



LVHN WEEKLY

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



2022 Colleague Engagement Survey Now Open

Take the colleague survey through Monday, April 25.

[Read more →](#)

Care Teams Being Formed as LVH-Carbon Approaches Completion

We are hiring colleagues who will provide health care services in Carbon County for generations to come.

[Read more →](#)



LVHN Recognized for COVID-19 Vaccine Strategy

LVHN's approach to vaccinating our community against COVID-19 is recognized among the best in the state.

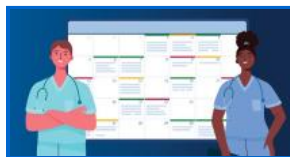
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Discounted tickets available for a limited time.

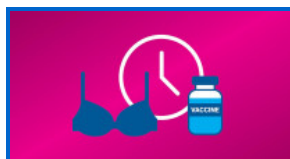
[Read more →](#)



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

You don't need to wait for a mammogram after getting the initial COVID-19 vaccine series, a third shot or boosters.

[Read more →](#)



Keep Your Child Safe With These Window Safety Tips

Falls from windows can be deadly, but there are many ways to prevent them.

[Read more →](#)







2022 Colleague Engagement Survey Now Open

Take the colleague survey through Monday, April 25.

LVHN Insider

Monday, April 4, 2022

**Take the 2022
Colleague
Engagement Survey**

April 4 - 25

Look for an email from survey@smdhr.com.

To take the survey
Click the link in the email or scan the QR code below.

Search **#SurveyAction** on LVHN Insider
to learn what LVHN has done to support you
since the last Colleague Survey.



Care Teams Being Formed as Lehigh Valley Hospital–Carbon Approaches Completion

By **Michael Peckman**

April 4, 2022



As crews continue construction of the new Lehigh Valley Hospital (LVH)–Carbon, hospital officials are focused to hire leaders, care providers and other support colleagues who will provide health care services for generations to come in Carbon County. “We are making outstanding progress in both our facility and forming our team,” says [Terry Purcell](#), President of Lehigh Valley Health Network’s (LVHN) Northwest Region which includes LVH–Hazleton, LVH–Schuylkill and LVH–Carbon. “We are very excited to extend our reach and scope of services in Carbon County. It is with a look to the future that we introduce experienced and skilled leaders at LVH–Carbon.”



[Marianne Smalley, MD](#), Orefield, will serve as Medical Director of the Emergency Room (ER). Smalley has worked in the LVH–Cedar Crest ER since 2015 and also serves as Assistant Professor for [SELECT](#), a medical education program created by the University of South Florida College of Medicine and LVHN. Previously, Smalley worked as an ER physician at Fairview Hospital, a division of the Cleveland Clinic, and was a clinical instructor at Thomas Jefferson University Hospital, Philadelphia.

Smalley is a graduate of University of the Sciences, Philadelphia, earned her medical degree from Temple University School of Medicine and completed her emergency medicine residency at Drexel University College of Medicine, Philadelphia. She has been part of numerous research projects and presentations.



Vickie Ripkey, MSN, RN, Lehigh, is Patient Care Manager of Perioperative Services and will be responsible for the day-to-day operations of the perioperative department by maintaining case flow and staffing assignments. Previously, she served as the

operating room internship coordinator and patient care specialist in the operating room at LVH–Cedar Crest. Before that, she served as an orthopedic surgery nurse and an operating room supervisor.

Ripkey is a graduate of Lehigh Carbon Community College, Schnecksville, Pa., with an Associate Degree in Nursing and Cedar Crest College, Allentown, with a BSN in Nursing. She earned her Master of Science in Nursing and Master of Business Administration/Health Care Management from the University of Phoenix.



Brittany Cosgrove, BSN, RN, Albrightsville, will serve as Patient Care Manager Emergency department/patient care units. She will lead and develop the team to make for the best possible patient experience.

Previously, Cosgrove worked in the ambulatory procedure unit and post-anesthesia care unit at St. Luke's Monroe Campus, Bartonsville. She was an ER nurse at Geisinger Wyoming Valley/South Wilkes-Barre. She also served as an ER unit secretary at Wilkes-Barre General Hospital.

Cosgrove earned her Bachelor of Science in Health Care Management from Misericordia University, Dallas, Pa., her Bachelor of Science in Nursing from Wilkes University Passan School of Nursing, Wilkes-Barre, and her Master of Health Care Administration from University of Phoenix.

When completed, the new LVH–Carbon will feature 18 all-private hospital rooms with the capability of expanding to 36 beds. Additionally, LVH–Carbon will have a 12-bed ER, two operating suites and two special procedure rooms. Under Smalley's leadership, the 24/7 ER will be staffed by the same physicians who work at LVH–Cedar Crest. LVH–Carbon will adjoin with an all-new medical office building being constructed as part of this hospital project. It will provide further convenience for residents who can visit their practitioner, have a laboratory or imaging study and have immediate access to other LVHN services, all in one visit.

The new hospital will expand upon the services LVHN already offers in the area. Some of the services at the hospital include surgical care provided by [Lehigh Valley Institute for Surgical Excellence](#) and comprehensive heart care through [Lehigh Valley Heart and Vascular Institute](#), as well as care provided by [Lehigh Valley Topper Cancer Institute](#),

orthopedic services through [Lehigh Valley Orthopedic Institute](#) and specialty care such as neurology, endocrinology, pulmonology and other services close to home.



LVHN Recognized for COVID-19 Vaccine Strategy

LVHN's approach to vaccinating our community against COVID-19 is recognized among the best in the state.

LVHN Insider

Thursday, April 7, 2022

LVHN's strategy to vaccinate our community against COVID-19 is being recognized by the Hospital and Healthsystem Association of Pennsylvania (HAP).

LVHN's approach to vaccinating our community ranks among HAP's top 10 initiatives in the 2022 COVID Response Innovation Awards. To be recognized, LVHN needed to demonstrate a commitment to keeping our patients safe, while taking meaningful steps to improve existing care or create new ways of solving problems posed by the COVID-19 pandemic.

"In addition to our tireless efforts to provide exceptional care for patients suffering from COVID infections, LVHN was passionate about furthering our mission to heal, comfort and care by informing and protecting the community we serve," says Timothy Friel, MD, Chair, Department of Medicine, LVHN. "Our expansive vaccination initiative and multifaceted educational campaigns were hallmarks of our efforts. I am proud that our efforts actively engaged and inspired our colleagues, saved lives and reduced fear and misinformation throughout the region and beyond."

<https://youtu.be/oqZKced-EQk>

Whether you worked or volunteered at our drive-through clinics, shared our social media dispelling vaccine myths or were vaccinated against COVID-19, you played a role in keeping our community safe and continue to do so with your hard work and dedication.

Our plan was complex and involved a number of tactics, including:

Drive-through COVID-19 vaccination sites – LVHN hosted 19 drive-through clinics at four different locations. By doing this, we were able to administer 57,000 doses of vaccine to our community.

Big-box vaccine clinics – We opened two clinics in large spaces that were once home to big-box retail stores. This allowed us to provide our community with 36,000 vaccine doses a week at our peak.

Mobile vaccine units – Our mobile vaccine units helped us reach large concentrations of people who were unable to get to hospitals or vaccine clinics.

Technology – LVHN used leading-edge technology to help measure vaccine inventory, track how many vaccines we administered and schedule vaccine appointments through the MyLVHN app.

Communications – We stayed in constant contact with our community and colleagues about the COVID-19 vaccine by regularly posting on LVHN Insider and across our social media accounts and maintaining a strong web presence. We did this to offer insights about the vaccines' efficacy and safety while debunking misinformation. LVHN's leaders were front and center in the media, making appearances on TV, radio and contributing op-eds to newspapers. They encouraged our community to get vaccinated and helped dispel vaccine misinformation.

HAP received nearly 80 entries for the award. The blinded applications were evaluated by a group of independent judges from Pennsylvania and across the nation.

Hospitals and health systems whose COVID-19 projects were recognized by HAP will be honored during HAP's [Leadership Summit](#) in May.



April Calendar of Events

See what's happening at LVHN all month long.

LVHN Insider

Friday, April 1, 2022

From fun events, to month-long celebrations, to sales in our gift shops, there is so much going on at LVHN! You'll find it all on April's calendar of events. Print the calendar below, post it in your department, get involved and take advantage of everything LVHN has to offer our colleagues.

Cool Colleague Calendar



April is Celebrate Diversity Month

- April 2**
PB&J Day
Visit your campus cafeteria
- April 4**
Colleague Engagement Survey Begins
April 4-25
Watch for email with link to survey
- March Madness at LVH-Pocono
Wear your favorite basketball jersey to work
- Nurse & Nursing Support Recruitment Event
3-7 p.m.
LVH-Hecktown Oaks
- April 6**
LVHN Gift Shop Cart
11 a.m.-1 p.m.
LVH-Muhlenberg, South entrance
12-3 p.m.
LVH-Cedar Crest
1230 and 1240 buildings
- LVH-Carbon Hiring Event
2-6 p.m.
Macaluso's Restaurant
- LVHN Gift Shop Wacky Wednesday
All day
20% off all plush, games and toys
- Annual Health Visit Presentation
Visit mthlvh.com
- April 6-7**
LVH-Cedar Crest Auxiliary Book Sale
7 a.m.-4 p.m.
Jaindi Pavilion
- April 7**
LVHN Gift Shop Cart
10-11:30 a.m.
LVH-17th Street, out and about
- April 9**
Red Cross Blood Drive
9 a.m.-2 p.m.
LVH-Pocono Cancer Center
- April 10**
National Siblings Day
Post a photo with your sibling on LVHN Insider
- April 11**
LVH-Muhlenberg Auxiliary Plant Sale
8 a.m.-4 p.m.
Cafeteria hallway
- April 12**
Grilled Cheese Day
Visit your campus cafeteria
- LVHN Logo Wear Sale
11 a.m.-2 p.m.
LVHN-Winchester Road cafe
- April 13**
LVHN Gift Shop Cart
12-3 p.m.
LVH-Cedar Crest Kasych Family Pavilion
- Back Health Presentation
Visit mthlvh.com
- LVHN Gift Shops Wacky Wednesday
All day
20% off floral and garden
- April 14**
LVHN Logo Wear Sale
11 a.m.-2 p.m.
LVH-Dickson City front lobby
- Ice Cream Truck Visit
11:30 a.m.-2 p.m.
LVH-Hecktown Oaks, parking lot behind infusion
- Virtual Worth the Weight Begins
April 14-June 2
Visit mthlvh.com
- April 17-13**
National Volunteers Week
Thank a volunteer!
- April 18**
National Stress Awareness Day
- April 20**
LVHN Gift Shop Cart
12-3 p.m.
LVH-Cedar Crest, ER, Children's ER, Jaindi Pavilion
- LVH-Muhlenberg Gift Shop Cart
11 a.m.-1 p.m.
South entrance
- Ice Cream Truck Visit
11:30 a.m.-2 p.m.
LVH-Muhlenberg, under blue canopy
- LVHN Gift Shops Wacky Wednesday
All day
20% off everything, spend your tax refund all day
- April 22**
Earth Day
- LVH-17th Street Block Party Cleanup
11 a.m.-2 p.m.
Meet in hallway outside cafeteria. Contact katherine.velekei@lvhn.org to volunteer
- April 23**
LVH-Hazleton Great American Cleanup
Contact Lisa Marie Halecky to volunteer: 570-501-4249
- April 26**
National Pretzel Day
- April 27**
LVHN Gift Shop Cart
10-11:30 a.m.
LVH-17th Street, out and about
- LVHN Gift Shops Wacky Wednesday
All day 20% off all signs
- LVHN Gift Shop Cart
12-3 p.m.
LVH-Cedar Crest, 1250 bldg.
- April 28**
Stars on Ice
PPL Center, discounted tickets starting at \$15.50
- April 29**
LVH-Hecktown Oaks Campus Cleanup
11 a.m.-2 p.m.
Meet in front of café
Contact katherine.velekei@lvhn.org to volunteer
- Uniform Professionals Sale
7 a.m.-4 p.m.
LVH-Schuylkill Wall Auditorium
- Gift Shop Sale
11 a.m.-2 p.m.
LVH-Hecktown Oaks, near first floor cafeteria



Scan the code or visit mthlvh.com for information about My Total Health



Coordinated Health Integration Takes Another Step Forward April 1

More facilities make the formal transition to Lehigh Valley Health Network.

LVHN Insider

Friday, April 1, 2022

The integration of Coordinated Health with Lehigh Valley Health Network (LVHN) and Lehigh Valley Physician Group (LVPG) takes another big step April 1 when more Coordinated Health practices formally join LVPG.

The moves are part of phase two of a four-phase integration schedule due to wrap up in mid-June.

Phase one was completed in January when Coordinated Health orthopedic practices and Lehigh Valley Physician Group (LVPG) Orthopedics and Sports Medicine formally joined forces to form Lehigh Valley Orthopedic Institute to further improve access and provide an unparalleled level of orthopedic expertise in the region.

Locations involved in phase two include:

1120 Oak St., Pittston (Coordinated Health–Pittston)

Services at this address now known as:

HealthWorks–Pittston

LVPG Family Medicine–Pittston

511 VNA Road, East Stroudsburg (Coordinated Health–East Stroudsburg)

Services at this address now known as:

HealthWorks–VNA Road

LVPG General Surgery–VNA Road

LVPG Family Medicine–VNA Road

1405 N. Cedar Crest Blvd., Allentown (Coordinated Health–Allentown)

Practice at this address now known as LVPG Rheumatology—1405 N. Cedar Crest

1411 Jacobsburg Road, Wind Gap (Coordinated Health–Wind Gap)

Services at this address now known as:

LVPG Family Medicine–Wind Gap

LVPG General Surgery–Wind Gap

LVPG Endocrinology–Wind Gap

1503 N. Cedar Crest Blvd., Allentown (Coordinated Health–Allentown)

Services at this address now known as:

LVPG Endocrinology–1503 N. Cedar Crest

LVPG General Surgery–1503 N. Cedar Crest

LVPG Cardiology–1503 N. Cedar Crest

LVPG Family Medicine–1503 N. Cedar Crest

The remainder of the Coordinated Health facility and practice integrations should be complete by mid-June. They will include the Coordinated Health Bethlehem Hospital location, at 2310 Highland Ave., in Bethlehem Township, Northampton County, near Route 22, which will be designated as LVHN–Highland Avenue. Also included is the planned opening of Lehigh Valley Hospital (LVH)–Dickson City, the integration of Coordinated Health Allentown Hospital, the planned opening of Lehigh Valley Hospital (LVH)–Carbon, and the transition of outpatient rehabilitation, imaging services and ambulatory surgery center locations in New Jersey and East Stroudsburg.



Service Anniversary List – April 2022

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

LVHN Insider

Friday, April 1, 2022

Happy anniversary to these colleagues celebrating a career milestone at LVHN in April 2022. Congratulate them on their years of service.

35 Years

Catherine Andrejco, Clerk Typist

Barbara Conville, Casual RN

Rosa Pastor, Office Coord (Phys Prac)

30 Years

Kelly Antalosky, Mammography Technologist Breast Health

Bryon Brinker, Sr Application Dev and Supp Expert

Lisa Culp, Registered Nurse

Thomas DiBenedetto, Physician

Mark Hodgson, Dir Operations Home Health Svcs

James Kober, Contract /Prod Analyst

Cynthia Schwartz, Materials Mgt Analyst

Orfelía Velasquez, Patient Obs Assistant

25 Years

Christine Aicher, Periop Tech Asst

Charlene Anderson, Certified Registered Nurse Anesthetist

Stacey Asbell, VP Operations & Health Plan Mgmt

Kathleen Barrett, Registered Nurse

Bambi Buchman, Clerk Typist

Robert Clausnitzer, Physical Therapist

Barry Daley, Sr IS Operator

Angela DeJesus, RN Oncology Phys Prac

Jerome Deutsch, Physician

S. Fooskas, Physician

David Richardson, Physician

Alexander Rosenau, Assistant/Associate Med Dir

Diane Saldukas, Physician

Robert Selbi, CPR Instructor

Roxann Stout, HIM EMR Data Content Analyst

Catherine Taurino, Lab Aide

Isabella White, Technical Partner

Charles Worrilow, Physician

William Zajdel, Physician

20 Years

Laura Bachman, Reg Spec

Jeffrey Bartholomew, Contract & Product Mgr

Donna Christy, Sr Fin Analyst Psych

Suzanne Creighton, Registered Nurse

Alexandra Kalyan, Registered Nurse

Debra Landis, Admin Partner

Lisa LePage, Rehab Clin Spec

Sherry Marfisi, Mammography Technologist Breast Health

Susan Mills, Social Scvs Coord

Sharon Monkoski, HIM EMR Data Content Analyst

Judith Nardella, Patient Services Rep

William Schuster, Stationary Engineer

Kathleen Zaraza, Registered Nurse

15 Years

Stephanie Amhurst, Mgr Radiology

Rhonda Bosco, Practice Manager

Michele Brunell, Cardiology Technician

Nicole Cameron, Registered Nurse

Joan Carrelli, Registered Nurse

Jane D'Anthony, Medical Assistant Phys Prac

Deann Deritis, Reg Spec

Nancy Dollak, Diag Technologist

Lisa Homanko, LPN

Diemhang Huynh Younes, Manager of Clinical Documentation & Coding Denials

Rosemary Jemo, GroupFitnessInstructor

Linda Kalamar, Registered Nurse

Laura Kurchock, Patient Svc Rep Site Lead

Sharon Letson, Registered Nurse

Jennie Mansfield, Pharmacy IV Tech-Cert

James Mccune, Clin Staff Pharmacist

Jennifer Meshach, Scheduling Coord

Holly Michelson, Lactation Consultant

Richard Peckelun, Security Officer

Benjamin Quintana, Physician

Traci Stahl, CRNP General

Yasmeen Terry, Tech Partner WKND Day

Beth Trexler, Registered Nurse

Marc Vengrove, Physician

Linda Yacone, RN Phys Prac

Lisa Zapach, Secretary Executive

10 Years

David Alexander, Clin/Rev Apps and Supp Analyst

Ryan Bellis, Diag Technologist

Stephanie Benjamin, Patient Services Rep

Michael Bensinger, Surgical Technician

Lymari Bolorin, Medical Assistant Phys Prac

Edwardo Bonilla, Assoc Device Analyst

Rebecca Castro, Medical Assistant Phys Prac

Nicole Coller, Inpatient Care Manager - MSW

Tina Fiorino, Technical Partner

Alyssa Foley, Project Manager

Tammy Freer, Medical Assistant Phys Prac

Evelyn Gonzalez-Cruz, Medical Assistant Phys Prac

Tasha Goss, Surgical Technician

Julianne Grega, PA General

Gayanne Grossman, Physical Therapist

Christine Hamilton, Sr Cardiac Ultrasound Tech

Kristin Hurst, Medical Assistant Phys Prac

Amandeep Kaur, Access Ctr Triage RN Team Lead

Jennifer Kelhart, Medical Assistant Phys Prac

Maria Kish, Patient Services Rep

Trisha Martin, Medical Assistant Phys Prac

Marta Matos, Reg Spec

Lynn Mcnamara, Nurse Aide

Karen Moyer, CT Tech WKND Night

Shani Pritulsky, Patient Services Rep

Eileen Quintana, Physician

Andrew Rapee, Surgical Technician

Christopher Redmond, Mgr Tech Dev and Supp

Christopher Roddick, Technical Partner

Colleen Romig, Scheduling Coord LVPG

Debra Rudert, Admin Partner

Tina Sandt, Director Clin Svcs

Karyn Saxe, Patient Services Rep

Robert Seitzinger, Supv Food Svc

Amy Selena, Patient Care Coord

Pamula Smith, MRI Technologist

Jeffrey Snyder, Physician

Joseph Snyder, Sr Telecommunications Analyst

Donna Spotts, NA/Orderly

Melinda Sullivan, Reg Spec

Catherine Thomas, Casual RN

Cathy Trexler, Insurance Follow-up Rep

Shannon Wilson, Nurse Midwife

Amanda Yenser, Ultrasonographer

5 Years

Lourdes Acevedo, Medical Assistant Phys Prac

Julienne Arnold, Speech/LangPathologist

Rosemarie Attilio, Admin Partner

Lisa Babcock, Medical Assistant Phys Prac

Jennifer Bannon, Utilization Mgmt Prog Coord

Sherri Beck, Mgr Radiology

Lisa Benson, Patient Services Rep

Renee Bogan, Sr Talent Experience Specialist

Jessica Bortnick, Registered Nurse

Christine Brennan, Scribe

Robert Broskey, Sr Fin Analyst - Cost Acctg

Sonya Bujcs, Sr Authorization Spec

Allison Burdulis, Nurse Midwife

Roberta Carson, Clin Business Intel Expert

Nemesis Collado, Medical Assistant Phys Prac

Tara Cornmesser, Occupational Therapist

Sharon Crossley, Patient Services Rep

Ana Cruz, Trained MedInterpreter

Smita Desai, Physician

Michael Dimaria, Sr Clin Business Intel Analyst

Emma Duff, Registered Nurse

Lauren Eckert, RN PDM I Evng/Night

Kristan Faneck, PA General

Natalia Fiallos, Medical Assistant Phys Prac

Ashley Frantz, Office Coord (Phys Prac)

Sarah-Jayne Freitas, OR Diag Technologist

Melissa Fuller, Pharmacy IV Tech-Cert

Susan Geidner, Patient Services Rep

Katie Geisler, RN PDM I Evng/Night

Evan Goodwyn, Sr Payroll Systems Analyst

Taylor Haldeman, Occupational Therapist

Casey Hill, Physical Therapist

Diane Holmes, Billing Coord

Andrew Kane, Security Officer

Robert Knaak, Physical Therapist

Shayna Ksanznak, Registered Nurse

Amelia Kuhns, CRNP General

Joshua Lech, Registered Nurse

Brook Lininger, Paramedic

Amanda Lojo, Physical Therapist

Meri Mackey, PA General

Amber Maguschak, Site Manager

Andrea Majczan, PA General

Josephine Mansaray Boima, Technical Partner

Joelene Manta, Surgical Technician

Gracie Martinez, Registered Nurse

Cheyenne Metzger, CRNP General

Shannon Miller, Patient Care Spec

Jessica Monteagudo, RN WKND Night

Maria Morales, Housekeeper

Meredith Murray, Physician Asst

Randy Neri, Physical Therapist

Monica Orlosky, Casual RN

Deanna Pagliaro, Office Coord

Shirlyne Patel, Clin Staff Pharmacist

Nicole Purcell, Assistant/Associate Med Dir

Robert Reyes, Radiology Support Tech

Crystal Rivera, Security Officer

Caitlin Robinson, Phys Therapy Asst PDM

Anthony Rocco, Sr Auditor

Carlos Rodriguez, IS Pharmacist

Minalix Rodriguez, Registered Nurse

Lorraine Rosario, Medical Assistant Phys Prac

Cecelia Ruiz, Technical Partner

Emily Sanchez, Registered Nurse

Julie Sarris, Occup Therapist PDM

Salliann Schippers, Behavioral Health Spec

Joann Schneck, HIM EMR Data Content Analyst

Magdaline Schuch, LPN Phys Prac

Arlyn Serrano Velez, Program Director Physician Practice

Linda Simmers, Registered Nurse

Analesa Snyder, Medical Assistant Phys Prac

Sara Soliman, Data Engineer

Kevin Terrio, Sr Clin/Rev Apps and Supp Analyst

Christina Torres, LPN Phys Prac

Sherill Vilmenay, RN Phys Prac

Allison Wagner, RN Phys Prac

Victoria Weber, Occupational Therapist

Christieanne Whitby, Technical Partner

Andrea White, Periop Tech Asst

Eric Wolf, Enterprise Res Planning Expert

Nicole Zeiser, Clin Staff Night Pharm

Nancy Ziegler, Occup Therapist HC



Let's Go, Phantoms! Free Tickets Available for LVHN Colleagues

Get tickets for the Lehigh Valley Phantoms game on Wednesday, April 13.

LVHN Insider

Tuesday, April 5, 2022

LVHN colleagues are eligible to claim two (2) general seating tickets for the Lehigh Valley Phantoms game on Wednesday, April 13, 7:05 p.m. on a first come, first-served basis. A maximum of 300 tickets are available.

The Lehigh Valley Phantoms, AHL affiliates of the Philadelphia Flyers, have taken to the ice for their eighth season at the PPL Center in Allentown. LVHN is proud to be the official health care provider and founding partner of the PPL Center.

To reserve tickets, visit https://pplcenter.venue.net/cgi-bin/ncommerce3/SEGetGroupList?prc=LVHN&caller=PR&linkID=global-allentown&RDAT=&RSRC=WEB_VEN.



Use the Force to Get a Discount on Star Wars: A New Hope in Concert

Discounted tickets available for a limited time.

Donna Stout

Friday, April 1, 2022

See Star Wars: A New Hope in Concert with a limited time offer from the LVHN Recreation Committee. The live film with the Allentown Symphony Orchestra is on Friday, May 20, 2022, 7:30 p.m., at the PPL Center.

LVHN colleagues can purchase tickets for 20% off, priced \$59.50-\$79.50. This offer is limited to the first 100 tickets sold and the discount is only available from April 15-29.

Call the box office at the PPL Center at 484-273-4467 and use discount code: LVHN

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

You don't need to wait for a mammogram after getting the initial COVID-19 vaccine series, a third shot or boosters

By Maggie Wurst



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

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

[Current recommendations](#)

While earlier guidance recommended scheduling your mammogram before or four to six weeks after any COVID-19 vaccine dose or booster, this is no longer the case.

At this time, individuals are encouraged to promptly schedule any recommended mammograms (screening or diagnostic), regardless of their vaccination history and timeline. While false positives are possible, they can be ruled out quickly. Also, mammograms are one of the most important tools for identifying cancer and should not be delayed.

[General mammography guidelines](#)

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

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

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

[Cancer screenings during the pandemic](#)

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

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

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

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

Convenient mammograms at LVHN

It's easy to get a mammogram through LVHN. If you are at least 40 years old and have not had a mammogram in the past year, you don't need a prescription or provider referral.

To request an appointment at one of our convenient locations throughout the region, you can call 888-402-LVHN (5846) or schedule online through [Opens in new tabMyLVHN.org](#).

LVHN's Breast Health Services program gives women easy access to the most advanced breast cancer screening technologies.

Keep Your Child Safe with These Window Safety Tips

Falls from windows can be deadly, but there are many ways to prevent them

By **Maggie Wurst**



Windows are a feature found in every home, and while they are incredibly common, windows can also be very dangerous for children.

[Opens in new tab](#)According to the [Consumer Product Safety Commission](#), each year, approximately eight children under age 5 die and more than 3,300 are seriously injured from falling out of windows. Research has shown that many of these falls take place in spring and summer when the weather is nicer and more people are looking to let fresh air into their homes.

“Kids are naturally curious, and that curiosity can become dangerous when it is paired with windows,” says [Pediatric Chief Resident Julia Vandenneuvel, MD](#), with [Lehigh Valley Reilly Children’s Hospital](#). “The most common injuries associated with window-related accidents include abrasions, cuts and bruises. However, more serious injuries like fractures, concussions and internal head injuries are frequently seen as well. We find that falls from higher up are associated with more serious injuries, and unfortunately, some cause death.”

“Over the past five years, we’ve cared for 44 children who have fallen from windows.” –
[Julia Vandenneuvel, MD](#)

For National Window Safety Week, Vandenneuvel is sharing some window safety tips for parents and other adults:

- **Overall window safety**
 - If there are young children in a house, it is best to keep all windows locked and closed.
 - When opening a window can’t be avoided (especially during hotter weather), only open ones that are completely out of a child’s reach.
- **Furniture**
 - Children love climbing things, so try not to position furniture under windows.
- **Window screens**
 - While screens can help keep bugs out of your home, they don’t offer protection against falls and related injuries.
 - Instead of taking the chance, it’s best to follow the first tip above – only open windows that are out-of-reach for small children.
- **Safety devices**
 - Window stops keep windows from being opened past a certain point.
 - Window guards cover a window completely to provide an extra layer of protection (while letting fresh air in). If you decide to install window guards, it is best to choose a style that has a quick-release mechanism in case of a fire or other emergency.
- **Supervised play**
 - Talk to your children about being safe around windows and also make sure they don’t play on balconies, fire escapes or roofs.

- It's also a good idea to educate older children on the dangers that come with climbing out or jumping from windows.

Pediatric Trauma Expertise at Lehigh Valley Reilly Children's Hospital

The clinicians at Lehigh Valley Reilly Children's Hospital are no strangers to injuries caused by falls from windows, and they have vast experience quickly evaluating and treating these cases.

"Over the past five years, we've cared for 44 children who have fallen from windows," Vandenheuvel says. "The injuries sustained from the falls ranged from minor to severe."

If a child comes to the Children's Hospital's [Breidegam Family Children's ER](#) and has fallen 10 feet or more, they are seen quickly by a multidisciplinary team who provides comprehensive evaluation and care.

"At Lehigh Valley Reilly Children's Hospital, providing care to an injured child with the goal of reducing injury-related disability or death is our top priority," Vandenheuvel says. "However, it's important to know that while we are here to provide care if the unthinkable happens, there are small steps that can be taken at home to prevent these accidents from happening in the first place."