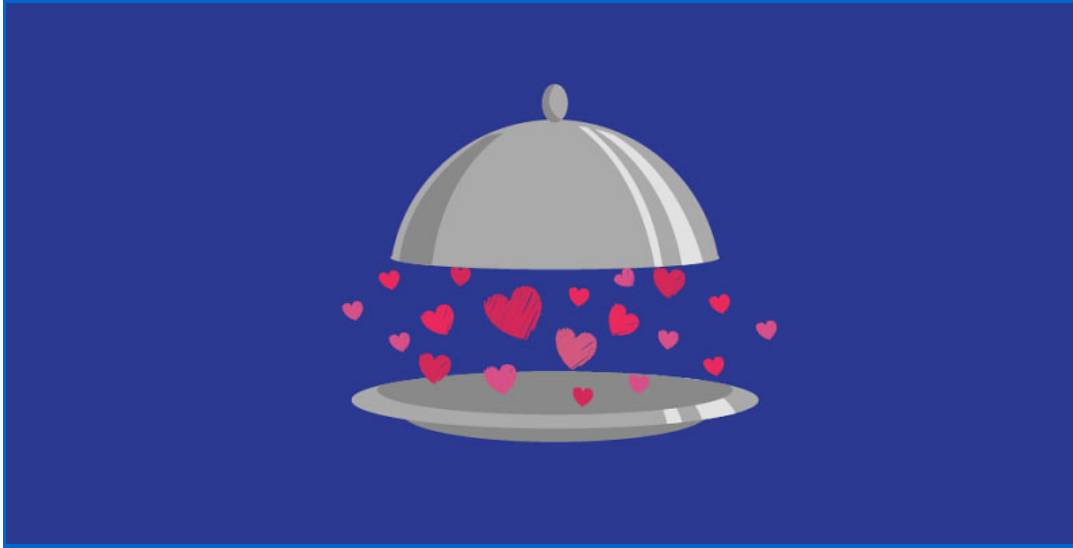




LVHN WEEKLY

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



## Free Sandwiches for Colleagues

Learn how you can take advantage of free food for colleagues.

[Read more →](#)

## New LVHN Institute Dedicated to Orthopedics

New institute combines the strengths of Coordinated Health and LVHN.

[Read more →](#)



## Tuition Help Available for Students in High-Demand Programs of Study

The PHEAA PA-TIP program is offering up to \$5,000 in tuition aid.

[Read more →](#)



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The institute will provide support to those in our community who need it the most.

[Read more →](#)



## Show Your Team Spirit on Feb. 11

Wear the football jersey of your favorite team on Friday, Feb. 11.

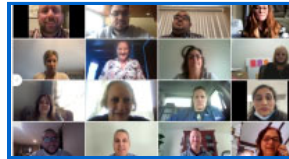
[Read more →](#)



## Welcome New Colleagues Who Attended Connections Feb. 7

We have 115 new colleagues in the LVHN family.

[Read more →](#)



## Help Us Attract Graduate Nurses

Nursing students are invited to attend a careers conference on March 5.

[Read more →](#)



## Launch of New Time & Attendance System Delayed

API will go live for Hazleton, Schuylkill and Pocono in April.

[Read more →](#)



## Project ECHO: Omicron's Impact on Health Care

Attend a presentation on Feb. 18 at noon.

[Read more →](#)



## Professional Excellence Council Collecting Gift Cards

Collection sites will be open Feb. 23 for Valley Health Partners Street Medicine Program.

[Read more →](#)



## LVH–Cedar Crest to Host Nursing Leadership and Innovation Program Discussion

All LVHN registered nurses are encouraged to attend.

[Read more →](#)



## Share Your Thoughts to Improve My Total Health Offerings

Complete a brief survey.

[Read more →](#)



## 2022 Research Scholar Program Accepting Project Proposals

The 2022 program will run June 6 to July 29.

[Read more →](#)



## Capacity Command Center Opens

This new facility will improve communications, which will benefit every LVHN colleague.

[Read more →](#)



## Daffodil Days are Back

Proceeds benefit the American Cancer Society.

[Read more →](#)



## Purchase Pre-Sale Tickets for Lehigh Valley IronPigs Season

The pre-sale runs now through Sunday, Feb. 13.

[Read more →](#)



## Heart Health Cooking Demonstration

Watch the recording of a live cooking demonstration to learn more about cooking for a healthier heart.

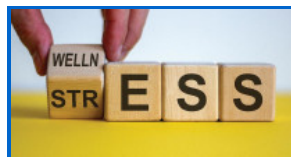
[Read more →](#)



## Have Stress? Here's How to Deal

Experts explain stress and how to find the destressing techniques that work best for you.

[Read more →](#)



## Understanding Differences Between Hospice Care and Palliative Medicine

Q&A with Christopher Bierman, MD, Medical Director for Pocono Hospice.

[Read more →](#)

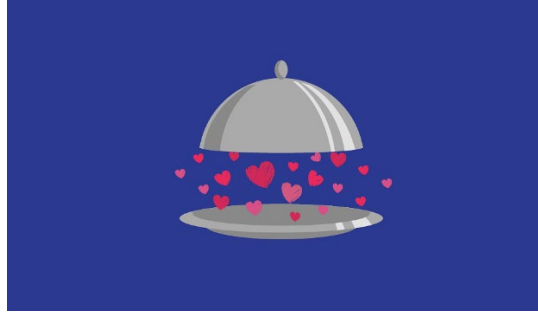


## Women's Preventative Care with Ann Vale, MD

LVHN's Ann Vale, MD, joined WFMZ to talk about women's preventative care.

[Read more →](#)





## **Free Sandwiches for Colleagues**

Learn how you can take advantage of free food for colleagues.

LVHN Insider

Tuesday, February 8, 2022

LVHN colleagues continue to go above and beyond to care for each other and for our community. To thank you, LVHN invites you to enjoy a treat because there's nothing like free food to bring a smile to your face.

### **Get your free sandwich here!**

LVHN will be offering free sandwiches to colleagues from Feb. 13 to Feb. 16 and March 2 to March 5 in the cafeterias at the following locations.

- LVH–Cedar Crest
- LVH–17th Street
- LVH–Muhlenberg
- LVH–Hazleton
- LVH–Schuylkill
- LVH–Pocono
- LVHN–Tilghman
- LVH–Hecktown Oaks
- Coordinated Health Allentown
- LVHN–Mack Boulevard

The dates are staggered to ensure all colleagues will be able to enjoy a free sandwich, regardless of which days of the week they usually work. Managers may call Volunteer Services to request deliveries during weekdays at 610-969-2850.

Sandwich options include:

- Asiago turkey
- Turkey and cheddar
- Chicken cutlet hero
- Italian combo
- Grilled veggie and mozzarella

- Tomato and mozzarella

Colleagues at LVPG locations will also be able to enjoy free food. Practice managers and directors will be given the opportunity to order lunch for their practices three times in February and three times in March. A communication will be sent to leaders with detailed instructions on how to do so.

Please note that none of the above free food offerings will be taxed.

Thank you for all you do, and be sure to enjoy some food on LVHN.

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## **New LVHN Institute Dedicated to Orthopedics**

New institute combines the strengths of Coordinated Health and LVHN.

LVHN Insider

Tuesday, February 8, 2022

**This message is from Brian A. Nester, DO, MBA,  
President and Chief Executive Officer, Lehigh Valley Health Network,  
John M. Pierro, MBA, Executive Vice President and Chief Operating Officer,  
LVHN, and Robert X. Murphy Jr., MD, MS, Executive Vice President and Chief  
Physician Executive, LVHN**

Lehigh Valley Health Network (LVHN) today launched Lehigh Valley Orthopedic Institute to take bone and joint care to a whole new level.

The depth and breadth of our orthopedic specialties are unmatched in the region, but the future doesn't rest on that alone. We're forging our own path, creating the Orthopedic Institute to foster even greater innovation, collaboration, research and education, all to better benefit our patients and communities.

The launch of the Orthopedic Institute is a natural extension of a superb organization that combines the strengths of Coordinated Health and Lehigh Valley Physician Group (LVPG) Orthopedics. The combined experience and expertise, coupled with nearly 150 providers from the Lehigh Valley to Scranton and western New Jersey to Berks County, means more doctors and more choices for patients all in the same network.

We're providing accessible, compassionate, leading-edge orthopedic care with the latest technology for the best outcomes anywhere.

LVHN leads the way as the region's premier orthopedic partner for many reasons, but it all starts with our great colleagues and their dedication to our patients and communities. You can visit the Orthopedic Institute website at [LVHN.org/ortho](https://www.lvhn.org/ortho).

If you're asked about our Orthopedic Institute, tell them good care is everywhere, but unrivaled, award-winning care is here. Those we serve are special, and their orthopedic care should be, too. That's the mission. Every day. Every patient.

Lehigh Valley Orthopedic Institute is the fourth institute for LVHN and one more reason we're all #LVHNProud.

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## **Tuition Help Available for Students in High-Demand Programs of Study**

The PHEAA PA-TIP program is offering up to \$5,000 in tuition aid.

LVHN Insider

Friday, February 4, 2022

The PHEAA Pennsylvania Targeted Industry Program (PA-TIP) provides tuition aid to students in specific programs of study for high-demand jobs in several fields, including health care. Some of the programs of study covered include nursing, phlebotomy and medical assistants. A full list of eligible schools and programs can be found [here](#).

PA-TIP is need-based, so qualified applicants may receive up to \$5,000 that can be used for tuition, books, fees, supplies and a \$4,000 living expense allowance. Veteran applicants may receive up to 100% of the total educational costs.

To be eligible for PA-TIP, students must meet the following criteria:

- You must be a resident of Pennsylvania with a high school diploma, GED or a recognized homeschool certificate.
- You have filed a FAFSA.

- You are not in default or have a claim of default with a federal Title IV educational loan or owe a PA State Grant refund.
- There is a financial need, which is determined by the program guidelines and certified by the school you are attending.
- You are attending an eligible federal Title IV postsecondary institution.
- You must be enrolled in a Title IV eligible program of study that is at least 10 weeks but less than two academic years in length.
- You are enrolled full-time with at least 12 credits per term.
- Students may be eligible for a partial PA-TIP award if they are enrolled at least half-time at a public or private, non-profit institution.
  - To be considered half-time, you are taking a minimum of six credits per term.
- If applying as a veteran and honorably discharged, you must supply a copy of the DD214 Form.

Applicants must complete and return the [PA-TIP student application](#) to PHEAA by May 1, 2022. The application may be mailed or faxed to:

PHEAA, PA State Grant and Special Programs  
 P.O. Box 8157  
 Harrisburg, PA 17105-8157  
 Fax: (717) 720-3786

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## Leonard Parker Pool Legacy Lives on With Formation of New Institute for Health

The institute will provide support to those in our community who need it the most.

LVHN Insider

Friday, February 4, 2022

**This message is from Brian A. Nester, DO, MBA,  
 President and Chief Executive Officer, Lehigh Valley Health Network.**

Lehigh Valley Health Network (LVHN) is proud to partner with all members of the community to improve their health. Since 1976, The Dorothy Rider Pool Health Care Trust has supported LVHN in achieving that goal.

The Dorothy Rider Pool Health Care Trust was established in 1975 upon the death of Leonard Parker Pool, founder and longtime Chief Executive Officer of Air Products and Chemicals Inc. Pool, the driving force behind the construction of what is now Lehigh Valley Hospital (LVH)–Cedar Crest, directed that the Trust be named as a memorial for his wife, Dorothy Rider Pool, who died of cancer in 1967.

Pool's vision was to have LVH–Cedar Crest serve as “a superior regional hospital” that would “improve the health of the citizens of the region it serves.” Pool established a 50-year lifespan for the Trust to support that vision. Since its inception, The Dorothy Rider Pool Health Care Trustees addressed the mission by committing more than \$160 million to LVHN programs and services.

Now, the Leonard Parker Pool Institute for Health – a 501(c)(3) not-for-profit subsidiary of LVHN led by a governing Board of Trustees – seeks to achieve the goal of influencing the factors that contribute to health including education, housing, food security and community well-being.

A community is only as healthy as its most vulnerable citizens, and the mission of The Pool Trust states that “the resources of the Trust will be utilized by LVHN to have a dramatic, demonstrable and sustained impact on the health of the citizens of the Lehigh Valley.” The new Institute for Health will utilize Pool Trust funds per this mission to create opportunities to use data to identify and develop evidence-based methods to improve health status.



Colleagues of the Leonard Parker Pool Institute for Health

The Leonard Parker Pool Institute for Health will report to LVHN Chief Physician Executive Robert X. Murphy Jr., MD, with Edward F. Meehan, MPH, serving as the Institute for Health's inaugural Executive Director. Currently, Ed also is Executive Director of The Rider-Pool Foundation and previously served in the same role for The Dorothy Rider Pool Health Care Trust.

The Leonard Parker Pool Institute for Health Trustees are:

- John P. Jones III, Chairman of the Board/Retired Chairman, Chief Executive Officer and President, Air Products and Chemicals Inc.

- Tamarah Duperval-Brownlee, MD, MPH, MBA, FAAFP, Chief Health Officer, Accenture
- John Malloy, PhD, Executive Chairman, Victaulic
- Debbie Salas-Lopez, MD, MPH, Senior Vice President, Community and Population Health, Northwell Health
- William “Bill” Spence, Retired Chairman, President and Chief Executive Officer, PPL Corporation
- John D. Stanley, Esq., Retired Senior Vice President, General Counsel and Chief Administrative Officer, Air Products
- James O. Woolliscroft, MD, MACP, FRCP, Lyle C. Roll Professor of Medicine, Professor of Internal Medicine and Learning Health Sciences, University of Michigan Medical School

The Leonard Parker Pool Institute for Health’s vision is to provide meaningful and sustained improvements in overall health across diverse groups through innovations targeting key issues affecting our region such as poverty, education, housing, food security and access to medical care. The geographic focus of the Leonard Parker Pool Institute for Health will be in the Lehigh Valley, beginning in Allentown, with a long-term goal of bringing lessons learned to all communities served by LVHN.

To fulfill the vision and address issues affecting health throughout the Allentown area, the Institute for Health will:

- Collaborate with individuals and agencies at all levels of the community, fostering partnerships across sectors to build capacity for leaders to work together in addressing complex social issues affecting health
- Work in authentic partnerships with local residents to develop community-led approaches to improving health and well-being
- Identify, measure and track key factors that impact health
- Identify, develop and support innovative programs and initiatives that address the social determinants of health
- Learn from and collaborate with nationally recognized experts to establish the Lehigh Valley as a center of innovation for health improvement

LVHN and the Leonard Parker Pool Institute for Health look forward to providing additional support to those in our community who need it the most. For more information, visit [LVHN.org/CommunityHealthDevelopment](https://www.lvhn.org/CommunityHealthDevelopment).

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## Show Your Team Spirit on Feb. 11

Wear the football jersey of your favorite team on Friday, Feb. 11.

LVHN Insider

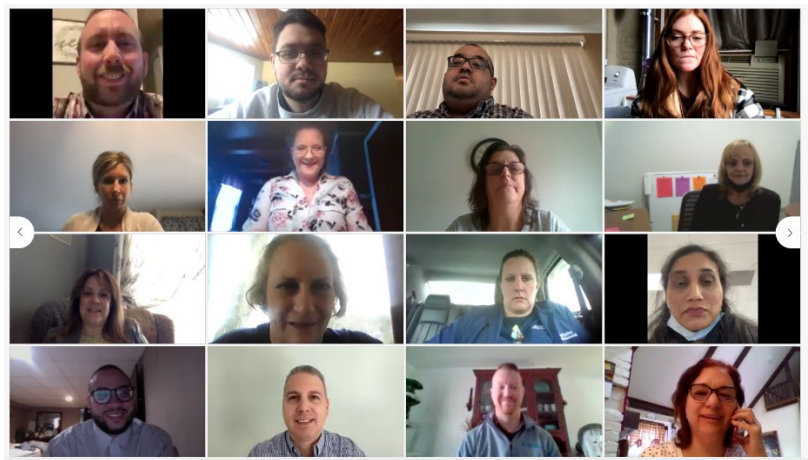
Tuesday, February 8, 2022

Super Bowl LVI will see the Cincinnati Bengals and the Los Angeles Rams go head-to-head for the championship. To celebrate the biggest day in football, wear the jersey of your favorite team to work on Friday, Feb. 11. Use this opportunity to share some spirit as one LVHN team.

You can wear a jersey supporting the Bengals, Rams or any other football team you like. Keep apparel work-appropriate and remember that hats are prohibited. Your manager has final discretion on appropriate workplace attire.

Bring more joy into the workplace by showing your team pride and being #LVHNProud. Comment about who you are rooting for to win the big game on Sunday.

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## Welcome New Colleagues Who Attended Connections Feb. 7

We have 115 new colleagues in the LVHN family.

LVHN Insider

Thursday, February 10, 2022

Nicole Alexantonakis, Phlebotomist

Elizabeth Andrade, Inpatient LPN

Razan Antar, Pharmacy Technician

Kim Anthony, Admin Partner

Gisselle Arias, Technical Partner

Staci Barnes, Case Coord Counseling Ctr

Jaclyn Barzev, Paramedic

Joan Batista, Technical Partner

Richard Beckmann, Certified Athletic Trainer

Francesca Beebe, RN Hospice

Debra Behr, Insurance Follow-up Rep

Lori Beneyton, Patient Services Rep

Allison Blackburn, NICU Family Support Specialist

Jonathan Boruta, Physical Therapist

Bailey Brugler, Physical Therapist

Taylor Buda, Security Officer

Sydney Buxton, Patient Services Rep

Jennifer Byrne, Registered Nurse

Gabrielle Ciccolini, Registered Nurse

Theresa Cleary, Registered Nurse

Marc Curcio, Suprv Supply Dist Svcs

Isabella Davis, Patient Services Rep

Kelsey Davis, Care Continuum Partner

Ceara Eichen, Inpatient LPN

Dimas Encarnacion, Customer Supp Analyst

Danielle Eppler, Nursing Asst II - Acute Care

Stacy Eyer, Patient Access Engagement Specialist

Keri Fendell, Patient Services Rep

Taylor Firmstone, IP Coding Analyst III Hosp Based

Scott Fobare, Spiritual Counselor

Nicole Folger, Supvr Pharmacy

Emery Fox, Patient Obs Assistant

Rebecca Frey, Patient Services Rep

Nichole Garelli, Medical Assistant Phys Prac

William Goff, Case Manager

John Green, Scheduling Coord

Wendy Halcisak, Patient Services Rep

Christina Henritzy, Paramedic

Kaitlyn Hess, Occup Therapist PDM

Danielle Hill, Registered Nurse

Joy Hodde, Technical Partner

Kyle Hook, Registered Nurse

Pamela Hopkins, Reg Resp Therp Per Diem

Nicholas Hotchkiss, Physician Recruiter

Tanya Hoy, LPN Phys Prac

Cheryl Hulin, Reg Spec

Heather Hylton, RN PDM II Day

Janet Johnson, Registered Nurse

Ana Jorge, Inpatient LPN

Nevada Kardos, Registered Nurse

Salena Karkanica, Registered Nurse

Denise Kendra, Phlebotomist

Ericka Kirkpatrick, Sr Proj Mgr - Continuous Improvement

Lynn Kitchnefsky, Registered Nurse

Elizabeth Koff, LPN Phys Prac

Crystal Kohler, Scheduling Coord

Mykola Kovalenko, Registered Nurse

Mary Kroc, Patient Services Rep

Jazel Labre, Registered Nurse

Charita Laguins, Patient Transporter

Stephanie Lencovich, Patient Services Rep

Cynthia Libale, Registered Nurse

Brooke Lynch, Access Center Triage RN

Carrie Maloney, Registered Nurse

Molly Mastrangelo, RN WKND Night

Marisa Meli, Authorization Specialist

Patrick Miller, General Mechanic

Michele Mitman, LPN Phys Prac

Haylin Molina Francisco, Pharmacy Technician

Raquel Mora, Reg Spec

Roberto Morales, Security Officer

Jessica Moran, CRNP

Zaharenia Mouzakitis Victoros, LPN Phys Prac

Kelli Mustac, Registered Nurse

Tiana Nazario, Periop Tech Asst

Huong Nguyen, BH Aide

Manuel Nieves, Reg Spec

Caeli Nortz, Nuclear Med Technician

Brian Nunmaker, Facilities Maintenance Tech

Oluwatoyin Olayinka, Registered Nurse

Samantha Ortiz, Inpatient LPN

Madhvi Patel, Clin Staff Pharmacist

Emily Poland, Staffing Specialist

Michael Pribila, EMS Ops Supv

Jennifer Reyes, Patient Services Rep

Linda Roberts, Registered Nurse

Annamarie Rodriguez, Technical Partner

Jonathan Rodriguez, Housekeeper

Stephany Rojas, Scheduling Coord

Lisa Rosario, Housekeeper

Dale Runcie, MD

Samantha Russin, PA

Kharla Sanchez Cuesta, BH Aide

Thomas Saunders, Suprv Nursing

Alana Schneck, Patient Obs Assistant

Rebecca Schweikert, Registered Nurse - OR

Laurie Segreaves, Sports Perf Specialist

Marissa Slifko, Casual RN

Tonia Smale, Supply Coord

Vanessa Thomas, Registered Nurse

Chad Tocci, Delivery Technician

Devon Troxell, Distribution Specialist

James Tunnessen, Registered Nurse

Kayla Tuyen, Clin Staff Pharmacist

Noemi Valdez, Patient Services Rep

Stephanie Vargas, Coord Credentialing

Karla Vasquez, Technical Partner

John Veen Sr, Paramedic

Suyhen Vega, Admin Partner

Wendy Victor, Sr Proj Mgr - Continuous Improvement

Joseph Visconto, Mental Health Technician

Colleen Wilkinson, Central Sterile Specialist

Stacie Woolf, Scheduling Coord

Jared Yaroschuk, Diag Technician Student

Danielle Yerger, Vision Therapist

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## Help Us Attract Graduate Nurses

Nursing students are invited to attend a careers conference on March 5.

LVHN Insider

Thursday, February 10, 2022

Nursing students from Scranton to Philadelphia to Pittsburgh and beyond are invited to a special graduate nurse careers conference at Lehigh Valley Health Network (LVHN). Learn about opportunities for student nurses and newly licensed nurses.

**First 200 students to register and attend get a FREE stethoscope!**

Here's the agenda:

**Saturday, March 5, 8:30 a.m.-4 p.m., Lehigh Valley Hospital–Cedar Crest**

(Attendees may conclude at 4 p.m. or continue their visit Saturday night and Sunday).

- Welcome from hospital presidents
- Transitioning from student to professional nurse
- Career progression at LVHN
- Scholarship opportunities
- Young professionals' scene in Lehigh Valley
- On-site interviews with nursing leadership
- Hospital tour
- **Bonus! VIP experience** at Lehigh Valley Phantoms Ice Hockey game

**Sunday, March 6, 8 a.m.-2 p.m.**

- Bus tour of the Lehigh Valley

Overnight hotel accommodations available upon request. Email [careers@lvhn.org](mailto:careers@lvhn.org) to coordinate.

Advanced registration is strongly encouraged, but walk-ins will be welcome. Register here: [LVHN.org/GNevent](https://LVHN.org/GNevent)

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## **Launch of New Time & Attendance System Delayed**

API will go live for Hazleton, Schuylkill and Pocono in April.

LVHN Insider

Wednesday, February 9, 2022

LVHN is consolidating time and attendance systems. LVHN will launch the API system for timekeeping and scheduling in our Hazleton, Schuylkill and Pocono locations. API is the system currently used by colleagues who work in the Lehigh Valley.

**The API go-live date in Hazleton, Schuylkill and Pocono has been delayed until April 3, 2022.** Extra time is needed for system set-up and testing. This will ensure all the intricacies of payroll are addressed prior to launch and that colleagues are paid accurately.

### **What colleagues in Hazleton, Schuylkill and Pocono need to do**

- Continue to complete and submit time sheets as you have been doing since December.

### **What colleagues in Hazleton, Schuylkill and Pocono need to know**

- The reconciliation process to calculate any pay owed to colleagues for on-call, premium pay, call worked, any unpaid differentials and other factors that are not calculated in the temporary process will not occur until after API launches. Any PTO, sick time or other non-productive tracking and balances also will be corrected at that time.

Thank you for your patience and understanding as we work to consolidate time and attendance systems at LVHN.

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## **Project ECHO: Omicron's Impact on Health Care**

Attend a presentation on Feb. 18 at noon.

LVHN Insider

Wednesday, February 9, 2022

LVHN is proud to be part of Project ECHO, an innovative telehealth program designed to connect health care specialists with providers located at distant sites. Project ECHO aims to help eliminate health care inequities through the use of telehealth technology.

Join us for **Omicron's Impact on Health Care** presented by Terry Burger, MBA, Luther Rhodes, MD and Mark Knouse, MD.

**When:** Friday, Feb. 18 at noon

**Target audience:** Physicians, APCs, clinical pharmacists, nurses and infection control practitioners

**Register using this link:** <https://redcap.lvh.com/redcap/surveys/?s=77JEA9LYCA>

At the end of this presentation, you should be able to:

1. Describe the infection control practices to control and contain COVID-19, including the omicron variant.
2. Gain an understanding of which monoclonal antibodies remain active against our current variants.
3. Appreciate the increased contagiousness of omicron while having tendency for milder illness: how it impacts the need for hospitalization and work/school disruption.

Participants are encouraged to submit questions in advance regarding omicron's impact on health care by emailing Carolyn Suess at [carolyn.suess@lvhn.org](mailto:carolyn.suess@lvhn.org). All patient information submitted should be de-identified for HIPAA compliance.

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## **Professional Excellence Council Collecting Gift Cards**

Collection sites will be open Feb. 23 for Valley Health Partners Street Medicine Program.

LVHN Insider

Tuesday, February 8, 2022

Here is your chance to help those who need it the most. The Professional Excellence Council (PEC) is asking colleagues to support the Valley Health Partners (VHP) Street Medicine program by donating gift cards to benefit people who are homeless in our community.

Gift cards are requested from Target, Walmart, Wawa (\$10 increments), Dunkin' Donuts (\$5 increments) and Amazon.

### **PEC Gift Card Collection to benefit the VHP Street Medicine Program**

PEC will collect gift cards at these LVHN locations on Wednesday, Feb. 23:

LVH–Cedar Crest  
Kasych Family Pavilion Lobby  
7-9 a.m.

LVH–Muhlenberg  
Main Lobby  
9:30-11:30 a.m.

LVHN–Mack Boulevard  
Main Lobby  
1-3 p.m.

LVH–17th Street  
Main Lobby  
3:30-5 p.m.

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## **LVH–Cedar Crest to Host Nursing Leadership and Innovation Program Discussion**

All LVHN registered nurses are encouraged to attend.

LVHN Insider

Tuesday, February 8, 2022

LVHN is participating in the American Association of Critical-Care Nurses (AACN) Clinical Science Investigator (CSI) Academy which is a hospital-based nurse leadership and innovation training program designed to expand a nurse's skills and knowledge. This program helps to empower nurses as clinical leaders so they can enhance the high-quality care our patients already receive.

LVHN has five unit-based teams participating in the AACN CSI Academy, including:

- Transitional trauma unit (TTU), LVH–Cedar Crest
- Trauma-neuro intensive care unit (TNICU), LVH–Cedar Crest
- 2KS, LVH–Cedar Crest
- Transitional skilled unit (TSU), LVH–17th Street
- Intensive care unit, LVH–Muhlenberg

On Feb. 15 the cohort CSI Academy teams will host a discussion about their mid-point evidence-based practice projects at LVH–Cedar Crest in ECC rooms 6 and 7. All registered nurses who are LVHN colleagues are encouraged to attend.

### **AACN CSI Academy mid-point project discussion**

LVH–Cedar Crest ECC rooms 6 and 7

Feb. 15

8-11 a.m.

Registration is not required to attend.

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## Share Your Thoughts to Improve My Total Health Offerings

Complete a brief survey.

LVHN Insider

Tuesday, February 8, 2022

My Total Health would love to hear your feedback on the 2021 Incentive Program. Please take a few moments to [complete this survey](#). Didn't get a chance to participate last year? We are interested in your feedback too. Your feedback helps us improve My Total Health offerings.

### Submit your wellness success story and you could win a Fitbit fitness tracker

If you use and enjoy My Total Health offerings, we want to hear about it. Email your wellness success story to [mytotalhealth@lvhn.org](mailto:mytotalhealth@lvhn.org).

When you share your story, you are automatically entered in a raffle to win a Fitbit fitness tracker.

### Join My Total Health

Join the My Total Health channel on LVHN Insider so you never miss a post about wellness offerings at LVHN.

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## 2022 Research Scholar Program Accepting Project Proposals

The 2022 program will run June 6 to July 29.

LVHN Insider

Tuesday, February 8, 2022

The Research Scholar Program provides structured educational research opportunities for undergraduate students, while also providing valuable assistance to LVHN's departments.

[Submit your project](#) now. You'll be asked to provide a project description, including goals, objectives and potential impact for LVHN. This is the main information potential scholars will use to select their projects of interest.

Learn more about the [Research Scholar Program](#) on our website.

The 2022 program will run June 6 to July 29. The application portal will open in March. Contact [Jeanne.Reilly@lvhn.org](mailto:Jeanne.Reilly@lvhn.org) with any questions.

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## Capacity Command Center Opens

This new facility will improve communications, which will benefit every LVHN colleague.

LVHN Insider

Friday, February 4, 2022

The communications and monitoring centers for several Lehigh Valley Health Network (LVHN) hospital services are now housed in one centralized location called the Capacity Command Center.

This facility began operating on Feb. 2 and is part of an ongoing effort to increase efficiency, reduce cost and enhance the high-quality care our patients already receive.

The Capacity Command Center acts as a communications and monitoring hub for the following:

- Patient logistics (bed management and Transfer Center)
- Staffing specialists and nursing supervisor support
- Hospital medicine physicians
- Care management
- Security dispatch for LVHN locations in the Lehigh Valley including:
  - Lehigh Valley Hospital (LVH)–Cedar Crest
  - LVH–17th Street
  - LVH–Muhlenberg
  - LVH–Hecktown Oaks
  - LVH–Carbon (spring 2022)
  - LVHN–Tilghman
  - LVHN–Mack Boulevard
  - LVHN–One City Center
- LVHN–MedEvac dispatch

- Centralized ambulance transport
- Crothall environmental services

Colleagues working at the Capacity Command Center will monitor real-time conditions with digital dashboards that show patient and staffing activity at every hospital within LVHN. These dashboards will automatically refresh in real-time during the day to show the most up-to-date patient information.

One of the new dashboards will show all LVHN emergency departments in one view. This will allow the Capacity Command Center team to identify and act on any capacity issues as they happen. Team members will be able to view information about a patient's status, staffing numbers, medications and how many beds are available across LVHN.

In addition, these dashboards will show a real-time view on the status of patient transportation and Crothall environmental services.

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## **Daffodil Days are Back**

Proceeds benefit the American Cancer Society.

LVHN Insider

Thursday, February 10, 2022

Pre-order a fresh bouquet of daffodils or tulips by Feb. 22, and treat yourself to an early slice of spring while helping fund cancer research.

### **Buy a bunch for the American Cancer Society**

Brighten your day and bring hope for a cure during the American Cancer Society's Daffodil Days fundraiser. Daffodil Days is an opportunity for everyone to join the American Cancer Society in saving lives, celebrating life and leading the fight for a world without cancer. The money raised through Daffodil Days supports groundbreaking research, patient services and other lifesaving programs. Through the daffodil, the first flower of spring, this campaign brings a symbol of hope to cancer patients and those affected by the disease.

Order options and pricing include:

- Bunch of 10 daffodils: \$10
- Mini-pot of daffodils: \$15

- Bunch of 10 tulips: \$15
- Gift of Hope (a donation that provides a bouquet to a cancer patient in a local hospital): \$25

**Orders must be placed by Tuesday, Feb. 22 online at [acsdaffodildays.ticketleap.com/lvhn/](https://acsdaffodildays.ticketleap.com/lvhn/).**

**Only credit card purchases are accepted.**

Orders can be picked up on Tuesday, March 22 at one of the Lehigh Valley Topper Cancer Institute locations listed below. When you place your order, please specify which location you would like for pickup in the "Company Organization" field under "Additional Questions."

A reminder email with pickup instructions will be sent one week prior to March 22.

If you have questions, please contact [Kathryn.Baglini@lvhn.org](mailto:Kathryn.Baglini@lvhn.org).

**LVH–Cedar Crest**

1240 S. Cedar Crest., Suite 210

11 a.m.-2 p.m.

**LVH–Muhlenberg**

Infusion Services

11 a.m.-2 p.m.

**LVH–Hecktown Oaks**

Infusion Services

11 a.m.-2 p.m.

**LVH–Pocono**

Dale and Frances Hughes Cancer Center

Suite 132

11 a.m.-2 p.m.

Thank you for your support!

With consolidated patient logistics, colleagues will be able to collaborate and communicate in real time to make informed decisions about patient care. This means fewer delays, shorter patient wait times and decreased hospital stays.

While the location of communications and monitoring hubs for these hospital services is changing, contact information, like phone numbers and email addresses, will remain the same.

The Capacity Command Center will be a 24/7 operation and will act as LVHN's internal emergency coordination center for all LVHN campuses.

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## **Purchase Pre-Sale Tickets for Lehigh Valley IronPigs Season**

The pre-sale runs now through Sunday, Feb. 13.

LVHN Insider

Monday, February 7, 2022

Are you an IronPigs fan? Now is your opportunity to purchase tickets for the upcoming season ahead of the crowds.

### **Purchase single-game tickets for the 2022 season**

[Click here](#) to purchase tickets. To purchase tickets, you must use the promo code **Pigout22**. The code is valid today starting at 10 a.m. until Sunday at 11:59 p.m.

Tickets can be purchased online only. If you have any issues or questions, please reach out to the Provident Bank Ticket Office at 610-841-7447.

### **Notes for this season**

- Tickets are mobile or print at home this season. You can access your online account [here](#).
- We have created a "How To" Guide to walk guests through the process. [Click here](#) to access "How To" guide for tickets.

- Coca-Cola Park is a cashless venue. Gift cards can be purchased prior to or the day of the game you attend.



## Heart Health Cooking Demonstration

Watch the recording of a live cooking demonstration to learn more about cooking for a healthier heart.

LVHN Insider

Monday, February 7, 2022

Winter doesn't have to be cold and gloomy. LVHN hosted a cooking demonstration on Sunday, Feb. 6, at the renowned Easton Public Market. The chefs created a Harvest Salad with pumpkin, feta and pumpkin seeds.

In addition to learning from Morrison Healthcare chefs how to make this salad, Lehigh Valley Heart and Vascular Institute's own Nidhi Mehta, MD, dished out benefits of heart healthy foods.

[Watch the Facebook Live event.](#)

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## HEALTH TIP

### Have Stress? Here's How to Deal

Experts explain stress and how to find the destressing techniques that work best for you

By **Jamie Stover**



We've all been there. You woke up tired, ran to the nearby coffee shop to get your favorite cup of Joe to help snap you out of that fatigue, only to spill it on your brand-new pants. Thank goodness it didn't hurt too badly. But you picked those pants because you have an important meeting at work – and now you'll probably miss it. What will your boss think? Will you be in trouble? How will you find the time for that *other* big project due tomorrow. The work keeps piling up, and you're not sure where you'll find the time to do it all. Bad day or stress? Probably a little bit of both.

Then there's the big stressors: financial hardship, relationship struggles, sickness in the family – and to top it all off, a pandemic that doesn't seem to have an expiration date.

The harsh truth is we *all* have stress, and we probably *always* will to some degree, says Susan Wiley, MD, co-founder of Lehigh Valley Health Network (LVHN) Center for Mindfulness.

### Defining stress

"We are regularly dealing with stress. That is what human beings do. How we *define* 'stress' is an important question," Wiley says. "My favorite definition of stress is, 'The perception that the anticipated challenge exceeds our perceived resources to respond to it.' We often misperceive the imagined challenge and our own resources. Thus, a great deal of stress exists in the imagined future, rather than the present."

"How we cope with stress will determine much of the fabric of our lives," Wiley says.

### Stress and your health

Letting stress take over can place a serious toll on your health, says Orlando Rivera, director of quality for [Lehigh Valley Heart and Vascular Institute](#).

"Stress stimulates the fight or flight response, and releases the hormone adrenaline," Rivera says. "That speeds everything up, raises your blood pressure and your heart rate. It can lead to hypertension and other issues."

According to Rivera, there has been an increase in stress-related diseases since the start of the pandemic.

The key is to find healthy ways to handle stress.

### Stress strategies

“How we cope with stress will determine much of the fabric of our lives,” Wiley says. “We might define ‘healthy strategies’ as those that promote health and well-being in yourself and those around you.”

Different things work for different people, explains Rivera. While some people may prefer deep breathing exercises, for example, others may find more success taking a walk or hitting the gym.

“There are a million things you can do. Whatever works for you to slow down and just come back to that rhythm where you’re trying to actively reduce that stress,” Rivera says.

Mindfulness is another great way to tackle stress.

### Try mindfulness

“Mindfulness is a practice of paying attention to what is happening right now, in the present moment, with an attitude of curiosity,” Wiley says.

Mindfulness may sound easy – but for many it is something that truly needs to be “practiced,” meaning it might take a few tries to get comfortable with it.

Even after just a few minutes, you may feel restless, sleepy, and like your mind is racing from one thing to the next. That’s OK.

When you take a step back and relax your mind and body, you might ask yourself, ‘What is here to be noticed?’,” Wiley says. “Take note of where your mind goes, how you physically feel and what comes to your attention, both internally and externally. Patiently observe these changes without judging them over and over again.

Mindfulness can evoke relaxation. It also can direct us to be more aware of ourselves, including how we feel, and the environment around us.

“By bringing the mind into the present moment, much of the stress of anticipating the future or reviewing the past is released,” Wiley says. “From this, one can develop a new perspective on a present challenge. The perception of both the challenge and your resources to meet it may shift.”

LVHN Center for Mindfulness offers a variety of ways to learn to meditate and has programs for both colleagues and community members.

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## DOCTOR YOU SHOULD KNOW

# Understanding Differences Between Hospice Care and Palliative Medicine

Q&A with Christopher Bierman, MD, Medical Director for Pocono Hospice

By **Jessica Blasco**



Hospice care is something most people don't give much thought to until they absolutely must, and while it may not be the happiest subject, it is an important one. We had the chance to speak with [Christopher Bierman, MD](#), the Medical Director for Lehigh Valley Hospital (LVH)–Pocono Hospice, who explained the difference between hospice and palliative care and what you can expect if and when the time comes.

[Tell us why you chose to specialize in hospice and palliative medicine?](#)

My residency was with internal medicine, but I found there wasn't adequate time to spend with the patients and families as I would like. I had a physician introduce me to hospice and palliative medicine during my second year of training. I was really drawn to the specialty due to the amount of time I could spend with someone and getting to know them. I firmly believe everyone deserves to die peacefully, and I am glad I get to help them and their family navigate this difficult time in their lives.

[Sometimes the terms "hospice care" and "palliative care" are used interchangeably, but they are not the same. Explain the differences.](#)

While hospice and palliative care have a lot of overlap, there are some key differences. Both will help manage any symptoms someone is experiencing, whether it is physical, emotional or spiritual. Palliative care can be involved at any stage of a disease. Often the patients are receiving life-prolonging and possibly curative treatments. Hospice comes into play when physicians feel someone is in the last six months of life. Someone may want to stop receiving life-prolonging therapies due to side effects, lack of response, or any reason they decide.

[For those with a terminally ill loved one, this can be a very difficult and emotional time. What can a patient and his or her family expect from palliative care or hospice care?](#)

When someone elects for hospice care, we offer a number of services to help the family. We will send our services to the home of the patient, including nurses, CNAs, chaplain, social worker and volunteers. If there are any needs while the nurse is there, they will reach out to the attending physician and take care of changes while in the home. All of this reduces the need for someone to have to go out to see their doctor to address issues. Our goal is to bring everything to you, to help you stay in the comfort of your home. We also recognize that at times it can be difficult to get our loved ones to doctor appointments. Our nurses are available 24 hours a day, so at any time a patient or loved one can call in with any issues and have them dealt with promptly.

[In the Poconos, we are fortunate to have the Monroe County Hospice House for hospice patients. Please tell us about the Hospice House.](#)

The Monroe County Hospice House is a great resource to the people and families we serve. This location can offer multiple things for families and patients. Most importantly, it is where we do our aggressive symptom management. Some patients will start in the Hospice House to get their symptoms controlled prior to going home on medications that we have found to work to keep them comfortable. If someone cannot be kept comfortable in their home with oral medications, we will bring them to the Inpatient Unit to find a regimen that will control their symptoms. We can offer IV medications if needed here until we find what works and get them back to an oral regimen. Another great benefit is our respite stays. This is a Medicare benefit for hospice patients. A patient can come in for five nights to give their caregivers a well-deserved rest before returning home.

[How is it determined who receives care in the hospital, versus their own home or Hospice House?](#)

Most of our hospice patients will be in their home. This means they are able to have symptoms managed with oral medications. If the medications are not working for them, they can be taken to the Inpatient Unit for a short stay to get their symptoms controlled before going back home. The Monroe County Hospice House is meant for short stays for symptom management or to give the caregivers a break. Once symptoms are controlled, the patients will return home on the new regimen. Some patients do stay in the hospital for symptom management, but this is mainly provided at LVH–Cedar Crest and LVH–Muhlenberg hospitals. This is meant for someone who is near the end of their life, and doctors do not feel they would survive transport to the inpatient unit.

[What would you say to comfort and reassure people who are dealing with a loved one entering hospice care?](#)

Coming to the decision to elect hospice care can be scary. There are a lot of unknowns that come with end of life. I would encourage patients and families to lean on our team in times of need. We are here for all of your questions or concerns. Our goal is to support everyone through this time, as well as after with our bereavement services that start at or before the time of someone's death.

How do you and your team support families?

We have a great team who I believe is a benefit to all our patients and families. We are constantly evaluating our processes and changing things as necessary to better serve our patients and staff. Everyone works well together to adjust things in meaningful ways to improve our program.

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## **Women's Preventative Care with Ann Vale, MD**

LVHN's Ann Vale, MD, joined WFMZ to talk about women's preventative care.

by [Chelsea Derr](#)

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