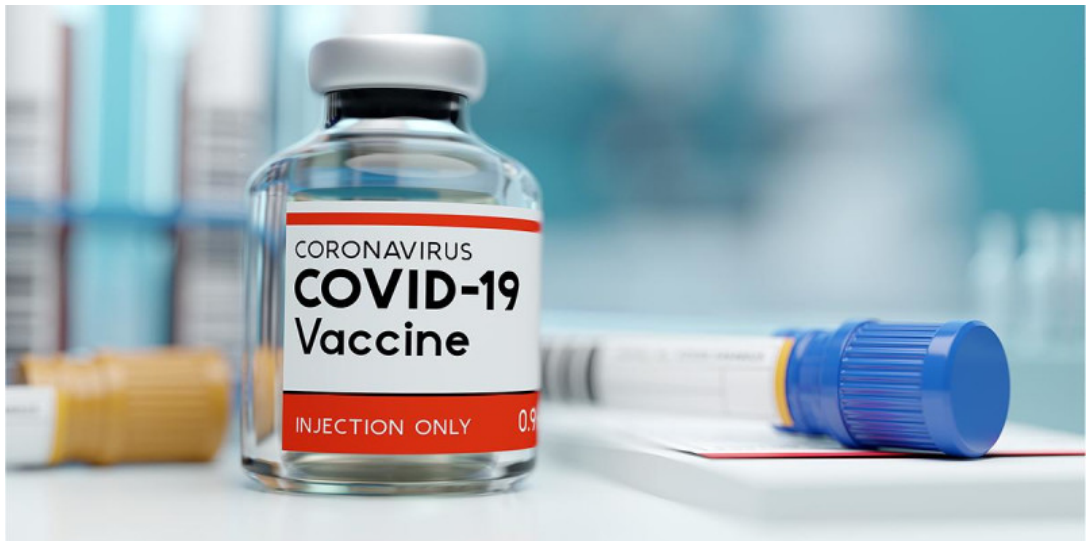




LVHN WEEKLY

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



LVHN Prepared to Administer Novavax COVID-19 Vaccines to Eligible Populations

Novavax is the latest COVID-19 vaccine authorized in the U.S.

[Read more →](#)

Update to LVHN Bereavement Leave Policy

Review changes made based on colleague feedback.

[Read more →](#)



LVHN's Pet Adoption Assistance Program Helps You Find Your New Best Friend

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[Read more →](#)



Register for LVHN Colleague Day at Dorney Park

The link to register is now available.

[Read more →](#)



Ring In the Start of Football Season by Repping Your Favorite Team

Show team spirit by wearing a football jersey on Friday, Sept. 9.

[Read more →](#)



New Addition to the Gympass Network

Orangetheory Fitness is coming to Gympass.

[Read more →](#)



Beating Stress With Mindfulness

Attend a live class to learn about mindfulness-based stress reduction.

[Read more →](#)



Lehigh Valley Orthopedic Institute Welcomes New Senior Vice President

Joe Schomburg will oversee LVHN's world-class orthopedics programs.

[Read more →](#)



LVHN Pharmacist Earns National Recognition for COVID-19 Immunizations

The Association of Immunization Managers recognizes Lauren Grantz with Immunization Champion award.

[Read more →](#)



Glenn Guanowsky Leaving LVHN

His service to LVHN spans 35 years.

[Read more →](#)



Congratulate These DAISY Award Recipients

Read the stories of nurses who go above and beyond.

[Read more →](#)



Service Anniversary List – Sept. 2022

See who is celebrating a career milestone in September and congratulate them on their years of service.

[Read more →](#)



Welcome New Colleagues Who Attended Connections Aug. 22

We have 200 new colleagues in the LVHN family.

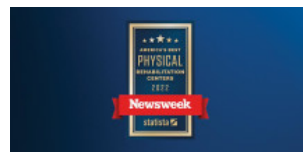
[Read more →](#)



LVH–Cedar Crest Named Best Physical Rehabilitation Center

The hospital is recognized on Newsweek's America's Best Physical Rehabilitation Centers 2022 list.

[Read more →](#)



Phishing for Partner Points Winners - July 2022

Continue to report suspicious emails. You could win \$100 in Partner Points.

[Read more →](#)



Participate in 2022 Walk to End Alzheimer's

Join LVHN's Fleming Memory Center "Team Flemings" or donate to the Alzheimer's Association.

[Read more →](#)



Project ECHO: Gastric Esophageal Reflux Disease

Attend a presentation on Wednesday, Sept. 14, at noon.

[Read more →](#)



In "Vein" or Pain: How to Get Rid of Spider and Varicose Veins

Find out what causes spider and varicose veins and treatment options on The Healthiest You.

[Read more →](#)



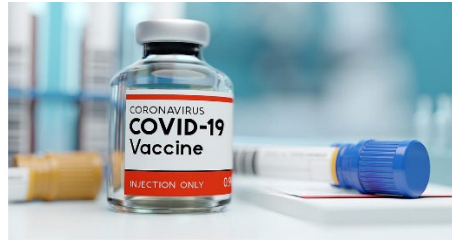
Kidney Transplant Is Ultimate Gift for Berks County Woman

Team at Lehigh Valley Health Network helped Janine Krzyzanowski live life without dialysis.

[Read more →](#)



Lehigh Valley Health Network 1200 Cedar Crest Blvd, Allentown, PA 18105



LVHN Prepared to Administer Novavax COVID-19 Vaccines to Eligible Populations

Novavax is the latest COVID-19 vaccine authorized in the U.S.

LVHN Insider

Wednesday, August 31, 2022

Lehigh Valley Health Network (LVHN) will begin administering Novavax COVID-19 vaccines as another primary series option for people age 12 and older at the COVID-19 Vaccine Clinic—MacArthur Road located in Whitehall starting on Friday, Sept. 2. The Food and Drug Administration (FDA) and Centers for Disease and Prevention (CDC) authorized Novavax in July.

Novavax is a two-dose primary series and is given at least three weeks apart but can be given up to eight weeks apart if necessary.

The Novavax vaccine uses a different type of technology than the mRNA vaccines developed by Pfizer-BioNTech and Moderna. It uses a more traditional protein-based approach like other current vaccines used to prevent other illnesses.

The Novavax vaccine is not indicated for use as a booster and is only available for those who have not received a previous COVID-19 vaccine.

“Novavax is a great option for those who have not been vaccinated because of an allergy to an mRNA component in the other available vaccines or for those who have been waiting for a different option,” says Alex Benjamin, MD, LVHN Chief Infection Control and Prevention Officer. “Vaccines remain the best defense against complications from severe COVID-19 infection.”

Scheduling is encouraged and can be completed through MyLVHN, our patient portal, or by calling the COVID-19 vaccine hotline at 833-584-6283 (833-LVHN-CVD). The hotline is open Monday-Friday, 8:30 a.m.-5:30 p.m. While appointments are recommended, walk-ins also are accepted at the COVID-19 Vaccine Clinic-MacArthur Road location.

For information on vaccines and clinics, visit [LVHN.org/vaccines](https://www.lvhn.org/vaccines). Information on third vaccine shots or boosters can be found at [LVHN.org/booster](https://www.lvhn.org/booster).



Update to LVHN Bereavement Leave Policy

Review changes made based on colleague feedback.

LVHN Insider

Tuesday, August 30, 2022

While no amount of time can minimize the grief associated with the death of a family member, the LVHN Bereavement Leave Policy permits time off from work for colleagues who experience a death in the family, as defined in the policy.

Based on feedback from colleagues, LVHN is expanding the definition of immediate family to include the loss of a child as a result of miscarriage. This revision is a direct result of colleague comments, so thank you for making your voices heard.

To read the full policy, visit the Colleague Resource Center by clicking the “LVHN – CRC Lawson” icon on your SSO toolbar, click on the Employment Policies tile and select “Bereavement (Funeral) Leave.”



LVHN’s Pet Adoption Assistance Program Helps You Find Your New Best Friend

LVHN will contribute up to \$250 toward a recent qualifying rescue pet adoption to the first 50 colleagues who apply.

LVHN Insider

Thursday, September 1, 2022

Have you been thinking about adding a furry family member to your household? Rescuing an animal can be a rewarding experience for you, your family and the pet. Now is the purr-fect time to add large doses of happiness to your home and save a life at the same time.

Pets have a relaxing effect and petting an animal can even improve your mood. Studies show that spending time with your animal helps increase oxytocin levels and reduces cortisol, the infamous stress-related hormone. Pets can help alleviate anxiety and depression, and interactions with them can help people manage many mental health conditions. Even the sound of a cat purring can be soothing.

Once again, LVHN is offering Pet Adoption Assistance to the first 50 colleagues to complete this form along with proof of rescue receipt.

This unique benefit will contribute up to \$250 toward a recent qualifying rescue pet adoption. Interested colleagues have until Dec. 31, 2022, to submit their information.

Please send all information to BENEFITS_LOA@lvhn.org. If you have questions, please call the Colleague Resource Center at 844-462-7547, option 4.

Most importantly, don't forget to include a picture of your new furry family member!



Register for LVHN Colleague Day at Dorney Park

The link to register is now available.

LVHN Insider

Monday, August 29, 2022

In recognition of everything you do, you are invited to [attend an LVHN Colleague Day at a local amusement park.](#)

Thank you for your patience as we worked behind the scenes to make the registration link available for Dorney Park on Sept. 18. Parking is included with your ticket.

Registering for Dorney Park

- Visit www.dorneypark.com/LVHN2022 to start your registration.
- Select “Employee Event Package” for a free ticket for you and one guest. Select either one or two guests and select “Next.” Any additional tickets will not be included as part of this package.
- Add your employee ID number as the gift code and select “Next.” Your employee ID can be found by clicking the “LVHN – CRC Lawson” icon on your SSO toolbar.
- Now, you can choose to check out or continue shopping.

- You also can purchase additional tickets at a discounted rate of \$30.12 per person. Select “Guest Event Package” and the number of tickets you need.
- Once you have finalized your selections, check out and print your tickets.

Registration for Dorney Park closes at midnight on Thursday, Sept. 15.



Ring In the Start of Football Season by Repping Your Favorite Team

Show team spirit by wearing a football jersey on Friday, Sept. 9.

LVHN Insider

Friday, August 26, 2022

Cooler weather is just around the corner, and with it comes the start of football season. To celebrate the start of the season, wear the jersey of your favorite team to work on Friday, Sept. 9. Share your spirit as part of one LVHN team.

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

Bring more joy into the workplace by showing your team pride and being #LVHNProud. Comment about who you are excited to see head back onto the field this fall or your predictions for Super Bowl LVII.



New Addition to the Gympass Network

Orangetheory Fitness is coming to Gympass.

LVHN Insider

Tuesday, August 30, 2022

Our partnership with Gympass gives you access to a network of fitness facilities and programs.

Orangetheory Fitness available to Gympass members

Orangetheory Fitness has been added to the Gympass network. Log in to Gympass to start attending Orangetheory Fitness locations in Allentown and Easton today.

This new partner brings all the sweat with a heart rate-based HIIT total-body group workout that combines science, coaching and technology to guarantee maximum results from the inside out.

As the largest boutique fitness studio chain in the U.S. with more than 1,300 locations, Orangetheory will now begin rolling out access to its unique exercise classes to Gympass users across the country over the next few months. This further expands Gympass' already robust health and wellness offerings. For those who prefer the at-home experience, Gympass members will also have access to Orangetheory Live. Be on the lookout for your Orangetheory location becoming available soon.

Learn more about Gympass

Your Gympass membership gives you access to some of the largest names in the fitness industry, including in-person gyms and studios for weightlifting, conditioning, barre, CrossFit, cycling, yoga and more. Numerous digital options are also available. Gympass also grants access to fitness services like personalized training, nutrition and meal planning and meditation.

- Read FAQs in the [Help Center](#).
 - Check out monthly events from Gympass via the [Wellbeing Services Calendar](#).
 - Get started by downloading the Gympass app or visit gympass.com/us/lvhn-us and enter your SUI
-



Beating Stress With Mindfulness

Attend a live class to learn about mindfulness-based stress reduction.

LVHN Insider

Tuesday, August 30, 2022

Practicing mindfulness has been shown to reduce stress, improve concentration and enhance feelings of joy.

“Mindfulness is a practice of paying attention to what is happening right now, in the present moment, with an attitude of curiosity,” says Susan Wiley, MD, co-founder of Lehigh Valley Health Network (LVHN) Center for Mindfulness.

Mindfulness frequently evokes relaxation. It also can direct us to be more aware of ourselves, including how we feel, and the environment around us. From this, one can develop a new perspective on a present challenge. The perception of both the challenge and your resources to meet it may shift which can reduce the perceived stress.

“Mindfulness is a key feature of stress resilience,” says Wiley. “Mindfulness training helps us to see more clearly what is happening now without the ‘noise’ of reviewing the past or preparing for the future. When we are paying attention, the moments of meaning and joy in everyday life can be savored.”

Mindfulness is a natural human capacity, but when we practice being mindful, moments of clarity can arise spontaneously and more frequently.

“The brain is an organ that, like your muscles, become stronger with practice. The physiologic changes in the brain that result from mindfulness training can be measured. And, even more remarkably, these changes are sustained over time,” says Wiley. “We now know that these changes in the brain with mindfulness training correspond to increases in psychological resilience.”

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

For more information, visit the [LVHN Center for Mindfulness website](#).

Enroll in virtual mindfulness courses

Mindfulness-Based Stress Reduction

Sept. 29-Nov. 17

Eight sessions, Thursdays, 6-8:30 p.m.

Growing Resilience with Mindfulness

Oct. 12-Nov. 16

Six sessions, Wednesdays, 5:30-7 p.m.

[Register and view schedules](#). Free information session required for Mindfulness-Based Stress Reduction.

For LVHN colleagues, these courses are offered at a reduced rates of \$25 for Growing Resilience with Mindfulness (in-person and online) and \$50 for Mindfulness-Based Stress Reduction. Program scholarships and continuing education credits are available.

To learn more about mindfulness programs, call Preferred EAP at 610-433-8550 and 1-800-327-8878 or email at preferred@lvh.com.



Lehigh Valley Orthopedic Institute Welcomes New Senior Vice President

Joe Schomburg will oversee LVHN's world-class orthopedics programs.

LVHN Insider

Monday, August 29, 2022

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

Lehigh Valley Health Network (LVHN) leads the way as the region's premier orthopedic partner for many reasons, but it all starts with our great colleagues and their dedication to our patients and communities.

Starting Monday, Aug. 29, Lehigh Valley Orthopedic Institute will have a new leader to oversee its world-class orthopedics programs.

Joe Schomburg, MBA, MSN, RN, joins LVHN as Senior Vice President of Lehigh Valley Orthopedic Institute.

"Joe's vast experience and a proven commitment to excellence make him the perfect choice to lead Lehigh Valley Orthopedic Institute," says 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 depth and breadth of our orthopedic specialties are unmatched in the region, but the future of Lehigh Valley Orthopedic Institute doesn't rest on that alone. I have no doubt our reputation for high-quality, leading-edge care will only grow under Joe's leadership."

Most recently, Joe served as Executive Director for Stanford Health Care's orthopedic service line. Earlier in his career, he served as Associate Director of Cedars-Sinai's spine center surgical operations and the regional senior managerial consultant for perioperative services for Kaiser Permanente in Southern California. Joe began his career as a registered nurse working in the intensive care unit (ICU) and cardiovascular ICU.

Joe earned a Bachelor of Science in Nursing from New York University, a Master of Science in Nursing and Healthcare Leadership from Duke University and a Master of Business Administration from Ball State University.

Please join me in welcoming Joe to LVHN.



LVHN Pharmacist Earns National Recognition for COVID-19 Immunizations

The Association of Immunization Managers recognizes Lauren Grantz with Immunization Champion award.

LVHN Insider

Tuesday, August 30, 2022

Lauren Grantz, PharmD, Administrator of Outpatient Pharmacy Services at Lehigh Valley Health Network (LVHN), has been named Immunization Champion for her outstanding efforts to promote immunization in the Lehigh Valley by the Association of Immunization Managers (AIM). Grantz is recognized for being a key leader of LVHN's COVID-19 vaccine distribution. Under Grantz's leadership, LVHN was selected as one of the sites for the Centers for Disease Control and Prevention's (CDC) Pilot Program for Provider Oversight visits.

Grantz also helped plan and facilitate some of Pennsylvania's first drive-through COVID-19 vaccine clinics and assisted with in-school vaccination clinics for students and their families. These efforts resulted in more than 650,000 vaccinations in the Lehigh Valley and surrounding communities.

"It's been a true honor to be part of this critical initiative in vaccinating our community against COVID-19, and I am completely humbled that my efforts were recognized," Grantz says. "Of course, it wasn't only me. We have had the most amazing interdisciplinary team working tirelessly, sometimes around the clock, to ensure safe and timely access to vaccines in the Lehigh Valley and surrounding areas. We're proud of the work we've done and the lives that we've saved."

Immunization Champion selections come from a pool of health professionals, coalition members, community advocates and other immunization leaders. These awards acknowledge the outstanding efforts of individuals who go above and beyond ensuring immunization access in

their communities. State immunization programs coordinated the nomination process and submitted nominees to AIM. One winner is selected in each participating state and the District of Columbia.

“Through the many challenges faced, Lauren Grantz implemented innovative strategies, built collaborations and showed true leadership to positively impact the community she serves,” said Pennsylvania Department of Health Acting Secretary and Physician General, Dr. Denise Johnson. “We are thrilled to see her receive this much-deserved recognition. She is worthy of the title, and we are proud to have her as the representative for Pennsylvania as our Immunization Champion.”

Before the pandemic, each year during National Infant Immunization Week, the CDC and AIM honored health professionals and community leaders from around the country with the CDC Childhood Immunization Champion awards. This year AIM has taken over the award and expanded the program to include opportunities to recognize Immunization Champions in multiple areas of immunization.



Glenn Guanowsky Leaving LVHN

His service to LVHN spans 35 years.

LVHN Insider

Friday, August 26, 2022

**This message is from Annette White, Esq.,
Senior Vice President and Chief Legal Officer, LVHN.**

LVHN is well known for being an organization in which colleagues can build and enjoy long, successful careers in their area of expertise. This announcement celebrates one such colleague who has done that across five decades, from the 1980s through the 2020s.

It is with gratitude for 35 years of outstanding service that I am announcing Glenn Guanowsky, Esq., Deputy General Counsel for Litigation and Risk Management in the Department of Legal Services, will be leaving the health network effective Sept. 1. Glenn has maintained a robust case schedule leading up to September that only now permits us to share this news, in order to ensure his effective representation during this time.

Glenn wants you all to know that he feels privileged and honored to have represented this organization and his colleagues for 35 years.

Throughout his career, Glenn, through his representation of LVHN, has presented LVHN as an organization of integrity and a caring member of the communities it serves before the courts and the agencies that regulate health care.

Please join me in thanking Glenn for his dedication and service to LVHN and for sharing such wise counsel the last 35 years. Glenn, we wish you great happiness in your future endeavors.



Congratulate These DAISY Award Recipients

Read the stories of nurses who go above and beyond.

LVHN Insider

Tuesday, August 30, 2022

The DAISY Award For Extraordinary Nurses is a world-wide recognition program honoring the super-human work nurses do for patients and families every day. Nurses are nominated by anyone – patients, family members, other nurses, physicians, other clinicians and staff – who experiences or observes extraordinarily compassionate care provided by a nurse. Valerie Male, Joeseeph Pipolo and Morgan Pollock are celebrated by patients and colleagues for going above and beyond to provide exceptional care.

Valerie Male, RN, Jan. 2022

LVH–Cedar Crest, Labor and Delivery



The journey to motherhood can be riddled with ups and downs. Valerie Male, RN, knew exactly what to do to be with her patient every step of the way during an anxiety-filled delivery.

When the expectant mother arrived at LVH–Cedar Crest for her scheduled cesarean surgery, she was full of nerves. She shared with Male that she and her husband both suffered from PTSD and

anxiety due to the stillborn loss of their first child less than three years prior. Male assured her that she had studied her file and been briefed by Hai-Yen Nguyen, MD. She was prepared to make the experience as smooth as it could be.

When it came time to deliver, Male assisted the expectant mother in walking into the operating room to help ease her anxiety and make her feel as though she was reclaiming her power over a once-traumatic experience. Male put the patient's favorite stress ball in a lab bag so she could have it with her. To help her relax, she hugged her and rubbed her shoulders.

After the birth, the baby required additional care in the NICU. Male continued to make sure all of the mother's needs were met and that she was as calm as possible. From arriving at the hospital to departing with their newborn, the family felt Male's extra care.

"People like Val really make a huge difference when couples in our shoes choose to again walk down the terrifying childbearing road," says the patient. "We are grateful for her hard work and compassionate care and could not have been happier with our experience."

Joeseeph Pipolo, RN, Feb. 2022

LVH–Cedar Crest, MICU/SICU



Joeseeph Pipolo, RN, was there for a patient when his family couldn't be. When a patient was dying due to complications from COVID-19, his son was devastated to not be by his side during the end of his life.

Pipolo went above and beyond, showing patience and kindness in every interaction with the patient's son. He answered all his questions and provided detailed explanations about the patient's health status. When the patient was placed on a ventilator, Pipolo knew even more so how much his family needed comfort. He shared stories with the family, arranged for this patient's son to speak with his father over speaker phone and read the patient a card from his grandchildren. When the patient's son sent a stuffed monkey, Pipolo made sure it was in the bed with him every night until he passed.

"Joe helped me remain strong during one of the hardest times of my life," says the nominator.

Morgan Pollock, RN, April 2022

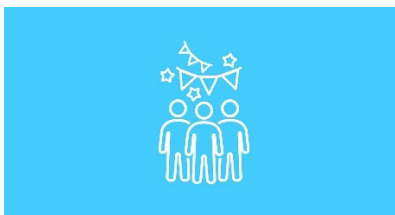
LVH–Cedar Crest, Labor and Delivery



LVHN nurses go above and beyond their job descriptions to provide comfort to their patients. Morgan Pollock, RN, is one such nurse.

When an expectant mother came into the emergency department at LVH–Cedar Crest with abdominal pain, she was admitted so the baby could be monitored. Pollock was with her through the entire experience, which led to an emergency C-section. The patient’s son died in childbirth, and Pollock assisted with his baptism, took photos of him, created a photo book and made a memory box to memorialize him. Pollock comforted the grieving father and even visited the mother in the ICU.

“I will be forever grateful to the entire labor and delivery team, but especially Morgan,” says the patient. “She is the true embodiment of what it means to be a nurse and will always hold a special place in my heart.”



Service Anniversary List – Sept. 2022

See who is celebrating a career milestone in September and congratulate them on their years of service.

LVHN Insider

Thursday, September 1, 2022

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

50 Years

Bernadette Potetz, Precertification LPN

45 Years

Patricia Makara, Admin Partner

G Shambo, Coord Graduate Medical Education Program

40 Years

Jane Destefano, Observ Monitoring Tech

Terri Hilbert, OR Diag Technologist

Cheryl Holzer, Admin Partner

James Naughton, Registered Nurse

Judith Sabino, Chief Diversity, Equity & Inclusion Liaison

Catherine Wisneskie, Access Center Triage RN

35 Years

Lena Argot, Registered Nurse

Karen Benedict, Pharmacy Tech-Cert

Jamie Gabryluk, Sr Dental Asst

Denise Goncalves, Employee Health Worker's Compensation Coord

Glenn Guanowsky, VP, Deputy General Counsel

Lori Keller, Reg Spec

Sharyn Klase, Assoc IS Operator

Mark Kopac, Security Officer

Karen Marchetto, Sr Clin Business Intel Expert

Thomas Merkel, Clinical Team Lead

Ellen Ruhf, Office Coord (Phys Prac)

Joseph Shambo, Technical Svc Manager Imaging

Lori Stauffer, Admin Partner

Lisa Whitaker, Registered Nurse

Adelaide Zimmerman, Clinical Documentation & Coding Denials Spec

30 Years

Kathleen Dunton, Technical Partner

Kathleen Markle, Registered Nurse

Sherry Onushco, Admin Outpatient Registration

Jennifer Stafiniak, Registered Nurse

Barbara Young, Patient Services Rep

25 Years

Michael Bartholomew, Financial Coord Oncology

Trish Carpenter, Payment Posting Spec

Susan Matta, Physician

Carolyn Muretta, Diag Technologist

Sarah Nicklin, Physician

Judith Nist, Registered Nurse

Patricia Notte, Registered Nurse

Norma Ortiz, Trained MedInterpreter

Ernesto Rodriguez, Physician

Robert Wilson, Physician

20 Years

Albaynah Brown, Registered Nurse

Barbarann Carroll, Coord BHS Regulatory & Education

Lauri Centolanza, Cln Research Coord I

Kelly Cieri, COTA

Magdalene Cruz-Rivera, LVPG Clinical Quality Specialist

Susan D'Annibale, RN Phys Prac

Nicole Febbo, Clinical Manager

Lisa Garver, Exer Phys Per Diem

April Gheller, CRNP General

Dawn Gugliuzza, Admin Payroll

Tania Hewitt, Pharmacy Technician

Stuart Kennedy, Business Intel Expert

Marisa Kutchmarick, VP LVPG Operations

Charissa Mattes, Mgr NonInvasive Card

Sarah McGowan Clarke, Registered Nurse

Becky Middleton, Registered Nurse Home Health

Christine Newton, Casual RN

Kandace Novak, IP Coding Analyst III Hosp Based

Kathleen Saylor, Behavioral Health Referral Spec - CL

Terri Schafer, Registered Nurse Recovery
Maria Schneberger, Registered Nurse
Brandee Siegfried, Registered Nurse Recovery
Julie Strouse, Patient Services Rep
Michael Warfel, Manager Security
15 Years
Tanya Andino, Physician Biller
Christine Balliet, Registered Nurse
Christie Butz, Clin Float Nurse Follow Up
Jean Callavini, Technical Partner
Michelle Charowsky, Suprv Nursing
Maritza Chicas, Oncology Nurse Navigator
Mary Clausnitzer, Patient Services Rep
Nora Colon, Registered Nurse
Timothy Cunningham, Physical Therapy Asst - HC
Sarah Davies, Registered Nurse
Deborah Dudash, Reg Spec
Erin Ebert, CRNP General
Constance Erasmo, Registered Nurse
Amber Felton, Patient Care Mgr
Carolyn Finnerty, RN HW Clin Supv
Josephine Frans, Simulation Tech
Melissa Fye, Diag Technologist
Timothy Gilbert, CT Tech
Roshelle Glasgow, Patient Care Coord
Jennifer Glover, Registered Nurse
Michael Goldner, Physician
Nicole Goodman, Application Dev and Supp Expert
Brian Graeff, Occupational Therapist
Betsy Green, Rehab Clin Spec
Jeffrey Gruber, Scheduling Coord

Diane Hartzell, Sr HLA Technologist
Kristin Ingraham, Practice Leader
Amy Jibilian, Physician-PDM
Angela Judd, Registered Nurse
Rachael Kokemor, Certified Registered Nurse Anesthetist
Lucy Leiby, Registered Nurse
Chiaki Lewis, Registered Nurse
Mary Mazur, RN Home Care - Care Manager
Jennifer Mazur, Mgr LVHN Clin Documentation Prog
Jacqueline McCarthy Roberts, RN PDM I Evng/Night
Rebecca McConnell, Medical Assistant
Maureen Mcguire, Physician Biller
Kevin McNeill, Physician
Scott Muir, Physician
Maja Osmanovic, Medical Assistant
Tammy Poust, Registered Nurse
Lori Pritchard, Customer Svc Rep
Alisa Repetz, RN Home Health
Ronald Ritchie, PA General
Katherine Robinson, PACS Systems Analyst
Malgorzata Rokicki, COTA
Kevin Sedar, Registered Nurse
Joseph Sexton, Physician
Emilee Stone, Practice Support Spec
Becky Thomas-Creskoff, Physician
Louanne Verba, Observ Monitoring Tech
Andrea Walsh, Registered Nurse
Monica Weida, Registrar
Elizabeth Wetzler, Physical Therapist
Laura Williams, Program Coord Infection Control
Margaret Wolper, Account Executive

Elisa Woodby-Spragle, Appeals Coordinator
Christine Zeisloft, Inv Card RCIS Crosstrained
10 Years
Theresa Baranek, Registered Nurse
Lauren Barbour, Registered Nurse
Randi Sue Bartholomew, Patient Services Rep
Jenna Bell, RN PDM II Evng/Night
Amanda Bissey, Purchasing Agent
Jamie Blowars, Medical Assistant Advanced
Chanelle Brennan, Registered Nurse - OR
Janet Brown, Exer Physiologist
Mildred Combs, Medical Assistant Phys Prac
Donna Cope, Patient Services Rep
Brenda Croll-Stachelek, Mgr Infection Cont/Prev
Domenica Dalia, Patient Services Rep
Ashley Dommes, PA General
Jeaninne Einfalt, Physician
Nathan Fenstermacher, PA General
Jenna Ferguson, RN PDM I Day
Katelyn Fryzol, Registered Nurse
Gwendolyn Gardner, RN PDM III Evng/Night
Nicole Garofalo, Technical Partner
Emily Glass, Access Center Triage RN
Eric Goldman, Physician
Roya Hamadani, Sr Qual Improv Specialist
Margaret Higgins, Housekeeper
Kate Hummel, RN WKND Day
Caitlin Jacobs, Patient Care Coord
Julia Jurkiewicz, Admin Enabling Services VHP
Frank Kislán, CRNP General
Lacey Kohr, Casual RN

Yvonne Koller, Critical Care Transport RN
Emily Kraus, Physician-PDM
Christina Laudenslager, Registered Nurse - OR
Katie Leayman, Registered Nurse
Sylvia Martinez, Medical Assistant Phys Prac
Christie Mendez, Insurance Follow-up Rep
Thomas Michaels, Mgr Integrated Population Health
Eileen O'Brien, Registered Nurse
Karina Reed, Practice Leader
Brandi Rudnitskas, CRNP General
Heidi Schoenly, HIM Mgr EMR Doc Content & Reg Compl
Michael Schrift, CRNP General
Viktoria Seip, PA General
Amy Sheats, RN PDM I Evng/Night
Tanya Steigerwalt, Medical Assistant
Bobbi Taniser, HIM EMPI Analyst
Jennifer Tyree, Medical Assistant
Laura Walker, Clin Safety Program Mgr
Patricia Walters, Behavioral Health Clin Coord Pop Health
Tricia Wieder, Dir Accounts Payable
5 Years
Kristine Aguilar, RN WKND Night
Kamran Ahmed, Physician
Natalie Altimare, Registered Nurse
Ashlynn Ashmore, Medical Assistant
Yazmin Aybar, Trained MedInterpreter
Robert Bartolacci, Phys Therapy Asst PDM
Brian Bautista, Anesthesia Tech
Daniel Benyo, Physician
Dominique Burrell, Therapeutic Act Worker
Kelli Casey, RN Phys Prac

Jemelyn Anne Castronuevo, Clinical Liaison
Richard Chang, Physician
Erika Clauss, Practitioner Consultant
Jemima Co, Physical Therapist
Maria Comisac, Patient Experience Specialist
Kevin Cowell, Assistant/Associate Med Dir
Mikayla Davidson, Registered Nurse
Janelle DeLong, CNA
Karin Diestler, Medical Assistant Phys Prac
Jacquetia Fields, Technical Partner
Kathryn Frey, Patient Services Rep
Kelly Frye, Reg Polysomn Technologist
Samantha Gambler, PA General
Steven Hardy, Physician
Tracey Harvey, Occupational Therapist
Courtney Hillegas, Technical Partner
Tao-Nan Jacobson, PA General
Melissa Kacsur, Care Continuum Partner
Shannon Kelley, Psychologist
Miranda Kirchner, Patient Services Rep
Nicole Kozma, Physician Asst
Karen Larock, Patient Services Rep
Joseph Lawley, Software Training Specialist
Ashley Martin, RN Phys Prac
Nadine Matese, Medical Assistant Phys Prac
Anne Matrone, PA General
Karen Mcconnell, Site Manager
Teri Lynn Merola, PA General
Molly Minier, LVPG Care Management Partner
Steve Miranda, Trained MedInterpreter
Kelly Mitchell, Registered Nurse

Monica Morales, MedInterpreter/Translator
Timothy Morgan, Sr Clin/Rev Apps and Supp Analyst
Jessica Morris, OP Mental Health Prof
Thomas Morrissey, Physical Therapist
Lynn Moyer, Reg Spec
Ganesan Murali, Physician
Dana Musgnung, Exer Physiologist
Sara Nauman, Cancer Registry Support Spec
Natasha Neel, Prog Coord, Clinical Revenue Integrity
Mark Nicolau, Physician
Natalie Nieves, Admin Partner
Larysa O'Neill, Population Health Program Coord
Pamela Peters, Patient Services Rep
Jennifer Phillips, Security & Compliance Spec
Amy Pidgeon, COTA PDM
Victoria Polosky, Call Center Rep
Morgan Puzio, Ultrasonographer PDM
Katelyn Reed, RN PDM III Day
Jared Reiman, Sr Help Desk Supp Analyst
Annabelle Remy, Technical Partner
Michelle Roberts, Registered Nurse
Maria Rodriguez, CNA
Maria Rosales, Medical Assistant
Stephen Ryan, PA General
Lisa Saab, RN HC Maternal/Child
Ana Sierra, Social Worker MSW
Sherry Sinclair, Mgr Labor & Emp Relations
Bradley Slegel, Security Officer
Mary Smith, Technical Partner
Michele Snyder, Care Continuum Partner
Jannah Mae Solanoy, Registered Nurse

Shellie Stahler, Technical Partner
Katie Stefan, Occup Therapist PDM
Jennifer Stockhausen, Physician
Tammy Strunk, COTA PDM
Emmanuel Stubbs, Patient Transporter
Edwin Taliaferro, VP Internal Audit
Elizabeth Tantaio, Sterile Processing Technician
Emily Unger, Occupational Therapist
Millie Velez, Registration Rep
Mary Workman, Gift Shop Purchasing Coordinator
Chandler Zalik, CRNP General
Nicole Zapotocky, Site Manager



Welcome New Colleagues Who Attended Connections Aug. 22

We have 200 new colleagues in the LVHN family.

LVHN Insider

Thursday, August 25, 2022

Dana Abbott, LPN Phys Prac

Madison Accordino, LPN

Katelynn Acevedo, Diag Technologist

Sayed Adil, RN Phys Prac

Jacqueline Akabogu, Registered Nurse

Heather Albanese, Patient Obs Assistant

Christine Alexander, Surgical Technician

Jared Almeida, Material Management Tech

Priscilla Alvarez, Sterile Processing Technician

Sara Andersen, RN Phys Prac

Louisa Aviles, Scheduling Coord
Kamilah Aviles, Patient Services Rep
Ashley Baker, Pt Observation Asst
Jillian Balik, Director Ops, IRF
Denise Bandura, Scheduling Coord
Jeanette Barbero, Benefit Configuration Analyst
Erin Bartolucci, Access Center Triage RN
Sherry Baublitz, Secretary
Krista Bell, Pharmacy Technician
Shawn Bifano, MD
Shakira Blandon, Reg Spec
Keri Boerner, Patient Services Rep
Hiram Bonilla Mendez, Certified Athletic Trainer
Brenton Bonner, Reg Spec
Jacqueline Borden, LVPG Care Management Partner
Tiffani Bortz, Patient Obs Assistant
Kelly Bossert, Discharge Planner
Samah Boulos, Technical Partner
Taylor Boyce, EMS/InterFacilityLiais
Bruce Boyd, Talent Experience Specialist
Aimee Bravo, RN Home Care - Visit Nurse
Peyton Breinich, Occupational Therapist
Kayla Brinich, Technical Partner
Emma Brinkmann, Telephone Operator
Corinne Brockel, EMR Provider Educator
Gerald Broniec, Perfusionist PDM
Thomas Brown, Technical Partner
Cynthia Brown, Care Continuum Partner - Medical Assistant
Sabreina Brunelle, RN PDM I Evng/Night
Beth Cahill, Registered Nurse Home Health
Brittney Carpenter, RN Phys Prac

Thomas Carr, Scheduling Coord
Robin Cartagena, Inpatient LPN
Farah Carter, Registered Nurse
Janie Chambers, Ultrasonographer
Bailey Chapkovich, Patient Transporter
Anuj Chopra, MD
Yasmin Compres, Technical Partner
Jeffrey Compres German, Reg Spec
Danielle Cornish, Pharmacy Technician
Sara Corrales, Diag Technician Student
Sara Corrales, Diag Technician Student
Kelsey Craig, Registered Nurse
Winnie Crawford, Registered Nurse - OR
Betsy Cruz, Clin/Rev Apps and Supp Analyst
Guybon Daley, Non-Reg Neurodiagnostic Tech
Christina D'Avanzo, Care Continuum Partner - Medical Assistant
Kelsey Davis, Medical Assistant Phys Prac
Melanie De Matos, Patient Services Rep
Maggie Dechristopher, Data Coord
Jesus Deleon, Help Desk Supp Analyst
David Delong, Employee Health Worker' Compensation Coord
Jane Delong, Patient Services Rep
Tyler Demko, Diag Technologist
Erin Deppe, Patient Services Rep
Esly Dubon, Sr Financial Analyst
Tynishea Edwards, Tray Aide
Justina Eskaf, Speech/Lang Path Pdm
Caroline Estiverne, Registered Nurse
Michelle Evangelista, Clinical Liaison
Alexandra Farano, CRNP
Shianne Felder, Nursing Assistant

Kenneth Fogel, Medical Assistant Phys Prac
Alison Forbes, CRNA PerDiem Incentive
Jay Fuletra, MD
Angelica Garcia, Group Health Call Center Supvr
Phillip Glogover, MD
Emily Gonzalez, Medical Assistant
Altenisis Gonzalez, OR Tech
Shelbee Gordon, Pt Observation Asst
Carly Gregas, Speech/LangPathologist
Matthew Gulla, Ultrasonographer
Perla Guzman, Scheduling Coord
Joseph Hannon, Security Officer
Monique Hardy, Access Ctr Triage RN WKND Day
Jada Hathaway, Technical Partner
Lauren Heckenberger, Medical Assistant
Anastasia Hellriegel, Medical Assistant
Jessica Hernandez, Reg Spec
Zacarias Hidalgo, Technical Partner
Andre Hinchman, Patient Services Rep
Nomasiko Hlazo, PA
Michael Hogan, Registered Nurse
Maxine Horstmann, Registered Nurse
Elizabeth Houghtaling, Insurance Follow-up Rep
Leticia Hudson, OR Tech
Nijole Hunter, Registered Nurse
Angela Hurylovich, Patient Services Rep
Antonio Jarman, Reg Spec
Edley Jean-Baptiste, Inpatient LPN
Tisha Johnson, Housekeeper
Destiny Jones, Inpatient LPN
Danielle Kametz, Transition of Care Associate

Kelsey Kasisky, PA
Kelly Kavanaugh, Casual RN
Anne Marie Kelly, Medical Assistant Phys Prac
Dilruba Khanam (Ruby), DO
Kenneth Kibler, Electro-Mechanical Tech
Magdalena Kierzkowski, Registered Nurse
Sharon Kimmell, Registered Nurse
Tami King, Technical Partner
Meredith King, ATC Clinic
Debra Knapp, RN Hospice
Kim Knecht, RN WKND Day
Mikaela Koenig, Physical Therapist
Amanda Kohberger, School Based Outpatient Therapist
Jeffrey Kovalchik, EMS/InterFacility Liaison
Joseph Lahovski, Registered Nurse
Danielle Lavere, Suprv Nursing
Megane Lawson, Reg Spec
Martha Lebron, CRNP
Jo Ann Lipscomb, Access Ctr Triage RN WKND Day
Cassandra Llewellyn, Registered Nurse
Anisa Lopez, Technical Partner
Silvia Martinez, Technical Partner
Martha May, Reg Spec
Lisa McKinney, Payment Posting Spec
Katey McMullin, CRNP
Alexander Miller, Diag Technologist
Johanna Montesino, Secretary
Maria Morales, Technical Partner
Katie Moreni, RN PDM III Evng/Night
Delana Nalesnik, Reg Spec
Janeisha Negron, Technical Partner

Alicia Neidig, Reg Spec
Aung Nyein, Clin Staff Night Pharm
Samantha Oquendo, Inpatient LPN
Olivia Orbe, Inpatient Care Manager - MSW
Fernanda Ortiz, Clerk Typist
Preysi Patel, DO
Karolina Peña Dumé, Anesthesia Tech
Irelys Perez, Technical Partner
Celina Pichardo, Phlebotomist
Shayna Piggott, Healthworks Patient Service Liaison
Shaakira Purvey, Registration Rep
Jolynn Reilly, RN Home Care - Visit Nurse
Monica Rendas, Surgical Technician
Chantille Reppert, Talent Experience Specialist
Kayla Ressler, Radiology Support Tech
Nylah Reyes, Member Service Asst
Kristine Richard, Patient Obs Assistant
Nekieta Richards, Tray Aide
Emelie Rico, Technical Partner
Ashley Rinkus, Registered Nurse
Aaliyah Rivera, Medical Assistant Phys Prac
Taysha Robles Melendez, Medical Secretary
Layla Rodriguez, Medical Assistant Phys Prac
Brittney Roman, Authorization Specialist
Maria Irene Rosales, LPN Phys Prac
Tania Rosario, Guest Service Unit Concierge
Lisa Rovinsky, Patient Obs Assistant
Allison Rumfield, Observ Monitoring Tech
Julie Sanchez, Medical Assistant Phys Prac
Lauren Santiago, Patient Services Rep
Tashary Santos, Registered Nurse

Soloman Saul, MD
Eva Schofield, PA
Alana Schultz, LPN
Shaina Shadle, RN Phys Prac
Caitlin Shaffer, LPN
Vanessa Sherrer, Imaging Nurse
Shari Shoemaker, Registered Nurse
Martina Siftar, Mgr Rehabilitation
Erik Siftar, Physical Therapist
Cynthia Sitler, RN Phys Prac
Danielle Sluzis, MRI Tech
Karen Smith, Director Clin Svcs
Mikayla Smith, Reg Spec
Han Son, HUC Nursing Assistant
Megan Soriano, Discharge Planner
Greta Strauss, Ultrasonographer
Nicole Sweeney, Technical Partner
Julian Sylvester, Registered Nurse
Alexis Thompson, CT Tech
Amanda Thorpe, Occupational Therapist
Jeanette Torrales, Secretary Executive
Brad Tycholiz, Sr Talent Acq Business Partner
Kristina Tyurina, Nursing Asst II - Acute Care
Devin Venezia, Scribe
Emma Vernacchia, Housekeeper
Peter Vernacchia, Housekeeper
Shanda Walker, Technical Partner
Christine Walters, Patient Access Quality Spec
Haley Walton, Technical Partner
Megan Warner, Clin/Rev Apps and Supp Analyst
Jennifer Weiss, Ultrasonographer

Passion Williams, Patient Transporter

Renee Yeakel, Medical Assistant Phys Prac

Mona Youssief, Registered Nurse - OR

Theodore Zombolas, Perfusionist PDM



LVH–Cedar Crest Named Best Physical Rehabilitation Center

The hospital is recognized on Newsweek’s America’s Best Physical Rehabilitation Centers 2022 list.

LVHN Insider

Friday, August 26, 2022

Lehigh Valley Health Network (LVHN) continues to offer award-winning physical rehabilitation throughout the region. Lehigh Valley Hospital–Cedar Crest has been recognized on Newsweek’s America’s Best Physical Rehabilitation Centers 2022 List. Newsweek and Statista Inc., the world-leading statistics portal and industry-ranking provider, present this prestigious award. The awards list, announced in August, can currently be [viewed here](#).

The America’s Best Physical Rehabilitation Centers 2022 list ranks the nation’s top inpatient rehabilitation facilities in 25 states with the most physical rehabilitation facilities according to the Centers for Medicare & Medicaid Services (CMS). Criteria for the award included quality of care, quality of service, quality of follow-up care and accommodations and amenities compared to other physical rehabilitation facilities in the state.

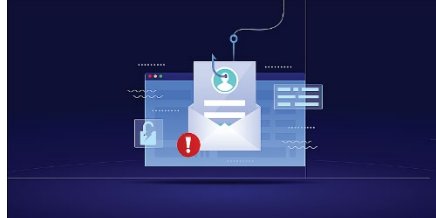
“Our patients and their families are at the heart of everything we do within our inpatient rehabilitation center,” says Matthew Nelson, Administrator, Inpatient Rehabilitation, LVHN.

“The team pushes themselves every day to be the very best they can and our nationally recognized superior outcomes represent that dedication. It is an honor to be considered one of the best inpatient rehabilitation centers in the country.”

There are five Inpatient Rehabilitation Centers at LVHN that see those who have conditions such as:

- [Stroke](#)
- [Orthopedic injuries, including fractures](#)
- [Neurological diseases](#), conditions and injuries

- [Burns](#)
 - Amputations
 - Spinal cord injuries
 - Post-surgical complications
-



Phishing for Partner Points Winners - July 2022

Continue to report suspicious emails. You could win \$100 in Partner Points.



Brian Shaner

Monday, August 29, 2022

Congratulations to the July Phishing for Partner Points winners. These colleagues were selected at random because they followed the LVHN guidelines for submitting suspicious emails using the Report Suspicious Email button in Outlook. Their actions continue to help keep our systems safe. You could be one of the next winners of \$100 in Partner Points if you remain diligent in reporting suspicious emails.

Jenn Fenstermaker

Michael Haring

Lori Mcsorley

Kristin Prelovsky

Jennifer McDonald

Chrissi Kent

Shannon Diehl

Freda Barnes

Robin Scaturro

Donna Rennalls



Participate in 2022 Walk to End Alzheimer's

Join LVHN's Fleming Memory Center "Team Flemingos" or donate to the Alzheimer's Association.

Dalila Saez Rivera

Wednesday, August 31, 2022

LVHN's Fleming Memory Center, "Team Flemingos," is leading LVHN's sponsorship at the Alzheimer's Association Walk to End Alzheimer's.

When: Saturday, Sept. 24, 2022, Registration at 8:30 am, Promise Garden Ceremony at 9:30 am.

Where: ArtsQuest Center at SteelStacks, 101 Founders Way, Bethlehem, Pa.

Please consider teaming up with the "Flemingos" by joining us at the walk or by donating to the Alzheimer's Association. Thank you for advancing the fight against the disease!

To register please use the link below, click join our team. If you do not wish to walk but would like to donate use same link, click donate (you may need to copy and paste link).

https://act.alz.org/site/TR?team_id=740905&fr_id=15828&pg=team

Dalila Saez is our team captain. She can be reached by phone at 610-969-2241.





Project ECHO: Gastric Esophageal Reflux Disease

Attend a presentation on Wednesday, Sept. 14, at noon.

LVHN Insider

Wednesday, August 31, 2022

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

Join us for Gastric Esophageal Reflux Disease presented by Patrick Hickey, DO, and Scott Beman, MD, Lehigh Valley Institute for Surgical Excellence.

When: Wednesday, Sept. 14 at noon

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

Register using this link: <https://redcap.lvh.com/redcap/surveys/?s=X3RCA9EA3L>

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

1. Review the epidemiology of GERD.
2. Understand clinical features of GERD and diagnostic approach.
3. Know red flags, indications for endoscopy and risk factors for Barrett esophagus.
4. Review ancillary testing for GERD.
5. Review medical management of GERD.
6. Review indications for surgery and surgical options for treatment of GERD.
7. Understand surgical management of GERD.

Participants are encouraged to submit questions in advance regarding gastric esophageal reflux disease by emailing Carolyn Suess at carolyn.suess@lvhn.org. All patient information submitted should be de-identified for HIPAA compliance.

HEALTHIEST YOU PODCAST

In “Vein” or Pain: How to Get Rid of Spider and Varicose Veins

Find out what causes spider and varicose veins and treatment options on The Healthiest You

By Amanda Newman
August 31, 2022



Don't let your veins keep you down. Whether you are self-conscious about how they look or they're causing you discomfort, treatment can help you feel better in your skin.

[Eric Wilson, MD](#), vascular and endovascular surgeon with [Lehigh Valley Heart and Vascular Institute](#) joins [Opens in new tabMike and Steph from B104](#) to talk about spider and varicose veins on the latest episode of the Healthiest You podcast. What causes spider veins in legs? What causes varicose veins? How can I get rid of spider veins on my legs? We answer these questions and more on the Healthiest You Podcast this month.

PATIENT STORY

Kidney Transplant Is Ultimate Gift for Berks County Woman

Team at Lehigh Valley Health Network helped Janine Krzyzanowski live life without dialysis

By Joe Nixon





Janine Krzyzanowski was an active mother of a first grader and feeling great when in 2009 she decided to take advantage of blood work offered through her employer's wellness program.

The decision changed her life – and saved it.

Blood test results showed elevated levels of creatinine, a waste product generated through the normal breakdown of muscle cells. Kidneys normally filter out creatinine and it exits your body when you urinate. Higher than normal levels of creatinine can indicate your kidneys are not functioning properly.

Did you know?

Lehigh Valley Health Network's transplant program focuses on getting the most from every donation and transplant opportunity and performs twice as many transplants as national statistics predict, based on the number of patients on its waiting list.

Krzyzanowski, now 54, lives in Cumru Township, Berks County, near Shillington.

Armed with her test results, she saw her primary care physician, who sent her for a scan of her kidneys. That revealed inflammation, and her next visit was to a Pottstown nephrologist. A subsequent biopsy indicated lupus, an autoimmune disease, had damaged her kidneys.

"All of a sudden you find yourself in this place where you don't understand what the situation is. It's kind of like floating outside of your body," she says.

Tough journey begins

Krzyzanowski's doctor put her on prednisone, a corticosteroid used to fight inflammation. Add drastic diet changes and blood pressure medication, and Krzyzanowski says it was a "rough" time. At one point, she says, she was taking 30-40 pills a day, including one to help reduce the phosphorus building up in her blood. "I was just an emotional and physical wreck," she says.

Three years after her diagnosis, her kidneys failed, and she went on dialysis. She was able to do at-home dialysis with a system that cleaned her blood overnight. But it still took a physical and mental toll.

When the decision was made to seek a transplant, Krzyzanowski initially made an appointment at a Philadelphia hospital, but the Montgomery County surgeon who created Krzyzanowski's fistula, or dialysis access point in her arm, suggested she contact Lehigh Valley Health Network.

"He said he had heard nothing but good things about LVHN and wait times were shorter," she says. In addition, travel to the Lehigh Valley from her home in Berks County was easier than getting to center city Philadelphia.

Turning to LVHN

Krzyzanowski, her husband, and her mother met with LVHN's transplant team in winter 2013 and were immediately impressed. She says the transplant process was fully explained and she felt very comfortable. Testing took a few months to complete, and she went on LVHN's transplant list in June 2013. "I was so confident in LVHN's program," she says.

Her husband, family members and friends were all tested to be possible kidney donors, but none was a match.

She was at work in January 2015 when she got the call: a donor kidney was available. The transplant took place Jan. 9, 2015. "It was amazing," she says. "Dr. [\[Michael\] Moritz](#), he's just amazing, as is the entire team there. The kidney worked immediately and there were no issues."

Krzyzanowski, a production planner for a medical device company, says there was a smooth transition after her transplant. She can sleep at night, no longer tethered to a dialysis machine. "I feel like I never had a transplant," she says. "It is such a huge weight off my shoulders. Before, my life was consumed about what to eat, what to do, and dialysis. You feel like you're living in a prison. It just controls everything in your life."

Post-transplant freedom

Krzyzanowski says the transplant gave her a second chance. She was able to see her daughter grow up, graduate from high school and start college this year at Penn State, Krzyzanowski's alma mater, and the same school where she met her husband. "It was so much fun being able to share and experience it all, to do the things we wanted, the crazy adventures," she says.

“It is such a huge weight off my shoulders. Before, my life was consumed about what to eat, what to do, and dialysis. You feel like you’re living in a prison. It just controls everything in your life.” – Janine Krzyzanowski

Moritz says LVHN’s transplant program is successful for many reasons, but chief among them is the compassionate, hardworking transplant program team. “Everyone involved in a transplant patient’s care works tirelessly in a culture dedicated to exceptional care,” he says.

Krzyzanowski agrees, the entire transplant team continues to be supportive post-transplant. “They’re giving me all the tools I need to continue to be healthy,” she says.

The kidney Krzyzanowski received came from a deceased donor. Krzyzanowski says she always elected organ donation on her driver’s license, but never really thought much about it. Because of her experience, her family and friends who had not elected to be organ donors have done so. “You never think about it until it affects you or your family,” she says.

Krzyzanowski says she is thankful beyond measure for the generosity of the donor and the donor’s family.

“How is ‘thank you’ enough?” Krzyzanowski asks. “What they gave back to me is beyond any type of gift that anyone has ever given me in my life.”
