

# THE LG EXPERIENCE

LANCASTER GENERAL HEALTH

NOVEMBER 2021

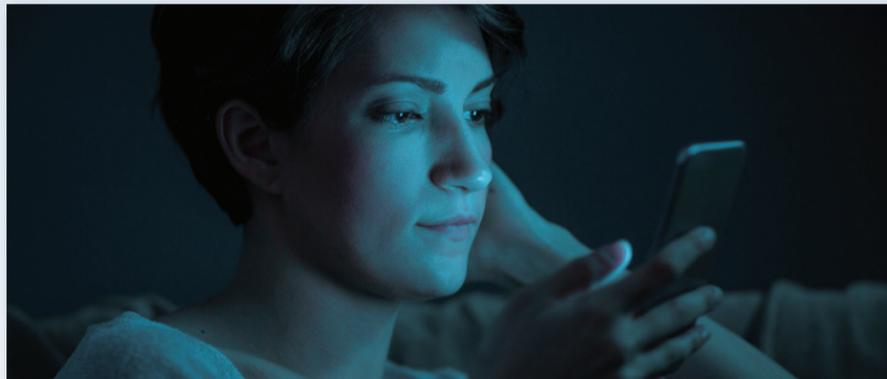
## STAYING MINDFUL OF HOW Social Media Affects Mental Health

Social media offers a fun way to escape the stress of work and demands of a busy life. At a time when many are taking a break from traveling or participating fully in pre-pandemic activities, it allows us to share and connect, get news and information, and even meet new friends.

But there can be a downside too. Excessive social media use has been linked to depression, anxiety and loneliness. Recent studies referenced by The Child Mind Institute and The National Center for Health Research suggest people who frequently use social media feel more depressed and less happy with life than those who spend more time on non screen-related activities.

“Young adults who have grown up using screens are particularly vulnerable to the negative aspects of social media, but we are all at risk,” said **Christine Stabler, MD, MBA, FAAFP**, medical director of Women’s Health for Penn Medicine Lancaster General Health and a family medicine physician with LG Health Physicians Women’s Internal Medicine.

Taking a more mindful approach when using social media can be better for



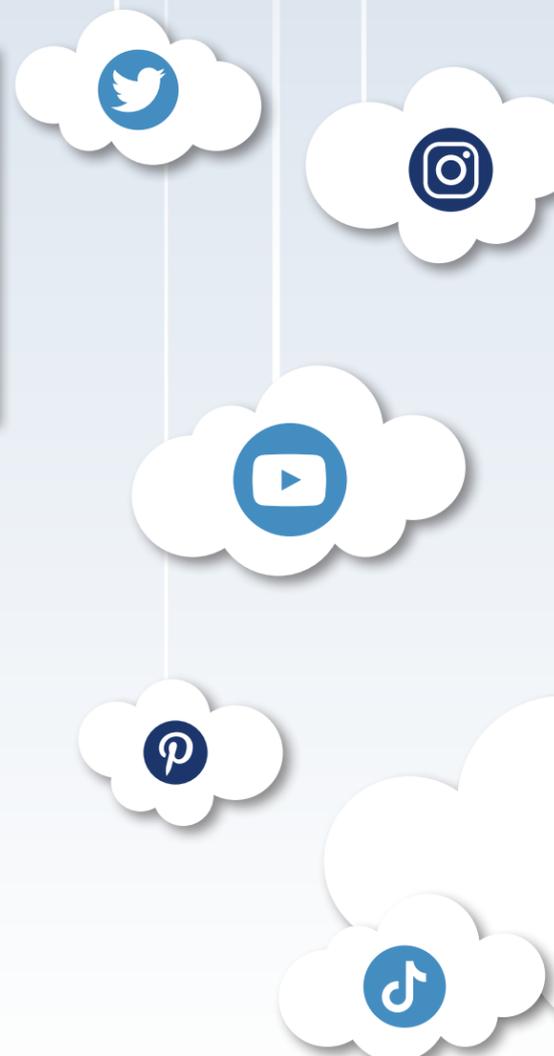
mental health. It helps to understand some potential traps:

- The constant feed of fresh content on social media apps and websites has the same chemical effect on the brain, a release of dopamine, as other potentially addictive activities such as gambling or recreational drug use.
- Placing too much emphasis on receiving “likes” or interactions can leave you feeling disappointed or invalidated.
- Comparing your posts to those of others can cause low self-esteem, loneliness, and feelings of anxiety or depression. This can be exacerbated by FOMO (fear of missing

out) or the use of filters that hide physical imperfections and create false impressions.

To help curb unhealthy use of social media, pay attention to how you are feeling, how often you are checking your apps, and whether your usage is distracting you from your responsibilities, self-care, or in-person relationships.

“Having a digital world at your fingertips can be more tempting than getting out and having real social connections and interactions. Whenever possible, take opportunities to see friends in-person rather than chatting behind a screen,” Stabler said.



## CEO MESSAGE

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

Penn Medicine Lancaster General Health is committed to caring for everyone in our community, and to ensuring fair and equitable access to the care we provide. This is one of the most important challenges we face. We must be very purposeful in addressing disparities and biases that affect our workforce, our patients and the community.

I often think about my experiences living and working in New Orleans, which was forever changed by the devastation of Hurricane Katrina. Even years after the disaster, residents in economically disadvantaged communities continued to face tremendous challenges in accessing necessary care. More recently, during the pandemic, we all came to truly understand how limited access can impact not just individuals and families but entire communities.

In order to provide the best possible care to all of our neighbors, we must

recognize their rich history, customs, traditions and unique needs. We must improve access for everyone in our community by meeting patients where they are. Most often the issue is not that our patients don’t value health care; in many cases, they simply lack the ability to easily access our services.

At LG Health, we are very fortunate to have a dedicated Diversity & Inclusion Committee and many others who are passionate about this work. We as individuals can help advance diversity, equity and inclusion by acknowledging and making a personal commitment to overcoming our own biases. We can move forward together with a willingness to try new things, a desire to get better, and compassionate empathy for others when a genuine attempt to be more inclusive misses the mark.

During my time in New Orleans, I recall using the term “minorities” during a

conversation with a diverse group. While I certainly didn’t mean it in a negative way, they pointed out that they took offense at my use of the term. This is an example of how our unintended biases can influence the way we perceive the world, and it was very eye-opening for me.

I am always grateful when someone has the courage to make me aware of how I can do better and feels comfortable enough to bring it to my attention. In this case, it led to an open, honest conversation that had a lasting impact on me as a person and a leader. As I learned personally, we should not expect perfection of ourselves or others but instead should strive for continuous improvement.

**Thank you** for your support in helping LG Health create a workplace — and a community — that values diversity, acceptance and respect for all.

### ▶ IN THIS ISSUE

Staying Mindful of How Social Media Affects Mental Health

LG Health Benefit Extras Offers Discounts to Employees

LG Health Supports LGBTQ+ Community Through Awareness Campaign

Quality Is a Cornerstone of LG Health’s Orthopedic Program

## LG Health Benefit Extras OFFERS DISCOUNTS TO EMPLOYEES

Penn Medicine Lancaster General Health's Total Rewards strategy is created intentionally and thoughtfully to care for the whole person. The LG Health Benefit Extras program includes specially negotiated group-rates on valuable benefits, specifically for LG Health employees, which fit your lifestyle and support your needs. The benefit program is powered by Corestream, a third-party company that manages the benefits and offers available through the website.

LG Health Benefit Extras offer discounts on support resources like the Calm App – a mobile application that connects users with mindfulness resources like guided meditation, soothing sounds, and sleep stories.



▶ LG Health Benefit Extras offers employees 57% off the Calm App for a 1-Year Subscription

“The LG Health Benefit Extras program is just one component of LG Health’s Total Rewards Package, but not one that should be overlooked,” said **Wendy Nafziger**, Director, Benefits, Compliance & HR Operations, Penn Medicine Lancaster General Health. “The Benefit Extras program combined with resources like Quest EAP, Limeade, Holistic Therapy Services, and more, provides employees access to resources that ensure they are the best they can be, personally and professionally.”

To access voluntary benefits like the discounts for the Calm App, Pet Insurance and more, visit [LGHealthBenefitExtras.com](http://LGHealthBenefitExtras.com).

# LG HEALTH SUPPORTS LGBTQ+ COMMUNITY

## Through Awareness Campaign

In October, Penn Medicine Lancaster General Health Physicians Comprehensive Care launched a three-month multimedia campaign to promote its free, walk-in STD clinic, open every Monday evening from 4:30 – 8:00 p.m.

Funded by a grant, the awareness campaign features targeted messaging to reach individuals in the community who are at a higher risk for HIV and other sexually transmitted diseases but may be under or uninsured. This includes sexually active individuals age 25 and younger, particularly those who are Black or Latinx, or identify as LGBTQ+.

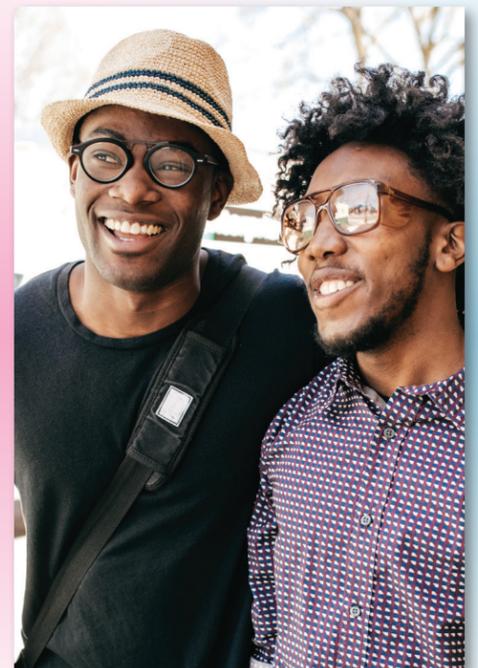
Through radio and streaming audio ads in English and Spanish; digital ads running on a variety of platforms, including LGBTQ+ dating apps; and posters on

buses and bus shelters, LG Health has been actively connecting individuals with available resources. In addition, since summer 2021, Comprehensive Care has run a bilingual internet campaign to reach individuals in our region who are searching for information on STD symptoms and testing. All of the ads direct people to the Comprehensive Care website for more information: [LGHealth.org/GetTested](http://LGHealth.org/GetTested).

“Compassion and respect are fundamental to the way we care for patients in our practice,” said **Carlos Cornielle**, program manager, LGHP Comprehensive Care. “We offer a safe, inclusive environment that is always judgment-free, and we made sure to convey that message in our advertising.”

In addition to free STD testing, Comprehensive Care provides primary care as well as multiple types of specialty care: HIV treatment and prevention, gender-affirming care, and addiction medicine.

“It’s LG Health’s mission to advance the health and well-being of the communities we serve. An important piece of this is addressing the health disparities caused by the marginalization of entire groups of people, like the LGBTQIA+ population. These forces make it harder to receive quality care, and primary care provides an ideal framework for addressing this,” said **Patricia Carr Reese, MD, MPH**, the Family Medicine physician and HIV specialist who leads the STD clinic.



## Quality Is a Cornerstone of LG Health’s Orthopedic Program



### Penn Medicine Lancaster General Health’s Orthopedic Program earns re-certification by The Joint Commission

The Orthopedic Center at Penn Medicine Lancaster General Health is a nationally ranked orthopedic program that puts patient safety and quality at the forefront of care. Quality improvement is an ongoing commitment that includes voluntary pursuit of certification by The Joint Commission, an independent, nonprofit organization widely recognized for setting the standards for best practices in health care.

The Joint Commission conducted virtual surveys at the end of August for LG Health’s hip replacement, knee replacement and hip fracture programs, resulting in all three receiving re-certification. The Orthopedic Center is located at Lancaster General Hospital.

“Feedback from the surveyors was overwhelmingly positive. They complimented the tremendous work and exceptional care provided by all programs and noted no significant findings that needed to be addressed — a rare achievement,” said **Bradley C. Stevens, MBA**, executive director, MSKR and Neuroscience Service Lines.

LG Health, which includes LGH, Women & Babies Hospital, Ann B. Barshinger Cancer Institute, the Suburban Pavilion and other ambulatory locations, also achieved three-year hospital re-accreditation and stroke re-certification, following recent surveys.

“The Joint Commission certification reflects LG Health’s commitment to providing the highest quality of care. Thanks to fantastic participation in all of our surveys and the day-to-day dedication of our doctors, clinical care team and employees, our patients can take comfort knowing excellent care is available right here in Lancaster,” Stevens added.

### ▶ THE LG EXPERIENCE

#### EDITORIAL STAFF

**Olivia Kimmel**  
Corporate Communications Coordinator

**John Lines**  
Director of Public Relations and Corporate Communications

**Pamela Gunzenhauser**  
Graphic Designer

#### ADMINISTRATION

**Patrick Norton**  
Vice President, Public Affairs

**Holly Auer**  
Associate Vice President, Communications

**Rachel Ewing**  
Senior Editorial Director

**Meredith Mann**  
Publications Director

#### CONTACT THE LG EXPERIENCE AT:

Department of Public Relations and Corporate Communications  
Lancaster General Health  
555 North Duke Street  
Lancaster, PA 17602

phone: 717.544.5771  
email: [lghealthcommunications@pennmedicine.upenn.edu](mailto:lghealthcommunications@pennmedicine.upenn.edu)

The LG Experience is published monthly for LG Health employees. Access The LG Experience online at [PennMedicine.org/LGExperience](http://PennMedicine.org/LGExperience).