

focus on PRIDE

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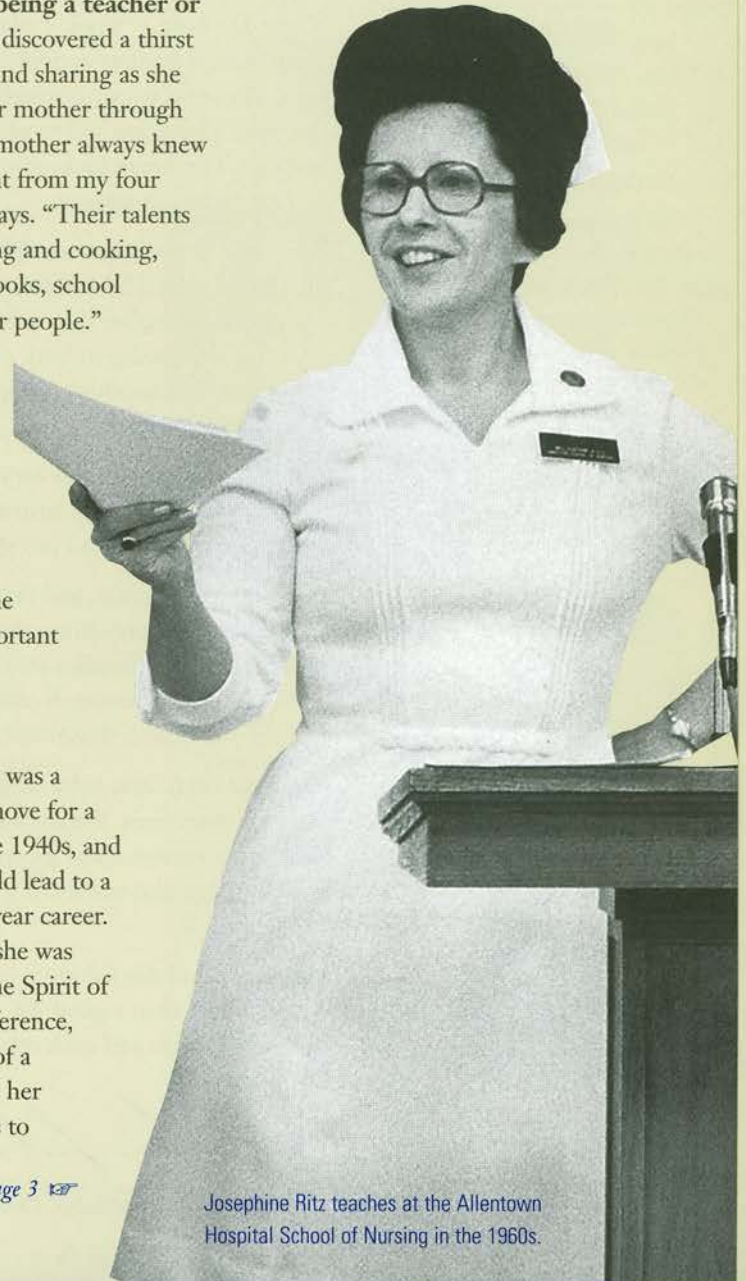
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See who makes us proud

A Legendary TEACHER AND NURSE

Josephine Ritz, R.N., captures the Spirit of Women with her inspiring story

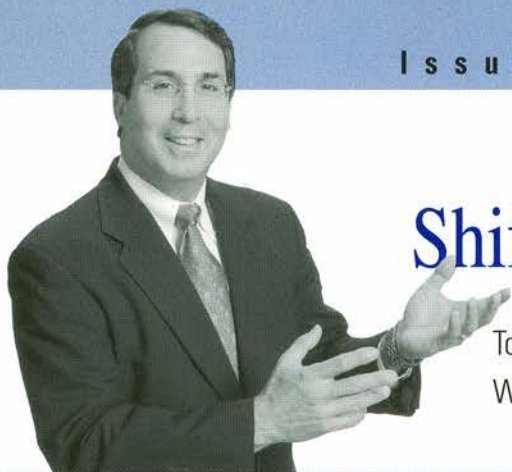
Growing up, Josephine Ritz dreamed of being a teacher or a nurse. She discovered a thirst for learning and sharing as she supported her mother through cancer. "My mother always knew I was different from my four sisters," she says. "Their talents were in sewing and cooking, and I liked books, school and caring for people."

When Ritz was 17, her mother passed away. Soon after, she made an important choice: to become both a nurse and a teacher. That was a progressive move for a woman in the 1940s, and one that would lead to a fulfilling 55-year career. Last month, she was honored at the Spirit of Women conference, "The Heart of a Woman," for her contributions to



Josephine Ritz teaches at the Allentown Hospital School of Nursing in the 1960s.

Continued on page 3



Shift into the “No Passing Zone”

Today, there’s “no passing” in the hallway without a warm hello. We have a renewed enthusiasm in whom we work with and how we care!

Our positivity prevails, and that attracts more people like us who know that the healing experience happens everywhere—from the hallways and cafeterias to the patient rooms.

There’s something pretty special happening here at LVHHN. Take a stroll down the hallway and take notice: How many people say hello to you? Smile? Make eye contact? You’ll feel a palpable sense of optimism that is quite remarkable—probably nine out of 10 people are engaged.

But it hasn’t always been that way. When Dr. Sussman and I arrived nearly a decade ago, nearly nine out of 10 people would actually grunt a hello, stare at their shoes or look away. We began looking for people with sunny dispositions and more often than not, they were hard to find...but not anymore!

There has been a “tipping point” in attitude, an epidemic of the good kind, a contagious enthusiasm, a positive approach to our lives and our work that travels from one person to the next. We see it in our cafeterias, on our units, in the hallways...and at our employee picnics, the Star Celebration and recent employee forums. “I’m proud to be part of a nationally recognized hospital! The future looks great! I work in an environment where people really care! Thank you!” you say on forum surveys.

There are so many reasons to take PRIDE today! Consider that our respiratory therapy, nursing, intensive care and heart teams are recognized among the best in the nation...nurse to patient ratios are 27 percent higher than other local hospitals...our financial gain of \$19.7 million is reinvested into our community to heal, comfort and care...our leading edge commitment to quality is recognized by Leapfrog’s group of Fortune 500 companies...and more and more patients choose us and trust as a result.

We feel good about what we do, value whom we work with and rely on each other, knowing that our colleagues don’t snap at us. The person who does snap isn’t accepted by his or her peers, feels uncomfortable and just doesn’t make it here.

Our positivity prevails, and that attracts more people like us who know that the healing experience happens everywhere—from the hallways and cafeterias to the patient rooms. We recognize that patients and their families are frightened and anxious when they’re here. We also recognize that when they see us pass each other in the hallway with a bright hello and when we stop to welcome them and help with directions, it really does help them heal.

Even our Penn State baby on Route 22 is smiling at our community. We don’t cross our arms and put on serious faces. We are warm and engaged and patients take notice. We see it in our patient satisfaction surveys—and we are rewarded with Shared Success bonuses, prestigious awards and more. We are also rewarded with the satisfaction of caring in a pretty special place with pretty special people.

Some say a bad day fishing is better than a good day at work. Well, I truly believe that a bad day here is better than a good day working anywhere else. Thank you for the special way you care for our patients...and each other!

Lou Liebhaber, Chief Operating Officer

A Legendary **TEACHER AND NURSE**

Continued from page 1

career, family and health. Ritz's journey began in the former Allentown Hospital School of Nursing. She lived there with 200 girls, waking at 6 a.m. and working 10-hour days learning her profession. "We had an intense curriculum, but we also made our own fun," she says. "We played tricks on each other, sang songs with the house-mother, had parties and sometimes even sneaked out to meet boys." Ritz went on to earn the highest grade point average in bedside nursing. She became a teacher at the School of Nursing and eventually, the director. She has mentored more than 2,500 nurses herself, making lasting impressions on her students and patients. "One woman said she would never forget my kindness," Ritz says. "Fifty years later, she still sends me Christmas cards."

Those rewards have kept Ritz focused on her dreams. She found love and support in her late husband, George. The pair met in first grade and reunited 15 years later. "He had a heart condition, and told me I would be a young widow," she says. "But I loved him, and we always were there for each other."

That bond grew through the birth of their child, George Michael, who was born prematurely at 2 pounds, 3 ounces. Once her child's health was assured, Ritz taught full time again and pursued a master's degree. "My sister helped with the baby and George helped with the cooking," she says. "He was an amazing man."

And Ritz is an amazing woman. When the School of Nursing closed in 1988, she wasn't about to retire. Instead, she helped to start LVHHN's Friends of Nursing fundraising program to help nurses continue to grow and learn. Today, in her 70s, Ritz keeps working in the development department and has raised more than \$6 million for nurses.

And Ritz certainly stays busy. If she's not running to Kutztown University, Cedar Crest College or LVHHN to offer her expertise, she's helping Easter Seals with strategic planning and leading the Ladies Guild at her church. Or maybe she's curiously reading about history, science or archaeology, growing her famous grape tomatoes or cooking healthy meals to help manage her high blood pressure. Or she could be planning reunions and luncheons for her high school classmates, retired LVHHN colleagues, old neighborhood pals and nursing school alumni. "Staying strongly connected to my roots keeps me happy and healthy," she says.

And so does her lifelong passion for teaching and learning. "If we don't keep our minds active, what else is left?" Ritz says. "If you have anything to contribute, share it and teach it."

Pamela Maurer

Meet the **Spirit of** **Women.**

AWARD WINNERS



Josephine Ritz, R.N. (center), continues her support of nursing today. Here she celebrates with Janet Kahora, R.N. (left), emergency department, and Carol Gould, R.N., transitional skilled unit, both of LVH-17th & Chew, at the Magnificent Magnet Celebration in September.



Social worker Clare Murphy became the first person in the Lehigh Valley to counsel survivors of childhood sexual abuse.

Today, she continues to be a champion for children and women, even as she faces lung cancer. She's undertaken her journey with the spirit she has passed on to others.

Kelsey Arcelay, 16, found role models at the Girls and Boys Club of Allentown and today, young girls there aspire to be like her.

She tutors them in school, helps fellow teens find funding for community service projects, writes for the Allen High School newspaper, throws the shot put, is involved in her church and set a goal to become a physician.



PUMPed



about Free Fitness

You can find the perfect fitness routine through *Healthy You Programs*—and it's covered by **Choice Plus!**

Anne Brown, R.N., PACU, LVH-17th and Chew, learned yoga and Tai-Chi in a *Healthy You* class. "It's a fantastic way to relax," she says.

There's no history of osteoporosis in Sandy Schmiedel's family, yet she sees the effects of fragile bones every day.

A registered nurse in the PACU at LVH-17th and Chew, Schmiedel cares for patients immediately after surgery. Often, those patients are recovering from injured shoulders, knees and ankles caused by osteoporosis. "I see that," Schmiedel says, "and want to stay healthier."

Schmiedel ensures her wellness through PUMP, an exercise program aimed at strengthening your body—and bones—through light barbell work. The course, taught by fitness trainers at *Healthy You Programs*, is fully reimbursed through Choice Plus and is offered at the Health Center at Trexlerstown and the *Healthy You Center* on Fish Hatchery Road, Allentown.

"I never took a structured exercise class before, but I liked PUMP right away,"

Schmiedel says. "It works all your major muscle groups—arms, legs, shoulder, back—and lets you work at your own pace."

For Schmiedel, that pace involves four-minute intervals of slow, steady muscle work with a 2.5-pound barbell and a 3-pound shoulder bar. The slower pace "gives the muscle time to fully contract," says *Healthy You* programs director Greg Salem. "That helps you gain more lean muscle tissue, which increases metabolism and burns calories even while you're at rest."

Studies show women who strength train twice a week for two months gain nearly 2 pounds of muscle and lose 3-1/2 pounds of fat. PUMP is once a week but designed to help you plan workouts at-home as well. "Because it emphasizes form and

setup, PUMP shows you the right way to lift weights to improve your stamina and posture," Salem says.

Schmiedel is proof. By going to PUMP and working out with light weights at home, she's lost 10 pounds, gained muscle tone and feels stronger, whether she's moving patients or boxes. "We just moved two truckloads of belongings into a new house, and I felt energized afterward," she says.

Not only does Schmiedel PUMP it up, but she will be doing more—she won a gift certificate for *Healthy You* programs at the Magnificent Magnet Celebration. "I think I'll get a massage next," she says.

Kyle Hardner

JOIN PUMP CLASSES!

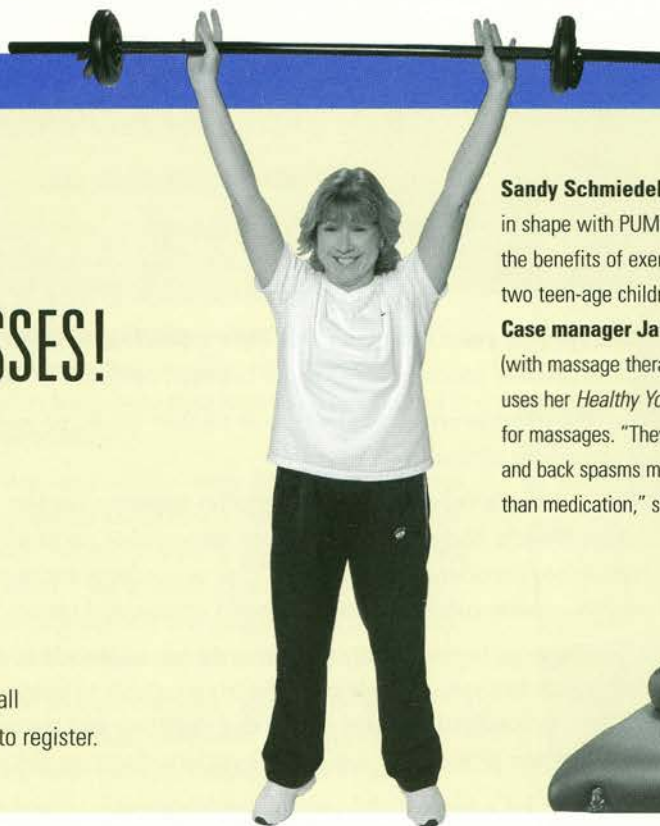
At Health Center at Trexlertown

- Sat., starting Nov. 30, 9:45 - 10:45 a.m.
- Tue., starting Dec. 10, 6:45 - 7:45 p.m.
- Thu., starting Dec. 12, 6:45 - 7:45 p.m.

At Healthy You Center

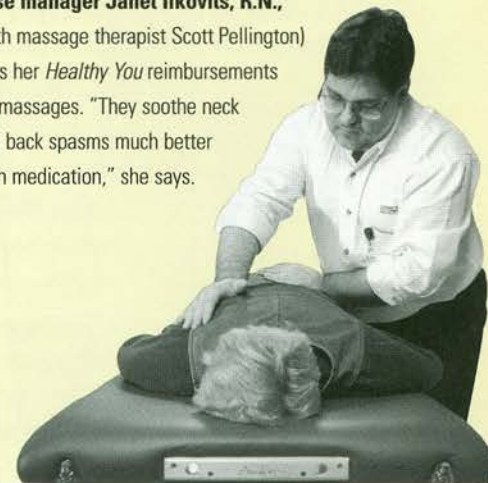
- Wed., starting Jan. 8, 4 - 5 p.m.

Costs of \$55 for six classes and \$90 for 12 classes are all reimbursable through Choice Plus! Call 610-402-CARE to register.



Sandy Schmiedel, R.N. (left), stays in shape with PUMP. "It reinforces the benefits of exercise to my two teen-age children," she says.

Case manager Janet Ifkovits, R.N., (with massage therapist Scott Pellington) uses her *Healthy You* reimbursements for massages. "They soothe neck and back spasms much better than medication," she says.



Your Benefits, Your Choices

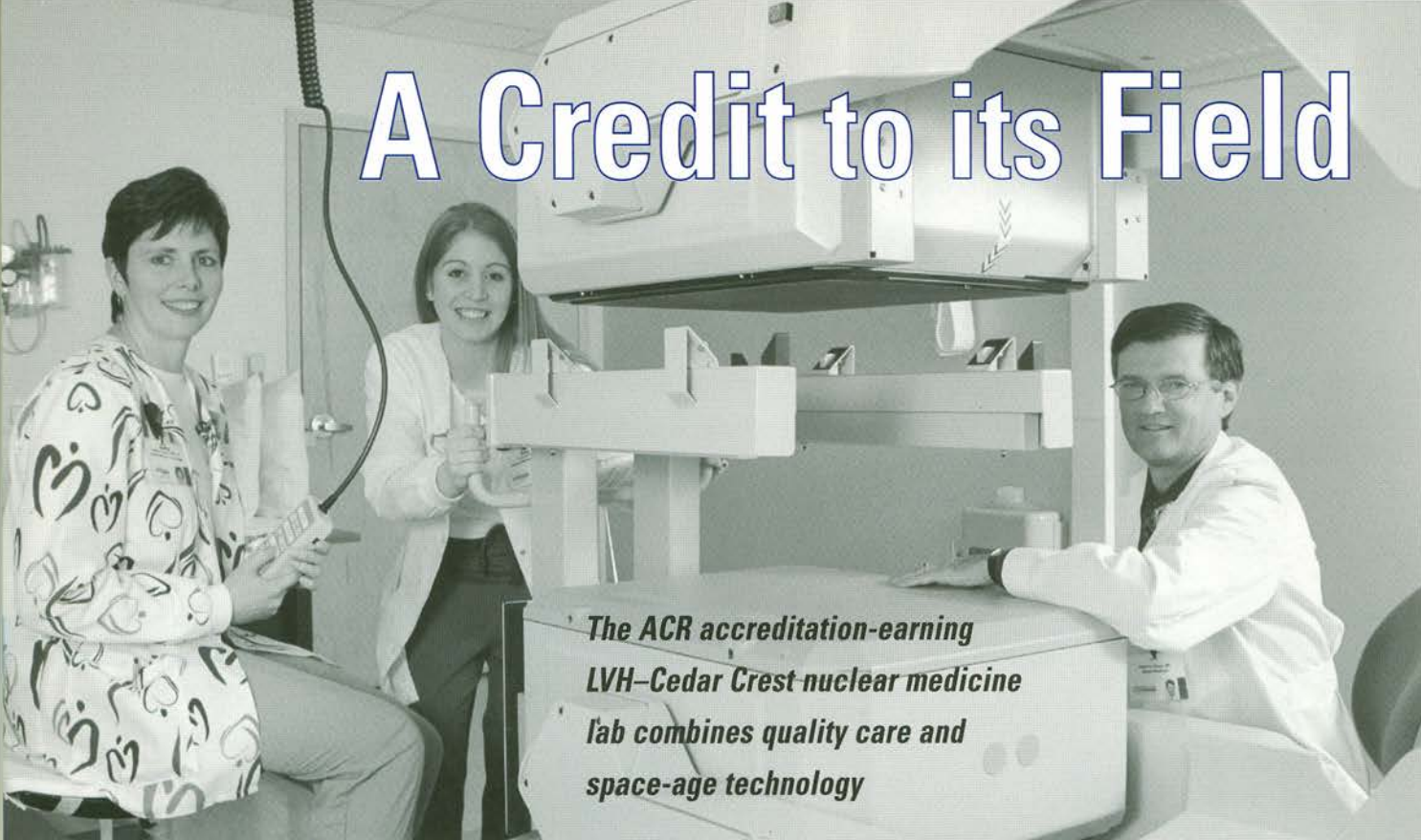
Here are some points to remember for the Dec. 3 - 13 open enrollment—your chance to choose your benefits:

- **Be prepared for benefits counseling**—A CBP Technologies counselor will enroll you in the benefits you choose (health, dental, vision, whole life or critical illness insurance) at a personal appointment. Your open enrollment packet, which was sent to your home, has more information about each choice, so be sure to review the packet prior to your appointment. New benefits begin on Jan. 1, 2003.
- **Dental benefits cost less!**—Check your packet for specific costs.
- **Use a health care flex spending account**—You can budget for out-of-pocket medical, dental and/or vision expenses (including prescription co-pays) with a tax-free health care flexible spending account of between \$100 - \$3,000. Estimate carefully—there are no refunds or carryovers for unused monies.
- **New pharmacies are coming**—In January, Health Spectrum will have new, larger and more convenient retail pharmacies in the Jandl Pavilion at LVH-Cedar Crest and the lobby at LVH-Muhlenberg. A new LVH-17th and Chew site is open in the Center for Healthy Aging.

MORE DISCOUNTS AND REIMBURSEMENTS FOR YOU!

Healthy You offers other exercise, nutrition, stress reduction and self-care programs. Learn more on the Intranet at www.kvh.com or call 610-402-CARE. You can also get a 10 percent discount on membership fees for the fitness center and other programs at the Hanover Township Community Center. Call 610-317-8701.

A Credit to its Field



**The ACR accreditation-earning
LVH-Cedar Crest nuclear medicine
lab combines quality care and
space-age technology**

(L-R) Clinical coordinator Kathy Jones, student Amy Horvath, and medical director Robert Rienzo, M.D., work with a camera that produces razor-sharp images. Horvath, one of six students in Cedar Crest College's nuclear medicine technology program, will join the LVH-Cedar Crest staff upon graduation.

She's spent 16 years using Star Trek-style technology to better diagnose patients. Still, Kathy Jones battles patients' misconceptions about radiation every day in the LVH-Cedar Crest nuclear medicine lab. "People are unaware of what we do in nuclear medicine until they need a test," says Jones, the department's clinical coordinator.

Here are the facts: while an X-ray studies anatomy, nuclear medicine examines physiology—or function—of a body part. Patients are subjected to no more radiation than during a typical X-ray and do not experience side effects. "Our procedures are non-invasive and help more effectively diagnose many conditions, such as heart disease and cancer," Jones says.

That diagnosis begins when a patient at the lab is injected with a gamma-emitting radioactive isotope that travels to a specific body part (the lab is capable of imaging everything except female reproductive organs). Specialized cameras detect that radiation and transfer an image to a computer, where technologists process the scan and physicians diagnose the patient.

At the LVH-Cedar Crest lab, staff mixes homespun care and whiz-bang technology. That care receives notice—the department is one of three in Pennsylvania to earn a prestigious three-year American College of Radiology accreditation. To achieve the honor, the department submitted patient studies that were evaluated by board-certified nuclear medicine physicians. "The accreditation means we meet the nation's highest standards of care," says department medical director Robert Rienzo, M.D.

The department's staff is among the most experienced, performing an average of 40 procedures per day and 10,000 annually and teaching students as a clinical affiliate of Cedar Crest College's nuclear medicine technology program.

And about those myths—technologists dispell them and provide exceptional service. Sometimes comforting a nervous patient is accomplished by pointing out the Cookie Monster picture on the pediatric exam room's wall or engaging a patient in friendly conversation. "I talked with one patient about local hoagie shops," Jones says. "When we stopped chatting, the test was over. All her anxiety melted away."

That kind of dedication, teamwork and professionalism is why the LVH-Cedar Crest nuclear medicine lab is one of a kind. "We have the ability to use the latest in technology and make a difference in patients' lives," Jones says. "That's what drew me to the field two decades ago and makes me proud to be here today."

Know a great technologist?

Refer him or her to human resources.

You'll be eligible for a **\$2,000 cash bonus** if the individual is hired.

Call 484-884-4700.

Kyle Hardner and Dennis Lockard

A Totally Radical RECOVERY

The respiratory therapy team saved a teen-age snowboarder and is named best in the nation for its successes



Dustin McFadden is psyched to be healthy again. Lifting and transporting auto parts at work helps him exercise his lungs and become even stronger.

Ask 18-year-old Dustin McFadden of Levittown about his five weeks in the trauma-neuro intensive care unit after a serious snow-boarding accident and his unbelievable survival and he merely responds, "It was pretty wack."

Aahh, the slang of a teen-ager—it's music to Dustin's parents, although the word they choose is "miraculous." Neurosurgeon Mark Lester, M.D., echoes their words, but is happy to point fingers in Dustin's treatment. "LVH's respiratory therapy team played a major and vital role in saving Dustin's life" he says.

Dustin's journey began last January when he was airlifted from Jack Frost ski area to LVHHN with a severe head injury. During his stay, he developed severe pneumonia, and his care team faced a challenge: standard respiratory therapy interventions would conflict with treatment of his head injury, so how could they help him breathe and relieve his brain trauma?

Dustin's breathing—and his life—were threatened by holes in his lungs. Some days his respiratory system would completely shutdown. "Please, tell me he is not going to die," his mother, Perke, would plead. "We worked vigorously to help him make it through each day and every night," says respiratory therapy educational coordinator Ken Miller, R.R.T.

The team applied its expertise with a new APRV (airway pressure release ventilation) treatment. This special ventilation mode delivered a constant pressure of air at settings customized for Dustin's lungs, reducing scarring and trauma to his body. The therapists worked closely with a team of nurses, pharmacists and physicians and Dustin made progress. Their diligence continued beyond Dustin's bedside. Several therapists regularly prayed for him in the chapel with Father Joseph Becker from pastoral care.

Their dedication has not gone unrecognized. In October, the respiratory therapy department received the National Respiratory Achievement Award from Advance magazine for its excellence in care. "This is a tribute to the quality and commitment of our staff," says Larry Mann, Director, respiratory therapy.

Today, Dustin is "stoked" to be hanging out with friends again, working in an auto warehouse and deciding where he'll go to college for computer science. His mom is stoked too, praising the team for its award, "Of course, the best hospital in the world has the best respiratory therapy department!"

Dennis Lockard

Read the November issue
Magnet Attractions
an article about therapist
Bryn Surgeoner, named
Practitioner of the Year!



Respiratory Care's National Respiratory Achievement Awards

Top Clinical Departments Go Distance for Patient Care



Best Department FIRST PLACE
Respiratory Care Department
Lehigh Valley Hospital
Allentown, PA

Crème de la Crème
Lehigh Valley Hospital
Respiratory Care Department
Allentown, PA

Best Department SECOND PLACE
Cardiopulmonary Services
Hennepin Medical Center
Minneapolis, MN

Best Department THIRD PLACE
Respiratory Care Department
University of Michigan
Ann Arbor, MI

Best Department FOURTH PLACE
Respiratory Care Department
Cleveland Clinic
Cleveland, OH

Best Department FIFTH PLACE
Respiratory Care Department
Ohio State University
Columbus, OH

Best Department SIXTH PLACE
Respiratory Care Department
University of Wisconsin
Madison, WI

Best Department SEVENTH PLACE
Respiratory Care Department
University of Illinois
Chicago, IL

Best Department EIGHTH PLACE
Respiratory Care Department
University of Texas
Austin, TX

Best Department NINTH PLACE
Respiratory Care Department
University of California
San Diego, CA

Best Department TENTH PLACE
Respiratory Care Department
University of Pennsylvania
Philadelphia, PA

This respiratory therapy team saves lives every day and is now recognized as the best in the nation by Advance magazine.

Fresh Air in the Ideal Experience

Respiratory therapy at LVH—Muhlenberg plays an important role in daily collaborative rounds with heart patients. "Listening to patients and working more closely with the team mean patients go home earlier, healthier and satisfied," says coordinator Stephanie Genovese. In fact, the team's Press Ganey score has climbed to the 96.4 percentile.

An Ounce of FLU PREVENTION

THIS WEEK ONLY!
Celebrity Flu Shots
 - GET STUCK BY A STAR -

Today's Schedule:

8:00-10:00	George Clooney
10:00-12:00	Nicole Kidman
12:00 - 2:00	Harrison Ford
2:00 - 4:00	Jennifer Lopez

It's flu season again, and LVHHN's vaccination team is looking for a few good arms



Jay W. Gannacher

"Carol, this may have worked too well. We've broken all records for giving employee shots, and these people sneaked back in line for seconds."

They came from all walks of hospital life, rolled up their sleeves and bravely took it in the arm. Yes, another flu season is upon us and once again, the LVHHN flu mobile has been on the move offering the "blue light" special—free flu vaccines to all employees.

At a recent clinic at LVH-Cedar Crest, Regina Hesch, L.P.N., from employee health services, administered injections with equal doses of good cheer and camaraderie. Her routine—a little gab, a quick stab and a dab—actually made the process fun. A Tootsie Roll for good behavior sweetened the deal.

"You're enjoying this entirely too much," quipped one woman as she walked away. Hesch just laughs and gets ready for the next customer, calling out in a lively voice, "Next!"

And so it went for nearly 300 employees, like Debbie Gerhart, a medical technologist at Health Network Laboratories. Her reasons for getting the shot were twofold. "I frequently take blood from patients and you never know whether they might have the flu," she says. "Besides, I had the flu once, and it was awful. Every muscle ached."

Anthony Fragassi, physical therapist at LVH-Cedar Crest, added another reason for getting his flu shot. "I don't want to miss any work," he says.

Prime flu season runs through April with October and November being the best time for vaccination, says Carol Guanowsky, R.N., manager, employee health. "Health care workers should be immunized because it's our duty to protect ourselves and our patients, especially if you're caring for those with weakened immune systems," she says.

The vaccine doesn't guarantee that you won't be flu-free but it is very effective, Guanowsky says. The odds are good enough for Rick Nocek, a mechanic in engineering. "We work on isolation fans and go in patient rooms to check on heating," Nocek says, "so I think this is a good benefit."

Elizabeth McDonald

Missed the Flu Mobile?

For walk-in hours at all three employee health services sites, see the *What's Happening* foldout on page 11.

Get the vaccine, and you'll be eligible to **win great prizes!**

She takes PRIDE in Caring for Women with Cancer



Pamela Repetz, R.N.

PRIDE is more than an acronym for Lehigh Valley Hospital and Health Network—it's what defines colleagues. For Pamela Repetz, R.N., it distinctly defines who she is—*Pamela Repetz Inspires Dignity Everywhere*.

Repetz, who manages the gynecologic cancer practice and the LVPG maternal-fetal medicine practice, coordinates the annual Celebration of Life, most recently held on Sept. 15. There, cancer patients, friends, family and survivors gather to read poems, sing a song or play the piano in a show of togetherness and inspiration.

Besides creating and coordinating the Celebration of Life, Repetz was also a driving force behind the "Garden of Hope," between the 1210 medical office building and the Morgan Cancer Center at LVH-Cedar Crest. Patients, family and friends visit there to reflect. Repetz has also contributed ideas to activities such as the survivors' quilt that hangs in the office waiting room.

"She does all this while managing two practices and working on her second master's degree," says Karen Eschenbach, LVPG director of clinical practices. "She truly deserves to be recognized for what she brings to the network and the manner in which she displays PRIDE behaviors."

Joe Candio

Congratulations to November's Service Star Award nominees:

Joanne Abdouche, food and nutrition, LVH-17th and Chew
Nominated by Alex Endres, director, food and nutrition; Charles Keim, TSU administrator and Bonnie Kosman, TSU director

Kelly Farrell-Bilotta, registered respiratory therapist, LVH-Cedar Crest
Nominated by Cindy Moser and Uma Bhatt, registered respiratory therapists

Christine Krotzer, technician, LVH-Cedar Crest pharmacy
Nominated by Robert Begliomini, pharmacy director and Charlene Young, CEDS coordinator

Marge Nader, financial counselor, LVH-Muhlenberg patient accounting
Nominated by Sandra Colon, patient accounting director

Want to Nominate a Star? Go to e-mail's bulletin board at **Forms_rewards**. Right click to "use form."

She Strikes a Cord in the OR

It's not easy to think of a Working Wonders idea when you work in an environment as fast-paced as the LVH-Cedar Crest operating room. Kathy Masters, the OR's equipment and supply technician, not only thought of a great idea, but found one that both saves money and directly benefits patient care.

Masters noticed the OR nurses using three different types of bipolar cords for cauterization (a procedure that stops bleeding during surgery). Some cords were reusable and some were disposable, and that led to confusion. People would sometimes inadvertently discard the reusable cords.

"So I began researching different supply companies," says Masters. That's when she found that two cords—both disposable—could do the work that three cords did previously. The new cords are less expensive (\$2.90 each as opposed to a high of \$34.80 apiece before) and more effective.

"The new cords are working better than ever," says Masters. "We don't have the worries we had with the other cords, which is great for everyone in the OR—colleagues and patients alike."

Joe Candio



A "Cord" Above the Rest

Kathy Masters shows off the new cords that lead to enhanced patient care in the LVH-Cedar Crest operating room.

HOW WORKING WONDERS ADDS UP

IDEA Change in OR bipolar cords
BY Kathy Masters, equipment and supply technician, LVH-Cedar Crest operating room

ESTIMATED ANNUAL SAVINGS \$7,549

AWARD AMOUNT \$755

Have an Idea?

Submit it via e-mail's bulletin board at **Forms_LVH** or by clicking "Working Wonders submission form" on the Intranet (www.lvh.com).

PRIDE IN OUR PEOPLE



Trick or Treat on Peds

Little Maggie Motolese, with the help of her dad, Roberto, went trick or treating on the pediatric unit on Halloween. A bewitching **Cheryl Heffner**, administrative partner, was among staff who made the day special for all the children on the unit.

Ensuring Our Readiness

Michael Kaufmann, M.D., chair of psychiatry, addresses media during last month's "Terrorism: Are We Ready?", a symposium sponsored by LVHNN's department of psychiatry. Emergency management and disease control officials talked with staff about preparedness if another terrorist attack occurs in the United States.



High Marks for Cancer Care

LVHNN's Cancer Center is now among the 20 percent of hospitals nationwide to earn accreditation as a teaching hospital cancer program from the American College of Surgeons' Commission on Cancer.



A STAR In Cancer Prevention

Cancer prevention studies coordinator **Deborah Kane, R.N.** (right), earned a 2002 STAR Stellar Performance Award for exceeding STAR breast cancer prevention trial enrollment goals.



For Women, By Women

Breast cancer survivor **Trish Weber, R.N.**, nurse auditor, patient accounting (left) and her running mentor **Molly Sebastian**, administrator, medical/surgical/trauma, were among dozens of LVHNN employees in the **Women's 5K Classic** last month. **More than \$100,000 was raised** for education and research for women's cancers.



Nurses Get Nightingale Honors

Kossiwa Lonergan (left) became the second straight clinical practice L.P.N. to earn a **Nightingale Award of Pennsylvania** for statewide nursing excellence last month. **Adele Schaffer, L.P.N., Tina VanBuren, R.N., and Anne Panik, R.N.**, were among the LVHNN finalists, the most of any hospital. Read about the honored nurses in November's *Magnet Attractions*.

Malpractice Reform—You Can Make a Difference



Urologist Ed Mullin, M.D., president of the medical staff (below, right) and **LVHNN president and CEO Elliot J. Sussman, M.D.**, urge you and the community to support legislative reform of malpractice insurance in Pennsylvania.

Just sign a petition circulating among doctors' offices, online at www.keepdocsinthevalley.org or on the Intranet at www.lvh.com. LVHNN joined Easton, Sacred Heart and St. Luke's hospitals at an Oct. 30 press conference (pictured below) in the LVH-Cedar Crest auditorium announcing the petition campaign calling for lawmakers to enact meaningful medical liability reform. Soaring premiums for Pennsylvania hospitals and physicians have resulted in a health care crisis impacting hospitals, physicians and ultimately, patient care.



If you have news or a story idea for **CheckUp**, submit your suggestion by the 20th of the month for publication in the following month to Donna Karen Bobo, public affairs, 1770 Bathgate, using interoffice mail or e-mail, or by calling 484-884-4819. LVHNN is an equal opportunity employer. It is our policy to recruit, hire, train and promote in all job classifications without regard to race, color, religion, age, sex, national origin, disability or veteran status. LVHNN's Affirmative Action Plan can be reviewed in the human resources office between 8 a.m. and 4 p.m., Monday through Friday. EOE M/F/D/V

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Intranet: www.lvh.com • Internet: www.lvh.org

**Meet Lehigh Valley
Hospital and
Health Network's
NEW PHYSICIANS**

Christopher Ferrante, M.D.



SURGERY

Orthopedic Surgery

Practice: Orthopaedic Associates of the Greater Lehigh Valley

Education: Johns Hopkins University; University of Maryland/New Jersey—Robert Wood Johnson Medical School

Residency: University of MD/NJ—New Jersey Dental School

Fellowship: University of Pennsylvania Medical Center

Eliot Friedman, M.D.



MEDICINE

Hematology—Medical Oncology

Practice: Hematology—Oncology Associates, Inc.

Education: State University of New York—Binghamton; University of Chicago, Pritzker School of Medicine

Residency: University of Chicago Hospitals and Clinics

Fellowship: Harvard Medical School/Dana Farber Cancer Institute

Nick Garg, M.D.



PSYCHIATRY

Child-Adolescent Psychiatry

Practice: LVPG—LVH—Muhlenberg

Education: Marquette University; University of Wisconsin Medical School

Residency: The University of Oklahoma; UCLA Neuropsychiatric Institute and Hospital

Fellowship: Washington University School of Medicine



NOVEMBER 2002 SERVICE ANNIVERSARIES

Congratulations to the following employees on their November 2002 service anniversaries! Thank you for your continuing service to Lehigh Valley Hospital and Health Network.

35 YEARS OF SERVICE

Kathleen Adams
Emergency Service, CC

Loretta Sargent
Nurse Staffing Office

30 YEARS OF SERVICE

Carol Jeffries
Emergency Department

Vivian Kober
Radiology Admin

Sharon Latsko
Admissions

Carol Mutchler
Human Resources Administration

25 YEARS OF SERVICE

Jane Dilliard
LVH—Mub Float Pool

Deborah Dunbar
Housekeeping

Shirley Hahn
4C Medical/Surgical Unit

20 YEARS OF SERVICE

Patty Deutsch
Operating Room

Wendy Everett
Cat Scanning

Jeanette Mertz-Brown
Endoscopy, G.I. Lab

Sally Sherman
Care Management

15 YEARS OF SERVICE

Maryrose Dorward
6N Adult Psychiatry Unit

Catherine Ehrig
ASU, PACU/OR

Candace Fritch
Post Anesthesia Care Unit

Zelda Greene
Medical Records

Joann Gruber
Radiation Oncology

Vicki Klotz
Emergency Dept Registration

Nancy Morgan
Special Procedure

Ruth Yablonski
5C Medical/Surgical Unit

Robin Zwolenik
Emergency Department

10 YEARS OF SERVICE

Helen Cherewaty
HSMP Allentown Patient Services

Carolyn Farrell
College Heights OB/GYN

Karen Fowler
Marketing/Public Affairs

Thomas Lane
The Guidance Program

Angelic Martinez
Nursing Float Pool

Keith Snidtker
Plant Operations

5 YEARS OF SERVICE

William Arroyo
Supply Distribution Services

Richard Baylor
Heritage Family Practice

David Bosket
LVAS, LVH—Cedar Crest

Shelly Brewer
LV/PBS, G & A

Christopher Bury
LVAS, LVH—Cedar Crest

Michael Columbus
Pharmacy

Kimberly Forsht
Transitional Open Heart Unit

Sharon Glass
7B Medical/Surgical Unit

Audrey Kaintz
Radiology/MRI

Lori Kozak
ASU, PACU/OR

James Landis
Info Services Operations

Donna Laudenslager
Labor & Delivery

Donna Lovelace
Dental

Tara Markovich
Center City OB/GYN

Gregory Marushak
Master Facilities Admin

Tamara Masiado
Health Studies

Luis Melendez Rivera
HSMP Allentown Patient Services

Sophia Michailidis
Trexlerstown Medical Center

Jazmin Rivera
Ed Registration

Anna Rockovits
Medical Records Transcription

Lisa Smothers
Neurological Surgery

Kathleen Urban
Disease Management

Stanley Willis
Operating Room

Pamela Zepp
ABC Family Peds, Allentown

Open Enrollment for Your Benefits

Dec. 3 - 13

Meet with a CBP Technologies counselor and a human resources representative to choose your benefits. Individual appointments will be scheduled.

See your department head for more information.

To get an open enrollment packet, call HR at 484-884-4700.

Feature Film—HIV/AIDS: 20 Years Later

Tue., Dec. 3

Tue., Dec. 3 School of Nursing, LVH—17th and Chew Reception 6 p.m. • Free film showing 7 p.m.

Clinical social worker Stephen T. Libby, ED, LVH—Muhlenberg, wrote and produced the documentary film exploring the myths and realities of HIV/AIDS.

Film also shown: Sat., Jan. 11, 8 p.m. at The Theatre Outlet, 29 N. 9th St., Allentown.

Read about Libby and his passion for people and their stories in December's *CheckUp!*

The Healing Spirit

LVHHN Community Annual Meeting

Wed., Dec. 4

Wed., Dec. 4 • 5 p.m.

LVH—Cedar Crest, auditorium

You feel it when you care for patients. You see it in a patient's smile. Learn more about the healing spirit through inspiring stories. Celebrate LVHHN's yearlong accomplishments.

RSVP by Nov. 27 by e-mailing Loryn.Moyer or call her at 484-884-4828.

For a copy of the community service report, call 610-402-CARE.

A Time of Transition

Wed., Dec. 4

Learn more about successfully keeping up with change in the workplace at this Preferred EAP training and development series program. It's FREE to all LVHHN employees.

Registration is required. Call 610-433-8550.

Auxiliary Christmas Events

Dec. 5 - 6; Dec. 11 - 12

POINSETTIA SALES

Thu. & Fri, Dec. 5 - 6 • 7 a.m. - 4 p.m.

LVH—CC and 17th and Chew lobbies

Wed. & Thu, Dec. 11 - 12 • 8 a.m. - 8 p.m.

LVH—Muhlenberg lobby

CHRISTMAS TEA

Wed., Dec. 11 • 8 a.m. - 8 p.m.

LVH—Muhlenberg cafeteria

Proceeds benefit the LVH and LVH—Muhlenberg auxiliaries.

Blood Donor Drives

Dec. 13 and 18

LVH—Cedar Crest, Anderson Wing
Fri., Dec. 13 • 6:30 a.m. - 4:30 p.m.

LVH—Muhlenberg, entrance by gift shop
Wed., Dec. 18 • 7:30 a.m. - noon

For an appointment, call LVH—CC, 610-402-8899 or LVH—Muhlenberg, 484-884-2229.

Discounts at Hanover Twshp. Community Center

LVHHN employees are eligible for a 10% discount on membership fees and 20% discounts on field permit fees, gym and/or meeting room reservations at the center, 3660 Jacksonville Road. Banquet and fitness facilities are present. **Call 610-317-8701.**

Employee Flu Vaccines

WALK-IN HOURS at EMPLOYEE HEALTH

LVH—Cedar Crest

(now located 1st floor, Jaindl Pavilion, behind barber shop)

Mondays 7 - 8 a.m. and 1:30 - 4 p.m.

Tuesdays 1 - 3 p.m.

Wednesdays 7:30 - 8:30 a.m.

Thursdays 1:30 - 4 p.m.

Fridays 7 - 8 a.m.

LVH—Muhlenberg

Mondays 1:30 - 4 p.m.

Tuesdays 9 - 11 a.m.

Wednesdays 2 - 4 p.m.

Thursdays 8 - 10 a.m.

Fridays 8 - 10 a.m.

LVH—17th and Chew

Tuesdays and Thursdays 7 - 8:30 a.m.

**Meet Lehigh Valley
Hospital and
Health Network's
NEW PHYSICIANS**

Jason Pellegrino, D.M.D.



DENTAL MEDICINE
General Dentistry

Practice: Jason A. Pellegrino D.M.D., P.C.

Education: University of Scranton; University of Maryland—New Jersey—New Jersey Dental School

Residency: Lehigh Valley Hr

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Physician Group
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