

healthcares

Pomona Valley Hospital Medical Center Foundation



POWERFUL!

LIFESAVING HEART CARE

SAVE *the* DATE

HEARTBEAT GALA

Saturday, February 25, 2017 | 5:30 – 11:00 pm
DoubleTree Hotel, Ontario

WINE TASTING EVENT

Friday, May 12, 2017 | 6:00 – 10:00 pm
Fairplex Conference Center, Pomona Valley Hospital Medical Center



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Cecil Palmer
Stead Heart Patient*

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STEAD HEART & VASCULAR CENTER

30 YEARS STRONG IN OUR COMMUNITY

When Carole and Bill Stead pledged a generous financial gift that helped create the Stead Heart & Vascular Center at Pomona Valley Hospital Medical Center (PVHMC) 30 years ago, they could never have imagined the enormous technological advances and care innovations that would completely transform heart care during the next three decades.

But one thing remains the same: today the Stead Heart & Vascular Center is one of the region's pre-eminent heart and vascular treatment facilities, just as it was the leading heart program when it first opened its doors in 1986.

"In our region we were the first to perform open heart surgery, the first cardiac catheterization procedure, and were the first to introduce new technology and treatment methods that are the standard for care today," said Deborah Keasler, RN, Director of the Stead Heart & Vascular Center, who joined PVHMC as a Cardiac Intensive Care Unit Nurse in 1985. "We're still on the leading edge, with robotics, minimally-invasive procedures and new therapies for treating both heart disease and stroke."

Before the Stead Heart & Vascular Center opened, patients had to travel to downtown Los Angeles for most services.

"The vision of Dr. Kenneth Brown, our first Medical Director of Cardio-Respiratory Services, and Dr. Rama Thumati, Medical Director of Cardiac Services, was to provide services that would allow patients and families to receive exceptional heart care in this community without having to go to Los Angeles," Deborah explained.



“When you’re in the middle of a heart attack and you’re in the emergency room or the ambulance, you’ve got to trust that everyone is going to work together for your benefit,” said Dr. Brown, who is now retired. “The knowledge that you’re living in an area with a top-notch heart center close to home gives you that trust.”

“Among the biggest changes over the years have been the evolution of technology and advancements in minimally-invasive treatments, which have resulted in faster patient recovery and shorter hospital stays,” Deborah said. “As the science has evolved, we’ve evolved. In October, 2016, we began performing transaortic valve replacements (TAVR) without opening the chest. We’re performing advanced electrophysiology procedures, which involves mapping and treating irregular heart rhythms. And now we’re treating stroke as a vascular disease as well as a neurological disease.

“*We’re still on the leading edge, with robotics, minimally-invasive procedures and new therapies for treating both heart disease and stroke.*”

DEBORAH KEASLER, RN
DIRECTOR OF THE
STEAD HEART &
VASCULAR CENTER

“Just look at your cell phones,” Deborah continued. “In 1986 they weighed two pounds and cost \$3,300. The same microtechnology that’s transformed mobile phones has advanced the treatment of heart and vascular disease.”

It’s all been possible because of ongoing collaboration among the Hospital, its Physicians, Associates, Auxiliary, PVHMC Foundation and the community.

“Our commitment to the community, and the community’s commitment to us, has been steadfast over the last 30 years,” Deborah said. “And it will continue for the next 30 years and beyond.” ●

For more information on the advanced services available at the Stead Heart & Vascular Center, visit pvhmc.org. To make a gift toward the Stead Heart & Vascular Center, please contact Glenda Ferguson at glenda.ferguson@pvhmc.org or call 909.865.9659 or go online at pvhmc.org/foundation.



TIME LINE

1986

Stead Heart Center opens as the region’s first comprehensive heart facility, performing the area’s first open heart surgery and first cardiac catheterization.

1993

Stead Heart Center brings the first stent technology to the region.

1995

The Center establishes one of the area’s first electrophysiology programs.

2001

With the support of an \$8.6 million capital campaign, PVHMC constructs new state-of-the-art Cardiac Catheterization Lab.

2005

The Center is the first cardiac program in the Inland Empire, and one of only a few in all of Southern California, to use robotic-assisted minimally invasive cardiac surgery technology.

2006

Vascular services are integrated; the Center becomes the Stead Heart & Vascular Center.

2007

L.A. County designates PVHMC as a STEMI receiving center for lifesaving heart attack care.

2011

PVHMC is certified by The Joint Commission as a Primary Stroke Center.

2014

The Stead Heart & Vascular Center begins the region’s first neuro-interventional program.

2015

The state-of-the-art Robert and Beverly Lewis Outpatient Pavilion, housing Cardiac Rehabilitation and Outpatient Surgery, opens.

2016

Stead Heart & Vascular Center celebrates 30th anniversary.

BLAZING NEW TRAILS

AFTER HEART SURGERY



STEAD HEART PATIENT STORY

“If not for the angiogram, we would never have known about the blockage. I just can't express how thankful I am to Pomona Valley Hospital for the excellent care.”

CECIL PALMER

a

professional dancer, choreographer and entrepreneur who once worked with Ginger Rogers, Cecil Palmer, 69,

has always been thin, fit and healthy. In addition to earning a brown belt in Kenpo Karate and competing in tennis tournaments most of his life, he exercises almost every day. And dirt bike riding is a passion he turned into a family sport that he and his six kids enjoy together.

So it's no wonder that Cecil, his family and even his doctor were shocked when tests last fall to check his heart health revealed a nearly complete blockage in a main coronary artery.

"I've never had any indication of heart issues, other than a heart murmur," Cecil said. "I've been in extremely good shape all my life because of what I've done."

He's done a lot. Proficient in many different dance styles, he performed in films and television throughout the 1960s and '70s, including Blazing Saddles, Bedknobs and Broomsticks and several Elvis Presley movies, to name a few. He served as assistant choreographer for the Sonny and Cher Comedy Hour and worked on a handful of other TV variety shows.

In 1976, he retired from the entertainment industry to manufacture custom, two-seater sports cars known as The Auburn 876 Speedster. He still works today as an independent sales and marketing professional, working hand-in-hand with business owners to help build their businesses. On weekends, he likes to load up the dirt bikes and head out to the Mojave Desert with friends or family.

"You need a tremendous amount of endurance to ride as fast as you can in the open desert, over hills and rough terrain," he said. "When we found out I had a heart blockage, my family and I and everyone else were just blown away."

It was nagging allergies that sent him to the Pomona Valley Health Center at Chino Hills last fall. During the exam, his doctor grew concerned about Cecil's heart murmur and referred him to Pomona Valley Hospital Medical Center (PVHMC) cardiologist Nitanth Vangala, MD. Cecil didn't take the referral recommendation seriously but his significant other, Jennifer, insisted and scheduled the appointment. Dr. Vangala ordered a complete set of tests, including an angiogram, which revealed the blockage.

"It was in an artery they call 'the widow maker,'" Cecil said. "If that one becomes 100 percent blocked there's no recovery – you're done, pretty much. I had a 90 percent blockage."

In December 2015, Cecil underwent coronary bypass and heart valve replacement surgery by surgeon Guangqiang Gao, MD, at PVHMC. The successful procedures were followed by several months of cardiac rehabilitation. Cecil is now as active as ever.

Cecil says he owes his life to the incredible staff,

teamwork, and thorough care he received.

"Dr. Gao did a phenomenal job; his team was absolutely incredible. And Dr. Vangala did a full work-up so he could see exactly what was going on with my heart," he said. "If not for the angiogram, we would never have known about the blockage. I just can't express how thankful I am to Pomona Valley Hospital for the excellent care." ●

Learn more about the Stead Heart & Vascular Center's world-class care at pvhmc.org. To make a gift toward the Stead Heart & Vascular Center, please contact Glenda Ferguson at glenda.ferguson@pvhmc.org or call 909.865.9659 or go online at pvhmc.org/foundation.

CHAIRPERSON'S *message*

When I was first asked to serve as Chair of Pomona Valley Hospital Medical Center (PVHMC) Foundation in 2011, I was hesitant because I didn't really know what it entailed. Now in my fifth year as Chair, it has become a very important part of what I do.

Why? I truly believe PVHMC is a hidden gem. There are so many excellent services offered here. My biggest responsibility as Chair is to be an ambassador for the Hospital. Together with the entire Foundation Board, I reach out to patients, the community, outside physicians and others to help make our Hospital better known. When I talk to people who want to go to Cedars-Sinai or UCLA for care, I ask them why. Why are you leaving our community when PVHMC offers the same services and the same level of excellence? We're not just as good, we're better, because you're staying in your own community.

During the past five years, I've had the pleasure of working closely with Jim Dale, Vice President of Development, and Glenda Ferguson, Director of Development. They do the bulk of the work and they are both fantastic. They're very dedicated to our Hospital and are both wonderful human beings. In my role as Chair, I enjoy doing anything I can to help them and their Department achieve their goals. To this end, I encourage everyone to become involved and contribute to our campaigns to raise funds for new technology and programs.

As Chair, and as a practicing member of our Medical Staff, I'm able to bring my vision to the Board and help them understand the importance of new programs and advanced equipment. Technology benefits not only patients, but physicians. Many Doctors love working at PVHMC because our advanced equipment helps them provide the best patient care. My favorite example is simulation training. This program is near and dear to my heart. As Medical Director for Maternal-Fetal Medicine I'm thrilled that we raised the funds and implemented simulation training throughout the Hospital during my time as Chair.

I'm often in meetings where decisions are made that will impact the future of the Hospital. I love knowing what's coming up next and I feel privileged and honored to be part of it. ●

For more information on PVHMC Foundation, please visit pvhmc.org.

Dr. M. Hellen Rodriguez



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PVHMC FOUNDATION
WELCOMES
NEW BOARD MEMBER
PETER ROGERS

Pomona Valley Hospital Medical Center (PVHMC) Foundation is pleased to welcome business owner and community leader Peter Rogers to the Foundation Board of Directors.

"With his long history of community service and his in-depth knowledge of the Hospital, Peter will be an invaluable ambassador to the community," said PVHMC's Vice President of Development, Jim Dale.

As PVHMC's principal photographer for many years, Peter, owner of Peter Rogers Photography in Chino Hills, knows the Hospital well. He also knows the community well, as he's served in elected and volunteer positions for 28 years. A member of the Chino Hills City Council since 2006, Peter served two terms as both Mayor and Vice-Mayor. He is currently on the Board of Directors of both the Chino Valley Chamber of Commerce and Rancho Del Chino Rotary and has given his time to many other civic and community organizations through the years. A major focus has been as co-founder and Chairman of the Chino Hills Community Foundation, which has raised almost \$750,000 to support community projects in the last eight years, including the city's new Community Center.

"I've been associated with PVHMC for about 20 years," Peter said. "In my role as photographer, I've had a bird's-eye view of the Hospital's services. I've also been behind the scenes and met many individuals that most of the community would not have the opportunity to meet. I've always been impressed with the Hospital and I've always felt like part of the family when I walk through its doors. Now, in my new role, I'm excited about the opportunity to brag about Pomona Valley Hospital Medical Center and its superior services to our community."

Peter and his wife Merry have lived in Chino Hills since 1986. They have two grown sons. ●

Learn more about PVHMC Foundation by visiting pvhmc.org.

In 2016, only 274 – 5 percent – of all doctors board-certified in cardiothoracic surgery in the United States were women, according to the organization Women in Thoracic Surgery. Pomona Valley Hospital Medical Center (PVHMC) is honored that one of them is Sarika Jain, MD, the Hospital's Medical Director of Cardiac Surgery.

Cardiothoracic surgery is a highly advanced medical specialty that focuses on surgery of the heart, lungs, esophagus and major blood vessels in the chest, particularly open heart and lung cancer surgery, explained Deborah Keasler, RN, Director of the Stead Heart & Vascular Center.

"As a female cardiothoracic surgeon, Dr. Jain brings compassion, passion and expertise to her patients and our Hospital," Deborah said. "We're proud to have one of these jewels in our community."

Dr. Jain said her primary goal is to give her patients – many of whom are in their '60s and '70s – the best quality of life possible.

"The joy I see when patients do well is what gives me the most satisfaction," Dr. Jain said. "My commitment is to help them do what they want with their lives without fear of what's going to happen because of their heart or lungs."

Dr. Jain attended medical school and completed a general surgery residency in her native India before moving to the United States with her husband Ravi Manapati – also a physician – in 1992 to pursue a surgical specialty.

"Cardiothoracic surgery was the one I thought I'd be most happy doing," she said. "It was not an easy journey; it was very competitive, especially for me as a woman from India. But I wanted to step up to the challenge." At the time, there were just over 58 female board-certified cardiothoracic surgeons in the country.

Dr. Jain had to complete an additional general surgery residency in the United States first, which she did in 1998. Three years later she completed a fellowship in Cardiothoracic Surgery from the State University of New York (SUNY) Health Sciences Center. Meanwhile, her husband was working at Harvard University near Boston and the two had been living mostly apart while pursuing their careers. In 2001, they decided to move west. They settled in Claremont and both joined the medical staff at PVHMC.

Dr. Jain said PVHMC welcomed her like a member of their family. "The cardiac program was close-knit and everyone made me feel part of the team," she said. "No one ever singled me out for being a woman. The other surgeons, the operating room team, the cancer care nurses and everyone in the Department of Cardiac Surgery have helped me throughout."

"I have made wonderful friends here," she continued, "people at the hospital who are not just colleagues but friends. And I also have a lot of patients that I've made connections with over the years. These relationships and the high quality at Pomona Valley Hospital Medical Center have kept me from ever looking for a job anywhere else." ●

To learn more about cardiothoracic surgery at the Stead Heart & Vascular Center, visit pvhmc.org.

To make a gift toward the Stead Heart & Vascular Center, please contact Glenda Ferguson at glenda.ferguson@pvhmc.org, call 909.865.9659 or go online at pvhmc.org/foundation.

“It was not an easy journey; it was very competitive, especially for me as a woman from India. But I wanted to step up to the challenge.”

SARIKA JAIN, MD



PIONEER

IN CARDIOTHORACIC SURGERY

RECOGNIZED FOR EXCELLENCE IN STROKE AND HEART FAILURE

Pomona Valley Hospital Medical Center (PVHMC) joins an elite group of hospitals that have been recognized by the American Heart Association/American Stroke Association for implementing a higher standard of stroke and heart failure care.

The Hospital has earned two top awards from the American Heart Association/American Stroke Association for care excellence. The “Get with the Guidelines® – Stroke Gold Plus Quality Achievement Award” along with the “Target: StrokeSM Honor Roll Elite” achievement recognizes PVHMC’s commitment to speeding recovery and reducing death and disability for stroke patients.

“We meet stringent national standards for rapidly treating stroke patients, using research-based, scientifically proven guidelines,” said Deborah Keasler, RN, Director of the Stead Heart and Vascular Center.

To qualify for the Target: StrokeSM Honor Roll Elite award, hospitals must meet quality measures developed to reduce the time between the patient’s arrival at the hospital and treatment with the clot-buster tissue plasminogen activator, or tPA. If given intravenously in the first three hours after the start of stroke symptoms, tPA has been shown to significantly reduce the effects of stroke and lessen the chance of permanent disability.

The second award, the “Get with the Guidelines® – Heart Failure Gold Plus Quality Achievement Award” recognizes PVHMC’s success in implementing top quality heart failure care, again according to rigorous, evidence-based national standards. Those standards address care both in the hospital and after discharge.

“Research has shown there are benefits to patients who are treated at hospitals that have adopted the Get With The Guidelines program,” said Paul Heidenreich, MD, national chairman of the Get With the Guidelines Steering Committee and Professor of Medicine at Stanford University.

As a Primary Stroke Receiving Center, PVHMC also meets specific scientific guidelines, with a comprehensive system for rapidly diagnosing and treating stroke patients admitted to the Emergency Department.

“What’s important is how we’re positively affecting lives,” said Deborah. “We’ve turned treatment guidelines into lifelines.” ●

For more information on the Stead Heart & Vascular Center’s dedication to care excellence, visit pvhmc.org. To make a gift toward the Stead Heart & Vascular Center, please contact Glenda Ferguson at glenda.ferguson@pvhmc.org or call 909.865.9659 or go online at pvhmc.org/foundation.



BRENDA
& SON
CHRISTOPHER

IT TAKES A TEAM

To learn more about PVHMC’s full range of advanced, comprehensive services, visit pvhmc.org. To make a gift toward the Stead Heart & Vascular Center, please contact Glenda Ferguson at glenda.ferguson@pvhmc.org or call 909.865.9659 or go online at pvhmc.org/foundation.

Brenda Rodriguez, 21, doesn’t remember much about the night of August 14, 2015, except that her head hurt as she walked toward the bathroom at home.

What her sisters, Stephanie and Sheila, remember is that Brenda was acting strangely. After running to get their mom, Stephanie called 9-1-1. A short time later, Brenda – not quite six months pregnant – arrived in the Emergency Department at Pomona Valley Hospital Medical Center (PVHMC), in a coma.

Doctors determined that Brenda had a ruptured arteriovenous malformation (AVM) on the right side of her brain and rushed her into surgery. An AVM is a tangle of abnormal blood vessels in the brain, affecting less than 1 percent of the population. Brenda was born with the condition, but didn’t know it. When her weakened blood vessel burst, it caused bleeding into her brain – a hemorrhagic stroke.

“When I saw her for the first time she was in the intensive care unit (ICU), comatose and on a respirator,” said M. Hellen Rodriguez, MD, Medical Director for Maternal-Fetal Medicine and Chair of PVHMC Foundation. “We weren’t sure she was going to survive.” In fact, Brenda said later that doctors had given her only a 4 percent chance of living.

Dr. Rodriguez, a perinatologist, was part of a team of specialists caring for Brenda, which included an obstetrician, neurologist, neurosurgeon, interventional neurologist, nurses and therapists. This comprehensive team stabilized Brenda, and even though she was still in a coma, Brenda slowly began to recover, while her baby continued to grow inside her.

After 45 days in the Hospital, including three weeks in a coma, Brenda woke up, with her family around her. Weeks of therapy helped her regain her speech and learn to walk again. After six weeks in the Hospital, Brenda went home to continue her recovery. On December 1, 2015, she gave birth to Christopher Aiden Rodriguez, a healthy, seven-pound baby boy.

“The moment I heard my child cry was the best thing that happened in my life,” Brenda said. “I have so much joy. I’m so thankful to everyone at Pomona Valley Hospital Medical Center for helping me and helping bring my child into the world.”

Brenda’s medical team is thankful they were there to help Brenda through this major crisis.

“To have witnessed Brenda’s full recovery and the birth of her healthy baby was amazing,” Dr. Rodriguez said. “I feel so privileged to have been part of this miracle.” ●

THE 22ND ANNUAL HEARTBEAT GALA

A year of celebrations to mark the 30th anniversary of the Stead Heart & Vascular Center kicked off in high style with the 22nd annual Heartbeat Gala, held on Saturday, February 27 at the Doubletree Hotel in Ontario. More than 500 guests attended, making this the largest Gala in the event's 22-year history.

The festivities, coordinated by co-chairs Jane Goodfellow, Hospital Board Member, and Don Kendrick, Mayor of the City of LaVerne, and 1st Vice Chairman of the PVHMC Foundation Board of Directors, included an elegant reception, silent and live auctions, dinner and entertainment.

Members of the Hospital's heart team – Physicians, Nurses and Associates – took the stage in a special moment to thank and recognize Carole and Bill Stead for their financial support in 1986 and their ongoing support since, which ensured their vision of a state-of-the-art cardiovascular center in our community became a reality. The Steads were presented with a special pewter heart statue.

Another highlight was hearing recent heart surgery patient Cecil Palmer – a professional dancer, choreographer and entrepreneur who once worked with Ginger Rogers – recount how the Stead Heart & Vascular Center saved his life (see Cecil's story on page 6).

Entertainment was provided by "The Society of Seven," who performs in Hawaii and Las Vegas.

To date, the gala has raised more than \$2.6 million, donated by generous sponsors, underwriters, donors and guests. All the funds benefit the Stead Heart & Vascular Endowment Fund, which supports the Hospital's exceptional heart and stroke care, as well as heart disease awareness and prevention efforts.

Plan on attending next year's Heartbeat Gala scheduled for February 25, 2017! ●

To learn how you can support lifesaving care at the Stead Heart & Vascular Center, or receive an invitation, contact PVHMC Foundation at 909.865.9139 or visit pvhmc.org/foundation.



Carole and Bill Stead, standing between Ken Boles and Lisa Lett



Dr. and Mrs. Guangqiang Gao



(Left to right) Don Kendrick, Mayor of La Verne, Foundation Board Member and Co-Chair; Jane Goodfellow, Hospital Board Member and Co-Chair with Rich Yochum, President/CEO



Dr. and Mrs. Ken Brown



(Left to right) Steve Morgan with Pat and Mark Warren

POWER of RED
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More than 125 guests were
dazzled by the Chinese New
Year-themed decor



(Left to right)
Clare McQuillan and
Barbara Brown



Guests enjoyed delicious
heart-healthy Chinese cuisine



(Left to right)
Kimberly Jones, RN Stroke Program Coordinator; Peggy
Mata, Cardiac Service Coordinator; and Katrina Woolfolk,
RN, Stroke Support Group Facilitator

THE AMAZING POWER OF RED

RED is the color of energy, passion and action. Nowhere is this felt more strongly than at Pomona Valley Hospital Medical Center (PVHMC) Foundation's annual Power of Red dinner. Each year, the event brings together men and women in the community to raise funds, educate, heighten awareness of and advocate for services to prevent heart problems, especially in women.

At this year's dinner, on April 5, 2016, more than 125 guests – all dressed in red – were dazzled by Chinese New Year-themed red and gold decor at the Sheraton Fairplex Hotel in Pomona. They enjoyed delicious heart-healthy Chinese cuisine and a live cooking demonstration by Chef Henry of Spaggi's in Upland. Assisting Chef Henry as special sous chefs were Dr. Sarika Jain and Dr. Guangqiang Gao, cardio-thoracic surgeons at the PVHMC Stead Heart & Vascular Center.

Following dinner, guests were treated to a dramatic dessert demonstration featuring cherries flambé (enjoyed by all with ice cream), courtesy of the hotel's Chef David. The evening concluded with a prize drawing. Additionally, all Power of Red Circle members received elegant chopsticks engraved with the Power of Red motto "Wear It, Feel It, Live It."

PVHMC Foundation hosts the Power of Red event annually in support of the American Heart Association's Go Red for Women campaign, an ongoing effort to educate the public about heart disease in women. All proceeds from the Power of Red benefit PVHMC's Stead Heart for Women, a program that provides information on risk factors, lifestyle modification, diet, and exercise, as well as support groups. ●

To learn more about the Power of Red or becoming a Power of Red Circle member, visit pvhmc.org.
To make a gift toward the Stead Heart & Vascular Center, please contact Glenda Ferguson at glenda.ferguson@pvhmc.org or call 909.865.9659 or go online at pvhmc.org/foundation.



DR. GUANGQIANG GAO, CHEF HENRY AND DR. SARIKA JAIN

MAKING AN IMPACT *on* STROKE

Stroke is the fifth-largest cause of death in the United States, according to the American Heart Association/American Stroke Association—even though 80 percent of all strokes are preventable. Every year, Pomona Valley Hospital Medical Center’s (PVHMC) Stroke Awareness Day provides community education on stroke and stroke prevention, to help reduce stroke prevalence in our community.

This year’s event was held on Saturday, May 14, during National Stroke Awareness Month. Community organizations and Physicians and Associates from PVHMC provided information on stroke risk factors, prevention, treatment, symptoms of

stroke, and how to respond if someone is having a stroke. Three guest speakers covered physical, cognitive and spiritual recovery after stroke.

Stroke survivors, care partners, families and community members celebrated the theme “Stroke Survivor Superheroes,” by wearing specialty shirts or superhero capes. “We think of all our stroke survivors as superheroes,” explained Katrina Woolfolk, RN, PVHMC Stroke Support Group Facilitator.

A highlight of the event was celebrating PVHMC’s stroke month honoree. This year’s honoree was Emaya Dilworth, a PVHMC stroke survivor and support group member (read Emaya’s story on page 20). Emaya received the ultimate surprise when her son James, stationed in Florida with the Air Force, flew in to be with her at the event.

“She hadn’t seen him in about five months,” said Katrina. “There were a lot of tears and hugs. It was a blessing for us all to witness this family’s joy.” ●

For more information on stroke and PVHMC’s advanced stroke treatments, visit pvhmc.org. To make a gift toward the Stead Heart & Vascular Center, please contact Glenda Ferguson at glenda.ferguson@pvhmc.org or call 909.865.9659 or go online at pvhmc.org/foundation.



Left to right:
 PEGGY MATA
 Cardiac Services Coordinator

 KAREN TSE-CHANG, RN
 Stroke Program Coordinator

 DEBBIE KEASLER, RN
 Director of Cardiac Services

 KIMBERLY JONES, RN
 Stroke Program Coordinator

 KATRINA WOOLFOLK, RN
 Stroke Support Group Facilitator



Members of the
 “NEW BEGINNINGS –
 LIFE AFTER STROKE
 SUPPORT GROUP



EMAYA
 with her family



DEFYING
the
ODDS

Like many mothers, Emaya Dilworth, 44, enjoys baking and caring for her four children, who range in age from 10 to 24. The difference is that Emaya is doing it despite a massive stroke two years ago that left her partially paralyzed and unable to talk or swallow.

Against all odds, including just a five percent chance of a meaningful recovery, Emaya is thriving, thanks to her family, Pomona Valley Hospital Medical Center (PVHMC) and her own determination.

Paramedics rushed Emaya to PVHMC in 2014 when her mother found her unresponsive one morning. Tests showed that a large stroke had affected the entire left side of Emaya's brain.

"Because of swelling, Emaya had a portion of her skull removed so the brain would have a place to expand," said her father, Carl Douglas. "The damage to her brain was quite extensive. We were told Emaya had a 10 percent chance of never speaking again and a 5 percent chance of not remaining in a vegetative state."

But after intensive stroke treatment at PVHMC's Stead Heart & Vascular Center, followed by weeks of inpatient rehabilitation at another facility, Emaya slowly began to improve. After many more months of outpatient rehabilitation and encouragement from the PVHMC Stroke Support Group, she progressed from needing round-the-clock care from her parents to living independently at home with three of her children (the oldest is in the Air Force).

"She can talk, walks with a cane, and lives alone without the need for full-time help from family or friends," said Katrina Woolfolk, PVHMC Stroke Support Group Facilitator. "When she first came to us, she was wheeled in by her father. She had very little speech and a lot of difficulty with word-finding. She now walks into stroke support and her speech is remarkably improved. She is happy, upbeat and feels truly blessed to be alive. Stroke recovery is a lifelong journey filled with highs and lows, and Emaya is an outstanding example of our stroke support motto: "We do Survive, We do Recover, We do Thrive." ●

PVHMC is certified as a Primary Stroke Center. To learn more about our advanced stroke capabilities, visit pvhmc.org. To make a gift toward the Stead Heart & Vascular Center, please contact Glenda Ferguson at glenda.ferguson@pvhmc.org or call 909.865.9659 or go online at pvhmc.org/foundation.

around STEAD HEART & VASCULAR CENTER



Cardiac team members; stand by the art display that students from Pomona Schools submitted based on what a healthy heart looks like.



Honoring our EMS Partners at our annual breakfast during Heart Awareness month

An Ice Cream Social was held to kick-off the Stead Heart & Vascular Center's 30th Anniversary during Heart month in February. Carole & Bill Stead helped scoop out the specially made "Berry Heart Indulgence" ice cream from Bert & Rockys. Also pictured are Peggy Mata, Cardiac Coordinator and Debbie Keasler, RN, MS, Director.



On June 2nd we participated in the National Sidewalk CPR Day. Our EMS partners joined us at Cardenas Market in Pomona.



S

tudies show that scents can have a powerful effect on our mood and sense of well-being. Using aromatherapy to reduce anxious feelings, promote relaxation and boost emotions was the focus of this year's Cancer Survivors Day celebration, held on Tuesday, June 7, 2016 at The Robert & Beverly Lewis Family Cancer Care Center Community Room.

"Many people are looking for complimentary therapies that work in conjunction with a doctor's care," said presenter Melinda Barraza, a wellness advocate and PVHMC Radiation Therapist. "We're all dealing with stress in our lives and having a positive outlook can help you maintain better health."

Aromatherapy uses essential oils – concentrated extracts taken from the roots, leaves, seeds or blossoms of plants – to enhance psychological and physical well-being. The oils are usually inhaled using a special diffuser or rubbed into the skin in small amounts.

About 50 cancer survivors and their supporters learned what different essential oils are used for, how to use them safely and how to choose a quality essential oil. Various scents wafted around the room as Melinda answered questions, explained other relaxation techniques and awarded prizes. Each participant went home with essential oil samples.

PVHMC celebrates Cancer Survivors Day every year with festive decorations, snacks, special ribbons for cancer survivors and their supporters, and a unique topic focused on survivors' needs.

"It's a way to inspire those who have survived cancer, their families, the community and even people who have been recently diagnosed with cancer," explained Kathy Yeatman-Stock, a Licensed Clinical Social Worker at the Cancer Care Center. "It's a worldwide celebration of life." ●

To learn more about The Robert & Beverly Lewis Family Cancer Care Center, visit pvhmc.org. To make a gift toward The Robert & Beverly Lewis Family Cancer Care Center, please contact Glenda Ferguson at glenda.ferguson@pvhmc.org or call 909.865.9659 or go online at pvhmc.org/foundation.

PVHMC CELEBRATES

life

WITH CANCER SURVIVORS



WHEN SHOULD
YOU
GET YOUR FIRST
MAMMOGRAM?

**FIVE QUESTIONS
YOU SHOULD ASK
YOUR DOCTOR BEFORE
GETTING A MAMMOGRAM**

1. What is my risk for breast cancer?
2. Do I have dense breasts?
If so, what does that mean for me?
3. What is 3D mammography and why is it better than 2D mammography?
4. Is there any discomfort from the mammogram that I should be aware of?
5. How much radiation will I be exposed to during my mammogram?

A

recent recommendation by the U.S. Preventive Services Task Force, which challenges the value of mammograms for women in their 40s, has garnered a lot of attention. The task force said routine screening before age 50 increases the risk of a false positive result, which could lead to unnecessary and often costly procedures and treatment.

However, the American Cancer Society revised its recommendations in fall 2015, advocating that women age 45-54 and at average risk undergo yearly mammograms. Women 55 and older should have mammograms every two years. Women 40-44 years old should have the option to start annual mammograms if they chose to do so, it said.

No wonder women are confused.

Delaying routine screening mammograms until age 50 potentially puts women at risk for late stage detection of breast cancer that would otherwise be discovered early with annual mammograms beginning at age 40. Mammography is still the only proven means for detecting breast cancer early, when it's most treatable.

Mammography technology has improved vastly in recent years. In fact, several studies have shown that the latest advancement, digital breast tomosynthesis (3D mammography), improves cancer detection rates by 40 percent or more and decreases recall rates by 30 percent or more, compared with conventional mammography.

While many breast care centers only offer 3D mammography to women with dense breast tissue, Pomona Valley Hospital Medical Center (PVHMC) was the first in the region to offer digital 3D mammography to all patients who visit the Pomona, Chino Hills and Claremont locations. The Hospital has also invested in a new technology that decreases the amount of radiation during a 3D mammogram.

PVHMC recommends starting annual screening mammograms beginning at age 40. However, each patient is different and ultimately, the decision on when to begin screening mammograms is between the individual patient and her doctor. ●

To schedule a 3D mammography appointment, call PVHMC's Centralized Scheduling at 909.469.9395.

BY PAUL REISCH, MD

Medical Director, Breast Health Center at
Pomona Valley Hospital Medical Center



LPGO TOURNAMENT PROCEEDS ASSISTS IN FUNDING

FULL-TIME BREAST HEALTH NAVIGATOR!



breast health navigators understand the turbulent waves of emotion that follow a breast cancer diagnosis, and the challenges patients face throughout their treatment. As trained oncology nurses, breast health navigators make sure women and their families have the information, knowledge, support and guidance they need during this stressful time. In addition to emotional support, breast health navigators stay in constant communication with each patient's primary care physician, oncologist, radiologist and surgeon, help explain the advantages and disadvantages of treatment options and act as a patient advocate.

Now, thanks to a generous donation from the Ladies Plastics Golf Organization (LPGO), Pomona Valley Hospital Medical Center (PVHMC) is able to provide a full-time breast health navigator to patients at The Robert and Beverly Lewis Family Cancer Care Center.

"Previously, our navigator worked with breast patients and all other patients with cancer," explained Shellee Reese, RN, BSN, MHA, OCN, Administrative Director of the Cancer Program. "Now we can better meet the needs of all of our breast cancer patients."

The monies were raised during the LPGO's 16th annual charity golf tournament, which was held November 4, 2015 at the Coyote Hills Golf Course in Fullerton. A total of \$40,000 – the largest amount ever – was raised at the event; \$35,000 will support the breast health navigator program, with the rest going toward educational efforts and assistance for breast cancer patients in financial need.

Since its inception in 1999, the LPGO event has raised \$367,230 for the Hospital's Breast Health Fund. The LPGO was founded in 1999 by Dolores "Dee" Lancia-Ketner and six other women working in the plastics industry. Their goal was to help raise funds for breast cancer awareness and programs at PVHMC. A year earlier, Dee had obtained materials from the Cancer Care Center to help her sister who lived in Boston get through her own cancer diagnosis and treatment.

"Funding like this is crucial to the Breast Health Program at the Cancer Care Center," said Shellee. "We greatly appreciate the LPGO's ongoing support." ●

If you would like to make a donation to the Breast Health Fund, please contact Glenda Ferguson at glenda.ferguson@pvhmc.org or call 909.865.9659 or go online at pvhmc.org/foundation.

This year's LPGO tournament was held on November 2, 2016.
See the next issue of *healthcares* for details.

LPGO Members proudly display their \$40,000 fund-raising earnings from the 16th annual charity golf tournament at the Coyote Hills Golf course.



Ms. Christine Fenton's class from Valencia Elementary School in Upland held a fundraiser and presented the Foundation with a check for \$684.



Kym Keys, CEO and Founder of Kemo Buddy's donates bags filled with comfort items to our cancer patients. The Hospital, in turn, supports her organization.



Thank you to Claremont High School's Cancer Club. They donated notes of inspiration and comfort items for our cancer patients.



Phil Roche presents a donation from the annual Inland Valley Golf Tournament to Glenda Ferguson, Director of Development.



NEW TAX PLANNING OPPORTUNITY FOR Donors Aged 70.5+

“I know I have to pay taxes on the minimum I’m required to take out of my Individual Retirement Account each year,” a PVHMC Volunteer said recently. “But the required distribution bumps me into a higher tax bracket and costs me even more tax dollars!” If you’re in this situation, there’s a new solution – the Protecting Americans From Tax Hikes Act (PATH), signed into law last December. PATH allows individuals over the age of 70.5 to have their IRA Trustee make a direct distribution to a charity (or charities) from their IRA accounts. You don’t pay any taxes on these distributions (up to the \$100,000 maximum per year). Additionally, as long as the distribution is equal to or greater than your required minimum IRA withdrawal, your required minimum withdrawal is met. Gifts transferred directly from an individual’s IRA to Pomona Valley Hospital Medical Center (PVHMC) Foundation will qualify for this benefit. This opportunity has been available off and on in the past, but the new legislation makes it permanent. IRA beneficiaries can count on this opportunity in their yearly tax planning.

The bottom line is that if you do not itemize deductions on your 1040 personal income tax return, you’ll come out ahead making charitable gifts this way. If you do itemize, this gift is not deductible -- but you will probably be better off anyway. If you take withdrawals from your traditional IRA, pay income taxes, and then make a gift to charity, your tax bracket increases, because you realized income from the IRA withdrawal. And because you had to pay taxes on the money, the amount you donate to charity is less than it would have been with a direct distribution. If you take withdrawals from your IRA, your social security income is taxed at a higher level as well. PATH is a win-win for older donors. You can plan ahead to minimize taxable income and boost your charitable contributions. If you are 70.5 or older, talk to your tax advisor about how you might benefit, while supporting PVHMC Foundation at the same time. ●

LEWIS A. VADHEIM, MD

When former Pomona Valley Hospital Medical Center (PVHMC) Chief of Staff Lewis A. Vadheim, MD passed away earlier this year, PVHMC Foundation received his \$850,000 individual retirement account (IRA) as a planned gift. Dr. Vadheim, whose medical career spanned 50 years, was one of the Hospital’s first board-certified surgeons and a founding member of PVHMC Foundation. Dr. Vadheim passed away peacefully of natural causes on January 5, 2016, a week short of his 98th birthday. ●



For information on making a charitable IRA gift distribution to PVHMC Foundation, please contact Glenda Ferguson, Director of Development at 909.865.9659.

FOR INFANTS AND CHILDREN

More than \$75,000 was raised to benefit Pomona Valley Hospital Medical Center's (PVHMC) Neonatal Intensive Care (NICU) and Pediatric Units during the 12th annual Wine Tasting Event, held on Friday, May 6, 2016 at the Fairplex Conference Center.

Guests enjoyed a wonderful evening of wine tasting, hors d'oeuvres, silent and live auctions and a live band at the event, hosted by PVHMC Foundation and Liquorama Fine Wines & Spirits. John Solomon, owner of Liquorama Fine Wines & Spirits, personally selected more than 230 fine wines and delicious food pairings for guests to sample.

Funds will be used to benefit the Milestones Center for Children's Development, provide hotel stays for parents who live out of town but have babies in the NICU, and purchase an additional Giraffe OmniBed for the NICU. The OmniBed provides the best environment outside of a mother's womb for infants born prematurely, keeping the baby's temperature evenly regulated and giving doctors and nurses complete access to the baby for care. The Milestones Center for Children's Development provides a full range of rehabilitation services for children, including pediatric physical therapy, pediatric occupational therapy, and pediatric speech-language pathology.

Thanks go to Rosie Erickson, now in her fourth year of chairing the event, and her committee. Special thanks also goes to the Hogan family, owners of Claremont Toyota, for once again being the title sponsor. ●

For more information on how you can support the PVHMC NICU or Pediatric Unit, call PVHMC Foundation at 909.865.9139.

Right: Jeanine and John Solomon

Below, left: Bill & Cheryl McCollum and Rosie & Jim Erickson

Below right: The Hogan Family, owners of Claremont Toyota



Left: The Ramirez Family whose twins spent time in our NICU



Right: Jane Goodfellow, Hospital Board Member and Dottie Rountree



Right: NICU Nurses with the OMNI Giraffe Bed



Roger Hogan, General Manager of Claremont Toyota, knows first hand the stress and anxiety that can come with having a child admitted into the Neonatal Intensive Care Unit (NICU). A number of years ago, his son, Roger, spent time in the NICU at Pomona Valley Hospital Medical Center (PVHMC). The overwhelming experience gave Roger a profound appreciation for the exceptional care the PVHMC NICU team provides to infants and their families.

So it's no surprise that the \$1,500 the Hogan family raised at Claremont Toyota's First Annual Classic Car, Truck and Motorcycle Show on May 7, 2016 went toward purchasing new state-of-the-art equipment for the NICU and other PVHMC pediatric care units. Claremont Toyota hosted a check presentation ceremony at its dealership on July 26, 2016 to present the funds to PVHMC officials.

As the lead sponsor for PVHMC Foundation's Annual Wine Tasting event, Claremont Toyota has donated more than \$75,000 for the NICU since 2009.

"We're always happy to help our community in any way we can, especially the tiny patients in Pomona Valley Hospital's NICU and their families," said Roger. ●

For information on how you can help support the PVHMC NICU, call PVHMC Foundation at 909.865.9139.

BIG HEARTS for TINY BABIES

STEVE HOGAN
President, Claremont Toyota

GLENDIA FERGUSON
Director of Development

JIM CLARK
Claremont Toyota

DAN COSCIA
Service Manager, Claremont Toyota
organizer of the event.



F

OR ELIZABETH SENA, A NURSING ASSISTANT IN THE POMONA VALLEY HOSPITAL MEDICAL CENTER (PVHMC) RESOURCE CENTER, WINNING A CHERIE RUDOLL SCHOLARSHIP WASN'T JUST ABOUT THE MONEY. IT WAS THE KNOWLEDGE THAT, AFTER YEARS OF CHALLENGES AND PERSEVERANCE, SHE WAS ABOUT TO FULFILL HER LIFE-LONG DREAM OF BECOMING A NURSE.

Elizabeth, 29, was inspired to become a nurse by her mother, a Certified Nursing Assistant who has worked at PVHMC for the last 16 years. When Elizabeth was young, her mother often worked two jobs, double shifts and a lot of overtime to make ends meet. Elizabeth also worked hard and was the first in her immediate family to graduate from high school and the first of her 25 cousins to attend a University. She narrowly missed getting accepted into Cal State San Bernardino's competitive nursing program so after completing her undergraduate work there, she transferred to a private nursing school. During the nine years she's been working toward her goal of becoming a nurse, she overcame numerous obstacles, including financial need, juggling work and school, a devastating personal loss, and other challenges. She said winning a Cherie Rudoll Scholarship was both powerful and inspiring.

"If it wasn't for Cherie Rudoll's family and others for their generosity, I wouldn't have received this financial support to help me finish nursing school," she said. "I'm so grateful." Elizabeth has spent every dollar of the scholarship on her education.

Elizabeth was just one of 13 recipients of this year's Cherie Rudoll Scholarships, presented each year to help PVHMC Associates pursue nursing degrees. The scholarship fund was established in 2007 by the family of Cherie Rudoll, a former Vice President of Nursing and Patient Care Services at PVHMC, who passed away from cancer.

"Cherie's passion was encouraging, mentoring and supporting people who wanted to become nurses," said Darlene Scaffidi, RN, Vice President of Nursing and Patient Care Services. "Her legacy lives on in the form of this scholarship, and it's very meaningful. Some Associates have said it's meant the difference between attending nursing school or not."

2016 CHERIE RUDOLL SCHOLARSHIP RECIPIENTS

- Cara Methven
- Claudia Leon-Ramirez
- Elizabeth Sena
- Erin Cory
- Fernando Ramos
- Gina Carrada
- Jon-Erik Saplan
- Katie Woods
- Nataly Saldana
- Olivia Hollon
- Savannah Mendoza
- Stacy Kim
- Vanessa Stensby



ELIZABETH SENA
One of 13 recipients of the
Cherie Rudoll Scholarship

NURSING SCHOLARSHIP FUND

PAYS IT FORWARD

Winning the scholarship has inspired Elizabeth to pay it forward. She plans to donate her first earnings as a nurse back into the scholarship fund, in the amount of her own scholarship, so another student can have a shot at his or her dream.

"I'm thankful that Cherie's family decided to invest in future nurses," she said. "The scholarship was a financial blessing that enabled me to invest in my education. I hope I can help someone else do the same." ●

To learn how you can support future nurses through the PVHMC Foundation's Cherie Rudoll Scholarship Fund, contact Glenda Ferguson, Director of Development at 909.865.9659.

Cherie Rudoll Scholarship Winners (l-r) Katie Woods, Elizabeth Sena, Gina Carroda, Darlene Scaffidi, RN, VP of Patient Care Services, Vanessa Stensby, Claudia Leon-Ramirez, Erin Cory and Nataly Saldana. Not pictured: Cara Methven, Fernando Ramos, Jon-Erik Saplan, Olivia Hollon, Savannah Mendoza and Stacy Kim



HONORING DOCTORS FOR ALL THEY DO

Everyone, by choice or by chance, has experienced a doctor's care. Every year Pomona Valley Hospital Medical Center (PVHMC) recognizes the contributions its Doctors make to their patients, the Hospital and the community with a special celebration on National Doctors' Day.

This year's event was held Tuesday, March 29, 2016, from 11:30 a.m. – 2 p.m., in Pitzer Auditorium. It included lunch, Guardian Angel presentations, door prizes and Karaoke entertainment. About 200 PVHMC Doctors enjoyed Indian food, cupcakes and a chocolate fountain amidst colorful Indian decorations. All Doctors received a gift from the Hospital.

About 20 Doctors joined in a Karaoke contest, and were entered into a prize drawing for an outdoor fire pit. The lucky winner was Neurologist, Kessarín Panichpisal, MD.

PVHMC President/CEO Richard E. Yochum, FACHE, led a special presentation honoring five Doctors who joined the PVHMC medical staff in the 1950s: James Beasom, MD; Osmond Beller, MD; Robert Johnson, MD; Eugene St. Clair, MD; and Walter McKay, MD.

"We wanted to pay special respect to those Physicians who more or less started the modern-day Pomona Valley Hospital Medical Center," explained Kenneth Nakamoto, MD, Vice President of Medical Staff, who helped plan the day's event. Each Physician received a crystalline clock.

Also honored were several Doctors who had been named Guardian Angels by patients, families or PVHMC Associates, for the extraordinary care and support they provided. Each patient, family or Associate made a charitable donation to PVHMC Foundation in the Doctor's name.

Carol Young, RN, Manager of the PVHMC Inpatient Dialysis Unit, nominated Nephrologist, Victor Pappoe, MD for one Guardian Angel award.

"The Hospital hired me to start the acute dialysis unit some years ago and Dr. Pappoe has helped me in every way," Carol explained. "Even now, he's always available for questions, including on the weekend. This is his Hospital and he's very supportive of it."

Dr. Pappoe said he was honored and moved by the award. "I felt extremely appreciated to be acknowledged," he said. "It's gratifying when people recognize your efforts and dedication. It makes you want to do more." ●

For information on honoring a PVHMC Doctor as a Guardian Angel, visit pvhmc.org.
Click on "Giving and Support" and then "Online Giving."

DR. SWARNA CHANDURI
was recognized by Eleanor Snow



DR. JHONATHAN MUNOZ
was recognized by Dr. M. Hellen Rodriguez



DR. VICTOR PAPPOE
was recognized by Carol Young, RN

Guardian Angels

(not pictured)

- Dr. Kenneth Brown *recognized by Lucy Trump*
- Dr. Michael Deanda *recognized by Mr. & Mrs. Rochard O. Wood*
- Dr. Manjusha Gupta *recognized by Janet MacAulay*
- Dr. Matthew Janssen *recognized by M. Hellen Rodriguez, MD*
- Dr. James Kim *recognized by M. Hellen Rodriguez, MD*
- Dr. Kenneth Lee *recognized by Evangeline Lee Chan George*
- Dr. Hedy Loa *recognized by Karen Levin*
- Dr. Lee Maas *recognized by Jean Mill*
- Dr. A.R. Mohan *recognized by Tami Barto and by Dr. M. Hellen Rodriguez*
- Dr. Tom Moy *recognized by Ralph Carbaugh, Mr. and Mrs. Richard O. Wood and Vivian Price*
- Dr. Paul Orr *recognized by Richard & Maryann Williams*
- Dr. Yogesh Paliwal *recognized by Margarita Ramirez & Vera Mae Gephart*
- Dr. Marjorie Parker *recognized by Nancy Maffris*
- Dr. Derrick Raptis *recognized by DOU2*
- Dr. Ashok Sharma *recognized by Ruth L. Avid and Mr. & Mrs. Thomas Brower*
- Dr. Rakesh Sinha *recognized by DOU2*
- Dr. Dr. Benjamin Squire *recognized by Wesley Davis*
- Dr. Duane Styles *recognized by Nancy Marffis and George & Evelyn Campbell*



HEATHER COFFIN, DO
was recognized by Stephen McIntyre



DR. WILLIAM DISCEPOLO
was recognized by
Mr. & Mrs. Richard O. Wood



DR. RAMA THUMATI
was recognized by Henry & Erna Morris
and by Blair & Nancy Maffris

DO YOU HAVE
a Guardian Angel?

Honor a special Doctor, Nurse, Volunteer or Hospital Associate who became your guardian angel by providing exceptional care or service. Make a charitable donation to PVHMC Foundation in their name and they will be recognized with a special presentation, commemorative certificate, letter from the President/CEO, and a Guardian Angel lapel pin and badge holder. All donations support PVHMC Foundation. ●

Visit pvhmc.org/foundation, use the attached envelope, or call the Foundation office at 909.865.9139.



DR. LISA S. RAPTIS
was recognized by DOU2,
and Tami Barto



DR. SCOTT LEDERHAUS
was recognized by
Larry Goldman



SON PHAN
Physical Therapy Secretary
was recognized by
Dr. M. Hellen Rodriguez



JUANITA TOVAR
Radiology Mammography
Technologist was recognized
by Margaret O'Neil



DR. DANIEL GLUCKSTEIN
was recognized by Jackie Vo
Pharmacy Manager and her team



MARIANNA BYER, RN
Quality Management
was recognized by Laurel Dunlap

PVHMC FOUNDATION

VONA VENTURA
from Radiology was recognized
by Frances Gaillup



BIANCA SAVAGE, RN
NICU was recognized by Dennis
and Hazel Galang

DARLENE SCAFIDDI, RN
VP of Patient Care Services was
recognized by Anna Mendoza,
RN, Educator



DEBBIE KEASLER, RN
Director of Cardiac Services, was recognized by Kathy Soderlund, RN,
Miriam Fulton, NP and Peggy Mata, Cardiac Services Coordinator

KAREN TSE-CHANG, RN
(second from right) was recognized by Linda and John Barrow

DR. LISA S. RAPTIS
was recognized by DOU2,
and Tami Barto



BELINDA ALTENHOFEL
Mammography Technician, was
recognized by Margaret O'Neil

LESLIE KNIGHT
Imaging Support Representative
at the Breast Health Center was
recognized by Elaine Hughes



THE RADIOLOGY DEPARTMENT
was recognized by Rosie Mendoza



KAREN TSE-CHANG, RN
AMY CAO, RN
DINA ESPINOZA, RN
and FRANCES LOGAN, RN (not pictured)
were recognized by Dr. Janjua

\$\$\$ FOR PHYSICALS PROGRAM RAISES THOUSANDS for LOCAL SCHOOLS

The “\$\$\$ for Physicals” Program at Pomona Valley Hospital Medical Center (PVHMC) not only ensures high school athletes get the physicals they need to compete in team sports; it also provides much-needed funds for the schools, while attracting talented physicians to the PVHMC Family Medicine Residency Program.

“It’s a unique win for students, parents, schools, Physicians and the Hospital,” said Duane Styles, MD, Medical Director of the PVHMC Sports Medicine Center (SMC) and a Family Medicine Residency Faculty Physician.

Each May, SMC physicians provide pre-participation physicals to students from five area high schools: Damien and Bonita High Schools in LaVerne, San Dimas High School in San Dimas, Charter Oak High School in Covina and Claremont High School in Claremont. Students who pass the exams – height, weight, blood pressure, vision, ear-nose-throat, cardiovascular and orthopedic checks – are cleared to participate in summer practices, training camps and sports during the upcoming school year.

Each high school establishes the fee they will charge their athletes, typically \$20-\$30. Physicians, physical therapists and staff donate more than 225 hours of volunteer time to conduct the physicals, working tirelessly into the night (the exams are scheduled after work and school). The Hospital donates 100 percent of the fees for the physicals back to each school’s athletic training department.

In 2016, PVHMC raised a combined \$11,810 for the five schools. During the last 10 years, the “\$\$\$ for Physicals” Program has raised \$126,065 for the schools, while providing 5,654 high school athletes with required physicals.

“We’ve been doing this since 1984, the year after the SMC opened,” said Rick Rossman, Associate Director of Rehabilitation Services and Administrative Director of the SMC. “Ten years ago, we saw budget cuts hit the schools hard and we created the “\$\$\$ for Physicals Program” to help raise money for athletic training supplies like tape, bandages, slings and other equipment.”

Besides providing the physicals, SMC Physicians – which include Family Medicine Residents – also serve as team doctors at the five high schools. In addition to working closely with each school’s coaching staff and athletic trainers, they provide volunteer coverage at the schools’ football games.

“Because the Family Medicine Residents have training in sports medicine, they’re comfortable handling sports injuries, resulting in better quality care. In fact, the Sports Medicine Program is why some Physicians choose to do their residency at PVHMC,” said Dr. Styles.

“Overall, the ‘\$\$\$ for Physicals’ program provides a huge service,” Dr. Styles said. “And it allows the Hospital to fulfill our community mission.” ●

For more information on the PVHMC Sports Medicine Center and the “\$\$\$ for Physicals” program, please visit pvhmc.org.



PVHMC LAB ADOPTS MOST ADVANCED TECHNOLOGY on THE WEST COAST

The inpatient Clinical Laboratory is one of Pomona Valley Hospital Medical Center’s (PVHMC) largest departments, which Physicians rely on for roughly 85 percent of their medical decisions, according to PVHMC Laboratory Director, Rick Vanderhoof, CLS. To provide fast, accurate results for more than 5,000 tests a day and to support the Hospital’s expansion as a trauma center later this year, the Lab has adopted some of the most advanced technology of any hospital on the West Coast.

The Lab recently received the “Innovation Award for Hematology,” by Beckman Coulter, Inc., for adopting advanced instrumentation to analyze blood samples. “We’re the first Hospital on the West Coast with this technology,” Rick said. “It uses intelligent, automated software to do the analysis, while the Clinical Laboratory Scientists (CLS) are freed up to perform other critical tasks.”

The Hospital is also implementing the most advanced automated chemistry system in Southern California to perform a wide variety of tests, including glucose, cholesterol, heart enzymes, thyroid and many others. The robotic system will improve speed and accuracy with a freeway-like network that whizzes test tubes to different areas of the Lab into different instruments for analysis.

“We get patients in the Emergency Department who may be near death, so we need to get information back to the Physician as quickly as possible,” Rick said. “The turnaround time is crucial.”

But with thousands of test tubes in dozens of racks, a particular test tube isn’t always easy to find. “Someone may have taken it to a station to take a specimen out of it and not yet returned it to the main rack,” Rick explained. “The new system is referred to as the “Test Tube Yard or Refrigerator,” and it knows exactly where every test tube is at all times. If a Physician wants to add another test, the CLS commands the robotically controlled computer system to immediately send the tube to the right instrument for analysis. Then the tube is sent to a special refrigeration unit, where it stays unless it’s called up for another test. When the specimen becomes old, the instrument finds it and puts it into its own disposal bin.”

The Microbiology Department grows bacterial cultures overnight. They have a new high-tech instrument called the MALDI TOF – which enables them to identify bacteria in less than a minute, so the Doctor knows which antibiotic or other treatment option will work best for a patient.

To keep up with advances in technology and science, PVHMC’s Clinical Laboratory Scientists must maintain a certain amount of continuing education credits to renew their licenses. The Lab itself undergoes numerous surveys by the State and outside agencies to ensure the proficiency of Associates and the safety and accuracy of all equipment and testing.

“We normally get 100 percent on all our scores, or very close,” Rick said. “The public only knows about the test results that go back to their Physician; but there’s a lot more that goes on in the background.” ●

PVHMC EARNS
the JOINT COMMISSION'S
DISTINCTION
CERTIFICATION for
**DIABETES
CARE**



When the airplane you're riding in hits turbulence, you prepare for a bumpy ride with sharp ups and downs. When you have poorly controlled diabetes, your body experiences the turbulence of either too much blood sugar or too little. And while you don't feel the instability the same way you do in an airplane, it can take a serious – even deadly – toll.

Pomona Valley Hospital Medical Center (PVHMC) now practices new and rigorous standards of care that prevent large blood sugar fluctuations in hospitalized patients with diabetes, together with education and tools to help them manage their illness once they go home. These standards, developed and recommended by the American Diabetes Association, have earned PVHMC a rare certification from The Joint Commission, the accrediting organization for hospitals.

PVHMC is one of just 88 hospitals in the nation to have earned The Joint Commission's Certificate of Distinction for Inpatient Diabetes Care. Achieving the certification signifies that the Hospital has the critical elements in place to achieve long-term success in improving patients' health.

"It's one of the hardest certifications to obtain, because it encompasses every adult in the Hospital with diabetes," said PVHMC Nursing Director Lena Plent, RN. "That's often 25 percent of our patients."

PVHMC uses standardized processes, policies, protocols and expertise to develop highly individualized treatment plans. The entire care team – including Dietary, Lab and Pharmacy – adheres to each patient's plan.

"We also educate people while they're in the Hospital and develop a structured plan to help them manage their care once they leave," Lena said. "To set them up for success, we send patients home with a packet of resources and we schedule a follow-up appointment with the doctor who regularly manages their care." ●

To learn more about PVHMC's top-quality care and services, visit pvhmc.org.

A CELEBRATION
of
**SAVED LIVES
& MEDICAL
MIRACLES**

There were no caps, gowns or diplomas, but when 145 "graduates" of Pomona Valley Hospital Medical Center's (PVHMC) Neonatal Intensive Care Unit (NICU) reunited with their Doctors and Nurses in a special celebration June 4, 2016, it was a day like no other.

They came from as far away as Apple Valley, Barstow and San Leandro in the Bay Area to join other children whose first days, weeks or months after birth were spent in PVHMC's NICU. The theme of the reunion – the Hospital's 15th – was "Superheroes." Most of the kids were just that; extraordinary youngsters who were born prematurely or with a severe health condition, fought to live, and survived.

"Their parents are so proud to bring them back and show us how they're doing," said Edda Mendez, RN, NICU patient care coordinator. "We keep in touch via social media but the Nurses, Doctors and other Associates love to see the children and parents in person and give them hugs."

The graduates ranged in age from two months to 20 years; many dressed in their favorite superhero costume. They were accompanied by parents and siblings; in all, 731 adults and children attended the three-hour event that was held in the Pitzer Auditorium and Patio.

The festivities included live music and dancing, Batman, who signed pictures and shook hands, a roaming magician, face-painting, games and refreshments. The Pomona Police Department offered free fingerprinting. A parents' resource table distributed handouts on the importance of reading to babies and children and free children's books were available thanks to a book drive held in April. One corner of the auditorium was reserved for a picture booth, where kids could take photos against a Superhero background. Printed, framed photos were given to each child as a souvenir.

"Seeing their growth and development over the years is so rewarding," Edda said. "We celebrate the children and parents and they celebrate the NICU staff who helped save them. It's nice to know that our combined efforts made a difference for these special children." ●

For information on how you can help the NICU care for our most fragile and vulnerable patients, contact PVHMC Foundation at 909.865.9139.



HOLIDAY HOMES
TOUR GOES
**BACK in
TIME**

Attendees went back in time during the 2015 Holiday Homes Tour on Sunday, December 6, visiting three homes in Pomona's historic Lincoln Park neighborhood, all decked out in festive holiday décor.

The tour included a home built by one of Pomona Valley Hospital Medical Center's (PVHMC) four founding Physicians. Additionally, the Historical Society of Pomona Valley opened its museum to guests at the Pomona Ebell Club, which doubled as the tour's tea house, serving tea and cookies to guests accompanied by live holiday music. The venue provided a sparkly backdrop for the gourmet shop and theme basket display, while shopping opportunities were offered at a special gift boutique from the PVHMC's Tender Touch Gift Shop.

"The Holiday Homes Tour, now in its 54th year, is the largest annual fundraiser for PVHMC Auxiliary," said event Chair Nancy Zunde. The \$15,600 in proceeds will benefit the Sick Baby and Hospital Assistance Fund, which helps families and infants in need. ●

To make your donation to the Sick Baby and Hospital Assistance Fund, go to pvhmc.org or call 909.865.9669.



HH EBELL CLUB TEA HOUSE



LARSON HOUSE



MUNNS HOUSE

VOLUNTEERS HONORED for **MAKING A DIFFERENCE**

Most of us know the Starfish Story: after thousands of starfish wash up on shore, a young man begins throwing them back into the ocean to save their lives. An old man tells the young man his efforts won't make any difference – there are far too many starfish to save. The young man throws another starfish into the sea and says, "I made a difference for that one."

Just like the young man, Volunteers at Pomona Valley Hospital Medical Center (PVHMC) make a difference one action at a time. Their efforts were honored at the Hospital's Volunteer Recognition Luncheon on April 7, 2016 at the Candlelight Pavilion in Claremont.

"If they help one person every time they volunteer, they're making an impact," said Director of Volunteers, Stacy Mittelstaedt. Ten Volunteers, all nominated by Hospital Associates, were presented with the Starfish Award for positively affecting patients' lives. For the first time, a group of Volunteers, including three students and two instructors from the Pomona Transitional Program, were also honored with a Starfish Award.

Thirty other Volunteers were inducted into the Volunteer Honor Roll. The honor roll recognizes those who have provided more than 10,000 hours or 25 years of service to PVHMC (some have accomplished both).

A highlight of the event was the presentation of the Volunteer of the Year Award, given for exceptional volunteer service. This year's recipient was Mary Koviak, who has volunteered 10,400 hours at PVHMC in the past 35 years, 25 of those years in the Neonatal Intensive Care Unit (NICU). Mary received more than 30 nominations from Associates in the NICU.

Another highlight was the annual presentation to PVHMC Foundation of monies raised by the Auxiliary. Each year the Auxiliary, comprised of all the Hospital's adult volunteers, strives to donate approximately \$100,000 to the Foundation as part of their \$1 million pledge.

"Our annual donation provides assistance to this wonderful Hospital and to the patients it serves," said Auxiliary President, Sharon Statler. "We have committed to donating additional funds this year as well."

Two nights later, Junior Volunteers, made up of more than 200 students from 47 surrounding high schools, were recognized at the Kellogg West Conference Center at Cal Poly Pomona. Six students were recognized for providing more than 500 hours of service while attending school – two provided 600 hours. Nominated by his peers, Preston Banta won the Peer Award for always being helpful and ready to help others. Raymundo Gutierrez received the Heart of a Volunteer award for excellence in service.

"We honor and respect our Volunteers for all that they do," said Vice President of Administration, Leigh Cornell. "These special men and women make such an impact, not just on our patients and their families, but also on our Associates and our Hospital overall. They are truly living our PVHMC values." ●

To learn about becoming a volunteer, visit pvhmc.org or call 909.865.9669 for an application and an interview appointment.

“
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They are truly living
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LEIGH CORNELL
VICE PRESIDENT OF
ADMINISTRATION

THE EFFORTS POMONA VALLEY HOSPITAL MEDICAL CENTER (PVHMC) BEGAN IN AUGUST 2015, TO BECOME LOS ANGELES COUNTY'S NEWEST FULL-FLEDGED TRAUMA CENTER, IS NOW IN ITS FINAL PHASES.

"We estimate that by the first quarter of 2017 we will receive trauma center designation," said Stephanie Raby, RN, PVHMC's Administrative Director of Trauma and Acute Care Surgery.

Expansion of the emergency department (ED), renovation of existing space into a new 12-bed intensive care unit (ICU), and installation of new equipment is all scheduled for completion in early 2017, Stephanie said. The new ED and ICU are also expected to be licensed and ready for occupancy in the first quarter of 2017. After a small delay, the new parking structure with a helipad on top continues construction and is scheduled for completion in June 2017 (the Hospital can be designated as a trauma center before the helipad is ready).

"The trauma center designation will bring a higher level of care to PVHMC, benefitting patients throughout the Hospital," said Chris Aldworth, Vice President of Planning.

New policies and procedures essential to a trauma center have already been developed and in July staff throughout the Hospital underwent specialized training on caring for trauma patients. PVHMC has also hired seven new physicians who are all trauma and critical care fellowship-trained and board certified or board-eligible in both general surgery and surgical critical care.

One of these individuals is Michael Jimenez, MD, who is now PVHMC's Medical Director of Trauma and Acute Care Surgery. A graduate of Yale University and the UCLA School of Medicine, Dr. Jimenez, who is fellowship trained in trauma care, was previously Associate Director of Trauma and Acute Care Surgery and Director of the Surgical ICU at St. Francis Medical Center in Lynwood.

"When we receive trauma center designation, residents of our communities in critical need will no longer need to be rushed by ambulance or helicopter to Los Angeles, Pasadena or Irvine when every moment is critical to their survival," Dr. Jimenez said.

Several other specialized staff essential for the trauma center designation have also been hired. They include Stephanie Raby, RN who joined PVHMC in December 2015. For the previous 14 years, Stephanie worked for Riverside County Public Health, in the Public Health Preparedness and Response Branch, and with the LA County Department of Health Services. She was also on staff with Texas A&M's Homeland Security program, teaching first responders and healthcare providers on incident management and weapons of mass destruction.

Sarah Cline joined PVHMC as Trauma Registrar in April. Sarah came to PVHMC from Johns Hopkins University Medical Center in Baltimore, a Level I trauma center. She has a wealth of experience in collection and analysis of data, a critical component of developing evidence-based guidelines for patient care based on research and patient outcomes.

Aimee Castillejo, RN, an ED educator at PVHMC who has more than 16 years of ICU and ED nursing experience, has been promoted to Trauma Clinical Manager. She'll help ensure trauma patients get coordinated care throughout their Hospital stay.

"We're very pleased with the amount of progress we've made in a short period of time and the commitment of everyone throughout the organization in making PVHMC a trauma center," said Stephanie. "We couldn't have done it without everyone working together." ●

For more information on PVHMC's journey toward trauma center designation, visit pvhmc.org.



TRAUMA DESIGNATION EXPECTED SOON CENTER



AIMEE
CASTILLEJO



SARAH
CLINE



DR. MICHAEL
JIMENEZ



STEPHANIE
RABY

PVHMC – ONE of the
**SAFEST
HOSPITALS**
IN THE NATION

If you need to be admitted into a hospital, the last thing you want is to become unnecessarily sicker while there. Healthgrades, a leading online consumer report card, has ranked Pomona Valley Hospital Medical Center (PVHMC) among the top 5 percent of hospitals in the nation for patient safety.

Healthgrades has awarded PVHMC its 2016 Patient Safety Excellence Award for the Hospital's superior performance in preventing serious, potentially avoidable complications for patients. According to Healthgrades, patients treated in hospitals that have received the Patient Safety Excellence Award are 40-50 percent less likely to experience 13 different infections or other complications.

"We're honored to have received the Healthgrades Patient Safety Excellence Award in 2016," said Richard E. Yochum, FACHE, President/CEO of PVHMC. "To be recognized by the leading online resource of information for physicians and hospitals is a testament to the hard work and dedication of everyone at PVHMC." ●

To learn more about PVHMC's top-quality care and services, visit pvhmc.org.

CELEBRATING
PATIENT SAFETY AWARD

PVHMC Associates, Doctors and Volunteers celebrated the safety recognition from Healthgrades at a good 'ol country picnic, complete with a cakewalk.

The event was held on May 6th at the Pitzer Auditorium and more than 1,000 people attended.



Long-time Pomona Valley Hospital Medical Center (PVHMC) Board Member and donor Reggie Webb, his wife René, daughter Kiana and sons Karim and Kyle, were honorees at this year's University of La Verne Scholarship Gala. The event was held March 5, 2016 at the Fairplex Conference Center.

"Reggie, René, Karim, Kiana and Kyle believe that a community can only thrive when everyone joins together for success," the University said. "As pioneers in African-American owned McDonald's franchises in Southern California, their leadership has not only helped stimulate economic growth in areas that need it most, but has contributed to a legacy of giving. Their charitable contributions have made local communities stronger."

BOARD MEMBER
**REGGIE WEBB
& FAMILY**
HONORED



The family owns 17 McDonald's restaurants and has long been involved in the local community. A PVHMC Board member since 1991, and serves on various Hospital Committees. He and his family have been extremely generous to the PVHMC Foundation over the years. A University of La Verne Board member since 2014, he has served in numerous elected franchisee leadership positions and on the boards of the L.A. County Fair Association and the Los Angeles Urban League. In 2013, he was honored with PVHMC's prestigious President's Circle Award, which recognizes individuals who have gone above and beyond regular service to the Hospital and others.

René, who was instrumental in bringing The Kids Health Fair screening event to PVHMC in 1995, is a member of the Multiple Sclerosis Society's Hall of Fame. She has raised more than \$300,000 for the organization since being diagnosed with the disease in 1985. She has served in leadership positions for several other nonprofit organizations and is active in her church.

Kiana and Kyle are President and CFO, respectively, of Webb Family Enterprises, the family business. Karim is co-owner of PCF Restaurant Management, a Los Angeles-based franchisee of Buffalo Wild Wings. All three have made significant contributions that are also making a difference in their communities.

"For four decades, Reggie and his family have had a profound impact on people and organizations throughout our community," said PVHMC President/CEO Richard E. Yochum, FACHE. "They're an inspiring and extraordinary example of what it means to give back." ●

For information on how you can give back by volunteering or donating to PVHMC or PVHMC Foundation, please visit pvhmc.org.

“
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”



Seven Pomona Valley Hospital Medical Center (PVHMC) Associates, Volunteers and Physicians were honored with this year's President's Circle Award at a special evening event and reception on Wednesday, June 22, 2016 in Pitzer Auditorium. Presented annually by PVHMC President/CEO Richard E. Yochum, the award recognizes exceptional service to patients. "These outstanding individuals have gone above and beyond what is typically expected to help people in need," said Leigh Cornell, PVHMC Vice President of Administration. "They are shining examples of our Hospital's values."

THIS YEAR'S PRESIDENT'S CIRCLE AWARDEES



KATHY YEATMAN-STOCK | LICENSED CLINICAL SOCIAL WORKER THE ROBERT AND BEVERLY LEWIS FAMILY CANCER CARE CENTER
Kathy is well-recognized for making the journey through diagnosis, treatment and beyond more manageable for cancer patients and their families. Recently, she came to the rescue of an advanced-stage cancer patient and her disabled son. In addition to addressing the patient's emotional, psychosocial and advanced care planning needs, Kathy helped get the mother out of an abusive relationship and into safe, temporary housing with her son. The vulnerable patient had months to go until she would receive social welfare monies. Kathy made sure she and her son had access to basic food and housing needs, even obtaining a grant to help her put down a rent deposit.



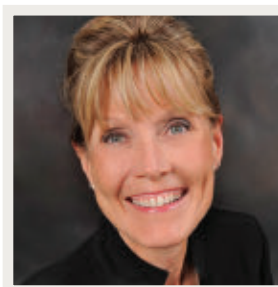
MORTEZA SAJADIAN, MD | GENERAL SURGERY
Dr. Sajadian is one of our most recognized surgeons. Patients and families consistently express their appreciation for the way he explains surgical procedures, comforts patients and compassionately listens to and responds to patient concerns. Warm and caring, he is well known for visiting his patients in the Hospital, sometimes three or more times per day. The wife of one patient, who stayed in the Hospital for 11 days, called Dr. Sajadian her hero. "I truly believe he saved my husband's life," she said. "We will be forever grateful to this man for his dedication to his patients."



NATALIE BLICKENSTAFF | VOLUNTEER
A Volunteer in the Emergency Department (ED), Natalie helps patients and families who are often anxious and in turmoil. With more than 617 hours of service to the ED since September 2011 and numerous 5-Star Recognitions, Natalie is a natural at soothing patients with simple acts of kindness. She recently stayed by the side of a 23-year-old mother of two who was experiencing chest pain. For nearly two hours, Natalie watched over the mother's rambunctious 3-year-old and helped the mother care for her 4-month-old baby. This allowed the apprehensive mother to focus on her own health care needs.



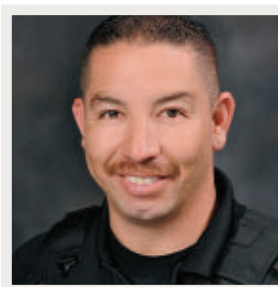
RUFUS RONEY | NURSING ASSISTANT, CARDIAC INTENSIVE CARE UNIT
PVHMC Associates call Rufus the happiest man in the world. He sees patients suffering from serious heart complications and diseases but brings with him a light so bright that his patients can't help but smile. Rufus seems to know everybody in the Hospital, making Associates feel acknowledged and patients and visitors feel welcome. He was recently commended for finding and helping return a lost wallet to a grateful owner. He brings joy, hope and mindfulness to Associates each month with his full page articles in the Associate Newsletter, integrating positive quotes and his thoughts on the real meaning of holidays and current events. He concludes each heartfelt article with "thanks for coming to work today!" And we say 'Thank You, Rufus for coming to work today!'



DEBORAH KEASLER, RN | DIRECTOR OF CARDIAC SERVICES
It takes a special person to direct one of the most comprehensive and nationally recognized heart and vascular centers in the Los Angeles and San Bernardino Counties. Since 2011, Debbie Keasler has done all of this and more. Debbie is frequently heralded as an "Unsung Hero" -- an avid patient advocate, a coach and mentor to Associates, and a dear friend to many. She didn't hesitate when an Associate asked for advice for a friend who had lost three family members to strokes and was concerned about her own risk factors. Debbie called the friend herself, gave advice, recommended she see a doctor, and followed up to hear the outcomes of the appointment. Debbie has earned four Guardian Angel recognition awards from grateful patients and families. She provides community education on heart disease and stroke prevention, teaches CPR and helps people live healthier lives.



LINELL WAGERS, RN | 5 CENTRAL
Linell was strolling through Claremont Village recently when she saw a police officer collapse. Without hesitation, she ran to him and performed CPR, a difficult action considering that the officer was wearing a full uniform and a bulletproof vest. She didn't stop, even when another officer brought an Automatic External Defibrillator (AED), nor when the paramedics arrived. She stayed with him until he reached the Hospital. The two had a chance to meet while he was recovering in our Cardiac Intensive Care Unit, doing just fine. He gave Linell a big hug and told her that he had heard so much about this "awesome nurse!"



CORPORAL BETO FUENTES | K-9 OFFICER, SECURITY
Earlier this year, a non-English-speaking mother and her developmentally-disabled adult son were dropped off at PVHMC by taxi. The mother had no paperwork and little knowledge of the details of her son's doctor appointment. They were seen wandering the campus looking for help when Beto was dispatched to help them. Beto, who speaks Spanish, called the scheduling department and obtained the name of the son's primary care doctor. He then called the physician's office to confirm the appointment time and location and made sure the office knew that the mother and son were on their way. Beto's commitment and compassion was not unusual; he often goes out of his way to help others. ●

If you'd like to nominate a special person for the President's Circle Award, contact Leigh Cornell at leigh.cornell@pvhmc.com.



PERINATAL SYMPOSIUM

On April 27 we held our 26th annual Perinatal Symposium with 670 Nurses, Midwives, physicians and other health care providers. PVHMC is the leader in providing perinatal education to over 65 other facilities in Southern California.

HOMETOWN ATHLETE

Moms, dads and newborns were thrilled to receive a special delivery Sunday, August 21st – Nike baby shoes! The gifts from Nike were in honor of hometown athlete Diana Taurasi's big win as part of Team USA's Women's Basketball team at the Rio Olympics. We are grateful to Nike, and we support Nike's hopes to inspire the next generation to find their own road to greatness.



OPP AWARDS

The Robert & Beverly Lewis Outpatient Pavilion Surgical Services Department celebrated their first anniversary by awarding "OPP" awards to Physicians, Associates and Volunteers for a very successful year!

ONE LEGACY FLAG RAISING

Held on February 12th in honor of all the organ donors and recipients whose lives were affected by organ, eye and tissue donations.



PRESIDENT'S SOCIETY LUNCHEON

President's Society Luncheon was held on June 30th. Our guest speaker was James D. McDonald, Executive Vice President, Chief Investment Strategist of The Northern Trust Company. Kevin McCarthy, Chairman of PVHMC Board of Directors, Jim McDonald, M. Hellen Rodriguez, MD, Chairman of PVHMC Foundation Board of Directors, Richard E. Yochum, FACHE, President/CEO.





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“ LOVE AND
 COMPASSION
 ARE NECESSITIES,
 NOT LUXURIES.
 WITHOUT THEM,
 HUMANITY
 CANNOT
 SURVIVE ”

— DALAI LAMA

*Your gifts support the care
 we provide to the sick and injured,
 and help us maintain,
 expand and improve healthcare
 in our community.*

pvhmc.org/foundation

Women's and Children's Services

Some classes are available at our Chino Hills location. Registration is required for most classes. Call 909.865.9858, e-mail ferc@pvhmc.org or register online at https://resources.pvhmc.org/ceii_web/class/default.asp.

FOR PREGNANT WOMEN

Maternity Orientations | Free

- Every Wednesday and every other Monday at 7 pm and one Saturday per month at 9 am
- Orientaciones en español disponibles dos veces al mes (Por favor llame para más detalles)

Childbirth Preparation Classes | \$80

- Five-week series (Tuesdays, 6:30 – 9 pm)
- Weekend Express (one Saturday & Sunday or two consecutive Sundays, 9 am – 2 pm)
- One-day class (once a month: Thursday or Friday, 6 – 9 pm or Saturday, 1 – 4 pm)

Cesarean Birth Preparation | \$20 (Second Wednesday of every month, noon – 1:30 pm)

Baby Express | \$40 (basics of baby care)

- Two-evening class (two consecutive Thursdays, 6:30 – 9 pm)
- Saturday class (9 am – 3 pm)

Breastfeeding Class | \$20 (one Thursday a month, 6:30 – 8:30 pm)

Pregnancy & Postpartum Stress Group | Free (Every first, third & fifth, when occurring, Tuesday, 12:30 – 2 pm. Held at Pomona Valley Health Center, 1770 N. Orange Grove, Suite 210) This is an emotional support group for Pregnant and New Moms. Lunch and Childcare provided. Call Anna Pavlov, PhD, at 909.469.9491 for more information.

FOR NEW MOTHERS

Mommy 'N Me Group | Free (every Wednesday, 10 – 11 am for infants – 1 year old). No registration required.

Safety Seat Checkup | Free (once a month – call for date and time)

FOR DADS OR DADS-TO-BE

Boot Camp for New Dads | \$20 (one Saturday a month, 9 am – noon or one Thursday a month 6 – 9:00 pm)

FOR CHILDREN

Big Brother Big Sister Class | \$10 (one Saturday a month, 10 – 11:30 am)

Safe Sitter Class | \$40 (two-day class). Call for date and time.

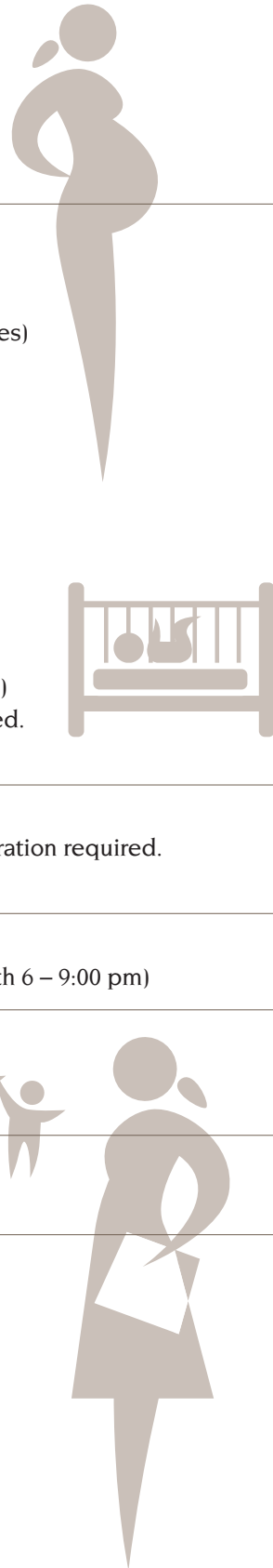
FOR PROSPECTIVE PARENTS/FAMILY/FRIENDS

CPR | \$20 (one Saturday a month, 9 am – noon – this is a non-certified class)

FOR WOMEN

Every Woman's Journey | Free (monthly, at Chino Hills and Claremont)

This free program offers women timely topics on health and wellness. To be added to our mailing list, please call (909) 865-9858.



The Robert and Beverly Lewis Family Cancer Care Center

All programs are free and registration is not required (except for Look Good... Feel Better and for a wig fitting). Call 909.865.9907 for questions and to confirm meeting day/time.

FOR WOMEN

Breast Prosthesis Display (fourth Monday of each month, noon – 1:30 pm)

Look Good... Feel Better in conjunction with the American Cancer Society (fourth Monday of each month, 10 am – noon). Pre-Registration is REQUIRED. Call 800.227.2345.

Women with Cancer Support Group (second Monday of each month, 7 – 8:30 pm)

Wig Program (one free wig for women undergoing cancer therapy. Call 909.865.9907 to schedule an appointment)

FOR THOSE WITH CANCER AND THEIR LOVED ONES

Leukemia/Lymphoma/Myeloma Support Group (first Wednesday of each month at noon)

Pomona Valley Ostomy Association (fourth Monday of each month, 7 – 8:30 pm)

When Cancer Enters Your Life (first Thursday of each month, 6 – 7:30 pm)

OTHER SUPPORT SERVICES

Bereavement/Loss Support Group (every Wednesday, 7 – 8:30 pm)

Integrated Wellness Arts (Call 909.865.9907 for dates and times)

Stretch & Yoga (every Monday at 3 pm, Wednesday at 11 am and Thursday at 5 pm, except the first Thursday of each month)

Patient/Community Library (open Monday – Friday, 8 am – 5 pm)

The Stead Heart and Vascular Center

Heart Smart Education Classes (every Tuesday, noon – 1 pm. Lunch provided) Educational topics focus on reducing the risk of having or repeating a cardiac event. Every fourth Tuesday, the *Heart to Heart* support group is held. In conjunction with the Physical Therapy and Rehabilitation department. Reservations are required. Call 909.865.9831 for questions, reservations and to confirm meeting day/time.

Life After Stroke – New Beginnings (every second and fourth Thursday of the month, 10 – 11:30 am).

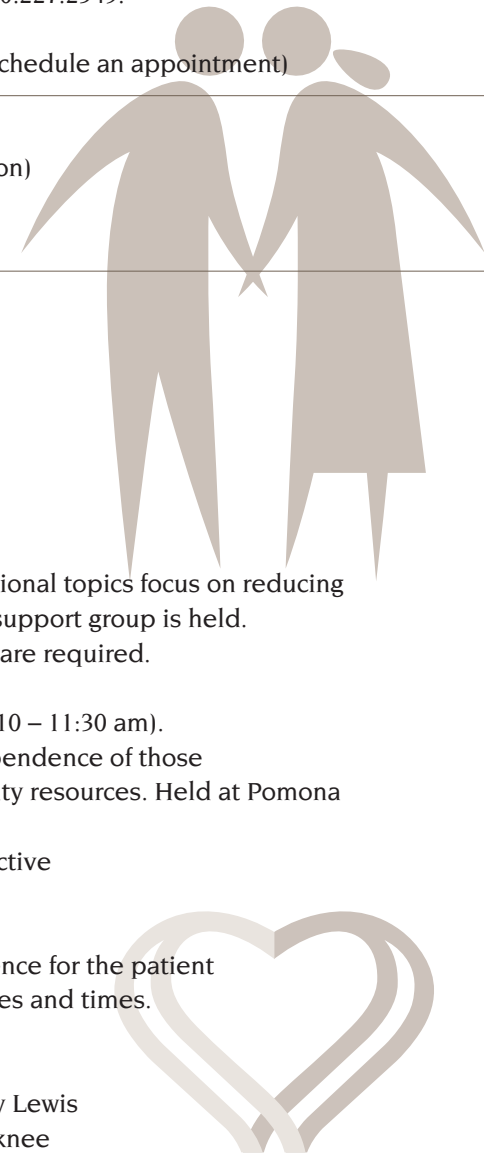
This is an educational support group designed to enhance the quality of life and independence of those affected by a Stroke through self-help education, supportive discussions and community resources. Held at Pomona Valley Health Center in Claremont. For more information call 909.865.9823.

Life with COPD – New Beginnings This support group is for those with Chronic Obstructive Pulmonary Disease and those who care for them. This group will provide self-help, education and supportive discussions. Call 909.865.9831 for dates and times.

Life with Heart Failure – New Beginnings Having heart failure is a life-altering experience for the patient and their loved ones. Learn from others at this support group. Call 909.865.9983 for dates and times.

Orthopedics

Total Joint Preparation Class (every Wednesday, 10 am – noon at the Robert & Beverly Lewis Outpatient Pavilion). For those who are considering or are scheduled for a total hip or knee replacement surgery, please call 909.630.7403 to register.



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When a hospital sets the highest standards for quality care, people notice. Our level of excellence has been nationally recognized by **American Heart Association**, **American Stroke Association**, **The Joint Commission**, **Healthgrades** and many others. Locally, patients praise us for personalized care, new technologies and knowledgeable professionals. In the coming months, there will be even more to love, with an expanded Emergency Department, updated Intensive Care Unit, new Trauma Center and more. Health care is better when it's built around you.

