

healthcares

Pomona Valley Hospital Medical Center Foundation

3x!

HEALTHY &
HAPPY IN NICU



SAVE *the* DATE

SINGING FOR SURVIVORS

Saturday, October 27, 2018 | 11:00 am | DoubleTree Hotel, 222 N. Vineyard Ave., Ontario, CA

PRESIDENT'S SOCIETY LUNCHEON

Friday, December 14, 2018 | 11:30 am | Fairplex Conference Center



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is published by Pomona Valley
Hospital Medical Center
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Featured on the cover:
The Jimenez Family

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CHAIRPERSON'S *message*

We're fortunate that Pomona Valley Hospital Medical Center (PVHMC) is at the forefront of advances in services and technology that allow us to provide exceptional care to our community. And we're even more fortunate for the generous donations from individuals, businesses and organizations throughout our community that help us maintain, expand and improve the care we provide.

Our Women's Center is one of the many areas in which philanthropy has allowed us to provide patients with the best care available. In recent years, generous donations and grant funding have enabled us to purchase state-of-the-art technology and enhance services for women and their newborn infants, including:

- Practical Obstetric Multi-Professional Training (PROMPT) in obstetric emergencies for OB/GYN physicians, medical residents, anesthesiologists and nurses.
- Giraffe OmniBeds for the Neonatal Intensive Care Unit (NICU). The OmniBed provides the best environment outside of a mother's womb for infants born prematurely.
- Hotel stays for parents who live out of town but have a child in the NICU.
- NicView webcams so parents and families of sick or premature newborns can watch their babies in the NICU.
- A "SIM Baby" lifelike infant mannequin for our Simulation Center.
- The Aviator, a state-of-the-art incubator for infant helicopter transports.
 - Continuous glucose monitoring for expectant mothers enrolled in the Sweet Success diabetes education program.
 - A Cuddle Cot, which is a refrigerated bassinet that gives grieving parents of stillborn infants more time to say goodbye.

Every day, organizations, businesses and individuals give from their hearts so we can continue providing women and families in our community with the services they need, close to home, in our community. Thank you for helping us make a difference. ●

For information on the many philanthropic opportunities available to support PVHMC, please contact Glenda Ferguson at glenda.ferguson@pvhmc.org, call 909.865.9659 or visit pvhmc.org/foundation.

Dr. M. Hellen Rodriguez



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THREE TIMES THE FUN

MOM
GIVES BIRTH
TO HEALTHY
TRIPLETS AT
PVHMC

With three daughters, ages 15, 11 and 9, Elizabeth Martinez-Jimenez, 34, and her husband Mario Jimenez received the surprise of their lives when they discovered Elizabeth was pregnant again. But they got an even bigger shock when they went for their first ultrasound and found out they were having triplets.

“It was overwhelming and there was a lot of emotion,” Elizabeth said. “My husband was trying to comfort me but he looked like he couldn’t breathe.”

Continued on page 4



TRIPLETS!

MARIO
FELIX &
SIMON

“
It was really hard to leave them, but I was so relieved by the NicView cameras. They reduced a lot of my anxiety.
”

ELIZABETH
MARTINEZ-JIMENEZ
NEW MOTHER

*For more information on how you can support PVHMC's OB/GYN services or NICU, please contact
Glenda Ferguson at
glenda.ferguson@pvhmc.org,
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Triplets are rare. According to the Centers for Disease Control and Prevention, there were 3,755 triplet births in the United States in 2016 (the most recent year for which data is available). Spontaneous triplets like Elizabeth's – those conceived without the help of fertility treatments – are even more unusual.

Twin and triplet pregnancies are always considered high-risk because they place greater demands on a mother's body and increase the chance of complications like high blood pressure, gestational diabetes and premature birth. The risks are even higher for women like Elizabeth who are in their mid-thirties (or older). But Elizabeth knew she was in good hands at Pomona Valley Hospital Medical Center (PVHMC), which specializes in high-risk pregnancies, and with OB/GYN specialist Duong Phung, MD, who delivered her two nephews.

Toward the end of her pregnancy, Elizabeth was diagnosed with gestational diabetes. She was immediately referred to PVHMC's Sweet Success diabetes education program (see page 7) where she learned how to keep herself and her unborn babies healthy.

"I was freaking out and waiting to hear horrible news," Elizabeth said after her diabetes diagnosis. "But then I went to the first Sweet Success class and felt better. I was still afraid of the dangers but the nurse broke down all the information so that it seemed do-able. And any time I called with questions, they answered or called me right back. The program really helped me."

On May 12, 2018, at 34 weeks and two days, Elizabeth delivered three healthy boys by C-section; Mario, Felix and Simon. The fraternal triplets were a good weight – all approximately four pounds – but still too small to go home right away. They were placed in PVHMC's Neonatal Intensive Care Unit (NICU) to gain weight. Mario stayed five days, Simon 11 and Felix 12.

"It was really hard to leave them," Elizabeth said. "But I was so relieved by the [NicView] cameras. They reduced a lot of my anxiety."

The innovative NicView system lets parents watch their infants in the NICU in real-time via a bedside camera that's accessible by laptop, smartphone or tablet through a secure online portal. Parents can also grant access to friends and family members around the world.

"We had so many family members using it," Elizabeth said. "It was comforting. Even when my husband and I couldn't watch the boys, we knew that someone else in our family probably was."

The triplets are home now and thriving. The family is excited to have three boys in addition to their three girls.

"I had the best experience at Pomona Valley Hospital," Elizabeth said. "I was actually waiting for something to go wrong during my pregnancy and it never did. Every single nurse was amazing. They would call me and remind me about my appointments and they did everything to help me. The staff at the hospital was really good." ●



Q & A WITH

Duong Phung, MD

OB/GYN Specialist at Pomona Valley Hospital Medical Center

Q: Why is a triplet pregnancy always considered high risk?

A: A triplet pregnancy poses risks to both the mother and her fetuses. If possible, it is generally recommended to involve a perinatologist as soon as possible. A triplet pregnancy places a lot more stress on the mother's body. Her heart has to work harder to handle the excess blood volume to support three fetuses. She experiences more discomfort due to the size effect. Because of the substantially increased level of pregnancy-related hormones, she's much more prone to pregnancy-induced nausea and vomiting. And she's at much higher risk for developing gestational diabetes and gestational hypertension/preeclampsia. The triplets consume so much from the mother that often time she develops anemia during pregnancy. So, it is essential that she takes her prenatal vitamin and iron supplement and stays well hydrated.

Because the nutrients and the blood supply are shared among the three fetuses, triplets are at risk for intra-uterine growth retardation and even intra-uterine fetal demise. And triplets are almost always delivered prematurely; the average is about 32 weeks. The earlier they are born, the more risk the babies have for temporary problems (lung, brain, feeding, maintaining body temperature) and sometimes permanent disabilities such as blindness, deafness, cerebral palsy and other conditions. Triplets are usually delivered via C-section.

Additionally, these cases are at risk for post-partum hemorrhage and its associated sequelae – blood transfusion, hysterectomy and coagulopathy. At Pomona Valley Hospital Medical Center (PVHMC) our outstanding team of experts (perinatologists, neonatologists and NICU team) are experienced in managing these issues, with our ultimate goal being a healthy mom and healthy babies.

Q: What is the difference between fraternal and identical triplets?

A: Identical triplets all come from one egg; one egg splits in two and then one of those eggs splits again. This is extremely rare; about one in a million births. And it's all due to chance. Fraternal triplets are more common, but still rare. Fraternal triplets usually come from three different eggs. Sometimes you have a set of triplets coming from two eggs; one egg forms one fetus and the other egg splits into two embryos, so that in essence you have a triplet where two of the three fetuses are identical twins. Fraternal multiples are influenced by factors like maternal age, diet, race, history of fertility treatment, obesity and maternal height, not by chance.

Q: What can a woman expect when she's pregnant with triplets?

A: Most important is to understand and accept that there's a much higher risk and be ready to change her lifestyle to accommodate the higher demands and risk of the pregnancy. She might have to work less or stop working completely during pregnancy. She may have to rest more and modify how much time she spends on family chores or taking care of her other children. She'll definitely need more prenatal visits; how many depends on the individual pregnancy. I've had cases where we don't even let the mom go home because she is so high risk, but admit her to the hospital to constantly monitor her and her babies. A mom pregnant with triplets should find a medical team and a medical facility, such as PVHMC, with the expertise to handle such a high-risk pregnancy. ●

“
...our
outstanding
team of experts
(perinatologists,
neonatologists,
and NICU
team) are
experienced
in managing
these issues...
”

Diabetes is a complication for 7-14 percent of pregnant women. Pomona Valley Hospital Medical Center's (PVHMC) Sweet Success program is a California State Diabetes and Pregnancy Education Program affiliate that helps pregnant women with diabetes or gestational diabetes deliver healthy babies.

sweet success

Healthy Babies, Healthy Moms



Sweet Success Awarded "Perinatal team of the Year" at the 28th Annual Perinatal Symposium.
Left-right Sharon Gautreau-Lane, RN; Rosa Garcia, LVN; Lisa Sanchez, BSN, RN; Darlene Scaffidi, MSN, RN, NEA-BC; Laura Smith, RN, Supervisor; Dana Fabbri, Dietitian and Mary Barrera, RN

"During pregnancy, good blood sugar control is very important for both the mom and the fetus," said Laura Smith, RN, Clinical Supervisor. "If we catch diabetes early in the pregnancy, we can decrease birth defects, Cesarean rates and other complications, as well as the baby's chance of needing care in the NICU."

The Sweet Success program consists of dietary counseling, education and blood glucose monitoring for the duration of a woman's pregnancy and up to six weeks after she delivers. Women who need care after that are referred to additional resources.

"In the initial class, women receive a glucometer, learn how to check their blood sugar, learn what diabetes is all about and learn how to create a healthy eating plan to minimize diabetic complications," Laura said. "Then they come in every one to two weeks for one-on-one follow-up with one of our specialized nurses. We review their blood sugar log and diet, make suggestions, and start them on medications or insulin if they need it."

The program, which started in 1993, is among the only one of its kind in the region.

"The level of education we provide is so important, because it is a life-long change," Laura said. "Women with gestational diabetes have about a 60 percent chance of developing diabetes later in life. Often the women in our program share this healthy eating education with their families so changes are being incorporated throughout the entire family." ●

For more information on how you can support PVHMC's Sweet Success program, contact Glenda Ferguson at glenda.ferguson@pvhmc.org, call 909.865.9659 or go online at pvhmc.org/foundation.

PVHMC'S
COVERED
CALIFORNIA
**CERTIFIED
ENROLLMENT
COUNSELORS
PROVIDE
CRUCIAL
ASSISTANCE**



Because enrolling in health insurance coverage through Covered California can be confusing, Pomona Valley Hospital Medical Center (PVHMC) provides Certified Enrollment Counselors. At no cost, our counselors help people throughout the community make the right choices for themselves and their families.

Covered California is the health insurance marketplace created by the state of California in 2012 after passage of the Affordable Care Act. It has helped millions of people purchase health insurance at federally subsidized rates.

But enrolling in Covered California may be complex. "The consumer may have quite a few questions, because there are so many health plan options," said Nichelle Ford, Manager of Patient Access at PVHMC. "Which plan is better? Does PVHMC accept this plan? Which doctor should I choose? Should I choose a plan with a higher monthly premium or a higher deductible? We sit down with them and, in a hands-on consultation, walk them through the entire enrollment process."

"It's something the Hospital offers as part of our mission," Nichelle said. "We're here to help anyone who has questions or concerns about enrolling in Covered California. It's part of our community outreach endeavors."

To maintain their status as Certified Enrollment Counselors in the state of California, Nichelle and her staff must pass an annual exam given by Covered California.

Nichelle's staff is also well versed in qualifying people for Medi-Cal coverage and screens them through a single, streamlined application process.

"Sometimes people tell us they have to make a choice between buying groceries or buying health coverage. We try to help them figure out how to afford both," Nichelle said. "In some cases, we are able to accomplish the health insurance coverage enrollment and in other cases we are not. It's very hard to see that a family may not be able to afford healthcare."

"We take the time to help because we understand," Nichelle continued. "That's our mom, our dad, our brother, or our sister sitting across from us. We help them as if we're helping our own family." ●

Covered California Open Enrollment for 2019 is expected to begin on November 1, 2018. To get help with Covered California enrollment or questions, call 909-469-9441 to make an appointment with one of PVHMC's Covered California Certified Enrollment Counselors.

PVHMC Launches Pharmacy Residency Program

Pomona Valley Hospital Medical Center (PVHMC) has launched its first ever Pharmacy Residency Program to provide post-graduate training for recent pharmacy school graduates. It joins Family Medicine Residency as the Hospital's second graduate medical education program.

The one-year program provides a vast array of rotation experiences that are both required and elective for program completion. It also provides residents with a wide range of knowledge and prepares them for additional post-graduate training if desired. Residents in the program will gain a wealth of hands-on experience in acute-care pharmacy practice, ranging from emergency medicine and intensive care to various inpatient clinical specialties as well as outpatient opportunities.

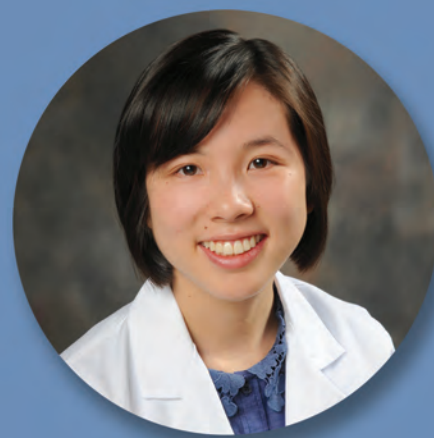
The inaugural class of two residents, Genevieve Cheung and Stephen Selvanayagam, began July 2, 2018 and runs through June 30, 2019.

"After Genevieve and Stephen complete the program, they will be able to independently and comfortably work as pharmacists in a health care institution without any reservations," said PVHMC Director of Pharmacy Michael Campbell, PharmD, MBA. "They can choose an inpatient hospital or outpatient setting and a wide variety of clinical specialties, including ambulatory care, critical care, emergency medicine and infectious disease, to name a few."

After its first residents graduate, the residency program will be eligible to seek accreditation from the American Society of Health System Pharmacists, a nationally-recognized accrediting organization.

"Having a program to help post-graduate pharmacy students learn is a great addition to PVHMC," Michael said. "Once they're done with this program, I can say in confidence that our residents will be able to work anywhere." ●

For more information or to help support the new Pharmacy Residency Program at PVHMC, contact Glenda Ferguson at glenda.ferguson@pvhmc.org, call 909.865.9659 or visit pvhmc.org/foundation.



Genevieve Cheung, PharmD



Stephen Selvanayagam, PharmD



PRESIDENT'S CIRCLE AWARD

Alberto Mendivil, MD | Gynecological Oncologist

Lisa Abaid, MD | Gynecological Oncologist

These regionally distinguished gynecological oncologists have introduced advances in robotic-assisted laparoscopic surgery that were not previously available at PVHMC. Patients now receive top-of-the-line care locally, without the added worry of travelling outside their community. They also benefit from shorter lengths of stay, reduced complications and lower infection risks. Drs. Mendivil and Abaid work closely with the PVHMC Obstetrics (OB) team in OB-related emergencies, and have been critical in the development of a new standard of treatment for a dangerous pregnancy-related condition known as placenta accreta. We are thankful for their expertise in times of crisis and for their efforts to improve care for the women in our community.



.....
John Jimenez | BioMed Director

Michael Jimenez, MD | Medical Director of Trauma Services

Michael Hodgson | Cardiac Surgery Data Analyst

In July 2017, John Jimenez was walking on Orange Grove Ave. when he saw a woman on the sidewalk stumble and clutch her abdomen. He ran over, helped her sit and called 9-1-1. Michael Hodgson, who was driving home, saw them and pulled his car to the curb. He ran to the nearest medical office building for water. As John further assisted the woman, who had begun to vomit, Dr. Michael Jimenez drove by and pulled over to help. He kept the woman awake as she began to lose consciousness and took command until emergency medical services arrived. Bystander involvement is not easy, but by stopping to help when they could have continued home after a long day at work, these Associates helped save the woman's life.



.....
The Reverend Marni Martin | Clinical Pastoral Education Intern, Chaplain Services

Reverend Marni Martin was called to the Hospital one weekend after a woman had been admitted to the PVHMC Trauma Intensive Care Unit following an accident. The woman, Pamela, and her fiancé were to be married the following month; but Pamela was seriously injured and was unconscious. Pamela's mother asked Marni if she could perform a marriage ceremony before Pamela died. "We had music, vows of eternal devotion, love and the pain of what would and would not be," Marni said. "Though it was not a legally binding marriage ceremony, it was as real as any wedding." A few days later, Marni was at the family's side as they said their final good-byes to Pamela. A few weeks later, Marni travelled to the family's home in Arizona to perform a Celebration of Life memorial service. Marni's compassion and the bond she created with the family shows her commitment to PVHMC's values.



WINNERS

Eleven Pomona Valley Hospital Medical Center (PVHMC) Physicians, Associates and Departments were honored with this year's President's Circle Award at a special evening event and reception on Wednesday, June 20th in the Pitzer Auditorium. Presented annually by PVHMC President/CEO Richard E. Yochum, FACHE, the award recognizes exceptional service to patients and our community.

MedSurg-4

The Associates in this department formed a close bond with leukemia patient Kelly Sousa, who was first admitted to the unit in March 2017. Kelly returned every three weeks for six months for chemotherapy. On the last day of her last round of chemotherapy, more than 25 Associates surprised Kelly with a special dance performance that required days of learning and practicing from a video. Associates, family and friends arrived in matching t-shirts. As Kelly was escorted down the hall in her wheelchair, everyone danced around her in unison to the song "Roar" by Katy Perry, which Associates had chosen as Kelly's fight song. They hope Kelly will always know she has a family at PVHMC.

.....
Nancy Jennings | RN, LDRP

Bernadette Ortiz | Surgical Tech, LDRP

Olivia Green | Plant Operations

In March 2018, Pomona Police Officer Gregory Casillas was rushed to PVHMC after a shooting. Despite the efforts of the PVHMC trauma team, Officer Casillas died of his injuries, and was mourned throughout the Hospital and the community. The night after the shooting, PVHMC Associates Nancy and Bernadette purchased black and blue ribbons to construct remembrance pins. On their breaks and at home, they hand-cut and pinned more than 300 ribbons for PVHMC Associates to wear. Just a few days later, Olivia, who is known for her crafting abilities, made and distributed another 800 pins. The ribbons provided PVHMC Associates an opportunity to express their grief and solidarity during a time of great community loss and sorrow. Pins can still be seen from time to time in the Hospital today.

.....
Ron DiNatale | Neuro-Diagnostic Technician

As a Comprehensive Stroke Center, PVHMC uses specialized technical equipment, including continuous electroencephalogram (EEG) monitoring. This equipment is rarely used but is essential for some critically ill stroke patients. In 2017, it was needed just once. In that instance, the contract company had no one available to operate the equipment. Ron was called at home on his day off and immediately dropped everything and jumped in his car. He arrived at PVHMC with a smile on his face to provide life-saving care for this critical patient. Over the next week, he returned many times to adjust the highly specialized equipment for the patient, each time without hesitation.



A close-up portrait of Paul Orr, MD, an elderly man with white hair, wearing glasses and a dark blue turtleneck sweater under a dark jacket. He is smiling warmly at the camera against a dark blue background.

Paul Orr, MD

The year Paul Orr, MD began practicing at Pomona Valley Hospital Medical Center (PVHMC), President John F. Kennedy was sworn into office. The Berlin Wall was constructed. The Soviet Union put the first man into space. And the average cost of a new home was \$12,500.

It was 1961 and Dr. Orr had just completed three years of active duty with the U.S. Army Medical Corps, serving mostly in Taiwan and practicing obstetrics. California's weather beckoned and Dr. Orr and his wife Trudy settled in the Pomona Valley.

PVHMC's Longest-Serving Active Physician Still Going Strong

“
In family practice, the visit is often extraordinarily personal. You need to actively listen and have eye contact to build a trusting, healing relationship.
”

Today, 57 years later, Dr. Orr still treats patients full time at his large family medicine practice in Claremont. The longest-serving active member of PVHMC's medical staff, Dr. Orr, 84, is currently Chair of the Hospital's Graduate Medical Education Committee, which oversees the Family Medicine Residency Program. And he has no plans to retire anytime soon.

“If I were to retire, it would be like walking away from a big family,” Dr. Orr said. “I have patients in my practice who have been here for four generations. I don't have to practice medicine for a living anymore; I do it because I love it.”

Through the years, Dr. Orr has served in numerous healthcare leadership positions. He was President of the PVHMC Medical Staff in 1980; served as Chair of the committee that established the PVHMC Family Medicine Residency Program in 1997; is co-founder and past president of Pomona Valley Medical Group IPA and Valley Independent Physicians IPA; and served as Medical Director and Chairman of the Board for Inter Valley Health Plan, where he is a current board member.

“When he helped start Inter Valley Health Plan, it created an innovative program to manage healthcare in the Pomona Valley and Inland Empire,” said Ken Nakamoto, MD, PVHMC's Vice President of Medical Staff Affairs. “But his legacy is his support and encouragement for the Family Medicine Residency Program.”

“I've had the privilege and honor of working with Dr. Orr for more than 40 years,” said PVHMC President/CEO Richard E. Yochum, FACHE. “He is a leader among leaders. I gained insight into his leadership qualities while he was President of the Medical Staff and I've seen these same qualities for the past several years as I've served with him on the Inter Valley Health Plan Board. As a decision maker, Dr. Orr is always insightful, candid, open to others' views, respectful and decisive. I have enjoyed working with Dr. Orr and appreciate the loyal and dedicated service he has given to his profession, patients and PVHMC.”

While he's proud of his leadership accomplishments, Dr. Orr said he derives the greatest satisfaction from his relationships with his patients. “I enjoy being involved in their lives and maybe helping improve some of them. Sometimes that's not doing anything more than holding their hands.”

During the first half of his medical career, Dr. Orr's practice included obstetrics; he's delivered 1,500-2,000 babies in total by his own estimation -- including more than 250 delivered by Caesarean Section. The only surgery he does now is office surgery and some surgical assisting. “He's witnessed first-hand the extraordinary advances in medical technology, pharmaceuticals, imaging and surgical techniques during his more than five decades in practice — with PVHMC at the forefront of many of the transformations. And he's seen widespread changes in the practice of medicine itself. One thing that has not changed is his passion about practicing medicine that's best for the patient.

“In family practice, the visit is often extraordinarily personal. You need to actively listen and have eye contact to build a trusting, healing relationship,” Dr. Orr said.

When he's not with patients, Dr. Orr runs to stay in shape. He also plays classical piano and enjoys woodworking. A licensed commercial pilot and flight instructor, he's flown all over the country, Mexico and Canada with his wife of 65 years and his family, including his oldest son, whom he taught to fly. He has five grown sons (including two sets of twins), 15 grandchildren and 10 great-grandchildren.

“My hobbies are avocations,” he said. “The practice of medicine is what I do and who I am.” ●

PVHMC IS THE FIRST HOSPITAL IN THE REGION TO OFFER **OUTPATIENT ROBOTIC SURGERY**

With the purchase of a second state-of-the-art da Vinci Robotic Surgical System, Pomona Valley Hospital Medical Center (PVHMC) is the first Hospital in the Inland Empire (IE) to offer robotic surgery in both an inpatient and outpatient setting.

Certain robotic surgeries that used to be done in the main Hospital operating room are now performed in the beautiful Robert and Beverly Lewis Outpatient Pavilion.

“We’re the first Hospital in the IE to offer robotic procedures on an outpatient basis, including gallbladder surgery, hernia repair, hysterectomy and other gynecologic surgeries,” said PVHMC Director of Surgical Services Martha Soto, MSN, RN, CNOR. “The Outpatient Pavilion offers a comfortable, convenient and more relaxing experience for patients, in a space filled with natural light and soothing colors.”

The Hospital’s first da Vinci Robotic Surgical System was moved to the Outpatient Pavilion and its newest robotic system has been installed in the main Hospital operating room for larger, more complex cases. Colon resections, bariatric surgeries, urology surgeries, lung surgeries and other thoracic procedures can now be done with this minimally invasive robotic technology.

“The new high-definition 3D equipment is the most advanced robotic technology currently available,” Martha said. “It allows surgeons deeper access into the abdomen and chest, where they can operate with better precision through just a few small incisions.”

The new robotic system also provides better maneuverability for the physician and surgical team, shortening procedure times and minimizing the length of time a patient is under anesthesia.

“Robotic surgery reduces the patient’s time in the Hospital, as well as their recovery time, and minimizes many of the costs and complications of open procedures,” Martha said. “We’re thrilled to offer it on both an inpatient and outpatient basis.” ●

For more information on the da Vinci Robotic Surgical System at PVHMC, visit pvhmc.org. To make a gift supporting new technology at PVHMC, please contact Glenda Ferguson at glenda.ferguson@pvhmc.org, call 909.865.9659 or go online at pvhmc.org/foundation.





XI SURGICAL
ARMS



3D HD
VISION

Around the HOSPITAL



Over 700 clinicians attending the 28th Annual Perinatal Symposium

The annual Wellness Market, brought to us by Cal Poly Pomona's Farm Store at Kellogg Ranch, was held June 28th. Associates, visitors and the community were able to buy fresh produce, breads and snacks.





Our annual Hospital Week Celebration was held on May 17th with a 60s "Coming Together" theme.



NATION'S FIRST WIRELESS PACEMAKER CHANGES PVHMC PATIENT'S LIFE

a just-approved wireless pacemaker that's about the size of a large vitamin has turned Tamara Buckley's life around.

The Medtronic Micra® Transcatheter Pacing System (TPS) is the world's smallest pacemaker, and the first and only device approved for use in the United States that does not use wires to connect it to the heart.

Diagnosed in 1985 with bradycardia (a much slower than normal heart rate), Tamara, 85, had three previous pacemakers (pacemakers typically need replacement every seven to 10 years). All were "traditional" pacemakers that rested in a surgical "pocket" just under the skin of her left shoulder, over her breast tissue. About the size of a half-dollar, and three times as thick, each pacemaker used wires connected to Tamara's heart to send electrical impulses that restored normal rhythm when her heart beat too slowly.

But after she had breast cancer surgery that removed most of her tissue, Tamara's pacemaker sat almost directly on bone, causing her excruciating pain. Her cardiologist referred Tamara to cardiac electrophysiology specialist William Discepolo, MD at Pomona Valley Hospital Medical Center (PVHMC), who recommended the brand new Micra TPS pacemaker.

Dr. Discepolo implanted the device in Tamara's heart in April, 2018 through a minimally invasive procedure in which he inserted the tiny device via catheter through a blood vessel in Tamara's groin. Cosmetically invisible, the Micra TPS is affixed directly to Tamara's heart, where it automatically adjusts to her activity levels, delivering electrical impulses through an electrode whenever needed.

"The new pacemaker has been the answer to all of my problems. It's amazing," Tamara said. "I used to walk my dog two miles a day but I wasn't able to do that with the old pacemaker. I would get extremely tired. I'm doing a mile a day now, every day, and I'm starting back to my gym class three days a week. And there's no pain! There shouldn't be pain with a pacemaker, but there was when I had the old pacemaker."

"I can't say enough about how fantastic the people at Pomona Valley Hospital were," Tamara continued. "They have an excellent team of heart specialists. And they treated me like a queen. Everyone did everything in the world to make me comfortable." ●



For more information on the Stead Heart & Vascular Center's services, visit pvhmc.org. To make a gift supporting 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.

Q & A WITH

William Discepolo, MD

CARDIAC ELECTROPHYSIOLOGY SPECIALIST AT PVHMC



Q: The leadless pacemaker is much smaller than a “traditional” pacemaker and has no wires. In your opinion, what are the leadless pacemaker’s biggest patient benefits?

A: With the leadless pacemaker, there is no need for a skin incision so it leaves no scar. It also eliminates dreaded pocket infections, leads, and the risk of vascular injury if the pacemaker needs to be removed.

Q: Are there other significant differences between the leadless pacemaker and a “traditional” pacemaker?

A: A leadless pacemaker is one-tenth the size of a traditional pacemaker. It is wholly contained in the right ventricle of the heart, with no need for cumbersome wires to deliver the electrical current from a “bulky” generator embedded under the skin in the pectoralis region.

Q: Who can receive a leadless pacemaker?

A: Leadless pacemakers are currently limited to patients who need single chamber or infrequent pacing. Eventually we will have a dual chambered leadless pacemaker and when we do, it will expand the availability of leadless pacemakers to almost all patients who require pacing.

Q: What’s the most common condition for which a pacemaker is typically prescribed?

A: Pacemakers are prescribed for patients with atrial fibrillation and a slow heart rhythm. The leadless approach to pacing will eventually allow physicians to modulate and support electrical currents in all chambers of the heart to treat many more problems beyond an abnormally slow pulse. ●

“
The leadless approach to pacing will eventually allow physicians to modulate and support electrical currents in all chambers of the heart...
”

The image features two hands, one from the left and one from the right, positioned to form a heart shape. The fingers are curled inward, and the thumbs point towards each other. The hands are set against a soft, out-of-focus background of light blue and green bokeh. Two thin, concentric circles are drawn around the heart shape. The text is centered within the heart.

SAVING LIVES THROUGH
STROKE
AWARENESS

Stroke is the nation's fifth-largest cause of death and can result in serious long-term disability. Fast action can help, and that means being able to quickly recognize the signs of stroke in friends and family members.

Pomona Valley Hospital Medical Center (PVHMC) invited stroke survivors, families, caregivers and the community to celebrate and learn on Stroke Awareness Day, held Saturday, May 19, 2018 in the Hospital's Pitzer Auditorium.

The event, which is held each year, included blood pressure screenings, stroke risk assessments, education on recognizing the signs and symptoms of stroke and what to do, resources for caregivers, information on after stroke care programs, and an introduction to the latest stroke diagnostic technology and adaptive equipment.

Light refreshments were served. ●


“If we help just one person recognize stroke symptoms and act quickly, we've made a difference”

KAREN TSE-CHANG, BSN, RN SC-RN
PVHMC STROKE PROGRAM MANAGER

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.



.....
There was a great turn out of stroke survivors and caregivers who visited education tables and learned about new treatment options and ways to recover.
.....



Stroke symptoms can occur in an instant and demand fast, expert care. As a Comprehensive Stroke Center designated by The Joint Commission (TJC), Pomona Valley Hospital Medical Center (PVHMC) provides the highest level of stroke care available in Los Angeles and San Bernardino County.

PVHMC is the first Hospital in our region to be designated as a Comprehensive Stroke Center by LA County and just one of 169 hospitals out of the 5,500 hospitals across the nation to earn TJC designation. Patients and their families can depend on PVHMC for rapid response, skilled diagnostics and excellence in even the most complex cases.

PVHMC meets rigorous round-the-clock diagnostic, treatment and emergency care requirements for stroke patients. These include thrombectomy, a state-of-the-art minimally invasive technique in which an interventional neurologist threads a catheter into the brain to capture and remove the blood clot that is contributing to the stroke.

“We are one of the few hospitals in the area that offer thrombectomy services,” said Debbie Keasler, BSN, RN, MS, Director of the Stead Heart & Vascular Center at PVHMC. “Thrombectomy is a leading-edge procedure that, until a few years ago, was only found at major medical centers. We are proud to have provided this level of care in our community since 2014.”

In addition, to neuro-interventional services, the Hospital provides 24-hour, 7-day a week, 365-day a year coordinated stroke services that includes emergent and acute neurology and neurosurgical care. We offer stroke rehabilitation, stroke education and a regionally recognized stroke support group.

“We’re among an elite group of hospitals that are capable of treating the most complex stroke patient throughout their recovery,” said Bhupat Desai, MD, Medical Director of PVHMC’s stroke program. ●

PVHMC RECEIVES **COMPREHENSIVE STROKE CENTER DESIGNATION**



**The Joint
Commission**



**American Heart
Association
American Stroke
Association**

CERTIFICATION
Meets standards for
Comprehensive Stroke Center

For more information on the Stead Heart & Vascular Center's services, visit pvhmc.org. To make a gift supporting 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.

*According to The Joint Commission's certification data accessible at <https://www.qualitycheck.org/data-download/certification-data-download>.



*The 4th annual
“NEW BEGINNINGS”
PICNIC was held for our
Cardiovascular Rehab, Heart
Failure and Stroke Survivors
and Caregivers on July 26th.
The healthcare team provided
education along with food, fun
and games for everyone in
attendance.*



One of the most traumatic side effects of cancer treatment in both men and women is hair loss, according to several studies. The fear of losing their hair is so great that 8 percent of women decline potentially life-saving chemotherapy entirely, said the Center for Dermatology and Hair Diseases in Zurich, Switzerland.

But a new therapy recently approved by the United States Food and Drug Administration (FDA) and available at Pomona Valley Hospital Medical Center (PVHMC) can help.

The DigniCap® Scalp Cooling System can reduce hair loss during chemotherapy for both male and female cancer patients with solid tumors, according to the FDA. Patients wear a snug-fitting cap connected to a cooling unit before, during and after chemotherapy. Cold fluid circulates through the cap, constricting blood vessels in the scalp and reducing the amount of chemotherapy that reaches hair follicles.

"It worked!" said Barb Damuth, 66, who used the DigniCap while undergoing four rounds of chemotherapy between November 2017 and February 2018. "I lost about 25 percent of my hair. But I still had my hair."

Barb, whose husband Harold Damuth, MD sits on the PVHMC Foundation Board, was instrumental in bringing the DigniCap to PVHMC and was the first patient to use it.

"I wore it for 30 minutes before chemo, all through chemo and then for two hours after," she said. "The thought of losing my hair made me cry. I felt very lucky and grateful that the Hospital was able to get this machine. People who are petrified of losing their hair now have help."

IT WORKS!

NEW THERAPY REDUCES HAIR LOSS FROM CHEMOTHERAPY

Because DigniCap therapy is not covered by insurance, PVHMC Foundation has set up a fund for those who can't afford the \$350 – \$1,500 DigniCap charges. The fund was launched by former PVHMC Foundation Board Member, Neil O'Dwyer, in memory of his first wife Pam who died from breast cancer in 2005.

"One of the most devastating side effects of her chemotherapy was hair loss," Neil said. "And I think the emotional trauma had a negative impact on her ability to heal. Unfortunately, she had to go through that experience twice."

A mini-campaign to raise more money for the fund, spearheaded by Neil, is ongoing. "I want to grow the fund so women who would use the DigniCap but can't afford it will not have to go through the devastation of hair loss," Neil said. "DigniCap could mean the difference between someone losing their hair and not." ●

For information on donating to the DigniCap fund, contact Glenda Ferguson at glenda.ferguson@pvhmc.org, call 909.865.9659 or go online at pvhmc.org/foundation.

“

I felt very lucky and grateful that the Hospital was able to get this machine. People who are petrified of losing their hair now have help.

”

BARB DAMUTH
CANCER SURVIVOR

BARB
DAMUTH

Cancer Care HIGHLIGHTS

*Remembering Robert and
Beverly Lewis and celebrating the
Cancer Care Center's 25th Anniversary*

*"Loving Spirits Freed"
artwork was designed by
Tony Sheets*



Staff and Physicians





On June 5th, The Robert & Beverly Lewis Family Cancer Care Center celebrated Survivors Day by hosting a workshop on "Nutrition for Cancer Survivors," presented by Michelle Azizi, MS, RD, Registered Dietitian. Over 50 survivors learned how to better nourish their bodies.



Y.S. Ram Rao, MD, Radiation Oncologist and Cancer Program Medical Director; Leigh Cornell, FACHE, Vice President, Administration; Preeti Chaudhary, MD, Medical Oncologist; Swarna Chanduri, MD, Medical Oncologist and Sri Gorty, MD, Radiation Oncologist



HOW TO CREATE A WILL

When you begin estate planning, the first step – creating a will – can be the hardest. The easiest and most cost-effective method is to use an online legal service. Simply provide your information and the will is tailored to your needs.

You can also contact an estate attorney, although this will be more expensive. In most cases, you and your spouse can each create a mirror-image will, which means everything is the same except the names. If one of you dies, the surviving spouse will acquire the full estate.

When you or a loved one passes away, it's important the will and all related papers be kept for seven years. One of the best ways to do this is to create a legacy drawer, which is simply a file drawer that contains all important documents, including wills, estate plans, insurance policies, tax returns, funeral instructions, passwords and more.

Making a will is something we all should do, no matter what stage of life we're in. When you create your will, consider leaving a legacy gift to Pomona Valley Hospital Medical Center (PVHMC) Foundation. When you do, PVHMC Foundation will recognize you as a Circle of Friends legacy member. Legacy gifts, which are greatly appreciated, allow PVHMC Foundation to provide vital funding to the Hospital. This funding plays a key role in the growth and development of many clinical programs, and enables the Hospital to continue providing the community with advanced technology and services. ●

If you have questions about estate planning, contact Glenda Ferguson, Director of Development at 909.865.9659.

BY GLENDA J. FERGUSON
PVHMC FOUNDATION DIRECTOR OF DEVELOPMENT



OSCAR &
TONI

COUPLE PROVIDES FOR THEIR FUTURE WHILE GIVING TO PVHMC

Thirty-five years ago, Oscar and Toni Sanchez began investing in apartment buildings to build a secure future for their retirement. When they retired several years ago, they'd accomplished their goal. And they knew it was time to start giving back.

"We always knew we'd be giving money to charity," said Toni, 72. "Neither of us had much growing up, but now we want to help people in need."

Through the years, their multiple properties had appreciated significantly in value. With their children's legacies already in place, they created a charitable remainder unitrust (CRUT) with Pomona Valley Hospital Medical Center (PVHMC) Foundation as one of two benefactors.

"If we had sold our properties outright, we would have had a lot of capital gains and other taxes to pay," said Oscar, 73. "With the CRUT, we avoid those taxes, get a write-off on our current taxes and receive income from the trust for life. Whatever remains in the trust when we pass away goes to PVHMC Foundation and another charity. It's a win-win."

Income from the trust and from planned giving arrangements with several other charities has already enabled them to indulge their greatest passion – travel. "We've traveled all over the world," Toni said.

The couple, who moved to Claremont 11 years ago, figure many of their future healthcare needs will be met at PVHMC. Most of their doctors are on staff at the Hospital and they've already used several Hospital services.

"We knew about the Hospital because our apartment buildings were in Upland, Montclair and Ontario," Oscar said. "I used to drive by the Hospital on the 10 freeway all the time. We heard a lot of good things and watched a lot of the improvements, including the opening of the new Trauma Center. And now we know first-hand that they make getting care a good experience for everybody." ●

For more information on charitable remainder unitrusts and other planned giving opportunities contact James Dale, Vice President of Development at james.dale@pvhmc.org, call 909.469.9408, or contact Glenda Ferguson, Director of Development, at glenda.ferguson@pvhmc.org, call 909.865.9659 or visit pvhmc.org/foundation.



ANNUAL WINE TASTING

.....

**RAISES \$75,000 TO
BENEFIT INFANTS
AND FAMILIES**

Nothing is more heart wrenching than being hours away from the Hospital where your sick baby is fighting for life in the Neonatal Intensive Care Unit (NICU). Thanks to \$75,000 raised at Pomona Valley Hospital Medical Center (PVHMC) Foundation's 14th Annual Wine Tasting event, families who can't afford it will be provided with overnight hotel stays so they can be near their child in PVHMC's NICU or Pediatric Units.

Hosted by PVHMC Foundation and Liquorama Fine Wines & Spirits, the Annual Wine Tasting featured more than 250 wines, delicious hors d'oeuvres, live music and silent and live auctions. The event was held on Friday, May 11, 2018 at the Sheraton Fairplex Conference Center.

In addition to funding hotel stays so parents who live far from the Hospital can visit their sick or premature child, proceeds from the event will purchase another Giraffe OmniBed for the NICU. The OmniBed provides the best environment outside of a mother's womb, keeping premature babies' temperatures evenly regulated and giving doctors and nurses complete access to the baby for care.

Special appreciation goes to John Solomon, owner of Liquorama Fine Wines & Spirits; sponsor Claremont Toyota and its owners the Hogan Family; and PVHMC Foundation Board Member Rosie Erickson for her fourth consecutive year chairing the event. Join us next year for the 15th Annual Wine Tasting on Friday, May 17, 2019." ●

For more information on how you can support the PVHMC NICU or Pediatric Unit, please contact Glenda Ferguson at glenda.ferguson@pvhmc.org, call 909.865.9659 or go online at pvhmc.org/foundation.



*Lori Bright, Rosie Erickson, Chairman,
Becky Hedrick and Jenni Fores*



The Solomon Family



*Robin and Richard Yochum
FACHE, President/CEO*

NICU Nurses



*Ismael Gaona, Elisse Basmajian, Hrayr G. Basmajian, MD,
Lev Zartarian, Esq, and Lauren Akahoshi, PA-C*



*Brianna and Julie Aviles-Hartwigsen parents to
twin babies, Elizabeth Catherine and Jackson Louis*



RECIPIENTS

**2018
CHERIE RUDOLL
SCHOLARSHIP**

Nora Aldarawsheh
Amber Anaya
Jay Bertrand
Kristen Caldwell
Rebecca Casarotti
Jheel Chaudhari
Gladys Hagan
Deverly Jaidar
Brittany Jensen
Crystal Rangel
Rebecca Vega
Dalia Wilson
*Pictured with
Cherie Rudoll's family*

CHERIE RUDOLL SCHOLARSHIPS HELP

INSPIRE, INNOVATE & INFLUENCE

Jay Bertrand, 38, works the night shift as an Admitting Representative in Pomona Valley Hospital Medical Center's (PVHMC) Emergency Department. A father of two children – one with a disability – Jay put nursing school on hold after going through a divorce in 2011. Now, with the help of a Cherie Rudoll Scholarship, Jay hopes to follow in the footsteps of his late mother, a Registered Nurse, by earning his own RN license. His goal is to help fill the gap in the number of male nurse practitioners.

“We need more male role models and more people in the world who have a heart,” Jay said.

The Cherie Rudoll Scholarships are 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.

This year's scholarships were awarded to 12 recipients on Tuesday, May 8, 2018 during PVHMC's annual Professional Development Breakfast, held at the Sheraton Fairplex Hotel & Conference Center. The theme was Inspire, Innovate, Influence.

“We offer these scholarships every year not only as a tribute to Cherie and her great work, but also to invest in the future of our Associates and the nursing profession,” said Darlene Scaffiddi, RN, PVHMC's Vice President of Nursing and Patient Care Services.

Jay's first inspiration to enter the medical field was his mother; now his inspiration is his children.

“I want to show my 13-year-old daughter that I can go back to school and do well,” he said. While nursing school will be a challenge, it's one he's ready for. Jay has a wealth of support from his current partner, his ex-wife and family members to help him care for his 11-year-old son, who has ADHD, epilepsy and cerebral palsy.

“I can go further and do more,” Jay said. “I'm very thankful for the Cherie Rudoll Scholarship, which will help me move forward in my life and career and bring my family forward with me.” ●

To learn how you can support future nurses through the PVHMC Foundation Cherie Rudoll Scholarship Fund, please contact Glenda Ferguson at glenda.ferguson@pvhmc.org, call 909.865.9659 or go online at pvhmc.org/foundation.

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. R. KEITH BEEMAN & LU ANN BEEMAN recognized the Cardiovascular Rehab Team. June 27th was the 2nd year anniversary of Dr. Beeman's heart surgery
Pictured (l-r): Cecilia Silva, BS, CCRP; Oliver Grages, MS; Gloria Galvan, RN; Keshonna Herdon, MS and Joseph Baumgaertner, PT, Director of Rehabilitation Services



DR. R. KEITH BEEMAN & LU ANN BEEMAN
recognized Dr. Rama Thumati and Dr. Sarika Jain.

*Pictured (l-r): Kathy Soderlund, BSN, RN; Joyce Eseigbe, BSN, MSN, DNP; Dr. Rama Thumati;
 Dr. Sarika Jain; Deborah Keasler, RN, BSN, MS, PHN and Myrna Sariento, BS, RN*



EDRIC SINSON, RN, *surrounded by his team members on Telemetry 3 was recognized by Paul and Mary Kernodle*

OUR GENEROUS DONORS *from April 1 to July 31*



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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, or e-mail ferc@pvhmc.org.

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 (Mondays, 6:30 – 9 pm)
- Weekend Express (one Saturday & Sunday or two consecutive Sundays, 9 am – 2 pm)
- One-day class (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 | \$20 (basics of baby care)

- Saturday class (once a month, 9 am – 12 pm)

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

Pregnancy & Postpartum Stress Group | Free (Every first, third & fifth, when occurring, Wednesday, 12:30 – 2 pm. Now held at PVHMC in the Women's Center, 1798 N. Garey Avenue). This is an emotional support group for Pregnant and New Moms. Lunch and Childcare provided. Call Family Education Resource Center (FERC) at 909.865.9858 for more information.

FOR NEW MOTHERS

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

Lactation Center | Free (Monday, Thursday & Friday, 9 am – noon; Tuesday & Wednesday, noon – 3:00 pm).

Walk-ins welcome. You must arrive 30 minutes before closing. Breastfeeding information line 909.623.6455.

FOR DADS OR DADS-TO-BE

Boot Camp for New Dads | \$20 (one Saturday a month, 9 am – noon)

DADvice | Free (two Mondays a month, 6:30 am – 8 pm) Walk-ins welcome.

Offers help for dads with stress, anxiety, and other issues related to their partners.

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.

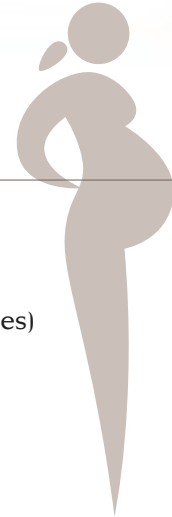
FOR PROSPECTIVE PARENTS/FAMILY/FRIENDS

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

FOR WOMEN

Every Woman's Journey | Free (monthly, in 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.



keeping you well informed

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

Women with Cancer (second Monday of each month, 6:00 pm)

Breast Prosthesis Display (second Monday of every other month, after Look Good...Feel Better Group, noon – 1:30 pm)

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

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)

Creative Journaling (second and fourth Wednesday of every month, 9:30 – 11 am)

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. The *Heart to Heart* support group is held the last Tuesday of the month. 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.

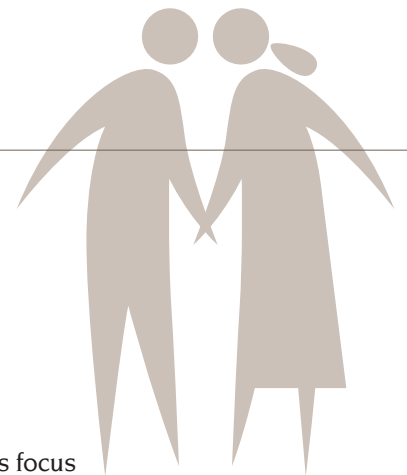
Life After Stroke – New Beginnings (every second and fourth Thursday of the month, 10 – 11:30 am).

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 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

Joint Replacement Preparation Class For those who are considering or are scheduled for a total hip or knee replacement surgery. In English (every Wednesday, 10 am – 12:30 pm) and in Spanish (second Wednesday of every month, 3 – 5:00 pm) at the Robert & Beverly Lewis Outpatient Pavilion. For the English class, please call 909.630.7403 to register. For the Spanish class, please call 909.865.9858 to register.





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