

THE LG EXPERIENCE

LANCASTER GENERAL HEALTH

OCTOBER 2021



Future **CENTRAL TABLE EATERY** Brings Together Wellness & Culture

The future dining experience at Lancaster General Hospital early next year will feature a variety of cuisines — showcasing food and cultures from around the world, as well as locally-sourced ingredients at each station.

The one-of-a-kind retail and dining space was designed to be a welcoming environment for employees and visitors to gather. It is an example of LG Health's ongoing commitment to advancing wellness in the Lancaster community

by encouraging healthy lifestyles and ensuring access to nutritious food.

To make room for new Emergency Department construction, Lancaster General Hospital's Food Service department and dining area, currently located on the ground floor, will be moved to the hospital's first floor, where it will be expanded and updated for the first time in more than 30 years.

Construction of the new Central Table Eatery is happening in two phases.

The grand opening of the cafeteria and introduction of up to seven new food stations will happen during phase one in March 2022. Phase two adds five additional stations that will be complete next winter.

"Apart from Food Service, there are multiple departments involved in this expansion project so we are incorporating input and feedback from a variety of employees," said **Nick del Valle**, system director of Dining Services, Penn Medicine Lancaster General Health.

Employees can expect the return of old favorites and delicious new additions including personal pizzas made from fresh ingredients, craft coffee shop beverages and bakery items, superfood grain bowls, grab-and-go items and more.

"We are all very excited that the entire hospital, visitors and community will be able to take advantage of a dining experience that incorporates wellness and influences from our local community," del Valle said.



CEO MESSAGE

JOHN J. HERMAN, MBA, FACHE, CEO, PENN MEDICINE LANCASTER GENERAL HEALTH

I think we all will agree that working in health care continues to be very challenging. While these challenges have the potential to bring about negative emotions — and even feelings of trauma — they also provide an opportunity for growth.

Throughout my life, I've found that two things can help me get through difficult times: acting with purpose and receiving positive feedback from someone who cares.

When my daughter was a teenager, we struggled with a decision about her academic path. As her parents, we acted with a clear purpose in mind and made the decision we felt was best for her. She did not agree, and she was incredibly unhappy with us. That was hard, and none of us were

sure it was the right thing to do. But years later, when she was in college, she thanked us for making the right decision. Although that positive feedback didn't come right away, it meant a great deal to us.

While this is an example from my family life, the same applies professionally. I am grateful for the heartfelt words of appreciation, empathy or compassion a colleague gives me while I am going through a difficult time. With that in mind, I ask you to consider sending a Legacy Moments recognition to acknowledge a colleague for positively impacting your life. You can access Legacy Moments from the top right corner of the StarNet homepage.

On the longest and hardest days, I have also found inspiration and camaraderie

by reading a few stories on the Live Your Legacy page on StarNet. I encourage you to visit the page for uplifting stories about how your colleagues are living their legacy at Penn Medicine Lancaster General Health. Then take a few minutes to connect with others by sharing your own story or commenting on what others have posted.

We recognize and appreciate all that you have done throughout the COVID-19 pandemic. We know it has been hard. I believe the best way for us to get through these rough patches is by acting with purpose and pulling together and supporting one another. In doing so, I believe we will become stronger as a team and an organization.

Thank you again for all you do each day.

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LG Health Launches **LEAD-FREE FAMILIES INITIATIVE** to Halt Lead Poisoning Across Lancaster County

Penn Medicine Lancaster General Health recently launched Lead-Free Families, a 10-year community health improvement initiative aimed at eliminating childhood lead poisoning in Lancaster County.

Lead-Free Families will identify and work to remediate lead hazards in at least 2,800 Lancaster County homes over the next decade. With a \$50 million investment by LG Health, the program is the first of its kind in the U.S. to be initially funded and led by a health system.

Lead poisoning is a significant health issue among children in Lancaster County, which has a large number of homes built before 1978, when the federal government banned the use of lead-based paint in consumer products. Pennsylvania has one of the highest lead-poisoning rates in the nation, with Lancaster County the fourth-highest in the state.

Lead poisoning can result in serious and lifelong health and developmental issues, including lower IQ, slowed growth, learning problems, behavioral issues, hyperactivity, and hearing and speech development problems. It can also cause pregnancy problems, including low birth weight; premature birth; damage to the baby's brain, kidneys and nervous system; and even miscarriage.

"There is no cure for lead poisoning. Once it's in your system, you can't get it out, and the mental and physical effects are irreversible," said chief clinical officer **Michael R. Ripchinski, MD**. "Pregnant



▶ John J. Herman, MBA, FACHE, CEO, Penn Medicine Lancaster General Health, announces the launch of Lead-Free Families initiative.

women and children age 6 and younger are most at risk because a child's brain is still developing during these formative years."

LG Health will work with local governments, school districts and other community partners to educate, screen and treat families.

"This disease may not be curable, but we know it is 100 percent preventable,"

said **Carolyn Scanlan**, chairperson of the Penn Medicine Lancaster General Health Board of Trustees.

For more information on Lead-Free Families, or to apply for the program, visit LeadFreeFamilies.org, or call 717-544-LEAD (5323).



FREE FOR EMPLOYEES: Mindfulness & Anxiety Reduction Course

As part of our ongoing commitment to supporting the mental health and well-being of our employees, Penn Medicine Lancaster General Health is offering a free course in Mindfulness and Anxiety Reduction.

The four-week Zoom series is taught by **Marygrace Lomboy, MSN, CRNP, ACHPN, CWCWN**, an educator with LG Health Holistic Therapy. Lomboy modified her popular Mindfulness-Based Stress Reduction (MBSR) course to address the unique stressors faced by workers in the health care industry.



"MBSR offers powerful tools for managing anxiety and increasing joy, by teaching you to change the way you experience yourself and the world around you," Lomboy said.

"We are pleased to offer this series free to all LG Health departments that are interested," said **Debra Dower, BCSI, LMT, E-RYT**, manager of LG Health Holistic Therapy. "Classes are held live via Zoom at the same weekly time, day or evening, as scheduled by each department."

Each class includes guided instruction in mindfulness meditation practices, gentle stretching, easily accessible tools and exercises for coping with everyday challenges, and materials for daily practice at home. Participants may wish to have a yoga mat and water bottle handy.

Congratulations to our Class of 2021 Family Medicine Residents **LG Health's Newest Graduates are Well Prepared for the Future**

Penn Medicine Lancaster General Health proudly congratulates the 13 Family Medicine Residents who graduated in June. The last 16 months of their training took place during the COVID-19 pandemic, a unique experience that has sharpened their skills and added a new dimension to their training.

"The Class of 2021's three-year residency spanned both pre-pandemic

and pandemic time periods, providing them with an unprecedented depth of experience," said **Pamela Vnenchak, MD**, program director of LG Health's Family Medicine Residency. "They are well prepared for their next endeavors."

Congratulations are also in order for the Lancaster General Hospital Family Medicine Residency Program, which was ranked #1 in the U.S. by Doximity,

the nation's largest network of medical professionals.

"For more than 50 years, our program has attracted some of the country's most talented medical school graduates. When they leave our residency program, these doctors go on to make significant contributions to the health of the communities they serve," Vnenchak said.



▶ From left: Jessica D'Souza, MD; Alice Zhang, MD; Jonathan Wood, MD, MBA; Alison Mercier, MD; Michael Robinson, MD, MPH; Emily Brown, MD; Mona Xiao, MD, MBA; Taylor Belser Yinger, MD; Ray Antonelli, MD, MPH; Kelly Phillips, MD; Marina Gonzalez, MD; Lynne Booth, MD; Hannah Miller, MD.

▶ THE LG EXPERIENCE

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