

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



Open Enrollment is Underway

Choose the benefits that are best for you and your dependents Oct. 10-28.

Read more \rightarrow

Read more \rightarrow

Attend Virtual Hispanic Heritage Month Panel Discussion

The "Unidos: Inclusivity for a Stronger Community" panel takes place Oct. 18 at noon.

Read more \rightarrow

Protect Yourself and Others by Getting a Flu Shot

The colleague flu shot campaign continues until Dec. 1.

Read more \rightarrow

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

Read more \rightarrow

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Learn about breast health while having a fun night out at our rescheduled event on Oct. 20.

Wear pink! In recognition of Breast Cancer Awareness Month and National Mammo...

Read more \rightarrow

Read more \rightarrow

LVH–Hazleton Announces Obstetric Hospitalist Program

A new partnership brings an experienced team of

Read more \rightarrow

OB-GYNs to the hospital.

Radio City Christmas Spectacular

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PINKout













New York On Your Own

Join a bus trip sponsored by the LVHN Recreation Committee.

Read more \rightarrow

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Club Level tickets available for Nov. 12, Nov. 18 and Jan. 28 games.

Read more \rightarrow

Love Pie? Love to Run? Sign Up for Run 4 Pies

Get a pie when you finish the 4-mile run.

<u>Read more \rightarrow </u>

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Celebrate Hispanic Heritage Month through Oct. 15 with LVHN colleague Edwin Mieses.

Read more \rightarrow

Sculpture Recognizes LVHN Master Clinicians

Local artist presents sculpture at Lehigh Valley Hospital-Cedar Crest.

Read more \rightarrow

6 Tips to Thrive During Cancer Treatment

Surgical oncologist Lori Alfonse, DO, offers the advice she shares with her patients.

Read more \rightarrow

Free Melanoma Education Event

Attendees will learn about the latest advances in melanoma care while celebrating survivorship.

Read more \rightarrow















Open Enrollment is Underway

Choose the benefits that are best for you and your dependents Oct. 10-28.

LVHN Insider

Monday, October 10, 2022 It's time to choose your benefits for 2023. Open Enrollment takes place Oct. 10-28.

Your health and the health of your dependents are important to LVHN. That's why we offer a comprehensive benefits package for all benefit-eligible colleagues.

Who is eligible?

Colleagues at LVHN facilities in the Lehigh Valley and HNL Lab Medicine; non-union colleagues at LVH–Pocono, LVH–Schuylkill, and LVH–Hazleton; Hazleton AFSCME, Pocono JNESO, Schuylkill OPEIU Faculty, Schuylkill OPEIU and Schuylkill SEIU colleagues.

New this year

• Pocono SEIU, Hazleton OPEIU and Hazleton OPEIU home health colleagues are eligible for LVHN core benefits.

Colleagues in all areas listed above must be scheduled to work 15 hours or more per week to be eligible.

What do you need to do?

- Review the Open Enrollment communication you received in your home mail in late September. It includes the steps you should take to choose the benefits that are best for you.
- Visit the Colleague Resource Center. That's where you will find all the details about your benefits. It's also where you will go to enroll beginning Oct. 10. To access the Colleague Resource Center, click the "LVHN CRC-Lawson" icon on your SSO toolbar.

Attend an Open Enrollment help session via Webex for colleagues who work at LVHN facilities in the Lehigh Valley; non-union colleagues in Hazleton, Pocono and Schuylkill; HNL Lab

Medicine; Hazleton AFSCME, Pocono JENSO, Schuylkill OPEIU Faculty, Schuylkill OPEIU and Schuylkill SEIU colleagues.

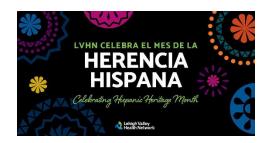
These help sessions will assist with any benefit or enrollment questions you may have. <u>Click here</u> to attend on the following dates and times:

- Tuesday, Oct. 11, 3 p.m.
- Wednesday, Oct. 19, 7:30 a.m.
- Thursday, Oct. 27, noon

Attend a special help session via Webex for Pocono SEIU, Hazleton OPEIU and Hazleton OPEIU home health colleagues.

These help sessions are for questions you may have regarding the enrollment process. <u>Click here</u> to attend on the following dates and times:

- Wednesday, Oct. 12, 7:30 a.m.
- Thursday, Oct. 20,3 p.m.



Attend Virtual Hispanic Heritage Month Panel Discussion

The "Unidos: Inclusivity for a Stronger Community" panel takes place Oct. 18 at noon.

LVHN Insider

Tuesday, October 11, 2022 All colleagues are invited to attend "Unidos: Inclusivity for a Stronger Community," a virtual Hispanic Heritage Month panel, on Tuesday, Oct. 18, at noon.

By participating in this event, you will gain a better understanding of Hispanic and Latino/a/x culture, hear about the panelists; first-hand interactions with Hispanic and Latino/a/x patients and families and learn about LVHN programs and services that support Hispanic and Latino/a/x communities.

Meet the panelists

• Lucas Gordils-Molina, Director of Patient Experience

- Raizalie Gutierrez, MSN, RN, Director of Population Health Services, Payor-Based Care Coordination
- Orlando Rivera, DNP, RN, Director of Quality, Lehigh Valley Heart and Vascular Institute
- Rebecca Sanchez, Trained Medical Interpreter, LVH–Cedar Crest

Erika Hanna, Supervisor, Interpreter Services, will moderate the panel discussion.

Please <u>use this link</u> to register for the panel presentation. Contact Judy Sabino, Chief Diversity Equity and Inclusion Liaison, at <u>DEI Admin@lvhn.org</u> with any questions.



Protect Yourself and Others by Getting a Flu Shot

The colleague flu shot campaign 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 <u>special obligation to be</u> <u>vaccinated</u>, 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.

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. Nonemployed 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 <u>https://clinic.conversahealth.com/conversation/MjIwLTM3OTI</u> 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 <u>electronic consent form</u> on the <u>Influenza</u> <u>Information intranet page</u>.
- 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.



mRNA Influenza Vaccine Research Study Opening at LVHN

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

LVHN Insider

Friday, October 7, 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.



NEW DATE: Join Lehigh Valley Topper Cancer Institute at Pink Out Event

Learn about breast health while having a fun night out at our rescheduled event on Oct. 20.

LVHN Insider

Tuesday, October 11, 2022

During Breast Cancer Awareness Month, <u>Lehigh Valley Topper Cancer Institute</u> is not only dedicated to helping you learn about this condition, but also making sure you have fun while doing so.

On Thursday, Oct. 20, you are invited to join Lehigh Valley Topper Cancer Institute for Pink Out – a free and fun night out dedicated to breast health.

A night of fun

The event will take place at The Promenade Shops at Saucon Valley 5-7 p.m. and will include:

- Light refreshments
- Fun for kids, including a pink firetruck and face painting
- An opportunity to schedule your annual mammogram (if you are 40 or older)
- Resource tables offering interactive fun and health education
- Presentations from Cancer Institute physicians and other Lehigh Valley Health Network (LVHN) clinicians about what's new relating to breast health

Special gifts

All adults who wear pink to the event will be given a special gift. Also, if you donate to the Cancer Institute's Pink Ribbon Fund for breast cancer patients, you will receive a separate gift from The Promenade Shops.

RSVP today

To register, visit <u>LVHN.org/PinkOutEvent</u>. If you can't come in person, we invite you to join us virtually on <u>LVHN's Facebook page</u> starting at 6 p.m.

Wear pink! In recognition of Breast Cancer Awareness Month and National Mammography Day, LVHN colleagues are invited to wear pink on Oct. 21. Snap photos and share them on LVHN Insider to show your support.

by LVHN Insider Published 2 days ago





LVH–Hazleton Announces Obstetric Hospitalist Program

A new partnership brings an experienced team of OB-GYNs to the hospital.

LVHN Insider

Thursday, October 13, 2022

This message is from Terry Purcell, President, LVHN Northwest Region and LVH–Hazleton, and Anthony Valente, MD, Chief Medical Officer, LVH–Hazleton.

LVH-Hazleton is pleased to introduce a new obstetric (OB) hospitalist program.

The obstetric hospitalist program will provide consistent care to patients in our hospital, as well as emergent care to those arriving to the labor and delivery unit. This addition reinforces the hospital's commitment to women's health and caring for expectant mothers.

We have partnered with the OB Hospitalist Group (OBHG) to establish an OB hospitalist program that will bring an experienced team of OB-GYNs on-site. These dedicated physicians will provide a number of services, including:

- Providing care in times of emergency
- Supporting the care of all pregnant patients
- Delivering babies

These hospital-based OB-GYN physicians will help enhance patient safety and improve the coordination and efficiency of care. The hospitalists will provide peace of mind to our patients because an OB-GYN will be available at a moment's notice to step in to provide care. The hospitalists will also evaluate and care for pregnant patients presenting to the emergency department.

Please join us in welcoming OBHG to LVH-Hazleton.



Radio City Christmas Spectacular

Discounted tickets available for Dec. 3 show.

Donna Stout

Wednesday, October 12, 2022

The LVHN Recreation Committee has arranged for discounted tickets for the December 3rd Radio City Christmas Spectacular show in New York City.

This is for show tickets only. See attachment for details and how to order.

Don't want to drive yourself? We suggest you pair this ticket deal with the LVHN Recreation Committee's "New York On Your Own" bus trip (only \$40 pp round trip). See attachment for details and how to register.



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.



Philadelphia 76ers Tickets

Club Level tickets available for Nov. 12, Nov. 18 and Jan. 28 games.

Donna Stout

Thursday, October 6, 2022

Your LVHN Recreation Committee is thrilled to offer discounted Philadelphia 76ers tickets in the newly renovated 13,000 square feet Club Level.

The new club level includes space to socialize before sitting in your reserved seat in Club Box 17; life-sized hologram displays, exclusive bars; unique culinary food offerings, coat check and premium retail shop. **Club Level tickets are very exclusive and have limited availability.**

Available Games:

- Sat., Nov. 12 v. Atlanta \$151 pp + fees
- Fri., Nov 18 v. Milwaukee \$189 pp + fees
- Sat., Jan 28 v. Denver \$189 pp + fees

This offer is for club level tickets only. It does not include transportation or food/beverages.

See attachment for more information and how to order using FEVO (fees will be applied).

NEWS ANNOUNCEMENT

Love Pie? Love to Run? Sign Up for Run 4 Pies

Get a pie when you finish the 4-mile run

October 13, 2022



Fall gatherings and pie seem like a match made in heaven – who can resist sweet-tart apple pie or creamy pumpkin pie? If you happen to love pie, or just love to run (or love both!), we've got the best pie/running mash-up for you: The first ever Run 4 Pies at <u>Lehigh Valley Hospital (LVH)–</u><u>Hecktown Oaks</u>, where you'll get a pie as a reward for running four miles!

The fundraiser will be held on the grounds of LVH–Hecktown Oaks, 3780 Hecktown Road, Easton, on Sunday, Nov. 13. Proceeds will support community health and wellness initiatives, patient assistance and other general needs. When you register, you will choose to participate in either a 4-mile run or a 1-mile family fun run. As a tantalizing incentive, participants who complete the 4-mile road race will receive a pie at the finish line!

Here are the details you need

What: Lehigh Valley Health Network's Run 4 Pies

When: Sunday, Nov. 13

Where: LVH-Hecktown Oaks, 3780 Hecktown Road, Easton, Pa.

Start times:

- 9 a.m. 4-mile road race
- 9:05 a.m. 1-mile family fun run



Broadening Cultural Horizons at LVPG–Hazleton

Celebrate Hispanic Heritage Month through Oct. 15 with LVHN colleague Edwin Mieses.

LVHN Insider

Thursday, October 13, 2022

Edwin Mieses is a trained medical interpreter in Hazleton. During Hispanic Heritage Month, he embraces his own culture and celebrates those he interacts with every day in his role.

The reality of our time is that we, as a nation, are a composite of varying cultural similarities and dissimilarities. As people of the world and of this country, it's important to realize that we need to learn how to get along with each other and live together in peace.

Embracing diverse cultures

Working at LVPG–Hazleton has been a cornucopia of cultural experience across the board. As I interact with people from different Latino countries, it has made me more aware of the rich heritage I share with them.

The confluence of the Spanish, Italian, Dominican and Puerto Rican cultures in my family's history has given me the ability to interact with the many Latino groups we serve at LVPG. As a result, I am better able to comprehend what the patient is attempting to convey to the doctor when they visit.

Using skills as a pastor and as a medical professional

As a pastor in my community, I provide interpretation in the church classroom and pulpit. I never thought I would use these skills in the medical field, but it has proven to be a satisfying way to give back to my community. In my line of work as a minister and medical interpreter, I'm able to communicate not just words but also sympathy and understanding. All of this is made possible because of my family heritage. Consequently, this leaves plenty of room for personal learning and growth.

My career allows me to be a blessing to my community and enriches my life as I learn from patients about their own cultural heritage.

NEWS ANNOUNCEMENT

Sculpture Recognizes LVHN Master Clinicians

Local artist presents sculpture at Lehigh Valley Hospital–Cedar Crest.

By Jessica Koch October 10, 2022



Pictured with the Master Clinicians sculpture are, from left to right, Stephen Zieniewicz, President, Lehigh Valley Hospital-Cedar Crest, physician Kimberly Brown, MD, artist Virginia Abbott, and LVHN Medical Staff President, Deborah Bren, DO

Every few years, extraordinary physicians are recognized with the LVHN Master Clinician Award. To honor their compassionate care and expertise, local artist Virginia Abbott created a relief sculpture to be displayed at Lehigh Valley Hospital (LVH)–Cedar Crest.

About the LVHN Master Clinician Award

Clinical excellence is foundational to furthering LVHN's mission. Established in 2016, the LVHN Master Clinician Award is the highest honor given for clinical excellence. The award recognizes excellent judgment, integrity, compassion, strong communication and professionalism.

Master Clinicians are distinguished by a superior depth of and willingness to pursue knowledge in the field. They are team players, role models and mentors who teach clinical skills to elevate the practice of others.

"I am humbled to count myself among these remarkable clinicians and proud to celebrate their accomplishment," says Deborah Bren, DO, President, LVHN Medical Staff. "Every day, they go beyond what is required of them, and this art is the perfect way to recognize everything they do for their colleagues and community."

About the artist

Virginia Abbott is a nationally recognized sculptor skilled at both realist portraits in the round and low-relief panels with images of flora and fauna, made from recycled egg cartons. She is self-taught, but for many years worked in the studio of Zenos Frudakis, a prominent figural sculptor. Abbott is a member of the prestigious National Sculpture Society.

HEALTH TIP

6 Tips to Thrive During Cancer Treatment

Surgical oncologist Lori Alfonse, DO, offers the advice she shares with her patients

By Maggie Wurst



Friends and colleagues with surgical oncologist Lori Alfonse, DO, at Women's 5K Classic in Allentown



Surgical oncologist Lori Alfonse, DO, at Women's 5K Classic in Allentown

Friends and colleagues with surgical oncologist Lori Alfonse, DO, at Women's 5K Classic in Allentown Next

Receiving a cancer diagnosis and starting treatment can be very difficult for individuals and their loved ones.

"The minute someone is diagnosed with cancer, their minds become filled with many emotions and concerns," says surgical oncologist <u>Lori Alfonse, DO</u>, Deputy Physician in Chief of <u>Lehigh</u> <u>Valley Topper Cancer Institute</u>. "However, it's important to know that treatment advances have come a long way over the last decade, and it's possible to thrive throughout all stages of your cancer journey."

To help individuals thrive during cancer treatment, Alfonse offers tips she often shares with her patients:

Get plenty of rest

Getting a good night's sleep is good for everyone, but it's especially important for individuals undergoing cancer treatment. This is because sleep deprivation can weaken the immune system, affect mood and decision-making skills, and make side effects of certain cancer treatments worse.

"As is recommended for most people, adults with cancer should try to sleep at least seven or eight hours a night," Alfonse says. "If your symptoms, the side effects of your treatments or concerns about your diagnosis are keeping you up at night, be sure to speak to your care team. They will be happy to prescribe medications or provide referrals to other specialists."

Eat well

Eating regular meals comprised of foods with lots of nutrients (specifically proteins, fats, carbohydrates, vitamins and minerals) will help you maintain your energy and strength, tolerate treatments and lower your risk for infection.

Some cancers and treatments can affect your appetite or ability to eat. If this is the case, be sure to reach out to your care team for support.

Acknowledge your feelings

"I always tell my patients that mental health is just as important as their physical health throughout their cancer journey," Alfonse says. "Cancer can be scary and overwhelming, and it often changes the way our bodies look and feel. It's completely normal to be scared, angry, or even depressed. If you feel those emotions, it's nothing to be ashamed of."

If you are struggling with difficult emotions while undergoing cancer treatment, be sure to talk to your care team. They can help you access supportive resources like social workers, financial counselors and mental health professionals.

Stay active

Research has shown that exercising during cancer treatment and staying active in general can improve energy levels and quality of life.

If you are an active person, it's best to discuss your typical routine with your care team to determine what adjustments may be necessary. If you aren't as active, your clinicians can make recommendations for light exercise and activities that may have a positive impact on your life during treatment.

Take precautions against infection

Cancer and its treatments (especially chemotherapy) can weaken the body's immune system and make it hard to prevent and fight infections.

Because of this, it's important that individuals with cancer:

- Wash their hands often, especially before eating, after touching public surfaces and after using the bathroom
- Limit contact with people who are sick
- Stay up to date on flu shots and COVID-19 vaccines/boosters
- Take a bath or shower every day
- Brush their teeth twice a day using a soft bristled toothbrush
- Avoid natural bodies of water and public swimming areas
- Watch out for signs of infection and contact their care team if they have them

Your care team can determine your specific infection risk and provide you with prevention tips tailored to your lifestyle and hobbies.

"The key to thriving during cancer treatment is great care and an excellent support system." -Lori Alfonse, DO Find a supportive and multidisciplinary care team

"One of the most important things when you are diagnosed with cancer is finding a care team you trust," Alfonse says. "Having access to a multidisciplinary team of experts who will work together to determine the best treatment for you is also a must. It means that specialists from different disciplines in oncology are considering all the possible treatment avenues and selecting the right path for your specific diagnosis."

Personalized care at Lehigh Valley Topper Cancer Institute

Alfonse works with a team of radiation oncologists, hematologist oncologists and other cancer specialists at Lehigh Valley Topper Cancer Institute to develop individualized treatment plans for patients and provide access to a wide network of clinical trials. The Cancer Institute also offers various supportive services for patients and nurse navigators who help set up appointments and guide individuals through their journey.

"The key to thriving during cancer treatment is great care and an excellent support system," Alfonse says. "At Lehigh Valley Topper Cancer Institute, we are dedicated to supporting each of our patients through every step of their journey, starting the minute they call for an appointment."

NEWS ANNOUNCEMENT

You're Invited to Lehigh Valley Topper Cancer Institute's Free Melanoma Education Event

Attendees will learn about the latest advances in melanoma care while celebrating survivorship

By Maggie Wurst October 11, 2022



If you or a loved one is facing melanoma, or if you just want to learn more about it, you're welcome to attend <u>Lehigh Valley Topper Cancer Institute's</u> Advances in Melanoma Cancer Care VIRTUAL event on Tuesday, Oct 25.

Sponsored by the NJM Insurance Group, this special event will feature presentations on skin cancer prevention and detection, the latest advances in melanoma treatment and survivorship advice from various clinicians.

The program will begin at 6 p.m.

Featured topics and speakers include:

Detecting and Preventing Skin Cancer

Presented by dermatologist Opens in new tabCynthia Bartus, MD, with Advanced Dermatology Associates

Recent Paradigm Shifts in the Surgical Management of Stage III Melanoma

Presented by surgical oncologist <u>Aaron Blackham, MD</u>, with Lehigh Valley Physician Group (LVPG) Surgical Oncology

Thriving in Survivorship

Presented by Lehigh Valley Topper Cancer Institute nurse navigator Angela Miller, RN, clinical dietitian Janine Gilboy, RD, and oncology social worker Laura Moyer, BSW