

### **Magnet Site Visit Announced**

Appraisers will visit LVHN in January.

### **Epic Downtime Scheduled This Weekend**

Get answers to your questions.

### **Meet October's Service Stars**

Joseph Griffin and Katherine Velekei reduce OR waste.

### **Fleming Memory Center Celebration—PHOTOS**

It's a resource for patients with dementia and their families.

### **Support Community Practices at BlackOut9**

It will be held Oct. 29 at the PPL Center.

### **Birdie Meckes Celebrates 45 Years of Service**

Read about her remarkable career.

### **Week Two United Way Winners**

See who won some cool prizes.

### **HIPAA Tip #8**

Obtain consent to access immediate family members' information.

### **Confessions of a Dietitian**

The struggle with diet and weight is real for Amanda Walker.



#### **[Read Lehigh Valley Health News](#)**

a blog on LVHN.org containing timely health information and health network news.



# Mission 4 Magnet: Site Visit Announcement

BY [JENN FISHER](#) · OCTOBER 16, 2015

Every day, senior vice president and chief nursing officer Anne Panik, RN, sees evidence of LVHN's professional nursing standards across the network. "Each moment of patient care is a synergy of compassion, evidence-based practices and collaboration with other disciplines," Panik says. "It shows me exactly why we are a Magnet®-recognized organization."

This week, Panik and her patient care colleagues learned that LVHN is one step closer to earning our fourth Magnet designation. The American Nurses Credentialing Center (ANCC), the organization that administers the Magnet Recognition Program®, notified Panik and Kim Hitchings, RN, manager of the [Center for Professional Excellence](#) and Magnet program director that based on our scores from redesignation evidence submitted in April, we have earned a site visit to further review our qualifications.

"In early January, four Magnet appraisers will visit all areas of LVHN and will assess how well our nurses and all staff exemplify the Magnet ideals of transformational leadership; structural empowerment; exemplary professional practice; and new knowledge, innovations and improvements; and how they lead to positive empirical outcomes,"



Hitchings says.

## We're All Magnet

Magnet appraisers look at the organization in its entirety – which means all colleagues play a part in helping show how LVHN is Magnet.

“The appraisers will talk to nurses about their professional practice, but they will also speak with other LVHN colleagues because nurses don’t work in a silo,” Hitchings says. “Anyone who is involved in an aspect of patient care or who interacts with patients and nurses may be asked to speak with the appraisers. This includes technical partners, physicians, advanced practice clinicians, respiratory therapists, administrative partners, volunteers and more.”

### Before the visit, think how you would answer questions like:

- What does it mean that you work at a Magnet hospital?
- What is a Magnet nurse?
- What is everyone’s role in a Magnet organization?

Panik is excited for the next stage in our “Mission 4 Magnet.” “It is terrific validation to earn a site visit, because each Magnet redesignation is more stringent than the last,” she says. “This is LVHN’s time to shine, and I’m ready to show the ANCC why we are Magnet.

Tags: [American Nurses Credentialing Center](#) [ANCC](#) [Anne Panik](#) [Kim Hitchings](#) [Magnet](#)

## ☐ RELATED CONTENT



## Meet Our 2015 Nightingale Awards Finalists

15 SEP, 2015



## Piloting New Roles for Technical Partners

1 SEP, 2015

## Nominations Now Open for Friends of Nursing Recognition

14 SEP, 2015

# Epic Downtime this Weekend: You've Got Questions/We've Got Answers

BY [JENN FISHER](#) · OCTOBER 15, 2015

If you are working this weekend from Saturday night into Sunday morning, be aware that Epic will be down for a period of time. Now is the time to prepare for this scheduled event.

The scheduled Epic downtime will take place beginning:

**Saturday, October 17 at 11:59 p.m. until Sunday, October 18 at 2 a.m.**

Please note that the LVHN Epic team is making every attempt to minimize the overall downtime of Epic and appreciates your patience.

## Epic Downtime Q&A

### 1. What tools do we use when Epic is down?

As part of our Epic transformation, each unit was supplied with the tools you will need to manage when **the Epic Production (PRD) environment is unavailable**. Both high-tech and low-tech tools will be used while the Epic system is updated.



- **High-tech Tools**

- **Read Only Epic** (also known as RO Epic); orange icon.
- **Business continuity access (BCA) web server.**
- **BCA personal computer and printer.**

**IMPORTANT** – NEVER turn off the BCA personal computer or BCA printer.

- **Low-tech Tools**

- **Red business continuity access (BCA) downtime binder.** Information includes tools to use and workflow processes.
- **Approved downtime paper forms.** Use these to capture new patient information until the system is running again.

## 2. **What's the procedure when Epic is offline?**

When a downtime event occurs, access the tools in the following order:

1. RO Epic
2. BCA web server
3. BCA personal computer and printer

Utilize approved downtime paper forms to record patient data until the system is running again. After downtime is over, any patient data captured on the downtime paper forms should be back-loaded into Epic, but does not take priority over patient care activities.

## 3. **How will we know when the system is in service again?**

You will be contacted via Call-Em-All once Epic is available again.

## 4. **I have an Epic downtime question – what should I do?**

If you have any questions, first refer to your red Business Continuity Access (BCA) downtime binder. If you cannot find the answer in the red BCA binder, then contact the I/S support center at 610-402-8303.



Optimizing Epic: Electronic Patient Forms

Wave 2: Taking an Epic Ride

11 SEP, 2015

3 SEP, 2015



Leadership Rounding During Wave 2 Go-Live –  
PHOTOS

21 AUG, 2015

# Service Star of the Month – October 2015

BY SHEILA CABALLERO · OCTOBER 15, 2015



**Joseph Griffin and Katherine Velekei**



Green just may be Joseph Griffin and Katherine Velekei's favorite color. It's not known for certain, but the two colleagues sure mention "green" a lot. While they have different professional backgrounds (Griffin is manager of perioperative support services and Velekei is a sustainability specialist), the two share similar goals and a passion to reduce waste in our operating rooms (ORs).

While trash isn't a hot topic for most colleague discussions, it's one of the issues that matters most to Griffin and Velekei. Through their partnership, they're saving the health network \$830,000 annually by reprocessing single-use devices, and avoiding a \$10,886 expense by diverting 17.2 tons from landfills.

While sustainability heroics isn't about direct patient care, nominators Hope Johnson, RN, and Don Hougendobler know our ORs generate more trash than any other department. "The cost and environmental impact are staggering," say Johnson and Hougendobler in their joint nomination.

Since 2013, their pilot projects have turned into full-fledged operational imperatives to regulate waste segregation, recycle medical plastic and manage fluids – all while achieving cost savings in the high six-digits.

The two also implemented a blue wrap program that gave OR colleagues a blueprint for recycling 20 tons of the material in just two years. And they're saving our streams too, through the launch of an OR pharmaceutical waste program that ensures compliance with the Environmental Protection Agency (EPA).

Hougendobler and Johnson aren't the only ones to notice the pair's accomplishments. The environmental organization Practice Greenhealth thinks highly of their efforts too. For the fourth consecutive year, the group has given LVHN its Environmental Excellence award. And for the first time this year, we received the prestigious Partner for Change award at our three hospital campuses in the Lehigh Valley.

Green is the buzzword for sustainability, and it's also how we meet our "better cost" goals. Griffin and Velekei's efforts are helping us achieve both. And who knows, on the way to sustainability they're probably making other health systems green with envy.

## Next Steps

[Nominate a Service Star.](#)

Congratulate these nominees:

- **Wes Webb, MRI, LVH–Muhlenberg**

Webb was the sole witness to a single-engine plane crash in a local park. After calling 911, he assisted the unconscious pilot despite a potentially dangerous fuel leak surrounding the plane. Webb stayed with the victim, spoke to him calmly and comforted him until rescue crews arrived.

- **Labor and delivery colleagues**

When a military family was expecting their first child, colleagues in labor and delivery used Skype so the serviceman could witness the emotional birth of his son. The team provided tremendous support to both parents during delivery, and everyone thanked the husband for his service to our country.

- **Robert Tomsho Jr., DO, LVH–Cedar Crest emergency department, and Luis Puentes, emergency preparedness**

Tomsho and Puentes helped deliver patient-centered care to a hospice patient who had a special love of all things NASCAR. Tomsho and Puentes secured race-day tickets, a meet-and-greet, time in the pit and a VIP

spot for the drivers' parade for the man, who had never attended a race.

- **Antoinette Diamond, Children's ER, and Kristin Hickman, LVH–Cedar Crest emergency department**

Diamond and Hickman provided assistance to an ill Sodexo employee who didn't want to leave his post during a busy meal rush. The colleagues encouraged the man to take a break, and communicated the problem to his co-workers and waiting café patrons. After a decision was made to close his station, Diamond and Hickman helped perform the tasks necessary to close the grill for the evening.

- **Kimberly Glenn, LVPG Endocrinology–1243 Cedar Crest**

Glenn is a part of the heart and soul of her practice and shares her positive energy with everyone she meets and every task she performs. She is an excellent preceptor, pitches in to lighten the load for other colleagues and generates ideas to help make the office more efficient.

- **Pediatric intensive care unit (PICU) colleagues**

After the tragic loss of a colleague, the PICU staff demonstrated tremendous compassion by hosting a special luncheon that allowed the respiratory team to share their memories of the deceased colleague. Their thoughtfulness during an emotionally difficult time helped the respiratory team heal.

- **Dena Wich, CRNP, LVPG Hematology Oncology–Muhlenberg**

After discovering that an elderly patient with cancer was homeless and living in his car, Wich worked with patient navigator Janie Connor to find the man an apartment. She then collected food, clothes, furniture and household items for the man, who she still maintains contact with today.

- **Kirsten McMullen, emergency department registration, LVH–17<sup>th</sup> Street**

McMullen has been a super help as the Epic super user for her emergency department team. She went out of her way to find answers to her colleagues' Epic questions, worked late and came in on unscheduled days to learn the system and help the team.



Service Star of the Month – September 2015

17 SEP, 2015



Service Star of the Month – August 2015

20 AUG, 2015



Service Star of the Month – July 2015

16 JUL, 2015

# Fleming Memory Center: A New Resource for Patients With Dementia and Their Families—PHOTOS

BY [ROBERT STEVENS](#) · OCTOBER 14, 2015



[◀ Back](#)

Picture 1 of 7

[Next ▶](#)

The Fleming Memory Center – a new 5,300-square-foot facility at LVH–17<sup>th</sup> Street – will centralize clinical, educational and support services for people affected by dementia and Alzheimer’s disease. The first of its kind in the area, the center will serve as a hub for a coordinated community network that will meet the unique and often changing needs of people with dementia, their families and principal caregivers. New patients will be seen in the center beginning in November.

“I’m sure many people know someone affected by this illness, and some who have died of it or are living with it,” says LVHN president and chief executive officer Brian Nester, DO, MBA, FACOEP. “We need to act on this growing problem, and we will.”

The center’s construction was funded by Richard (Dick) Fleming of Zionsville. His wife, Peggy, was diagnosed with Alzheimer’s disease in 2002 and succumbed to it in 2008. Following Peggy Fleming’s death, Richard Fleming vowed to fix the system of fragmented care and support they experienced during his wife’s six-year illness.

“When I asked the experts what could be done, the response was, ‘We don’t know,’” says the long-time LVHN trustee about the help he had sought. A former executive at Air Products, Fleming also gave start-up funding for program development at the center. His gift totaled \$1.27 million.

The center features six exam rooms, geriatric and dementia experts, and space for consults, meetings, education and caregivers. The center will include:

- Targeted education for clinicians, caregivers and the community
- Larger clinical evaluation and care space

- More hospital-based services to quickly identify people with dementia and initiate their care
- Collaboration among community partners to integrate and use pertinent community services
- A memory support team, comprising a geriatrician, clinical nurse specialist, social worker, patient liaison, dietitian and support staff
- Innovative services, including computerized “brain fitness” training for retaining memory and language skills
- Family and caregiver education programs
- Research to enhance dementia diagnosis and treatment, as well as family support

“The Fleming Memory Center will serve our community and be a model for other communities,” says Debbie Salas-Lopez, MD, LVHN’s associate chief medical officer. “Dick’s wise leadership, passion for better medicine and financial generosity will have a profound and lasting impact on patient care and support at LVHN and in our community.”

A fellow LVHN trustee, Rev. Jeff Aiken recalls how Fleming’s vision for the center stemmed from the pain and suffering of his wife – and his family – during their arduous journey with Alzheimer’s. “Dick was determined to find a way to create this center,” Aiken says. “This is a lasting gift from Dick, and a partnership linking people and resources not only from the health network, but also throughout our community.”

Tags: [Dick Fleming](#) [Fleming Memory Center](#) [LVH-17th Street](#)

## ☐ RELATED CONTENT



[Wear Your Finest Attire, Get Dancing and Support Community Practices at BlackOut9](#)

[LVH Earns Accreditation and Relicensure](#)

29 SEP, 2015

15 OCT, 2015



New Letters Brighten Entranceway at LVH–17th Street; Coming Soon to LVH–Cedar Crest

6 AUG, 2015

# Wear Your Finest Attire, Get Dancing and Support Community Practices at BlackOut9

BY [TED WILLIAMS](#) · OCTOBER 15, 2015

It's become one of the Lehigh Valley's most talked-about events, the dance party where everybody dresses in fashionable black attire. It's also being held at the hottest venue around – the [PPL Center](#) in downtown Allentown.

It's BlackOUT 9, which benefits the patients of Lehigh Valley Health Network's (LVHN) [community practices](#) at Lehigh Valley Hospital–17<sup>th</sup> Street. It will be held from 7 p.m. to 1 a.m. on Thursday, Oct. 29. Tickets are \$40 and can be purchased in advance by calling 610-402-CARE or visiting [LVHN.org/BlackOUT](#).

This event began in 2007 as BlackOUT, a small gathering designed to raise money for patients and families impacted by HIV. It's grown to the point where proceeds now support the efforts of LVHN practices to deliver compassionate, quality health care to members of the community with the greatest needs, regardless of a patient's ability to pay. These





practices provide more than 100,000 patient visits annually.

Practices benefiting from BlackOUT 9 include:

- [AIDS Activities Office](#)
- [Hepatitis Care Center](#)
- [Children's Clinic](#)
- [Dental Clinic](#)
- [Centro de Salud](#)
- [Lehigh Valley Physicians Practice](#)
- [Mark J. Young Community Health and Wellness Center](#)
- [Family Health Center](#)
- [LVPG Geriatric Medicine](#)
- [Fleming Memory Center1](#)
- [Center for Women's Medicine](#)

Tickets also will be available at the box office the night of the event. Parking is available in the PPL Center Linden Street garage for \$3 per vehicle.

Tags: [BlackOut](#) [Community Practices](#) [LVH-17th Street](#) [PPL Center](#)

## RELATED CONTENT



PPL Center Presale: Former Philadelphia Wings Lacrosse Game, Dec. 19

Fleming Memory Center: A New Resource for Patients With Dementia and Their Families—PHOTOS

# Roberta “Birdie” Meckes Celebrates 45 Years of Service

BY [RICK MARTUSCELLI](#) · OCTOBER 12, 2015

During September’s Star Celebration gala, we honored the [recipients of our Service Excellence Awards](#). We also honored colleagues for their years of service at LVHN. One colleague who attended the gala has been working at LVHN for 45 years. Here is her story.

## Roberta “Birdie” Meckes

After graduating from Panther Valley High School, Meckes was offered two jobs at another hospital. The position she chose was in the pharmacy. When she took her experience to LVH–Cedar Crest, she became the hospital’s first pharmacy technician. She worked alongside only one pharmacist and one director. “When I started, we wrote everything by hand on patients’ profiles and did all the billing manually,” she says. Today, Meckes is the administrative secretary for pharmacy, a department that has grown to include 225 colleagues. “We’ve come a long way,” Meckes says.

During her LVHN career, Meckes has played a role in many initiatives that were organized to help people in need. In 1992, she was part of a team that helped collect 450 pounds of food donated by colleagues for use at the Lehigh Valley Food Bank. In 2003, Meckes helped organize three fundraisers to benefit the son of a colleague who was battling an illness. In 2010,



Meckes was part of a team that created and sold a cookbook that raised \$3,000 for LVHN's neonatal intensive care unit. She continues to volunteer annually at the Lehigh Valley Health Network Via Marathon and the health network's BlackOUT events, which raise money for our community practices.

Meckes was an original member of our recreation committee, which formed more than 30 years ago, and continues to be an active member today. Meckes and her husband, Chuck, enjoy traveling the world. They've visited Italy and Ireland, and have cruised the Rhine River.

Congratulate Meckes and these colleagues who also are celebrating 45 years of service:

- Barbara Hetrick
- Linda Hinkle
- Michele Moll

Tags: [Birdie](#) [Roberta Meckes](#) [Service Excellence](#) [Star Celebration](#)

## ☐ RELATED CONTENT



Meet More Service Excellence Award Recipients

5 OCT, 2015



Colleagues Honored for Service Excellence and Years of Service at Star Celebration Gala – PHOTOS

29 SEP, 2015



Terry's Take: Share Your Passion

# Our Latest United Way Campaign Prize Winners—Week Two

BY [GERARD MIGLIORE](#) · OCTOBER 16, 2015

Our annual LVHN United Way campaign runs through Nov. 30. This year's theme is "Be Someone's Hero." Your donation will help the United Way of the Greater Lehigh Valley support vital community-based programs that focus on education, food access, healthy aging and emergency services.

Each week, colleagues who donate are entered into a drawing for a variety of exciting prizes. Don't fret if you don't win. Your name will automatically be entered into the following week's drawing. Below is the list of winners for week two.



Winner	Prize	Donated By
Vanessa Villaverde	Gift Basket	Starbucks
Nancy Saeger	Gift Basket	Lehigh Valley Phantoms
Brynn Walsh	1 night stay at Renaissance Allentown with breakfast for 2	Renaissance Allentown

Vanessa Taggart	\$29 Gift Card – Full Tray	Philly Pretzel Factory
Debra Schweitzer	2016 Entertainment Book	LVHN Recreation Committee
Krista Barlet	Kid Crafts Basket	Alyssa Nole

Next week, those who donate have a chance to win a Tastefully Simple gift basket, a \$29 gift card to Philly Pretzel Factory, a 2016 Entertainment Book, a 90-minute message and a women’s hair salon package.

You can give to the campaign by clicking the United Way icon on your SSO toolbar. *(Please note: To donate to the United Way, you must click the “United Way” icon. If the icon does not appear, refresh your toolbar under the “Options” drop down. The “Give Now” icon is for colleagues to donate to Lehigh Valley Health Network.)*



Tags: [Donate](#) [United Way 2015](#)

RELATED CONTENT



[Our Latest United Way Campaign Prize Winners–Week One](#)

[Be Someone’s Hero: LVHN United Way Campaign Kicks Off Thursday, Oct. 1 – VIDEO](#)

# HIPAA Tip #8: Obtain Consent to Access Immediate Family Members' Information

BY [RICK MARTUSCELLI](#) · OCTOBER 13, 2015

*HIPAA, or the Health Insurance Portability and Accountability Act, is a federal law that protects the confidentiality and security of health care information. As health care professionals, it's our responsibility to follow HIPAA guidelines to ensure our patients' medical information is protected. To help you, a new HIPAA Tip is posted on LVHN Daily each month.*

Colleagues are permitted to view medical record information for immediate family members only if the health information management (medical records) department has on file a completed consent form signed by the patient. The [consent form](#) is located on the [health information management intranet site](#).

Immediate family members include:

- Spouse
- Child or step-child
- Parent or step-parent
- Legal guardian



- Brother or step-brother
- Sister or step-sister
- Father-in-law or mother-in-law
- Grandparents and great-grandparents
- Grandchildren and great-grandchildren
- Son-in-law and daughter-in-law

**To discuss a privacy concern or report a privacy issue**, contact LVHN privacy officer Melissa Blihar at [melissa.blihar@lvhn.org](mailto:melissa.blihar@lvhn.org) or 484-884-1410.

**To discuss a compliance concern or report a compliance issue**, call compliance services at 610-402-9100.

**To report a concern anonymously**, call 1-877-895-2905 or visit [LVHN.ethicspoint.com](http://LVHN.ethicspoint.com).

[Read previous HIPAA Tips.](#)

To be eligible to win a prize, [email Melissa Blihar](#) your answer to the following question. A winner will be selected randomly.

Mary is a registered nurse who learner her niece, Jessica, has been admitted to LVHN. Mary wants to access Jessica's records. What should Mary do?

1. Ask Jessica to complete LVHN's consent form to access family member's protected health information.
2. No authorization is needed because Mary is a registered nurse and she has access to medical record information as part of her job duties.
3. Jessica does not qualify as an immediate family member. Therefore, Mary cannot access the information for personal reasons.

### **Prior HIPAA Tips Questions and Answers**

**HIPAA Tip #7** – “My colleague was in the emergency room last week, and I wanted to send him a Get Well card. I used my computer to obtain my colleague's home address.”

Was this an appropriate access?

Answer: No

**HIPAA Tip #6** – Which of the following should be placed in the locked blue recycling containers? (Select all that apply.)

1. Operative report
2. Insurance information
3. Supply order receipt
4. Patient demographics/facesheet
5. LVHN policy or procedure document

Answer: All of these documents must be placed in a blue recycling container; not just PHI.

**HIPAA Tip #5** – If you see someone accessing your computer using your user name and password, who should you call?



1. Human resources
2. The Office for Civil Rights
3. Your supervisor
4. No one

Answer: Your supervisor

[HIPAA Tip #4](#) - *Is it OK to provide your user name as password to your supervisor, if requested?*

Answer: No. You should not provide your password to anyone, even if requested.

[HIPAA Tip #3](#) – What are three different ways a colleague can view his or her personal health information?

Answer: You can view your personal health information via your computer, by making an appointment with medical records or by using MyLVHN, our new patient portal.

A question was not asked in [HIPAA Tip #1](#) and [HIPAA Tip #2](#).

Tags: [Compliance](#) [Health Insurance Portability and Accountability Act](#) [HIPAA](#) [HIPAA Tips](#) [Privacy](#)

## RELATED CONTENT



HIPAA Tip #7: Don't Access Medical Information Unnecessarily

12 AUG, 2015



HIPAA Tip #6: Dispose Confidential Documents Properly

30 JUN, 2015



HIPAA Tip #5: Lock or Log Off Your Computer

27 MAY, 2015

Go to LVHN Intranet  
**LVHNDAILY**

*Your everyday source for LVHN news.*

## STORIES ABOUT COLLEAGUES

### Confessions of a Dietitian: We're Not Perfect

BY [ADMIN](#) · OCTOBER 14, 2015

*Amanda Walker gives us the inside scoop on what life is really like as a registered dietitian. She works at Lehigh Valley Health Network (LVHN) for Sodexo, the company that manages our food services.*

Most people think dietitians are as close to flawless as we can get with our diets and exercise routines. In fact, nothing could be further from the truth.

Like most people, dietitians struggle with food and lifestyle choices every day. The fact that we are more educated about nutrition makes us more accountable, personally and professionally, and often just adds pressure to the job.

This in and of itself can make our profession frustrating and a double-edge sword, especially when there is some type of "nutrition expert" making claims without explaining the full story. After all, most people just read the punch line without listening to, questioning, or reading the full article, which can often make our job all the more frustrating.



*Amanda Walker, RDN, LDN*

In my experience, every dietitian I have ever worked with has had his or her struggles with food. I come from a Spanish culture, where carbohydrates and fats reign. I wish I could say that these are the good types of carbohydrates (called complex carbohydrates) and the healthier fats (like monounsaturated/polyunsaturated fats), but the truth is they are neither.

The carbohydrates typical of my culture include: fried breads; fried vegetables; fried meats (and not the lean type); Spanish rice; an overabundance of potatoes cooked anyway imaginable; and pasta, with tortillas and chili served for every meal.

You might think that eating these foods daily would get boring and lose its flavor, but in my 33 years I have never become bored eating these foods. Only now have I learned to prepare them in a much healthier manner. I've made some reasonable, healthy changes to the cooking process, and it's helped me to decrease the type and amounts of fats.

Anyone married to or related to a dietitian is usually in for a treat. Our families are often used as the unsuspecting victims for our recipe concoctions and failures. Along with our families, we experience these highs and lows together.

One of the great things about dietitians is our relentlessness. We try and try until we get it right, and we don't give up until we do. Luckily for all of you who have met us, are related to us, or seek our advice, you know what I am talking about. We are one persistent breed, and I am proud of that.

So the next time you have the pleasure of meeting or interacting with a dietitian, try to understand we have food troubles too. Please don't think we are judging what you are eating, because we are not. We don't often give unsolicited advice, and please try your best not to judge us if you occasionally see us eating a sweet treat, drinking a sweet beverage or having an occasional fried food. We struggle with lifestyle and foods just like most of you.

The most important thing to remember is to do it all in moderation, and include daily exercise as part of your lifestyle. Have a beautiful and healthy day.

Tags: [Amanda Walker](#) [Dietitians](#) [Sodexo](#)

## RELATED CONTENT



Changes Coming to LVH–Cedar Crest Café

8 SEP, 2015



Café hours adjusted for Epic 'Go Live' weekend

31 JUL, 2015



Summer Favorites in our Cafeterias in July

7 JUL, 2015