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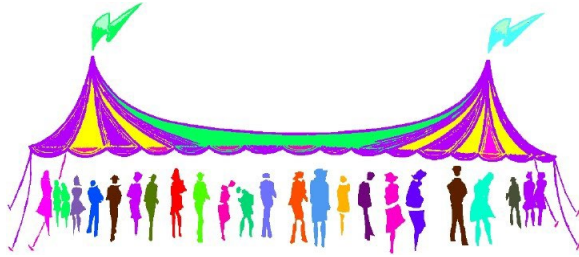
Muhlenberg Magic

Lehigh Valley Health Network

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March 2019



LVH - Muhlenberg Summer Festival to Become the LVHN Wellness Festival

Perhaps you are familiar with the Summer Festival that took place on the LVH-M campus for 57 years. The Festival was enjoyed by children and adults of all ages, but it was time to change the face of the festival to bring it more in line with the mission of the Lehigh Valley Health Network. That said, allow me to introduce the **First Annual LVHN Wellness Fest which will be held on June 7, 2019, from 4 – 8 p.m. and June 8, 2019, from Noon – 8 p.m.** As always, it will be held on the event pad, in the upper North parking lot, at the LVH-M campus. This new approach to the festival aligns with our programs and services providing health and wellness resources to members of our community, and traditional elements that the public has come to expect from the festival will remain intact.

These features include the craft tents, children's activities, and a family friendly atmosphere, but now will also

include on-the-spot health screenings, wellness speakers, tours of the new Mobile Stroke Unit, Mammography Coach, Miles of Smiles Van, burn prevention information and hands on CPR training. Food trucks with an array of options will replace the food stands from past events and will represent the only paid element of the festival, the rest being offered to the public at no cost to them as a boots on the ground approach to a healthier community.



**Don't forget to move your
clocks 1 hour ahead
before you go to bed on
March 9**

Cardiovascular



Professionals Week

The staff in the Heart Station at LVH-Muhlenberg pose for a picture on Valentine's Day.

Daffodil Days



Don't forget to pick up your daffodils on March 20th from 9 am – 4 pm outside the cafeteria.

SPRING into giving

The Professional Excellence Council (PEC) Community Engagement Workgroup will be having a **Spring Donation Drive at LVH-Muhlenberg on March 27 from 7-10 am in ECC-A**. The Drive will benefit the Adult and Adolescent Behavioral Health Units.

Most needed items:

Socks*

Underwear*

Sports bras (various sizes) *

Sweatshirts (all sizes, without logos) *

Sweatpants (all sizes, without drawstrings) *

Plain t-shirts (all sizes) *

Metal-free hair ties

Hair conditioner

Chapstick

Model Magic

Small containers of Play-Doh

Coloring books/colored pencils

Markers

Puzzles/Board Games/UNO cards

Individually-wrapped hard candy

Stress balls

PG/PG13 DVDs, Wii Games (no mature topics or violence)

Non-violent Books (ages12-18)

**New clothing only please*

To learn More:

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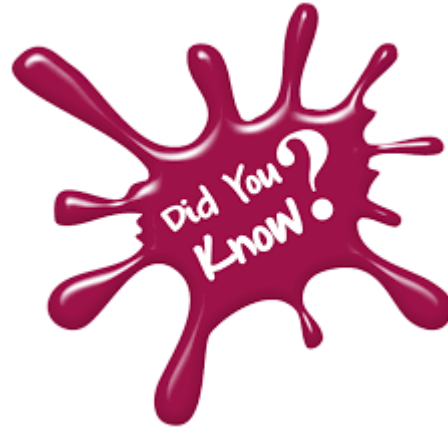


**Logo “Pop Up” Sale
at
LVH-Muhlenberg
Friday, March 22
9am – 3 pm
Lobby outside Café**

Stop by and look at all the merchandise with the LVHN Logo. They will be accepting credit cards, payroll deduction and cash.



**The Café will be selling
Fastnacht’s on Tuesday,
March 5 for Fastnacht
Day**



About our **WE BLEED LOCAL** program. This is sponsored by the Miller-Keystone Blood Center. You can give blood anywhere, show your **WE BLEED LOCAL** fob and Muhlenberg will get the credit.

Please contact Ruth Brown in volunteer services to receive your fob. She can be reached at 484-884-2228 or Ruth.Brown@lvhn.org

Muhlenberg’s next blood drive will be March 27 from 7:00 am to 4:00 pm in ECC – B, C & D. The drives now start an hour earlier and go an hour longer to make it more assessable to our colleagues. Thank you for your donation.

What do you get when you cross poison ivy with a four-leaf clover? A rash of good luck."
-Unknown



Self-Service Kiosk Now Open in Café

- Employees Only - Late Night Café Services from 8pm – 5 am.
- You must have a deferred balance account with Sodexo to enter and utilize self-checkout. Receive your forms from Sodexo employees.
- Your hospital ID badge will gain you access at main café entrance.
- Café is monitored with 24 hr. surveillance.
- Look for the grab and go items with the blue kiosk tag that denotes items that can be scanned at the kiosk.
- Take your items to the kiosk lane closest to the windows. Follow instructions on the screen. Simply scan items, then swipe hospital badge for payment.



Cycling for a Good Cause

Brent Bundy has been riding his bicycle to raise money for Breast Cancer Awareness for years.



Six years ago, his friend Gina, lost her fight to breast cancer. He has been taking this yearly trip ever since. His trek began in Oregon and will end in New York. He started in June and was hoping to get done by October, but this year it has taken a little longer. His total trip averages 20,000 miles.

Brent was in an accident years ago and was told he only had a 5% chance that he would ever walk again. His dedication and determination have proven them otherwise.

He continues this ride each year in memory of his dear friend. Along the way he stops to get a bite to eat or just to get warm. One of his stops this year was LVH-Muhlenberg.

**Hear what
our patients
are saying....**

- Everyone was always very nice, caring and compassionate. I have nothing but respect for the staff.
- My nurse and doctors took the time to listen and made me comfortable, as best as possible, under the circumstances. They explained the process and how I would be treated.
- Not only was I treated by a staff of pros, but I also felt they cared. I also felt like I was a FRIEND. I can only give that hospital the highest of praise. If ever I had to be in a hospital again, it would be that one. Thank you.
- I've had great care every time I've been there. I love people who smile and joke, and they do.
- If a short or a long hospital stay could feel this good, what a marvelous world this would be.
- I would recommend them for a raise, an award or some type of recognition.
- I think they have a great staff. They work together.


**May you never
forget what is
worth
remembering
nor ever
remember what
is best
forgotten.**


**Great
Catches**



Going forward we will be recognizing all our great catches.

We don't want to go without giving an honorable mention to the great catch participants we have had since we began our newsletter. They are as follows:

- Michelle Violante – Pharmacy
- Bonnie Poehler – 4T
- Damaris Ramos and Susan Dulin and night shift staff – 7T
- Jasmine Jones – General Services

February:

Joanne Bodder, RN – 6 Tower
 Joanne recognized that a patient transferred from a higher level of care needed an additional blood glucose drawn prior to receiving insulin. Rechecking the patient's blood glucose instead of treating the previously documented result prevented harm from coming to the patient!

Alyssa D. Bryan, RN – Regional Heart Center
 Alyssa was quick to identify a newly admitted stroke patient's hypoglycemia. After immediate treatment per the hypoglycemia policy, she called the provider and obtained the appropriate orders needed for additional interventions. Low blood sugar and stroke symptoms can be similar, making this a great catch!

Great Job everyone! WE ARE LVHN PROUD!!!!



Pastoral Care will be making their rounds on Wednesday, March 6 to distribute ashes. They will be making one pass on each floor this year beginning at 9:30.

Colleague Engagement Survey

At LVHN, we listen to you. We conduct our annual Colleague Engagement Survey to collect your feedback and take action to make LVHN an even better place to work and grow. When you take the Colleague Engagement Survey, be open and honest, and share what we do well and where we can improve

Please watch your mail. The date opens for the survey on April 15.



Voluntary Benefit Package

The Network will be offering a new voluntary benefit package. This new benefit package supports your priorities and goals, and celebrates "one LVHN" because it is available to all colleague's network-wide. Please check the intranet and your emails for more details. Enrollment is from February 25 through March 15.



The Network will be launching a new weight loss program called Worth the Weight. They will be launching this program on March 5. The first two sessions will be at LVH-17th Street from 10-11 am and LVH-Muhlenberg from 2-3 pm. To enroll call 888-402-LVHN. If you are interested in learning more about future sessions or have questions, please call 1-800-955-6620, option 2, or email mytotalhealth@lvhn.org.



**Spring Arrives
March 20**



GlobalFit Gym Network 360

The My Total Health Program at LVHN – in looking to expand discounted gym access to colleagues across the network – has recently partnered with GlobalFit to provide colleague access to Gym Network 360. Gym Network 360 is the largest aggregator of fitness and wellness discounts in the United States.

How Does GlobalFit Gym Network 360 Work?

Through this partnership, colleagues have access to the Gym Network 360 online platform that includes locally owned and national chain fitness centers, specialty studios, and at home workouts, including LesMills, Honor Yoga, and Zumba Fitness.

LVHN colleagues can activate their account to search local facilities and browse virtual offerings. Colleagues can purchase memberships of their choice at discounted rates through the Gym Network 360 site. All discounts are negotiated through GlobalFit, directly, and range from money off annual enrollment fees, to monthly billing discounts. **Memberships (both local and virtual) are not eligible for wellness dollar reimbursement currently.*

If a facility or club is not listed in the search function for a particular geographic location, colleagues can fill out a “Request a Gym” form. GlobalFit’s team will then reach out to the facility, directly, to negotiate a special rate and add it to the list of offerings.

We encourage you to activate your account today and share this information widely within your networks. To activate go to: globalfit.com/mytotalhealth. Use the links at the top left of the screen to activate and set up your account. Complete the form to create a username and password. Use the top navigation bar to view products and services available to you.



**Please Join us on April 9
for Town Hall Meetings**

**7:30 am and 3:00 pm
ECC – C & D**

Send your ideas or suggestions
for the newsletter to:

Editor: Bonnie Winch
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484-884-2544

