

SPRING 2014

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Pomona Valley Hospital Medical Center Foundation



FOCUSED

ON LIFESAVING CARE

SAVE *the* DATE

CELEBRATING WITH STYLE LUNCHEON AND FASHION SHOW

Supporting The Robert and Beverly Lewis Family Cancer Care Center Endowment Fund
Saturday, October 18, 2014 | 11:00 am
DoubleTree, Ontario
\$100 Per person

KEEP UP ON UPCOMING EVENTS

Go to www.pvhmc.org/Calendars for the latest information.



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Hospital Medical Center
Foundation

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Many photos courtesy of
Robert Walker

Featured on the cover:
Louis Hunter, car collector
and cancer survivor
since 2007

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YEAR ANNIVERSARY
THE ROBERT & BEVERLY LEWIS
FAMILY CANCER CARE CENTER

CHAIRPERSON'S *message*

The Power of Philanthropy

We've all heard the saying "the more things change, the more they stay the same." This is certainly true of the important role philanthropy plays in hospitals, particularly nonprofit community hospitals like Pomona Valley Hospital Medical Center (PVHMC). I am pleased to report that in 2013, the Foundation raised \$6.1 million to further the mission of the Hospital.

PVHMC was built on the generosity of donors; it was our early Pomona Valley residents who made the commitment to found our Hospital and ensure the well-being of the community. Today, philanthropy allows us to build new facilities like The Robert and Beverly Lewis Outpatient Pavilion and to purchase new technology that makes a difference in the lives of our patients.

The fact is that in most instances, not-for-profit community hospitals, like ours, simply cannot fund all of their capital needs without generous giving. Philanthropy has played a key role in the growth and development of many of our clinical programs, including the Stead Heart & Vascular Center, the Women's and Children's Center, The Robert and Beverly Lewis Family Cancer Care Center and the Regional Kidney Stone Center.

More recently, philanthropy has enabled us to continue providing our community with cutting-edge technology, such as 3D mammography; advanced infant breathing equipment and bedside milk warmers in our Neonatal Intensive Care Unit; our high-tech mobile simulation lab; and much more.

It's comforting to know that, with the help of philanthropy, state-of-the-art facilities, expert clinicians and the latest technology are all available at PVHMC. We're providing the best possible care so patients don't have to travel outside their community.

Thank you for helping us make a difference. ●



Dr. M. Hellen Rodriguez



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HOSPITAL OPENS NEWLY RENOVATED LOBBY & GIFT SHOP



With a ceremonial snip, Pomona Valley Hospital Medical Center (PVHMC) and community supporters cut the ribbon on the beautifully renovated Hospital lobby, donor wall, and gift shop on March 14, 2014. The renovations are part of the Hospital's master plan project to add beds and improve facilities for the benefit of the community.

Attending the ribbon cutting were Pomona Chamber of Commerce Executive Director Frank Garcia; PVHMC President/CEO Richard Yochum; PVHMC Board Chair Jane Goodfellow; PVHMC Foundation Chair Dr. M. Hellen Rodriguez; PVHMC Auxiliary President Sonja Stump; elected officials and representatives; numerous community supporters and other guests.

"We're very excited about the new lobby and gift shop," Sonja said. "The gift shop is the largest source of income for the Auxiliary, which has been supporting the Hospital for over 77 years."

For more information on how you can support the Hospital's master plan project, please contact PVHMC Foundation at 909.865.9139.

W

HEN POMONA VALLEY HOSPITAL MEDICAL CENTER (PVHMC) ASSOCIATES, PHYSICIANS, BOARD MEMBERS AND SUPPORTERS SIGNED THEIR NAMES ON THE LAST STEEL BEAM TO BE INSTALLED IN THE NEW ROBERT AND BEVERLY LEWIS OUTPATIENT PAVILION, IT ILLUSTRATED THAT THIS IS MUCH MORE THAN A BUILDING.

at the heart of **THE ROBERT AND BEVERLY LEWIS OUTPATIENT PAVILION**

It's a place of health and healing, built around the community's dedication to its Hospital and PVHMC's commitment to its patients. It's the compassion and expertise of PVHMC's caregivers that will bring the Pavilion's beautiful design and new, advanced technology to life.

The names of those caregivers will be forever encased in the heart of the Pavilion. The beam was signed at a "topping out" ceremony March 3, 2014 that marked the completion of the Pavilion's structural steel installation. The event included remarks from PVHMC President/CEO Richard Yochum and participation by benefactors Beverly, Marge and Jeff Lewis.

"The Outpatient Pavilion will afford a whole new patient experience – one where the tenets of patient and family centered care can be realized," Rich said. "It offers a more convenient, one-stop shop for our surgical and physical therapy patients, adjacent to the main Hospital campus."

When The Robert and Beverly Lewis Outpatient Pavilion is completed in January 2015, patients will find comfort and convenience coupled with the technological innovations and medical expertise for which PVHMC is well known.

"All of our outpatient surgical services will be in one place, together on the second floor," said

Martha Soto, RN, Director of Surgical Services. "You'll check in, be prepared for surgery, go into one of our five new, state-of-the-art operating suites just a few feet away, and then move into a nearby recovery room after your procedure. Your family will be in a new, comfortable waiting room close by, where staff can keep them up to date on your progress."

The first floor of the Pavilion will house Cardiac Rehabilitation and Physical Therapy, which includes 18 different physical therapy, occupational therapy and speech therapy specialty programs. "It will be much larger than our current space, beautiful and modern, with high ceilings and an open feel," said Rick Rossman, Associate Director of Physical Therapy. "It will have floor-to-ceiling glass walls on the entire west-facing side, with convenient parking just steps away."

"We're bringing all the expert outpatient care that patients now receive in the main Hospital to the Pavilion," added Darlene Scaffiddi, RN, Vice President of Patient Care Services at PVHMC. "It's the same staff with the same warmth and the same wealth of knowledge. The only difference is that it will be in a new location."

Patients visiting PVHMC's Emergency Department (ED) will benefit too. The ED will expand into the space vacated by Physical Therapy, growing by 23 beds and additional treatment bays.

"We'll be able to handle a higher patient volume, which should decrease wait times and increase our ability to care for patients in a timely fashion," said ED Physician Ken Nakamoto, MD, Vice President of Medical Affairs. "When the expansion is completed at the end of 2015 we'll be able to serve more than 100,000 patients a year, compared to 87,000 today."

"We're growing to meet the needs of the community," Darlene said. "The Robert and Beverly Lewis Outpatient Pavilion will provide streamlined, quality outpatient medical services in an attractive setting, using sophisticated technology. It's the best possible care we can give to our patients."

You can join this effort. As the Hospital continues construction, there is ample opportunity for additional donor support. For more information please contact PVHMC Foundation at 909.865.9139. ●



Photos left to right :

The Robert and Beverly Lewis Outpatient Pavilion

Marge, Jeff and Beverly Lewis

Jack Doyle, Former PVHMC Foundation Chairman

Richard Yochum, PVHMC President/CEO

EXCITING NEWS!
Join the challenge
to benefit
stroke patients

Anonymous donors have committed \$300,000 to a Matching Gift Challenge supporting Pomona Valley Hospital Medical Center (PVHMC) in its quest to become a Regional Comprehensive Stroke Center.

The Stead Heart & Vascular Center treats more than 600 stroke patients each year and, in the past, transferred patients needing interventional care to the UC Irvine Medical Center in Orange, more than 40 miles away. Because every second counts for a stroke patient, PVHMC is adding services to become a Regional Comprehensive Stroke Center and eliminate the need to transfer stroke patients outside the area for treatment.

The donors will match every gift supporting the Stroke Program dollar for dollar, until \$600,000 is raised. More than \$61,000 has already been raised through donations at the 2014 Heartbeat Gala. The Challenge was a surprise announcement during the paddle and live auction portion of the gala; donors immediately pledged \$30,000, which was matched 100 percent.

"This is truly a hospital-wide initiative, spanning the Emergency Department, Radiology, Laboratory, the Critical Intensive Care Unit, Intensive Care Unit, Telemetry, Neurology, Neurosurgery and care by our Intensivists," said PVHMC President/CEO Rich Yochum. The Hospital has already expanded stroke services with the opening of a new, state-of-the-art Interventional Neuro-Radiology Lab in March.

"It's another example of PVHMC's commitment to providing the very best healthcare to the communities we serve," said Rich.

Please join us in this exciting Matching Gift Challenge; you can make your donation today with the envelope enclosed in this magazine. For more information, call PVHMC Foundation at 909.865.9139.

3D INTERVENTIONAL LAB
IMPROVES LIFE-SAVING STROKE CARE

Every minute counts when treating a stroke. And at Pomona Valley Hospital Medical Center (PVHMC), the care just got faster.

In March, the Hospital opened a new, state-of-the-art interventional neuro-radiology lab with advanced 3D imaging technology that allows Radiologists to quickly move through arteries, diagnose the exact amount of blockage and communicate to the physician the precise size and location of a stroke.

"It gives patients a better chance of surviving," said the Medical Director of the Interventional Lab, Sophia Janjua, MD, an Interventional Neurologist. "With these advanced technical capabilities we can take images and do a procedure at the same time."

"We're offering area residents access to cutting-edge technology previously available only at larger academic or regional hospitals more than 30 miles away, when every second is critical," said Robert Jacoby, Administrative Director of Radiology.

PVHMC is certified as a primary stroke center by The Joint Commission, meeting rigorous standards for providing outstanding care within rapid timeframes. The Hospital also has a comprehensive stroke rehabilitation program.

"From prevention to treatment, we're committed to the continued investment in the health of our community," said PVHMC President/CEO Richard Yochum.

For more information on PVHMC's stroke care, visit PVHMC.org.

Dr. Sophia Janjua with the 3D Interventional Lab Team



CANCER CARE CENTER
realizes its
20-year vision

In the late 1980s, cancer services at Pomona Valley Hospital Medical Center (PVHMC) were fragmented, with patients receiving some services at the Hospital and others at physician offices in the community. Radiation therapy was provided on the basement level of the Hospital, in a small department that didn't provide a very uplifting environment. And many advanced treatments could only be found at other hospitals outside the community.

All that began changing in 1993 with the opening of The Robert and Beverly Lewis Family Cancer Care Center, which has now been serving the community for 20 years. Thanks to the commitment and generosity of the Lewis family, community leaders, community members, Physicians, the Hospital and its Associates, and PVHMC Foundation, the Cancer Care Center has grown into one of the region's most comprehensive and advanced facilities, on par with many university hospitals.

"Patients no longer have to travel outside the community to receive the latest cutting-edge treatments," said Shellee Reese, RN, Director of the Cancer Care Center, who has worked at PVHMC for more than 20 years. In addition to technology, what really sets the Cancer Care Center apart is its comprehensive support services, she said. "We've grown from offering basic support groups to providing some of the most complete support services in the region." In fact, some patients receiving cancer care at other major hospitals come to PVHMC for classes and support, at no charge to them.

Another big change has been the addition of patient care coordinators and social workers. They assist with patients' non-clinical needs, from coordinating appointments and providing financial resources to just listening. "Cancer is a very fearful disease," said Swarna Chanduri, MD, hematologist and medical oncologist, who was instrumental in planning and starting the Cancer Care Center, along with a handful of other physicians. "As soon as they hear the 'C' word, they think it's a death sentence. The emotional aspect of cancer is often an unmet need – but we're meeting it."

Another important benefit for patients, Dr. Chanduri said, is that physicians and services are housed together under one roof in the Cancer Care Center. This makes it more convenient for patients, and easier for specialists to work as a team to coordinate patients' often complex courses of care. "Every Monday we discuss cases and provide a care plan for each patient. Patients benefit by input from a group of doctors even though only one doctor sees the patient."

Physicians and services are housed together under one roof in the Cancer Care Center. This makes it more convenient for patients, and easier for specialists to work as a team to coordinate patients' often complex courses of care.

The Cancer Care Center has also seen huge, life-saving advances in technology, said Y.S. Ram Rao, MD, Medical Director of the Cancer Program and Radiation Oncology. Dr. Rao was also among the group of physicians who developed the Cancer Care Center more than 20 years ago.

"Now we can pinpoint the tumor and deliver a higher dose of radiation, while avoiding surrounding healthy tissue and critical structures like the kidneys or spinal cord," he said. "In the past, sometimes doses were not high enough to kill the tumor but were as high as we could go because we couldn't risk damaging critical structures." Today, the Cancer Care Center offers some of the most current techniques and technology available worldwide. Recent advances include Tomotherapy, Trilogy, robotic surgery, 3D mammography and clinical trials, among others.

"Patients have noticed the many changes," said Dale Payne, RT (R)(T), Manager of Radiation Oncology. "They say 'the Center is beautiful and relaxing, everyone is so friendly and caring, and they take time to answer all your questions.' The environment we're delivering care in is so much better."

The Cancer Care Center has achieved the vision its founders had for it 20 years ago – and philanthropy has played a pivotal role, said Leigh Cornell, Vice President, Administration. "Because of the generosity of the community and their philanthropic efforts, we are who we are today. The fact that people give so generously speaks volumes."

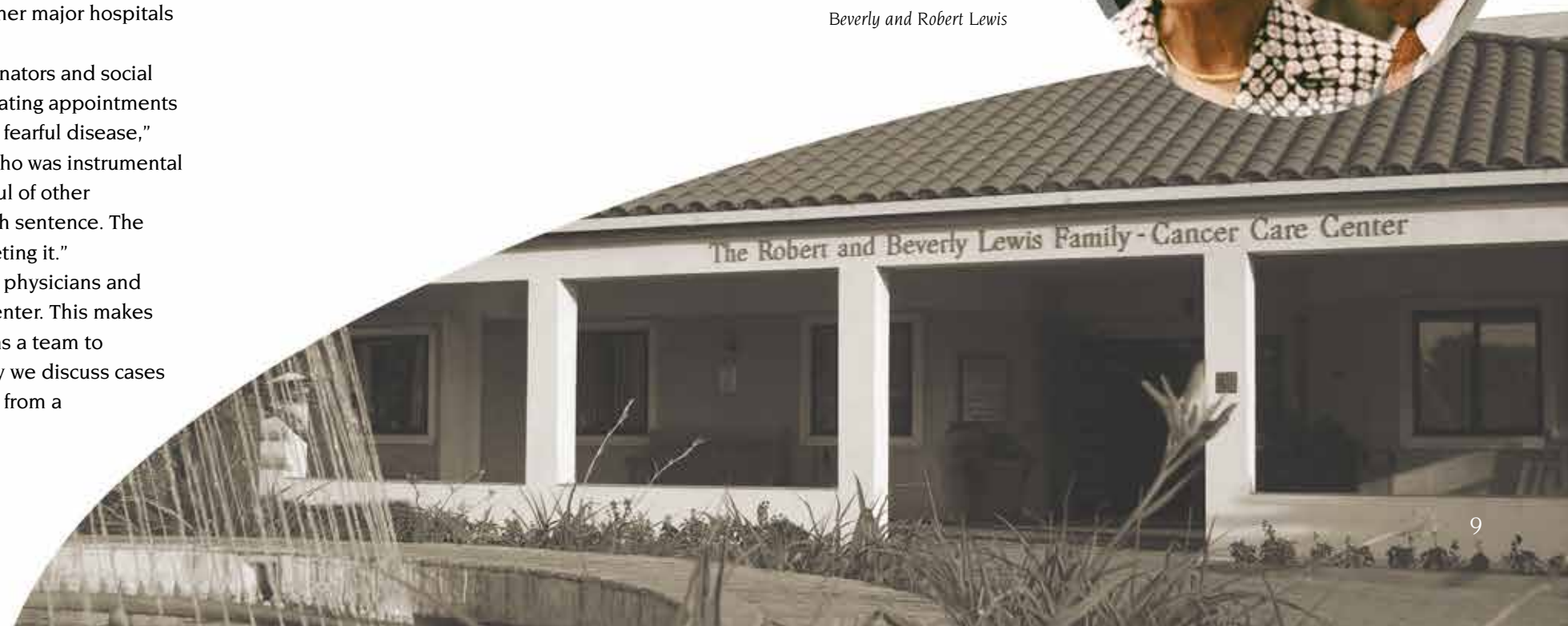
For more information on how you can help the Cancer Care Center keep pace with advancing technology and techniques, please contact PVHMC Foundation at 909.865.9139. ●



Martha Osborne, RN, OCN, Breast Navigator supporting a patient



Beverly and Robert Lewis



20

YEAR ANNIVERSARY CELEBRATION



Comedian and actress Fran Drescher, a cancer survivor, was the guest speaker at a very special brunch to celebrate the 20th anniversary of The Robert and Beverly Lewis Family Cancer Care Center.

Let's Do Brunch and Celebrate Together, held Saturday, October 12, 2013 at the Sheraton Fairplex Conference Center in Pomona, raised funds to benefit the Cancer Care Center's Endowment Fund, which now totals \$2.7 million. This fund provides education, wellness programs and other resources for those touched by cancer. More than 300 people attended this special 20th anniversary brunch, which was held in lieu of the annual fashion show and luncheon.

The event also honored the Lewis family for their generous gift that made the Cancer Care Center a reality. Pomona Valley Hospital Medical Center (PVHMC) President and CEO, Richard Yochum, presented Beverly Lewis, her son Jeff and his wife Marge with a large, framed photograph of Robert and Beverly Lewis and a plaque that now hangs in the Cancer Care Center to commemorate its 20th anniversary.

Drescher, who starred in the CBS television comedy *The Nanny*, spoke of her own battle with uterine cancer and of the non-profit organization she launched, Cancer Schmancer. Cancer Schmancer is committed to encouraging women to become informed medical consumers who learn cancer's early warning signs.

"It took me two years and eight doctors before finally being told I had a gynecologic cancer," she said. "I realized that what had happened to me happened to so many women like me."

To learn how you can help support The Robert and Beverly Lewis Family Cancer Care Center or the Endowment Fund, please contact the Foundation office at 909.865.9139. ●

Above: Beverly Lewis, Fran Drescher, Marge and Jeff Lewis

Former PVHMC Board Chairman Roger Ginsburg with his wife Gayle

A very SPECIAL BRUNCH

CANCER CARE

ART OF GIVING EVENT provides joy at Christmas

For seven years, the Claremont Club's annual Art of Giving casino night has raised much-needed funds for the Living Well After Cancer Program, which offers 12 weeks of no-cost personal training, nutrition education, yoga and other classes for patients treated at The Robert and Beverly Lewis Family Cancer Care Center.

This year, organizers wanted to do something different. Recognizing that the holidays could be a time of financial and emotional stress, especially for those fighting cancer, the Claremont Club used the \$20,000 raised at its Art of Giving event in July for a Christmas celebration.

"We invited cancer patients and their families to a wonderful dinner at the club and provided gifts for individuals and families who were struggling financially," explained Denise Johnson, Claremont Club Wellness Coordinator. Cancer Care Center Associates helped identify current and former cancer patients at the Hospital and throughout the community.

"It helped them feel good during the holiday season," said Pomona Valley Hospital Medical Center (PVHMC) Foundation's Director of Development, Glenda Ferguson. "Some families may not have had gifts this year otherwise, especially if a parent was still recovering from cancer and not yet working."

For more information on how you can help support the Living Well After Cancer Program, visit pvhmc.org or call PVHMC Foundation at 909.865.9139. This year's Art of Giving event will be held June 28, 2014 from 6 - 10 pm. To purchase tickets for the Art of Giving held at the Claremont Club, call 909.625.6791. ●



Participants of the Living Well After Cancer Program

LPGO GOLF TOURNAMENT RAISES \$30,000 FOR BREAST HEALTH FUND



Donna Pursell with her crew from Prestige Mold, Inc. in Rancho Cucamonga

Check presentation at the Cancer Care Center



The 14th annual Ladies Plastics Golf Organization (LPGO) annual golf tournament was once again a huge success, raising \$30,000 this year to benefit the Breast Health Fund at The Robert and Beverly Lewis Family Cancer Care Center at Pomona Valley Hospital Medical Center (PVHMC).

The tournament, held November 6, 2013 at the Coyote Hills Golf Course in Fullerton, featured former Dodgers and California Angels outfielder Jay Johnstone as guest speaker and auctioneer.

Since its inception in 1999, the LPGO event has raised almost \$300,000 for the Breast Health Fund. These vital donations are used to purchase wigs for women undergoing chemotherapy, assist low-income patients with biopsy test fees, and provide free educational videos and related materials for anyone touched by breast cancer.

The LPGO was founded in 1999 by Dolores "Dee" Lancia-Ketner, and six other women working in the plastics industry, to help raise funds for breast cancer awareness and programs at PVHMC. A year earlier Dee obtained materials and information from the Cancer Care Center to help her sister, who was diagnosed with cancer and living on the East Coast, get through her treatment process.

"The generosity of the Ladies Plastics Golf Organization has helped us to help others," said Martha Osborne, RN, Breast Navigator at the Cancer Care Center.

This year's Tournament will be held Wednesday, November 5, 2014. For more information on the LPGO Golf Tournament, please contact PVHMC Foundation at 909.865.9139 or email glenda.ferguson@pvhmc.org.

celebrating BREAST CANCER AWARENESS

At Pomona Valley Hospital Medical Center (PVHMC), breast cancer patients benefit from the extraordinary dedication of our community partners, who are committed to providing support in a wide variety of ways. Our partners' generous contributions to PVHMC's breast cancer programs have an immense impact on the lives of patients and their families every day.



LONGABERGER TEA | RAISED \$8,793
Priscilla Duckworth, independent Longaberger consultant and a lead committee member, presents pink roses to breast cancer survivors.



TATTOOS FOR THE CURE | RAISED \$3,275
Newly diagnosed with breast cancer, Alice Alexandre gets a tattoo at the Ink'd Chronicles Fundraiser held in downtown Pomona.



CYN IN THE CITY, held at the BRIGHTON COLLECTIBLES STORE at THE SHOPPES IN CHINO HILLS | RAISED \$2,226
Cynthia Moran, Chino Hills City Council Woman and Cyn in the City Founder; Lynda Flathers, PVHMC Outreach Coordinator; Tracy Ziegler, Assistant Store Manager of Brighton Collectibles; Martha Osborne, RN, Breast Navigator; Becky Ruiz, Store Manager of Brighton Collectibles; James Dale, VP of Development; and Robert Jacoby, PVHMC Director of Radiology, at the Breast Cancer Awareness fundraiser.

Since the Breast Health Fund was established, over \$635,000 has been donated by individuals and community groups. Thanks for your support!

celebrating BREAST CANCER AWARENESS

SO CAL TRIBE CAR CLUB

So Cal Tribe Car Club donated \$3,500 from its 3rd Anniversary and Christmas Party to our Breast Health Fund.



INLAND VALLEY GOLF TOURNAMENT

Inland Valley Amateur Golf Championship donated \$950 from its fall tournament to benefit our Breast Health Program.



POWER OF PINK

Michele Daly, Co-Event Coordinator; Martha Osborne, RN, Breast Navigator; and Joan Bunte, Co-Event Coordinator and owner of Stamp Your Heart Out in Claremont at the Power of Pink event which raised \$4,090.

BETH BROOKS DONATION

PVHMC Foundation board members Michael Gregoryk and Rosanne Bader graciously accept a generous donation to The Robert and Beverly Lewis Family Cancer Care Center from community leader, cancer survivor and grateful patient Beth Brooks, with her children Mary Brooks and Jason Brooks.

YOUR ESTATE PLAN *can create a healthy future for Pomona*

WRITING A WILL OR CREATING A LIVING TRUST IS HARD TO DO. IT'S NO WONDER THAT ONLY AN ESTIMATED 55 PERCENT OF ALL AMERICANS ACTUALLY HAVE AN ESTATE PLAN IN PLACE.

If you don't have your own plan set up, here's one way to get motivated. Do you want the state of California to make your estate decisions for you? That's what happens if you don't create a will or living trust document. Do you need something else to get you motivated? Think about creating a legacy for the future, which influences how you'll be remembered.

Through the estate planning process, you can make sure your heirs will get what you want them to have. If you have young children, you can determine who will care for them if you can't. You can also do wonderful things for the causes and charities that are important to you.

Pomona Valley Hospital Medical Center (PVHMC)

Foundation has benefitted from many thoughtful estate gifts. Donors have left real estate, retirement plan assets and cash to the Foundation through their estate plans. These gifts continue to provide for our community's health, long after donors have passed on.

PVHMC Foundation has a program to recognize donors while they are still with us. The *Circle of Friends* recognizes donors who have remembered the Hospital with a bequest or a planned gift. It's an excellent program for donors and for the Hospital's strong future.

Creating your legacy starts with thinking about what is important to you and your loved ones. Take time to meet with an attorney, who will put your wishes into the appropriate legal language. Once you've done it, you'll sleep better knowing your loved ones are protected.

If you'd like more information about becoming a member of the *Circle of Friends*, please contact Jim Dale, Vice President of Development at 909.469.9408. (james.dale@pvhmc.org). ●

A DONOR'S *inspiration*

When Enza Boucher fell off a cliff while hiking in 2002 and broke her leg and ankle, she was rushed to Pomona Valley Hospital Medical Center (PVHMC). The amazing care she received kept her from losing her foot. Enza was so impressed by the skill and compassion of her Physicians and Nurses that when she retired in 2008, she became a PVHMC Volunteer. Three years later she also joined the Board of the PVHMC Auxiliary. Now Enza has decided to give back even more, by naming PVHMC in her will.

"It's a terrific hospital," Enza said. "It has such quality Doctors and caring Nurses, and [President/CEO] Rich Yochum is such a compassionate leader. He cares a great deal about the patients and the Associates and he absolutely adores the Volunteers. They do wonderful things there. Where else would you put your money?" ●

Enza Boucher



DO YOU HAVE a Guardian Angel?

To many patients and families, Pomona Valley Hospital Medical Center (PVHMC) Associates, Physicians and Volunteers are “guardian angels” because of the extraordinary and compassionate care and support they provide. Often patients and families will ask how they can say thank you. One way to honor someone for providing exceptional healthcare is by making a charitable donation to PVHMC Foundation in the their name, through our Guardian Angel program.

Designated Guardian Angels are recognized with a presentation in their department, a commemorative certificate, a letter from our President/CEO and a Guardian Angel lapel pin and badge holder.

To honor your Guardian Angel, use the attached envelope or visit pvhmc.org and click on “Giving and Support” and then “Online Giving.” All donations go directly to supporting the Hospital. ●

L to R: Patient Kathy Roche with her Guardian Angel Martyr Kunishima, P.T. and Glenda Ferguson, Director of Development



Guardian Angel presentation during Doctor's Day Celebration. L to R: James Dale, VP of Development; Paul Reisch, MD, Medical Staff President; Jayapal Reddy, MD; Michael Deanda, MD; Jane Goodfellow, PVHMC Board Chairman; and Gurbinder Sadana, MD



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 Estate of Mr. Karl Swindt
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 Ink'd Chronicles - Terry Dipple
 Dr. and Mrs. Shahid Kamran
 Mr. and Mrs. Gary Keasler
 Mrs. Betsy Kinder
 Dr. and Mrs. Michael Klein
 Dr. and Mrs. Keith T. Kusunis
 Ladies Plastics Golf Organization : Dee Lancia-Ketner
 Mr. and Mrs. James R. Laird
 Mr. and Mrs. Jerald B. Laird
 Mr. Rodney Lehman
 Mrs. Beverly J. Lewis
 Mr. and Mrs. Jeffrey B. Lewis
 Ms. Aileen G. Lima
 Mr. and Mrs. Charles M. Magistro
 Mr. and Mrs. Charles R. Magnusson
 Mr. and Mrs. Ken Mak
 Mr. and Mrs. Kevin McCarthy
 Mr. and Mrs. William C. McCollum
 Mrs. Claire E. McQuillan
 Mrs. Therla Jean Meisch
 Merchants Landscaping, Inc.
 Dr. James H. Meriwether, Jr.
 Mr. and Mrs. Stephen C. Morgan
 Dr. and Mrs. John Mourani
 Dr. and Mrs. Kenneth K. Nakamoto
 Mr. and Mrs. Michael A. G. Nelson
 Dr. and Mrs. Dennis H. Nicholson
 Mr. and Mrs. Michael N. Normand
 The Honorable and Mrs. Thomas Nuss
 Mr. and Mrs. Neil O'Dwyer
 Dr. and Mrs. Paul D. Orr
 Mr. and Mrs. Michael Ortiz
 Mrs. Martha J. Osborne, RN
 Mrs. Jan Paulson, RN
 Mr. Brian Pewe
 Mr. and Mrs. Keith E. Pewe
 Dr. Elmer B. Pineda, Jr.
 Mr. John F. Piper
 PVHMC Auxiliary
 PVHMC Federal Credit Union
 Dr. and Mrs. Yallapragada S. Rao
 Mr. Mike and Mrs. Shellee Reese
 Mrs. Sandra J. Reilly
 Dr. and Mrs. Paul Reisch
 Dr. M. Hellen Rodriguez, M.D.
 Royalty Nephrology Medical Group, Inc.
 Dr. and Mrs. Gurbinder S. Sadana
 San Gabriel Valley Perinatal Medical Group, Inc.
 Mr. Michael and Mrs. Darlene Scaffidi
 Schaefer Ambulance Service, Inc.
 Dr. Rakesh Sinha
 Mr. and Mrs. Tony Spano
 Mr. and Mrs. Jack Stark
 Mr. and Mrs. William R. Stead
 Mrs. Katrina Summers-Dixon
 Mr. and Mrs. Ernest N. Taylor
 Mr. Bernard Tecotzky
 Miss Julie A. Terveer
 The Claremont Club
 The Robert and Beverly Lewis Family Foundation
 Mr. and Mrs. John R. Todd
 Mr. and Mrs. John W. Todd
 Dr. and Mrs. William L. Toothaker
 Mrs. Verona E. Weeks
 Mr. and Mrs. William W. Woo
 Mr. and Mrs. Richard E. Yochum

“PLEASE
JUST KEEP
BREATHING”

*NICU's Lifesaving Care
Inspires Generous Gift
from Grateful Grandfather*



*Nathan and Katy Swift with
their miracle daughter, Kinley*

M

alcolm Swift was thrilled when his son Nathan and daughter-in-law Katy told him he was going to be a grandfather for the first time. Then, when tiny Kinley Claire was born three months early, he was terrified – how could someone so small survive?

But Kinley – her name means “fair-haired warrior” in Gaelic – did survive, and thrive, thanks to the dedication and expertise of the caregivers in the Pomona Valley Hospital Medical Center (PVHMC) Neonatal Intensive Care Unit (NICU). The wonderful, supportive care Malcom not only observed but personally experienced during Kinley’s 70 days in the NICU inspired him to make a generous gift to support the unit and its amazing Physicians and Associates.

“I saw how devoted they were to the welfare of these tiny, helpless preemies and their families, how much they made us feel comfortable and how obviously dedicated they were,” Malcom said. “These people were doing wonderful things, not just for my granddaughter but for every baby in there. I felt that was something that should be supported.”

Katy’s pregnancy had seemed to be progressing normally despite her ongoing morning sickness. Retired, Malcom often visited Katy during the day to help out. On November 6, 2013, she sent him to the grocery store and, when he came back, he knew something was wrong.

“Katy had a terrible look on her face and said ‘I’m very sick, we need to go to the hospital,’” he said. “We got in the car and headed to Pomona Valley Hospital.” Later that night Malcom got a call from his son; Katy had a life-threatening condition called preeclampsia and the baby was being delivered by emergency C-section. The only cure for preeclampsia, in which pregnant women experience a rapid rise in blood pressure that can lead to seizures, stroke, organ failure or death, is delivery of the baby.

“When I first saw Kinley she was in her isolette, wrapped up with a ventilator all around her head, wires and tubes stuck into her body and monitors plastered all over her,” Malcom said. “I can’t think of anything more difficult than looking at that tiny one-and-a-half pound little girl and thinking ‘please just keep breathing.’”

Katy spent the next five days in PVHMC’s Intensive Care Unit. Today, Kinley is home and both mother and baby are doing well. “It’s a miracle story because now we have this 8-pound plus little girl who’s bright-eyed and curious and smiling,” Malcom said. “These people saved my granddaughter’s life, they saved my daughter-in-law’s life, and they did it in a way that was wonderful.”

Malcom visited Kinley in the NICU every day. “This is a place staffed by an amazingly competent and caring group of professionals,” he said. “Not only are they on top of everything medically, they also understand how to make you as a parent, or in my case a grandparent, comfortable. They talk to you in a way that makes you feel better and they give you the information you need to cope. They’re doing wonderful things and that deserves our help.”

Your gift can also help support the NICU’s life-giving care; for more information please call PVHMC Foundation at 909.865.9139. ●

a

fter years of staff education and the completion of a rigorous on-site survey, Pomona Valley Hospital Medical Center (PVHMC) has earned the prestigious international "Baby Friendly" designation from the World Health Organization (WHO) and the United Nations Children's Fund (UNICEF). We are one of only 175 hospitals in the United States, and the largest hospital in California, to achieve this goal for giving babies the best start in life.

The "Baby Friendly" designation is awarded only to hospitals that demonstrate an optimal level of care by meeting strict standards for breastfeeding, breastfeeding education and support for mothers. WHO and UNICEF recommend that babies be breastfed exclusively for the first six months of life, because they're less likely to die from diarrhea, pneumonia, Sudden Infant Death Syndrome (SIDS) and other childhood illnesses. They're also less likely to suffer from asthma or respiratory and ear infections. Adults who were breastfed as babies are less likely to be overweight or suffer from type-2 diabetes. Breastfeeding reduces mothers' risks of breast and ovarian cancer later in life, helps them return to their pre-pregnancy weight faster and lowers rates of obesity.

PVHMC was supported in its efforts by two grants from First 5 LA, totaling \$590,000, that funded 21 hours of education for 400 PVHMC nurses and three hours of online education for all pediatric, OB/GYN and family practice physicians on staff.

"Being Baby Friendly ensures that we provide the gold standard of care," said Susan Miller, RN, Manager of Women's Services at PVHMC. "We are honored to join the ranks of prestigious Baby-Friendly hospitals around the world."

For more information on the Baby Friendly Hospital designation visit unicef.org/programme/breastfeeding/baby.htm. ●

PVHMC
baby friendly

mANY WOMEN JUGGLE FAMILY, WORK AND A HOST OF OTHER COMMITMENTS. Pomona Valley Hospital Medical Center (PVHMC) gave them time to relax, shop and feel good about themselves while learning more about their health at *A Day Just for Women* on Friday, November 8, 2013.

More than 400 women participated in this day-long conference at the Sheraton Fairplex Conference Center in Pomona. They learned about health trends, received screenings, were inspired by speakers, indulged in a day spa and enjoyed the company of other women. They were also treated to a healthy continental breakfast and sit-down lunch, and throughout the day browsed vendor booths. Each woman also received a gift bag.

A highlight for many was a presentation by Dr. Jennifer Berman, co-host of the Emmy Award winning talk show, *The Doctors*, and a practicing urologist specializing in women. Dr. Berman spoke on "Optimizing Sexual Health in the 21st Century; What's New, What's Hot and What's Not." Yen Ingrid Lai, MD, a specialist in family practice and integrative medicine at PVHMC, spoke on how women can restore and renew themselves. Cecilia Silva, an exercise physiologist at the Stead Heart & Wellness Center, talked about how diet and exercise can help women feel their best. The final presentation of the day was "It's All About YOU!" by Lola Gillebaard, a motivational speaker who uses humor to inspire, teach and entertain.

"It was a day to celebrate women," said Jane Goodfellow, Chair of the PVHMC Board of Directors, who made opening remarks at the event. "Women face so many stresses and challenges and forget to take time for themselves."

Susan Miller, RN, Manager of Women's Services at PVHMC, said the conference will now be an annual event, with the next one planned for 2015.

For more information on upcoming PVHMC events and classes, visit us on Facebook, go to our website, or contact Family Education and Resources at PVHMC at 909.865.9858. ●



Dr. Jennifer Berman
co-host of the Emmy Award winning
talk show, *The Doctors*



Dr. Yen Ingrid Lai
a specialist in family practice and
integrative medicine at PVHMC



Lynn Richey and
Jan Paulson

conference celebrates a day —
just for women



Conference Committee



Betty DesCombes and
Anne Doyle

The Holiday Homes Tour, now in its 52nd year, had an exciting new addition in 2013 – classic cars! Each of the four unique homes, which were beautifully decorated for the holidays and graciously opened to the public, displayed two to four vintage vehicles, thanks to classic car owners throughout the community.

The cars were a wonderful addition to the Tour, said Stacy Mittelstaedt, Director of Volunteer Services for Pomona Valley Hospital Medical Center (PVHMC). “We noticed a definite increase in attendance, particularly among men.”

The Tour, which is the largest annual fundraiser for the PVHMC Auxiliary, raised more than \$22,000 to benefit the Auxiliary’s Sick Baby and Hospital Assistance Fund. The Fund helps pay Hospital expenses for families in need and fulfills requests for equipment and educational supplies for several Hospital departments, including Pediatrics and the Neonatal Intensive Care Unit.

To make a donation to the Sick Baby and Hospital Assistance Fund, go to pvhmc.org or call the Auxiliary office at 909.865.9669. ●

CLASSIC CARS *add* SPARKLE to Annual Holiday Homes Tour

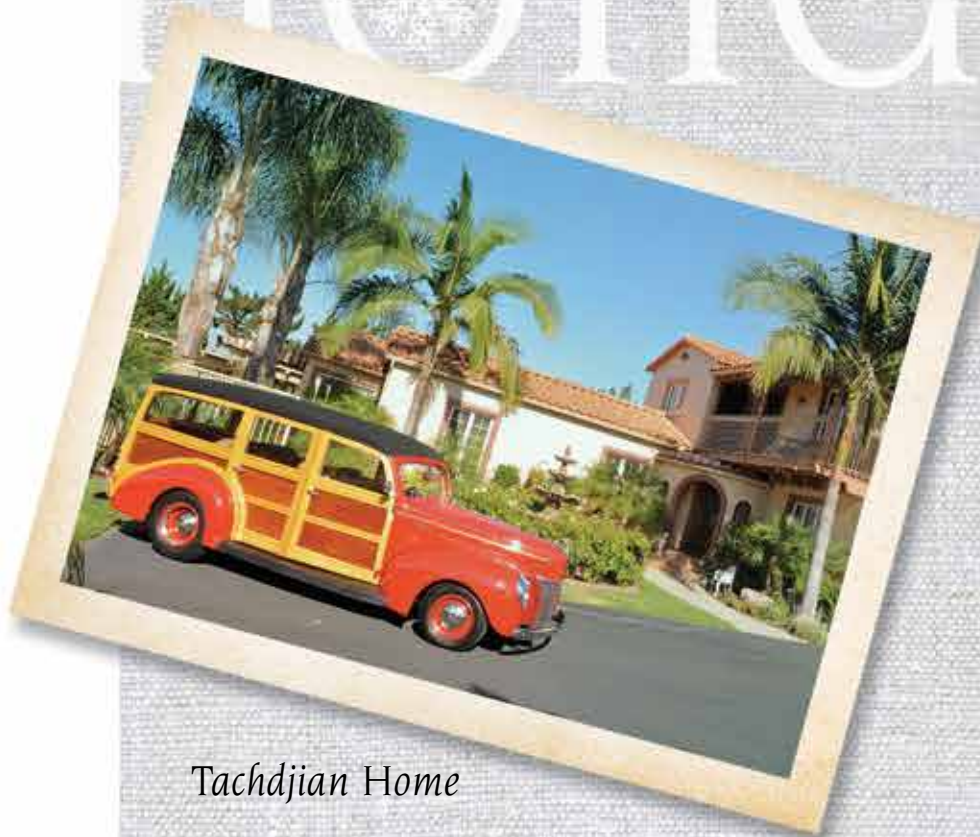
holiday homes



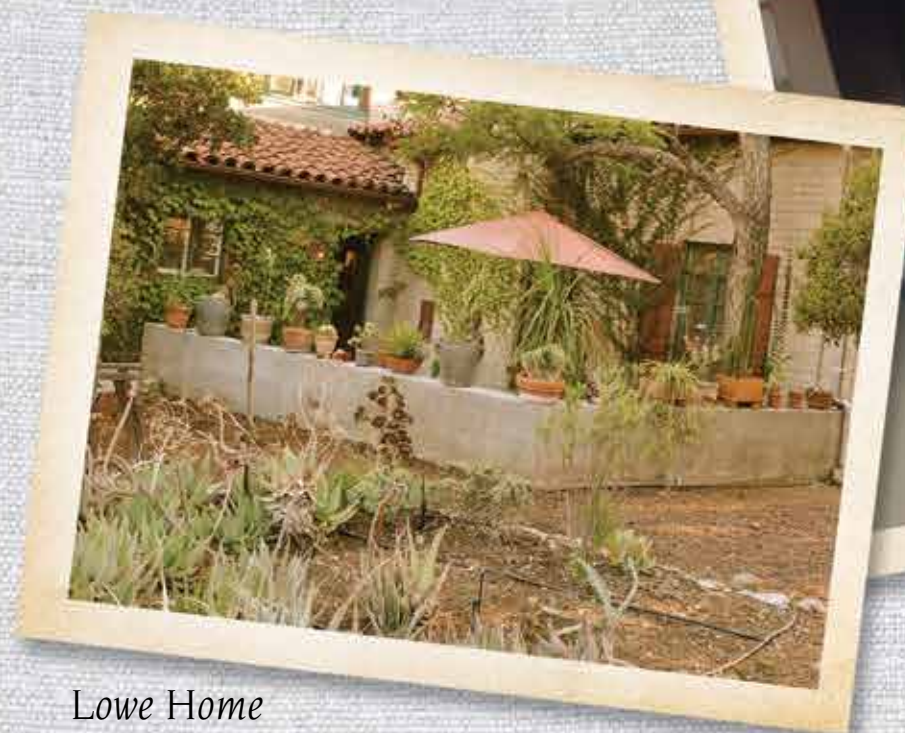
Shaner Home



Johannsen Home



Tachdjian Home



Lowe Home



Fundraising Baskets



L to R: Debbie Cannon, AFP Board Member; Nancy Zunde; and Gina Johnson, AFP Inland Empire President

**PVHMC
VOLUNTEER
HONORED**
*during
National
Philanthropy
Day*

Longtime Pomona Valley Hospital Medical Center (PVHMC) Volunteer, Nancy Zunde was honored as Volunteer of the Year by the Association of Fundraising Professionals (AFP) Inland Empire Chapter at a luncheon celebrating National Philanthropy Day on Thursday, November 21, 2013.

Each year, National Philanthropy Day honors the contributions philanthropy makes in our lives and recognizes businesses, groups and individuals for their philanthropic efforts.

"This is the first time a PVHMC nominee has won," said Glenda Ferguson, PVHMC Director of Development, AFP Inland Empire Chapter board member and Chair of the local National Philanthropy Day celebration. "It was very special to see Nancy recognized for making a difference at PVHMC."

"It was definitely an honor," said Nancy, who received a beautiful blue crystal plaque at the luncheon, which was held at the Ontario Airport Hotel in Ontario. "Pomona Valley Hospital Medical Center has a special place in my heart."

Nancy has been a PVHMC volunteer since 2000. She served on the Auxiliary Board of Directors for several years and as its President in 2005-2006. For the past seven years she has chaired the Holiday Homes Tour, the Auxiliary's biggest fundraiser. She has also served as a Volunteer Chaplain, driven the patient shuttle, worked in the surgery waiting room and assisted in the Volunteer Department office, where she still lends a hand.

For information on how you can support PVHMC as a Volunteer, click on "general information" at pvhmc.org or call the Auxiliary office at 909.865.9669. ●

HOSPITAL ACTIVITIES

One of Pomona Valley Hospital Medical Center's greatest strengths is the support of its community. These activities, and many like them, demonstrate the shared commitment that lies at the heart of our mission of caring.

1. CHEF HENRY, OWNER OF SPAGGI'S RESTAURANT IN UPLAND

This lovely evening with a Paris theme featured Chef Henry demonstrating how to cook a heart-healthy, delicious meal.

2. TREE LIGHTING

On December 4, 2013, we held our annual Tree Lighting ceremony, which gave community members the opportunity to receive a picture of their children with Santa.

3. GIRL SCOUT DONATION OF BOOKS

Local Girl Scout Troup 3274 (Pomona) donated books to our Pomona Valley Health Center for the "Reach Out & Read" Program.

4. GROUND BREAKING

On November 26, 2013, the groundbreaking ceremony for The Robert and Beverly Lewis Outpatient Pavilion included Jane Goodfellow, Chairman of the PVHMC Board of Directors; Richard E. Yochum, FACHE, PVHMC President/CEO; Sonja Stump, PVHMC Auxiliary Board President; Beverly Lewis; Dr. M. Hellen Rodriguez, PVHMC Foundation Board Chairman; Marge Lewis; and Jeff Lewis.

5. DECEMBER 2013 HOLIDAY 5K AND HALF MARATHON

Among the participants were Dr. Dwayne Styles and Edilfredo Mendoza, who has recovered from the heart attack he had while crossing the finish line at last year's half marathon. Dr. Styles and Joe Baumgaertner, Director of Physical Therapy, performed CPR on Mr. Mendoza at last year's event and Mendoza was transferred to PVHMC for treatment and recovery.



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 0 – 18 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)

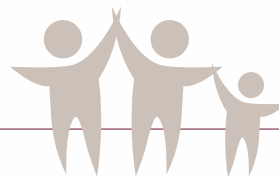
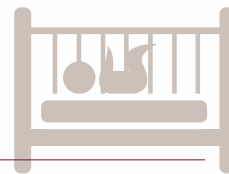
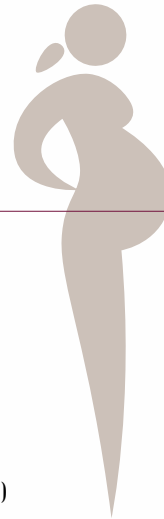
Safe Sitter Class (two-day class). Call for date and time.

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)

T'ai Chi (first and second Tuesday, 10:00 am)

Integrated Wellness Arts (every Wednesday, 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

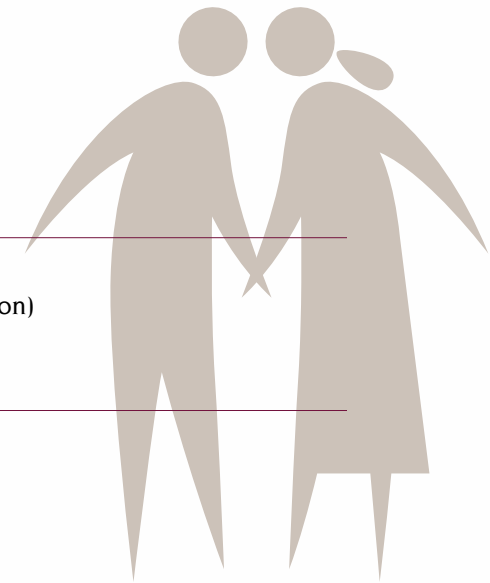
Risk Reduction Class (every Tuesday, 11:30 am – 12:30 pm. Lunch provided)

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.

Life After Stroke – New Beginnings (every second and fourth Thursday of the month, 11 – 11:30 am). Held at Pomona Valley Health Center in Claremont. For more information call 909.865.9823.

Orthopedics

Total Joint Preparation 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.





A passion for healing. A love of giving.

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MAKING PROGRESS ON OUR MASTER PLAN

INTRODUCING OUR **NEW** HOSPITAL ENTRANCE

