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[Read more →](#)

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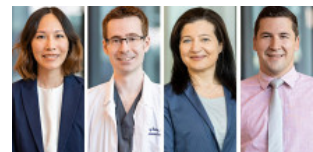
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Four Neurologists Join Lehigh Valley Fleming Neuroscience Institute

Additional physicians add to world-class care culture.

[Read more →](#)



Lou Puentes Honors His Heritage Through His Work at LVHN

As a member of the Hispanic/Latino/a/x community, he is proud to serve a diverse community.

[Read more →](#)



Nursing Students, Nurses Awarded for Excellence

Everyday Hero Award recipients go above and beyond for patients and colleagues.

[Read more →](#)



In Memoriam: Joann Gregory, DAISY Award Recipient

Joann Gregory was a colleague with LVHN for 36 years.

[Read more →](#)



Mammography Technologist Fights Familiar Foe

After being diagnosed with breast cancer, Toni Hobbs turned to her colleagues for care.

[Read more →](#)



Happy Anniversary to the Children's Early Care and Education Center!

September marks 40 years of the center making an impact on young lives.

[Read more →](#)



Remote Colleagues - LVHN Fitness is Here for You

Are you a remote or hybrid colleague? We may not see you in-person often, but that doesn't mean we forgot about you. ...

[Read more →](#)



New York On Your Own

Join a bus trip sponsored by the LVHN Recreation Committee.

[Read more →](#)



Recruitment Effort Travels to Puerto Rico

Have friends and family in Puerto Rico? Let them know LVHN is hosting recruitment events in October.

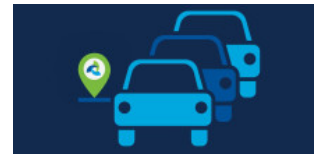
[Read more →](#)



LVHN Offers Free Flu Shots at Clinics Throughout the Region

This is the 25th year for the influenza (flu) vaccination campaign.

[Read more →](#)



LVHN and Collegiate Wrestlers From Across the Nation Host Youth Wrestling Clinic

The wrestling clinic is part of Lehigh Valley Health Network (LVHN)'s Impact Athlete program.

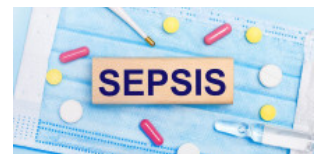
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A Life-Threatening Infection You Need to Know About

What is sepsis and who is at risk? Get to know this serious condition during Sepsis Awareness Month.

[Read more →](#)



Kicking Off Breast Cancer Awareness Month

Now is the perfect time to learn about breast cancer risk factors and screening guidelines.

[Read more →](#)





Enjoy Free Coffee Oct. 4

LVHN cafés to offer a free medium cup of coffee on Tuesday.

LVHN Insider

Thursday, September 29, 2022

Grab a free coffee at any LVHN café on Tuesday, Oct. 4. Starbucks and other specialties are not included.

Celebrate our recent certification with your free coffee and be #LVHNProud that you are a colleague at a “Great Place to Work!”

Thanks for making LVHN a Great Place to Work for all.



Protect Yourself and Others by Getting a Flu Shot

The colleague flu shot campaign begins Oct. 3 and continues until Dec. 1.

LVHN Insider

Thursday, September 22, 2022

Fall is here, and you know what that means. Cold and flu season is coming. As flu season quickly approaches, all colleagues are reminded to get a flu shot as soon as possible this year.

When you get vaccinated early in the fall, you decrease your chances of getting the flu and transmitting it to our patients and visitors. Health care workers have a [special obligation to be vaccinated](#), because people who remain unvaccinated and spread the flu can cause serious harm to vulnerable patients.

LVHN makes it easy to get your shot

Colleague flu shot clinics begin Monday, Oct. 3, and continue through Saturday, Nov. 12.

Click below to get the schedule for your location. Print the schedule, post it in your area, get vaccinated and remind others to do the same.

[Lehigh Valley schedule.pdf](#)138 KB
SAFE

[Hazleton schedule.pdf](#)101 KB
SAFE

[Schuylkill schedule.pdf](#)98.3 KB
SAFE

[Pocono schedule.pdf](#)99.1 KB
SAFE

While there are no scheduled colleague flu clinics after Saturday, Nov. 12, the flu vaccine will be available at employee health offices in the Lehigh Valley during walk-in hours and by appointment in Hazleton, Schuylkill and Pocono employee health offices until Dec. 1.

Colleagues: Get vaccinated by Dec. 1

Whether you provide direct patient care, work on site at an LVHN facility or are working remotely, all colleagues must follow the LVHN influenza vaccination policy and all colleagues are expected to receive a flu vaccination by Thursday, Dec. 1.

Colleagues and independent medical staff may request a medical or religious exemption. Non-employed LVHN partners cannot request an exemption. Requiring all colleagues to get the COVID-19 and influenza vaccines will help ensure we provide the safest possible care to our patients and keep colleagues and community members safe.

Colleagues who join the health network will follow the LVHN vaccination policy and will be expected to receive a flu shot.

What you need to know about safety precautions

LVHN is taking extra measures to make sure our flu shot clinics are as safe as possible.

- **Complete the Conversa COVID-19 screening the day of vaccination**– This is a requirement for all colleagues, even if you work from home or do not have a shift scheduled for that day.
 1. Visit <https://clinic.conversahealth.com/conversation/MjIwLTM3OTI> or text **lehigh** to 83973.

- **Fill out your consent form before arriving** – Prior to attending a flu shot clinic, you must complete the electronic consent form, which can be found in your TLC education bundle.
 1. Additionally, you can access the [electronic consent form](#) on the [Influenza Information intranet page](#).
- **Enhanced cleaning measures are used** – The LVHN team will take additional cleaning steps to ensure commonly touched surfaces are continually disinfected.
- **Distancing while you wait** – LVHN has protocols in place to ensure lines flow smoothly while allowing people to be socially distant.

Vaccinations received outside of an LVHN flu shot clinic

If you receive a flu vaccination at an LVPG practice or ExpressCARE location, proof of vaccination will automatically transfer to your employee health medical record. If you receive a flu vaccination outside of an LVHN flu shot clinic, an ExpressCARE or LVPG practice, you must submit proof to employee health services. There are several ways to do this:

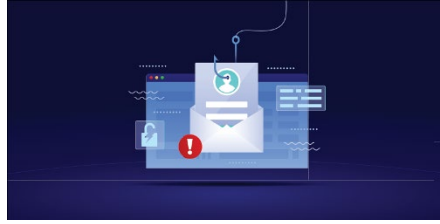
- **Upload to the intranet** – This is the preferred method to submit proof of vaccination. On the LVHN intranet, go to Resources>>Employee>>Influenza information. Scroll to the forms section and click “Submit Your Flu Proof Here.”
- **Send an email** – You may also send proof via email to Employee_Health_FluProofs@lvhn.org.
- **If you are unable to submit proof of vaccination electronically, you may fax your documentation to 610-402-1203.** Make sure your name is clearly written on the document along with another unique identifier such as your SUI.

Get your flu shot as soon as possible

The Centers for Disease Control and Prevention (CDC) recommend everyone 6 months of age and older gets a flu vaccine every season. Vaccination to prevent influenza is particularly important for people who are at high risk of serious complications from influenza, including adults 65 and older, pregnant women, young children and people with chronic health problems.

It takes two weeks for protection from a flu vaccine to develop in the body, so be sure to get your flu shot as soon as it becomes available to you.

Since 2010, CDC estimates that flu has resulted in between 140,000 and 960,000 hospitalizations each year. Flu vaccine prevents tens of thousands of hospitalizations each year. Just like COVID-19, influenza is a virus spread from person to person. While our community is experiencing a pandemic, it’s more important than ever to do what you can to prevent the spread of infectious diseases. Health networks across the country already have limited resources due to COVID-19. A large flu outbreak could result in added strain on health systems.



Spear Phishing Remains a Threat in Many Different Forms

Learn about the different types of phishing attacks and how you can help stop them.

LVHN Insider

Wednesday, September 28, 2022

“Phishing” is a term that describes emails, calls or text messages designed to trick victims to share private or sensitive information, such as login credentials, passwords, or personal and financial information. “Spear phishing” is a more targeted effort in which attackers study and use information about an organization and its people.

A spear phishing attack uses information about the organization and its leaders to add a known or trusted internal sender or leader to induce someone to take an action or reveal confidential information. Spear phishing comes in the form of emails, and the term “smishing” is used when the phishing message is shared via text.

Always be aware of phishing scams at work and at home. To protect your and our patients’ personal information at LVHN, the LVHN Technology Division has additional security measures in place to detect phishing and spear phishing. But as hackers continue to modify their tactics to slip through even the tightest security measures, every LVHN colleague needs to remain vigilant in identifying and reporting suspicious emails and texts.

Most targeted SMS attacks (but not all) will utilize LinkedIn as their main view into an organization. They will target new hires of LVHN or people with new roles within a department who may not yet be fully aware of corporate policy or well versed in an organization’s data security guidelines. These newer colleagues may be more likely to respond to a request from someone claiming to be the CFO or CEO without first viewing the communication with an appropriate level of skepticism.

Hackers are targeting LVHN

Spear phishing emails or texts are disguised to look like they came from an LVHN leader and can be difficult to spot. When receiving emails, especially emails requesting money and requiring immediate action and confidentiality, from LVHN colleagues and leaders, check the email address and reach out to the colleague or LVHN leader live to confirm they sent it.

SMS texts can be more difficult to spot. If an SMS text comes from a number that is not in your contacts list and claims to be from an LVHN colleague or leader, call the LVHN colleague at a

number known to be theirs, to be certain the SMS text was sent by that person.

LVHN is aware of several recent SMS text spear phishing attempts, so pause before acting and contact the LVHN colleague the message appears to be from to be sure.

If an email or SMS text looks suspicious, report it

Cybersecurity threats are at an all-time high, and we need to be more diligent than ever when it comes to the security of our computer networks.

The best defense in combating the threat of phishing emails is awareness, and awareness starts with every LVHN colleague. Remember, LVHN Technology will NEVER ask for your credentials through email or SMS text messages.

Report suspicious emails

If you see something that looks odd or have any doubt about the authenticity of an email, click the “Report Suspicious Email” button in Outlook, also known as the PhishMe button (pictured below).



The current PhishMe button is not compatible with Outlook for Mac operating systems, so Mac users should forward suspicious emails to spam@lvhn.org. The Technology cybersecurity team will quickly analyze the email. Should it be a threat, the team will shut down all similar inbound emails and delete others in inboxes to stop the attack. If the email is deemed safe, it will be returned to your inbox.

Report suspicious texts

Forward suspicious SMS messages to **7726**:

When you receive a spam text message on your phone, forward that text to the shortcode 7726 (which spells SPAM).

You'll then receive an automated message from your wireless carrier asking you to enter the phone number from which the spam text was sent.

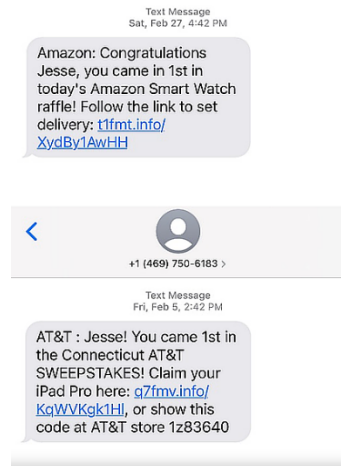
How to forward a text message

Apple iOS: <https://support.apple.com/en-us/HT208386>

Android: <https://www.androidauthority.com/how-to-forward-a-text-message-870759/>

Another way to combat smishing is by reporting it to the FTC at [ReportFraud.ftc.gov](https://www.ftc.gov/identitytheft/report-fraud)

Below is a smishing example – note the personalized name that the smish is targeted to.



Thank you for your vigilance

We can guard against phishing and smishing attacks when we work together to report suspicious emails and text messages.



Password Management and WISAR Will Be Replaced With More Secure System

Learn how and when the transition to IdentityNow will affect you.

LVHN Insider

Friday, September 23, 2022

LVHN Technology is replacing password management tools and processes with a new platform that will streamline access to the digital tools and data colleagues use every day, while ensuring sensitive information belonging to colleagues and our patients is safe from cybercriminals.

WISAR replacement

Although WISAR has served LVHN well over the years, colleagues say the WISAR application is not always intuitive and can be difficult to navigate. So, LVHN Technology found a solution that will balance ease of access with strong security features.

IdentityNow will replace WISAR as LVHN's identity and access management (IAM) solution. An IAM is a framework of business processes, policies and technologies that facilitate the management of electronic or digital identities.

IdentityNow will provide colleagues with single sign-on and multifactor authentication capabilities. It will improve ease of access while protecting sensitive data from unauthorized users. It also includes ongoing access verification, which will ensure colleagues always have access to applications, systems and data. Managers will no longer be required to request access to technology through WISAR for colleagues. Instead, a colleague will have instant access to the tools they need based on their role.

Colleague self-service

In the coming weeks, LVHN Technology will phase in IdentityNow. The first tool released to colleagues will be self-service password management. However, colleagues may continue contacting the Technology Support Center for assistance.

Ongoing communication and training

As applications and distribution lists are added to IdentityNow, LVHN system owners and managers can certify the access provided is warranted. Managers will use IdentityNow to give colleagues access to applications similar to the process for WISAR.

Detailed communication and training information will be provided at each step so the transition can be as seamless as possible.



mRNA Influenza Vaccine Research Study Opening at LVHN

Participating in the study will satisfy your 2022 colleague flu shot requirement.

LVHN Insider

Friday, September 23, 2022

LVHN colleagues are invited to participate in a Pfizer study evaluating a new mRNA influenza vaccine.

The mRNA influenza vaccine was developed using the same technology used in mRNA COVID-19 vaccines, and phase I and II studies have shown that it is both safe and effective. This phase III

study will compare the effectiveness of the mRNA vaccine to the traditional flu vaccine, and all participants will be given one of the two vaccines.

Because there is no placebo arm of this trial, participation will satisfy your 2022 colleague flu shot requirement.

More details about the study and how to enroll will be shared on LVHN Insider in the next few weeks.



LVHN To Host Free Safety Symposium for Colleagues

The event will focus on identifying and preventing risk factors for violence.

LVHN Insider

Friday, September 23, 2022

Physicians, psychologists, social workers, licensed professional counselors, licensed marriage and family therapists, registered nurses, mental health technicians, medical students and other colleagues who are interested in psychiatry are invited to attend a free LVHN safety symposium on Friday, Oct. 14, 8 a.m.-3:30 p.m.

The event, “LVHN Safety Symposium: Identifying and Preventing Risk Factors for Violence,” will feature various discussions led by behavioral health professionals, including:

Not Another Day at the Office: Workplace Violence Challenges in Health Care

Objectives:

1. Explain the concept of agitation as a behavioral emergency.
2. Identify the role of verbal de-escalation in the management of behavioral emergencies.
3. Describe interactions between staff stress/burnout and patient agitation.

Responding to Community Violence

Objectives:

1. Describe the Cure Violence Model and its application at LVHN.

2. Review Violence Prevention patient data.

Community, Historical and Organizational Trauma

Objectives:

1. Define trauma.
2. Identify different types of trauma.
3. Describe common trauma responses.
4. Identify the impact of trauma on behavior, decision-making, overall functioning and life outcomes.

The Stress Continuum and the Power of Positivity

Objectives:

1. Summarize the features of the four zones of the stress continuum.
2. Identify which zone you are personally functioning in at the time of the presentation.
3. Describe the benefit of positive thinking on overall health and well-being.
4. List at least three strategies that can be used to “boost your bright side.”
5. Identify well-being resources available to LVHN colleagues.

Physicians who attend the event will be eligible for a maximum of five AMA PRA Category 1 Credits™, registered nurses who attend the entire program will receive five contact hours, and social workers, marriage and family therapists and professional counselors will be eligible for 5 continuing education units.

The event will be hosted in person in the [LVH–Cedar Crest](#) auditorium, but attendees also can participate virtually via Webex.

For more information about the event, download the attached flyer. To register, visit LVHN.org/ContinuingEducation and search for the event by title or date by Monday, Oct. 10.

NEWS ANNOUNCEMENT

LVHN Announces New Maternal Fetal Medicine Fellowship at LVHN

Maternal Fetal Medicine Fellowship program will be the only one in the Lehigh Valley

September 28, 2022



Albert Sarno, MD, Fellowship Assistant Program Director; Meredith Rochon, MD, Fellowship Curriculum Director; Joanne Quinones, MD, Fellowship Program Director

Lehigh Valley Health Network (LVHN) is proud to introduce a new fellowship program for maternal fetal medicine. The program will welcome one fellow into its inaugural class for the three-year fellowship in July 2023. LVHN joins fewer than 100 fellowship programs in maternal fetal medicine nationwide and is the only program in the Lehigh Valley.

The mission of the Maternal Fetal Medicine Fellowship at LVHN is to train the next generation of perinatologists to be clinicians, leaders and academicians. We aim to do this by producing highly skilled physicians who will excel in the delivery of comprehensive and compassionate perinatal care in an academic or community-based practice.

[The mission of the Maternal Fetal Medicine Fellowship at LVHN is to train the next generation of perinatologists to be clinicians, leaders and academicians.](#)

Graduates of our program will also be adept in clinical research and education of residents and medical students. Our mission is accomplished through a dedicated faculty that delivers high-quality perinatal care for a diverse regional patient population, including a large prenatal diagnosis and fetal care program, several unique inpatient and outpatient multidisciplinary programs for pregnant women with medical and surgical complications of pregnancy, and sizable outreach and transport programs. Fellows will gain experience with challenging cases, learn to function in a supervisory faculty role with residents and simultaneously be trained to perform advanced and focused obstetric procedures. All of these contribute to a robust clinical experience for colleagues.

[Key faculty members include:](#)

- [Joanne Quiñones, MD](#), Fellowship Program Director
- [Albert Sarno, MD](#), Fellowship Assistant Program Director
- [Meredith Rochon, MD](#), Fellowship Curriculum Director
- [Danielle Durie, MD](#)
- [William Scorza, MD](#)
- [Orion Rust, MD](#)
- [Daniel Kraus, MD](#)
- [Kara Coassolo, MD](#)
- [Matthew Romagano, DO](#)

A fellow doctor is already a graduate of a medical school, licensed to practice, and trained as part of the graduate medical education program. This fellowship adds to the numerous residency and fellowship opportunities available at LVHN, including a longstanding OB-GYN residency program.

The Division of Maternal Fetal Medicine at LVHN is a team of experienced, highly trained specialists that provides the highest level of care for complicated pregnancies, before, during and after labor and delivery. Maternal fetal medicine specialists provide expert care for women with conditions that make their pregnancies high risk, including:

- Diabetes (preexisting or gestational)
- Advanced-age pregnancy
- Expecting multiple babies (twins, triplets, quadruplets, etc.)
- Hypertension
- Kidney disease
- History of miscarriage
- Genetic conditions
- Other underlying health conditions
- Fetal problems

For nearly 100 years, Lehigh Valley Health Network has had independent [residency programs](#). We are a regional clinical campus of the University of South Florida Health Morsani College of Medicine and an accredited member of the nation's Council of Teaching Hospitals and Health Systems.

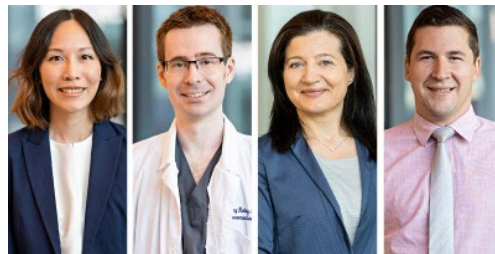
To learn more and apply, contact program coordinator Megan Ingram.

[NEWS ANNOUNCEMENT](#)

Four Neurologists Join Lehigh Valley Fleming Neuroscience Institute

Additional physicians add to world-class care culture

By Joe Nixon
September 28, 2022



Lehigh Valley Fleming Neuroscience Institute has added four doctors to its staff to provide even more opportunity for those in eastern Pennsylvania and beyond to receive world-class care.

“When we formed Lehigh Valley Fleming Neuroscience Institute earlier this year, we said it was a launching pad for an even brighter and more exciting future for neurologic and neurosurgical care in the region,” observed [Steven Lewis, MD](#), Lehigh Valley Fleming Neuroscience Institute Physician-in-Chief and head of neurology at LVHN. “We’re providing more care for more patients closer to home.”

The four new doctors are:



[Connie G. Tang, MD](#)

A graduate of Texas Tech University Sciences Center School of Medicine, [Tang](#) completed a neurology residency at Thomas Jefferson University Hospital, Philadelphia and a fellowship in neuromuscular diseases and electromyography, also at Jefferson. She is certified by the American Board of Psychiatry and Neurology in both neurology and neuromuscular medicine.



[Anthony Rainey, MD](#)

A graduate of Geisinger Commonwealth School of Medicine, [Rainey](#) completed a neurology residency at the University of Florida (UF) and a fellowship in neuromuscular medicine, also at UF. He is certified by the American Board of Psychiatry and Neurology in neurology.



Martina Vendrame, MD, PhD

A graduate of the University of Padova, Italy, she received a doctorate from the University of South Florida in neuroscience. [Vendrame](#) completed her neurology residency at Temple University Hospital, Philadelphia and a fellowship in clinical neurophysiology at Brigham & Women's Hospital, Boston. She is certified by the American Board of Psychiatry and Neurology in both neurology and sleep medicine.



Steve P. Bibu, MD

A graduate of St. George's University School of Medicine, [Bibu](#) completed his neurology residency at the University of Medicine and Dentistry of New Jersey-Robert Wood Johnson Medical School, New Brunswick, NJ, and a fellowship in neurocritical Care at Tufts Medical Center Hospital, Boston. He is certified by the American Board of Psychiatry and Neurology in neurology.



Lou Puentes Honors His Heritage Through His Work at LVHN

As a member of the Hispanic/Latino/a/x community, he is proud to serve a diverse community.

LVHN Insider

Thursday, September 29, 2022

Luis (Lou) Puentes is President of Lehigh Valley Hospital–Hecktown Oaks and Vice President of Operations and Public Safety for LVHN. During Hispanic Heritage Month, he reflects on his cultural heritage and the impact it’s had on his career.

As a child and during much of my early career, I didn’t spend much time thinking about my Latino heritage and how it contributed to my job and specifically my work at LVHN. I started with LVHN as a nurse in the emergency department, continued in nursing as a MedEvac flight nurse and transitioned to leadership roles overseeing emergency management and public safety. In each of these roles, my focus was providing and directing patient care in emergency situations, often providing rapid, lifesaving interventions in a fast-paced environment. At that time, when technical skills were most important to successful outcomes, my view of my Hispanic culture at work revolved around my ability to speak Spanish. Colleagues would often call me in to help with Spanish-speaking patients and families. Looking back, I can see how invaluable this skill was, providing a more comfortable, safe and inclusive environment to patients and families who may be experiencing the worst moments of their lives. My ability to interact with patients and their families in Spanish helped ensure they could communicate freely and comfortably when they were receiving care.

Growing a career and recognizing the importance of heritage

As my career has grown, so has my understanding that my cultural heritage is a benefit to LVHN. In hindsight, I realize the lessons I’ve learned and the tools I’ve developed as a result of my Hispanic culture. My grandparents on both sides of my family immigrated to the U.S. from Cuba in the late 1950s. I grew up seeing how hard work and perseverance were necessary to be successful. I also saw how difficult it was for my grandparents to navigate their day-to-day life with a language barrier, especially when seeking health care. As they continue to age, I am grateful to those in health care who can speak to them in Spanish and help them feel at ease.

In my current role as President of LVH–Hecktown Oaks and Vice President of Public Safety for LVHN, it is clear to me that lessons I learned from my family and early in my career shaped me into the leader I am today. I am proud that LVHN continues to work alongside the diverse community we care for, and I am proud of the diverse colleagues who provide care in an inclusive environment for all. I hope when patients and colleagues see me they see a reflection of themselves, their history and their future. I hope they celebrate that the hard work of generations of Hispanic families continues to create leaders of today and tomorrow.



Nursing Students, Nurses Awarded for Excellence

Everyday Hero Award recipients go above and beyond for patients and colleagues.

LVHN Insider

Friday, September 23, 2022

Nurses make big differences in the lives of those around them every day. They work tirelessly to heal, comfort and care, while taking on roles as mentors, leaders and at some point – students.

The Everyday Hero Award recognizes nurses and nursing students for their contributions and showcases those who go above and beyond for patients and colleagues. Nursing students who are recognized make an extra effort to learn and master the necessary skills to provide excellent care, while showing dedication to quality, safety, and compassion. Nurses who receive the Everyday Hero Award take the time to mentor students, show leadership and have a passion for teaching the next generation of nurses the crucial skills needed to thrive as caregivers.

This award is presented by the Nursing Transition to Practice team, part of LVHN’s Department of Education, at the end of each semester to nurses or nursing students at hospitals across LVHN.

LVHN hosted 691 nursing students for clinical rotations in 2021. This experience is crucial to a nurse’s success because it provides an opportunity for students to practice nursing skills in a real-world setting.

“LVHN understands student nurses are the future, and we need to ensure they feel like part of the team,” says Juliana Mitchell, BSN, RN, nursing student engagement liaison. “It’s our job to foster a sense of community and teamwork among student nurses. This starts from the moment a student walks through our doors and continues throughout his or her career.”

Meet Jennifer Pinto

Jennifer Pinto, a rising senior at Moravian University, is recognized as an Everyday Hero for her clinical work on 5KS at LVH–Cedar Crest. She is currently a nurse extern on 5KS, where she helps care for people with cancer.



Jennifer Pinto (pictured center) celebrates with colleagues after being named an Everyday Hero.

Pinto discovered her passion for nursing during her personal battle with breast cancer. As a 10-year survivor, she hopes her experiences can help others.

“My diagnosis and treatment journey were my inspiration to work as an oncology nurse,” Pinto says. “I have the opportunity to interact with people undergoing treatment for breast cancer, share my story and hopefully inspire them.”

Pinto’s journey not only awakened a desire to care for others, but it also gave her drive and inspiration to thrive in all her endeavors.

“When you go through any illness, it awakens you. It makes you realize you’re not invincible. This realization was my inspiration to seek new opportunities,” she says. “Nothing will keep me from where I want to be.”

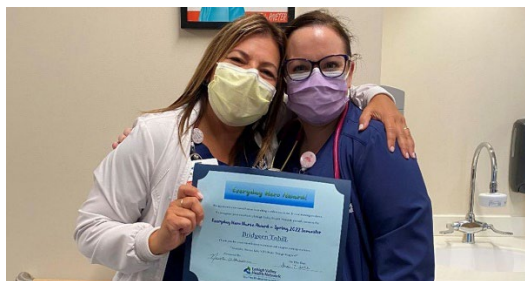
As a nursing student, Pinto has come to appreciate the importance of empathy and advocacy in patient care.

“It’s overwhelming to know how much of a difference you can make in someone’s life by simply listening and being an advocate for their care,” Pinto says. “When you give your all for your patients and their care is successful, you feel a real sense of pride for your work and the people around you.”

Pinto is on course to graduate in spring 2023. Her advice to all nursing students: work hard. “I think it’s important for nursing students to understand what you put into the program is what you’re going to get out of it,” Pinto says. “I had a wonderful experience, and it’s so hard to put into words how much my leaders helped to mentor me.”

Meet Bridgeen Tohill

Bridgeen Tohill, RN, 5KS at LVH–Cedar Crest, was recognized as an Everyday Hero for her mentorship.



Bridgeen Tohill (pictured right) celebrates with Barbara Labriola, RN, Director, 5KS.

“I’ve had an innate desire to help people since I was young,” Tohill says. “I also find the science of medicine intriguing, which motivates me to learn new things every day.”

Tohill believes nursing is unique because it bridges the gap between health care and humanity.

“We use our knowledge of medicine and our empathy to benefit our patients in all aspects of their care – physical, social and psychological,” she says. “It takes hard work and motivation, but nurses are amazing patient advocates because we directly impact a patient’s experience when they are in the hospital.”

Tohill is inspired by nursing because it gives her the ability to help others simply by listening and being a good health care partner.

“The ability to make someone’s life better is so inspiring,” she says. “Nursing will change you as a person for the better.”

Tohill believes mentoring the next generation of nurses is important and the future of health care rests on their shoulders.

“Nurturing the next generation should be a given. Nurses coming into the field can sense our energy. How we treat them matters,” Tohill says. “I think it’s important to emulate a positive attitude. This will help create a motivated and educated workforce that will improve the future of health care.”



In Memoriam: Joann Gregory, DAISY Award Recipient

Joann Gregory was a colleague with LVHN for 36 years.

LVHN Insider

Monday, September 26, 2022

After serving her community as a nurse for 36 years, Joann Gregory became a patient who received treatment for cancer in the same hospital where she spent her career.

During her time as a nurse, Gregory impacted countless lives, and her contributions were recognized by colleagues and her family with a DAISY Award nomination. She was honored as the March 2022 DAISY Award recipient in her home surrounded by her family and colleagues. She passed away on July 30, 2022. We honor Gregory and her selfless career as a nurse, and we send our deepest condolences to her family, friends and colleagues.

From her son, Josh Gregory

“My mother touched countless lives in her 36-year career as a nurse at Lehigh Valley Health Network. Her devotion to her patients and high standards of care never wavered. Throughout the years, I had multiple encounters with neighbors, friends or complete strangers who would stop my mother and ask, “Are you a nurse at LVHN?”

Although the stories varied, the central theme was the same: appreciation for the great care my mother provided to their loved ones in their time of need. My mother was an extraordinary nurse at LVHN and provided exceptional care to thousands of patients. When she got sick, she decided to stay close to home to continue her cancer treatment in the same hospital where she spent her whole career as a nurse.”

From her colleague, Roshelle Glasgow

“I had the pleasure of working with Joann over the past few years. She exemplified what a nurse is in every manner. Joann always had a kind and caring demeanor. She could make you smile or laugh when you felt down. She precepted new hires and was always willing to help others. She had confidence and compassion with everything she did. Joann is someone who motivated and inspired me.”

DAISY Award recognizes exceptional nurses

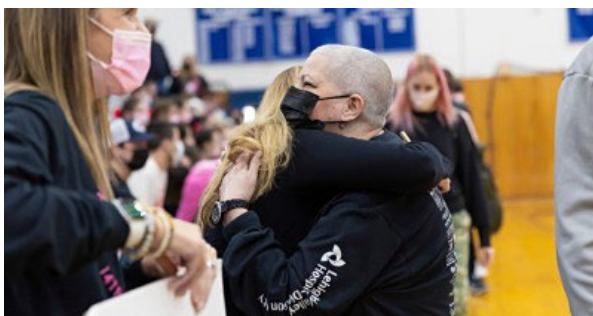
The DAISY Award For Extraordinary Nurses is a world-wide recognition program honoring the super-human work nurses do for patients and families every day. Nurses are nominated by anyone – patients, family members, other nurses, physicians, other clinicians and staff – who experiences or observes extraordinarily compassionate care provided by a nurse.

PATIENT STORY

Mammography Technologist Fights Familiar Foe

After being diagnosed with breast cancer, Toni Hobbs turned to her colleagues for care

By Maggie Wurst





Old Forge resident Toni Hobbs, 54, has never missed a cancer screening.

As a mammography technologist for over 30 years, she knows firsthand the importance of timely screenings and how finding breast cancer early offers the best chance for successful treatment.

“I’ve done thousands of mammograms over the years, and I’ve seen so many lives change in an instant,” Hobbs says. “It’s taught me how important it is to put your health first.”

So when Hobbs went for her annual mammogram at [Lehigh Valley Physician Group \(LVPG\) Breast Health Services—Steamtown](#) (part of [Lehigh Valley Topper Cancer Institute](#)) in spring 2021, she knew exactly what to expect: friendly faces, a pink exam gown and a bit of worthwhile discomfort. What she didn’t expect, however, was the diagnosis that followed.

[Additional breast cancer screening](#)

Hobbs’ mammogram came back abnormal, but she wasn’t too worried. She’d had a few scares in the past that turned out to be benign, and after additional imaging tests and a breast biopsy, she waited to receive the all-clear from her care team.

Unfortunately, the news she received wasn’t what she hoped for. Hobbs was diagnosed with triple-negative breast cancer, which can be more difficult to treat than other types of breast cancer.

[Trusted breast cancer care](#)

“Even though the diagnosis shocked me, I felt like I had a secret weapon that would get me through it,” Hobbs says.

That secret weapon was surgical oncologist [Kristine Kelley, MD](#), with [LVPG Breast Health Services–Steamtown](#), with whom Hobbs has worked for many years.

“Dr. Kelley treats all of her patients like family, and I knew she would be by my side through it all,” Hobbs says.

Kelley recommended that Hobbs undergo a lumpectomy (removal of the cancer and some of its surrounding healthy tissue from the affected breast) and have a sentinel node biopsy done, which would determine if her cancer had spread.

The surgical procedures went well, and although the biopsy results showed the cancer had not spread, Kelley recommended that Hobbs meet with a hematologist oncologist and radiation oncologist for further treatment.

After receiving 20 weeks of chemotherapy, Hobbs returned to work part time while also starting a month of radiation treatments with radiation oncologist [Joseph Wang, MD](#), with [LVPG Radiation Oncology–Morgan Highway](#).

“Even though I was still being treated, I wanted to get back to work as soon as I could,” Hobbs says. “I felt a little tired from my radiation treatments, but I was still able to go back to work part time and bring a whole new level of support to my patients.”

Looking forward

At the end of February 2022, Hobbs finished her radiation treatments and returned to work full time.

“My cancer journey really taught me just how strong my patients are, and it also made me an even bigger advocate for cancer screenings,” Hobbs says. “I hadn’t felt any lumps before my mammogram, and my screening truly saved my life.”

Hobbs is being followed closely by her care team and has regular follow-up testing and survivorship appointments.

“I am so thankful for the care I received from Dr. Kelley and Dr. Wang – they put my mind at ease and helped me return to work as soon as possible,” Hobbs says. “They are so compassionate, and I can’t recommend them enough.”



Happy Anniversary to the Children's Early Care and Education Center!

September marks 40 years of the center making an impact on young lives.

LVHN Insider

Thursday, September 29, 2022

The first five years of a child's life are critical for learning and development. The Children's Early Care and Education Center, located at LVH-Cedar Crest, is dedicated to this fundamentally important part of childhood. Students of this center have gone on to do big things, like become chefs, teach at early learning centers, and join the LVHN family as colleagues themselves. This month, the center celebrates 40 years of nurturing young minds.

The Children's Early Care and Education Center opened in 1982. Since then, it has grown significantly. Today, colleagues at the center care for 75 kids every day, with ages ranging from infant to pre-kindergarten. This center continues to provide an invaluable service to colleagues, assuring them that their little ones are in safe and capable hands during the day while they work.

As a testament of the amazing work this center does every day, colleagues have shared their photos and updates of how former center students have grown since their time there.

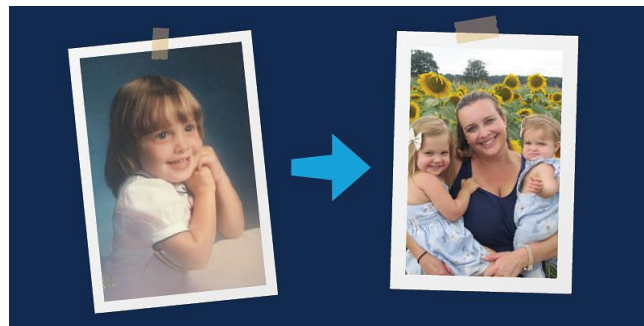


Biagio Colasante, son of Georgia Colasante, Manager, Microbiology, HNL Lab Medicine

Biagio was photographed for an article about the center in The Morning Call when he was a student at the center. As an adult, he has worked as a chef and is now the shop foreman for a structural steel fabrication shop.



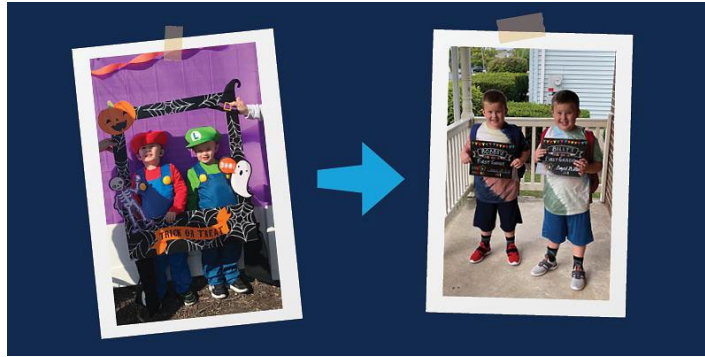
Jenny Weaver, daughter of Brian Leader, Vice President of Operations for LVH–Cedar Crest
Jenny attended the center from age 2-4 years old, from 2000-2003. She has now been employed by LVHN for two years and is the Marketing Brand Engagement Specialist with the Marketing and Public Affairs Department.



Avery and Emmy Walker, daughters of Kathryn Walker, PharmD, Pharmacy Supervisor at LVH–Cedar Crest
Avery, age 2, and Emmy, age 11 months, are both students at the center. Their mother was also a student there from age 8 weeks to almost 4 years old. She has now been with LVHN for 16 years.



Allison Ault, daughter of Cynthia Ault, Credentialing Coordinator, Medical Staff Services
Allison attended the center from when she was a toddler until she graduated from the program in August 1998. She graduated from Clarion University in December 2017 with a degree in early childhood education and a minor in special education. She currently works at the learning center at Lafayette College as the head teacher of the pre-school classroom.



Billy and Bobby Hnat, sons of Lauren Hnat, Practice Director, LVPG Obstetrics and Gynecology, and William Hnat, Health Care Business Intelligence Analyst

Billy and Bobby attended the center from ages 3-5, from 2019-2021. They are currently in first grade in the Catasauqua Area School District where they love school. “The staff at the center are the most passionate educators and were so good with the boys during their development,” says Hnat.

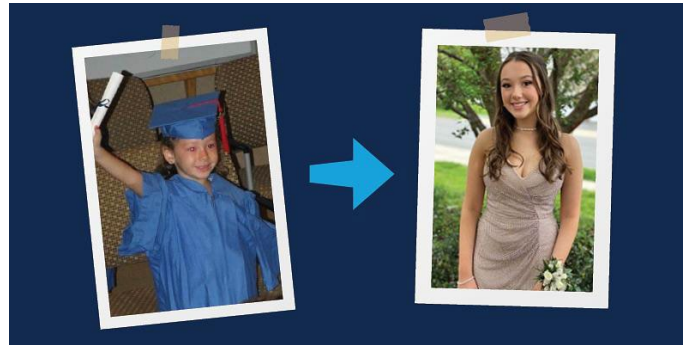


Maggie and Anna Coassolo, daughters of Kara Coassolo, MD, LVPG Maternal Fetal Medicine
Maggie started in the center at age 2, and she just turned 17. She is a junior at Allentown Central Catholic High School. Anna was 8 weeks old when she started at the center, and she is now 14 years old and in eighth grade at St. Ann School in Emmaus.



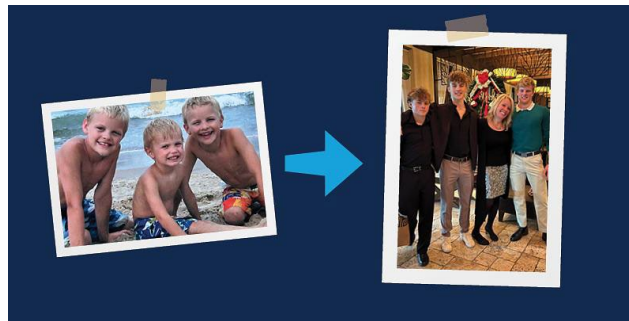
Aiden, Isaac and Norah Reed, children of Karina Reed, MD, LVPG Obstetrics and Gynecology
Aiden, the oldest, attended the center from 2012-2018, until he started kindergarten at St. Thomas More in the fall of 2018. He’s currently a fourth grader at STM and spends time doing many activities: swimming, flag football, basketball, lacrosse and cross country. Isaac, the middle child,

attended the center from 2015-2020. He is currently in second grade at St. Thomas More and is active with the same activities as Aiden. The youngest, Norah, started in 2018 and will go to kindergarten next fall.



Alexa Menconi Baranko, daughter of Kristin Menconi, MD, LVPG Pediatrics

Alexa attended the center from 2008-2010, from age 3 to age 5-1/2. She is now 17 years old and a senior at Allentown Central Catholic High School. Alexa is cousins with Maggie and Anna Coassolo as well as Aiden, Isaac and Norah Reed, so they have a shared history of attending the center.



Nicholas, Christopher and Michael Carter, sons of Debra Carter, MD, Executive Vice Chair, Clinical Affairs, Department of Pediatrics

Nicholas attended from infancy until he turned 5 and went to kindergarten. He is now 19 years old and a sophomore at Clemson University. He is a business major and has a four-year ROTC scholarship. Christopher attended the center from infancy until graduation to kindergarten. He is now 17 years old and a senior at Emmaus High School. Michael attended the center from infancy until about age 3 years old. He is now 14 and a sophomore at Emmaus High School.



Matthew McCarty, son of Lisa McCarty, Manager, Security Operations

Matthew was about 12 weeks old when he started at the center, and he went there until he started kindergarten. He is now a sophomore at Emmaus High School and getting ready to learn how to drive. He enjoys biking and video games.



Madison O'Brien, daughter of Marie O'Brien, DO, LVPG Rheumatology



McKayla O'Brien, daughter of Marie O'Brien, DO, LVPG Rheumatology Madison is now in ninth grade at Allentown Central Catholic High School and McKayla is in sixth grade at St. Thomas More. Both girls love to dance and are on competition dance teams, and McKayla also plays soccer for her school.



Lincoln, Landon and Genevieve Rovella, children of Jennifer Rovella, DO, Chief, Division of Critical Care Medicine, LVHN, and Medical Director, Advanced Intensive Care Unit Lincoln started in the toddler room in 2010 and graduated pre-kindergarten in 2014. Landon started in the infant room in 2010 and graduated pre-kindergarten in 2015. Genevieve started in the infant room in 2012 and graduated in 2017. Lincoln is currently 13 years old and an eighth grader at Southern Lehigh Middle School. He plays on a travel soccer team for Quakertown and

Southern Lehigh Soccer Clubs. Landon is 12 years old, a seventh grader at Southern Lehigh Middle School and plays on the travel soccer team for Southern Lehigh. Genevieve is 10 years old, a fifth grader in the Spanish immersion program at Southern Lehigh and plays on a travel soccer team.



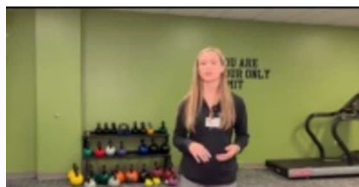
Millie Friel, daughter of Brian Friel, DO, LVPG Infectious Diseases, and Melissa Auer, DO, LVPG Internal Medicine



Reilly Friel, daughter of Brian Friel, DO, LVPG Infectious Diseases, and Melissa Auer, DO, LVPG Internal Medicine

Reilly and Millie have both been students at the center. Millie is still a student and is now 4 years old, and Reilly had her first day of first grade at St. Thomas More this year.

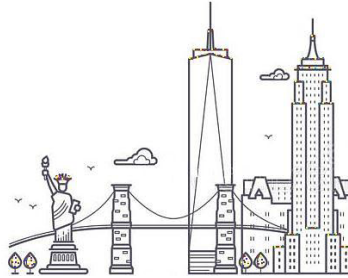
Thank you to all the colleagues of the center, past and present, for teaching and caring about our children. We appreciate the countless hours you have spent cultivating young minds. Happy anniversary and congrats on 40 years!



Remote Colleagues - LVHN Fitness is Here for You

Are you a remote or hybrid colleague? We may not see you in-person often, but that doesn't mean we forgot about you. LVHN Fitness is happy to present to you our newest programming designed specifically for you, our colleagues, stationed at a desk for a majority of your workday. Our team of Exercise Physiologists will be recording short videos weekly with tips, tricks, and exercises to keep your posture aligned and body moving. The best part? Everyone can fit these 3-5 minutes into their workday!

<https://valleypreferred.wistia.com/projects/5lgyx33015>



New York On Your Own

Join a bus trip sponsored by the LVHN Recreation Committee.

Donna Stout

Monday, September 26, 2022

The LVHN Recreation Committee's annual "New York On Your Own Holiday Bus Trip" is back!

The bus leaves the LVH-Cedar Crest water tower parking lot at 7 a.m. on Dec. 3, 2022. The cost is \$40 per person (non-refundable).

For complete details and to reserve your spot, please see the attachment.

Contact Sherry Tomaine with questions at 484-884-0620.



Recruitment Effort Travels to Puerto Rico

Have friends and family in Puerto Rico? Let them know LVHN is hosting recruitment events in October.

LVHN Insider

Monday, September 26, 2022

LVHN is hosting recruitment events for nurses in Puerto Rico on Oct. 5 and 6. If you have friends and family in Puerto Rico, help spread the word and encourage experienced and graduate nurses to attend.

Nurses are invited to join LVHN leaders for special recruitment social events and information sessions to learn about joining our team. They will:

- Meet LVHN leaders and hear why LVHN is a great place to work
- Learn about incentives worth up to \$50,000
- Find out why eastern Pennsylvania is a great place to live

Wednesday, Oct. 5, 3-7 p.m., Condado Plaza Hilton, 999 Ashford Ave., San Juan, Puerto Rico 00907

Thursday, Oct. 27, 3-7 p.m., Hilton Ponce Golf & Casino Resort, 1150 Caribe Ave., Ponce, Puerto Rico 00716

Nurses who relocate get:

- Benefits on day one
- Sign-on bonus
- Free modern housing
- Travel and relocation assistance

Nurses can learn more about relocating to the Lehigh Valley for a career with LVHN at [LVHN.org/PuertoRico](https://www.lvhn.org/PuertoRico).

NEWS ANNOUNCEMENT

LVHN Offers Free Flu Shots at Clinics Throughout the Region

This is the 25th year for the influenza (flu) vaccination campaign

By Hannah Ropp
September 23, 2022



Flu season is right around the corner and Lehigh Valley Health Network (LVHN) is offering you a convenient and free way to protect yourself and your family with a variety of drive-thru and

walk-in flu shot clinics throughout the region. For the past 25 years, LVHN has administered nearly 200,000 free flu shots through its annual community influenza vaccination campaign.

“Flu vaccines are extremely important. They reduce the risk for severe illness, hospitalization and even death from the flu,” says [Alex Benjamin, MD](#), LVHN Chief of Infection Control and Hospital Epidemiology.

Benjamin says people with a suspected or confirmed COVID-19 diagnosis, regardless of symptoms, should postpone getting a flu shot until they have met the criteria to discontinue isolation. This protects health care professionals and others who are receiving their flu shot from contracting COVID-19.

At drive-thru clinics, adults and children in the vehicle will not be required to wear a face covering while being vaccinated. Masks will be required for all LVHN physicians, nurses and staff while interacting and providing vaccinations to people in vehicles.

Why get the flu shot?

Although the flu has been largely overshadowed by COVID-19 in recent years, Terry Burger, RN, LVHN Administrator for Infection Control and Prevention, says public health officials expect to see more flu cases than the last few years.

“Anyone can get the flu, and many health experts are predicting the flu season will be severe,” Burger says. “Australia, which experiences its flu season before ours, had its worst flu season in five years.”

Burger says even when the vaccine doesn’t exactly match the influenza viruses in a given year, it still provides some protection. “Getting the vaccine remains the best way to protect yourself and those around you from getting the flu,” she says.

A standard dose of flu vaccine will be given to those 6 months to 64 years of age. Those 65 and older will be offered the senior vaccine.

Flu shot clinic schedule

LVHN is offering several free drive-thru and walk-in flu shot clinics. A vaccine information statement, consent form and map of the vaccination routes for Health and Wellness Center at Hazleton, Dorney Park & Wildwater Kingdom and Lehigh Valley Hospital (LVH)–Hecktown Oaks are [available here](#).

Please bring a completed and signed **consent form** for each individual receiving a flu shot.

Again this year, LVHN is partnering with area food banks and shelters to accept donations of unexpired, nonperishable food items during the drive-thru flu clinics at Dorney Park & Wildwater Kingdom and LVH–Hecktown Oaks. Food donations are optional and not required to receive a shot. Those who choose to donate food are urged to check the expiration date and only

bring items that have not expired and are nonperishable.

[LVHN drive-thru flu shot clinic at Health & Wellness Center at Hazleton](#)

Saturday, Oct. 1, 2022
11 a.m.–3 p.m.
50 Moisey Drive, Hazleton, PA

[LVHN walk-in flu shot clinic at Fairlane Mall \(part of Diakon Expo\)](#)

Tuesday, Oct. 18, 2022
10 a.m.–2 p.m.
7211 Pottsville St. Clair Highway, Pottsville, PA

[LVHN drive-thru flu shot clinic at Dorney Park & Wildwater Kingdom](#)

Saturday, Nov. 5, 2022
9 a.m.–3 p.m.
3830 Dorney Park Road, Allentown, PA

[LVHN drive-thru flu shot clinic at Lehigh Valley Hospital–Hecktown Oaks](#)

Sunday, Nov. 6, 2022
9 a.m.–3 p.m.
3780 Hecktown Road, Easton, PA

NEWS ANNOUNCEMENT

LVHN and Collegiate Wrestlers From Across the Nation Host Youth Wrestling Clinic

By Brian Downs
September 27, 2022





[Lehigh Valley Orthopedic Institute](#)'s [sports medicine team](#), along with several collegiate wrestlers from across the nation, hosted a free wrestling clinic on Sunday, Sept. 25. The camp, held at Executive Education Academy Charter School, was free of charge and open to youth wrestlers in fourth through eighth grades.

During the two-hour event, prominent collegiate wrestlers, including Penn State University's Roman Bravo-Young, Nebraska University's Mike Labriola, Ohio State University's Sammy Sasso, Princeton University's Quincy Monday, and Lehigh University's Michael Beard and Josh Humphreys, as well as the Orthopedic Institute team, led the students in a variety of drills designed to help them improve their wrestling skills.

The wrestling clinic is part of Lehigh Valley Health Network (LVHN)'s Impact Athlete program. The program features athletes who were molded by their community to become successful collegiate athletes. Steve Hultgren, Director, [Sports Performance](#) Initiatives, [Lehigh Valley Orthopedic Institute](#), says the goal of the Impact Athlete program is to provide regional youth athletes with strong inspirational role models who encourage them to pursue their goals.

Other LVHN Impact Athletes include [Jahan Dotson](#), who is a wide receiver for the Washington Commanders and University of Florida track and field star and 2022 NCAA Indoor and Outdoor Champion (400 meters) [Talitha Diggs](#).

According to Hultgren, providing area youth with role models who went on to wrestle at a collegiate level was important. "Wrestling is a popular sport in our area, and we've had several local wrestlers go on to achieve success at the college level. These wrestlers can show youth wrestlers that hard work and dedication can lead to success and a higher level of competition," Hultgren says.

HEALTH TIP

A Life-Threatening Infection You Need to Know About

What is sepsis and who is at risk? Get to know this serious condition during Sepsis Awareness Month

By Carmella Mataloni



If you have an infant, know or are someone who is age 75, or have a chronic illness, you need to know about sepsis. It's a serious infection your body is unable to fight caused by a more common infection, wound or burn. Amy Prator, BSN, RN, Director, Quality Services, for [Lehigh Valley Hospital–Pocono](#), shares information about the infection that affects 1.7 million people and takes more than 200,000 lives every year.

What is sepsis?

Sepsis is the body's response to an infection that can result in organ failure and death. It's often difficult to diagnose, but knowing the risks can help reduce the chance of developing severe sepsis.

What causes sepsis?

While any type of infection – bacterial, viral or fungal – can lead to sepsis, infections that more commonly result in sepsis include pneumonia, urinary tract infections, viral infections, wounds or burns.

What should people know about sepsis?

Sepsis is a medical emergency. If it's treated early, the outcomes can be very good. If it's not treated early, there is an increased risk for severe illnesses, even death.

Who is most at risk for sepsis?

While sepsis can impact anyone, people most at risk are those more susceptible to infections, including:

- Babies younger than 1
- People 75 and older
- People with autoimmune disorders or chronic illnesses

- People diagnosed with cancer

What are the signs and symptoms of sepsis?

While sepsis can be difficult to diagnose, there are symptoms to look out for, including:

- High or low body temperature
- Recent infections
- Mental decline
- Extreme pain or discomfort
- Shortness of breath
- Chills or sweaty skin

If you suspect you or a loved one is showing symptoms of sepsis, seek emergency care immediately.

Are there treatments or medications for sepsis?

Sepsis can be treated when caught early with antibiotics and fluids.

Any long-term or short-term impacts of sepsis?

When caught early, many patients who develop sepsis survive and recover completely. However, some can have permanent organ damage. That depends on what organs may have already been compromised. For example, if you had kidney impairment, maybe it could result in dialysis. If a patient was severely ill and spent time in critical care, it's possible they would require rehabilitation from being so sick for an extended period of time.

Can sepsis be avoided?

To avoid sepsis, you should follow the same measures you would take to avoid any infection. Be sure to have your vaccinations, maintain good hygiene, keep any wounds covered and stay on top of any infections.

NEWS ANNOUNCEMENT

Kicking Off Breast Cancer Awareness Month

Now is the perfect time to learn about breast cancer risk factors and screening guidelines.

By Maggie Wurst
September 27, 2022



October isn't only for fall festivities and spooky thrills. It's also Breast Cancer Awareness Month – the perfect time to learn more about this condition and find out when you should begin getting screened for it.

[Mammography guidelines](#)

Dr. Alfonse explains why it's important to get a mammogram and not put it off.

It is recommended that individuals born biologically female who are 40 and older 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.

While [screening mammograms](#) aren't something anyone looks forward to, they are incredibly important and can detect breast cancer that can't be felt during self-exams. It's important to remember that the temporary discomfort you feel during a mammogram is worth it, because it could save your life.

[Mammography at LVHN](#)

At Lehigh Valley Topper Cancer Institute, our [Breast Health Services](#) mammography team performs more than 79,000 mammograms each year. Our team members are experts in this area, and if needed, will connect you to our world-class breast cancer specialists for continued evaluation or treatment.

Individuals 40 and older can schedule their annual screening mammogram conveniently through [MyLVHN](#) after logging into their account.

To do so:

- Click the calendar icon and then "Schedule an appointment"
- Select "Screening Mammogram" from the list of options and complete the questions to schedule your appointment

[Upcoming events](#)

There are various events taking place for Breast Cancer Awareness Month in our community. Take a look at a few listed below:

- [Women's 5K Classic](#): Saturday, Oct. 1 in Allentown, Pa.
 - Lehigh Valley Health Network's Breast Cancer Live Chat with surgical oncologist [Lori Alfonse, DO](#), and diagnostic radiologist [Priya Sareen, MD](#): Tuesday, Oct. 4 on [LVHN's Facebook Page](#)
 - [22nd Annual Pink Light Walk](#): Thursday, Oct. 6 at East Stroudsburg University's Hoeffner Science and Technology Center in East Stroudsburg, Pa.
 - 2nd Annual [Mountains of Hope Cancer Awareness Event](#): Saturday, Oct. 8 at Pocono Farms Country Club in Tobyhanna, Pa.
 - [Pink Out](#): Thursday, Oct. 13 at The Promenade Shops at Saucon Valley in Center Valley, Pa.
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