



LVHN WEEKLY

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



## Excellent Care Always Matters

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[Read more →](#)

## How Can You Help? A Message on Ukraine

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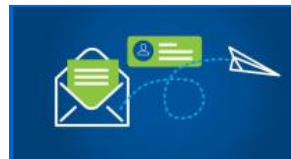
[Read more →](#)



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## Gas Prices Scaring You? LVHN Can Help You Save at the Pump

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[Read more →](#)

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## Lehigh Valley Orthopedic Institute Celebrates Its Launch

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[Read more →](#)



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[Read more →](#)



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## Partner of the Month Award – March 2022

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[Read more →](#)

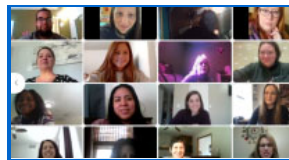


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## Welcome New Colleagues Who Attended Connections March 21

We have 197 new colleagues in the LVHN family.

[Read more →](#)



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## Michele Roberts Named VP of Patient Care Services

She rejoins LVHN in a leadership role at LVH-Pocono and LVH-Dickson City.

[Read more →](#)



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## Keith Weinhold to Retire

He helped make LVHN a national leader in cancer care.

[Read more →](#)



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## Savitri Skandan, MD, Speaks on Resilience and Passion

Celebrate Women's History Month by reading her story.

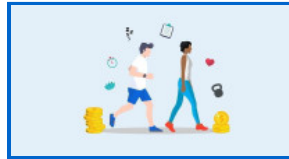
[Read more →](#)



## Spring Into Fitness and Embark on the Big Island Trek Team Challenge

Compete against other colleagues and boost your health.

[Read more →](#)



## Get Pre-Sale Tickets to An Evening with James Taylor

James Taylor will be at the PPL Center on June 27.

[Read more →](#)



## Discount at Sleep Number

Get 20% off all Sleep Number 360 smart beds, integrated and adjustable bases and select bedding.

[Read more →](#)



## LVHN SELECT Medical Students Learn Their Assignments During Match Day 2022

The next phase of their medical training will take place at hospitals around the country and LVHN.

[Read more →](#)



## Free Oral Cancer Screenings Available in April

Get an appointment for one of three free screening events presented by Lehigh Valley Topper Cancer Institute.

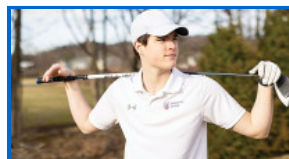
[Read more →](#)



## Zach Glavin Thriving While Managing Hemophilia

Teen receives medical care and guidance to manage hemophilia A from Hemophilia Treatment Center at LVH–Muhlenberg.

[Read more →](#)



## Roseto Man Won't Allow MS to Keep Him Down

Combination of care from LVH Neurology and his devoted family help Jeff Faust return to more active life.

[Read more →](#)







## **Excellent Care Always Matters**

In the State of the Health Network Address, Dr. Nester says excellence is what sets LVHN apart from everyone else.

LVHN Insider

Thursday, March 24, 2022

For two long years, we have been working together to create “Better Days Ahead.” During the State of the Health Network Address, LVHN President and CEO Brian A. Nester, DO, MBA, says our health network remains strong because of your commitment to excellent care.

Below, read a recap of his presentation and watch video snippets that provide more details, or watch a video of the entire presentation at the bottom of this post.

In this video, Dr. Nester sets the stage for his presentation.

<https://youtu.be/b3hhGipk28o>

## **Excellent colleagues**

Excellent care starts with excellent colleagues. Time and time again, colleagues have shown that our team of health care professionals is among the best you will find anywhere. The responsibilities placed on you during the pandemic are daunting and the extra work on your plate during the staffing crisis may be stretching you thin. Yet, you persevere and overachieve amid great adversity. You continue to provide the high-quality care and service for which LVHN is known. In recognition of all you do, we are committed to giving you the rewards you deserve. Examples of the most recent rewards include:

- SSP and Leadership Incentive bonuses
- Merit increases
- Continued LVHN contributions to your retirement plan
- Gifts, including blankets, phone chargers and sweatshirt
- Free turkey at Thanksgiving, free meals at work, and free treats on our inpatient units delivered by the Caring Carts
- Eligible colleagues, with vice president approval, can carry over an additional 40 hours of PTO into FY23

## **Recruiting new colleagues**

Nothing improves your work experience more than having a department that is fully staffed with trusted colleagues on whom you can depend. We are taking aggressive action to address staffing challenges and recruit new colleagues to our team. We participated in more than 80 recruitment events in 2022 alone and recently hosted our Spring Graduate Nurse Conference, which drew 42 participants. Here are the results of this work:

- Since July 1, we hired more than 3,000 new colleagues and supported 2,200 internal transfers.
- We are on track to welcome more than 4,000 new-to-network colleagues this fiscal year. This represents exponential growth. We welcomed about 3,300 colleagues total in FY21.
- Nurses remain the focus of our recruitment efforts. So far this fiscal year, we recruited more than 500 new-to-network nurses.

## **Excellent care**

It takes excellent colleagues to provide excellent care. Throughout the pandemic, you have done just that. Finally, we are getting some relief.

- We have fewer than 50 COVID patients in our hospitals.
- LVHN has had more than 16,500 COVID admissions since March 2020, which is the most in the region.
- LVHN administered nearly 600,000 vaccination doses so far. The only health system in Pennsylvania that administered more vaccine than LVHN is UPMC, with its 49 hospitals.

The declining number of COVID hospitalizations and cases is evidence that the better days you worked hard to create are nearly here. However, we must continue to take the appropriate precautions to protect those who are most vulnerable. The pandemic is not over – yet there are reasons to have hope.

- Oral antiviral medications that help reduce the virus' spread through the body are becoming more readily available.
- We have continued our monoclonal antibody treatment programs at full capacity to make as many COVID-19 treatments available to our community as possible, when appropriate.
- We will continue to stress the importance of vaccination and booster shots with our community.

All of these factors should translate into fewer hospitalized patients over the coming months.

## **Excellent vision**

Even as we were battling the worst of COVID-19, we were looking ahead to ensure our health network would grow and thrive. LVHN remains strong because we entered the pandemic a strong organization. For years, we've been focused on health care value, providing the highest quality care at the lowest possible cost. Our focus on value served us well.

In this video, Dr. Nester provides evidence of LVHN's strength.

<https://youtu.be/FNQHKof-D0w>

LVHN's strength allowed us to do the following to give our community convenient access to high-quality care:

- Opened a new Children's ER at LVH–Cedar Crest
- Opened LVH–Hecktown Oaks, our first new hospital in nearly 50 years
- Introduced Lehigh Valley Orthopedic Institute
- Opened the Health Center at Pennsburg
- Will soon open two new hospitals: LVH–Carbon near Lehighton, and LVH–Dickson City near Scranton
- Broke ground on a new Cancer Center at LVH–Hazleton

### **Excellent experience**

We are embarking on an exciting new journey to transform the health care experience for our colleagues, clinicians and community. Over the past year, a group of senior leaders from across the health network have partnered with The Experience Lab, a health care experience design firm, to explore new possibilities for LVHN. They've created a framework for how we will build the culture and experience we imagine. Throughout the first half of 2022, select colleagues will come together for a single-day immersive experience called "Partners in Caring." These gatherings will allow participants to exchange ideas and help create the experience at LVHN.

Dr. Nester shares more about Partners in Caring in this video.

<https://youtu.be/LTDgICHpfhw>

### **Excellent care always matters**

Recently, we conducted research to ask people what they value in their health care provider, what they think of LVHN and what they identify as our greatest strengths. The key learning from that research is: LVHN is the region's leader in delivering high-quality health care. We ranked significantly higher than our competition in every metric. Here is what our community says sets LVHN apart:

- The quality of our doctors, nurses and clinicians

- The quality of our medical services
- Our ability to treat critical and life-threatening conditions
- Our commitment to providing leading-edge care and treatments
- And our promise to serve the community

In the eyes of our community, LVHN owns “high-quality care.” Our depth of expertise in specialized care puts us in a leadership position. It is our ownable, differentiating message.

We want to inform colleagues about the results of this research, celebrate and get the LVHN family even more excited about the high-quality care for which we are known. We also want to tout our reputation and leadership in the community by sharing the stories of excellent patient outcomes.

In the coming months, we will introduce a new communications theme that speaks to what we are about and what sets us apart from everyone else. The theme is: **Excellent care always matters.**

By sharing stories about our excellence, we will energize colleagues and make you even more #LVHNProud to be part of our family. We will move toward our goal of capturing people who are not loyal to a specific health system. We also will move toward our desired state of helping people realize that “LVHN is the only place I should turn to for my – and my family’s – health care.”

**Watch the entire Leadership Partners meeting below, which includes Dr. Nester’s presentation beginning at 7:54.** No sound on your computer? No problem. Turn on closed captioning for the videos by clicking the CC button.

<https://youtu.be/LLHyFdm8Zkc>

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## How Can You Help? A Message on Ukraine

So many colleagues want to provide assistance to Ukraine, so here’s what you can do.

LVHN Insider

Thursday, March 24, 2022



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

Four weeks ago, Russian forces began launching devastating attacks on their neighboring country, Ukraine. Since then, Ukrainians have been forced to flee their homes as their hospitals, residential buildings and entire towns are destroyed.

At LVHN, compassion is a core value that is at the heart of everything we do. This time is heartbreaking for Ukrainian people, and you have asked what you can do. Many of the requests to help were from colleagues who were born in Ukraine or have family and friends living there, which makes this more personal. We have heard your concerns loud and clear.

To provide assistance in the most efficient and effective way possible, our health network has collected a list of humanitarian organizations who have established channels and methods for delivery and distribution of aid. Follow the links below to learn more about each nonprofit organization's efforts and how you can participate. We have researched and vetted these groups to be sure that the support is going directly to those in need.

- **Razom for Ukraine** was built for supporting Ukraine, and they can accept donations and supplies. Visit [razomforukraine.org](https://razomforukraine.org).
- **American Red Cross** is accepting financial donations that can be directly allocated to Ukraine. They are providing assistance to Ukraine and to neighboring countries to which Ukrainians have fled. Visit [redcross.org](https://redcross.org).
- **United Help Ukraine** was also built specifically for Ukraine relief and focuses on providing medical supplies, personal protective, medical and survival equipment, humanitarian aid and aid for wounded warriors. Visit [unitedhelpukraine.org](https://unitedhelpukraine.org).
- **UNICEF** is an international relief organization. You can designate your donation for relief in Ukraine, including giving directly to efforts to help Ukrainian children. Visit [www.icrc.org/en](https://www.icrc.org/en).

You can support these organizations or those of your choosing on an individual basis during these uncertain times. Potential organizations could include both local and national groups who are doing their part to help. I welcome you to research your options and contribute where and if you feel called to do so.

Thank you to all colleagues for demonstrating our core values of compassion, integrity, collaboration and excellence in everything you do, both within LVHN walls and in your daily lives. I am grateful to you all for your kindness and generosity of spirit.

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## Guidelines for Your Email Signature

Match your signature to brand guidelines to be consistent across LVHN.

LVHN Insider

Thursday, March 24, 2022

Email signatures are an important part of every message you send. They contribute to the professionalism of your message and help you proudly represent LVHN. All LVHN colleagues should be following a specific signature email template so that all signatures are consistent throughout the health network.

If you haven't already, take this opportunity to add an official LVHN email signature to your account. It's easy and only takes a minute.

For example, a standard LVHN signature should look like this:

First and Last Name

Title

Department

Institute/Hospital (optional)

Lehigh Valley Health Network

Building Name (optional)

Street Address Line 1 (Optional)

Street Address Line 2 (Optional)

City, State ZIP

Phone: xxx-xxx-xxxx

Fax: xxx-xxx-xxxx (Optional)

[LVHN.org](http://LVHN.org)

See the samples below:

Jane Doe

Marketing and Communications Coordinator

Marketing and Public Affairs

Lehigh Valley Health Network

Phone: xxx-xxx-xxxx

[LVHN.org](http://LVHN.org)



Your health deserves a partner.

John Doe  
Certified Child Life Specialist  
Child Life Department  
Lehigh Valley Reilly Children's Hospital  
Lehigh Valley Health Network  
Phone: xxx-xxx-xxxx  
[LVHN.org](http://LVHN.org)



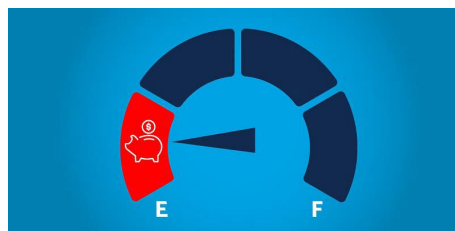
When personalizing your signature, be wary of logos. The official LVHN and Lehigh Valley Reilly Children's Hospital logos are allowed, as are all institute and hospital logos. Do not use the Great Place to Work badge or other banners or logos in your signature.

Use one of these email signature guides to learn how to add a signature based on your device:

- Windows 7
- Windows 10
- iOS (Apple)
- Android
- Outlook web

Thank you for taking the time to add your signature.

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## Gas Prices Scaring You? LVHN Can Help You Save at the Pump

As an LVHN colleague, you have options to save money on your commute.

LVHN Insider

Wednesday, March 23, 2022

Gas prices are skyrocketing, and that can wear on your wallet. As an LVHN colleague, you have access to deals that can help.

### **Get a membership at a wholesale club**

Wholesale clubs, or big-box stores, offer lower prices at their gas stations. The gas at these stores ranges from \$.05 to \$.25 less per gallon. Look for membership deals on the [Recreation Committee](#) page on the LVHN intranet, including one for BJ's Wholesale Club.

You can join, cancel and get a refund at any time.

### **Charge your electric vehicle**

Do you have a hybrid or electric car? Use the charging stations at LVH–Cedar Crest, LVH–Muhlenberg and LVH–Hecktown Oaks.

### **Stay at the Hackerman-Patz House**

Rooms are available for colleagues to stay at the Hackerman-Patz house before and after shifts. The rate for colleagues is \$35 per night. To book, call 610-402-9500 between 8 a.m. and 4:30 p.m. any day. Booking rooms is subject to availability and for short-term stays.

### **Try an app**

Download an app that helps you save money when you fill up your tank. These apps tell you which gas stations around you offer the lowest prices:

- Gas Buddy
- WAZE
- Gas Guru
- Google Maps
- GEICO Mobile

### **Take the bus**

Check the [Lanta bus schedules](#) to see if busing to work might be right for you.

### **Hop on your bike**

If your commute allows, try biking to work instead of driving. Check if your work location offers bike racks to secure your bike while you work. LVH–Cedar Crest has bicycle lockers that require a \$10 refundable deposit.

Take advantage of these ways to save, and find a solution that works for your lifestyle.

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## **Lehigh Valley Orthopedic Institute Celebrates Its Launch**

Famed NFL quarterback Joe Theismann praises medical mission to ‘make people’s lives better.’

LVHN Insider

Tuesday, March 22, 2022

Lehigh Valley Orthopedic Institute wants to be one of the top 20 orthopedic programs in the U.S. and a pep talk last Monday night (March 14) from gridiron great Joe Theismann certainly got things off on the right foot.

Theismann, who led the team now known as the Washington Commanders to a victory in Super Bowl XVII in 1983, addressed providers and their guests at the PPL Center in downtown Allentown. A Heisman Trophy runner-up at the University of Notre Dame, his long list of football injuries reads like a medical textbook.

He focused on the most noteworthy of those injuries, an orthopedic calamity that has perhaps made him more famous than his on-the-field exploits in Washington or at Notre Dame.

The compound fracture of his tibia and fibula in 1985 on Monday Night Football against the New York Giants ended his career and probably ranked as football’s most gruesome moment until Alex Smith, also quarterbacking Washington, suffered the same type of injury in a game in 2018.

Theismann spoke about teamwork, drive and the impact that Orthopedic Institute providers who sat in the audience in front of him make on everyday lives.

Those Lehigh Valley Physician Group, Coordinated Health, and independent providers from orthopedics, physiatry, pain management, podiatry and chiropractic medicine participated in a white coat ceremony after Theismann spoke to officially launch the Orthopedic Institute. All Orthopedic Institute colleagues were invited to join in the launch.

“You hold the power of people’s futures in your hands,” says Theismann, who grew up in South River, N.J., about 75 miles east of Allentown. “It’s unbelievable how you’ve accepted that challenge and done so many wonderful things for so many people.”

He lauded doctors and caregivers for their long journeys in medical school and other training that got them where they are today. He even wove in the recent news of famed quarterback Tom Brady's return from retirement. "You never stopped. You never said enough is enough," says Theismann. "You never said, 'I'm finished.' So, as I look out at this audience of extremely talented people, I see a lot of Tom Bradys who just have unfinished business. And yours is to make people's lives better."

Theismann thanked Orthopedic Institute doctors for their chosen profession. "A person like me couldn't do or be the things that I am today if it wasn't for people like you. So, you are so close to my heart," he says. "I wish you all the luck in the world."

Brian A. Nester, DO, MBA, Lehigh Valley Health Network's (LVHN) President and CEO, addressed the gathering, as did Michael Pasquale, MD, interim Physician in Chief of Lehigh Valley Orthopedic Institute; Physician in Chief, Lehigh Valley Institute for Surgical Excellence and Chair of the Department of Surgery at LVHN.

"The success of Lehigh Valley Orthopedic Institute rests on all our shoulders," says Nester. "I look out tonight at an unrivaled assemblage of talent and skill that shares a vision and purpose."

"Lehigh Valley Orthopedic Institute is proof of our innovation, but it didn't happen on its own," says Pasquale. "So many people, including many of you here tonight, helped the vision become reality. You helped mold what we launched last month and what we officially celebrate here tonight."

Want to know more about Lehigh Valley Orthopedic Institute? Visit [LVHN.org/ortho](https://www.lvhn.org/ortho).

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## **How to Join LVHN Women in Leadership and Learning (WILL)**

The newly expanded network-wide women's group has officially launched. Now what?

LVHN Insider

Tuesday, March 22, 2022

In case you missed it, the LVHN Women in Leadership and Learning (WILL) professional group hosted a live, virtual event on Tuesday, March 8, which was International Women's Day. This group will provide rich opportunities for mentoring, book clubs, networking and more. If there is an LVHN WILL, there is a way, so grab the chance to be part of it from the beginning.

## How to join

To join, email [lvhn\\_willpower@lvhn.org](mailto:lvhn_willpower@lvhn.org) and express your interest in joining the group. All colleagues are welcome.

## How to keep celebrating women this month

LVHN Young Professionals, in partnership with WILL, 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 the panel discussion, “Caring for Yourself While Caring for Others: Addressing Burnout,” you will hear from Karen Morris-Priester, MD, founder of LVHN’s Multicultural Development group; Veronica Gonzalez, Valley Health Partners Chief Executive Officer; and Maggie Brown, LVHN’s Director of Compassion and Caring for Colleagues.

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

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.

Women’s History Month is all month long. Remember to [post your photos of you and your colleagues wearing purple](#) to the [#LVHNProud channel](#) on LVHN Insider. Use the hashtag #WILLpower to join the movement.

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## Partner of the Month Award – March 2022

Oboe-playing doctor fulfills patient’s last wish with private concert.

LVHN Insider

Monday, March 21, 2022

**Eliot Friedman, MD, Division Chief, LVPG Hematology Oncology–1240 Cedar Crest**

“There’s nothing that comes above taking care of your patients.” Eliot Friedman, MD, has dedicated more than three decades of his life using his knowledge and intuition to care for patients with cancer. He knows what it’s like for patients to wait, wonder and feel overwhelmed during a high-stress situation. Friedman listens to his patients and

fulfills their requests, no matter how big or small. Recently, a patient with laryngeal cancer was admitted to the hospital. A mass on his vocal cords left him unable to swallow or speak above a whisper. The cancer was progressing rapidly. While on vacation, Friedman facetimes the patient and his wife. The couple, who have two young children, agreed to hospice care. The patient's wife requested an appointment with an ear, nose and throat specialist to get a vocal cord injection to improve his voice. Friedman scheduled the procedure the next day. During a virtual visit, the patient talked about his love of Beethoven and a request to hear Friedman play the oboe. Soon after, Friedman played two pieces of music from Beethoven during a virtual visit with the patient, his wife and family members. The grieving family listened intently, providing a moment of peace and comfort. The patient passed away three days later. "This unique and amazing experience exemplifies what being an oncology physician means to Dr. Friedman," says nominator Catrina Kemmerer. "He went above and beyond for his patient's family in dire need, fulfilling their loved one's dying wish."

### **Next Steps**

Nominate a colleague for a Proud Partner Award on Partner Points, which is accessible on your SSO toolbar.

***Congratulate these Proud Partners Award recipients.***

### **Barbara Kozak, Administrative Partner, Regional Heart Center–Medical, LVH–Muhlenberg**

An active member of the department's Reward and Recognition Committee, Kozak is always asking, "What else can I do?" and "How can I help you?" She never stops thinking of new ways to contribute to staff and improve the patient experience. During this year's Cardiovascular Professionals Week, Kozak made 35 heart-shaped pillows. Nurses delivered them to each patient on Valentine's Day. The patients loved them.

### **Christopher Painter, BSN, Danielle Moux, Carolyn Rissell, Laura Braslow, PA-C, and Monica Mahalick, LVHN ExpressCARE–Richland Township**

A patient couldn't speak or breathe and had a swollen tongue and dropping blood pressure. The team identified the symptoms as a serious allergic reaction. Immediately, they administered medication and transferred the patient to the emergency department. Keeping calm, the team worked together like a well-oiled machine.

### **Allison Misstishin, LPN, LVPG Family Medicine–Schuylkill Medical Plaza**

At the end of her shift, Misstishin learned that a patient had refused a home health visit. When she called the patient, she discovered he had been consuming alcohol, had fallen and was lying on the floor. Misstishin put the patient at ease, after which he agreed to have someone to check on him. She called 911, and the patient was taken to the



emergency department and admitted to the hospital. Her personal touch ensured the patient received timely care.

**Benjamin Schuettler, Occupational Therapist, Acute Inpatient Therapy, LVH–Schuykill**

When Schuettler heard a code blue for a room nearby, he did what comes naturally: Aid those in need. He swooped in to administer CPR, performing chest compressions until he reached exhaustion. He then helped transport the patient to the ICU. Scheuttler also serves as a volunteer EMT for the Port Carbon Fire Department. Every day, he continues to lead by example at LVHN and throughout the community.

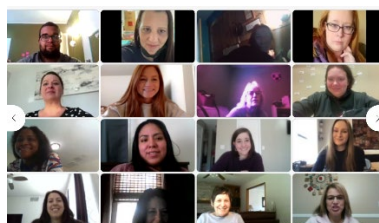
**Heidi Dauter, MSN, Sonja Handwerk, Lead Transplant Coordinator, Megan Johnson, Susan Eckhart, RN, Ana Lopez, Christine Du, MD, and Kenneth Gonzalez, Transplant Surgery and LVPG Urology**

A visitor who was accompanying his father to an appointment with the transplant team felt unwell. His blood pressure dropped, and he was dizzy, lightheaded and unable to stand. Without hesitation, everyone jumped in to help. It was all hands-on deck. The team used their knowledge to intervene, showing care and support, not only to the visitor, but also to our colleagues in managing the situation. The visitor was safely transported to the emergency department.

**Sharon Kromer, MBA, BSN, Terri Langham, RN, Angela Goida, LPN, and Carrilee Knight, CARES Remote Patient Monitoring and LVPG Infectious Diseases**

This team of colleagues has gone far beyond the call of duty to cope with the cruel toll of COVID-19. Collaborating with our physician groups, they developed an aggressive scheduling and call-back team to allocate timely treatment to our high-risk patients. Monoclonal antibodies, remdesivir and other medications have been shown to reduce the rates of hospitalization and deaths. This team's dedication and hard work are what made the launch of our outpatient COVID-19 infusion program possible. They were the "secret sauce" in saving many lives during the pandemic.

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**Welcome New Colleagues Who Attended Connections March 21**

We have 197 new colleagues in the LVHN family.

LVHN Insider

Tuesday, March 22, 2022  
Elrica Adams-Finney, Chaplain PD

Ayesha ALI, Medical Assistant Trainee

Rehmat Ali, Technical Partner

Hussain AlQahtani, Member Service Asst

Joseph Alston, Security Officer

Brandie Aponte, Admin Partner

Diana Aponte, Patient Dining Associate

Sandy Arias, Patient Services Rep

Duston Ash, Security Officer

Kimberly Atkins, Patient Transporter

Jerome Baker, Pharmacy Technician

Charlene Balazs, Registered Nurse

Misty Barthold, Technical Partner

Kiana Batista, Housekeeping Aide

Karina Berrigan, Technical Partner

Monica Betancourt, Massage Ther

Emely Bonilla Diaz, Medical Assistant Phys Prac

Tracy Bowman, LPN Phys Prac

Maria Braxmeier, Physical Therapist HC

James Buonanno, Technical Partner

Joseph Burdi, Certified Athletic Trainer PDM

Evan Burns, Occup Therapist PDM

Julia Callavini, PA

Lynn Carachilo, Registered Nurse

Jill Carey, Registered Nurse

Debra Caruso, Admin Partner

Amy Christopher, Registered Nurse

Jennifer Coar, Registered Nurse

Claire Colomb, Distribution Specialist

Sabrina Colon, Insurance Follow-up Rep

Sandra Cordero, Reg Spec

Christine Dellecave, Registered Nurse

Matthew Derkosh, CriticalCareTransportParamedic

Lillian DiMarco, Scheduling Coord

Jacob Domanski, Distribution Specialist

Jordan Dougherty, Registered Nurse

Deanna Drozd, LPN Phys Prac

Lisa Eckert, School Based Outpatient Therapist

Jeannette Edwards, Dir Development, Planned Giving

Monica Ellis, Mental Health Tech

Darla Ensley, Patient Services Rep

Decanda Faulk, Registered Nurse

Veronica Feher, Informaticist

Deborah Fetch, Registered Nurse

Helen Ann Fidler, Patient Obs Assistant

Ruthann Giombetti, Registered Nurse

Danielle Gliniecki, Registered Nurse

Elizabeth Golosky, Admin Partner

Sherry Gombos, RN Phys Prac

Juan Gonzalez Jr, Biomed Equip Med Tech I

Dawn Gottschall, Scheduling Coord

Alexander Grow, RN PDM II Evng/Night

Jenna Hahan, Physical Therapist HC

Stacey Hall-Diop, Reg Spec

Megan Hanlon, Registered Nurse

Melissa Hanson, Security Tech Asst

Michelle Hazleton, Surgical Technician

Ashley Heffelfinger, Exer Physiologist

Jennifer Hegedus, Registered Nurse

Gretchen Heller, RN Phys Prac

Jennifer Hepler, Bursar

Carlos Hernandez, Reg Spec

Seth Hoang, Electrician

Aisha Holmes, Mgr Purchasing & Supply Chain Analytics

Mary "Kate" Hooper, RN HC Maternal/Child

Elizabeth Hoover, Surgical Technician

Rebecca Houtz, Patient Services Rep

Shannon Huber, Medical Assistant Phys Prac

Lisa Huete-Hughes, Inpatient LPN

Michelle Hughes, Diag Technologist

Rebekah Johnson, Registered Nurse - OR

Stacey Johnson, Admin Partner

James Jonas, Medical Assistant Phys Prac

Jennifer Jones, Admin Partner

Joan Denise Jones, RN Phys Prac

Coleen Joseph, Scheduling Coord

Janice Kareka, Registered Nurse

Jennifer Karsnak, Registered Nurse

Kimberly Kemmerer, Nurse Auditor

kaitlynn kent, Nursing Assistant

Cheryl L Kerney-Conner, Registered Nurse

Cassandra Kerr, Medical Assistant Phys Prac

Edwin Keyes, Central Svc Tech

Ellie Kintzel, Registered Nurse

Jacquelyn Kline, Transition of Care Associate

Danielle Koehler, RN Phys Prac

Jill Kozuch, Registered Nurse - OR

Danielle Lasewicz, Reg Spec

Marla Lee, Registered Nurse

joshua Legat, Registered Nurse - OR

Lisa Leitgeb, Patient Services Rep

Emmalie Lentine, Registered Nurse

Karen Levan, Lead Dietary Worker

Lisa Lewis, Registered Nurse

Debra Lippay, Registered Nurse

Katie Lorchak, Registered Nurse

Danielle Luscher, Registered Nurse - OR

Candace MacIntire, Speech/Lang Path Pdm

Analise Magarelli, Healthworks Patient Service Liaison

Kathleen Makowski, Registered Nurse

Ashley Marcum, RN Phys Prac

Patricia Markovitz, Registered Nurse

Hannah Maron, Reg Spec

Margarita Martinez, Housekeeper

Cristina Martinez Mejia, Housekeeper

Nadine Mason, RN PDM III Evng/Night

Natasha Matos, Medical Assistant Phys Prac

Carla Maysonet, Receptionist DMI

Gerald Mbevi, Technical Partner

Cassidy McAllister, Occup Therapist PDM

Meredith McCarthy, Occupational Therapist

Jeanne McCarthy, ED Stocking Tech

Noreen McElroy, Registered Nurse - OR

Emily McGovern, Inpatient LPN

Shannon McGowan, Graduate Nurse

Sylvia Mcguire, Admin Partner

Melissa McMahon, Registered Nurse

Rebecca McMaster, Occupational Therapist

Erika Megivern, Registered Nurse - OR

Hallie Melnick, RN Phys Prac

Nayeli Mendez Collazo, Technical Partner

Janiralis Mercado, Scheduling Coord

Lori Michael, Scheduling Coord

Adam Miller, Inpatient LPN

Brenda Miller, Transplant Assistant

Shaquana Mole, Inpatient LPN

Jeannette Moreni, Registered Nurse

Shari Munger, Medical Assistant Phys Prac

SueEllen Murray, Medical Assistant Phys Prac

Susan Murray, Registered Nurse

Rebekah Nenstiel, Medical Assistant Phys Prac

Mary Nolan, Registered Nurse

Ubavka Novielli, Sr IS Proj Mgr

Jodi Ortiz, LPN Phys Prac

Shantel Ortiz, Technical Partner

Kyle Overfield, Pt Observation Asst

Mahima Pagarey, Registered Nurse

Ashley Parry, Patient Care Mgr

Binita Patel, Technical Partner

Kendry Paulino, Clerk Typist

Lacy Penberth, Nurse Assistant

Nyaisha Perez, Reg Spec

Michalle Phillips, Optician

Jacqueline Pilgrim, RN WKND Night

Sean Pisani, Patient Transporter PDM

Miranda Piwowarski, Surgical Technician

Luzmilda Plaza, Patient Services Rep

Jeslyn Polanco, Provider Service Rep

Rochele Polusky, RN Hospice

Patrick Prendergast, Registered Nurse

Mark Prushinski, Security Officer II

Eileen Pulaski, Sr Financial Analyst

Morgan Raskiewicz, Exer Physiologist

Shelley Redding, Physical Therapist



brandi Reed, Technical Partner

Christine Rienzo, Infection Preventionist

Ashley Rivera, Periop Tech Asst

Carmen Rivera, Medical Assistant Phys Prac

Stephanie Rodriguez, Inpatient LPN

Adriana Romero, Pharmacy Technician

Stephanie Ryan, Registered Nurse

Tracey Sacks, Business Intel Analyst

Adam Salvatore, Guest Services Representative

Tacy Schuler, Patient Services Rep

Emily Shappell, Nurse Assistant

Jessica Shea, Radiology Support Tech

Nicole Sherrill, Reg Vasc Technologist

Janet Shostek, Patient Services Rep

Edward Shulde, Registered Nurse

Jocelyn Silliman, Medical Assistant Phys Prac

Miranda Similien, Reg Spec

Jordan Smith, Technical Partner

Christine Stawinsky, Admin Partner

Erika Swartz, Food Service Worker

Jaclyn Teufert, Registered Nurse

Yohanna Then, Clerk Typist

Tracy Tidd, Registered Nurse

Randy Turner, Peri OP Specialist

Vianny Villaman, Sterile Processing Technician

Tatiana Villanueva, Secretary

Tatiana Villanueva, Secretary

Ellen Waring, Patient Services Rep

Amanda Wefing, Talent Acq Compliance Specialist

Megan Welles, Admin Partner

Terry Werner, PA General

Tyler Westbrook, Paramedic

Ryan Westerbaan, Coord Marketing & Communications

Thomas Widener, Sr Clin/Rev Apps and Supp Analyst

Patricia Yocum, CRNA PerDiem Incentive

Thomas Yocum, CRNA PerDiem Incentive

Lisa Young, LPN Phys Prac

Brandon Zarko, Housekeeper

Kyle Zechman, Simulation Tech

Brandon Ziegler, Talent Experience Specialist

Jane Zeravsky, Recept CtrCritCare

Emily Ziegenfuss, Patient Services Rep

Natasha Zimpfer, Reg Spec

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## **Michele Roberts Named VP of Patient Care Services**

She rejoins LVHN in a leadership role at LVH-Pocono and LVH-Dickson City.

LVHN Insider

Monday, March 21, 2022

**This email is from Cornelio Catena, President, LVH-Pocono, and Kim Jordan, DNP, President, LVH-Dickson City.**

It is with great pleasure that we announce **Michele Roberts, MSN**, has accepted the position of Vice President of Patient Care Services for LVH-Pocono and LVH-Dickson City.

Michele has served in various leadership roles at LVH-Hazleton, most recently as Vice President of Patient Care Services. Michele worked closely with her colleagues to provide patients with an excellent care experience, helping LVH-Hazleton achieve their patient satisfaction scores and working to improve the hospital's quality scores.

Having a desire to support her family businesses, Michele retired from LVH-Hazleton in May 2021. In November 2021, she came back to LVH-Pocono as a Health Care Consultant, assisting during leadership transitions.

Michele holds an AS in Business from Camden County Community College, a BSN from the College of New Jersey, and a MSN from Drexel University. She also completed a Leader Intensive Fellowship with the Advisory Board.

Prior to becoming Vice President of Patient Care Services, Michele's 25 years of experience includes a variety of staff RN positions, progressive leadership positions and health care consultant roles. Through her work at LVH-Hazleton, Michele has advanced her leadership scope to include inpatient nursing, critical care, emergency department, Family Birth and Newborn Center, respiratory and perioperative department experience. Michele has presented nationally and holds memberships in professional nursing organizations.

Please join us in congratulating Michele on her new role.

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## Keith Weinhold to Retire

He helped make LVHN a national leader in cancer care.

LVHN Insider

Friday, March 18, 2022

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

Over the years, the growth of LVHN's cancer programs and services involved numerous colleagues. One colleague who was instrumental in making LVHN a national leader in cancer care is Keith Weinhold, Senior Vice President, Lehigh Valley Topper Cancer Institute. After 16 years of service at LVHN, Keith will retire April 30, 2022.

In 2006, Keith joined LVHN as Vice President for Cancer Services. From 2010-2017, he served as Senior Vice President of Operations/Service Lines, providing leadership for oncology, trauma/burn, neurosciences, heart and HLA lab services across the health network.

While Keith touched service lines across our organization, nowhere is his commitment to excellence more evident than in the evolution of cancer services at LVHN. Here is a snapshot of his remarkable career.

- From 2010-2014, LVHN participated in the National Cancer Institute's (NCI) Community Cancer Centers Program (NCCCP) and partnered with Moffitt Cancer Center in Tampa, Fla. These affiliations enhanced patient access to clinical trials and treatments, and connected LVHN with national leaders in cancer care.
- At LVH–Cedar Crest and LVH–Muhlenberg, cancer facilities and programs expanded multiple times during Keith's career, allowing thousands more patients to receive quality cancer care at LVHN.
- In 2016, LVHN became a member of the Memorial Sloan Kettering Cancer Alliance, a milestone event in our history. Membership gives LVHN patients access to the latest clinical trials and cancer treatments.
- In 2017, Lehigh Valley Topper Cancer Institute was formed, bringing our team of cancer experts together to deliver today's most effective treatments and discover tomorrow's cancer care options.

- Through aggressive recruitment and practice acquisitions, Keith was instrumental in growing our team of cancer specialists.
- During Keith's career, multiple cancer facilities and programs opened or will soon open. These include: Health Center at Bangor, LVHN Cancer Center–Hazleton, LVH–Schuylkill, program expansion and radiation therapy at LVH–Pocono, LVPG Hematology Oncology–Lehigh, LVH–Hecktown Oaks, Delta Medix, and the soon-to-open LVH–Carbon and Cancer Center at LVH–Hazleton.
- The Mobile Mammography Coach hit the road in 2018 to provide 3D screening mammograms at scheduled events hosted by workplaces and community organizations.
- Working collaboratively with neurosurgeons and radiation oncologists, the Gamma Knife radiosurgery program was brought in-house, relocated to LVH–Cedar Crest and upgraded.
- Cancer support services were enhanced by adding and expanding programs associated with genetics, dietetics, lung cancer screenings, financial assistance, philanthropy and research.

While Keith's list of accomplishments is quite impressive, he is quick to point out that none of it would be possible without the partnership of an excellent team of physicians, clinicians and colleagues. Suresh Nair, MD, Physician in Chief of Lehigh Valley Topper Cancer Institute, says, "Keith helped make our Cancer Institute outstanding and renowned for providing high-quality care. Most importantly, his work gives people with cancer hope and saves lives, and will continue to do so for generations to come."

Although Keith will retire in the spring, he will continue to share his skills and experience at LVHN on special projects as needed, including the development of bone marrow transplant and cellular therapy programs.

Please join me in wishing Keith a healthy and happy retirement.

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## **Savitri Skandan, MD, Speaks on Resilience and Passion**

Celebrate Women's History Month by reading her story.

LVHN Insider

Wednesday, March 23, 2022

**Savitri Skandan, MD, is the Associate Chief, Division of Hematology and Medical Oncology at LVH–Muhlenberg. She is also a member of the breast cancer**

**multidisciplinary consultation team. She honors the generations of women who have paved the way for her own career in health care during Women's History Month.**

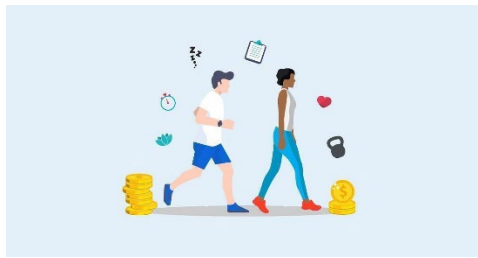
More than a third of all physicians in the U.S. are women. Additionally, there are more women than men in medical schools, according to 2019 data from the Association of American Medical Colleges.

It is important to note that women physicians have faced distinct challenges, especially during the COVID-19 pandemic. The combination of professional workload and family caregiving has increased stress and burnout. Unfortunately, a significant proportion of female physicians are considering working only part-time. Thus, organizations must celebrate women in medicine to advance equity for female physicians and their patients.

Growing up, I aspired to become a physician. My goal has always been to make my patients feel fulfilled in life. I focus on women's health, specializing in breast cancer and gynecological malignancy. Despite the challenges as a female physician, my profession has given me immense satisfaction in taking care of my patients who benefit from medical expertise.

My advice to women entering the field of medicine is to be resilient and true to yourself. Have a mentor to seek guidance and make time for self-care. There is light at the end of the tunnel, and your perseverance will transform lives in your community.

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## **Spring Into Fitness and Embark on the Big Island Trek Team Challenge**

Compete against other colleagues and boost your health.

LVHN Insider

Thursday, March 24, 2022

Here's a way to boost your activity and engage in some virtual friendly competition. Join colleagues and departments throughout the health network in the 'Big Island Trek' team challenge that will have you engaging in physical activity as you virtually travel across Hawaii's largest island.

### **What is the Big Island Trek Team Challenge?**

In this challenge, colleagues can form a team of two or more individuals and compete against each other – and against other teams – to see who can average the most miles

during this physical activity challenge. Develop a team name and support one another throughout the challenge.

Every 2,000 steps (or equivalent activity of your choice, including biking) that your team logs will take you another mile along your trek.

Plus, you can earn 20 points toward the [My Total Health Incentive Program](#) by reaching Milestone 6: Pine Trees at 117 Miles.

### **When does it start?**

The Big Island Trek Team Challenge officially begins on Monday, March 28. Enrollment is open now and closes Sunday, April 3.

### **To get started:**

1. Log in to your My Total Health portal at [mth.lvh.com](http://mth.lvh.com). If you are returning user, you will be prompted to enter your SUI and password. If you are a new user, you will need to register prior to logging in. This website can be accessed from any internet browser, even from home.
2. Once you are logged in, scroll down to the “Challenge” section and select the “Big Island Trek.” Click to enroll and follow the prompts to either register a team or join a team.
3. Once the challenge starts, you can sync a fitness device to help keep track of your progress or log in to the online portal and track manually on the site.

### **Work with a health coach**

Looking to set physical wellness or other wellness goals with your health coach? Your health coach is ready to work with you one-on-one and provide support and encouragement along the way. Message or self-schedule with your coach through the My Total Health Portal at [mth.lvh.com](http://mth.lvh.com).

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## **Get Pre-Sale Tickets to An Evening with James Taylor**

James Taylor will be at the PPL Center on June 27.

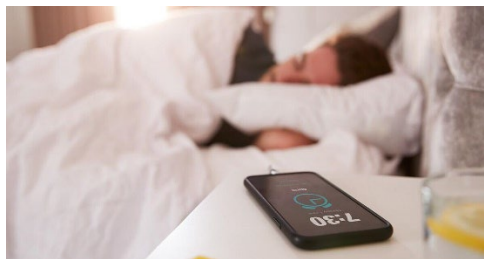
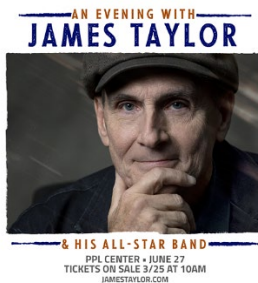
LVHN Insider

Thursday, March 24, 2022

The legendary James Taylor will be making his return to the Lehigh Valley at the PPL Center in Allentown. Secure your tickets for An Evening with James Taylor and his All-Star Band before it goes on sale to the general public tomorrow, March 25.

The exclusive pre-sale for this concert will be today, March 24 from 10 a.m. to 10 p.m.

To access the pre-sale, simply [click here](#).



## Discount at Sleep Number

Get 20% off all Sleep Number 360 smart beds, integrated and adjustable bases and select bedding.

Donna Stout

Wednesday, March 23, 2022

The LVHN Recreation Committee has a discount offer to share with you:

The Sleep Number store located at The Promenade Shops at Saucon Valley is offering 20% off all Sleep Number 360 smart beds, integrated and adjustable bases and select bedding.

This exclusive offer is available to the health care community and is only available March 22 - April 11, 2022.

For complete details: [sleepnumber.com/health-care-community](https://sleepnumber.com/health-care-community)

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LVHN SELECT Medical Students Learn Their Medical Residency  
Assignments During Match Day 2022



## Largest graduating class in region learns where the next phase of their medical training will take place

By **Jamie Stover**

March 18, 2022



Fourteen [SELECT](#) (Scholarly Excellence, Leadership Experiences, Collaborative Training) medical students with the University of South Florida (USF) Health Morsani College of Medicine, out of a graduating class of 50 SELECT students, participated today in Lehigh Valley Health Network's (LVHN) annual [Match Day](#) celebration at The Renaissance Allentown Hotel. The SELECT students joined fourth-year medical students across the country in opening sealed envelopes to reveal the name of their "match" – the medical residency assignment that will shape their future careers as physicians. The others in the SELECT program participated in Match Day activities at USF in Tampa, Fla.

Megan Greenberg from Salisbury Township, Pa., matched with Rutgers Robert Wood Johnson Medical School and will do her residency in internal medicine at Rutgers.

"LVHN is the first hospital I volunteered at when I was 16 years old, so to come back and study to be a doctor was rewarding. I would love to come back as an attending physician one day," Greenberg says.

Greenberg is the daughter of Marna Greenberg, DO, the first woman to work as an emergency department physician at Lehigh Valley Hospital (LVH)–Cedar Crest. Marna is Vice Chair of the Department of Emergency and Hospital Medicine at LVHN and Research Professor with USF Health Morsani College of Medicine.

Vivek Gorijala from Virginia matched with his first choice, LVHN, and will do his residency in psychiatry.

"I'm thrilled and so happy," Gorijala says. "It's a great program filled with great doctors that I've enjoyed learning from as a medical student and am looking forward to learning from as a resident."

Match Day is a much-anticipated national event for graduating medical students. The process: Fourth-year medical students apply to residency programs and attend personal interviews with prospective health organizations. After completing the interview phase, students submit a rank order list (ROL) of their preferred training programs to the

National Resident Matching Program. Residency program directors also submit an ROL of their preferred students. A database aggregates the lists to come up with residency assignments that shape the careers of future medical doctors. The results are binding.

This year's graduating class of 50 was the largest in the SELECT program's history, as well as the largest class in the region. The USF/LVHN affiliation creating SELECT was announced in 2009. SELECT offers a medical education curriculum that trains a new generation of 21st century physician leaders. LVHN serves as the northern instructional medical campus of USF Health Morsani College of Medicine. Students attend USF Health Morsani College of Medicine Tampa campus for their first two years of medical school, then transition to LVHN for their last two years. In addition to the 14 medical students who matched in Allentown today, 36 SELECT students chose to match at USF Health in Tampa.

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## **Free Oral Cancer Screenings Available in April**

**Get an appointment for one of three free screening events presented by Lehigh Valley Topper Cancer Institute**



Have you wondered about red or white patches in your mouth or possibly about an oral blister or lip sore that won't heal?

Those are among the symptoms you can have checked at one of three [free oral cancer screening events](#) Lehigh Valley Topper Cancer Institute will hold in April with LVHN dentists [Michele Pisano-Marsh, DMD](#), and [Charles Incalcaterra, DMD](#).

### **Don't ignore signs**

This year, more than 50,000 people in the United States will be diagnosed with oral cancer or oropharyngeal cancer (affecting back of mouth, including tonsils and pharynx area). In addition to red or white patches on the inside of your mouth or an oral blister, other symptoms of oral cancer or oropharyngeal cancer that you should not ignore include:

- Swallowing problems
- Constant ear pain
- Trouble chewing or moving your tongue
- Voice changes

- Loosened teeth
- Chronic oral pain or numbness

Any of these could indicate a more serious condition that could be treated if identified early.

If you or someone you care about is at risk for oral cancer – or has one or more symptoms associated with it – sign up for one of three Lehigh Valley screening events to find out.

### Oral cancer risk factors

Although anyone can develop oral cancer, men are more than twice as likely to develop oral cancer as women. Age also is a risk factor, with oral cancer occurring most often in people over age 40. Another important risk factor is infection with human papillomavirus (HPV). Other risk factors include:

- **Tobacco use** – All forms of tobacco products increase your risk for oral cancer. This includes cigarettes, cigars, pipe tobacco, chewing tobacco and snuff. The younger you are when you start using tobacco and the longer you've used it, the greater your risk.
- **Heavy alcohol use** – Drinking two or more alcoholic drinks a day increases your risk for oral cancer.
- **Sun exposure** – Extensive exposure to the sun increases your risk of lip cancer.
- **Poor diet** – Research has suggested that not eating enough fruits and vegetables can increase the risk for oral and oropharyngeal cancers.
- **Chronic mouth irritation** – Poorly fitted dentures or other problems that cause chronic irritation to the lining of the mouth may increase the risk for oral cancer.

### Oral cancer screening dates

Screening for oral cancer is an easy and painless way to keep tabs on your oral health and to help improve outcomes by identifying cancer at an early stage. Colleagues and the public are invited to attend one of our free oral cancer screening events:

**April 11:**  
6-7:30 p.m.  
Lehigh Valley Hospital–Cedar Crest

**April 18:**  
6-7:30 p.m.  
Lehigh Valley Hospital–Muhlenberg

**April 25:**  
6-7:30 p.m.  
Lehigh Valley Hospital–Hecktown Oaks

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## **Zach Glavin Thriving While Managing Hemophilia**

### **Teen receives medical care and guidance to manage hemophilia A from Hemophilia Treatment Center at LVH–Muhlenberg**

By **Emily Shiffer**



Zach Glavin, 17, a junior at Perkiomen School, has never let having moderate hemophilia A hold him back. Diagnosed with the hereditary bleeding disorder at birth, he became an athlete, which helped him “be as ‘normal’ as possible.”

“When I was younger, I didn’t like people to ask me questions about hemophilia because I didn’t want people to think of me as different. But as I got older, I got better at talking about it,” Glavin says. “My parents always encouraged me to participate in activities that were safe for me – that’s how I wound up swimming and playing golf.”

Glavin’s family sought care for him at the Hemophilia Treatment Center (HTC) at Lehigh Valley Hospital–Muhlenberg, and his diagnosis required him to undergo intensive treatments. For years, he was on a three-times-a-week prophylaxis (preventive) treatment schedule, which included factor VIII replacement therapy. Infusion of factor VIII, the missing or defective protein in hemophilia A, helps blood to clot normally and had to be given intravenously by a home-care nurse.

“Those treatments were hard,” he says.

#### [Doing intravenous treatments at home](#)

Glavin’s dad learned how to give the treatments, and around age 11 or 12, Glavin asked his care team if he could learn how to give himself his medication.

“The HTC staff were super supportive and connected me with a nurse who taught me how,” Glavin says. “I’m not sure why, but the treatments seemed a little easier when I could do it myself.”

However, the treatments still were not ideal – and they were invasive.

“I had to plan ahead to make sure I was properly hydrated and needed to be sure I was warm enough so that my veins were easy to find,” he says. “I had plenty of times when I missed or went through a vein. But my HTC team always supported me – either by

encouraging me to try again, or by bringing me into the clinic to have professional nurses step in.”

“Recurrent self-infusing at home has been a part of life for so many people with hemophilia. And when the infusions are needed on a regular basis, the person with the bleeding disorder (and often one or more family members) will learn how to do the infusions at home,” says J. Nathan Hagstrom, MD, pediatric hematologist with Lehigh Valley Reilly Children's Hospital and Glavin's physician.

The infusion treatments worked, but they left Glavin at risk for injury as an athlete.

“Being injured during my main seasons is a burden because it often takes longer for me to heal than my teammates, and I sometimes have to miss out on key opportunities to better myself both in practice and in competitions,” he says.

“Zach, like so many people I’ve had the privilege of treating, has managed his hemophilia with courage and determination.” - J. Nathan Hagstrom, MD

### New hemophilia therapy eases treatment

With the help of Hagstrom, Glavin began a new treatment called Hemlibra®, a novel engineered protein that partially substitutes for factor VIII, which replaced his previous cumbersome treatments.

“It has drastically changed how we manage hemophilia A,” Hagstrom says.

Rather than receiving an injection every other day or so, Hemlibra is administered once every two to four weeks with a simple subcutaneous injection (much like someone with diabetes would do for an insulin injection).

“With my new medication (Hemlibra) these injuries have been drastically reduced and much easier for me to manage,” Glavin says. “Hemlibra has been a total game changer for me. I went from the stress of having to give myself meds with IV three times a week to giving myself a simple subcutaneous injection twice a month.”

Glavin has been using Hemlibra for almost three years now, and he has not had a major bleed since making the switch.

“Seeing how much easier this new treatment is for me and how effective it’s been makes me really excited about future developments in hemophilia treatments,” says Glavin. “It’s part of what has inspired me to pursue a career in medicine.”

### Success in sports and life

Glavin has persevered through his hemophilia A and was selected to golf in the Pennsylvania Independent Schools Athletic Association (PAISAA) State Golf

Championship. And this winter, in addition to being named captain of Perkiomen's swim team, he qualified for the Eastern Interscholastic Swimming and Diving Championship meet.

"My coaches are all aware that I have hemophilia, but they know I have a pretty good handle on things. I do feel very fortunate that Perkiomen has a fantastic athletic trainer, Mrs. Brault," Glavin says, who adds that Brault and his mom, Meredith, are on a "texting basis" to make sure his needs are being met.

Besides his coaches, Glavin also has found support through Hagstrom.

"He's always taken time to get to know me during my clinic visits. In addition to knowing all about my treatment history and plan, he also seems very interested in my academics and activities," Glavin says. "He even offered to help me on my medical capstone project for Perkiomen's Medical Institute program. I think by taking the time to get to know me as a person instead of just a patient, Dr. Hagstrom is able to provide me with the best possible care."

And Hagstrom has loved walking beside Glavin through his hemophilia journey and treatments.

"Zach has always impressed me with his great attitude and maturity about his bleeding disorder and the challenges it can present," Hagstrom says. "The restrictions it imposes have not stopped him. Despite having a severe bleeding disorder, he found activities that he could do that he enjoyed and would keep him active. When he developed recurrent joint bleeds, he didn't let it stop him. He did the regular infusions and never complained. I always enjoy meeting with him at his visits to the HTC."

Helping others by giving time and support with hemophilia, this year Glavin was asked by his HTC social worker, Carah Tenzer, to serve on Lehigh Valley Health Network (LVHN)'s Family Advisory Committee.

"Since the HTC has always been there for me, I thought that serving on this committee would be a great way to give back, and hopefully to help some others like me in the process," Glavin says. "I also have always appreciated the guidance the HTC has given me and wanted to share that with other patients and their families who are in a similar position."

While there isn't a cure for hemophilia, Glavin continues to shine light on how others can thrive with it.

"Zach, like so many people I've had the privilege of treating, has managed his hemophilia with courage and determination," says Hagstrom. "He's lived life and done well despite having such a severe disease."

And that's exactly what Glavin plans to do.

"I feel grateful that with the network of support I have: my parents and family, the doctors and nurses at LVHN and within the HTC in particular, Perkiomen School, and my friends," Glavin says. "I have not had any limits placed on me as a result of my hemophilia. I know that with this continued support, I will find success in my endeavors during the rest of my time in high school, in college, and beyond."

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## **Roseto Man Won't Allow MS to Keep Him Down**

### **Combination of care from LVH Neurology and his devoted family help Jeff Faust return to more active life**

By **Ted Williams**



On a hot summer day in 2017, Jeff Faust was spreading asphalt on a new SEPTA bridge deck in suburban Philadelphia when he began to experience severe abdominal cramps.

"I thought it was just the intense heat and me being very fatigued working a bunch of consecutive days on that job," the 43-year-old Roseto resident says. "I had been working 12-hour shifts seven days a week for five weeks. I thought it was because I was exhausted. But things got worse for me."

On another job, Faust would rupture his bicep. While recovering from that injury, he developed vertigo and consulted his primary care physician. When he was bedridden for a month and dropped 150 pounds, his primary care physician recommended an MRI in August 2018.

"It became clear from the scan I had multiple sclerosis (MS)," Faust says. "There were lesions covering my brain."

[Jeff Faust had a very active life before a multiple sclerosis diagnosis in 2018 slowed him down. But with the help of LVH Neurology and his devoted family members, he's come back.](#)

#### [Range of symptoms](#)

MS impacts the central nervous system where the immune system attacks the protective layer around nerve fibers, called myelin, causing lesions that disrupt the brain sending signals to the body. The severe cramps Faust endured working on the bridge

are known as MS hugs. Other symptoms include blurred vision, dizziness, vertigo, tingling, numbness and extreme fatigue. They can lead to paralysis and body tremors as the disease progresses. There is no known cause or cure for MS.

Faust was referred to [LVH Neurology–1250 Cedar Crest](#), where he worked with neurologist [Gary Clauser, MD](#), and nurse practitioner [Kathryn Heinz, CRNP](#), both of whom specialize in MS.

“By the time Jeff came to us, the disease had advanced to where he was using a walker and unable to do several daily functions, such as taking a shower, by himself,” Heinz says. “This was someone who was in extremely good shape, who worked out regularly and had a job that required a lot of physical labor. MS is often associated with females, who develop the disease twice as often as men. This case shows it can happen to anyone.”

### [Treatment to prevent more MS lesions](#)

Because of his excellent physical condition and age, Clauser and Heinz chose to use an aggressive approach with an infused drug called LEMTRADA® (alemtuzumab), with the goal of preventing additional MS lesions from forming. Coupled with physical therapy, the symptoms and progression of the disease can be controlled.

Faust responded extremely well to LEMTRADA. Today, he’s walking and is working out some again. To date, all his tests have shown the disease to be under control.

“I have occasional flares and I’m careful to avoid things that can trigger them, such as heat and stress,” Faust says. “But it’s gone really well for me. I’m very thankful for the support of my ex-wife, Tara, and my three children, who have been there for me every step of the way.”

### [Staying positive](#)

Faust visits LVH Neurology every six months as they monitor his condition.

“If Jeff keeps doing as well as he has, we’ll make his visits yearly,” Heinz says. “We’re able to address MS so much better these days. When I started in 2013, there were maybe five medications we used in treatment. Now there are almost three times as many.”

And Faust knows the importance of remaining upbeat.

“This is my new normal, and it does me no good to be miserable about it,” Faust says. “If I have a problem, I deal with it. I’m very grateful for all the help I’ve gotten, and I stay positive about the future.”