



LVHN Updates Hospital Visitation Guidelines Amid Improving COVID-19 Data

Masks still required at all LVHN facilities regardless of vaccination status.

[Read more →](#)

In-person Meetings Permitted; Return to Office Determined by Managers

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[Read more →](#)



Get Your Shirt in Honor of Colleague Appreciation Day

It's one more way LVHN is thanking you for all you do.

[Read more →](#)



Meet New Presidents of LVH–Pocono and LVH–Dickson City

One president is new to our team; the other is a longtime LVHN colleague.

[Read more →](#)



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Dr. Nester shares all the reasons he appreciates colleagues more and more every day.

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Get the details about LVHN's month-long recognition of our female colleagues.

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LVHN retirement program gives you tools to design a customizable plan for retirement.

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Learn and Grow with a Mindfulness Program

Attend live classes on mindfulness-based stress reduction.

[Read more →](#)



2022 Friends of Nursing Award Nominations Remain Open

Nominate a deserving colleague before April 4.

[Read more →](#)

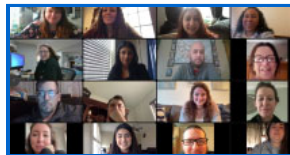


Welcome New Colleagues Who Attended

Connections March 7

We have 152 new colleagues in the LVHN family.

[Read more →](#)



LVHN-MedEvac Colleagues Share Tradition of Service in Air Force Reserve

Critical care transport nurses Kyle Kromer and Tim Hickey have more in common than their career.

[Read more →](#)



2022 Research Scholar Program Application Portal Now Open

Applications are accepted until March 20. The program will run June 6-July 30.

[Read more →](#)



Rita Heintz Promoted to Administrator, Clinical Denials

Congratulations to Rita on her new role at LVHN.

[Read more →](#)



CDC Shortens COVID-19 Booster Interval for Some Immunocompromised Patients

Time shortened to three months after completion of initial vaccine series for Pfizer, Moderna.

[Read more →](#)



LVHN Participating in World-Wide Implantable Cardiac Defibrillator Study

Only site in Pennsylvania evaluating use of catheter-delivered heart technology in LEADR clinical trial.

[Read more →](#)



Diabetes and Heart Health: Tips for Success

Steps you take to improve heart health also help keep diabetes in check.

[Read more →](#)



How Springing Forward Can Feel Like You've Fallen Behind

Tips for how to combat the health effects of daylight saving time.

[Read more →](#)



Colonoscopy: Your Questions Answered

Tips on when to start colon screenings to how to make bowel prep easier.

[Read more →](#)



Medal-Winning Recovery

Champion golfer back on the course after hip replacement with Lehigh Valley Orthopedic Institute.

[Read more →](#)





LVHN Updates Hospital Visitation Guidelines Amid Improving COVID-19 Data

Masks still required at all LVHN facilities regardless of vaccination status.

LVHN Insider

Tuesday, March 8, 2022

Lehigh Valley Health Network (LVHN) is updating some hospital visitation restrictions, effective Wednesday, March 9, in response to an improving COVID-19 pandemic.

However, masks are still required at all times at all LVHN facilities regardless of vaccination status.

Visitors arriving at an LVHN hospital without a mask can get one as they enter.

Visitors who have a possible COVID infection, or who have tested positive for COVID, should not come into an LVHN facility unless they are seeking care for a severe illness or life-threatening condition. In addition, those recently exposed to COVID-19 (within the past five days) also should avoid visitation.

No visitors are allowed for patients with COVID-19, except for clergy and for patients who are at end-of-life.

The updated visitation guidelines reflect the overall improvement in infection rates and hospitalization numbers and continued masking in hospitals is in line with Centers for Disease Control and Prevention guidance.

Below is a summary of the revised visitation rules:

Adult inpatient units: Two visitors are now allowed at the bedside 9 a.m.-8 p.m. There is no longer a requirement for a patient to designate visitors for the length of their hospital stay.

Pediatric areas (including Breidegam Family Children's ER, pediatric intensive care unit and pediatric inpatient unit): Two parents or guardians may remain at the bedside at all times. One additional designated support person is allowed at the bedside 9 a.m.-8

p.m. Siblings may visit with permission of unit leadership, but must be supervised by a parent and remain in the patient's room at all times.

Neonatal intensive care unit: Parents/guardians may designate up to four support adults who may visit, one at a time, with a parent/guardian in attendance, from 9 a.m. to 8 p.m.

Bedside visitation is limited to two individuals at a time, and one individual must be a parent/guardian. Children under 12 may not visit at this time.

Obstetrical areas: In mother-baby and perinatal units, one support person and one additional visitor at a time are allowed 9 a.m.-8 p.m. Children of the patient may visit with permission of unit leadership, but must be supervised by an adult other than the patient and remain in the room at all times. From 8 p.m. to 9 a.m. only the support person is allowed.

Labor and delivery: One support person and one additional visitor at a time are allowed, and patients are not required to designate specific visitors. During the second stage of labor and during delivery, a second support person is now allowed.

Triage: One support person is allowed and may stay with the patient after an admission decision is made.

Lehigh Valley Topper Cancer Institute: Two visitors are permitted to accompany patients in physician practices, radiation oncology physician appointments, breast health services, multidisciplinary clinics, genetics, hemophilia and survivorship clinics. One visitor is permitted in infusion areas.

These visitation rules take effect Wednesday, March 9. LVHN's current visitation rules always can be found at [LVHN.org/visitation](https://www.lvhn.org/visitation).



In-person Meetings Permitted; Return to Office Determined by Managers

Even as guidance changes, masks are still required at all LVHN locations.

LVHN Insider

Thursday, March 10, 2022

While masking requirements will remain in place at LVHN, we are updating our policies regarding in-person meetings. Here's what you need to know:

- **Masks must be worn at all LVHN locations, including administrative areas.** Masking guidance will be reviewed as we continue to monitor COVID-19 cases in our communities.
- **In-person meetings are permitted.** Colleagues must remain masked at all times. Food is permitted at meetings with social distancing when removing masks to eat or drink.
- **Meetings with outside organizations are permitted.** Colleagues and guests must remain masked at all times. Food is not permitted.

Return to office plans for colleagues who are temporarily working remotely continue to be determined by managers.

Visit LVHN's [COVID-19 intranet page](#) for the latest policies and guidelines.

Download the PDF below to print and post this announcement in your department.



Get Your Shirt in Honor of Colleague Appreciation Day

It's one more way LVHN is thanking you for all you do.

LVHN Insider

Friday, March 4, 2022

Today is Colleague Appreciation Day. LVHN colleagues do extraordinary things every day. Your passion and drive impact each other, our patients and our community. Today is the day to appreciate you, but our community appreciates what you do every day of the year.

Order your apparel

To celebrate Colleague Appreciation Day, all LVHN colleagues are invited to order a pullover or crew neck sweatshirt. It's the latest way LVHN is thanking you for being awesome!



You must order your gift online. Items are subject to income tax per IRS rules.

Follow these steps to order your item.

- [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, so make sure to capitalize the first letter of your last name. 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 (CRC). 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 UPS tracking information.
- You have the option to order either a ladies' quarter-zip pullover, unisex quarter zip pullover or a crew neck sweatshirt. Select your shirt type, color and size and add to cart. NOTE: The crew neck sweatshirt is only available in black.
- The last day to place your order is March 18. The page may experience high traffic, so try again at a later time if you are experiencing delays.
- It will take approximately eight weeks for all gifts to be distributed to colleagues.
- Exchanges due to damage or for size will be permitted. If you need to exchange your item, you can do so by contacting allentown@thinkcgc.com for assistance.

Have questions?

If you have questions about ordering your item, email allentown@thinkcgc.com.

Happy Colleague Appreciation Day. Thank you for all you do.



Meet New Presidents of LVH–Pocono and LVH–Dickson City

One president is new to our team; the other is a longtime LVHN colleague.

LVHN Insider

Friday, March 4, 2022

This message is from John Pierro, Executive Vice President and Chief Operating Officer.

LVHN's leadership team continues to grow even stronger. We are identifying experienced and skilled leaders to join the LVHN family and introducing new leadership roles to trusted members of our team. Such is the case as I announce the new presidents of LVH–Pocono and LVH–Dickson City.

- **Cornelio (Cor) Catena is the new President of LVH–Pocono and Senior Vice President of LVHN.** Cor joins LVHN after more than 20 years with Community Health Systems (CHS), most recently serving as Market Chief Business Development Officer. He will join LVHN March 7 and report to me. Learn more about Cor below.
- **Kim Jordan is the President of LVH–Dickson City and Chief Operating Officer of LVH–Pocono.** Since 2016, Kim has served as LVHN's Senior Vice President of Patient Care Services and Chief Nursing Officer (CNO). She will report to me. A national search will be conducted to find LVHN's next CNO. Over the next month, Kim and our executive leadership team will create a transition plan. Kim will continue to work with her direct reports until that transition plan is implemented. Learn more about Kim's career below.

As we congratulate Cor and Kim, we also thank John Fletcher, Senior Vice President for Network Operations, who will retire from LVHN June 3. John's leadership at Hazleton began 18 years ago, including the last six years with LVHN following the LVHN/Hazleton merger. As LVH–Hazleton President, John improved access to services, oversaw a modernization project that resulted in renovated patient rooms and an expanded emergency department, and was instrumental opening the Health & Wellness Center at Hazleton. We thank John for his nearly two decades of service to our community and for his leadership at LVH–Pocono as we conducted a national search for a new president.

Meet Cor Catena

Cor has a long and diverse history of proven success in health care leadership. He began his career as an administrative resident and worked his way up through the ranks at various hospitals across the country, becoming an Associate Executive Director and eventually Chief Operating Officer. He then took his talents to Italy, where he was named Chief Executive Officer (CEO) of Rome American Hospital. Cor eventually returned to the United States, serving as a hospital CEO for Columbia/HCA Healthcare Corp. and then Health Management Associates Inc., before transitioning to CHS. Examples of his professional accomplishments are numerous. As CEO for Amsterdam Memorial Health Care System, he led the improvement in patient satisfaction scores from the 13th to 84th percentile in 12 months. At Easton Hospital, he directed the strategic planning of a \$45 million facility upgrade, renovation and expansion project, and led the planning for the development of an outpatient health campus. At Wyoming Valley Healthcare System, he oversaw the construction of a new \$50 million emergency department and cardiovascular institute as well as a \$39 million investment in a new critical care tower. Cor received a Master of Science in Hospital and Health Services Administration at The Ohio State University. He earned a bachelor's degree in zoology from University of Vermont.

Meet Kim Jordan

Kim's 30-plus years of experience includes a broad range of nursing activities, from bedside nursing to leadership of entire divisions to her most recent role as Chief Nursing Officer. Kim joined LVHN in 2002 as Director of the open-heart and transitional open-heart units. In 2006, she transitioned to Administrator of Patient Care Services, overseeing numerous medical-surgical divisions, intensive care units and express admissions units. In 2015, she became Vice President of Patient Care Services with responsibility for the delivery of patient care services, quality measures and administrative functions at LVH–Cedar Crest. She co-led LVHN's Patient-Centered Experience and Inpatient Access teams, helped implement the leadership daily huddle and was the nursing lead for the orthopedic service line. During her 20-year LVHN career, Kim has instilled and promoted the vision, mission and values of LVHN. She is passionate about elevating our standards of care and fostering collaborative research activities to enhance patient outcomes. Kim received a Doctor of Nursing Practice at DeSales University, a Master of Health Administration at University of Scranton and a Bachelor of Science in Nursing at University of Maryland.

LVHN's leadership team continues to grow stronger. Recently we announced [leadership changes](#) at LVH–Cedar Crest and LVH–Hecktown Oaks. With Cor and Kim, I am confident we have leaders at LVH–Pocono and LVH–Dickson City with the skills and experience to improve the health of the communities we serve. Please join me in congratulating Cor and Kim and thanking John for his service.

Happy Colleague Appreciation Day!

Dr. Nester shares all the reasons he appreciates colleagues more and more every day.

by **LVHN Insider**

Published **March 04, 2022**

<https://youtu.be/qYLgaunCfis>



Celebrating Women's History Month at LVHN

Get the details about LVHN's month-long recognition of our female colleagues.

LVHN Insider

Friday, March 4, 2022

March is Women's History Month and is dedicated to honoring the history and contributions of women in America. LVHN is rooted in women's history. Our legacy of patient-centered care began with 13 compassionate, civic-minded women more than a century ago. Today, LVHN's workforce is 80% women. This month, watch for different ways to recognize women at LVHN.

Commemorate International Women's Day: Wear purple

March 8 is International Women's Day, which is dedicated to celebrating the social, economic, cultural and political achievements of women. Wear purple that day to celebrate and recognize women. Don't forget to snap a photo with your colleagues and share to LVHN Insider. Let's flood the #LVHNProud channel with purple that day and throughout March.

Save the date: A newly expanded network-wide women's professional group launches on March 8

Join distinguished guests to learn about LVHN Women in Leadership and Learning (WILL) professional group. WILL is the next evolution of the LVHN Clinicians in Leadership group, which launched nearly five years ago. WILL is formed in the spirit of LVHN Clinicians in Leadership and focuses on the acknowledgement of all women as leaders navigating a broad range of personal and professional roles over a lifetime.

In this virtual launch event, we will explore the forces that shape women as leaders in health care. Join us as we listen, learn, laugh and develop essential leadership capabilities together.

All colleagues are invited to attend a virtual experience on Tuesday, March 8, 5-6 p.m. to learn more about LVHN WILL and celebrate International Women's Day.

[RSVP by Monday, March 7](#)

Save the date: A panel discussion hosted by LVHN Young Professionals on March 24

The LVHN Young Professionals, in partnership with the women's professional group, the Multicultural Professional Development Resource Group and the Diversity, Equity and Inclusion team, invite you to attend a virtual panel discussion on March 24.

During discussion, "**Caring for Yourself while Caring for Others: Addressing Burnout,**" you will hear from Anesthesiologist and founder of LVHN's Multicultural Professional Development group Karen Morris-Priester, MD; Valley Health Partners Chief Executive Officer Veronica Gonzalez; and LVHN's Director of Compassion and Caring for Colleagues, Maggie Brown.

All colleagues are welcome to [join the WebEx on Thursday, March 24, noon-1 p.m.](#)

Get to know inspiring female colleagues

In partnership with Action Against Racism and Advancing Equity (AARAE) Council, we will highlight the stories of three LVHN physicians here on LVHN Insider. Learn about these colleagues and the remarkable things they do every day.

Happy Women's History Month!



Make Sure to Take Care of You

On Colleague Appreciation Day, Lynn Turner explains how LVHN's benefits package enables you to take care of yourself.

LVHN Insider

Friday, March 4, 2022

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

In recognition of Colleague Appreciation Day at LVHN, I want to take a moment to thank you for all that you do. The work that you do gives the people of our community hope and support during some of the most pivotal moments of their lives.

Are you taking care of YOU?

I'd like you to take a moment to ask yourself if you're taking care of YOU. We realize that you dedicate a good part of your life to others, and our intent is to provide a strong benefits package that enables you to take care of yourself and your family. An important part of this benefits package is the opportunity to participate in our retirement program.

Did you know that through the retirement program, you have access to a dedicated financial professional at no cost?

As you think about your future and planning for your retirement, I would encourage you to reach out to one of the plan's financial professionals. They are available (both virtually and in person) to help you plan for retirement and help with broader financial topics such as saving for college, long-term care planning and wealth accumulation. These financial services can prove to be an invaluable resource as you plan for the next phase of your life. A list of financial professionals can be found at lvhn.aigrs.com/contact-us.

If you are not currently contributing to a Lehigh Valley Health Network retirement plan, I would also encourage you to visit lvhn.aigrs.com to learn more about how participating in a plan can benefit your future, as well as how LVHN contributes to the future on your behalf.

Thank you for all that you do. Happy Colleague Appreciation Day!



Tools at Your Fingertips to Help You Plan for the Future

LVHN retirement program gives you tools to design a customizable plan for retirement.

LVHN Insider

Wednesday, March 9, 2022

Time and money are extremely important commodities these days, and there is often a balance of competing priorities around the two. The LVHN retirement program offers you access to a suite of on-demand tools you can use to build your knowledge and lay out a customizable plan for retirement — at a time that's convenient for you. Below is an overview of these important resources. A full list of resources can be found at lvhn.aigrs.com under Financial Education.

Articles: If you enjoy reading, there are many articles to help you through all stages of retirement planning. Topics such as saving for retirement versus paying off student loans, how to retire early and how to reach a million dollars with just 1%.

Calculators: The thought of sitting down and crunching numbers is exhausting. That's why there is an online library of calculators that will do the work for you. There are calculators on many topics such as renting versus buying a home, how much to save for college, estimating social security and estate tax planning.

Webinars: For people who learn best by watching and listening, there are webinars available every month. If you register and miss a session, you can go back and listen to the recorded session at a later time. Topics this year include emotions and your money, life in retirement, simple steps to improve your financial health and long-term care planning.

Self-Service Retirement Pathfinder®: This intuitive, interactive tool allows you to set retirement goals (purchasing an RV, remodeling your home, etc.) and model different economic scenarios to see if you are on track to meet your goals. If you are not on track, the tool provides suggested alternative savings strategies. Results can be shared with your financial professional for further planning and conversation.

Special Programs

FutureFIT® University: This is an online, at-your-own-pace, financial education program that provides the basic financial building blocks and habits that will help you take control of your financial wellness. The great thing is that it can be shared with your family (including children because it's never too late to start practicing good financial habits). This tool is available through the plan but is owned by Everfi.

Remember, knowledge is power. Start taking advantage of the resources you have to help you prepare for retirement. If you have questions about the LVHN retirement program or planning for retirement, reach out to one of your plan's dedicated financial professionals at lvhn.aigrs.com/contact-us.

Information covered in this article is general in nature, may be subject to change, and does not constitute legal, tax or accounting advice from any company, its employees, financial professionals, or other representatives. Applicable laws and regulations are complex and subject to change. Any tax statements in this material are not intended to

suggest the avoidance of U.S. federal, state or local tax penalties. For advice concerning your individual circumstances, consult a professional attorney, tax advisor or accountant. Securities and investment advisory services offered through VALIC Financial Advisors, Inc. (VFA), member FINRA, SIPC and an SEC-registered investment adviser.

Attend an Upcoming Educational Webinar

Social Security and Your Retirement (March 29, 30 and 31)

A secure, comfortable retirement is every worker's dream. Achieving this dream requires careful financial planning to anticipate your income and needs in retirement. As part of a comprehensive financial plan, Social Security is an important element in retirement security. [Click here to register](#) for your preferred time and day for these impactful workshops.

Young Professionals (April 26, 27 and 28)

While every generation has faced its own set of challenges, Millennials often encounter issues that include student loan debt and underemployment. Learn more about these economic challenges as well as the guidance and strategies that can help Millennials get a head start in saving and planning for their future by attending this education workshop. [Click here to register](#) for your preferred time and day for these impactful workshops.



Learn and Grow with a Mindfulness Program

Attend live classes on mindfulness-based stress reduction.

LVHN Insider

Monday, March 7, 2022

Join the skilled instructors from LVHN's Center for Mindfulness as they guide you through eight two and a half hour sessions of relaxing mindfulness practice and training. Practicing mindfulness has been shown to reduce stress, improve concentration and enhance feelings of joy. We've added a new information session, required for registration in the class.

Mindfulness Based Stress Reduction

Wednesdays, March 16-May 4
6-8:30 p.m.

[Find costs and details here.](#)

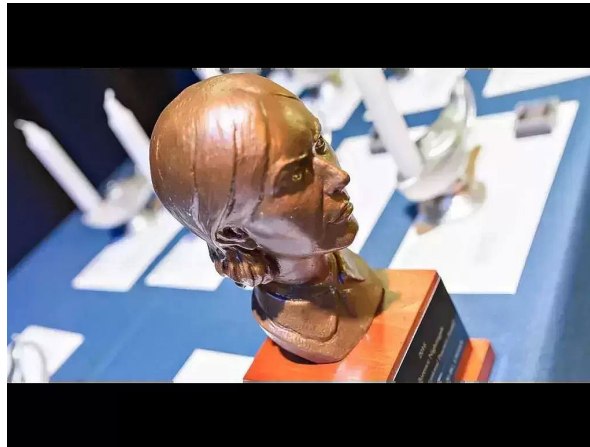
Information Session

Wednesday, March 9
6-7:30 p.m.

Join the virtual information

session: <https://lvhn.webex.com/lvhn/j.php?MTID=m34143d1189c0f59bdb052978e7aea3e4>

Have questions? Contact Michelle McEvoy at michelle.mcevoy@lvhn.org.



2022 Friends of Nursing Award Nominations Remain Open

Nominate a deserving colleague before April 4.

LVHN Insider

Tuesday, March 8, 2022

Friends of Nursing recognizes and promotes excellence in nursing practice, nursing education and nursing research. Consider nominating a deserving colleague for a prestigious Friends of Nursing Award by Monday, April 4.

The nomination form and the nomination book can be found on the LVHN intranet home page, under Announcements.

- [2022 FON nomination form](#)
- [2022 Friends of Nursing nomination book](#)

RESOURCES

Colleague Resources API Support Site Benefits Calendar - Education Calendar - Network CH Downtime Forms Colleague Directory	Announcements * COVID-19 (Coronavirus) ** 21st Century Cures Act 2019 June Cardiology Grand Rounds 2021-2022 Resident Poster 2022 FON nomination form 2022 Friends of Nursing Booklet	Educational Resources Career Development Cultural Competency Resource Center LVHN College Affiliations Medical Abbreviations	Clinical Resources Cultural Competency Resource Center Education and Training Highly Sensitive Troponin (hs-Trop) LVHN Facility Definitions
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Please consider nominating your colleagues for these prestigious awards.



Welcome New Colleagues Who Attended Connections March 7

We have 152 new colleagues in the LVHN family.

LVHN Insider

Wednesday, March 9, 2022

Alyssa Acevedo, Polysom Tech Trainee

Henrietta Adegbemle, Registered Nurse

Hibah Akbar, Medical Assistant Trainee

Suzanne Alderman, HIM Sr Analyst Coding Data Qual-Facil Based

Amara Alhamwi, Bed Mgt Scheduler

Robyn Barchini, Scheduling Coord

Tamara Bartholomew, Distribution Specialist

Matthew Barton, Food Service Worker

Kenan Bettuccio, Technical Partner

Karen Bolich, Registered Nurse

Jessica Breidenbach, Nurse Assistant

Andrew Bresnan, BH Aide

Wendy Brey, HIM Sr Analyst Coding Data Qual-Provid Based

Leah Bucher, Casual RN

Robert Bush, Physical Therapist

Jillian Cannon, Pharmacy Technician

John Capone, Supply Coord

Hannah Cappella, Mental Health Tech

Arlene Chorba, Registered Nurse

Ian Clarke, Registered Nurse

Diany Colon, Guest Services Representative

Jasmin Colón, Housekeeper

Amanda Condrack, Food Service Worker

Xiomara Cotton, RN Home Care

Jason Crambo, Registered Nurse

Wendy Cramsey, Registered Nurse

German Crespo, Reg Polysomn Technologist

Veronica Cruz, Behavioral Health Spec

Veronica Cruz, BHS

Mitch Daniel, Scribe

Talia Dartouzos, Technical Partner

Azalee Davis Cheeseboro, Medical Assistant

Herminia Del Rosario, Registered Nurse

Qupet Dell Vasquez, Nursing Assistant

Nicholas DeOliveira, Data Analyst, PACC

Dominick DiMarzio, Mental Health Technician

Alisha Dixon, 402-CARE Rep

Erika Easton, Reg Spec

Woodrow Ebersold, Transporter

Nicole Emery, Asst Teacher

Katherine Fabian, Cln Research Coord I

Megan Forstburg, Scribe

Marianne Foster, Reg Spec

Amelak Gibson, Patient Services Rep

Kassandra Giraldo, Tray Aide

Gina Griffith, Reg Spec

Jessica Groelly, MHT NA

Brandi Haja, Access Ctr Triage RN WKND Day

Reshat Halim, Pharmacy Technician

Don Harger III, Sr Application Dev and Supp Expert

Haylee Harrington, Technical Partner

Tammy Hiestand, Hospice Doula Program Specialist

Sade Hill, Patient Obs Assistant

Brianna Holmes, LPN Phys Prac

Amanda Houser, Inpatient LPN

Jolene Hrycko, Reg Spec

Stephanie Jimmerson, Inpatient LPN

Devajah Johnson, Technical Partner

Victoria Jones, Inpatient LPN

Gabriela Juarez, School Based Outpatient Therapist

Audri Kalinowski, RN Phys Prac

Amandeep Kaur, Medical Assistant

Felisa Kent, Reg Polysomn Technologist

Launi Klinges, Patient Care Coord

Lisa Knicos, Audiologist Pdm

Jessica Knowles, Registered Nurse

Denise Kocher, Registered Nurse

Alexander Kollias, Patient Transporter PDM

Thomas Kubelus, Transporter

Lisa Kwarcinski, Registered Nurse

Robin LaBar, Inpatient LPN WKND Night

Glenn Leh, Patient Transporter

Kaylee Levernier, Pharmacy Technician I

Heather Luckenbill, CRNP

Angelica Lugo, Reg Spec

Leana Lugo, Patient Services Rep

Areill Lynch, Insurance Follow-up Rep

Emily Lynn, Physical Therapist

Patrick MacMillan, VP Finance - Hospital Operations

Melissa Maher, Reg Spec

Adam Martin, Registered Nurse

Dariel Martinez, Staffing Specialist

Jeanne McCarthy, ED Stocking Tech

Robert McDonough, Mgr Facilities Management

Daniel McHugh, DO

Katrina McKenzie, LPN Phys Prac

Erin Mengel, Diag Technologist

Frank Messina, Business Intel Expert

Lakeysha Miller, Sterile Processing Technician

Elona Moci, PhD

Juan Monje, Technical Partner

Jason Morales, Patient Transporter

Stacey Moyer, Diag Technologist

Shayna Murdock, Registered Nurse

Niamon Neequaye, Sterile Processing Technician

Savita Pangare, Billing Clerk

Agitha Panicker, Registered Nurse

Danielle Pearce, RN PDM I Evng/Night

Latisha Peebles-Cook, Cafeteria Worker

Yudelka Pena Mella, Access Coord Phys Prac

Andrea Perez, Rehab Partner CIR

Benjamin Perkins, Scheduling Coord

Rashateya Phillips, Coord Credentialing

Denise Prince, Registered Nurse

Aileen Prothro, Registration Rep PDM

Dawn Pruettipun, RN Home Care

Dina Quinn, Casual RN

Virginia Quinta Ugolini, Medical Assistant Phys Prac

Felisha Reid, Access Center Triage RN

Renee Reiner, Casual RN

Corinne Richards, Music Therapist

Heather Rodgers, Inpatient LPN

Adam Rutkowski, Scribe

Mala Saha-Guzman, Authorization Specialist

Will Salton, Dir Mgmt Engineering

Nicole Sanchez, Medical Assistant Phys Prac

Kharla Sanchez Cuesta, BH Aide

Joseph Santiago, Patient Obs Assistant

Jennifer Schultz, Third Party Receivables Biller

Joseph Sciabica, Scheduling Coord

Mary Sciabica, Scheduling Coord

Oshana Scotland, Technical Partner

Spencer Shigo, HR Assistant

Hannah Simko, Occupational Therapist

Alysia Sirsky, Registered Nurse

Bailey Smith, Registered Nurse

Lelia Smith, Inpatient LPN

Patrice Snyder, Eligibility Coord

John Spurlock, Dir Development, Major Gifts

Alicia Stansbury, Technical Partner

Taylor Sterling, Patient Services Rep

Joel Stern, Distribution Specialist

Kathy Swavely, Registered Nurse

Jonathan Symonies, Registered Nurse

Melissa Teyim, RN PDM I Day

Joseph Torcivia, Periop Tech Asst

Danielle Touma, Inpatient LPN

Elisha Troup, Registered Nurse

Lisa Vaitkevicius, Housekeeper

Laurie Velazquez, Scheduling Coord

Francis Walsh, Mgr Facilities Management

Nathaniel Watt, Physical Therapist

Faith Wega, Technical Partner

Bronwen Whalen, LPN

Michael Whildin, Scribe

Tristan White, Marketing Brand Eng Specialist

Ashley Wise, LPN Phys Prac

Jessie Woodberry, Housekeeper

Shenandoah Wright, Registered Nurse

Haley Wytovich, Registered Nurse

Lynn Young, Patient Services Rep

Gregg Zahour, Courier

Geoffrey Zhang, Emergency Dept Tech Cert



LVHN-MedEvac Colleagues Share Tradition of Service in Air Force Reserve

Critical care transport nurses Kyle Kromer and Tim Hickey have more in common than their career.

LVHN Insider

Monday, March 7, 2022

Every day, Americans make sacrifices to serve in the armed forces. Nearly 300 LVHN colleagues are veterans, and they exemplify what it means to be #LVHNProud. These

colleagues have inspiring stories of commitment, bravery and strength. Kyle Kromer, RN, and Tim Hickey, RN, are two outstanding examples.

LVHN–MedEvac critical care transport flight nurse Kyle Kromer accepted his commission to the U.S. Air Force Reserve on Friday, Jan. 7. His colleague, Tim Hickey, swore him in as a first lieutenant. Kromer will serve as a flight nurse in the 514th Aeromedical Evacuation Squadron, located at McGuire Air Force Base in New Jersey. He worked in the cardiac intensive care unit at LVH–Cedar Crest prior to joining the LVHN–MedEvac critical care transport team.

Hickey retired from the 514th Aeromedical Evacuation Squadron as a lieutenant colonel. He served as a flight nurse and chief of standardization and evaluation for the unit. He came to LVHN in July 1983 and joined LVHN–MedEvac as a flight nurse in January 1987, which means he celebrates 35 years as a flight nurse this month.

Congratulations to both colleagues on their accomplishments. Thank you for your extraordinary service to LVHN and to our country.



2022 Research Scholar Program Application Portal Now Open

Applications are accepted until March 20. The program will run June 6-July 30.

Jeanne Reilly

Thursday, March 10, 2022

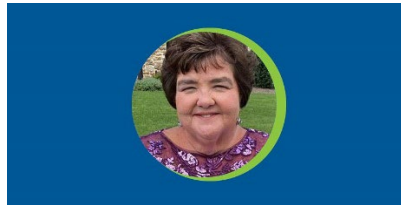
The Department of Education is now accepting applications for the 2022 Research Scholar Program.

The Research Scholar Program provides structured educational research opportunities for undergraduate students, while also providing valuable assistance to LVHN's departments. Research or quality improvement projects, submitted by LVHN departments, allow students to make the link between their academic preparation and the world of work.

This year's program is slated to run June 6-July 30.

Interested students should visit the [Research Scholar Program](#) page to learn more about the program, view prior year posters and access the application portal. The application window closes March 20.

Please contact Jeanne Reilly at Jeanne.Reilly@lvhn.org with any questions.



Rita Heintz Promoted to Administrator, Clinical Denials

Congratulations to Rita on her new role at LVHN.

LVHN Insider

Thursday, March 10, 2022

This message is from Jeff Hinkle, Vice President, Patient Financial Services.

I am pleased to announce the promotion of Rita Heintz to Administrator, Clinical Denials. Rita has been a fixture at LVHN for more than 39 years, beginning her career here in 1983 as a special care unit registered nurse at ASH Hospital, now known as LVH–Cedar Crest. She has received the Friends of Nursing Award, Jaeger Tilley Neuroscience Nursing Award and Service Star of the Month Award. Rita worked in patient care until 2000, when she began her work in patient financial services. Rita has held various management roles and was instrumental in the creation of our revenue cycle education team, where she was the director until transitioning to director of clinical denials. As director of clinical denials, Rita and her team worked in tandem with our physician advisers last year to recover more than \$60 million from payer denials in what would have otherwise been lost revenue for the health network.

In her new role, Rita will continue to oversee our clinical denials team and take on additional responsibilities associated with improved education and clinical denial prevention.

Rita graduated from St. Joseph Hospital School of Nursing in 1980 and from Kutztown University in 1989 with a bachelor's degree in nursing. Rita is also a certified critical care RN and worked as an EMT. Outside of work, Rita enjoys spending time with her husband and traveling. She also loves being a mother, grandmother and great-grandmother to Sean, Kristen, Emma and Sammy.

Please join me in congratulating Rita on this well-deserved promotion.

CDC Shortens COVID-19 Booster Interval for Some Immunocompromised Patients

Time shortened to three months after completion of initial vaccine series for Pfizer, Moderna

By Joe Nixon

March 4, 2022



The Centers for Disease Control and Prevention (CDC) recently updated its guidance to shorten the COVID-19 booster shot waiting time for moderately or severely immunocompromised patients receiving either the Pfizer-BioNTech or Moderna mRNA vaccines.

The CDC now says Pfizer-BioNTech vaccine recipients 12 and older and Moderna vaccine recipients 18 and older can get a booster shot three months after completing the two-dose COVID-19 vaccine series and receiving the third dose (additional primary dose), down from the previously recommended five-month intervals.

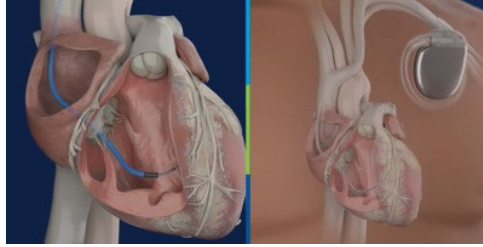
Moderate to severely immunocompromised individuals 18 and older who received a single dose of the Johnson & Johnson (J&J) vaccine should receive an additional dose of a Pfizer-BioNTech or Moderna vaccine 28 days after the J&J vaccine. A booster shot of either of the Pfizer-BioNTech or Moderna vaccine is recommended two months after the second shot. That time frame has not changed.

Lehigh Valley Health Network (LVHN) urges all those eligible to get vaccinated against [COVID-19](#) and to get [booster shots](#) when appropriate.

Lehigh Valley Heart and Vascular Institute Participating in World-Wide Implantable Cardiac Defibrillator Study

Only site in Pennsylvania evaluating use of catheter-delivered heart technology in LEADR clinical trial

By **Joe Nixon**
March 7, 2022



[Lehigh Valley Heart and Vascular Institute](#) is among about 50 sites worldwide involved in evaluating the use of an investigational, catheter-delivered lead in adult patients who have previously experienced, or are at significant risk for developing, life-threatening ventricular tachycardia (VT).

What is ventricular tachycardia?

VT is an [arrhythmia](#) – an abnormal rhythm – in the lower chambers of the heart. It occurs when your heart beats too fast – more than 100 beats per minute – which can affect the flow of oxygen-rich blood to the rest of your body. It's an important cause of sudden death and occurs most commonly in those with preexisting structural heart disease.

Symptoms include dizziness, shortness of breath, lightheadedness, palpitations and chest pain.

More about the clinical trial

Lehigh Valley Heart and Vascular Institute is the only site in Pennsylvania engaged in the Lead Evaluation for Defibrillation and Reliability (LEADR) clinical trial sponsored by Medtronic. The investigational lead will be paired with commercially available Medtronic defibrillators. The trial is investigational because the catheter-based lead is not yet approved by the Food and Drug Administration (FDA). The trial is expected to last about 18 months.

Patients with VT often receive an implantable cardiac defibrillator (ICD) or cardiac resynchronization therapy-defibrillator (CRT-D) to interrupt or terminate dangerous, racing rhythms.

A thin wire, called a lead, is threaded through the veins, and connects the device to the heart muscle. The lead senses the heart's electrical signals, and transmits that information to the device, which detects rapid, potentially life-threatening heartbeats. If a dangerous heart rhythm is detected, the device quickly delivers therapy, in the form of painless pacing pulses or an electrical shock to the heart, to restore a normal rhythm.

According to Medtronic, the novelty of the defibrillation lead under study is that it is threaded through the veins and into the heart through a catheter, which helps with placing the lead.

Why we're involved

“We're pleased to be part of this important clinical study exploring an innovative approach for helping our patients,” said Ronald Freudenberger, MD, Physician in Chief, Lehigh Valley Heart and Vascular Institute. “It's important to keep driving research for patients suffering from arrhythmias, and we are optimistic about seeing the results of the LEADR study and its potential impact on treatment options.”

Diabetes and Heart Health: Tips for Success

Steps you take to improve heart health also help keep diabetes in check

By **Maggie Worst**



According to the [American Diabetes Association](#), individuals with diabetes are approximately twice as likely to develop heart disease or have a stroke than others. In fact, cardiovascular disease is the No. 1 cause of death for individuals with diabetes.

“While these statistics may be shocking, it's important to know that there are a lot of things you can do to maintain or improve your heart health,” says Lynne Garris, registered dietitian and certified diabetes educator with the [Diabetes Self-Management Education Program at Lehigh Valley Hospital–Pocono](#). “There are also symptoms you should be aware of and seek immediate care for if you experience them.”

What to watch out for

If you are experiencing any of the following, it is best to go to the closest emergency room for evaluation:

Signs of a heart attack

- Chest pain that feels like pressure or squeezing in the center or left side of your chest
- Upper body discomfort, such as pain in one or both arms, the back, neck, jaw or stomach
- Shortness of breath
- Cold sweat
- Unexplained fatigue
- Nausea and vomiting

- Lightheadedness or dizziness

Signs of a stroke

- Weakness or numbness of the face, arm or leg, especially on one side of the body
- Confusion or difficulty speaking or understanding
- Problems with vision such as dimness or loss of vision in one or both eyes
- Dizziness or problems with balance or coordination
- Problems with movement or walking
- Severe headache with no known cause

While it's important to seek immediate care for these symptoms, they may be a sign of other less serious conditions.

It's also important to know that heart disease starts well before major cardiac events.

"There are some conditions that develop over time and can lead to a heart attack, heart failure or a stroke in time," Garris says. "That's why it's best to take steps to reduce your risk for heart disease and improve your risk factors as soon as you can."

["Making a commitment to a healthy lifestyle can be challenging, but in the end, if you feel better and are at less risk for serious illness, it's worth it," says Lynne Garris, registered dietitian.](#)

Heart healthy tips

There are many things you can do to prevent or slow the progression of heart disease, including:

- Getting 150 minutes of moderate exercise per week
- Maintaining a healthy weight and eating a diet that is full of vegetables and fruits
- Managing your stress, which can help keep your blood pressure in a normal range
- Getting six to eight hours of sleep per day
- Taking any medications prescribed by your doctor as directed
- Quitting smoking
- Seeing your doctor regularly to have your blood pressure, blood sugar and cholesterol levels checked

"Taking these steps will not only help your heart – they will also keep your diabetes in check and help you improve your health overall" Garris says. "Making a commitment to a healthy lifestyle can be challenging, but in the end, if you feel better and are at less risk for serious illness, it's worth it."

How Springing Forward Can Feel Like You've Fallen Behind

Tips for how to combat the health effects of daylight saving time (headed your way March 13)



Waking up late for work after we “spring forward” on March 13 (switching from Eastern Standard Time to Daylight Saving Time) isn’t the only potential peril of the time change. Losing sleep also can negatively affect your health.

Mood, memory, motivation

“When we lose sleep, it affects all of the systems of the body,” says family medicine provider [Natalie Bieber, DO](#), with LVPG Family Medicine. “We may feel less focused and motivated or notice mood and memory changes. Sleep loss may weaken our immune systems leaving us more susceptible to viral illness.”

Studies show the time change increases your risk for accidents and heart attacks, including a 5.7 percent increase in workplace injuries the Monday after daylight saving time starts. Another study found that number of heart attacks rose by 5 percent the first few days after the clock change.

Prolonged sleep loss

“Sleep loss activates the part of the nervous system that deals with stress, and this increases blood pressure and inflammation,” says pulmonologist [Richard Strobel, MD](#), with LVPG Pulmonary and Critical Care Medicine. Over a prolonged period of time, sleep loss can lead to high blood pressure, weight gain, depression and other health problems.”

If you typically get plenty of sleep and have no risk for heart disease, the time change won’t likely affect you. However, if you are chronically sleep-deprived, already at high risk for heart disease or just want to be on your “A” game, here are tips to help you avoid “daylight saving syndrome.”

Daylight saving syndrome tips

- **A week before the clock change:** Shift your sleep schedule. “Go to bed and wake 15 to 30 minutes earlier than usual,” Strobel says. That way the clock change won’t be as significant a shock to your system.

- **The night of the clock change:** Resist any temptation to induce sleep with alcohol. “While it might help you fall asleep, alcohol leads to less restful sleep,” Bieber says.
 - **The first few days after the clock change:** Drink plenty of water and reach for wholesome, high-fiber foods rather than sugar-coated treats. An apple with peanut butter makes for a great energizing breakfast.
 - **For the rest of the year:** Prioritize sleep, aiming for seven to eight hours every night. Also get plenty of exercise, as it helps improve sleep, and keep your wake time consistent weekdays and weekends.
-

Colonoscopy: Your Questions Answered

Tips on when to start colon screenings to how to make bowel prep easier

By Maggie Wurst



Colorectal cancer is one of the most common types of cancer diagnosed in the United States, with more than 150,000 new cases expected to be diagnosed in 2022 alone. It is also the second most common cause of all cancer deaths in the country.

While these statistics may be shocking, there is good news: colorectal cancer can not only be caught early, but also prevented through regular screenings.

“Colonoscopy is the gold standard for colorectal cancer screening, and it has the potential to save your life,” says gastroenterologist [Anthony Auteri, MD](#), with Eastern Pennsylvania Gastroenterology and Liver Specialists and Chief, Division of Gastroenterology, Lehigh Valley Health Network (LVHN). “However, some people are hesitant to undergo colonoscopy because of what they’ve heard about the preparation and the procedure. Many of these tales are from years ago before the procedure was modernized. Some recent updates involve lower volume bowel cleansing preps, more effective sedation, more advanced scopes and the development of more patient-friendly ambulatory endoscopy centers, which many patients prefer over coming to the hospital.”

“On average, we find precancerous polyps in 1 in 4 people over age 45,” says gastroenterologist Anthony Auteri, MD.

To ease any concerns you may have about this important screening tool, we’ve answered some common questions below:

What is a colonoscopy?

Colonoscopy looks for concerning changes in the large intestine (colon) and rectum, allowing them to be identified and removed before they become cancerous.

A typical colonoscopy will take between 20 and 30 minutes. Before the procedure, you will change into a patient gown and lie on a bed. You will be given a sedative so you won't be awake or feel anything while the procedure is taking place.

During the procedure, a flexible tube with a camera is inserted into the rectum. A gastroenterologist will advance the tube through the length of the colon to make sure there are no abnormal growths or concerning areas.

"It takes about 30 minutes to completely wake up after the procedure, but you likely won't be in any pain at all," Auteri says. "In fact, some people go out for a bite to eat after."

Why is colonoscopy so important?

Colonoscopy isn't just for viewing the colon and rectum.

If a growth is found during a colonoscopy, your doctor can either remove it entirely during that same appointment or if it is larger and potentially cancerous, can take a small sample biopsy for testing.

Polyps, which are growths that can become cancerous if not removed, are commonly found during colonoscopy. Almost all colorectal cancers start as benign polyps that can be removed before the cancer occurs. Colonoscopy can find precancerous tumors in early stages before they cause symptoms, allowing individuals to receive treatment sooner.

"On average, we find precancerous polyps in 1 in 4 people over age 45," Auteri says. "This tells us that if every eligible individual underwent regular colonoscopy, we could drastically reduce colorectal cancer diagnoses and deaths."

When should I start getting colonoscopy and how often?

It is recommended that most people start getting screening colonoscopy at age 45 when precancerous polyps become more prevalent. If you are at higher risk for developing colorectal cancer (based on your family or personal health history), your gastroenterologist may recommend starting screening earlier.

If nothing is found during your colonoscopy, you will often not need another for 10 years. However, if polyps are found or if you are at a higher risk for colorectal cancer, it may be recommended that you get another in three to five years.

How do I prepare for a colonoscopy (aka bowel prep)?

Your colon needs to be cleared out for your procedure so that the gastroenterologist can thoroughly visualize and examine the inner lining of your colon.

To do this, you will need to follow a specific bowel cleansing plan starting 24 hours before your colonoscopy. In addition to following a clear liquid diet, you also will need to drink a lot of fluid with laxatives mixed in.

While most people tolerate the bowel preparation well, some may find it more difficult than others.

“If you experience regular bouts of constipation, you may have a bit of a sluggish bowel and could benefit from starting a clear liquid diet 48 hours before your colonoscopy instead of 24,” Auteri says. “For everyone else, the best advice is to avoid very heavy foods leading up to the start of your bowel prep.”

Are there any other ways to be screened for colorectal cancer?

There are two other screening options – stool tests and imaging tests.

Stool tests involve taking multiple samples of your stool and sending them off to a lab. They will be tested for traces of blood and genetic material associated with colorectal cancer. While these tests can often identify colorectal cancer, they aren’t as effective at identifying precancerous polyps (especially when compared to colonoscopy). In other words, these tests are good at identifying colon cancer, but not very good at preventing colon cancer.

CT scans (virtual colonoscopy) can show growths and polyps that would be identified during a colonoscopy; however, individuals still need to cleanse their colon with a bowel prep ahead of the scan. Also, if polyps are identified during the scan, the patient will need to undergo a colonoscopy (with another bowel prep) to have them removed.

“No one enjoys the bowel preparation, but colonoscopy is truly the best tool we have for preventing colorectal cancer,” Auteri says. “We know that people might feel uncomfortable or embarrassed about the colonoscopy process, but we have tried to make the entire experience more patient-friendly. This is an important part of your health, and your care team will make you feel comfortable throughout the entire process.”

Medal-Winning Recovery

Champion golfer back on the course after hip replacement with Lehigh Valley Orthopedic Institute

By **Hannah Ropp**



Golf has been a part of Noreen Mohler’s life for almost as long as she can remember. She began playing with her father as a child and was playing competitively before she started high school.

“I was about 12 when I started playing in tournaments, and at that time, I was one of the few female golfers in my age bracket,” says Mohler.

Mohler played golf throughout high school and college, and she even passed on her love of the game to her son, who played in high school and college. It was through her son that she learned about the golf performance training classes with Frank Lupin, certified athletic trainer and strength coach, offered at Coordinated Health Bethlehem—2030 Highland Ave., part of [Lehigh Valley Orthopedic Institute](#).

Though initially the classes were meant for her son, both Mohler and her husband signed up for classes as well. She credits the golf performance training with not only improving her game but helping alleviate some of her orthopedic issues.

Good form and fun

After Mohler’s children were grown, she returned to golfing and threw herself into training for senior tournaments. However, lower back and hip pain kept her from training as much as she wanted and needed. She made an appointment with [Wayne Luchetti, MD](#), orthopedic surgeon with [LVPG Orthopedics and Sports Medicine—2775 Muhlenberg](#), who diagnosed her with degenerative hip joint from overuse.

Luchetti told her she would most likely need a hip replacement at some point but could try a more conservative approach first. She turned to Lupin to find ways she could alleviate pain while playing and postpone the inevitable surgery.

“One way we were able to help Noreen was by evaluating her movement using the Titleist Performance Institute’s physical screen, to see where her deficiencies were. Once we identified them, we were able to stretch and strengthen the muscles that needed it,” says Lupin.

Mohler says that while the training helped improve her game and put off her surgery for almost a year, ultimately, she knew that in order to continue to play golf at the level she wanted, she would need to have a hip replacement.

A family affair

Mohler admits that although she was nervous about the surgery last February, she couldn't have been happier with the results. She was up and moving around within just a few hours of surgery in order to prevent swelling and promote mobility within the joint, and she was home just a few days later.

"I was definitely surprised to see how quickly my rehabilitation began after surgery," says Mohler. "I think the fact that I was active prior to the surgery definitely helped."

Mohler's physical therapist was a familiar face, Leslie Lupin, physical therapist, who is Frank's wife.

"It was great having Leslie do my PT, because I knew that she and Frank talked about what would be best, and they really worked together," says Mohler.

For the first few months following surgery, Leslie focused on exercises that would help build muscle and increase circulation to the legs and feet. The goal was to improve overall hip function. After a few months with Leslie, Mohler was ready to begin her golf performance training with Frank again.

Back on the green

As soon as she regained her strength and flexibility, and could swing a golf club, Mohler was back in her golf performance training classes regularly.

"She was definitely eager to resume golfing," says Frank. "We started off slowly and built back up from chipping to using her driver."

According to Frank, they focused on the physical components of her swing mechanics in order to prevent future injury. They also did a lot of stretching and core activation that targeted the hip, abs, shoulders and upper back. The goal was to ensure that she was able to golf without pain or further injury.

Five months after her surgery, Mohler was back on the course and ready to compete. Since her surgery a year ago, she has regained much of her top form, finishing fifth in the PA State Senior, ninth in the Women's Eastern Golf Association championship and fourth in the prestigious North & South Senior Championship in Pinehurst, NC.

Even after her recovery, she still takes part in the golf performance training classes and recommends it to fellow golfers. "It's a great way to improve your game and talk to fellow golfers. A lot of times you'll learn something in the course of talking to someone else than can help improve your game as well," says Mohler.