

There's a lot going on at Lehigh Valley Health Network (LVHN). 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, information about our new SSP icon, the latest edition of Healthy You, information about screenings for blood pressure and BMI, and Lehigh Valley Health News, our blog on LVHN.org containing timely information and health network news.

## [Get Free Shipping on Prescriptions Refilled at Health Spectrum Pharmacies](#)

To sign up, fill out a form and drop it off at any Health Spectrum Pharmacy.

## [Watch January's Leader-to-Leader Video](#)

See presentations about our financial status, Epic, internal communications, and Lean certification strategy.

## [Cardiologists Join Renamed Lehigh Valley Health Network Practice](#)

Meet the six cardiologists that joined LVPG Cardiology-1250 Cedar Crest.

## [Epic Flash in Your Email](#)

All colleagues now receive a weekly publication filled with information about the LVHN Epic electronic medical record transformation.

## [Wave 1 Go-Live Support: Beatles' Wisdom](#)

We'll do more than just "get by" with the help of our friends for the launch of the LVHN Epic EMR, we'll "come together" as a network and team.

## [Run the Lehigh Valley Health Network Via Marathon at a Discounted Rate](#)

A 15-percent discount is available to 150 colleagues.

## [Ed Dougherty Named Chief Business Development Officer](#)

He will oversee business and network development and marketing and public affairs.

## [In the News: January – VIDEO](#)

Watch the latest news clips featuring Lehigh Valley Health Network.

## [Service Star of the Month – January 2015](#)

Patrick Keane, RN, uses a "magic phone" to help a young boy through a difficult time.

## [Cafeteria 'Mindful Meal Deal' Expanded](#)

Eat healthy and earn triple points on your Frequent Diner's Card.



Read the latest  
issue of Healthy You



Learn what  
this means

KNOW YOUR  
**NUMBERS**

Get screened today.

READ LEHIGH VALLEY HEALTH NEWS  
a blog on LVHN.org containing  
timely health information and  
health network news.

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## Get Free Shipping on Prescriptions Refilled at Health Spectrum Pharmacies

If you're a customer of [Health Spectrum Pharmacy Services](#), you now can get prescription refills mailed to your home for free. Prescription refill requests received before 2 p.m. Monday through Friday will be processed and mailed the same day.

To sign up:

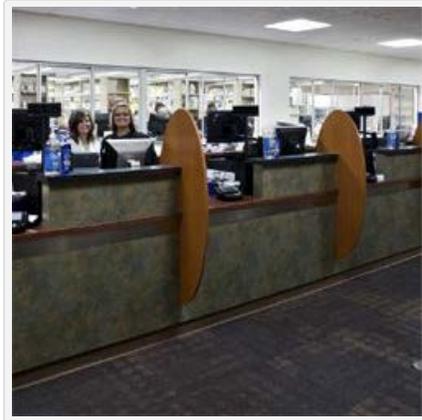
- [Print a registration form at LVHN.org/pharmacy](#)
- Drop off the completed form at any of our pharmacies, which are located at Lehigh Valley Hospital (LVH)-Cedar Crest, LVH-Muhlenberg and LVH-17th Street

You will need to provide:

- Credit card and flexible spending account (FSA) information
- Email address
- Phone number
- Shipping address

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 2-3 days. That's much faster than the national pharmacy chains can get a prescription to your mailbox.

You do not need to re-enroll if you previously enrolled with Health Spectrum Pharmacy Services for shipping. New prescriptions and refrigerated items must be requested each time, and shipped prescriptions cannot be returned.



Prescriptions can now be shipped to your home for free from Health Spectrum Pharmacy Services.

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### KNOW YOUR NUMBERS

#### Help Us Reach Our 'Better Health' Goal!

Many colleagues have already gotten their biometric screenings for blood pressure and body mass index.

12,137



There's still time to [Know Your Numbers](#), win prizes and help us reach our shared success plan goals (SSP).

This entry was posted by [Rick Martuscelli](#) on January 12, 2015 at 12:00 pm, and is filed under [Get News](#), [Learn](#). Follow any responses to this post through [RSS 2.0](#). You can [leave a response](#) or [trackback](#) from your own site.

#### One comment

Kay Rauchfuss 5 DAYS AGO

This is a fabulous benefit to the community; one less obstacle to compliance with prescribed medications. I hope everyone takes advantage of the convenience and reliability of direct delivery. LET's GET the WORD OUT!!

LOG IN TO REPLY

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< In the News: January – VIDEO

Lehigh Valley Health News Digest: Jan. 12 – 16 >

## Watch January's Leader-to-Leader Video

Do you want to know what's going on in our health network? Watch the Leader-to-Leader meeting. Leader-to-Leader meetings are held the third Thursday each month in the Lehigh Valley Hospital-Cedar Crest auditorium and simulcast to participants at Lehigh Valley Hospital-17th Street, Lehigh Valley Hospital-Muhlenberg, Lehigh Valley Hospital-Hazleton and Mack Boulevard. Using a PowerPoint presentation as a guide, guest speakers share updates on key issues and initiatives.

Scroll down to view videos of each of the speakers.

(Please note you must be logged on to our intranet with Internet Explorer in order to access the videos. You also need to have Microsoft Silverlight installed on your computer. If the links do not open properly, try refreshing your browser. If you have questions or need assistance, please contact information services at 610-402-8303.)

- [Introductions and Honor Roll](#)
- [Service Star](#)
- [Finance Review](#)
- [EPIC Update](#)
- [Internal Communications](#)
- [Lean Certification Strategy](#)

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« Look for the New SSP Icon Service Star of the Month – January 2015 »

## Cardiologists Join Renamed Lehigh Valley Health Network Practice

Six new cardiologists have joined Lehigh Valley Physician Group (LVPG), a subsidiary of Lehigh Valley Health Network (LVHN). All of the physicians currently are caring for patients at [LVPG Cardiology-1250 Cedar Crest](#) (formerly Lehigh Valley Heart Specialists).



Meet six new cardiologists with Lehigh Valley Physician Group, from left to right: William Combs, MD; Bryan Kluck, DO; Dzanan Ramic, MD; Nghia Hoang, DO; Norman Marcus, MD; and James Sandberg, MD.

These physicians have joined the practice's interventional cardiology team:

- **William Combs, MD**  
 Medical school: University of Pittsburgh School of Medicine  
 Cardiovascular disease and interventional cardiology fellowships: Temple University Hospital
- **Bryan Kluck, DO**  
 Medical school: Philadelphia College of Osteopathic Medicine  
 Cardiology and interventional cardiology fellowships: Allentown Affiliated Hospitals
- **Dzanan Ramic, MD**  
 Medical school: University of Missouri-Columbia School of Medicine  
 Cardiovascular disease and interventional cardiology fellowships: Lehigh Valley Health Network, Albert Einstein Medical Center

These physicians have joined the practice's electrophysiology and device management team:

- **Nghia Hoang, DO**  
 Medical school: Philadelphia College of Osteopathic Medicine  
 Cardiology and electrophysiology fellowships: Deborah Heart and Lung Center, Drexel University College of Medicine
- **Norman Marcus, MD**  
 Medical school: New York University School of Medicine  
 Cardiology and electrophysiology fellowships: Hospital of the University of Pennsylvania
- **James Sandberg, MD**  
 Medical school: University of Massachusetts School of Medicine  
 Cardiology fellowship: University of Massachusetts Memorial Medical Center

"We've worked closely with many of these physicians throughout the years and are excited to bring their expertise to our team," says LVHN chief medical officer Tom Whalen, MD. Patients of these physicians can contact LVPG Cardiology-1250 Cedar Crest at 610-402-3110 to facilitate transfer of their medical records.

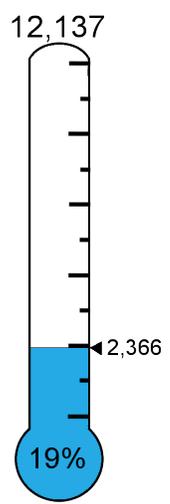
"The addition of these respected and experienced physicians to LVPG will allow us to care for thousands of more patients," says Michael Rossi, MD, MBA, president of LVPG. To ensure the practice has adequate space, renovations are being made to LVPG Cardiology-1250 Cedar Crest to create nine more exam rooms and two more device monitoring rooms. LVPG and LVPG-Hazleton now have a total of 42 cardiologists providing specialized care to the people of our community.

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## Epic Flash in Your Email

Starting last Friday, all Lehigh Valley Health Network (LVHN) colleagues will receive the [Epic Flash newsletter](#). The Epic Flash is a weekly publication produced by the LVHN Epic team. It's designed to provide you with timely, targeted information about the LVHN Epic electronic medical record (EMR) transformation. Each week the Flash will bring you current news and upcoming happenings associated with the project. Stories are also summarized with talking points so you can get the essence of the topic quickly.

"The Epic transformation project affects each colleague in this organization in some way, and that's why we want you to read the Epic Flash," says Michael Sheinberg, medical director for the LVHN Epic transformation project. "You will gain a greater perspective of all that's happening with the Epic project, and not only understand where you fit into this transformation, but understand how this affects colleagues in other parts of our network, as well. We're one network and with your engagement, we're going to achieve one integrated EMR system."

### The Latest Flash

Every Friday watch your email for the Epic Flash. The stories in the Jan. 9 edition include:

- **Wave 2 Super User News** – Deadline for Wave 2 super user applications approaches plus more Wave 2 super user info.
- **Wave 1 Mock Go-Live** – We're set for our Wave 1 Mock Go-Live on January 28.
- **Epic Sparks** – Bite-size news about Epic Playground, adjusting monitor resolution and more.
- **Epic Top 10** – Tips for Wave 1 super users as they attend training with colleagues.

### Get More from the Flash

The Epic Flash has been circulating since late October. You're invited to read past issues, which are stored on the LVHN Sharepoint. From an LVHN-connected computer, visit [this page](#) for previous issues or copy and paste this link:

<http://lvhsharepoint4/etrp/Shared%20Documents/Forms/AllItems.aspx?RootFolder=%2Fetrp%2FShared%20Documents%2FEpic%20Flash%20Newsletter&FolderCTI=1144-4685-8897-131A73AA5544%7d>

The newsletter would also look great on your visibility wall or other common area shared by you and your colleagues. Post it and help us spread the news about the "who, what, when where, why and how" of the LVHN Epic transformation project.

"Since we launched the Epic transformation here at LVHN in 2013, we've kept you posted about what's happening using Mission Central and (the former) 'CheckUp,'" Sheinberg says. "The Epic Flash is our latest vehicle to keep you up-to-date; the more you know about the LVHN Epic transformation, the better for everyone, especially our patients."

This entry was posted by [Jenn Fisher](#) on January 12, 2015 at 1:30 pm, and is filed under [Get News](#), [Learn](#). 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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< Service Star of the Month – January 2015

You Can Win Twice When You Participate in Our 2015 'Better Health' Goal >

## Wave 1 Go-Live Support: Beatles' Wisdom

Ringo Starr had it right when he sang, "I'll get by with a little help from my friends." During [Wave 1 Go-Live](#) of the Lehigh Valley Health Network (LVHN) Epic electronic medical record (EMR) system, we'll have the help and support of many — friends (a.k.a. your colleagues), plus super users and more, to help us not just "get by" with our new EMR, but make the LVHN Epic EMR sing as we bring our patients' medical record information into harmony across LVHN.



### Who's in the Major Transformation Epic ♥ Band?

Funny you should ask...the LVHN Epic team has assembled legion of specially-trained colleagues and consultants prepared to help you during Wave 1 Go-Live at our ambulatory sites.

### Super Users

Each Lehigh Valley Physician Group (LVPG) practice and other LVHN ambulatory sites have identified at least one colleague who is an LVHN Epic super user. This colleague has received extra training to become proficient with the new EMR system and will be your first line of assistance once Epic goes-live. As a visual reminder, this extra-trained end user will also wear a red lanyard, so you will know who to go to for Epic help during and after go-live.

### Provider Site Champions

Each practice/ambulatory site has also identified at least one colleague who is a provider site champion. Just as super users received early and additional training, so have provider site champions. The provider site champion will assist other providers with questions at go-live, and will wear a blue lanyard to help identify them to you.

### Super Nova Users

Another go-live role that will be fulfilled by super users is the "super nova user." A super nova user is an extension to the super user program and will help with rapid communication needs. During a work shift, one super user will carry a pager. The LVHN Epic team will alert the super nova user of any updates, changes or critical issues via pager. The super user nova will then be responsible for alerting all end users in your practice of the incoming communication.

### On-site, At-the-Elbow Support

Rounding out on-site support, the LVHN Epic team has also contracted with a vendor to provide each practice/ambulatory site with a person who is fluent in Epic. More than 300 at-the-elbow professionals are currently learning our LVHN Epic workflows, as well as receiving LVHN orientation so they understand our culture. Please welcome your Epic at-the-elbow pro as you would a new colleague, and show them around your office so they learn not just where the front desk is, but also where they can eat their lunch, hang their coat and put their personal gear.

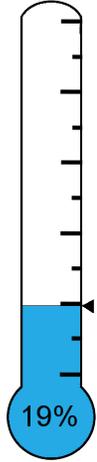
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## Help! I Need Somebody

When issues occur at go-live (some will,) we have mapped the “help” pathway you should follow, depending on your role.

### End user “Help” pathway —

**Step 1:** Ask your super user for assistance.

**Step 2:** If not resolved, super user will ask the at-the-elbow support person for help.

**Step 3:** If not resolved, super user or the at-the-elbow support person will call the LVHN Epic Help Desk for assistance.

### Provider “Help” pathway —

**Step 1:** Ask your provider site champion for assistance.

**Step 2:** If not resolved, provider site champion will ask at-the-elbow support person for help.

**Step 3:** If not resolved, provider site champion or at-the-elbow support person will call the LVHN Epic Help Desk for assistance.

## All Together Now

Our February 18 Wave 1 Go-Live is an exciting day for everyone involved in the EMR transformation at LVHN and LVPG. With your patience, calm and good humor we'll implement this new and powerful EMR and transform not only how we inform and interact with our patients, but transform the way our patients know and understand the story of their health.

**Epic Reminder:** Wave 2 Super User Application Deadline is Friday, Jan. 16.

To provide around-the-clock, at-the-elbow support, Lehigh Valley Health Network needs to prepare 1100 inpatient super users for Wave 2 go-live. If you have already joined the Wave 2 super user program, thank you for taking part. For those not already involved, there's still time. You can either self-identify yourself as a potential inpatient super user, or your manager can recommend you to the program. For more information, [review the Sharepoint site for LVHN Epic super user information](#), including the [Super User Program booklet](#). If interested, [complete the online super user application form](#). **Deadline for Wave 2 super user applications is January 16.**

### Wave 1 Ambulatory

Register for Wave 1 end user training on TLC and [complete your prerequisite courses](#).

**Now:** Technical Dress Rehearsals (TDR) and Application Dress Rehearsals (ADR) in ambulatory settings.

**Jan. 5–Feb. 6:** Wave 1 end user training

**Feb. 4, 2015–March 11, 2015:** [PTO restrictions in effect for Wave 1](#) (ambulatory) colleagues.

**Feb. 7–8:** Wave 1 conversion weekend

**Feb. 9:** Wave 1 [Cadence](#) Go-live

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

**Mid-2015 and beyond:** Optimization

### Wave 2 Inpatient

**Now:** Wave 2 inpatient equipment delivery and set-up

**Now through May 1, 2015:** Wave 2 testing

**Jan. 16:** Deadline for Wave 2 inpatient super user applications

**Jan. 22: Wave 2 Super User Kick-Off Meeting — Registration via TLC required**

**March 23–27:** Wave 2 pilot training

**May 11–31:** Wave 2 super user training

**June 1–July 26:** Wave 2 end user training

**July 20, 2015–Aug. 14, 2015:** [PTO restrictions in effect for Wave 2](#) (inpatient) colleagues

**Aug. 1, 2015:** [Go-live for Wave 2, inpatient settings](#)

Keep up with news about the LVHN Epic transformation on the [LVHN Epic intranet site](#).

This entry was posted by [Jenn Fisher](#) on January 15, 2015 at 4:57 pm, and is filed under [Get News, Learn](#). 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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## Run the Lehigh Valley Health Network Via Marathon at a Discount

Don't let winter darkness and sub-zero wind chills get you down. Instead, try thinking ahead to warmer weather and outdoor fun like September's annual Lehigh Valley Health Network Via Marathon.



A 15 percent discounted rate is available to 150 colleagues. The discount may be used for the 5K (Saturday, Sept. 12) or half-marathon, relay, or full marathon (Sunday, Sept. 13) **The 60 complimentary race registrations have been filled.** Secure your discounted spot by calling 610-402-CARE.

The marathon starts at Lehigh Valley Hospital-Cedar Crest and winds through Allentown and Bethlehem before ending in Easton. The relatively flat course is one of the fastest in the U.S. and serves as a Boston Marathon Qualifier, which has resulted in record participation numbers the past two years. More than 300 colleagues ran in the marathon weekend's various races last year, including 177 in the relay.

Not a runner? You can still join the fun on Saturday, Sept. 12. Participate in the Via Walk, cheer on your children in the Kids Race or just stroll through the RCN Expo and Finish Festival. [Visit this page](#) for links to event details, training tips and blog posts from last year's half-marathon. All proceeds help the non-profit Via of the Lehigh Valley provide services for children and adults with disabilities such as autism, cerebral palsy and Down syndrome.

This entry was posted by [Gerard Migliore](#) on January 12, 2015 at 9:52 am, and is filed under [Help Others](#), [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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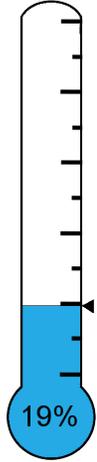
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Look for the New SSP Icon >

## Ed Dougherty Named Chief Business Development Officer

**\*\*\*This announcement is from Brian Nester, DO, MBA, FACOEP, president and chief executive officer, Lehigh Valley Health Network\*\*\***

It is with great pleasure that I announce the appointment of Edward Dougherty, MBA, to the new role of chief business development officer (CBDO) at Lehigh Valley Health Network (LVHN).

A 14-year LVHN colleague, Ed has most recently served admirably in his role as acting chief marketing officer since July 2014. In that role he worked with our marketing leadership and staff to maintain exemplary communication with LVHN colleagues, coordinated important announcements to our community about LVHN designations and growth, and spearheaded our exciting Surgical Excellence campaign.

In his new role as CBDO, Ed will oversee both business and network development (BND) and marketing and public affairs. These two functions are complimentary. BND actively grows our business through developing new strategic partnerships, services and practices, while marketing and public affairs then develops and executes marketing and promotional plans for these initiatives, facilitates community engagement, and monitors and measures results. The alignment of these two functions under the CBDO will allow us to better support LVHN's strategic plan and mission.

Ed's principal responsibilities as CBDO will include leading all LVHN marketing and public affairs activities, including advertising, community relations, 402-CARE, corporate communications and LVHN's website and overall digital strategies. His business development responsibilities will include sales, inter-hospital relationships, and leading transactions, mergers, acquisitions and other business opportunities.

Additionally, as CBDO Ed will focus on strategic planning by expanding our use of new research and engagement tools that will better help us conduct market analyses and deliver targeted, personalized and relevant messaging to specific segments of our population. This work will complement the strengths of both BND and marketing, and it will be exciting to see this come to life in the upcoming months.

Throughout his LVHN career, Ed has been involved in projects ranging from business development for the 2005 expansion of Lehigh Valley Hospital—Muhlenberg to the merger with the former Greater Hazleton Health Alliance to the development of LVHN-Tilghman. He earned his undergraduate degree in journalism from the University of Missouri and a master's in business administration from the University of Iowa. Prior to joining LVHN, his experience included broadcasting, strategic consulting and market research, media sales and the instruction of communication management at Penn State University. Please join me in congratulating Ed on his new role.

The creation of the CBDO position speaks to our organization's deep talent pool and flexibility as we strategically align our health network to become even more efficient and effective. We will continue to make adjustments related to roles and organizational structure in ways that will best help us meet our strategic goals and fulfill our mission. We'll keep you updated on these changes as they occur.

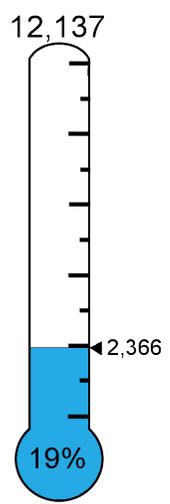
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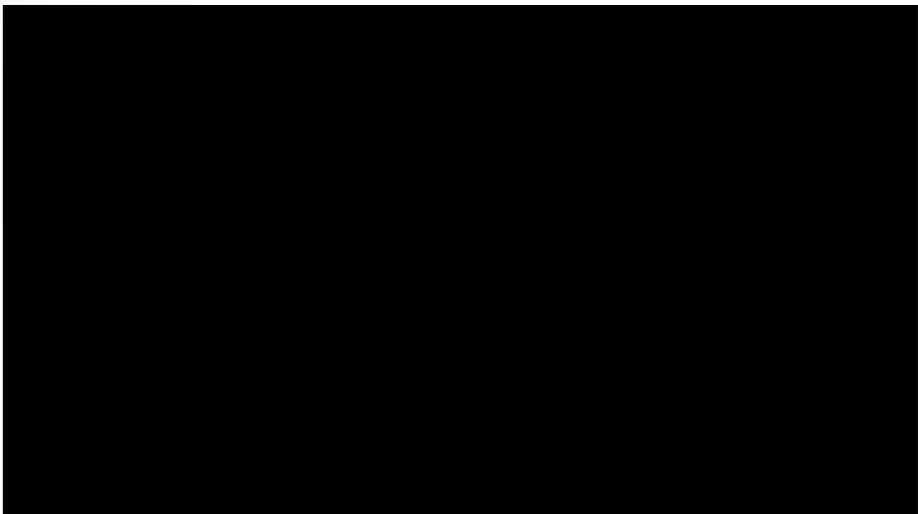
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## In the News: January – VIDEO

The holidays may seem in the distant past but this month's LVHN in the News relives some of the activities that were in the media during that time of celebration and giving. You can check out the video coverage of LVHN's historic 1000<sup>th</sup> organ transplant as aired by WFMZ-TV 69 News. While they might not be as unique as the 'gift of life,' other holiday stories focused on a cancer patient who received Lehigh Valley Phantoms tickets to take his daughter to a game, the annual DUI/Highway Safety Task Force spirit-free mix-off at LVH-Muhlenberg to promote holiday safety, and a Santa's workshop with gifts galore for children and their families spending time in our Children's Hospital during the holidays. A study about stroke care put LVHN in the news for a procedure performed at our Comprehensive Stroke Center that is a proven life-saver. Word that a strain of the flu wasn't covered by this year's vaccine and was leading to lots of illness prompted precautionary messaging for the community from LVHN's infection control and prevention experts about what to do to keep from getting sick. And LVHN proudly welcomed the first baby of the New Year shortly after midnight on Jan. 1.

Also, read about LVH-Muhlenberg's designation as an Ebola treatment center; about LVH-Hazleton's first births of the New Year; and a letter-to-the-editor that praises the care delivered at LVH-Hazleton.

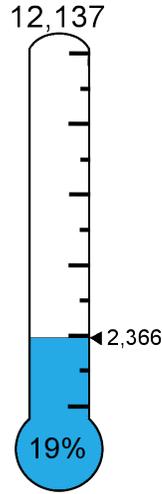


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#### Help Us Reach Our 'Better Health' Goal!

Many colleagues have already gotten their biometric screenings for blood pressure and body mass index.



There's still time to [Know Your Numbers](#), win prizes and help us reach our shared success plan goals (SSP).

#### Other News:

- [Lehigh Valley Hospital-Muhlenberg named official Ebola treatment center](#)
- [Hazleton couples ring in the new year with new babies](#)
- [Hazleton's hospital earned our trust](#)

This entry was posted by [Brian Downs](#) on January 16, 2015 at 1:27 pm, and is filed under [Get News](#), [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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< Cardiologists Join Renamed Lehigh Valley Health Network Practice Wave 1 Go-Live Support: Beatles' Wisdom >

## Service Star of the Month – January 2015

**Patrick Keane, RN**

A 40-year-old father was admitted into the neuroscience intensive care unit (NSICU) at Lehigh Valley Hospital- Cedar Crest after suffering a severe stroke. From the beginning, he was critically unstable, and the prognosis wasn't favorable.

As his condition worsened and it became clear he wouldn't survive, family members made a pilgrimage to his bedside for one last goodbye. When it came time for his young son to pay his final visit, the nursing staff did its best to cover the various lines, tubes and equipment that tethered this unresponsive father to life. When his young son came to the door to say his final farewell, his courage sank, and he backed away from the door, unable to enter the room.

Fortunately, Patrick Keane, RN, was there that night. While he was busy caring for his own critically ill patients, he also was aware of the tender moment unfolding just steps away. Drawing on his previous experience, he grabbed an Ascom phone and dashed out to the waiting room. Keane handed the phone to the young boy, explaining that it was OK if he didn't want to go into the room. He could use this "magic phone" to talk to his dad, and he would hear him.

Keane's magic phone worked. The boy talked and talked and talked to his father about what was happening in his life and about baseball. Nominator Susan O'Neill, RN, was privileged to hear the account of this emotionally stirring event that no doubt will stay with the young boy forever.

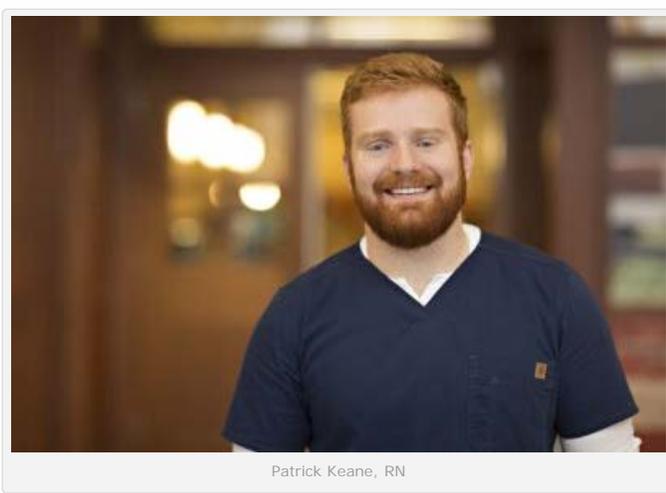
"We remember times in our lives that are filled with emotion better than any other moments," O'Neill says. "After hearing this story I knew I'd always remember it too, and that Patrick's little spark of magic was much needed in the wee hours that night in the NSICU."

### Next Steps

[Nominate a Service Star.](#)

Congratulate these nominees:

- **William Karpowich** – bed management, Lehigh Valley Hospital-Cedar Crest
- **Ruth Dennison, RN** – Hematology Oncology Associates
- **Jill Hinershitz** – division of education
- **Elizabeth Parsons** – gift shop, Lehigh Valley Hospital-Muhlenberg
- **Shannah Dutko, RN** – emergency department, Lehigh Valley Hospital-Cedar Crest
- **Sharon Salapka, RN** – PICC team, Lehigh Valley Hospital-Muhlenberg

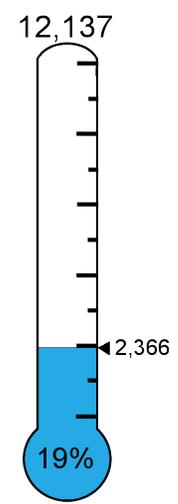


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**John Swartz Jr.** – athletic training services, Cetronia Road

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This entry was posted by [Sheila Caballero](#) on January 15, 2015 at 9:30 am, and is filed under [Be Inspired](#). 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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## One comment

Jeanette Addis 4 DAYS AGO

This is a beautiful story that has me in tears

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< You Can Win Twice When You Participate in Our 2015 'Better Health' Goal

In the News: January – VIDEO >

## Cafeteria 'Mindful Meal Deal' Expanded

If you are looking to eat healthier, the cafeterias in our hospitals have a new deal that's worth your while in more ways than one.

The "Mindful Meal Deal," a healthy daily hot entrée that's been available at our Lehigh Valley Hospital (LVH)-Cedar Crest, LVH-17<sup>th</sup> Street and LVH-Muhlenberg locations, has been expanded to include a small piece of fresh fruit (generally apple, orange or banana) as well as a healthy milk product – skim, 1 percent or lactaid (lactose free milk), as well as soy or almond milk (which carries an additional charge).

"Our Mindful Meal has been revamped to mirror the 'MyPlate' government initiative for a healthier America," says LVHN registered dietitian Kimberly Procaccino. "The initiative recommends healthy guidelines for a meal plate that includes one-quarter protein, one-quarter complex carbohydrates and one-half fruits and vegetables, along with low-fat milk." You can find more information about the initiative at [choosemyplate.gov](http://choosemyplate.gov).



The new Mindful Meal is now available at LVH-Cedar Crest and LVH-17<sup>th</sup> Street, and will soon come to LVH-Muhlenberg. There's another incentive to make this healthier choice besides your well-being. The complete meal earns you triple points (double points for any a la carte combination of sides) on your Frequent Diner's Card, where points are awarded for each dollar you spend in the cafeteria. With 500 points, you qualify for a \$5 gift card. See a cafeteria cashier about getting a card.

"At LVH-Cedar Crest, we've also moved our Mindful Station front and center to where our 'Mein Bowl' (daily Asian-specific fare station) had been located," Procaccino says. "We're doing this to put more focus on our healthy choices." Hot food items have been moved away from the grill to the vicinity of the Mindful Station to better manage the cafeteria traffic flow. The entire new area is now called "Main Fare."

"Another reason we're happy to make the Mindful Station more prominent is it gives us the chance to showcase the produce we offer from our local farms," Procaccino says. "Their fruits and vegetables have been very popular items in our cafeterias. This move takes advantage of that popularity."

This entry was posted by [Ashley Miller](#) on January 16, 2015 at 11:30 am, and is filed under [Get News](#), [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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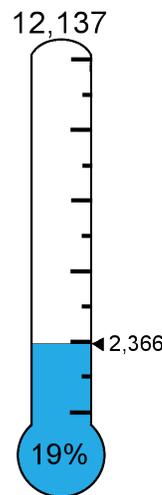
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