bortz, RN PDM II Day

Kimberly Cooper, Registered Nurse

Patricia Copp, EMT

Isabel Cotto, Medical Assistant Phys Prac

Amy Devenuto, Physical Ther Per Diem

Anjani Diaz, A/P Spec

Megan Finlayson, Registered Nurse

Vincent Fiorica, Paramedic

Kimberly Fuss, CRNP General

Leslie Gilbert, Medical Technician

Nina Godfrey, Registered Nurse

Jennifer Hamill, Front Desk Specialist

Kathleen Harrison, Ophthalmic Asst

Kayla Hartz, Registered Nurse

Jalery Hernandez, Equip Tech Resp

Yanira Hernandez, RN Phys Prac

Logan Hones, Registered Nurse

Karen Jansen, Trauma Registrar

Christopher Johns, Rehab Clin Spec

Amanda Johnson, PA General

Jane Kalman, Group Health Claims Processor

David Katz, Paramedic PDM

Amy Kemp, CRNP General

Patrick Kirn, Emergency Dispatcher II

Rhonda Krammes, Reg Spec

Ryan Kubek, Reg Resp Therp Per Diem

Katrina Larsen, Registered Nurse

Colin Laury, CRNA PerDiem Incentive

Lindsay Lotier, Clin/Rev Apps and Supp Expert

Amy Loutrel, PA General

Brittany Maduro, Central Sterile Specialist

Anestassia Maldonado, Patient Services Rep

Nicholas Mangino, Pharm Exempt

Marissa Marsh, Registered Nurse

Amanda McCormick, RN PDM III Evng/Night

Jillian McDermott, RN Phys Prac

Tyler Morea, EMT

Nydia Moxam, Medical Assistant Phys Prac

Ryan Murphy, Mental Health Technician

Jill Pascoe, Exec Asst to EVP

Heather Phyers, CRNP General

Ryley Place, Team Lead SDS

Connor Prince, PA General

Natalie Rauch, Registered Nurse - OR

Thomas Rieger, Suprv Cour/Messengers

Kathryn Rissmiller, Surgical Technician

Amey Roadarmel, Medical Assistant Phys Prac

Tami Roarty, Medical Assistant Phys Prac

Emily Robbins, RN PDM II Day

Amanda Roman, Medical Assistant Phys Prac

Teri Lynn Rovito, EMT

Alyssa Russek, Registered Nurse

Laure Rutt, RN PDM I Day

Jordan Santos, Patient Services Rep

Alison Schoenherr, Pharmacy IV Tech-Cert

Ann Secheresiu, Dir Medical Operations

Linda Sejfedinov, Preservice & Insur Verif Spec

Clover Smith, Critical Care Transport EMT

Katelyn Spitzer, RN Oncology Phys Prac

Rebecca Sullivan, MRI Technologist

Brandy Thompson, Registered Nurse

Brianna Ulmen, Technical Partner

Maria Valdez, Medical Assistant Phys Prac

David Weikel, Security Officer

Christopher Wike, Mgr Anesthesia

Carissa Young, Medical Assistant Phys Prac

Marissa Ziev, MRI Technologist

Let's End This Together: Vaccinations Are Our Ticket to Turning the Pandemic into an Endemic

By **J. Nathan Hagstrom, MD, MS**

November 24, 2021



By **J. Nathan Hagstrom, MD, MS, Chair, Department of Pediatrics**

Dr. Hagstrom is Chair of Pediatrics at LVHN and Physician-in-Chief of Lehigh Valley Reilly Children's Hospital.

Nearly two years ago, the world learned of a new virus. In a matter of months, COVID-19 reached pandemic level, impacting our lives in virtually every way possible: our health, our work, our children and our relationships. It's something none of us had a choice in. One simple and effective choice can give us the power to put it behind us.

Vaccines are our best shot. A year ago, we started vaccinating our colleagues at Lehigh Valley Health Network. That moment brought tears of relief and hope of an end to the COVID-19 ordeal for our frontline staff who worked tirelessly and compassionately and

continue to do so. We're now offering boosters to our most vulnerable. Earlier this month, we began vaccinating 5- to 11-year-olds.

Vaccines save millions of lives and prevent disability that is unimaginable in today's world. The COVID-19 vaccines have proven to be extremely safe as well, and it makes sense, says Nathan Hagstrom, MD, Chair, Department of Pediatrics at Lehigh Valley Reilly Children's Hospital.

Vaccines are extremely safe. Thank goodness, because they're essential to maintaining a healthy population, especially children. Vaccines save millions of lives and prevent disability that is unimaginable in today's world. The COVID-19 vaccines have proven to be extremely safe as well, and it makes sense. They use natural means to trigger immunity without all the risks and complications of getting the disease. The virus that causes COVID-19 is an RNA virus, and some of the vaccines use RNA to trigger immunity.

When you are vaccinated against COVID-19, even if you contract the virus, your body isn't getting the whole virus, just pieces. With the RNA vaccines, these pieces are being presented to the immune system in a more natural way, which is one reason they're more effective.

No vaccine in the history of mankind has been 100% effective – but we've still managed to eradicate diseases such as polio and minimize the spread of others such as measles. The COVID-19 vaccines are very effective in preventing serious illness and they appear to also be effective in preventing spread.

Anecdotally, you may hear of someone who got vaccinated and still got COVID-19. It can happen as it can with any vaccine. In most cases, vaccinated people who got the virus did not die or end up hospitalized from COVID-19.

Regarding children, some parents weighing their options ask: My child is healthy and not likely to get really sick and end up in the hospital with COVID-19, so why should I vaccinate him/her?

We've seen children get seriously ill, and even die, from COVID-19. Pediatric hospitalizations for COVID-19 went up fivefold this summer across Pennsylvania. Nearly 30 percent of all children hospitalized did not have underlying health issues. More children have been sickened and died from the delta variant than the flu.

Protection also goes beyond the virus itself. Children have been *greatly* impacted by this pandemic.

They've missed birthday parties, important lessons in school, soccer games, time with their grandparents. Every time an unvaccinated child is exposed, they need to quarantine, keeping them from friends and fun.

Let's also remember 140,000 children have lost a caregiver – moms, dads and grandparents – to COVID-19. Rates of eating disorders, depression and suicidal thoughts among children are at record levels. Children are resilient, but they need stability and hope. While the brutal toll of the pandemic will reverberate for years to come, we have a safe and effective tool to help end this suffering.

Be prepared

As you make your holiday and travel plans – make getting vaccinated against COVID-19 and the flu part of that plan.

Unfortunately, there has been false information about these vaccines that is causing concerns for parents.

First, there is no impact on fertility. There has been no evidence of that in the millions of people who have gotten the vaccine thus far, and there is no biological reason why it would impact fertility.

Second, vaccines don't cause brain damage, organ damage or any permanent medical problems to any measurable degree in children. With or without vaccines the risk of developing a rare medical disease is the same. Vaccines protect people from getting diseases that clearly do cause serious lasting damage and even death.

The virus that causes COVID-19 is one of those dangerous viruses that needs to be prevented with vaccines. Among children, the only rare side effect that has been seen with mRNA vaccines is something called myocarditis, or inflammation of the heart muscle. It's more common in boys and young men than girls – but it is by no means common. It's incredibly rare – and almost always goes away on its own. Data shows you are more likely to get myocarditis after getting COVID-19 than getting the vaccine.

Some unvaccinated people fear side effects and allergic reactions. A recent study sponsored by the National Institute of Allergy and Infectious Diseases found the risks of a serious allergic reaction is eight in 1 million. Experts agree, the potential for fever, chills and other minor side effects far outweigh the risk and discomfort of getting the disease.

The COVID-19 vaccines offer an amazing and safe way for all of us to return to a more normal daily life and protect the people we love and rely on.

As you make your holiday and travel plans – make getting vaccinated against COVID-19 and the flu part of that plan.

Together, we can collectively make a big impact and steer ourselves out of this pandemic into a more normal endemic with COVID-19 still around, but much more manageable, by getting vaccinated.

10 Questions with Orthopedic Surgeon Eric Lebby, MD

By Ted Williams



Eric Lebby, MD, with LVPG Orthopedics and Sports Medicine–Hausman Road, has been named Best Orthopedic Surgeon for 2021 by a Lehigh Valley Business Magazine survey.

When Eric Lebby, MD, found out he had been voted the area’s Best Orthopedic Surgeon for 2021 in a recent survey by Lehigh Valley Business magazine, he immediately thought of his colleagues.

“Nobody in my profession gets any kind of recognition without the hard work of a wonderful team,” says Lebby, with [LVPG Orthopedics and Sports Medicine–Hausman Road](#).

“The people in our office, the people in our operating rooms, they’re just amazing professionals. I could never do what I do without them.”

Here’s a closer look at Dr. Lebby from our recent 10 Questions interview.

[What inspired you to get into your profession?](#)

For me it was my dad, who had a great career as a dentist. Watching the way he interacted with patients, it was such an inspiration to me. He never pushed me to get into medicine, but I think being part of a medical family is what initially sparked my interest in becoming a doctor.

[What's one thing you hope colleagues or community members take away from their time with you?](#)

I think when it’s all said and done, I’d like them to remember me as an honest guy who always did what I set out to do. I give every patient 100 percent and if that’s something

people I work with or people in the community can easily see, then I'm doing my job right.

What is the best part of your job?

The smiles. You have a patient come to you with an injury and we're able to help them get back to doing things they love to do, there's nothing better. The smiles you get as they're saying goodbye, you just don't forget them.

What is the hardest part of your job?

That would be the most difficult thing for any physician – understanding that there isn't a perfect solution to every problem. The good news is we're able to help most people in need due to incredible advancements and our great team.

What advice would you share with someone who is considering a career in your profession?

If you're good with your hands and you're good with spatial relations, and you want to make a difference in people's lives, orthopedics could be a good career choice. There are so many sub-specialties in our field, you're likely to find a fit that can work for you.

How do you balance work and family life?

That's actually an easy one for me. Everything I do involves my family, whether I'm physically there or not. My family is always an integral part of my decision-making process. Whether it's the places I go or the things I have to do, family considerations always play a big part of the outcome.

What's something that has surprised you about your chosen career path?

It's a little surprising that I've been able to enjoy my career as much as I have. I came to Lehigh Valley Health Network right out of my fellowship in 2003 and I've been here ever since. My wife grew up here and staying here has turned out to be the perfect choice for us. It's like the old saying: some days may be long, but the years have been short.

What did you want to be when you were growing up?

I had the same career fantasies all kids have. For a while, I wanted to be Superman. Then I wanted to be a baseball player. Over time, fantasies turn into dreams, and watching my dad in his dental practice, I came to dream about being a doctor. I was lucky enough for it to become a reality.

What is your proudest accomplishment of your career?

That goes back to family again. The best thing about my career in being able to blend my family into it. Everything I do, every success and every failure, my wife and my two children have shared in it. Some people might see that as a mutually exclusive thing, but having it be inclusive to me has made my career so much better.

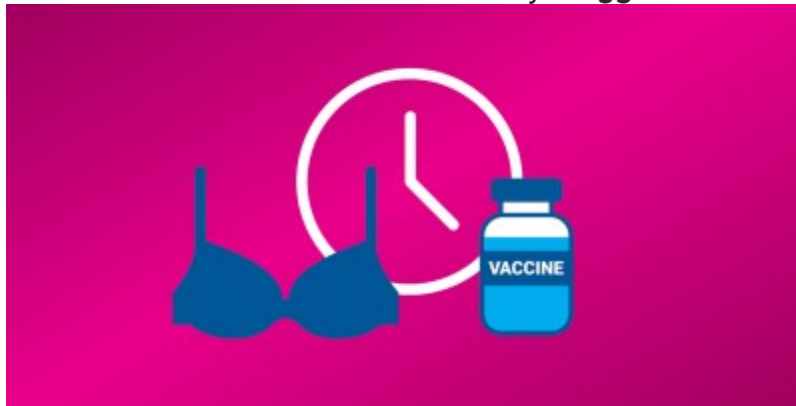
What is one of the most rewarding things you do?

I can give you a good example from something that occurred at a recent leadership retreat. We were introduced to a great book about understanding the “why” of what you do. We may know what to do and how to do our jobs in our careers, but know the why, knowing that sense of purpose, is integral to your success and can be inspiring to those around you. I’ve come to understand my appreciation of my life and my career all the more. What’s more rewarding than that?

What Should I Know About Scheduling My Mammogram After a COVID-19 Vaccination?

It's important to consider the timing of 'when' to have your mammogram following a COVID shot

By **Maggie Wurst**



The [COVID-19 vaccine](#) is making its way onto many of our preventive health care checklists. For some, the shots fall around the same time their screening mammograms are due, creating many questions about when both should be scheduled.

To answer your questions, the team at [Lehigh Valley Topper Cancer Institute](#) and LVHN Breast Health Services has advice:

[Current recommendations](#)

Some individuals who received the COVID-19 vaccine series (or a booster or third shot) and had a mammogram soon after experienced false-positive findings. This is caused by temporarily swollen lymph nodes, which is a normal side effect from the vaccine.

To help prevent a false-positive mammogram reading, it's recommended that you schedule your screening mammogram before or four to six weeks after your initial COVID-19 vaccine series, booster shot or third shot.

General mammography guidelines

Individuals born biologically female who are 40 and older should get a [mammogram](#) once a year.

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

Be sure to discuss your screening eligibility with your physician at your next appointment, especially if you are 40 or older.

Cancer screenings during the pandemic

Screening for cancer is an important way to help prevent development of certain types of cancer and identify cancer at an earlier and more treatable stage. During the pandemic, many individuals delayed their cancer screenings due to concerns for safety and exposure to COVID-19.

While these feelings are understandable, it's important to know that hospitals and cancer institutes (especially [Lehigh Valley Topper Cancer Institute](#)) are taking extra precautions to keep you safe when you come in for your mammograms and other screening tests.

In addition, delaying regular screening can cause a delay in detecting cancer in its earlier stages, which can make a difference in treatment options and possible outcomes.

If you are due for a mammogram or other screening test, don't delay. If you have additional concerns about your mammogram and COVID-19 vaccine appointments, be sure to reach out to your doctor's office for additional support.

HEALTHIEST YOU PODCAST

Staying Healthy This Holiday Season

The Healthiest You Podcast: Episode 16

By **Hannah Ropp**
December 1, 2021



Terry Burger, RN, Director of Infection Prevention at Lehigh Valley Health Network, joins Mike and Steph from B104 to talk about how you and your family can stay healthy during this holiday season. Learn how to safely gather with family and friends, the difference between a cold, the flu and COVID, and when you should be tested for COVID and the flu.

About the podcast

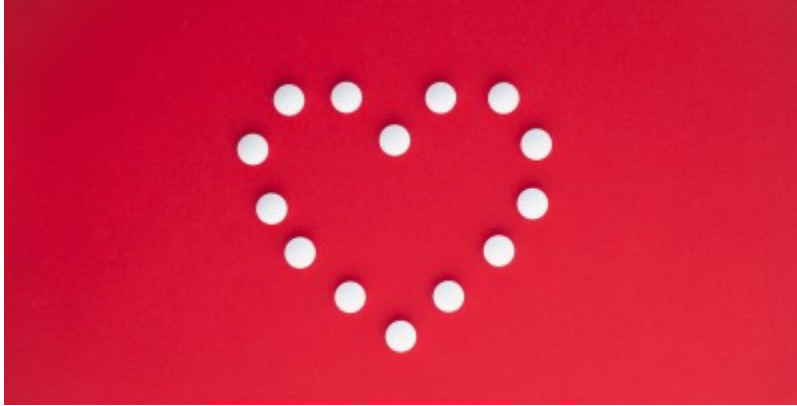
The Healthiest You podcast is hosted by familiar voices – [Mike and Steph from B104](#). In each episode they will interview doctors and experts across Lehigh Valley Health Network (LVHN) to learn practical health tips for everyday life – to empower you to be the healthiest you.

HEALTH TIP

Should I Take Low-Dose Aspirin to Prevent a Heart Attack?

What to consider before making the decision to start, or stop, taking baby aspirin as a heart-attack preventative

By **Jamie Stover**



Heart disease is the leading cause of death for men and women in the United States. Taking daily low-dose, or baby aspirin, is a known heart attack preventative, but it can also increase the risk of bleeding.

The U.S. Preventative Services Task Force recently released new preliminary guidance for using aspirin as a heart attack preventative for people without preexisting cardiovascular disease, such as a prior heart attack, stroke, stent replacement, coronary artery bypass graft (CABG), or peripheral artery disease.

Cardiologist Andrew Sumner, MD, with [Lehigh Valley Heart and Vascular Institute](#), explains the recommendations and why the decision whether to take aspirin to prevent a heart attack should balance potential benefits with potential risks.

Why is guidance changing?

The U.S. Preventative Services Task Force reclassified some of its recommendations on taking low-dose aspirin as a heart attack preventative for people in certain age groups without known cardiovascular disease based on new research and analysis that weighed risks and benefits. While taking daily low-dose aspirin can reduce the risk of a heart attack, it can also increase the risk of bleeding.

“You need to use the right drug, for the right person, at the right time.”

What recommendations are being made?

The U.S. Preventative Services Task Force analysis found that for people age 60 and above, without preexisting cardiovascular disease, the increased risk of bleeding from taking aspirin may outweigh the potential benefit of reducing the risk of a heart attack. For people age 40-59, with an increased risk for developing cardiovascular disease in the next 10 years, the benefit of taking aspirin may outweigh the risk for bleeding. However, individual circumstances may also influence whether someone should consider taking aspirin as a heart attack preventative.

I have been diagnosed with cardiovascular disease. Should I take low-dose aspirin to prevent a future occurrence?

For individuals who have preexisting cardiovascular disease, being on aspirin has a clear benefit and should be continued.

I do not have preexisting heart disease. Should I take low-dose aspirin as a heart-attack preventative?

These recommendations highlight what we have known for many years, which is you need to use the right drug, for the right person, at the right time. For individuals who do not have a history of cardiovascular disease, the benefit of taking aspirin to reduce a heart attack needs to be balanced with the increased risk of bleeding. Many factors, such as age and cholesterol levels, can influence an individual's own potential risk-benefit of taking low-dose aspirin. Individual care needs to be individualized to the needs of the patient. Decisions to start or stop taking medicine should be made in consultation with your physician.

I do not have diagnosed heart disease and have been taking low-dose aspirin as a heart-attack preventative, should I stop?

I would recommend having a conversation with your physician to make sure you are both comfortable with the risk-benefit of taking, or not taking, a baby aspirin.
