

There's a lot going on at Lehigh Valley Health Network. In case you didn't catch all the latest news, here's a recap of what happened this week. Here are links to Mission Central posts, the latest issues of CheckUp and Magnet Attractions, take your Health and Wellness Assessment, and Lehigh Valley Health News, our blog on LVHN.org containing timely information and health network news.

[Community Health and Wellness Center Named in Memory of Mark Young, MD](#)

An endowment fund established by Young's family will support the great work being done at the LVH-17th Street facility.

[Read the Summer Issue of Magnet Attractions](#)

It will inspire you to help shape the future of nursing at LVHN.

[Wellness – Have a Smarter Barbeque](#)

Practice safe grilling and try grilling healthy foods.

[Module of the Month: EpicCare Ambulatory](#)

Learn how it will enhance the way providers interact with Epic and our patients.

[Moshe Markowitz, MD, Helps Children Develop Healthy Habits](#)

Working with children always has come naturally for the board-certified pediatrician with ABC Family Pediatricians.



**Read the latest
issue of CheckUp**

**Take your Health and Wellness
Assessment by Aug. 29**



**Read the latest
issue of Magnet
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READ LEHIGH VALLEY HEALTH NEWS

a blog on LVHN.org containing
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Let's make our mission possible.



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Community Health and Wellness Center at LVH-17th Street Named in Memory of Mark Young, MD

Before his passing in 2004, Mark Young, MD, was Lehigh Valley Health Network's (LVHN) chair of community health and health studies. He worked tirelessly to make health care services available to people who need them most. The establishment of an endowment fund is helping LVHN continue the work in which Young so strongly believed.



Family members of Mark Young, MD, attended Monday's ceremony naming the Community Health and Wellness Center after Young.

Members of Young's family joined LVHN colleagues at [Lehigh Valley Hospital-17th Street](#) last night to celebrate the creation of the Mark J. Young Community Health and Wellness Endowment Fund. It will support services provided at the renamed [Mark J. Young Community Health and Wellness Center](#), located on the hospital's first floor. A generous gift from Young's parents, Luciana and Arthur Young, and wife, Dr. Ellen Bishop, established the endowment fund.

"The center supports LVHN's [primary care](#) practices by offering services that are difficult to provide in a primary care setting," says [Tim Friel, MD](#), medical director of the Mark J. Young Community Health and Wellness Center. Many of the services, which are provided regardless of a patient's ability to pay, involve education.

Services include:

- Self-management education for chronic conditions such as [diabetes](#), [asthma](#) or [obesity](#)
- Diabetes prevention
- Medication management
- [Diabetes and weight management support groups](#)
- [Nutrition services](#) from registered dietitians
- [Cancer](#) screening services
- Coordination of a street medicine program in which clinicians provide care at local shelters to help homeless people who have a condition that may be affecting their ability to find a job or place to live

"This generous gift will help us generate innovative and cost-effective interventions that will greatly impact the health of our community," Friel said. "It is exactly in tune with what Dr. Mark Young was all about."

To support the endowment fund in honor of Young, call 484-884-6385 or visit [LVHN.org/donate](#).

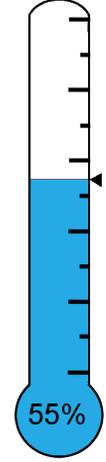
See media coverage of Monday's event:

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- [LVH dedicates health center to a former leader](#) (The Morning Call)

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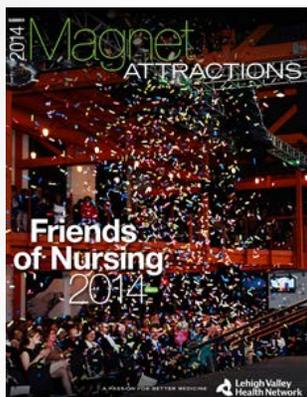
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< Motivational Monday: All You Need is a Monday

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Read the Summer Issue of Magnet Attractions



Summertime is a great time to both celebrate and inspire. Inside the brand-new Summer 2014 issue of [Magnet Attractions](#), you'll find plenty of reason to applaud our colleagues' achievements, and you'll get inspired to help shape the future of nursing here at Lehigh Valley Health Network. The spring 2014 issue is exclusively available on [Mission Central](#). You can [comment on each story](#). You also can flip through the issue or download a printer-friendly PDF.

This issue of Magnet Attractions looks back on our 2014 [Friends of Nursing celebration](#) and also includes:

- [Clinicians who embody the future of nursing](#)
- [Nurses who embraced LVAD and ECMO](#)
- [Tales from our first Nurse Residency Program graduates](#)
- [Joyce Najarian's heartfelt story](#)
- [A team approach to tighter glucose control](#)

Magnet Attractions profiles our story at LVHN and shows how our clinical staff truly magnifies excellence. Read it quarterly on the Magnet Attractions tab on Mission Central. Let us know your thoughts about Magnet Attractions on Mission Central by [registering to leave a comment](#).

This entry was posted by [Kyle Hardner](#) on July 28, 2014 at 2:40 pm, and is filed under [Be Inspired](#), [Get News](#). Follow any responses to this post through [RSS 2.0](#). You can [leave a response](#) or [trackback](#) from your own site.

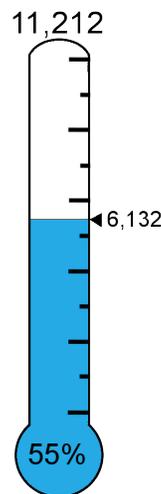
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Wellness Wednesday – Have a Smarter Barbeque



It's summertime, the perfect time of year to cook on the grill for family and friends. Before your next barbeque, it's important to know the dangers of grilling, and how to prepare healthy, mouthwatering foods versus fare that is high in sodium and fat.

When the protein from meat chars, it can form cancer-causing substances (carcinogens). "When that fat drips into the flame, the smoke that rises also has carcinogens," says internist [Howard DeHoff, MD](#). While eating a bit of char occasionally may not be bad, you may be putting yourself at risk if you regularly eat charred meat.

How can you avoid charring? Put foil on the grill rack to prevent fat from dripping and clean your grill regularly. If you like well-done meat, cook it longer at a lower temperature. Charring occurs when the grill temperature is above 400 degrees Fahrenheit.

After handling raw meat, remember to wash your hands before you start cooking. Raw meat contains harmful bacteria such as E. coli, which is why it's also important to cook meat thoroughly. "It's the only way to kill the bacteria," DeHoff says. For hamburger and pork, cook to at least 160 degrees. For steak and chicken, cook to 145 degrees. Use a meat thermometer to monitor the temperature. Once a plate has been used to hold raw meat, poultry or seafood, don't use it again until it has been washed in hot, soapy water. Utensils and cooking surfaces that touched raw meat also should be cleaned.

This week's wellness challenge: Practicing safe grilling and try grilling healthy foods.

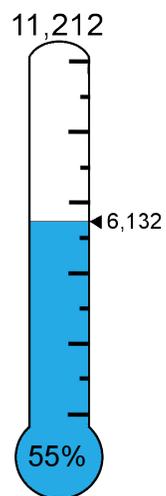
Grill fish instead of steak or other fatty meats. Fish with more oil, such as salmon, is high in heart-healthy omega-3 fatty acids. For extra flavor, grill the fish on top of a grill-safe plank made of hickory or apple wood.

If you're using a marinade, place the food in it at least 40 minutes before you begin cooking. A good marinade doesn't have to contain fat. The acid in lemon, lime, pineapple or vinegar is what tenderizes meat. The best marinades contain three parts vinegar to one part oil. Avoid store-bought, pre-packaged marinades. They often contain higher salt

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content than homemade marinades.

Two great recipes that include a healthy protein and marinade are [grilled rosemary-salmon kebabs](#) and [grilled raspberry chicken](#).

You also can grill fruits and vegetables as part of the main course or desert. Here are suggestions from the Academy of Nutrition and Dietetics:

- Make a kabob with marinated bell peppers, mushrooms, eggplant, cherry tomatoes and onions.
- Grill Portobello mushrooms for a delicious alternative to a burger.
- For dessert, make a fruit kabob using peach or pineapple slices.
- Grill slices of watermelon for a richer, bolder flavor.

Grilled apples, nectarines, plums and bananas also are delicious. These fruits retain their nutrients when grilled, but remember to keep the skin on. That's where most of the fruit's nutrients live.

Do you have a topic or question for Wellness Wednesday? Leave a comment and let us know what you want to read about.

This entry was posted by [Amanda Coe](#) on July 30, 2014 at 3:00 pm, and is filed under [Live Healthy](#). Follow any responses to this post through [RSS 2.0](#). You can [leave a response](#) or [trackback](#) from your own site.

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Module of the Month: EpicCare Ambulatory

More than 3,000 colleagues located at Lehigh Valley Health Network (LVHN) ambulatory settings will be the first to see the Epic electronic medical record (EMR) system in action when the EMR goes-live on [February 18, 2015](#). Last fall and into the winter, subject matter experts (SMEs) helped tailor features that will streamline and improve current workflows across the network.



Among the applications that will go-live in February is the *EpicCare Ambulatory* module. *EpicCare Ambulatory* is a responsive and intelligent system that combines chart review, order management and documentation into a single system.

Key Features of *EpicCare Ambulatory* –

- **Chart Review** helps providers find what they need fast. Using a new search engine and sophisticated filters, providers can enter a keyword, such as *diabetes*, and then search a patient's chart for visits, progress notes, medications, labs and other clinically relevant items.
- **Information transfer** from MyLVHN (the patient portal). Select information entered by your patient in MyLVHN will flow directly into their chart.
- **Keep score** to improve population health management. Using *EpicCare Ambulatory*, providers and care managers can utilize risk scores to [identify patients most in need of care](#).
- **Historical context** provides a more inclusive view of a patient's health issues over time. Providers can review a patient's past medical history directly from the problem list.
- **Suggests actions** for patient care. *EpicCare Ambulatory* can issue "prompts" reminding you of overdue interventions and suggesting possible courses of care or action for your patient.
- **Tailored** to providers. *EpicCare Ambulatory* offers additional pluses: an easy-to-use design that enables providers and administrators to create and edit [SmartTools](#) tailored to their needs. Plus, *EpicCare Ambulatory* is intelligent – the system can learn your preferences and replicate them in future encounters, saving you time going forward.

Ready...Set...Epic

Keep tabs on what's happening from now through Wave 2 go-live –

August 1 through October 31: Testing Epic applications

Beginning December 1: [Super user](#) training:

Beginning January 5, 2015: End user training

February 6, 2015: Dress Rehearsal

February 18, 2015: [Go-live for Wave 1, ambulatory settings](#)

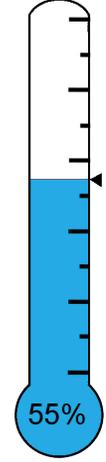
August 1, 2015: Go-live for Wave 2, hospital-based settings

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Moshe Markowitz, MD, Helps Children Develop Healthy Habits – VIDEO

We are producing videos of our doctors and advanced practice clinicians (APC) to help our community find trustworthy health care providers. We will share them here to introduce you to these colleagues. You'll learn about their personality, philosophy of care and inspiration for practicing medicine. These videos are embedded in our website's [Find a Doctor](#) tool, where you can learn about each provider's educational background and more. Enjoy!

Working with children always has come naturally for Lehigh Valley Health Network's [Moshe Markowitz, MD](#).

It started when he was a camp counselor as a teenager; now he's a board-certified pediatrician with Children's Hospital at Lehigh Valley Hospital.

"What I'm most passionate about with the work that I do is helping children develop healthy habits," he says.

Families see him at [ABC Family Pediatricians-Allentown Medical Center](#).

Get to know him with this video.



This entry was posted by [Alyssa Young](#) on July 31, 2014 at 2:42 pm, and is filed under [Connect with Colleagues](#), [Watch](#). Follow any responses to this post through [RSS 2.0](#). You can [leave a response](#) or [trackback](#) from your own site.

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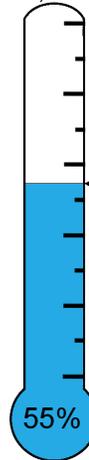
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