



Partners in Caring: We Create Moments

See how LVH-Pocono colleagues created a heartwarming moment during a difficult time for one family.

[Read more →](#)

Do It One More Time: Help LVHN Be Named a Top Workplace

If you receive a survey from Energage, take it and share why you are #LVHNProud.



[Read more →](#)

Schedule Children for Bivalent COVID-19 Booster Vaccine Starting Oct. 24

Appointments required at LVHN's vaccination clinics in the region.

[Read more →](#)



Open Enrollment is Underway

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

[Read more →](#)



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Partner of the Month Award – October 2022

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[Read more →](#)



LVHN Recognized as a Top Health System for Patient Experience

LVHN receives NRC Health Excellence in Patient Experience Award.

[Read more →](#)



Meet Our Nightingale Awards Finalist

Nichole Persing, MSN, will be honored at the 33rd annual awards gala.

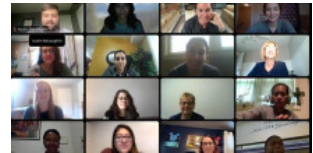
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Welcome New Colleagues Who Attended Connections Oct. 17

We have 220 new colleagues in the LVHN family.

[Read more →](#)



Jonathan Goldner, DO, Named Chief Medical Officer, LVH-Pocono

Golder has held key physician-leadership roles at LVH-Pocono since 1991.

[Read more →](#)



LVHN Nurses Participate in Nature Retreat to Rest and Renew

Learn what nurses experienced during their retreat.

[Read more →](#)



Nurtured by Nature

Maggie Brown, Director of Compassion and Caring for Colleagues, reflects on healing moments.

[Read more →](#)



Better Medicine Podcast: Vaccine Awareness

In this episode, Beth Careyva, DO, and Leah Arlequin, MD, discuss vaccine awareness.

[Read more →](#)



Hispanic Heart Program - Centro del Corazón - Ready to Help, Heal

Lehigh Valley Heart and Vascular Institute makes heart health access and care easier for Spanish-speaking population.

[Read more →](#)



Tips to Stay Healthy This Flu Season

Learn how to reduce your risk of getting the flu.

[Read more →](#)



What is Sports Medicine?

Injuries during physical activity are common, so sports medicine specialists focus on keeping athletes safe.

[Read more →](#)



Partners in Caring: We Create Moments

See how LVH-Pocono colleagues created a heartwarming moment during a difficult time for one family.

by LVHN Insider

Published 1 day ago

<https://youtu.be/1ukgTdaNE8w>



Do It One More Time: Help LVHN Be Named a Top Workplace

If you receive a survey from Energage, take it and share why you are #LVHNProud.

LVHN Insider

Friday, October 14, 2022

This message is from Lynn Turner, Senior Vice President and Chief Human Resources Officer.


Thanks to you, Lehigh Valley Health Network (LVHN) has been recognized as a Top Workplace in the region for the last four years in a row. Now it is time to do it again! LVHN has joined forces with Energage, an independent research company to get your feedback. Energage has partnered with the Morning Call to collect the survey data and select the top companies to work for in the Lehigh Valley. LVHN has several thousands of colleagues who work in the Lehigh Valley, and 5,000 will be randomly selected.

If you are selected, you will receive an email with a link to an online survey within the next few days. Please take a few minutes to complete the survey and provide us with your feedback. The survey will launch Oct. 17 and will run for two weeks, closing on Oct. 31. It is a very quick survey and should only take about five minutes to complete.

The survey is completely confidential. Energage will not disclose your individual responses to LVHN and only group data will be shared. We appreciate your participation and hope to continue to be recognized as a Top Workplace in the Lehigh Valley.

Please note:

- The email you will receive will come from “Energage Survey.”

- The subject of the email will say “Your Lehigh Valley Health Network Employee Survey.”
- Look for and click the survey button in the email. 

If you have any questions or concerns, please contact Energage directly at 800-749-0187 or reply to your survey email.

Thank you for taking the time to complete the survey.



Schedule Children for Bivalent COVID-19 Booster Vaccine Starting Oct. 24

Appointments required at LVHN’s vaccination clinics in the region.

LVHN Insider

Thursday, October 20, 2022

Appointments for recently authorized bivalent Pfizer-BioNTech booster shots for younger children at Lehigh Valley Health Network’s (LVHN) COVID-19 vaccination clinics can be scheduled starting Monday, Oct. 24, 2022.

The Food and Drug Administration (FDA) and the Centers for Disease Control and Prevention (CDC) recently authorized the Pfizer-BioNTech bivalent booster for children as young as 5, to be given at least two months following completion of a primary series or prior booster. The federal agencies also authorized the Moderna bivalent COVID-19 booster for children as young as 6, though the Moderna bivalent booster is not provided for those under 18 at LVHN’s COVID-19 vaccination clinics.

Those previously infected with COVID-19 may choose to wait up to three months before getting a bivalent COVID-19 booster vaccine, but at a minimum should be symptom-free and 10 days out from a positive COVID-19 test. A [study published in November 2021](#) indicates that a longer interval following infection improved immune response to vaccination.

The Pfizer-BioNTech bivalent booster vaccine was previously authorized for those 12 and older.

Scheduling initial COVID-19 shots or boosters is required at LVHN COVID-19 [vaccination clinics](#) in Hazleton, Pottsville, East Stroudsburg, Whitehall and Lower Nazareth Township.

Scheduling can be completed through MyLVHN, our patient portal at MyLVHN.org, with the MyLVHN app or by calling the COVID-19 hotline at 833-584-6283 (833-LVHN-CVD). The hotline is open Monday-Friday, 8:30 a.m.-5:30 p.m. For more information on COVID-19 vaccinations, visit LVHN.org/vaccines.

With the latest changes, the former monovalent Pfizer-BioNTech COVID-19 vaccine is no longer authorized as a booster dose for those 5-11. Both the Moderna and Pfizer-BioNTech monovalent COVID-19 vaccines continue to be authorized for primary series administration in those 6 months and older.

The FDA said there is an increased risk for COVID-19 exposure since children are back in school and people are resuming pre-pandemic activities and behaviors. The FDA also said while COVID-19 tends to be less severe in children, as the various waves of COVID-19 have occurred, more children have gotten sick with the disease and have been hospitalized. The CDC noted the changes were “critical next steps forward” in the country’s vaccination efforts.

“Right now, we have about 100 patients hospitalized with COVID-19 across LVHN. This virus and pandemic are still with us, and we need to continue to keep up our guard,” said Alex Benjamin, MD, Chief Infection Control and Prevention Officer, LVHN. “That means being vaccinated and then boosted when it’s time. It remains the single biggest factor in helping prevent COVID-19 deaths. The U.S. is still averaging more than 300 COVID-19-related deaths each day.”



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. [Click here 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. [Click here to attend](#) on the following dates and times:

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



Celebrating an LVHN Anniversary? Order Your Gift Online

Choosing your gift is simple. Learn how.

LVHN Insider

Monday, October 17, 2022

When you celebrate an LVHN anniversary, our health network thanks you by giving you a special gift. Previously, you would choose a gift from a catalogue you get in the mail. Not anymore. For your convenience, colleagues are now able to review a more expanded range of gift options by choosing a gift online. Here's how it works.

Choosing a 'Years of Service' gift

- When you celebrate an LVHN anniversary – beginning at five years of service and continuing every five years after that – you receive an email notifying you that you have been awarded points in Partner Points. The longer you are an LVHN colleague, the more points you will receive on your anniversary date.
- After you log in to Partner Points from the SOO toolbar on or after your anniversary date, the number of points you received will be listed on the top right of your homepage under “Service Awards.”
- Click “Redeem” and start shopping! You can redeem your points by choosing your gift from a wide variety of categories, including:
 1. Automotive and GPS
 2. Baby products
 3. Beauty, health and personal care
 4. Books and E-readers
 5. Camera and photo
 6. Cellphones, tablets and wearable technology
 7. Computers and software
 8. Electronics
 9. Handbags and sunglasses
 10. Home and garden
 11. Jewelry and watches
 12. Luggage and travel accessories
 13. Music and musical instruments
 14. Sports and outdoors
 15. Tools and home improvement
 16. Toys and hobbies
 17. TV and home theater
 18. Video games and consoles
 19. Video, DVD and Blu-Ray

Note: You cannot redeem service points for gift cards. Your service anniversary gift is NOT taxable, as per IRS guidelines.

The gifts offered to you acknowledge your hard work and dedication, and celebrate all you have done at LVHN. We hope the reward you select reminds you of your achievements and makes you #LVHNProud.

See Who Received 2022 Friends of Nursing Awards

Meet the nurses, technical partner and advanced practice clinician honored during the awards celebration.

LVHN Insider

Monday, October 17, 2022

Friends of Nursing recognizes and promotes excellence in nursing practice, nursing education and nursing research. On Sept. 28, colleagues gathered at the annual Friends of Nursing Awards Gala to hear stories of strength, honor award recipients and reflect on the incredible impact our nurses make each day. [Watch the full event](#), including the premiere of “The Strength to Heal,” a documentary featuring LVHN nurses during the pandemic.

Meet the colleagues recognized during this year’s celebration and follow the [nursing channel on LVHN Insider](#) for more stories of Friends of Nursing award recipients.

Elizabeth Czekner, Labor & Delivery, LVH–Muhlenberg

The Auxiliary of Lehigh Valley Hospital–Muhlenberg Administrative Partner Award

Donated by: The Auxiliary of Lehigh Valley Hospital–Muhlenberg



Elizabeth Czekner is a huge asset to the labor and delivery team at LVH–Muhlenberg. Her knowledge of departmental needs, from the filing system to the special supply ordering process, makes her an invaluable extension of the care team. Czekner is known for her warm smile given to everyone walking onto the unit. She ensures the unit is always running smoothly, and her colleagues frequently say, “Ask Beth. I bet she will know!”

Nancy Fickert, CRNP, OACIS/Palliative Medicine

Advanced Practice Clinician Award

Donated by: Dr. John and Dr. Kathy Gray



Nancy Fickert's caring nature is a gift to her patients, their families and her team. She always is interested in learning more about how she can help others and serve as a role model for her colleagues.

Her commitment to creating an exceptional experience for patients is clearly demonstrated in her department's patient experience scores. NRC Health, our partner for patient experience and loyalty surveys, utilizes the Net Promoter Score (NPS) to gauge our patient's likelihood to recommend our hospitals, emergency departments, outpatient services, practices and facilities. The score is based on the responses to this question: How likely would you be to recommend this practice/facility to your family and friends? Fickert's department has achieved the highest score possible in this area.

Fickert has authored multiple publications, including co-authoring a chapter on gastrointestinal disorders in *Core Curriculum for the Hospice and Palliative APRN, 3rd edition*.

Nicole Spess, RN, Population Health

The Award for Excellence in the Delivery of Ambulatory Care

Donated by: Attorney and Mrs. Matthew R. Sorrentino



Nicole Spess goes out of her way to provide exceptional and compassionate care as a Population Health Care Navigator. She coordinates care for high-risk patients with infectious diseases after they are discharged from the hospital. Spess empowers her patients and provides them with the tools and resources they need to optimize their health. Her expertise is valued by her team, and she serves as a preceptor and role model for new colleagues.

Malgorzata Halat, RN, Cardiac Intensive Care Unit, LVH–Cedar Crest

The Award for Excellence in Cardiovascular Nursing

Donated by: Wings2Peace Fund - Susan Christine and Ann Marie Markowitz



Malgorzata Halat is respected by her fellow nursing colleagues and physicians for her calm, detail-oriented and caring nature. She is an expert in cardiovascular nursing and possesses special knowledge of the latest technological advances. She is dedicated to creating a positive environment for her colleagues. Halat serves as chair of the cardiac intensive care unit (CICU) reward and recognition committee and precepts new RNs when they start on her unit.

Marion Nihen, RN, Labor & Delivery, LVH–Muhlenberg

The Fleming Nursing Caring Award

Donated by: The Fleming Trust established by Richard and Peggy Fleming

The Fleming Nursing Caring Award recognizes a nurse who demonstrates exceptionally caring behaviors. Marion Nihen is one such nurse. According to her colleagues, Nihen is the embodiment of a caring nurse. Watch this video, and you'll see why.

<https://youtu.be/YmKJXCZAt9U>

Mackenzie Dorney, RN, Emergency Department, LVH–Cedar Crest

The Fleming Nursing Caring Award

Donated by: The Fleming Trust established by Richard and Peggy Fleming



Mackenzie Dorney stands out among her peers as an exceptional nurse with the ability to successfully handle stress and the everchanging environment of a busy emergency department. She has grown into an experienced nurse with strong leadership skills serving as a core triage and core charge RN. It is rare that you find Dorney at the charge station. She takes her mobile radio and is off helping everyone and anyone who may need it. She cares not only for her patients' well-being, but for all the nurses in her department as well. Dorney strives for excellence in the care she delivers to her patients and families every day.



Partner of the Month Award – October 2022

Following a gut feeling, Peggy Meikrantz stayed longer with a home care patient, sparing a bad outcome.

LVHN Insider

Thursday, October 20, 2022

Margaret (Peggy) Meikrantz, RN, Lehigh Valley Home Care

Margaret (Peggy) Meikrantz, RN, got a call at 1 a.m. from a triage nurse. She had a patient visit request for a wound VAC dressing change of the upper chest. In the wee hours of the morning, Meikrantz drove to the patient's home and immediately began to change the wound VAC dressing. Because the process can be painful for the patient, she took it slowly. After finishing, she stayed for a few extra minutes to assure the patient was OK. As she began to chart the care provided, Meikrantz heard a very loud cough. When she looked at the patient, she saw that the newly applied dressing was blood soaked and the machine's cannister was filled with blood. Remaining calm, she placed an abdominal pad over the dressing and applied pressure to the wound. Each time the patient moved her arm, blood cascaded down her chest. Meikrantz called 911, and EMS quickly arrived to stabilize the patient. Meikrantz informed the patient's spouse that the patient was going to the hospital. She cleaned the patient's blood-stained hands and feet prior to being transported to the hospital. Upon arrival at the hospital, the patient was taken to the OR. "This was an on-call shift for Peggy. Thankfully she stayed those few extra minutes to make sure the wound VAC dressing machine did not alarm. Had she left sooner, who knows what the patient's outcome could have been," says nominator Rita Ferrara. "We applaud you Peggy for the amazing job you performed, your care and concern for this patient and how you exemplify our core values of compassion, collaboration and excellence on what seemed like an ordinary on-call shift."

Next Steps

Nominate a Partner of the Month.

Congratulate these Proud Partners Award recipients.

Karanda Erdman, Unit Director, Leena Pintande, Technical Partner, Med-Surg 1B, LVH–Hecktown Oaks

An elderly woman with dementia was admitted to Med-Surg 1B at LVH–Hecktown Oaks. She had been left alone in an apartment with no electricity. Several days after admission, Pintande noticed the patient had been wearing the same clothing. Because of difficult family dynamics, the patient could not collect any personal items from her apartment. Erdman and Pintande decided to buy this patient several outfits, socks, undergarments, a laundry basket, and crafts and games. The patient was moved to tears over their generosity and thoughtfulness.

Suzanne Altieri, Physical Therapist, Lehigh Valley Home Care

While working with an elderly patient in his home, Altieri noticed the patient’s grandson was expressing feelings of depression and hopelessness. He “didn’t see the purpose of going on anymore.” Altieri calmly retrieved the National Suicide Prevention Lifeline number and handed it to the young man, encouraging him to go to a private area and call the hotline right away. Altieri continued therapy with the patient. At the end of the session, the grandson reappeared with a look of relief on his face. After speaking to someone on the hotline, he felt so much better and hopeful about his future. He thanked Altieri for her kindness and help.

Team of Colleagues, Emergency Department, LVH–17th Street

A patient was brought to the emergency department (ED). A co-worker found him unresponsive. He had been painting all day during a July heat wave and suffered severe heat stroke. The ED team started resuscitation by placing IV lines with cold fluids, and ice packs to the groin, neck and armpits. The entire team performed a body bag ice bath to rapidly cool the patient. As a result, his temperature came down quickly and he started to respond. A few days later, he was discharged from the hospital. Without the innovative thinking of this team, the patient might have died. The entire team went above and beyond to save this man’s life by flawlessly executing a body bag ice bath for the very first time in the ED.

Mary Ann Devine, MD, Director, Critical Care, LVH–Pocono

A young patient and her family were discussing hospice and comfort care during her stay. Devine and the ICU team knew the patient had plans to wed one week prior to coming to the hospital. Devine and the ICU team decided to coordinate an impromptu hospital wedding. They found an officiant, ordered a cake and bought flowers. The bride’s husband and family expressed their deep appreciation for everything Devine and the ICU team did to make this beautiful ceremony come true.

Gerald Stauffer, RN, Intensive Care Unit, LVH–Muhlenberg

A patient with severe kidney failure was admitted to the hospital. Stauffer scheduled hemodialysis for the patient that morning. The patient was nearing the need for intubation when the dialysis unit called with a change in plans. They would not be able to fit the patient into the schedule because of an emergent case. Instead, the overnight hemodialysis nurse would provide treatment. Stauffer believed the patient would most likely be intubated by the time the on-call nurse arrived at his

bedside, so Stauffer contacted the nephrologist and asked to start a type of dialysis that stabilized the patient's condition until the appropriate treatment could be done.

Jan Saeger, Dosimetrist, Radiation Oncology, LVH–Cedar Crest

A patient admitted to the hospital for metastatic colorectal cancer was found to have critical coronary artery disease. As a result, her liver resection had to be cancelled so she could undergo heart bypass surgery. The patient's physician discussed alternative treatments with the patient that could address her liver condition without stressing her heart. Saeger focused completely on this patient's complex treatment plan, ensuring it would be completed within the required timeframe. As a result, the patient was able to complete her radiation treatments in time for her heart surgery the following week.

Jordan Sodl, Lead Pharmacy Technician, LVH–Cedar Crest

When a colleague went on leave of absence, Sodl stepped up to maintain sterile operations in her colleague's absence. Through her extra efforts, Sodl demonstrated a commitment to her team, the hospital, our patients, and to her colleague who could be free from concern during her leave. Sodl never waivers in her commitment to quality. Even in the busiest of times she stays focused on patient safety. Several pharmacists sing high praises for the remarkable job she has done.



LVHN Recognized as a Top Health System for Patient Experience

LVHN receives NRC Health Excellence in Patient Experience Award.

LVHN Insider

Tuesday, October 18, 2022

LVHN colleagues strive to deliver excellent care and exceptional experiences for every patient, every day, and our efforts are being recognized. Our patients told NRC Health, a health care research company, LVHN is a great place for care.

LVHN earned a 2022 NRC Health Excellence in Patient Experience Award and is ranked first in the medium health system category. Rankings for hospitals and health systems are determined by real-time Net Promoter Scores for the question, "Would you recommend this facility?" Rankings are based on responses received by NRC Health between April 1, 2021, and March 31, 2022. This recognition means LVHN delivers first-class care and focuses on excellent experiences.

"LVHN is on a continuous journey to provide an exceptional experience for every colleague, patient, family and guest in our health network," says Lori Hulse, Vice President, Patient

Experience and Operations. “We believe that experience isn’t another thing we do, it is the way we do everything. The challenges facing health care today are unprecedented. Our colleagues are working hard. I am proud of our health network for earning this recognition during such challenging times.”

This achievement can be shared by all colleagues and shows that excellent care always matters at LVHN. We will continue to improve our patients’ experiences by transforming our culture with our Partners in Caring journey. We will do this by building relationships, looking and listening, making it personal and creating moments. Learn more about Partners in Caring [here](#).

“It is incredibly gratifying to be able to honor another esteemed group of organizations this year who deliver exceptional patient care day in and day out,” says Helen Hrdy, Chief Growth Officer, NRC Health. “Human understanding is at the core of what we do, and to see it come to life is rewarding beyond words. Congratulations to Lehigh Valley Health Network for this recognition. Your work is inspiring!”

A complete list of winners can be found at nrchealth.com/awards/excellence-in-patient-experience-award.

Since 2019, LVHN has partnered with NRC Health to collect real-time feedback from patients about their experiences. These surveys give LVHN valuable information so we can provide greater patient satisfaction and optimize the patient experience.



Meet Our Nightingale Awards Finalist

Nichole Persing, MSN, will be honored at the 33rd annual awards gala.

LVHN Insider

Tuesday, October 18, 2022

Nightingale Awards of Pennsylvania recognizes nursing professionals for excellence in the areas of clinical patient care, nursing education, nursing research and nursing administration.

Nichole Persing, MSN, RN, CNL, CCRN, Director, 2B ICU, LVH–Hecktown Oaks, is an innovative leader who is recognized by her team for her positive energy, unwavering support and advocacy of the nursing profession. She is a finalist in the Nursing Administration–Leader/Manager award category.

Leadership during the pandemic

Throughout the COVID-19 pandemic, Persing often came in on weekends, holidays and night shifts to care for patients and provide comfort to her colleagues. She goes above and beyond to create moments for those in her care.

One patient was in the hospital for her 85th birthday. The patient spoke to Persing about a local restaurant she visited every year on her birthday and expressed sadness about missing this tradition while she was in the hospital. Persing called the patient's son to ask what was her favorite meal, and had it delivered to her room.

Persing received the DAISY Nurse Leader award in 2021. Colleagues who nominated Persing for the award highlighted her leadership during the pandemic.

“She is the reason we were able to get through these hard times,” her nominators say. “She always stays positive for the team when things aren’t easy for us. She consistently supports us, advocates for us and leads us in the right direction.”

Creating an exceptional colleague experience

Under Persing's leadership, colleague engagement scores for her unit have increased. She has an open-door policy, which is key in maintaining open communication. She is on the unit at 5:30 a.m. daily to make sure she's available to colleagues on all shifts.

“Nichole is a dynamic leader. She engages her team, draws staff to our unit and is always working to improve the patient and staff experience,” her colleagues say. “She is a go-getter, has endless energy and fosters a team approach on the unit. She has many fabulous ideas that are creative, innovative and empower everyone to grow.”

A true community leader

Persing participates in LVHN's flu and COVID-19 vaccination clinics, organizes unit-based holiday food collections for homeless people and volunteers in medical tents at local sporting events.

She was a trusted resource for the community during the pandemic, and she represented the voice of nurses at LVHN. During a surge in COVID-19 cases, Persing joined LVHN experts from all over the health network to speak candidly during a Facebook live [discussion about the state of health care in LVHN hospitals](#). She also [penned an op-ed](#), sharing with the community her perspective on the importance of COVID-19 vaccinations.

Finalists honored on Oct. 28

Finalists will be honored and winners will be announced at the 33rd annual Nightingale Awards Gala on Oct. 28. The finalists have been selected for recognition in one of 11 categories from nearly 100 nominations. LVHN has had a finalist in each year of the program's existence.



Welcome New Colleagues Who Attended Connections Oct. 17

We have 220 new colleagues in the LVHN family.

LVHN Insider

Thursday, October 20, 2022

Kelsey Adames, Registered Nurse

Ihab Alamar, MD

Millie Alamo-Torres, Medical Assistant Phys Prac

Lauren Amiano, CRNP

Keturah Antoine, Registered Nurse

Maria Aramburu, MD

Alexandra Arcelay, Patient Obs Assistant

Nestor Arcelay, Security Officer

Shabnam Asadi, Inpatient LPN

Osvaldo Aviles Irizarry, Security Officer

Emmanuela Azikiwe, Psychiatric Case Manager

Harry Babcock, PACS Systems Analyst

Vera Barros, Registered Nurse

Nicole Bartell, Behavioral Health Spec

Brianna Bayly, Registered Nurse

Carolina Bedoya, Technical Partner

Sage Berghold-Boger, Registered Nurse

Kaitlyn Bolton, Inpatient LPN

Tanisha Boodie, Registered Nurse

Sandra Boty, Practice Manager

Heather Boyko, Physical Therapy Asst

Courtney Brill, Registration Rep
Jennifer Brinker, CRNP
Alyssa Brooks, Registered Nurse
Jonathan Brosious, Security Officer
Danielle Burger, Registered Nurse
Kathryn Burnett, Behavioral Health Spec
Ruth Burrington, Patient Obs Assistant
Jessica Campbell, Registered Nurse
Nicole Carrasco, Medical Assistant Phys Prac
Zahirah Carrasquillo, Patient Services Rep
Victoria Carsia, Registered Nurse
Amanda Chasey, Patient Services Rep
Joan Cheng, Registered Nurse - OR
Lori Ciccarelli, Authorization Specialist
Matthew Coffman, Phys Therapy Asst PDM
Karla Colon, Inpatient LPN
Brittany Cowan, Occupational Therapist
Jaylah Crespo, Patient Obs Assistant
Kimberly David, Reg Spec
Maura De Paolo, Reg Spec
Sadie Decker, Reg Spec
Jane Delong, Observ Monitoring Tech
Sabrina Depue, PA
Heaven Detrixhe, Patient Obs Assistant
Deanna Detweiler, Provider Enrollment Denials Specialist
Lizbeth Devargas, Housekeeping Aide
Madalyna Diaconu, Registered Nurse - OR
Janet Dotter, LPN Phys Prac
Lynie Doura, Registered Nurse
David Evans, Application Dev & Support
Colette Fanning, Chaplain PD

Brad Fessler, Reg Spec
Kelsey Follweiler, Registered Nurse
Deborah Fox, DO
Dana Frebel, Dietetic Intern
Kathiuska Garber, Technical Partner
Roshauna Garcia, Inpatient LPN
Dawn Gayle, Medical Assistant Phys Prac
Lauren Gonzalez, RDMS/RVT
Terry Green, Patient Services Rep
Cara Greene, CRNP
Tanya Grilli, Admin Security/Technology Mgmt
Brook Groenewold, Technical Partner
Dominique Gross, Clinical Pharmacist
Kendra Gruber, Occupational Therapist
Mary Gudoski, Registered Nurse
Paula Gutsie, HIM EMPI Analyst
Sara Hagan, Registered Nurse
Grace Hallman, Technical Partner
Keetly Hamill, Paramedic PDM
Amalia Haupt, Registered Nurse
Faith Hauser, Registered Nurse
Stephanie Heffelfinger, Registered Nurse
Kimberly Helfrich, RN Phys Prac
Shara Heller, Office Coord (Phys Prac)
Jon Hernandez, MD
Ryan Herring, Security Officer
Jordan Herzog Caprio, School Based Outpatient Therapist
Brittany Hill, Site Manager
Tanya Hitzel, LPN Phys Prac
Jennifer Holdsworth, LVPG Care Management Partner
Tracy Holt, Patient Services Rep

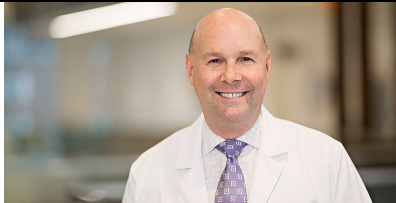
Eve Hostinsky, Coord Patient Svcs
Rebecca Houtz, Patient Services Rep
Daniel Huff, Scheduling Coord LVPG
Jennifer Huxta, Registered Nurse
Cindy Inga, MD
Dianna Isabel, Patient Services Rep
Antonia Jabbour, Registered Nurse
Lauren Jardine, Patient Services Rep
Aisha Johnson, Reg Spec
Jasmine Kaintz, Mental Health Technician
Rebecca Kane, Registered Nurse
Patricia Karedis, Patient Services Rep
Cathleen Keegan-Pursell, CRNP
Fazia Khan, Registered Nurse
Julia Khong, LVPG Care Navigation Partner
Bohdan Khromenko, Certified Registered Nurse Anesthetist
Rachel Kistler, Scheduling Coord
Julia Klembara, Registered Nurse
Autumn Klucsarits, Registered Nurse - OR
Victoria Kraus, Registered Nurse
Judi Kravatz, Reg Spec
Samantha Kromer, Occup Therapist PDM
Megan Kuhlman, Technical Partner
Chantal Kwiatkowski, Dir Rehabilitation
Rachel Lange, Technical Partner
Barbara Laub, Registered Nurse
Mary Lynn Laurent, Guest Service Unit Concierge
Hilary Le, RN Phys Prac
Michael Lebus, RN PDM III Day
Kerri Lherisson, Registered Nurse
Kara Liberatore, CRNP

Cassandra Llewellyn, Registered Nurse
Marycatherine Longazel, Patient Services Rep
Joshua Lutz, Paramedic PDM
Lizbeth Macchiavello, Medical Assistant Phys Prac
Desiree Malacusky, PA
Jessie Mann, Registered Nurse
Lisa Martin, RN Phys Prac
Jessica Martinez, Registered Nurse
Roman Matlaga, DO
Jeisa Mauricio, Medical Assistant Phys Prac
Judy McGillis, Reg Spec
Austin McLaughlin, Registered Nurse
Autumn McLaughlin, Medical Assistant Phys Prac
Sally Melhim, Technical Partner
Berania Mena, Technical Partner
Lauren Mensch, Registered Nurse
Jessica Miller, Medical Assistant
Jessica Milligan, Graduate Nurse
Kathryn Minnich, COTA PDM
Ashley Mogle, Registered Nurse
Kelcie Molchany, Pharmacy Intern
Jillian Morgan, Registered Nurse - OR
Rachel Moser, Registered Nurse
Alyssa Moyer, Medical Assistant Phys Prac
Marykate Myer, Registered Nurse
Nicole Naprava, Reg Spec
Calista Nasser, Paramedic PDM
Krystle Neubert, A/P Spec
Mecka Newton Brown, Inpatient LPN
Jennifer Ngo, CRNP
Tyler Nicholas, Clinical Manager

Dandre Noel, Security Officer
Marie Nolan, Technical Partner
Nancy Nuss, Registered Nurse
Anny Ortiz, Distribution Specialist
Jacqueline Ortiz, Registered Nurse - OR
Miguel Ortiz, Distribution Specialist
Tiffany Owings, Reg Spec
Yahaira Pagan, Inpatient LPN
Devin Parker, Patient Transporter
Isabel Parker, Lab Assistant
Ingrid Paulino, Medical Assistant Phys Prac
Christopher Peischl, Spec Event Medicine Paramedic
Joseph Pergamo, Security Officer II
Kethia Philistin, Sterile Processing Technician
Lisa Piacquadio, Secretary
Mishaly Ponce Munoz, Patient Obs Assistant
Morgan Reiss, Registered Nurse
Sarah Rennalls, Practice Director
Tais Restituyo, Registration Rep
Christina Revander, Patient Services Rep
Keiran Reyes, Tray Aide
Sheila Richter, Registered Nurse
Crystal Riddick, Medical Assistant Phys Prac
Yaritsi Rijo, Housekeeping Aide
Felicia Roberts, Inpatient LPN
Guillermo Rodriguez, MD
Alba Ruiz, Registered Nurse
Santa Sajche, Medical Assistant Phys Prac
Alfredo Sanchez, Diag Technician Student
Kelly Sanders, Patient Services Rep
Julie Savalle, Registration Rep

Preston Saylor, Registered Nurse
Faith Schafer, PA
Shannon Scoble, CriticalCareTransportParamedic
Michele Seddon, Registered Nurse - OR
John Semonich, Spec Event Medicine Paramedic
Bridget Shea Fry, Occup Therapist PDM
Moria Shepherd, Critical Care Transport RN
Catherine Shields, RN Hospice PDM Day III
Jessica Shimonis, Surgical Technician
Sandeep Singla, MD
Michael Sninsky, Casual RN
Kathryn Spence, Graduate Nurse
Kim Staples, Registered Nurse
Monica Stauffer, Reg Spec
Toiya Stello, Registered Nurse - OR
Ryan Stocum, Clinical Manager
Amanda Swinger, Authorization Specialist
Kaitlyn Szafranski, PA
Cindy Tavarez, Medical Assistant Phys Prac
Kaori Thomas, Nursing Asst II - Acute Care
Honi Trauger, CNM
Jahdiel Valentin-Ramos, Care Continuum Partner - Medical Assistant
Holly Valvano, UM Case Manager
Michelle Vazquez, Office Coord
Rosauris Ventura Castillo, Scheduling Coord
Andrea Warnick, Patient Services Rep
Brittney Watson, Care Continuum Partner - Medical Assistant
Robert Wetzel, HVACR Technician
Lindsey White, Phlebotomist
Chantal Whiteduck, Speech/LangPathologist
Savannah Wieand, Denial Specialist

Cheryl Wilhelm, Patient Services Rep
Trevor Wilkinson, Physical Therapy Asst
Frank Williams, Biomed Imaging Spec II
Victoria Wiltshire, Behavioral Health Outreach Coord Pop Hlth
Christene Wylie, Registered Nurse
Nina Yabut, Registered Nurse
Miranda Yeakel, Ultrasonographer Breast Health
Ashley Zaykoski, PA
Erin Zeigler, Speech/LangPathologist
Nancy Ziegler, Secretary
Denise Zucker, LPN
Garryson Time, Occupational Therapist
Daniel Csaszar, DO



Jonathan Goldner, DO, Named Chief Medical Officer, LVH–Pocono

Golder has held key physician-leadership roles at LVH–Pocono since 1991.

LVHN Insider

Monday, October 17, 2022

**This message is from Michael A. Rossi, MD, MBA,
Executive Vice President and Chief Clinical Officer.**

It is with great pleasure that I announce the appointment of Jonathan Goldner, DO, MMM, FCCP, FCCM, as the next Chief Medical Officer (CMO) of Lehigh Valley Hospital (LVH)–Pocono effective Nov. 1, 2022, following an extensive internal search.

Dr. Goldner graduated from Lehigh University with a Bachelor of Arts in biology before attending the Chicago College of Osteopathic Medicine, where he obtained his medical degree. He then went on to do an internship at Kennedy Memorial Hospitals in New Jersey before completing his internal medicine residency at Lehigh Valley Hospital in 1987. Then, he moved to the Poconos to begin his medical practice. Dr. Goldner has practiced general internal medicine in the Pocono area for more than 35 years, becoming board certified in internal medicine, critical

care and geriatrics. Since 1991, he has held key physician-leadership roles at LVH–Pocono, first as secretary-treasurer of the Pocono Medical Center (PMC) Medical Staff before being elected as Vice-Chief of Staff and eventually Chief of Staff. After being appointed as Chief Medical Executive for Medicine in 2012, Dr. Goldner then became actively involved with hospital management, transitioning to the role of Associate Senior Medical Director and then Associate Chief Medical Officer as PMC became LVH–Pocono. In 2019, he completed his Master’s in Medical Management (MMM) degree at Carnegie Mellon University.

Growing up on Long Island with his father who was a family physician, Dr. Goldner’s family has been immersed in health care. His wife, Lisa, is the Branch Director of CenterWell Home Health in Stroudsburg, and his two brothers, David and Michael, are both physicians with LVHN. Dr. Goldner’s older daughter, Breanna, is a pulmonary/critical care fellow at MedStar Washington Hospital Center in Washington, D.C. His younger daughter, Hayley, is the Chief Pediatric Resident at Nemours/Alfred I. duPont Hospital for Children in Wilmington, Del.

Dr. Goldner has authored many articles and is a co-author for the current Society of Critical Care Medicine (SCCM) Guidelines for Admission, Discharge and Triage in Critical Care Units. He has received numerous awards, including PMC’s inaugural Physician of the Year, the LVHN Volunteer Community Service Award, the Greater Pocono Chamber of Commerce Humanitarian of the Year Award, SCCM’s Dr. Joseph and Rae Brown Award and most recently the federal government’s COVID-19 Pandemic Civilian Service Medal. Since 2014, Dr. Goldner has been a medical officer with the National Disaster Medical System and over the years has participated in 13 medical missions to Guatemala with his family, providing medical care to those in remote villages with the charity DOCARE International. When he’s not working, Dr. Goldner enjoys volunteering to help those in need and spending time with his wife, Lisa, their two daughters, Breanna and Hayley, as well as their two dogs, Jovi and Jerzi, and grand-dog Peebles.

Please join me in congratulating Dr. Goldner on his new role as LVH–Pocono’s Chief Medical Officer.



LVHN Nurses Participate in Nature Retreat to Rest and Renew

Learn what nurses experienced during their retreat.

LVHN Insider

Wednesday, October 19, 2022



Nurses participated in a retreat at Innabah Camp & Retreat Center in Spring City, Pa.



Nurses took part in a tea ceremony after a nature walk.



This sharing circle gave nurses the opportunity to interact and share stories.



Nurtured by Nature

Maggie Brown, Director of Compassion and Caring for Colleagues, reflects on healing moments.

LVHN Insider

Monday, October 17, 2022

LVHN supported nurses to participate in the Nurses in Nature Retreat during the first weekend of October.

The focus of this event was to provide nurses with the space and time to rest and renew. The intention was to allow participants to be held in the loving embrace of a natural setting. The invitation to slow down and notice took place on sacred indigenous land at a center called “Innabah” and offered the opportunity for nurses to counterbalance the stress of caregiving with neuron-nurturing nature.



Forest walks, artistic expression, energy sessions and a crystal bowl sound event were all offered for participants to engage in self-healing. Participants from Pennsylvania, New York, New Jersey, Maine and Alabama gathered around the fire and participated in a circle with LVHN nurses. The power of the collective event was evident as people were able to share their experiences. It was a gift to have LVHN nurses as a part of this retreat. Wishing you some nature time too.



Better Medicine Podcast: Vaccine Awareness

In this episode, Beth Careyva, DO, and Leah Arlequin, MD, discuss vaccine awareness.

LVHN Insider

Thursday, October 20, 2022

The COVID-19 pandemic has caused some children and adults to fall behind on routine immunizations and preventative care. During the latest Better Medicine podcast, Beth Careyva, DO, is joined by [Leah Arlequin, MD, Vice Chair, Department of Family Medicine](#), as they explore the root cause of the delays and how to get back on track.

About the podcast

The Better Medicine podcast is hosted by [Beth Careyva, DO](#), Vice Chair, Clinical Programs, Family Medicine. In each episode, she interviews doctors and experts across [Lehigh Valley Health Network](#) (LVHN) to learn about topics that are affecting providers at LVHN.

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Hispanic Heart Program – Centro del Corazón – Ready to Help, Heal

Lehigh Valley Heart and Vascular Institute making heart health access and care easier for Spanish-speaking population

By Joe Nixon
October 13, 2022



Cardiologist Benjamin Sanchez, MD, leads the Centro del Corazón program, part of Lehigh Valley Heart and Vascular Institute

Lehigh Valley Heart and Vascular Institute is making sure heart care is more accessible for those of Hispanic descent who live in the Lehigh Valley Health Network service area in eastern Pennsylvania.

Research shows people of Hispanic descent have disproportionately high rates of certain risk factors for cardiovascular disease, so the Heart and Vascular Institute started Centro del Corazón to help.

“Centro del Corazón was created for several reasons, including providing important information to our Hispanic population about better heart health with more and easier access to heart care,” cardiologist [Benjamin Sanchez, MD](#), says. “Through Centro del Corazón, we’re working to break down cultural and language barriers and make a difference.”

Sanchez, who heads up the new program, says Centro del Corazón isn’t a place or a physical building, but an effort within the Heart and Vascular Institute to help reduce heart disease risk factors, educate about good heart health, and more.

Prime heart disease risk factors for Hispanics include:

- [High blood pressure](#)
- [High cholesterol](#)
- [Diabetes](#)
- Diet
- Smoking

“Sometimes there may be cultural or language barriers that prevent someone from seeking information or care,” Sanchez says. “We want the Hispanic population throughout this region to know we are here for them. Through additional Spanish-speaking caregivers and partnerships with existing groups, including [Valley Health Partners](#), we can raise the bar for Hispanic heart health in our community.”

For more information about Centro del Corazón, call [610-402-3110](tel:610-402-3110).

HEALTH TIPS

Tips to Stay Healthy This Flu Season

Learn how to reduce your risk of getting the flu

By Jenn Fisher



Flu season has been largely overshadowed over the last few years by COVID-19. However, Australia’s rough flu season has many medical experts concerned about the United States flu season this winter.

“Anyone can get the flu, and many health experts are predicting the flu season will be severe,” says Terry Burger, RN, Lehigh Valley Health Network (LVHN)’s Administrator of Infection Control and Prevention. “Australia, which experiences its flu season before ours, had its worst flu season in five years.”

[Get your flu shot](#)

Getting the [flu shot](#) is the best way to prevent the flu. “There is plenty of evidence-based research that shows vaccination decreases hospital visits, hospitalizations, lost workdays and lost time at school,” Burger says. “The flu shot is your best method for protecting yourself and your family.”

Everyone age 6 months and older should get a flu shot each year. Talk with your health care provider to understand if you have any reasons to not get a flu shot.

There are many myths surrounding the flu vaccine, including whether the vaccine can give you the flu. “It’s an inactivated vaccine. You absolutely cannot get the flu from the flu shot,” Burger says.

As we move into a time of year when flu becomes more widespread, make time to get your flu shot. “Flu shots save lives,” Burger says. “You will not only protect yourself but will help reduce the risk of spreading the flu to the people you love.”

Be careful what you touch

When it comes to avoiding the flu, frequent hand washing is important. Washing your hands frequently and correctly can help remove viruses and other microbes from your skin. Alcohol-based hand cleansers can be used when you can’t wash your hands.

Remember to avoid touching your face after touching surfaces that others have touched like: doorknobs, cabinet handles, telephones, faucet handles, microwave or fridge handles, remote controls, shopping cart push handles, etc.

Also, clean surfaces to help remove viruses. The Centers for Disease Control and Prevention (CDC) says common cleaners, including soap, chlorine bleach or hydrogen peroxide, can kill the flu virus on surfaces.

Stop the spread

If you do end up contracting the flu, Burger says there are ways to avoid spreading the virus to others:

- Do not go to work, school, the mall, grocery store, the movies, place of worship, etc.
- Sneeze or cough into a tissue or the crook of your elbow.
- Toss used tissues into the trash. (Reminder: If you happen to clean up someone else’s used tissue, wash your hands thoroughly.)

Signs and symptoms of the flu

It’s also important to recognize the symptoms of the flu so you can differentiate it from other common winter illnesses. Flu symptoms come on suddenly and include fever, body aches, chills, tiredness, cough and headache, and for some people sneezing, stuffy nose and sore throat. The CDC says cold symptoms are milder than flu symptoms. If you go to the doctor and are diagnosed with influenza, you may be treated with antiviral medication.

If your symptoms seem severe, you may need care at the ER, says Burger. “Go to the hospital if you have shortness of breath, prolonged illness that doesn’t seem to be getting better or chest pain,” she says.

Getting your flu shot has never been easier

- Attend one of LVHN's upcoming flu shot clinics. Learn more at [LVHN.org/flushot](https://www.lvhn.org/flushot).
- Did you know that you can go to any of our convenient [ExpressCARE locations](#) to get your flu shot? They are open seven days a week, 365 days a year, and no appointment is necessary.

- You can also visit your primary care provider (PCP) to get your flu shot. If you don't have a PCP, [find one here](#) or call 888-402-LVHN (5846).
 - If you find yourself taken ill with the flu, we know how difficult it can be to go to the doctor. If you don't feel up to leaving the house, schedule a [Video Visit](#) with an LVHN provider from the comfort of your own home.
-

HEALTH TIP

What is Sports Medicine?

Injuries during physical activity are a common occurrence – that's why there is a range of sports medicine specialists focused on keeping athletes safe



If your child is injured while exercising, participating in a sport or doing any type of physical activity, you may be advised to see a sports medicine health care provider for treatment.

About sports medicine specialists

“Sports medicine health care providers have special training to restore function to injured patients so they can get moving again as soon as possible,” says orthopedic surgeon [Gabriel Lewullis, MD](#), with [Lehigh Valley Orthopedic Institute](#). Sports medicine health care providers are experts in preventing illness and injury in active people. They do work with professional athletes, but they also treat children and teens involved in sports and adults who exercise for personal fitness. Plus, they treat people who have physically demanding jobs, like construction workers.

Sports medicine is not a medical specialty in itself. Most sports medicine health care providers are certified in orthopedic surgery or family medicine. They then get additional training. Others specialize in treating injuries in children and teens, whose growing bodies can be quite different from those of adults. They are generally board certified in pediatrics or family medicine with additional training in sports medicine.

Other experts may work with a sports medicine specialist to provide care, including:

- **Concussion specialists**. Credentialed ImPACT consultants measure the extent of brain injury and determine when it's safe for you to return to normal activities.
- **Sports rehabilitation**. They help people rehabilitate and recover from injuries.

- **Sports cardiologists**. The sports cardiology team at the Lehigh Valley Heart and Vascular Institute diagnose and treat athletes who may have a heart condition.
- **Certified athletic trainers**. These trainers provide rehab exercise routines to help patients regain strength. They also develop conditioning programs to prevent future injury.
- **Sports performance specialists**. They develop personalized programs focused on improving speed, agility, strength and preventing injury to help athletes reach their highest potential.
- **Nutritionists**. They may help with needed weight loss or weight gain. They can provide dietary advice to help people improve their physical functioning.

Reasons to see a sports medicine specialist

Your child may see a sports medicine health care provider for an injury such as:

- Fracture/sprain
- Knee or shoulder injury
- Tendonitis
- Exercise-induced asthma
- Heat illness
- Concussion
- Eating disorder
- Cartilage injury

“Sports medicine health care providers also can give advice on nutrition, supplements, exercise and injury prevention,” says orthopedic surgeon [Daniel Terpstra, DO](#), with [Lehigh Valley Orthopedic Institute](#).

When to call a sports medicine health care provider

“If your child experiences a major injury during exercise or sports, seek care right away,” Terpstra says. “Don’t wait to see a sports medicine specialist.” Signs of a major injury include severe pain, swelling, numbness and an inability to put any weight on the injured area. If none of these symptoms are present, have your child rest at home and call your child’s health care provider for guidance. You may want to ask for a referral to a sports medicine specialist.

Most sports injuries don’t need surgery. “Treatment for a sports injury can include taking pain relievers, putting ice on the injured area and keeping it immobilized with a cast or sling,” Lewullis says. In some cases, surgery may be needed to fix torn tissue or realign bones.
