Reaching Back
This stone has a story to tell, page 10
Meeting Every Challenge

Our team always pulls together in times of crisis.

An event like our hospice team experienced in March makes you stop and reflect on the fragility of life and power of human relations. Our love and connection to the people closest to us can be inspiring and uplifting. Sadly, it also has the ability to spur behavior we cannot otherwise imagine or think is even possible.

Comforting and caring for people as they near the end of life requires a unique blend of empathy, instinct and education. Our hospice team is as good as they come. Yet, there will always be circumstances and situations that cannot be anticipated. Facing such a crisis, our team acted swiftly and admirably, as evidenced by the outpouring of support that arrived from across our region and nation.

It was the kind of performance under pressure I’ve come to expect from colleagues across our health network. As health care providers, we are by nature people of compassion. Many of us deal with life and death situations every day, and that compassion shines through, regardless of the challenge.

Some of those challenges we plan for and are prepared to meet. Others require us to act in a split second. What remains consistent is our respect, teamwork and deep commitment to our fellow human beings. Decisions are made not for recognition or reward, but rather, out of concern for one another and the patients and families we serve. That’s why I am incredibly proud to call you my colleagues.

Without a doubt, we have hurdles to overcome and improvements to implement in order to make our health network an even safer and better place to work. I promise you these issues are being addressed with the same compassion, diligence and expertise you exhibit each day.

Terry Capuano, RN
Chief Operating Officer
Helping You Get and Stay Healthy

Learn about changes to your Culture of Wellness benefits

Our health network is committed to helping you stay healthy through Culture of Wellness. Here’s a snapshot of how you can learn about programs and improve your health.

Introducing LVHN Fitness
Our Healthy You Fitness Centers have a new name. They’re now called LVHN Fitness. Inside each location (LVHN Fitness–Cedar Crest, LVHN Fitness–Muhlenberg and LVHN Fitness–Mack Boulevard) you’ll find a dedicated, professional staff focused on getting you in shape. Whether you’re a weekend warrior or an elite athlete, a person recovering from a health challenge or someone managing a chronic health condition, LVHN Fitness can help. Services include:

• Full array of cardiovascular, strength and functional equipment
• Group fitness classes
• Personal training
• Fitness assessments
• Massage therapy
• Sports performance

By joining LVHN Fitness, you can participate in group classes such as zumba, yoga and line dancing. Membership is covered under Culture of Wellness. Certain requirements must be met before you are reimbursed.

Taking athletic ability to the next level
Are you ready to get into the best shape of your life? Our Sports Performance Program can help you reach your goals. Tailored to fit individual needs for injury prevention, mobility, strength, speed, agility and conditioning, the program is available for all ages. Whether you want to go solo, sign up with a few friends, take a group class, or sign up as a team, we have options that will work for you, including:

• Team performance packages
• Peak performance packages
• Individual and group performance training sessions
• Baseline testing and program updates

Sports performance training is covered by Culture of Wellness. For details, call 610-402-5705.

The art of mindfulness
Life is stressful. Our Center for Mindfulness can help. Beginning in June, the cost of the center’s Mindfulness-Based Stress Reduction Program will be reimbursed to you once you meet program requirements. It’s part of your Culture of Wellness benefit. During the eight-week program you’ll learn:

• Meditation
• Deep relaxation techniques
• How to recognize and modify your signs of stress
• How to work with your thoughts to help manage stress
• How to communicate more effectively
• How to prioritize self-care and build self-confidence

To register for an upcoming session, call 610-402-CARE.

What’s covered under Culture of Wellness?
Colleagues and dependents covered by Choice Plus have $700 per family to spend annually on approved wellness classes, fitness center membership, massage therapy and health assessments. How will you spend your money? Check out your options in the new Culture of Wellness booklet, available on the intranet at www.lvh.com.

—Amy Koch
Like a marathon runner determined to cross the finish line faster than ever before, we’re driven to achieve our goals. When we meet or surpass our goals, you’re at your best, our health network is strong and the people of our community receive exceptional care.

Our goals are related to our five fundamental priorities: people, service, quality, cost and growth. Your department has goals that support each of the five priorities. How your department performs contributes to whether or not we meet our health network’s overall goals.

“That’s why it’s important for colleagues in each department to meet regularly, review their goals and discuss ways to ensure they’re met,” says SPPI director Dale Lucht.

Here’s a status report on our overall goals. Green numbers show where we’re strong. Red numbers indicate opportunities for improvement. See where we stand and learn how you can help us meet our goals by the end of our fiscal year (June 30).

**Set Your Sights on Our Goals**

How you can help us surpass them

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**people**

44.9%***

Percentage of Choice Plus enrollees who received a preventive health screening

**goal:** 40%

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**service**

88.50***

Patient satisfaction score (Press Ganey and HCAHPS)

**goal:** 89.04

---

**quality**

84.85%***

Percentage of patients who received education to quit smoking when needed

**goal:** 76.23%

---

**cost**

$14,884**

Cost per case (lower is better)

**goal:** $14,949

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The awarding of the SSP bonus is contingent upon us meeting these three goals by the end of the fiscal year. Read June’s CheckUp for the latest numbers.

*As of December 2012  **As of January 2013  ***As of February 2013
How You Can Help Meet Our Goals

Take the Employee Survey.
The deadline has been extended to April 30. Visit the intranet at www.lvhn.com and click the Employee Survey banner ad.

Get a preventive health screening.
Then visit WebSAI.com and complete the “LVHN Preventive Screening Form.”

Practice AIDET.
It puts patients, families and colleagues at ease, builds trust and helps you provide the best possible experience.

Engage and encourage colleagues to engage.
Practice what you learned in Crucial Conversations Forums, the Trustworthy Leader Series and The Great Employee Handbook.

Work efficiently.
Look for and share ways to eliminate waste in your department, and take action to change.

Be a role model and advocate.
Use our health network’s services when you need care and encourage people you know to do the same.

Remember the four ways we want to be.
It will help you build or restore time, trust and teamwork.

Focus on patients, colleagues and our mission. Listen. Live in the moment.

Have a good and caring attitude. Offer support. Smile and have fun.

Connect with patients and colleagues. Communicate. Share and care.

Act as a role model. Take responsibility and ownership. Be a respected team member.

— Rick Martuscelli —

growth

47,562***
Inpatient admissions
GOAL: 47,032

339,655***
Outpatient registrations
GOAL: 359,399

932,799**
LVPG visits
GOAL: 848,713
Nursing at Its Best

Annual Friends of Nursing celebration highlights our caregivers

The annual Friends of Nursing event recognizes and promotes excellence in nursing practice, education and research. It honors all nurses and clinicians at our health network, including those who were nominated for and those who are recipients of Friends of Nursing Awards.

Medical Staff Administrative Partner Awards
Maria del Pilar London, Adult Psychiatry
Debra Rice, Regional Heart Center Medical

Keri Fegley Suchy Award for Excellence in the Delivery of Ambulatory Care
Christine Heffeman, Radiation Oncology, LVH–Muhlenberg

The Robert Lurig Memorial Award for Excellence in Burn Care
Katrina Schafer, Regional Burn Center

Cancer Services Leadership Council Excellence in Cancer Care Award
Sarah Lichtenwalner, Multipurpose Area, Cancer Center, LVH–Muhlenberg

Fleming Nursing Caring Awards
Stacy Michalik, Trauma Neuro ICU
Lori Ann Dietz Fontaine, Inpatient Hospice

Award for Excellence as a Case Manager
Jonelle Pionegro, Case Management

Pulmonary Associates Award for Excellence in Critical Care Nursing
Andrea Tewari, Cardiac ICU

William F. Ihrie Jr. and Elizabeth A. Ihrie Digestive Sciences Award
Joan Collette, GI Lab

Jeffrey J. Hitchings Award for Excellence in Education
Jennifer Trubilla, Dialysis

The Florence Nightingale Exemplary Professional Practice Award
Tiffany Epting, Clinical Staff Development

Alma W. Holland Award for Excellence in Home Care Nursing
Tara Mertens, Lehigh Valley Home Care

Joseph and Judith Kaminski Award for Excellence as a Float Nurse
Timothy Kelly, Float Pool

Medical Staff Licensed Practical Nurse Award
Ruth Ocasio, Radiation Oncology

Dr. and Mrs. Donald H. Gaylor Medical-Surgical Nursing Award
Tracy Gemberling, 6T

Award for Excellence in Neuroscience Nursing
Christina Merrell, Neuroscience ICU

Award for Excellence as a Nurse Preceptor
Donna Hill, Interventional Progressive Coronary Unit

Dr. Peter and Ruth Keblish Award for Excellence in Orthopaedic Surgical Nursing
Emily Sorrentino, 5C

The annual Friends of Nursing event recognizes and promotes excellence in nursing practice, education and research. It honors all nurses and clinicians at our health network, including those who were nominated for and those who are recipients of Friends of Nursing Awards.
Allentown Hospital School of Nursing Alumni Association Award for Excellence in Palliative Care
Jacaline Wolf, OACIS Services

Josephine Ritz, RN, Nursing Award for Excellence in Patient and Family Teaching
Borna Oriko, Regional Heart Center Medical

M.G. Asnani, MD, Award for Excellence in Pediatric Nursing
Jane Nemeth, Neonatal ICU

Joseph J. Prorok, MD, Award for Excellence in Perioperative Nursing
Andrea Jones, Operating Room, LVH–17th Street

Award for Excellence as a Pharmacist
Leroy Kromis, Pharmacy

Allentown Anesthesia Associates Post-Anesthesia Care Nursing Award
Maria Elsa Plamenco, Post Anesthesia Care Unit, LVH–Cedar Crest

Professional Excellence Council Physician Friends of Nursing Award
Darryn Shaff, Interventional Radiology

LVHN Department of Legal Services Award for Excellence in the Promotion of Patient Care
Jessica Rush, Hospital Medicine, LVH–Muhlenberg

The Bill and Nancy Mason Award for Excellence in the Delivery of Rehabilitation Services
Michael Pechulis, Physical Therapy

Medical Staff Technical Partner Awards
Vivian Izquierdo, 7A
Brian Spadt, 6T

Medical Staff Award for Excellence in a Care Delivery “Technician” Role
Pamela Stauffer, Operating Room, LVH–Cedar Crest

Kathy Mundt-Bulla Memorial Award for Excellence as a Laboratorian
Patricia Evans, Health Network Laboratories

John M. Eisenberg, MD, Award for Excellence as a Student Nurse
Jasmine Rodriguez, Cedar Crest College

Team Award Recipients

Fleming Award to Recognize New Knowledge, Innovations and Improvements
Emergency Department Staff of the Rapid Assessment Unit, LVH–Muhlenberg

Commitment to Patient Safety Award
5C Skin Integrity Team

Fleming Award to Recognize a Department Which Promotes Family Presence
Inpatient Hospice

Fleming Award to Recognize a Department Which Demonstrates a Commitment to Structural Empowerment
Neuroscience ICU

Senior Management Council Patient Satisfaction Award for Inpatient Care
Regional Burn Center

Lehigh Valley Health Network Board of Trustees Patient Satisfaction Award for Ambulatory Services
Gynecology Oncology Specialists

Betty E. Andersen, RN, Award for Professional Nursing Certification
Dialysis Unit

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Three educators share their vision and excitement as the first class arrives

After two years of study at University of South Florida’s Morsani College of Medicine, the 18 students in our first SELECT class will arrive here May 6. For the past several months, colleagues have been developing curriculum and designing this unique medical school program that emphasizes the development of physician leaders.

Students in SELECT (Scholarly Excellence. Leadership Experiences. Collaborative Training.) will learn from highly qualified faculty mentors, physicians who have been caring for our community as LVHN colleagues for years. Meet three members of the SELECT faculty and learn why they’re excited for the arrival of the first class.

Kristin Bresnan, MD
OACIS Services (palliative care)

ROLE WITH SELECT: Direct courses in value-based care, part of the SELECT emphasis on professional development coaching.

EXPERIENCE: Board-certified in family medicine, hospice and palliative medicine. Received her medical degree from Temple University School of Medicine. Has been teaching since her residency days at Lehigh Valley Hospital.

GOAL: Develop health care leaders and stress the importance of the patient-doctor relationship.

GETTING STARTED: “I can’t wait to meet the students. There’s a lot of work to do and a lot of course-building as we go, but it’s really an exciting time for all of us.”
Eugene York, MD
LVPG Hospital Medicine at LVH–Cedar Crest

ROLE WITH SELECT: Direct department of medicine courses, including inpatient hospital rotations, outpatient services at family practices and clinical specialty education in medicine, surgery, pediatrics, OB/GYN and neuropsychiatry.

EXPERIENCE: Board-certified in internal medicine. Was chief resident at Polyclinic Medical Center in Harrisburg, Pa., before coming to LVHN. Received his medical degree from Universidad C.E.T.E.C., Escuela de Medicina in Mexico City, Mexico. Has been teaching for more than 30 years.

GOAL: Give each student a syllabus with specific details about what to expect and guide them along in their progress.

GETTING STARTED: “We’re doing something no one else has done before. With LVHN’s longstanding commitment to community care, it makes sense that we’re rising to this challenge.”

Dale Dangleben, MD
Surgical Specialists of the Lehigh Valley

ROLE WITH SELECT: Direct courses regarding administrative, leadership and organizational skills as related to surgical situations.

EXPERIENCE: Fellowship-trained in trauma/critical care. Board-certified in surgery and surgical critical care. Received his medical degree from Pennsylvania State University College of Medicine. Has been teaching since his first job as a high school science teacher in the Caribbean.

GOAL: Develop and implement technology that gives students immediate access to information and learning materials using web and mobile applications.

GETTING STARTED: “We’ll be dealing with a new generation of learners. They don’t want big books. They want information in a precise and concise manner. Using the web and apps along with traditional educational materials will make a real difference.”

–Ted Williams
The ritual was subtle, yet tender. Every time Paul Evans reached the bottom of the Pool lobby staircase at Lehigh Valley Hospital–Cedar Crest, he gently tapped the adjacent stone wall that was the building’s original facade. It’s also the exact spot his father – and hero – waited for rides home when he worked at the hospital years earlier.

“He’s the reason I’m here today,” says Evans, a certified registered nurse anesthetist who joined our health network in 1986. Mike Evans, who passed away in 2005, was a familiar face around the hospital during the 1970s, 80s and 90s. An orthopedic technician, he set up traction equipment and was responsible for casting in the emergency room. Regardless of the setting, his true specialty was providing inspiration. “My father had a kind heart and wonderful sense of humor,” Evans says. “He inspired his patients to get better and inspired me to pursue a career in health care.”

Mike began working at The Allentown Hospital (now Lehigh Valley Hospital–17th Street) as an orderly in 1937. He was an army medic during World War II and later held positions at various hospitals. While working for an Allentown orthopedic surgeon in 1973, he took care of health network founder Leonard Parker Pool. Pool was so impressed, he recruited Mike to help set up his new hospital’s operating and emergency rooms. “Dad stood at Mr. Pool’s shoulder to welcome the very first emergency room patient,” Evans says proudly.

Mike loved being outside, so he chose to walk the four-plus miles – rain or shine – to the hospital from his downtown Allentown home. At the end of his shift, he would wait for a ride home by the building’s front entrance, which was later enclosed when the hospital expanded.

When Evans learned the original wall was scheduled to be partially dismantled and covered by drywall during the ongoing Pool lobby renovations, he asked for a piece. “They offered me the whole wall,” he says with a chuckle, “but all I needed was one stone.”

That stone now sits in the garden of the Lower Macungie home Evans shares with his five children. Surrounded by plants, it represents the things their grandfather loved most: being outdoors, his family and home, and a hospital that allowed him to touch so many lives. “It’s a fitting symbol,” Evans says. “My dad’s legacy of love has come full circle.”

– Gerard Migliore
As night shift began, the neuroscience intensive care unit (NSICU) team received a patient with a severe brain bleed who needed to be stabilized. At the same time, another patient became unstable when his blood pressure dropped drastically. Because of the complexity of the patients’ conditions, the team members thought they were in for a challenging night.

Traci Stahl, CRNP, was up for the challenge. As a member of Pulmonary Associates of LVPG who was working with the NSICU team, Stahl calmly handled the situation with professionalism. For the first five hours of the shift, Stahl went from patient to patient. She ordered tests and medications, inserted IV lines and always stayed one step ahead to ensure the patients were safe and stable.

Then bad news – a CT scan showed the patient with the brain bleed would not survive his injuries. Stahl sat with the family to discuss what had happened and explain their options. They decided to withdraw care. Stahl stayed with the family, comforted them and assured them their loved one would be comfortable and at peace. In the early morning after the patient passed away, the patient’s wife personally thanked Stahl for her time, compassion and support.

In its nomination letter, the NSICU team writes, “Traci was on top of everything. When she is working, everyone feels a sense of relief. Not only is she quick and reliable, she also is extremely intelligent and a great resource for us.”

–Matthew Burns
Orthopedics Moving to Kasych

Lois Guerra and her staff can’t wait until May 19. It’s when the orthopedics unit will move from 5C in the Pool Pavilion to 7K in the Kasych Family Pavilion. “The difference will be like night and day,” says Guerra, the unit director. 7K will have 30 private rooms, compared to 32 double-occupancy rooms in 5C. Each room will have a private bathroom and a freezer for ice packs, while 5C has common bathrooms and one unit freezer. Having special features to accommodate the needs of patients who need a total joint replacement, 7K will have a large therapy gym with a car simulator and a bathtub for teaching patients access while recovering. Twenty-four of the rooms on 5C will serve medical-surgical patients while renovations are made on the remainder of the unit.

To register for Culture of Wellness programs, call 610-402-CARE.

Get a health screening and enter to win a prize. Complete the “LVHN Preventive Screening Form” at WebSAI.com.

To Sign Up:
• Print a registration form at LVHN.org/pharmacy
• Drop off the completed form at any of our pharmacies, located in each of our hospitals

You Will Need To Provide:
• Flexible spending account and/or credit card information
• Email address
• Phone number
• Shipping address

Get Your Prescription Refills in the Mail

You can now sign up with Health Spectrum Pharmacy Services to have prescription refills shipped to your home. It’s a new service available to all colleagues and Health Spectrum Pharmacy Services customers. After you sign up for the service, simply indicate that you want your prescription shipped when you reorder your prescription online or via phone. You’ll then receive an email with a tracking number, and your medication will arrive in two to three days. You are responsible for shipping charges, which are based on U.S. Postal Services rates. New prescriptions and refrigerated items will not be shipped, and shipped prescriptions cannot be returned.

When Rose Woodside, RN, was diagnosed with a possible torn rotator cuff that developed into a frozen shoulder, she was frightened and in pain. Her doctor and physical therapist encouraged exercise at LVHN Fitness to help her heal. Woodside credits exercise physiologist Jess Bem with being her source of encouragement and support. “When I struggled with exercises, Jess would get down on the mat with me to guide and encourage me,” Woodside says. “There were times I was ready to give up, but she gave me the confidence to continue.” As a result, Woodside’s condition improved significantly, and her pain is only a bad memory. “We’re fortunate to have people like Jess and LVHN Fitness available to us,” says Woodside.

For a list of Culture of Wellness programs, visit the intranet (lvh.com) and click the Culture of Wellness booklet banner ad.

Orthopedics Moving to Kasych

You can now sign up with Health Spectrum Pharmacy Services to have prescription refills shipped to your home. It’s a new service available to all colleagues and Health Spectrum Pharmacy Services customers. After you sign up for the service, simply indicate that you want your prescription shipped when you reorder your prescription online or via phone. You’ll then receive an email with a tracking number, and your medication will arrive in two to three days. You are responsible for shipping charges, which are based on U.S. Postal Services rates. New prescriptions and refrigerated items will not be shipped, and shipped prescriptions cannot be returned.
I Pink I Can!
Come learn about the latest news in clinical and imaging breast cancer detection and appropriate treatment at one of our annual I Pink I Can events. All events are 12–1 p.m. and include a box lunch, giveaways and raffles. Call 610-402-CARE (2273) to register.

**Monday, May 6:** LVH–Cedar Crest ECC rooms 6 and 7  
**Friday, May 17:** LVH–17th Street auditorium  
**Wednesday, May 29:** LVH–Muhlenberg ECC rooms B and C

Special Speaker to Kick Off EMS Week
Local emergency medical services (EMS) providers are invited to an educational and emotional event to begin EMS Week. Comilla Sasson, MD, was one of two emergency physicians working in the ER the night of a mass shooting in an Aurora, Colo., movie theater. Sasson, an assistant professor at University of Colorado School of Medicine, will discuss the lessons learned from that tragic night at a free event on Monday, May 20 in the Kasych Family Pavilion’s Medical Imaging rooms 6, 7 and 8. Dinner will be served at 6 p.m. Sasson will speak at 7 p.m. EMS providers can register online at emi-lvh.net.

Specialized Home Care for Children
Lehigh Valley Home Care has a dedicated staff of pediatric clinicians to help children and their families make the transition from hospital to home as seamless as possible. Home care services include non-ventilator respiratory care, tube feedings, venipunctures, physical therapy and detailed education about medications, treatments and home exercise. Our pediatric home care specialists help families take a larger role in assisting in a child’s recovery, as well as in promoting future growth and development.

Urology Care Available in Northampton County
On March 1, a new Lehigh Valley Urology Specialty Care practice opened at Lehigh Valley Hospital–Muhlenberg. Urologic oncologist Joseph Feliciano, MD, who had been practicing at Lehigh Valley Hospital–Cedar Crest and specializes in robotic surgery, joins urologist Melvin Steinbook, MD, and physician assistant Jason Sommer on the practice’s team. With its latest addition, Lehigh Valley Urology Specialty Care, an affiliate of Lehigh Valley Physician Group (LVPG), now offers urology care in Berks, Lehigh and Northampton counties.

Advanced Spine Center Accepting Patients
Our Advanced Spine Center provides an approach to spine care that is unique in our region. Once referred to us, a patient meets with nurse navigator Carol Fox to begin the process of diagnosis and coordinating care with members of our spine team. Based on the diagnosis and an individualized plan of care, patients may see a physiatrist (Chirag Kalola, MD), receive physical therapy or pain management care (Bruce Nicholson, MD), chiropractic care (Gary Tarola, DC), or surgical care (Chris Lyette, MD). The Advanced Spine Center has offices at 1250 S. Cedar Crest Blvd., Allentown, and 1770 Bathgate Road, Bethlehem. It is open to patients with all types of spine problems and is accepting patients.
Fourth Quarter Core Bundle on TLC
The fourth core bundle of fiscal year 2013 will be released on The Learning Curve (TLC) in early May and must be completed by June 30. The bundle focuses on Occupational Safety and Health Administration (OSHA) standards. Based on your job responsibilities, you’ll be assigned the patient contact or nonclinical version of the bundle.

To access the bundle, click the TLC icon on your SSO toolbar. Your assignment will be listed in the “To Do” list on your learner home page. This is the final bundle of fiscal year 2013. Release and deadline dates of fiscal year 2014 bundles will be published in CheckUp.

FREE IronPigs Tickets
Besides exciting baseball, a Lehigh Valley IronPigs game always includes an enticing lineup of fun activities and surprises. So don’t swing and miss at your chance to win two free tickets to the July 18 game versus the Columbus Clippers. Our health network is sponsoring the game, so you and a guest also will enjoy a free, all-you-can-eat buffet on the PPL picnic patio, 6-8:30 p.m. To register, call 610-402-CARE now through May 17. Through random selection, 250 lucky colleagues will receive tickets. Look for the list of winners on Mission Central in late May.

Schedule
For more details on classes (including times, locations and costs), call 610-402-CARE or visit LVHN.org and click “Programs and Events.”

**Culture of Wellness**
- May 1, 5, 13 and 26 – Maternity Tour – FREE
- May 1 – Secrets to Staying Patient and Calm Parent Workshop
- May 4 – Baby Care, One-Day Class
- May 5 and 19 – Sibling Tours – FREE
- May 6, 8 and 16 – Postpartum Support Group (Understanding Emotions After Delivery) – FREE
- May 7 and 29 – Car Seat Check – FREE
- Starting May 7 – Parenting, Five-Week Series
- May 9 and 20 – Breastfeeding Class
- May 10 and 11 – Preparing for Childbirth, Friday-Saturday Class
- May 13 – CPR Family and Friends
- Starting May 14 – Preparing for Childbirth and Baby Care, Six-Week Series
- May 15 – Preparing for Childbirth, Refresher Class
- May 16 – Managing Sibling Rivalry Parent Workshop
- May 18 – Preparing for Childbirth, One-Day Class
- May 20 – Becoming New Parents Workshop
- May 23 and 30 – Baby Care, Two-Week Series
- May 25 and 26 – Preparing for Childbirth, Saturday-Sunday Class

**Recreation Committee**
- Oct. 6-11 – Key West, Fla.
- Contact Nicole Maranki (610-402-0155) for details.

**Employee Discounts**
- Save 20% at Scrubeez with your ID.

**Blood Drives**
- May 29 – LVH–17 auditorium, 7-11 a.m.

**Vascular Screenings**
- May 16 – Peripheral Vascular Surgeons, 1-4:30 p.m. Call 610-402-CARE to register.

**New Tools for Time and Scheduling**
As LVHN has grown to include more than 12,000 colleagues, so too has the need to be more efficient with payroll and scheduling. As a result, LVHN is working with API Healthcare to create these new tools that will help colleagues:

**Time and Attendance** – This will replace the current “time entry” section of Lawson. In this system:
- All nonexempt (hourly) colleagues will use a badge swipe or computer to record time worked.
- All exempt (salaried) colleagues will record their nonproductive time (PTO, sick, jury duty, bereavement leave) on their computer.
- Colleagues who work outside an office or hospital setting will use a telephone system to record time.

**Staffing and Scheduling** – This will be used by colleagues who currently use Anso’s OneStaff. It’s a web-based system that will allow colleagues to view unit schedules and open shifts from work or home.

These tools will be piloted by a group of 250 colleagues starting in October and eventually will be implemented network-wide. Check email, CheckUp and Mission Central for future details.

** VALIC – The Investment Planning Seminar**
To register, visit https://my.valic.com/ SeminarRegistration and enter the code.
- May 1 – Mack code: LVHALL11AY
- May 14 – LVH– CC code: LVHALL11AU
- May 15 – LVH– M code: LVHBET11AN
- May 16 – LVH–17 code: LVHALL11AQ

All seminars are 12-1 p.m.

**LVH–CC Auxiliary Events**

**Eight-Week Raffle**

**$5 Jewelry Sale**
- May 7 (1-6 p.m.), May 8 and 9 (7 a.m.-6 p.m.), and May 10 (7 a.m.-4 p.m.)

Jaindl Family Pavilion, upper level
Comfort From a Cuddle
A diabetes diagnosis can be terrifying for a young child, and a colleague’s mother and some friends are helping to ease those fears. “Project Cuddles” is an informal effort to create hand-knitted dolls for young patients receiving diabetes education at the Helwig Health and Diabetes Center. Sarah O’Hara (standing in photo), a Sodexo clinical dietitian at Helwig, engaged (sitting, from left) Geraldine Smith, Norma Harris and O’Hara’s mom, Kathleen Lawson, to help create the free dolls. Marked with the proper injection points, the dolls help children overcome their fear of testing and daily insulin treatments.

She Named That Vulture
It’s official. The turkey vulture that regularly sits outside Mack Boulevard’s windows is named “Macksimillion.” Administrative partner Tonya Galban came up with the name. More than 1,500 colleagues voted in a “Name That Vulture” poll on Mission Central. The majority of voters, 34 percent, think “Macksimillion” is perfect. The name is derived from the Latin “Maximus” meaning “the greatest,” which we are. For coming up with the most popular name, Galban won a Sodexo gift card and will go down in LVHN history as the colleague who named Macksimillion.

Interior Decorators
Thanks to donor funds, our staff lactation rooms are now more pleasant and comfortable. A committee of colleagues, including Katie Mercadante, selected and installed decorations for the rooms on their own time. Now the rooms are painted in calming pastel colors, set off by artwork and sayings about babies and parenting. There is one staff lactation room at each of our hospitals and Mack Boulevard so breast-feeding mothers have a private place to go when they need to express breast milk while at work. Each room was customized by colleagues who work at each location.

‘At Your Best’ Book Club
Perhaps you haven’t had time to read The Great Employee Handbook, which provides tips to help you work best with your supervisor, colleagues, patients and their families. Chief operating officer Terry Capuano understands. Her suggestion: Start a book club. That’s what she did with Marion Nole (right), Leona Onushco-Hardner and other executive assistants in the management suite. Each club member read a section and shared important points with the group. For tips on how to start a book club in your department, visit Mission Central and search “Book Club.”

Name That Dermpath
A team of residents from our dermatology division created some “March Madness” of their own by winning the 7th annual Dermpath Bowl at the American Academy of Dermatology annual conference in Miami. The 48-team field competed by viewing slides (depicting skin disease at a microscopic level) and providing the correct diagnosis. Our victorious journey through the bracket included victories over UMDNJ, Yale, Thomas Jefferson and SUNY Downstate. The champs (l-r: Luis Soro, DO, Marie Lewis, DO, Tatyana Groysman, DO, and Christian Oran, DO) received a crystal vase and stipend for their residency program.

A Visit From Dax
The pediatric inpatient unit of Children’s Hospital at Lehigh Valley Hospital received a visit from a large yellow creature wearing a hockey jersey. Dax, the beaver mascot for the Adirondack Phantoms minor league ice hockey team, stopped by the unit to bring smiles to the patients and staff including (l-r) Alexis Newton, MD, Liborio LaRussa, MD, and Ashley Covington. In about a year and a half, Dax and the Phantoms will become the Lehigh Valley Phantoms and play at Allentown’s new hockey arena.
<table>
<thead>
<tr>
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<td>Susan Collins</td>
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