

FALL 2013

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Pomona Valley Hospital Medical Center Foundation



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\$50 for event or \$100 to be a Power of Red member
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HEARTBEAT GALA

Saturday, March 22, 2014 | 5:00 – 11:00 pm | Double Tree Hotel, Ontario
\$225 per person
Call 909.865.9139 for more information



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Featured on the cover:
Cecilia Serafini-Smith,
heart attack survivor





BUILDING — FOR THE — NEXT 100 YEARS



“We’re very excited about construction of these new facilities, which will allow our Hospital to continue providing patients and visitors with the best and most efficient care possible for generations to come”

— RICHARD E. YOCHUM, FACHE
HOSPITAL PRESIDENT & CEO

A three-year master plan project that began earlier this year with the Hospital main entrance and lobby renovation now continues with construction of the new Robert and Beverly Lewis Outpatient Pavilion. When completed, the three-story pavilion will house new, larger physical and occupational therapy departments, an outpatient surgical center and a new Stead Cardiac Wellness Center.

The last phase will include a major expansion of the Hospital’s emergency department. Originally designed to handle 50,000 patients a year, the emergency department currently serves more than 83,000. The expansion will enable it to serve 100,000 patients each year.

The project was made possible in part by a major gift from Mrs. Beverly Lewis, who along with her late husband, Robert, and family have long been synonymous with philanthropic support for the Hospital. The late Robert Lewis served on the PVHMC Board of Directors and PVHMC Foundation Board

After years of planning, Pomona Valley Hospital Medical Center (PVHMC) has embarked on an expansive plan to add beds and increase services to meet the changing healthcare needs of the community.

for many years and served terms as Chairman of the Hospital’s Board of Directors and the Foundation’s Board of Directors. Support from the family was instrumental in the founding of The Robert and Beverly Lewis Family Cancer Care Center in 1993.

Beverly Lewis remains committed to PVHMC and is currently serving on the Foundation Board. “Pomona Valley Hospital Medical Center has always meant a great deal to Bob and me,” she said. “I know this project is needed to better serve the community and I’m pleased it’s going to be built.”

Her son, Jeff Lewis, agreed. “It means a great deal to me to know that my family, by giving back to the communities served by PVHMC, will improve the lives of so many people,” he said.

As the Hospital moves forward with these plans, there is ample opportunity for additional donor support. For more information, please contact PVHMC Foundation at 909.865.9139. ●

CHAIRPERSON'S *message*

New Facilities for a Bright and Shining Future

We are thrilled that construction on the new Robert and Beverly Lewis Outpatient Pavilion is now underway, as part of our three-year master plan project. The master plan project includes the new Hospital main entrance and lobby, The Robert and Beverly Lewis Outpatient Pavilion and expansion of the Emergency Department (including more parking).

"This construction will allow us to better serve our community with new and technologically-advanced healthcare facilities," said Greg Dahlquist, MD, president of the Pomona Valley Hospital Medical Center (PVHMC) medical staff.

The Robert and Beverly Lewis Outpatient Pavilion is one of the most exciting parts of this project. When it is completed, patients, family members and physicians will go to just one place for everything related to outpatient surgery: pre-admission testing, the surgery itself, recovery and physical and occupational therapy. The outpatient pavilion was made possible in large part because of the generous donation of Mrs. Beverly Lewis, and I want to add my personal thanks for her continued ongoing commitment and support of our Hospital and community.

The Emergency Department expansion is also exciting. We've long had a need for more space to better serve our patients. When it's finished we'll have 23 more beds and additional treatment bays.

"It will also be wonderful for physicians," said Ken Nakamoto, MD, an emergency room doctor and PVHMC's Vice President of Medical Affairs. "It will give us more room in the ED to treat our patients effectively and efficiently, as well as allow us to practice in a state-of-the-art facility."

The additions, which include new equipment, should also help relieve patient wait times and congestion, while continuing to improve the patient experience that makes PVHMC the Hospital of choice in our community. Thank you to all the donors who are making these wonderful new facilities possible! ●



Dr. M. Hellen Rodriguez

STEAD HEART & VASCULAR NEWS

STROKE SURVIVORS

Get Back Into the Swing of Things at Saving Strokes Event

Pomona Valley Hospital Medical Center (PVHMC) gave stroke survivors an opportunity to resume their passion for golf or to try it for the first time as part of their stroke rehabilitation program at Saving Strokes, a special event held in May. Patients' families and caregivers also participated in this day of celebration, education and awareness.

Saving Strokes offers stroke survivors the opportunity to add golf as a mental, physical and emotional rehabilitation tool in their stroke recovery journey. The event was held at the Mountain Meadows Golf Course in Pomona, in conjunction with the American Heart Association/American Stroke Association. Some participants joined in a 30-minute group golf lesson, while others practiced chipping and putting. Stroke survivors also had the opportunity to work with a golf pro and try out adaptive golf equipment. Men and women of all ages came from throughout the region to participate.

"We wanted patients to know that if they were golfing before their stroke, they can continue to golf now," said Peggy Mata, Office Coordinator for Cardiac Services. "Our goal is to give them the confidence to go back to the game or to develop it as a new form of exercise." The event also offered blood pressure screenings, stroke risk assessments, education on stroke and its symptoms, nutrition information, materials on support and resources for caregivers, information on after stroke care and wellness programs, light refreshments and fun giveaways.

"Participants enjoyed meeting others who have experienced similar challenges," Peggy said. "They were surprised to learn there are golf courses with adaptive equipment for people with disabilities." ●



(Above) Dr. Bhupat Desai (middle) with former patient and his wife. (Below) Stroke survivors learning golfing tips



HEART SURVIVORS Strut Their Stuff at Macy's Fashion Show

After cleaning the house and washing the car last October, Pia Jackson, a 50-year resident of Montclair, decided to take her cocker spaniel Shawnsy for a walk. They had just reached the sidewalk when Pia began perspiring and having chest pains. Sick and nauseated, she made her way back inside, where her brother found her and rushed her to Pomona Valley Hospital Medical Center (PVHMC). Pia underwent a successful procedure at PVHMC to unblock a coronary artery and now attends cardiac rehabilitation at the Hospital three times a week.

Pia was one of 12 former Stead Heart and Vascular Center patients who strutted their stuff on the runway during a "Heart Survivor Fashion Show" to celebrate American Heart Month in February. The event, hosted by Macy's and Montclair Plaza, helped boost heart disease awareness.

Ten women and two men, all survivors of heart attack, heart failure or stroke, modeled Macy's spring fashions at the event. Associates from the Hospital's Marketing & Public Relations, Nursing Education and Volunteer Services departments conducted hands-only CPR instruction and demonstrations with mall visitors, and Debbie Keasler, RN, Director of the Stead Heart and Vascular Center, spoke to the audience about heart disease and stroke. Large posters showcasing the Stead Heart and Vascular Center patient stories were displayed throughout the mall before, during and after the event. ●

(Above) Pia Jackson, Heart Attack Survivor
(Below) Dusty Callow, Heart Attack Survivor



Hospital Recognizes Emergency Medical Services Providers: PARTNERS WHO SAVE LIVES

When a heart attack or stroke strikes, emergency medical services (EMS) providers partner with Hospitals to save lives. In addition to providing crucial "front-line" treatment, paramedics ensure patients are rushed to the Hospital that can provide the best care.

That's often Pomona Valley Hospital Medical Center (PVHMC), which meets Los Angeles County's stringent standards for heart attack care and stroke care. PVHMC is a designated receiving center for these patients.

On February 28, 2013, during American Heart Month, PVHMC held its annual EMS recognition breakfast to thank local EMS agencies, fire departments, police officers and PVHMC's Emergency Department staff for the critical role they play in delivering a higher standard of care to heart attack and stroke patients. Paramedics from the LA County Fire Department, La Verne Fire Department and Schaefer Ambulance Service were treated to a delicious meal, invited to see the Stead Heart and Vascular Center's Cardiac Catheterization Laboratory – where many of their heart attack patients receive care – and met the staff and physicians who treat their patients.

"We could not be a STEMI (heart attack) receiving center without the cooperative responses of the paramedics in our area," said Debbie Keasler, RN, Director of the Stead Heart and Vascular Center. "And we could never celebrate our outcomes without them."

"We're very appreciative. During these events we can put faces with names and interact with the people who are on the other side of the radio," said LA County Fire Department Battalion Chief, Troy Flath, whose Battalion 15 serves the city of Pomona.

In May, the Hospital also held its annual EMS barbecue, in celebration of EMS Week. Held in the grassy area adjacent to the Emergency Department, the event was another chance to say thank you to local fire departments and personnel, including paramedics, for their hard work throughout the year.

"Their work is so important and they hold such a crucial role in the early recognition and care of the STEMI and stroke patient," said Laurie Sepke, RN, PVHMC's Pre-Hospital Care Coordinator. "We work as a team to save lives." ●

(Above, left to right) Laurie Sepke, RN, Pre-Hospital Coordinator with members of LA County Fire Station 186 in Pomona

(Below) EMS Lunch





On June 18, 2011, Dusty Callow walked off a football field with a little discomfort in his stomach. Seven minutes later he lay on the field in full cardiac arrest. Coaches, bystanders and paramedics administered CPR for 45 minutes before Dusty's heart began beating faintly again. Ten days later, while still in the Hospital, he had a second heart attack. But Dusty's a fighter.

After almost a month in the Hospital and three months at home, Dusty began cardiac rehabilitation at the Stead Cardiac & Wellness Center at Pomona Valley Hospital Medical Center (PVHMC). But shortly after, doctors found another blockage and Dusty underwent triple bypass surgery in the Stead Heart and Vascular Center. Dusty's heart had undergone considerable damage; but he pulled through. Dusty graduated from a second round of cardiac rehab and today enjoys spending time with family and friends, including his wife and four children, with renewed appreciation.

Dusty and Cynthia Pavis, another heart disease survivor, shared their stories with 500 guests at PVHMC Foundation's 19th Annual Heartbeat Gala on February 2, 2013 at the Doubletree Hotel in Ontario. The formal event raised \$104,000 to benefit the Stead Heart and Vascular Center. Over the years, the Gala has raised more than \$2 million for the Center.

Under the leadership of Gala Chairman and Foundation Board Member Don Kendrick, Mayor of LaVerne, this year's guests enjoyed dancing, silent, live and paddle auctions and entertainment by Cirque From the Heart (a juggler/contortionist act) and the award-winning Bonita High School Jazz Band.

"It's heartwarming to see the generous support from our community and Hospital friends who continue to support the Heartbeat Gala on an annual basis," said Glenda Ferguson, Director of Development for PVHMC Foundation. "Because of their loyalty, the Hospital can continue to purchase advanced technology for the Stead Heart and Vascular Center that ultimately saves lives." ●

April & Glenn Mellem

Keith Pewe and Lisa Feaster



Don Kendrick



"9-1-1 state your emergency"

This heart-stopping sentence highlights the need for swift action in a cardiac emergency and was the theme for the 6th Annual Power of Red dinner, hosted by Pomona Valley Hospital Medical Center (PVHMC) Foundation and the Stead Heart and Vascular Center on Thursday, February 9, 2013.

The evening event, held at the Sheraton Fairplex Conference Center, celebrated the power women have to fight stroke and heart disease. Women – dressed in red – learned about risk factors and how to make heart-healthy lifestyle choices from guest speakers Sean O. Henderson, MD and Gayle Sharp, RN. Dr. Henderson is Chief of the Emergency Department at LA County USC Medical Center, and Chair of Emergency Medicine and Professor of Emergency Medicine and Preventive Medicine at the Keck School of Medicine. Sharp is the Training and Special Projects Coordinator for the Los Angeles County Department of Health Services' Emergency Medical Services Paramedic Training Institute.

The Power of Red also celebrated a very special cardiovascular disease survivor. Barbara Riskas of Claremont was the first patient, 25-years ago, at the Stead Heart and Vascular Center's Cardiac Catheterization Laboratory.

Barbara had a family history of heart disease; her mother died in 1971 of a heart attack, at age 63. Before her mother's death, Barbara had experienced a "funny sensation" in her body and saw a cardiologist, who found nothing amiss during an angiogram. But in the late '70s Barbara was still plagued by an odd sensation of pain on the left side of her body and down her left arm.

A few years later, now living in Pomona, Barbara began experiencing pain in her jaw, neck and left arm. She sought help from cardiologist Dr. Rama Thumati at PVHMC. During an angiogram, Dr. Thumati found a bulge on the side of one of Barbara's arteries. Blood was coagulating there and when the pooled blood broke loose it caused the pain and odd sensations that Barbara was experiencing.

POWER — of — RED



"Only the bulge was present on the angiogram," states Barbara. "The situation has been resolved by medication ever since 1986." Today Barbara enjoys an active lifestyle with her husband Mike, including indulging their six grandchildren.

Proceeds from the 2013 Power of Red benefitted the Stead Heart and Vascular Center's Stead Heart for Women Program. ●

FROM THE HEART:
PVHMC Hosts
Cyn in the City
Heart Month Event

About 100 women exchanged business cards, munched appetizers, enjoyed a mini-fashion show and learned about women's heart health at a Cyn in the City networking mixer in Chino Hills on February, 7, 2013, during American Heart Month.

During the event, held at White HouseBlack Market at The Shoppes at Chino Hills, Pomona Valley Hospital Medical Center (PVHMC) volunteers taught hands-only CPR while PVHMC Cardiac Services Case Manager Miriam Fulton, RN spoke about women and heart disease. Cynthia Moran, co-founder of Cyn in the City, Lynda Flathers, PVHMC Marketing Communications Outreach Coordinator and Sara Corrigan, Director of Marketing/Property Manager at The Shoppes at Chino Hills, modeled fashions from White HouseBlack Market.

The women went home with gifts from a drawing and goody bags that included information on stroke signs and symptoms, a blood pressure guide and other educational materials.

"The women were eager to learn about women's heart health and to try the hands-only CPR on mannequins provided to us by the American Heart Association," said Lynda Flathers. "The event was a great opportunity to educate, as well as network and socialize." ●

(Left to right) Cynthia Moran, co-founder of Cyn in the City, Miriam Fulton, RN, ANP-BC Cardiac Surgery Nurse Practitioner and Lynda Flathers, Marketing Outreach Coordinator



VOLUNTEERS HONORED
for making a difference

Every Friday, if you walk past elevator C on the Hospital's first floor, chances are you'll meet Jack Martin. If you ask him how he's doing, you'll likely hear his trademark answer: "I am blessed to be here." Jack, 93, started volunteering at Pomona Valley Hospital Medical Center (PVHMC) 22 years ago – and he's still going strong. Jack has volunteered in dismissal, as a shuttle driver, at the main lobby desk and now as an ambassador. He attributes his health and longevity in part to his choice to volunteer throughout the many stages of his life.

During National Volunteer Week in April, Jack was recognized as this year's PVHMC Volunteer of the Year, not only for his outstanding Volunteer service but also for best portraying the benefits volunteering has on the Volunteers themselves.

Every day, Volunteers provide service throughout our Hospital, from greeting more than 20,000 visitors a month to giving newborn babies their first bath. National Volunteer Week gives us the chance to celebrate their commitment.

This year, adult and college student Volunteers were treated to lunch and a live musical performance at the Candlelight Pavilion in Claremont. Eight Volunteers, each nominated by Hospital Associates, were honored for individual contributions that went above and beyond. The Volunteer Honor Roll celebrated Volunteers who have provided more than 10,000 hours of service to PVHMC as well as those with more than 25 years of service – some Volunteers have accomplished both. At this annual recognition, the Auxiliary once again generously donated \$100,000 towards their million dollar pledge to PVHMC Foundation to go towards the construction of the Hospital's new building efforts.

The Hospital honored its Junior Volunteers, made up of high school students, at a Sunday brunch attended by their parents. Seventy-six Junior Volunteers, each with more than 200 hours of service, received service pins and certificates from the Hospital and from the office of Congresswoman Gloria Negrete-McCloud. In April of 2013, the Auxiliary awarded a total of \$16,200 in scholarship funds to thirteen PVHMC high school and college Volunteers, each pursuing a medical or healthcare related career.

Junior Volunteers, Brittany Tsai and Jamie Yi were recognized for the most hours of service – more than 800 each. Erin Turley received the Peer Award for her dedication, attendance and helpfulness to other Volunteers. Melyssa Trilles was honored with the top distinction of the morning, The Heart of a Volunteer Award. During the last year Melyssa was forced to give up many of her extra-curricular activities while undergoing treatment for a serious illness. But she continued to volunteer at PVHMC and continuously made a lasting impression on the staff she helped.

"Melyssa, with her outstanding professionalism and perseverance, is just one example of how PVHMC Volunteers work tirelessly to benefit our Hospital, patients and visitors," said Stacy Mittelstaedt, PVHMC Director of Volunteer Services. "We thank them all for the time, effort, compassion and grace they give to our Hospital." ●



(Left to right) Marcia Pateau, Past Auxiliary President, Rich Yochum, President/CEO, Sonja Stump, Auxiliary President and James Dale, VP of Development

MAKING STRIDES against breast cancer

Pomona Valley Hospital Medical Center (PVHMC) Associates, family and friends joined more than 3,000 other community members to celebrate women who have survived breast cancer and fight for others still facing the disease at the 4th Annual American Cancer Society Making Strides Against Breast Cancer two-mile walk.

Held Saturday, April 27, 2013 at the Shoppes at Chino Hills, the event raised more than \$50,000 for the American Cancer Society. In addition to our \$2,500 Pink Ribbon Sponsorship, PVHMC's team contributed \$1,315. The American Cancer Society uses the money to fund research, educate women about cancer risk, provide access to screenings and treatment and support other programs to fight breast cancer.

"Almost everyone has been touched by breast cancer in some way," said Martha Osborne, RN, PVHMC Breast Health Nurse Navigator. "PVHMC supports efforts to fight cancer on all fronts." ●

Making Strides: Martha Osborne, RN, BSN, OCN with Breast Cancer Survivors



SUMMER FOOD DRIVE benefits local communities

Thanks to the generosity of Pomona Valley Hospital Medical Center (PVHMC) Associates, the 2013 PVHMC Food Drive brought in more than 9,200 pounds of groceries for local food banks. Claremont Toyota and the Visiting Nurses Association in Claremont partnered with us to collect food.

The annual event, held each July, launched in 2010. Most food drives occur during the holidays, but PVHMC found the summer months are a time of critical need in local communities because most food banks are low on inventory.

Associates who contribute a non-perishable food item receive a ticket for an opportunity drawing, held in August. Their donations support food banks serving Pomona, LaVerne, San Dimas, Chino, Chino Hills, Ontario, Montclair, Claremont, Rancho Cucamonga and Upland.

"PVHMC is a tremendous resource for the communities we serve," said Lynda Flathers, PVHMC Marketing Communications Outreach Coordinator. "Our Associates are truly generous souls as they give from their hearts." ●

Summer Food Drive: Mercy House picking up donated food



FINE WINE, GOOD FRIENDS and a great cause

Cool jazz music filled the air at the Sheraton Fairplex Conference Center on May 10, 2013, as more than 450 guests sampled hundreds of delicious wines paired with exquisite food at Pomona Valley Hospital Medical Center's (PVHMC) 9th annual Wine Tasting Event.

Hosted by PVHMC Foundation and Liquorama Fine Wines & Spirits and chaired by Rosie Erickson, the event benefitted the Hospitals' Neonatal Intensive Care (NICU) and Pediatric Units. This year, funds were used to purchase a "SIM baby" lifelike mannequin for the Hospital's new Simulation Center. The Simulation Center, spearheaded by M. Hellen Rodriguez, MD, chair of the PVHMC Foundation Board of Directors, kicked off the program in July.

The silent and live auctions brought in more than \$40,000. Another \$15,000 was raised during the paddle auction, in which guests made cash gifts to purchase additional items for the NICU and Pediatrics units (including support for disadvantaged mothers who live too far to travel every day to visit their infants in the NICU).

PVHMC Foundation sends a big thank you to John Solomon, owner of Liquorama Fine Wines & Spirits and The Hogan family, owners of Claremont Toyota for their sponsorship commitments, and to the many guests who continue to support this important fundraising event. Mark your calendar and join us at next year's 10th annual event on Friday, May 9, 2014! The continued generosity of so many friends in our community enables the Hospital to purchase much needed technology to care for our tiniest and most fragile patients. ●

(Left to right) Barbara Brown, Claire McQuillan; Merry & Peter Rogers, Mayor of Chino Hills; Chuck and Nancy Magnusson





f PVHMC HEALTH CENTERS | *It's all in the family*

Family Medicine physician Maria Leticia Valadez, MD likes to build a relationship with her patients. “I enjoy talking to them, hearing their stories, and knowing about what’s going on in their life,” she said. “That helps to build trust.”

Dr. Valadez cares for patients in the Pomona Valley Health Center (PVHC) Chino Hills, one of Pomona Valley Hospital Medical Center’s (PVHMC) four neighborhood physician and urgent care center locations. PVHC, with locations in Claremont, Pomona and two locations in Chino Hills, provides services ranging from family medicine and urgent care to specialized treatments for illness and injury. Each center is filled with state-of-the-art equipment and staffed by friendly, skilled physicians, nurses and care providers.

“Our family medicine physicians provide everything from maternity, newborn and pediatric care to primary and geriatric care, in convenient community locations,” said Chris Aldworth, Vice President of the PVHMC Satellite Division. Many of the doctors are graduates of the PVHMC Family Medicine Residency Program, affiliated with UCLA. The residency program trains the next generation of primary care physicians; about a third of the physicians who graduate each year remain to practice in the community.

In addition to physician expertise, services at the health centers include digital radiology, featuring 3D mammograms, CT scans, ultrasounds and MRI, women’s health, physical therapy, occupational medicine, sports medicine, Milestones Center for Child Development and sleep disorders. The two urgent care clinics, in Chino Hills and Claremont, can often serve as an alternative to the emergency room for common illnesses and injuries like infections, sports injuries, insect bites, asthma, cold and flu.

“The PVHC staff was extremely professional, patient and attentive,” said one patient, Phonicia. “I was well cared for, all my questions were answered, and I was given a lot of helpful information.”

All the care is coordinated through sophisticated electronic medical records. “Regardless of what PVHC location or doctor you visit, we can look up your records and know exactly what care or medications you’ve received in the past,” Chris said. Medical records can also be accessed by PVHMC if a patient ever needs hospital care.

“My son and I go to PVHC because we really like the care we receive,” said another patient, Bridgette. “Even though we live about an hour away, we still prefer this facility over any other.” ●

HOSPITALIZED PATIENTS *benefit from new program*

“hospitalist” is one of the fastest-growing medical specialties in the nation. Through a partnership with The Hospitalist Corporation of the Inland Empire, Pomona Valley Hospital Medical Center (PVHMC) is proud to offer this important new care to our patients.

Just as some physicians specialize in pediatrics or cardiology, Hospitalists specialize in caring for patients while they’re in the hospital, explains Debra Blankenship, RN, PVHMC’s Director of Utilization Management. Hospitalists help in providing higher quality, more personalized care and better communication, which can lead to shorter hospital stays for patients.

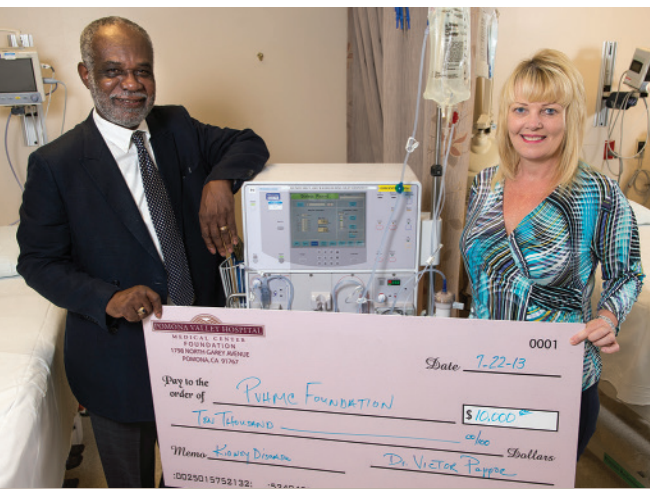
“Hospitalists have extensive training and experience caring for acutely ill patients,” said Heather Davis-Kingston, MD, Medical Director of PVHMC’s hospitalist program. “Because they’re based at the Hospital, they can quickly follow up on test results, coordinate care with other physicians, and make rapid decisions if a patient’s condition changes.”

“One of the biggest benefits is that the Hospitalist can see the patient multiple times throughout the day and is available to answer questions from the patient and their family,” Dr. Davis-Kingston said. “Primary Care Physicians (PCPs) usually see their hospitalized patients early in the morning, during lunch or after they’re finished seeing other patients in the office. The PCP may not be available when the patient’s family is visiting or when the patient is at their best to discuss their care.”

In July, PVHMC began providing hospitalist care to patients 18 and older who are admitted through the Emergency Department and who don’t have a primary care physician or one on staff at PVHMC. The Hospitalists are on site seven days a week, 24 hours a day to provide ongoing and immediate care.

“A Hospital isn’t a place you want to be for any longer than necessary,” said Dr. Davis-Kingston. “Hospitalists ensure you’re cared for efficiently and effectively so you can be released as soon as possible.” ●

(Top; Left to right) Giri Tummuru, MD, Sumati Bavisetty, MD, Sharanjit Singh, MD, Omiad Samiee, MD, Hone Soo Kaw, MD Bottom Apollo Gulle, MD, Heather Davis-Kingston, MD, Tobin Panicker, MD



PVHMC doctor establishes NEW KIDNEY FUND

nephrologist Victor Pappoe, MD has launched a new fund to support kidney disease management and treatment at Pomona Valley Hospital Medical Center (PVHMC).

"I wanted to do something philanthropic," said Dr. Pappoe, chair of the Hospital's Dialysis Committee. "When a new treatment is developed in the field, this fund will enable the Hospital to acquire the capabilities to bring it to our community."

Dr. Pappoe provided an initial donation of \$10,000 to establish the Kidney Fund and he hopes to see it grow. In addition to supporting medical management for kidney disease patients and the acquisition of new treatment technology and capabilities, the fund will support ongoing education for Dialysis Department staff.

PVHMC has an in-house team that provides dialysis, other kidney treatments, patient education and coordination with other Hospital physicians and staff. Most community hospitals outsource these services. In the past 10 years, PVHMC has seen its dialysis treatment volume grow more than 30 percent; not surprising when you consider that kidney disease is now the eighth leading cause of death in the United States.

"Our in-house program has allowed us to do a lot more than some of our neighboring community hospitals," said Dr. Pappoe. "This fund will enable that team to do even more."

For more information on the Kidney Fund or how to donate, contact PVHMC Foundation at 909.865.9139. ●

(Left to right) Victor Pappoe, MD, presenting Glenda Ferguson, Director of Development, with a \$10,000 check

Former PVHMC VP Inspires NURSES WITH HER LEGACY

Paulette Anderson first met Cherie Rudoll more than 10 years ago at a soccer game for their children. Cherie, then the Vice President of Nursing and Patient Care Services at Pomona Valley Hospital Medical Center (PVHMC), inspired Paulette, a certified nursing assistant (CNA), to pursue a nursing career. With Cherie's encouragement, Paulette became a licensed vocational nurse (LVN) and accepted a job in the PVHMC Women's Center.

"Cherie would always take time to encourage me and she expressed that I would make a great nurse," Paulette said. "She gave me the strength to work hard in pursuing my career." Cherie urged Paulette to continue advancing her career even further and become a registered nurse (RN). When Cherie passed away in 2007, a scholarship program was established in her name. Now, with the help of that scholarship, Paulette is fulfilling her dream and will enter LA Trade Tech's Nursing program in the spring.



"Even while fighting her own battle with cancer Cherie continued to inspire me," Paulette said. "That's what pushed me every day, to know that she was fighting for her life but still taking time to encourage me. Some days we feel sorry for ourselves but then I think of her and I push on."

Paulette is one of 17 PVHMC Associates who were recently awarded a \$1,000 Cherie L. Rudoll Scholarship to support them in pursuing their RN degrees. The scholarships were presented during a special ceremony at the Hospital's annual Celebration of Success event by PVHMC President/CEO Rich Yochum, Vice President of Nursing and Patient Care Services Darlene Scaffidi, and Hospital Board Chair Jane Goodfellow.

"Cherie loved being a nurse," Darlene said. "Her mission in life was to encourage nurses and this is exactly what she would have wanted." ●



more than 600 Physicians, Nurses and other healthcare professionals from across the nation and as far away as the Philippines attended Pomona Valley Hospital Medical Center's (PVHMC) 23rd Annual Perinatal Symposium on April 24, 2013.

2013 PERINATAL SYMPOSIUM

Draws International Crowds

The all-day educational conference, held at the Sheraton Fairplex Conference Center in Pomona, is one of the largest events of its kind in California. The conference explored areas of rapid change in the care of mothers and newborns, as well as optimizing outcomes in various clinical situations. In lectures and workshops, attendees focused on new trends in maternal-fetal care, including new guidelines for managing high blood pressure in pregnant women.

Guest faculty included physician and nursing experts from the University of Texas Medical School in Houston; Loma Linda University Children's Hospital; the USC Keck School of Medicine; Children's Hospital Los Angeles; and the University of Missouri-Columbia.

The event was co-sponsored by PVHMC, San Gabriel Valley Perinatal Medical Group and Cole Schaefer Ambulance. ●

(Left to right) Anna Leung, MD, Susan Miller, RN, CLE, Kathy Rabe, RN



Perinatology Symposium attendees

PRESIDENT'S CIRCLE

honored with
**PRESTIGIOUS
PRESIDENT'S
CIRCLE AWARD**

N

ine PVHMC Associates, Volunteers, Physicians and community members were presented with the Hospital's prestigious President's Circle Award this year.

Bestowed annually by PVHMC President & CEO Richard Yochum at a special evening event and reception, the award honors those who have gone above and beyond regular service to the Hospital and others.

"These very deserving award recipients embody our Hospital's values of Customer Satisfaction, New Ideas, Growing Continuously, Honor, Respect, Accountability and Excellence," said Leigh Cornell, PVHMC Vice President of Administration.

"They do it not to win an award, but because that's who they are," added Jane Goodfellow, Chairman of the PVHMC Board of Directors. "They are amazing people who simply want to give back." ●

Rich Yochum, President/CEO with Rene and Reggie Webb

Rich Yochum, President/CEO with Gurbinder Sadana, MD

Dipti Chaudhari

Terry Lawry, RN, Rich Yochum, President/CEO and Peggy Torrance, RN



THIS YEAR'S PRESIDENT'S CIRCLE AWARDEES WERE:

GURBINDER SADANA, MD | PVHMC Medical Director for Critical Care Services
A long-time member of the PVHMC Foundation Board of Directors and a member of the Hospital's medical staff for nearly 30 years, Dr. Sadana is board certified in four specialty areas – Internal Medicine, Pulmonary Medicine, Critical Care Medicine and Sleep Medicine. He has held numerous leadership positions and is known to his patients as a gentle, thorough, compassionate and experienced physician. His support of and advocacy for hypothermia management technology has helped save dozens of lives.

DIPTI CHAUDHARI | Clerical Associate, Emergency Department
During a trip to India Dipti visited several villages and had the opportunity to help people in need. Once back home she enrolled at Rio Hondo Community College to pursue a degree in nursing. Last December she returned to India and volunteered her time and services in a medical camp, where more than 30,000 villagers came for medical care. Dipti's ultimate goal is to become a nurse, travel to other countries and help needy people who can't afford healthcare.

BEV BIEDENBACH, RN, SUE CHOI, RN, TERRY LOWRY, RN AND PEGGY TORRANCE, RN | NICU Quilting Team
These nurses volunteer their time and expertise to create quilted covers for NICU cribs that stay in place and help create a healthier environment for premature babies. The bright, cheery covers are made from scrubs that nurses and other clinical providers were no longer wearing. Since they began in 2005 they have created more than 100 quilted crib covers. They're joined by a handful of other quilters from the Hospital, and some of the unit's doctors occasionally donate funds to purchase sewing materials.

KYRI FITZSIMMONS | Volunteer Chaplain
Kyri went to extraordinary lengths to help a very ill man and his family in the patient's last few days. Kyri stayed at the Hospital late at night and the next morning to assist the family with appointments with the medical team, and she assisted the family in arranging hospice care for the patient at home. The family said their loved one was at peace for his last few days and seemed to suffer less because of Kyri's efforts. When he passed away, he was in his own bedroom at home, surrounded by family.

THE WEBB FAMILY | Local Business Owners
Rene and Reggie Webb, together with their daughter Kiana and son Kyle, provide outstanding service to the Hospital and the community. The family owns 11 McDonald's restaurants and has long been involved in the local community. Reggie, a PVHMC Board Member since 1991, recently donated \$50,000 to the Hospital in appreciation for care he received. Rene was instrumental in bringing the Kids Care Fair health screening event to PVHMC in 1995. Kiana Webb, president of Webb Family Enterprises, makes sure that children who complete their health screenings at what is now called the Kids Health Fair receive healthy snacks from McDonalds. The family's leadership, experience and philanthropy continue to benefit the Hospital and community.

PVHMC KICKS OFF SIMULATION PROGRAM *with Open House*

POMONA VALLEY HOSPITAL MEDICAL CENTER (PVHMC) CELEBRATED THE START OF ITS HIGH-TECH HEALTHCARE SIMULATION PROGRAM WITH A DAYLONG OPEN HOUSE HELD AUGUST 29, 2013 IN THE PITZER AUDITORIUM.

Hospital Physicians, Associates, Board Members and Donors, together with representatives from local schools, hospitals and emergency services providers, watched up close or on big screens as educators demonstrated the features of the program's four life-like mannequins. Some interacted with the mannequins hands-on during simulated medical scenarios.

The most dramatic simulation featured a gunshot "victim." Hospital partner Cole-Schaefer Ambulance Service rushed the bleeding "man" into the auditorium, where a team of Hospital professionals swung into action, demonstrating multiple life-saving techniques while showing off the mannequin's amazing capabilities.

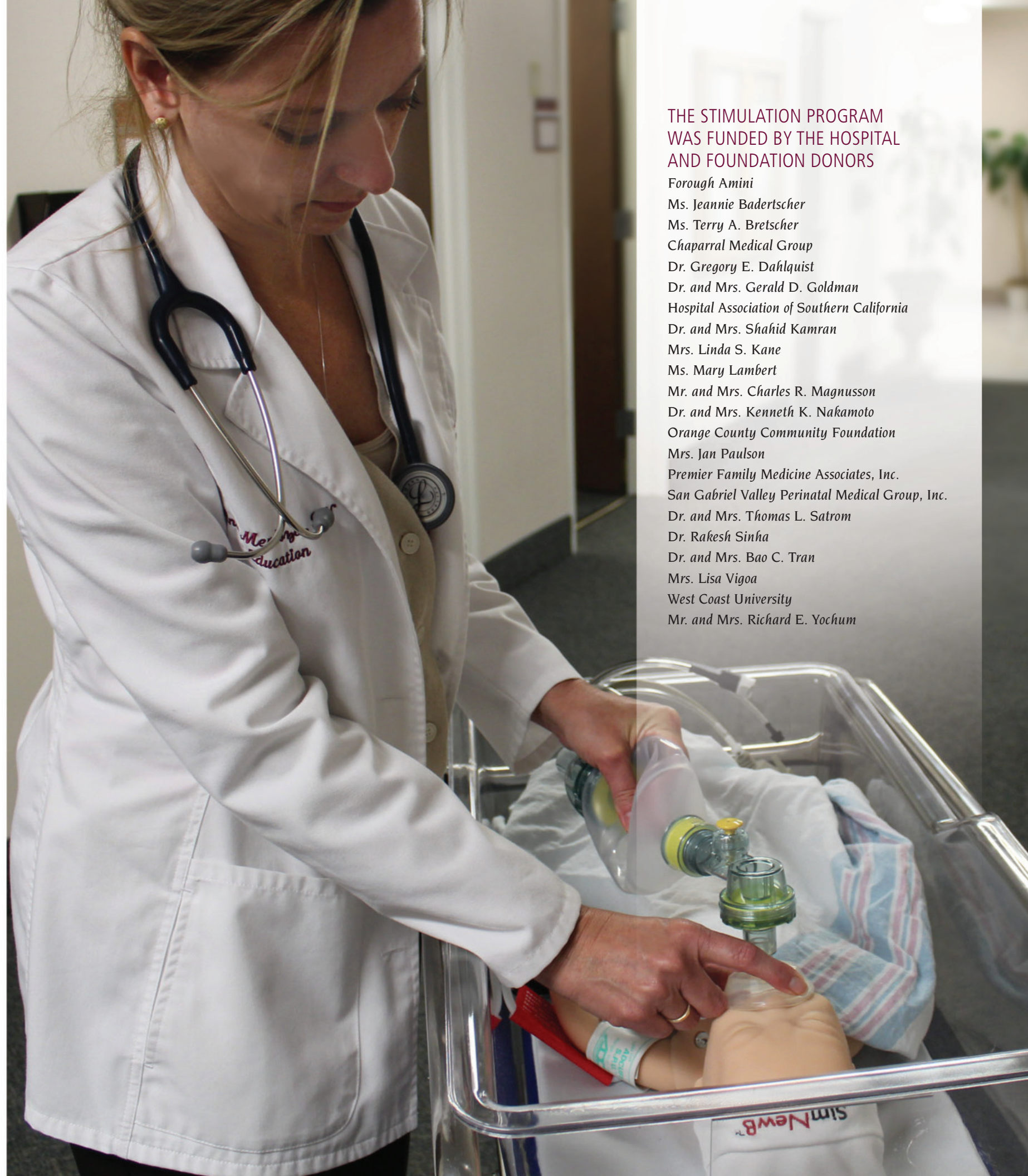
With assistance from PVHMC Foundation, the Hospital purchased four simulation mannequins: Sim Man, Sim Mom (who gives birth), Sim Junior (which represents an 8-year-old child) and Sim Newbie (representing a 6 pound newborn just after birth). The mannequins have human-like skin, a pulse and true-to-life weight. They can breathe, talk, go into cardiac arrest and more. Caregivers will use the mannequins to sharpen their clinical skills in true-to-life medical scenarios that are programmed and controlled by a technical Sim Specialist. The simulations are videotaped so caregivers can review them later with an educator.

Simulations will occur directly on Hospital units, explained Nursing Education Manager, Ann Mendoza RN, BSN; this allows staff to learn in their everyday working environments. In addition to Ann, six educators and three clinical nurse specialists have been trained to run the simulations in every area of the Hospital. The goal during a simulation is to have everyone who would normally care for that patient participate; Physicians, Nurses, Anesthesiologists, Respiratory Therapists – even representatives from Radiology, Lab and Pharmacy.

"Simulations will help us improve patient safety, clinical outcomes and teamwork," said Hellen Rodriguez, MD, Chair of PVHMC Foundation and a champion of the simulation program. "They help ensure everyone knows the best procedures, especially for occurrences that happen rarely. Simulations will help us take a team of individuals, each of whom is an expert in his or her field, and turn them into an expert team."

If you would like to make a gift to the simulation program, please contact the Foundation office, 909.865.9139. ●

*Ann Mendoza, RN, BSN, Manager of
Nursing Education with Sim Newbie*



THE STIMULATION PROGRAM WAS FUNDED BY THE HOSPITAL AND FOUNDATION DONORS

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When Diana Garza* gave birth prematurely almost two years ago, her tiny, fragile newborn was immediately whisked from the high desert hospital where he'd been born to the neonatal intensive care unit (NICU) at Pomona Valley Hospital Medical Center (PVHMC).

Three weeks after his birth, Diana had still not seen her baby. With no car she had no way to make the almost four-hour round trip. Diana was forced to settle for multiple daily calls to the NICU for updates on her baby's condition.

Concerned that mother and baby had no chance to bond, the PVHMC staff swung into action. Nurses alerted social worker Vickie Rolfe to Diana's plight, and Vickie sought out Volunteer Director Stacy Mittelstaedt. "We brainstormed," Vickie said. "How could we get this mom here to see her baby?"

There's no public transportation system that connects the high desert to Pomona. Greyhound buses were too expensive. Taxis cost even more. Then Stacy had an idea. She began calling van shuttle services, and finally found Shari Herbert, owner of a one-person van transportation company in the high desert – and who was originally from Pomona!

The result was a new program that provides free van transportation between the high desert and PVHMC for disadvantaged mothers and families with babies in the NICU. Diana was the first rider. Finally, she was able to see her precious newborn.

Funded by the PVHMC Auxiliary's Sick Baby and Hospital Assistance Fund, the program offers this "Care-A-Van" shuttle service between Barstow, Victorville, Apple Valley and occasionally the Riverside area. Families ride the shuttle an average of two times a month, Stacy said – more if families need it. Many parents are also able to stay overnight, through another program the Hospital offers in partnership with the Ontario Sheraton Hotel (*see story on page 23*).

"The Hospital is providing more and more care to residents in high desert communities, and we absolutely needed a service like this," Stacy said. "We're so grateful to the Auxiliary and the Sick Baby Fund."

If you're interested in information on how you can help support this program with a gift to the Sick Baby and Hospital Assistance Fund, contact the PVHMC Volunteer Department at 909.865.9669. ●

**Name has been changed to protect patient privacy*

uniting
MOTHERS
& their NICU
INFANTS

helping disadvantaged
PARENTS
with bonding time

Pomona Valley Hospital Medical Center (PVHMC) has partnered with the Ontario Sheraton Hotel to provide overnight stays for disadvantaged parents who live more than 40 miles from the Hospital and need help visiting their babies in the neonatal intensive care unit (NICU).

"Since family-centered care is a big part of our mission, we've been working to find ways to support bonding for families who lack resources but have an infant in the NICU," said Kim Ranney, RN, who began the program. "We also provide snack bags for these families, since they tend to spend the majority of their day at the bedside," she said.

Kim worked with PVHMC Foundation to establish a "Family Fund Account," and with a Christian group known as "A Servant's Heart Ministry" that provided the initial \$8,300 donation to kick off the program. The funds cover the snack bags and one night hotel stays that include breakfast and a shuttle ride to and from the Hospital. The Sheraton provides these rooms at a reduced rate to the "Family Fund."

Bedside nurses help identify potential families who need assistance and patient care coordinators and social workers make the final determination of need. Families, many of them from high-desert communities, are brought to the Hospital through a separate PVHMC volunteer transport program (funded by PVHMC's Auxiliary) to visit their tiny babies in the NICU.

Anyone can donate to the Family Fund Account; less than \$200 provides two families with an overnight stay. Associates can donate through a payroll deduction as well. For more information, contact PVHMC Foundation at 909.865.9139. ●

BENEFITS WOMEN

When Dotty Calkins, 76, saw an ad in the Upland newspaper late last year offering 3D Tomosynthesis mammography at Pomona Valley Hospital Medical Center (PVHMC), she decided to try it. Dotty had always been meticulous about getting a mammogram and her annual date was coming due.

When the 3D mammogram revealed something unusual, Dotty was dumbfounded. Nothing unusual had ever shown up before. She had another mammogram to be sure and then a biopsy that confirmed she had early-stage breast cancer.

Dotty underwent a lumpectomy in January, followed by radiation. Today she's back to normal and has resumed all of her regular activities.

"I really believe that unless I had this 3D mammogram, they never would have found anything," Dotty said. "I cannot express enough good things about it; I would recommend it to anyone and everyone."

PVHMC began offering 3D Tomosynthesis mammography to every woman receiving a mammogram last October – the first hospital in the region to do so. The new technology, funded by philanthropy through PVHMC Foundation, produces a 3D image of the breast that allows a radiologist to better see the size, shape and location of any irregularities when compared to standard two-dimensional mammograms. This allows detection of smaller tumors while producing fewer false positives. While it's too early for accurate statistics, Hospital radiologists are confident the new technology is benefitting women.

"We call back significantly fewer patients, which decreases the amount of time and anxiety for women," said Paul Reisch, MD, Medical Director of the PVHMC Breast Health Center. "We're able to look at the images one millimeter at a time, so we can see clearly something that might have been obscured in a 2D mammogram because of overlapping breast tissue."

Tomosynthesis does not significantly increase radiation dose, said Johnson Lightfoote, MD, Medical Director of Radiology at PVHMC. "Because Tomosynthesis shows sections of the breast so clearly, often that examination is all we need to do," he said. "In the past, if we found a suspected abnormality on a screening mammogram, we'd have the woman come back for both a breast ultrasound and a special compression mammogram. Now, Tomosynthesis may make the additional ultrasound or the additional mammogram unnecessary."

"We have the best technology," Dr. Reisch said. "We're able to see more cancers and we're able to give women who don't have cancer a confident statement that they don't have it."

To make an appointment for a 3D Tomosynthesis mammogram, call 909.865.9858. ●



NEW WEBSITE *benefits community fundraisers*

Pomona Valley Hospital Medical Center (PVHMC) Foundation has launched a new online tool for grateful patients, volunteers and community members who want to help raise funds for the Hospital in a more interactive way.

The Foundation's "Friends Asking Friends" website allows anyone to participate in and donate to an existing community fundraising event, or create one themselves.

Scan this to go directly to the "Friends Asking Friends" webpage



Simply go to <http://PVCOMM.kintera.org>. You'll see links for existing fundraisers you can donate to. Or register to set up your own personal event page. You can add customized text, photos and other information. Email templates help you get the word out; you can download your entire address book or emails for specific family and friends.

"Often community members want to honor someone in a way that also helps raise funds for the Hospital," said Sue McGrath, PVHMC Foundation Database and Prospect Research Specialist. "This is an easy way for them to do it. And we hope this tool will inspire others to join us in our fundraising efforts." ●

CANCER SURVIVORS *learn to go with the flow*

Even after the cancer is "cured," the journey and the emotions continue. Cancer survivors and their families frequently experience feelings ranging from joy and relief to fear and anxiety that the cancer will return. Learning to cope with this emotional jumble was the focus of "Go With the Flow," a free Cancer Survivor's Day workshop held at Pomona Valley Hospital Medical Center (PVHMC).

Presented by licensed clinical social worker Kathy Yeatman-Stock, the hour-plus workshop was a mix of education, sharing and celebration.

"It's about learning to take what life gives you instead of trying to make life be what you want it to be," Kathy explained. "Accepting what you have control over and what you don't."

About 27 people, ranging from young adults to people in their 70s, came together in The Robert and Beverly Lewis Family Cancer Care Center Community Room to learn coping skills and practice techniques to help banish the "what ifs." During the workshop, Kathy introduced mindful techniques including meditation, relaxation and how to reframe negative thoughts into healing ones.

"It gives them an action plan and something they can take charge of," Kathy said. "It helps them remember what's important today versus being anxious about the future and imagining the worst."

Participants also shared their own personal stories of feeling powerless and helpless in the face of cancer, especially when they were first diagnosed. In closing, Kathy played the uplifting song "Brave" by Josh Groban, dedicating it to all participants in honor of Cancer Survivor's Day.

"I felt that it represented their journey," she said. "They're showing us what it is to be brave in the face of what life throws at you." ●

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Grant provides vital care to
LOW-INCOME RESIDENTS

Aleja Parra isn't usually one to worry, but when she felt a lump during her monthly breast self-exam she was immediately concerned. Only 23, Aleja was recently laid off from her job and lacked health insurance. She went to a local clinic, which confirmed the lump and advised her to get an ultrasound (rather than a mammogram because of her age), but couldn't recommend where to go.

After checking to see if her college provided coverage (it didn't), Aleja turned to Google. "I began calling clinics to see if they had programs to help cover the cost or to find the cheapest price for an ultrasound. However long it took, I was determined to save up enough money to get an ultrasound."

Fortunately, Aleja's first call was to the Breast Health Center at Pomona Valley Hospital Medical Center (PVHMC). Breast Health Navigator Martha Osborne, RN, gave her the good news; the Hospital had recently received a grant from the Los Angeles County Affiliate of Susan G. Komen® to provide diagnostic ultrasounds, mammograms and biopsies to low-income women, especially Latinas, who don't have health insurance and who don't qualify for publicly-funded programs.

Aleja received both an ultrasound and a biopsy through the program; the tests revealed that her cyst was benign. "I'm really relieved," she said. "I was worried. Martha was very helpful in providing me with information, getting the ultrasound scheduled, and making me feel better about the whole situation. And now, I'm good!"

PVHMC received the \$34,700 grant from the Komen LA County Community Grant Program in April. The funds will provide up to 75 diagnostic mammograms, 100 ultrasounds, and as many as 10 biopsies and follow-up analysis for women — and men — who qualify.

"The communities we serve contain thousands of low-income people in need," Martha said. "These funds will help us ensure that patients with breast cancer get diagnosed and treated in the earlier stages, when they have the best chance of a successful outcome." ●



DONOR STORY

Board member becomes donor
AFTER LIFE-SAVING CARE

as a Pomona Valley Hospital Medical Center (PVHMC), Board member, Reggie Webb always knew the Hospital provided excellent care – he'd seen the many awards, recognitions and performance statistics. But it wasn't until the Hospital saved his life that he fully understood how great it truly is.

After recently suffering a bad reaction to a new medication prescribed for a chronic illness, Reggie was rushed to PVHMC by ambulance. He spent four days in the Intensive Care Unit (ICU) and a week in the Hospital overall. Now, in appreciation for the excellent care he received, Reggie has made a generous donation of \$50,000 to benefit the Hospital's Physicians and Nurses.

"The nursing and medical staff were phenomenal," Reggie said. "They communicated well throughout my progress. They were very concerned, caring, nurturing and supportive and did everything they possibly could to make me comfortable. The Doctors made recommendations but always allowed me to make the decisions about my treatment regimen. Some of the Doctors who rarely work on weekends came and looked in on me. I knew beyond a shadow of a doubt that I was getting the best care available anywhere."

Half of Reggie's donation will be used to purchase cappuccino machines for the nursing break rooms on all units and the other half will be used to enhance food services in the Physician's lounge area.

"I wanted to do something that would make life in the Hospital a bit easier for the Doctors and Nurses, as they give such a tremendous effort to their patients each day," Reggie explained. "When you're a patient and your future is dependent upon the knowledge, care and concern of the medical practitioners...when you experience that first-hand, you know how great the Hospital is. Along with our community, I am a true beneficiary of the Hospital and its staff." ●



Reggie Webb honored his care team with the Guardian Angel Award

Thank you to our friends and donors, whose generous support makes a significant difference to our hospital, our patients and the community.



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Become a VOLUNTEER!

We welcome individuals of all backgrounds and abilities to join the Pomona Valley Hospital Medical Center (PVHMC) Volunteer team. In addition to learning, growing and meeting new friends, you'll make a real difference in the lives of our patients and families.

To be a Volunteer, you need an attitude of social responsibility and the desire to help without monetary compensation. You can choose to participate in direct patient care services or non-patient care support. Both offer the chance to provide vital assistance to the Hospital's many departments. Volunteering doesn't include any duties provided by a licensed health professional or paid employee and it doesn't provide work experience, job training or lead to employment at PVHMC. But you'll make a positive impact, gain personal satisfaction and do something good for your physical and emotional health!

To get started, look under general information on our website, pvhmc.org. Or give us a call at 909.865.9669 for an application and an interview appointment. ●



TAKE ADVANTAGE OF YOUR IRA

TO SUPPORT THE FOUNDATION

The IRA Charitable Transfer is one of the surprisingly good things in the new tax law. It's a great planning tool if you have an IRA, because it allows you to make a gift to Pomona Valley Hospital Medical Center (PVHMC) Foundation while minimizing your taxes.

Specifically, the IRA Charitable Transfer allows individuals who have an IRA and are over age 70.5 to make a direct transfer from their IRA to a charity of their choice. You can do this without paying any taxes. More importantly, if the transfer is equal to or greater than the Required Minimum Distribution (RMD), you do not need to take the RMD, avoiding further taxes. RMD is the amount you must take out of your IRA each year, and it is generally fully taxable.

It's not complicated to make an IRA Charitable Transfer. Simply notify your IRA Trustee (the organization that holds your IRA) that you want to make a charitable transfer to PVHMC Foundation. Tell the Trustee how much you want transferred and the Trustee does all the work.

It's a straightforward benefit of the tax code. Here are the basic rules of the IRA Charitable Transfer:

- 1. It is a continuation of the rules that were in place for the past several years.**
- 2. There is an aggregate maximum ceiling of \$100,000 per year. This means you can make several transfers to diverse charities each year, as long as gifts do not exceed \$100,000 per year for all of your transfers.**
- 3. If the gifted amounts are equal to or exceed your RMD, the RMD requirement is fulfilled.**
- 4. You do not receive an income tax deduction or other benefits for this transfer.**
- 5. The transfer must be made to a 501(c)(3) organization. PVHMC Foundation qualifies for this.**

We encourage you to take advantage of this unique opportunity. It's a wonderful way to minimize your income tax liability while supporting our critical mission of quality healthcare in the community. To determine if it's appropriate for you, talk with your tax and financial advisors before taking action.

For more information about making a charitable transfer to PVHMC Foundation, please contact James Dale, Vice President of Development at 909-469-9408, email james.dale@pvhmc.org or Glenda Ferguson, Director of Development, at 909-865-9659, email glenda.ferguson@pvhmc.org. ●

Women's and Children's Services

Some classes are available at our Chino Hills and Claremont locations. 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

- Every Wednesday and every other Monday at 6:30 pm and one Saturday at 8:30 am
- Orientaciones en español disponibles dos veces al mes (Por favor llame para más detalles)

Childbirth Preparation Classes

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

Cesarean Birth Preparation (every other month, Friday, 6:30 – 8 pm)

Baby Express (basics of baby care)

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

Breastfeeding Class (one Thursday a month, 6:30 – 8:30 pm)

Breast Milk Expressions (one Tuesday a month, 6:30 – 8:30 pm)

FOR NEW MOTHERS

Mommy 'N Me Group (every Wednesday, 9 – 10 am for babies 9 – 18 months and 10 – 11 am for babies 0 – 9 months). No registration required.

FOR DADS OR DADS-TO-BE

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

FOR CHILDREN

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

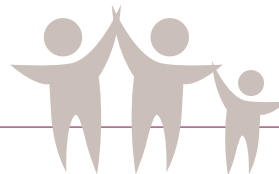
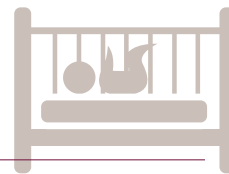
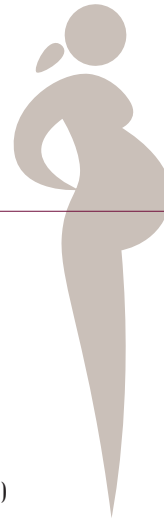
Safe Sitter Class (two-day class). Call for date and time.

FOR PROSPECTIVE PARENTS/FAMILY/FRIENDS

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

FOR WOMEN

Every Woman's Journey (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 Cancer Support Group (fourth Monday of each month, 7 – 8:30 pm)

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 (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)

FOR ANYONE

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

Creative Imagery & Deep Relaxation (every Tuesday, 10 – 11:30 am)

Integrated Wellness Arts (every Wednesday, 9:30 – 11 am)

Meditation for Everyone (second Tuesday of each month, 2 – 3:30 pm)

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

Risk Reduction Class (every Tuesday, 11:30 am – 12:30 pm. Lunch provided)

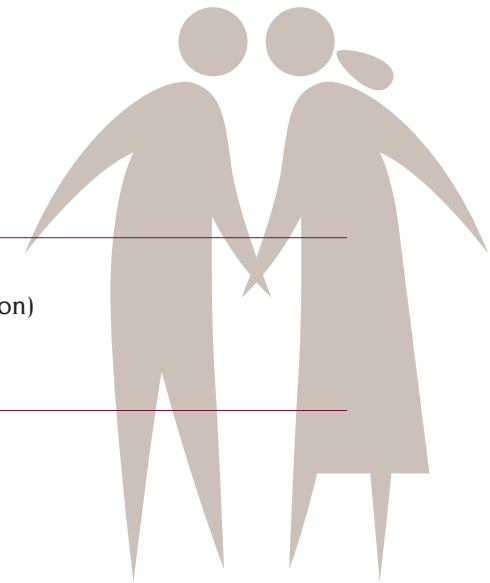
Educational topics focus on reducing the risk of having or repeating a cardiac event.

Held in conjunction with the Physical Therapy and Rehabilitation department.

Reservations are required. Call 909.865.9500 (x2032) for questions, reservations and to confirm meeting day/time.

Orthopedics

Total Joint Replacement Class (every Wednesday, 10:00 am – noon at the Pomona Valley Health Center in Claremont). 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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PVHMC EARNS TOP PERFORMER RECOGNITION



Pomona Valley Hospital Medical Center (PVHMC) was named one of the nation's Top Performers on Key Quality Measures by The Joint Commission, the leading accreditor of healthcare organizations in America. Specifically, PVHMC was recognized for exemplary performance in using evidence-based clinical processes that are shown to improve care for heart attacks, heart failure, and pneumonia. To achieve this recognition, the hospital had to meet three 95 percent performance thresholds on 2012 accountability measure data.

"We understand that what matters most to our patients is safe, effective care," said Richard E. Yochum, President/CEO. "That's why PVHMC has made a commitment to accreditation and to positive patient outcomes through evidence-based care processes.

High hospital quality performance is known to have a direct correlation to better health outcomes for patients.

"PVHMC and all the Top Performer hospitals have demonstrated an exceptional commitment to quality improvement and they should be proud of their achievement," said Mark R. Chassin, president and CEO of The Joint Commission. ●