

healthcares

Pomona Valley Hospital Medical Center Foundation



WINNING!

3D DIGITAL MAMMOGRAPHY

SAVE *the* DATE

HEARTBEAT GALA

Benefiting the Stead Heart & Vascular Center Endowment Fund

Saturday, February 27, 2016 | 6:00 pm – 11:00 pm

Doubletree Hotel, Ontario | \$225 per person

POWER OF RED

Tuesday, April 5, 2016 | 5:30 pm – 8:00 pm

Fairplex Conference Center | \$60 per person | \$100 Power of Red membership (Dinner included)

WINE TASTING

Benefiting the Neonatal Intensive Care and Pediatric Funds

Friday, May 6, 2016 | 6:00 pm – 11:00 pm

Fairplex Conference Center | \$125 per person



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Featured on the cover:
Denise Nelson
Cancer Care Center Patient



3D DIGITAL MAMMOGRAPHY: WHEN FINDING CANCER IS GOOD

W

hen is finding more breast cancer a good thing? “When it means finding more cancers earlier and giving women a better chance of beating the disease,” said Paul Reisch, MD, Medical Director of the Breast Health Program at Pomona Valley Hospital Medical Center’s (PVHMC) Robert and Beverly Lewis Family Cancer Care Center.

PVHMC is the only Hospital in the area to offer every woman 3D Tomosynthesis technology for screening mammograms. “Since PVHMC implemented all-digital, 3D Tomosynthesis mammographies in 2012, our breast cancer detection rate has increased by about 15 percent,” said Dr. Reisch. “What’s more, 30-40 percent fewer women are being called back for follow-up screenings because of fewer false positives.”

3D mammography is the most accurate breast imaging technology available, and it may be particularly beneficial for women with dense breast tissue. Women with dense breasts have a slightly higher risk of breast cancer and their cancer can be harder to spot. “3D mammograms are more effective than traditional 2D mammograms at finding cancer in dense breast tissue,” Dr. Reisch said.

The switch to 3D mammograms at PVHMC was made possible completely through philanthropy, including generous donations by the Henry L. Guenther Foundation of Los Angeles and PVHMC Foundation Board Member Beverly Lewis, among others.



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“I know Bob would be very proud, as I am, that Pomona Valley Hospital Medical Center continues to provide new, lifesaving cancer care and technology to our community,” said Beverly, who with her late husband Robert Lewis, has been a major Hospital benefactor for many years. In addition to The Robert and Beverly Lewis Family Cancer Care Center, their name distinguishes the new Robert and Beverly Lewis Outpatient Pavilion.

Each October (National Breast Cancer Awareness Month), the Hospital offers \$50 3D mammograms to women without insurance or with high insurance deductibles.

“It’s one more way we are working to serve our community,” said Dr. Reisch. ●

To learn more about PVHMC breast cancer services, visit pvhmc.org. To make a gift to the Breast Health Fund, please use the enclosed envelope or contact Glenda Ferguson at 909.865.9659, glenda.ferguson@pvhmc.org or James Dale at 909.469.9408, james.dale@pvhmc.org.

“ I know Bob would be very proud, as I am, that Pomona Valley Hospital Medical Center continues to provide new, lifesaving cancer care and technology to our community. ”

— BEVERLY LEWIS





A LIFE SAVED

When Denise Nelson discovered a lump in her right breast, she immediately called her

mother, a three-time cancer survivor who received her treatments at The Robert and Beverly Lewis Family Cancer Care Center at Pomona Valley Hospital Medical Center.

Denise's mother told her to call the Breast Nurse Navigator at the Cancer Care Center. She helped Denise's mother during her treatments in 2000 and guides other patients and their families through their cancer journeys. She assisted in scheduling Denise for a 3D Tomosynthesis digital mammogram, the most accurate breast cancer screening available.

The 3D mammogram, followed by an MRI and an MRI-guided biopsy, confirmed that the lump in Denise's right breast was cancerous. The advanced screening technology also revealed cancer in her left breast.

The Breast Nurse Navigator immediately went into action, coordinating all of Denise's appointments. Denise underwent chemotherapy and TomoTherapy, ultra-precise radiation that targeted her tumors while preserving healthy, surrounding tissue.

Today, Denise is participating in the Living Well After Cancer program at The Claremont Club while enjoying tennis, wakeboarding and other activities with her family. Her experience with cancer has given her a profound appreciation for everything in life, and she plans to volunteer at The Robert and Beverly Lewis Family Cancer Care Center in the future.

"Every step of the way, there was someone there with a kind word just when I needed it," Denise says of her cancer experience.

"Everyone was exceptional. We're fortunate to have this comprehensive Cancer Care Center in Pomona." ●

To make a gift to The Robert and Beverly Lewis Family Cancer Care Center Endowment please use the attached envelope, or call PVHMC Foundation at 909.865.9139.



When Pomona Valley Hospital Medical Center (PVHMC) becomes Los Angeles County's newest trauma center next fall, it will bring a higher level of care to the entire Eastern L.A. County region.

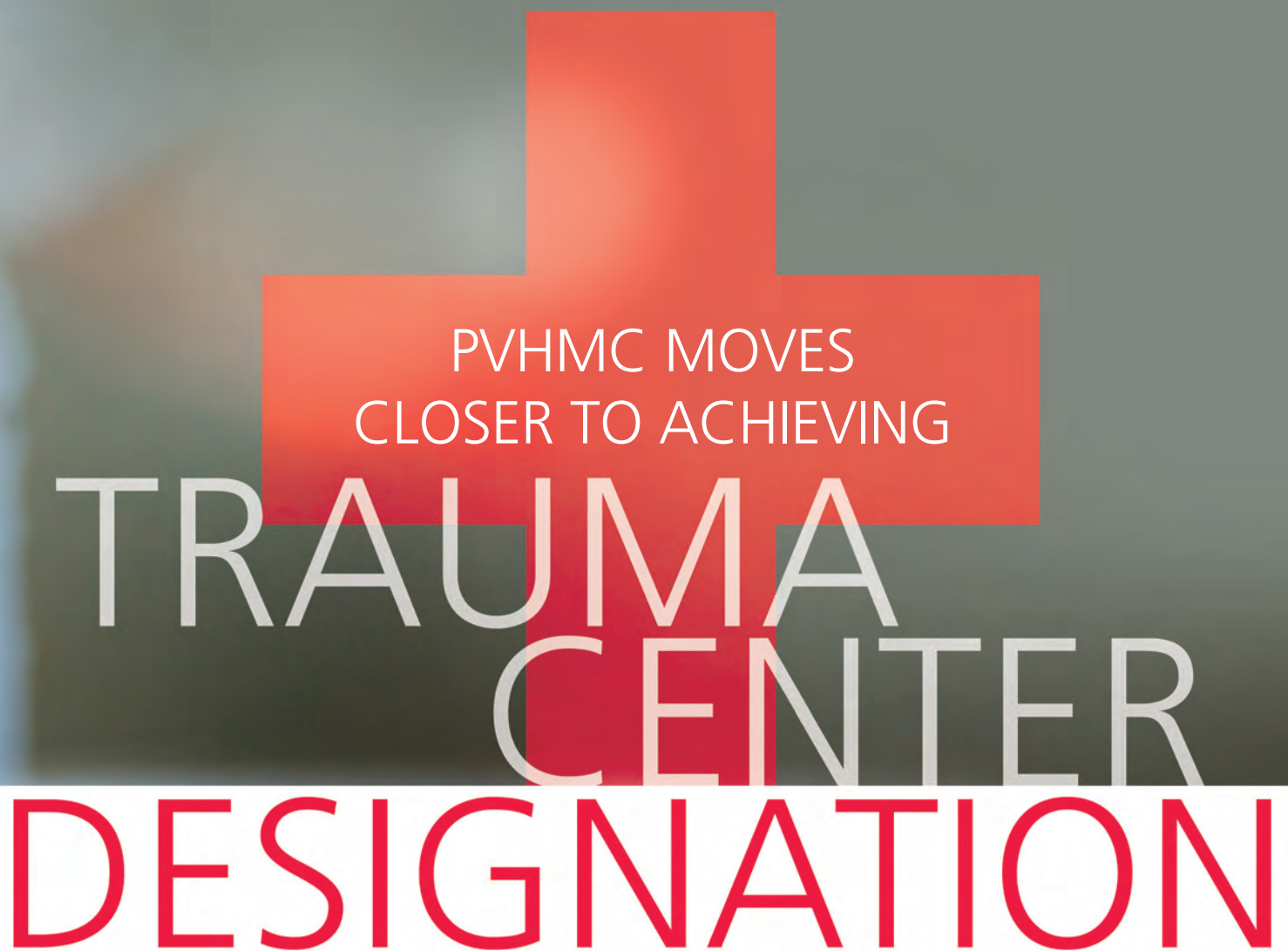
The L.A. County Board of Supervisors voted July 7, 2015, to begin the process of adding PVHMC to the county's trauma network. This will allow the Hospital to provide desperately needed, life-saving treatment to victims of major accidents and trauma incidents.

Currently, more than 1,200 trauma patients in Eastern L.A. County each year are rushed by helicopter or

ambulance more than 25 miles away to L.A. County – USC Medical Center, Huntington Memorial Hospital in Pasadena, or the University of California, Irvine Medical Center.

“Every moment between the time of the injury and when care is started is critical to the patient's survival,” said Chris Aldworth, Vice President of Planning at PVHMC.

The Hospital is preparing itself for a Level II Trauma Center designation by expanding the Emergency Department by adding 22 beds, building a parking structure with a helipad, upgrading equipment with state-of-the-art technologies and adding a 12-bed Intensive Care Unit. It is also training nurses and



PVHMC MOVES
CLOSER TO ACHIEVING

TRAUMA
CENTER

DESIGNATION

ancillary staff, recruiting for specialized positions, and partnering with a local surgical group that will provide round-the-clock surgical staffing for the trauma center.

“Associates and the Community are very excited,” Chris said. “A lot of people feel a trauma center has been long-needed here.”

PVHMC was among 23 hospitals that were in the county’s trauma care system in the 1980s, until budget cuts reduced the number of hospitals to 14.

“We’re delighted to re-enter the network,” said PVHMC President/CEO Richard E. Yochum, FACHE.

“Our Hospital’s trauma center designation will provide our community with close, timely access to vital healthcare.”

The next step for PVHMC is a site survey, scheduled for late summer of 2016, by the American College of Surgeons (ACS). ACS provides the actual trauma center designation. Following a successful ACS survey, the Hospital will continue to work with L.A. County to complete the designation process.

“At PVHMC, our top priority is to protect public health,” Rich said. “We look forward to working with the county and ACS to rejoin the trauma network.” ●

To learn more about the PVHMC Trauma Center designation, visit pvhmc.org.

TRAUMA CENTER PRESS CONFERENCE

On July 10, 2015, Pomona Valley Hospital Medical Center (PVHMC) President/CEO Richard E. Yochum, FACHE, and Los Angeles County First-District Supervisor Hilda Solis signed a contract that designates PVHMC as the county's newest trauma center.

The signing ceremony at the Hospital, attended by dignitaries and the news media, is the first step in bringing PVHMC back into the county's trauma network after a 30-year absence.

"The opening of a revamped trauma center that serves the residents in eastern Los Angeles County is an important and significant step," said Supervisor Solis. "All county residents should be afforded medical attention when suffering a medical trauma."

Under the agreement, the county will provide \$4.4 million to help cover costs associated with becoming a trauma center and to help ensure that a series of projects are completed, before the county can begin directing ambulances with trauma patients to the Hospital next fall. ●



A STORY OF HOPE + INSPIRATION

Every mother's worst nightmare became reality for Taylor Thomas on August 18, 2015. But thanks to the quick and caring response of neighbors, paramedics and Pomona Valley Hospital Medical Center (PVHMC), this story has a happy ending.

It all began when Taylor's son Logan, who turned two in June, was watching television in the family room. Taylor, who was paying bills in an adjoining room, grew suspicious when the family room grew quiet. When she checked on Logan, the family room was empty. The sliding doors to the patio were closed but Taylor went out anyway – and found Logan floating face down in the swimming pool.

Taylor jumped in fully clothed and pulled Logan out. He was blue and not breathing. Panicked, Taylor tried calling 9-1-1 but the phone slipped out of her wet hand. She tried to do CPR on Logan, but all she knew was what she had seen on television, and she realized immediately that she needed help. She scooped up Logan's limp body and ran to pound on a neighbor's door.

The neighbor ran to summon a nurse who lived across the street, while his son began CPR on Logan and his wife dialed 9-1-1. The nurse took over the CPR until police and paramedics arrived. Just before loading Logan into the ambulance, they found a weak pulse.

Logan coming back to visit the Emergency Department staff that took care of him.

(continued on page 11)

CHAIRPERSON'S *message*

Recently, my parents were involved in a car accident, and my mother ended up in the intensive care unit of a trauma center about 400 miles away from home. I felt very blessed that this hospital had state of the art equipment and care teams. I was grateful not only to the wonderful doctors and nurses that took excellent care of my mother, but to the whole community that supported the Hospital and made sure it was able to provide leading edge care.

Life is unpredictable. On any given day, one of us, a member of our family, a friend or a total stranger will need care at Pomona Valley Hospital Medical Center (PVHMC). We want to make sure the care they receive is the best available anywhere. That is a very good reason to support our Hospital through our gifts. We want to make sure that everyone who puts their faith in our Hospital – including ourselves and our families – will indeed get the best care available.

PVHMC is exceptional in many ways, not the least of which is its partnership with the community. Generous donations from many individuals, businesses and organizations help support the care we provide and enable us to care for patients with the best technology available. There are many ways to give to the Hospital. One of my favorites is through our Guardian Angel program. When someone at the Hospital – and it does not have to be a Doctor or Nurse, it can be anyone, including a Volunteer – has done something special, you can honor them with a donation to PVHMC Foundation in their name. In my experience, there are many Guardian Angels at PVHMC. Let us recognize them with our donations while supporting our Hospital and ensuring that those who enter its doors will always receive the best care available. ●

For more information on the Guardian Angel program or other philanthropic opportunities, please contact PVHMC Foundation at 909.865.9139.



Dr. M. Hellen Rodriguez



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Logan was rushed under police escort to the PVHMC Emergency Department, where a team was waiting to swing into action the moment he arrived. Meanwhile, Emergency Department Case Manager Shaheen Bosley, RN found a blanket and dry clothes for Taylor, who was still sopping wet and shivering.

"I didn't even notice I was wet and cold," Taylor said later. "I was only focused on Logan. I thought my world was over."

Taylor's grandparents, who are extremely close to Logan, arrived quickly, as did PVHMC Chaplain Frank Munoz. Frank calmed and soothed the family, while Shaheen translated the medical team's efforts as they worked on Logan.

"I was about eight feet away but I couldn't see Logan because there were so many people around him," Taylor said. "I could hear the team calling out medical terms. Shaheen explained what everything meant and told me exactly what was happening with Logan. It went a long way toward keeping me calm."

"They were incredibly fast and confident," Taylor's grandfather, George Cuttress, said of the Emergency Department team. "We knew they were doing everything they could and that Logan was in good hands."

The Emergency Department team stabilized Logan and quickly arranged transport to Loma Linda University Children's Hospital, which has a pediatrics intensive care unit (PVHMC has Neonatal Intensive Care and a Pediatrics unit, but not pediatrics intensive care).

Miraculously, two and a half days later, Logan was weaned off the respirator – and whispered to his mother to hold him. Three days after that, Logan came home. Today he is completely back to normal, amazingly with no signs of any disability from his terrifying ordeal.

"There's no doubt in my mind that if it weren't for the efforts of every one of the people who helped Logan, he wouldn't be with us today," George said. "We will always be in debt to Pomona Valley Hospital Medical Center."

Taylor, who was born at PVHMC along with her brother, agreed. "I'll never be able to thank them enough," she said of the Hospital's Emergency Department team. "It wasn't just their job to help Logan; they were genuinely concerned. It's an amazing Hospital."

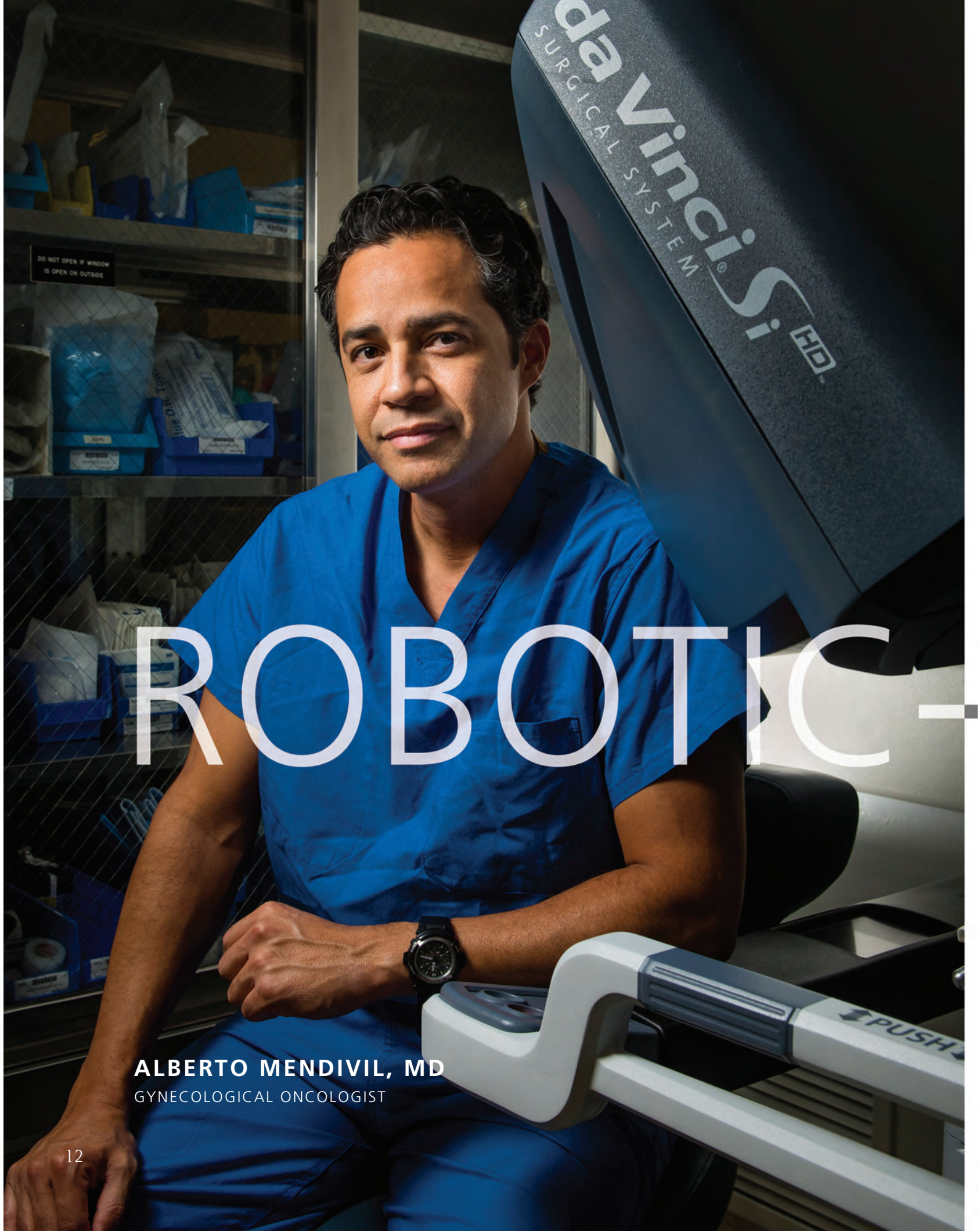
Taylor, her husband Morgan, her parents and grandparents, and the neighbors who helped Logan all took a CPR class together in October. ●



Logan's Family (clockwise from top) Brandi & Ed Jennings; Grandparents, George Cuttress; Great Grandfather, Morgan Clark; Father, Taylor Thomas; Mother, Roylene Cuttress; Great Grandmother, Wayne Jennings, Uncle.

For more information about Emergency Services at PVHMC, go to pvhmc.org. To find a CPR class near you, contact the American Red Cross.

PVHMC Foundation is raising funds for the expansion of the Emergency Department. If you would like to help support this worthwhile cause, please use the attached envelope or call PVHMC Foundation at 909.865.9139.



ROBOTIC

ALBERTO MENDIVIL, MD
GYNECOLOGICAL ONCOLOGIST

THIS ISN'T YOUR MOTHER'S HYSTERECTOMY.

Advances in robotic-assisted and laparoscopic surgery for gynecological conditions, including cancer, mean that many complicated procedures can now be performed in a fraction of the time it took only 10-15 years ago, with better outcomes and faster recovery.

"Because of the dexterity and fine precision of the robot, we can do operations that were previously unheard of," said Alberto Mendivil, MD, a gynecological oncologist at Pomona Valley Hospital Medical Center (PVHMC). "We can perform very complex surgery using only tiny incisions, with minimal blood loss and significantly lower risk of infection." Patients are often able to go home the same day.

Robots? Doing surgery? Only with the surgeon in charge, assured Dr. Mendivil. "Instead of me holding the instruments and manipulating them in the patient's body, the instruments are attached to a machine which is moved by a computer that I control," he explained. "The robot only moves when I move my hands, while I view the surgical area on the screen in ultra-high resolution enhanced 3D."

The robotic system not only allows incredible precision and accuracy, it increases the amount of tissue that can be removed during surgery and dramatically decreases the time needed to complete the operation. That's particularly important for patients with medical issues such as heart disease, kidney disease or obesity, since surgery places huge stress on their systems.

ROBOTICALLY ASSISTED

GYNECOLOGICAL SURGERY IMPROVES
OUTCOMES AND SPEEDS RECOVERY

"In some instances we can do procedures in under an hour safely and efficiently," Dr. Mendivil said. "And because we're using small incisions, we can get many patients back to their normal level of functioning within 7-10 days. That's remarkable compared to 10-15 years ago when patients needed a large incision, several days in the hospital and weeks of recovery."

There are still surgeries, including some for ovarian cancer, that are best performed with an open abdomen, Dr. Mendivil said. But the majority of operations for pelvic cancers and complicated gynecological ailments can be performed robotically.

"It means a better result for the patient," he said. "They're excited and appreciative that we're using a technology that allows them to get back to their lives and their families as quickly as possible." ●

For more information on minimally invasive robotic-assisted gynecological surgery, visit pvhmc.org or contact the Gynecologic Oncology Associates' office in The Robert and Beverly Lewis Family Cancer Care Center at 909.784.3346.

CANCER PATIENT STORY

It was January 13, 2014 when Kathy Bartling's whole world turned upside down. At her yearly pap test, Kathy's doctor found a small tumor on her vaginal wall. Three weeks later, Kathy's worst fears were confirmed: she had cancer.

Vaginal cancer occurs in just 2 percent of all cancers, usually in women over 60. Kathy was 49. A mother of three young adults, Kathy loves country-western line dancing, shopping, wine tasting and the beach. She never thought cancer would happen to her.

"I was in shock when the doctor told me," said Kathy, a sign language interpreter at Mt. San Antonio College in Walnut. "I have no history of cancer in my family, I exercise, I am thin, and I eat healthfully. I had no warning signs. All I could do is look at my husband in disbelief."

Then Kathy dried her tears and began the daunting task of finding answers to all her questions. After two months of tests and second opinions from two other well-known Southern California hospitals, Kathy placed her trust in Pomona Valley Hospital Medical Center (PVHMC) and gynecological oncologist, Alberto Mendivil, MD.

"He was so confident, and that made me believe in him," Kathy said. "I trusted that he would take care of me."

Thankfully, Kathy's cancer had not spread. She had a full hysterectomy at PVHMC, followed by radiation and chemotherapy at the Hospital's Robert and Beverly Lewis Family Cancer Care Center – seven months of treatment in all.

"I remember coming into the Cancer Care Center many days in tears, thinking 'how can I get through all this?'" Kathy said. "It was such a scary time. I wondered if I'd be here for my daughters' weddings one day. But my Social Worker said 'You must live in the moment and not look ahead.' That stayed with me."

Kathy focused on staying positive, with support from friends, family, her faith and the team at the Cancer Care Center. Today she is cancer free and is learning to find joy at every turn.

"I can't say enough about Dr. Mendivil and everyone at the Cancer Care Center," she said. "They always greeted me with a smile and constantly encouraged me. My Nurses were sensitive to my emotions and made me feel loved. Kathy, my Social Worker, held me and let me cry. The Volunteers brought me drinks and snacks, and one time a care package of beauty products. Everyone was so wonderful. Thank you." ●



THE ROBERT AND BEVERLY LEWIS
FAMILY CANCER CARE CENTER

To make a gift to The Robert and Beverly Lewis Family Cancer Care Center Endowment Fund, please use the enclosed envelope or or contact Glenda Ferguson at 909.865.9659, glenda.ferguson@pvhmc.org or James Dale at 909.469.9408, james.dale@pvhmc.org.

A woman with long, wavy blonde hair is smiling and posing. She is wearing a brown cowboy hat with a decorative band, a black tank top, a denim skirt with a frayed hem, and a black studded belt. She has a silver bracelet on her right wrist and a ring on her right hand. The background is a dark, textured grey.

KATHY'S STORY

When you have cancer, looking good can be a struggle. Often it's the last thing on your mind. So it's all the more rewarding when cancer survivors can not only celebrate their recovery, but look fabulous doing it.

Six cancer survivors did just that at Pomona Valley Hospital Medical Center (PVHMC) Foundation's 12th Annual Celebrating With Style Luncheon and Fashion Show, held October 24, 2015 at the Sheraton Fairplex Conference Center in Pomona. The inspirational event raises funds for The Robert and Beverly Lewis Family Cancer Care Center Endowment Fund, which ensures that patients have access to support services such as the wig salon, the Look Good, Feel Better program and other wellness programs and support groups.

"Every dollar we raise is used to benefit not only our own patients, but any cancer patient who might benefit from one of these programs," said event Chairperson Karla Ponting. "The funds truly save and transform the lives of cancer patients."

During the event, three women and three men, who were treated at the Cancer Care Center modeled fall fashions from Xerxes for Gents and Susa Boutique in Claremont. Guests also enjoyed watching the Hospital's 2014 Pink Glove Dance video, which earned the Hospital first place in a national competition and a \$15,000 grant that was donated to Susan G. Komen Los Angeles.

"Funds raised from events like Celebrating With Style allow us to treat the whole person, not just the disease of cancer itself," said M. Hellen Rodriguez, MD, PVHMC Foundation Board Chairman. "Because of these generous gifts, we are saving the lives of so many people who have faced or been touched by cancer." ●

To make a gift to The Robert and Beverly Lewis Family Cancer Care Center Endowment Fund, please use the enclosed envelope or contact Glenda Ferguson at 909.865.9659, glenda.ferguson@pvhmc.org or James Dale at 909.469.9408, james.dale@pvhmc.org.



CANCER SURVIVORS CELEBRATE WITH STYLE

*Sri Gorty, MD, Radiation Oncologist
and Survivor, Paul Gonzales*



Survivor, James Adams and
Elmer Pineda, MD, Urologist



Survivor Ron Neilson and Swarna
Chanduri, MD, Medical Oncologist



Alberto Mendivil, MD, Gynecological Oncologist
and Survivor, Kathy Bartling

Lori Vanyo, MD, Surgeon and
Survivor, Eva Guzman



A WIFE'S LOVING MEMORY

Provides
Inspiration
and Hope
for Others

When Bill and Kerry Bryan retired in 2008 they planned to travel the world; Africa, Italy and other places near and far.

All that changed when Kerry was diagnosed with breast cancer. In February 2009 she underwent a full mastectomy of her right breast, followed by chemotherapy, radiation and other treatments to attack the cells that had spread to her lymph nodes. Bill, their children and extended family were there for her through all of it.

Kerry, with Bill always at her side, joined the Breast Cancer Support Group at Pomona Valley Hospital Medical Center's (PVHMC) Robert and Beverly Lewis Family Cancer Care Center.

"It was invaluable," Bill said of the support group. "Kerry was very, very strong but she was also vulnerable. At the meetings, everyone had a chance to share what was going on. Hearing someone else speak about the trials and tribulations that my wife was also experiencing helped me better understand what she was going through and how I could provide better support for her. In the group we shared, learned and held each other up."

What helped Kerry significantly, Bill said, was feeling she could assist others by sharing her own struggles. "She had a rather profound impact on a lot of the women," he said. "So many of them benefitted from her input, as she benefitted from theirs."

Exactly a year to the day after her diagnosis, Kerry saw her surgeon for a follow-up visit and tests revealed that her cancer had returned. Worse, it had spread to other areas. She embarked on another year of concentrated treatments and she and Bill continued to attend support group meetings.

Ultimately the disease had spread further into her bone marrow and liver and



"Sometimes the stress I feel Lord seems more than I can bear. That's why I'm counting on you because I know how much you care. I know that troubles can teach so I'm not asking that they cease, what I really need is just a little bit of your peace."

WRITTEN BY
KERRY O'CONNELL BRYAN
JANUARY 2012

Kerry lost her battle with breast cancer on February 2, 2012. The healing associated with losing Kerry to this disease continues even today for her family and one of the most instrumental components of that healing for Bill was found within the Cancer Care Center's Bereavement/Loss Support Group. The group held meetings in the same room – the Professional Library – where he and Kerry had attended Breast Cancer Support Group meetings for so long.

Slowly, over the next two years, Bill's grief and pain began to ebb. He remembered a poem he found that Kerry had written to God shortly before she passed away. Deeply touched, he wanted to share it with others.

"I wanted to memorialize my wife and provide a source of inspiration to everyone who has to take a similar journey and ultimately attends support group meetings in that room," he explained. Bill made a sizable donation to PVHMC Foundation on behalf of himself and his family and it was agreed that a plaque with Kerry's poem and photo, along with a special message from Bill, would be placed in the Cancer Care Center Professional Library. The plaque was unveiled at a small dinner attended by family and friends in February 2015, near the third anniversary of Kerry's death.

"The Breast Cancer Support Group and the Bereavement Support Group provided so much help at a time that was so critical," said Bill, who still periodically attends meetings and keeps in touch with some of the people he's met through the groups. "Kerry and I had a lot of ups and downs during our journey, and these support groups were a source of comfort and genuine hugs of love." ●

For more information on all of PVHMC's cancer support groups and programs, visit pvhmc.org or contact The Robert and Beverly Lewis Family Cancer Care Center at 909.865.9555. To make a gift to The Robert and Beverly Lewis Family Cancer Care Center Endowment, please use the enclosed envelope or call PVHMC Foundation at 909.865.9139.

Bill with the dedication to his wife, Kerry



Julie Henderson had always been interested in Buddhism, and when she visited the Middle Land Chan Monastery in Pomona in 2013, she realized it was where she belonged. Through the practice of Buddhism – which she describes as a lifestyle rather than a religion – Julie, 68, learned to think positively, live in the moment and let go of hindrances. It's not a coincidence, she said, that she found Buddhism just a month before she was diagnosed with inoperable stage IV colon cancer and given two years to live.

Last spring, the monastery, which Julie visits nearly every day, invited her to participate in its annual spiritual retreat in Taiwan. Excited, Julie shared the news with Swarna Chanduri, MD, her medical oncologist on staff at Pomona Valley Hospital Medical Center (PVHMC).

"She was really looking forward to it," Dr. Chanduri said. But a month later the trip was off; Julie simply couldn't afford the airfare, the only expense the monastery didn't cover. "For the lack of only \$1,000, she was going to miss out on this deeply important experience."

Dr. Chanduri looked into organizations like the Make a Wish Foundation, but discovered they were all for children. There was nothing comparable for adults. She mentioned her frustration to Beth Brooks, a well-known community fundraiser and cancer survivor who is also a patient of Dr. Chanduri.

"It touched my heart," Beth said. "I didn't know anything about Julie except that she wanted to go on this trip. I came home and shared the story with my daughter, Mary."

The next day, they had a plan. For two days in June, O'Donovan's Pub in Pomona agreed to donate 20 percent of its proceeds to PVHMC Foundation, and through the Claremont Club's Living Well After Cancer program, the funds would pay for Julie's plane ticket. Beth and her daughter called the fundraiser "A Woman's Journey to Find Peace in the Chaos of Cancer."

With proceeds from the restaurant fundraiser, combined with a \$600 donation from Dr. Chanduri and two others, the \$1,000 goal was met. Julie flew to Taiwan with 30 others from her monastery in August. "It was the most positive thing I've ever experienced," she said of the 12-day pilgrimage. "When I was in Taiwan, I felt so strong and healthy. I felt so peaceful and so good."

What's more, Julie said when she came back her tumors had shrunk and surgery might be possible. "I want others to know what I now know; that your mind is powerful. Never give up. There's always hope."

Beth said that her act of making a difference for Julie was simply giving back. "Pomona Valley Hospital Medical Center saved my life once, and I owe the Hospital a huge debt. I know how miserable cancer is. I just felt that if it was important enough for Dr. Chanduri to lay on my heart, then I should do something about it." ●

To learn more about cancer services at PVHMC, go to pvhmc.org. To make a donation, please call the PVHMC Foundation at 909.865.9139 or contact Glenda Ferguson at glenda.ferguson@pvhmc.org.



A WOMAN FINDS

PEACE

in the
CHAOS OF CANCER



POWER OF PINK LUNCH
EVENT CELEBRATES

hope

When you see a group of volunteers who work passionately year after year to help women undergoing cancer treatment, it's deeply inspiring. That's why one guest at this year's Power of Pink fundraising luncheon was moved to pledge a \$10,000 cash donation.

"She saw the proof in the room of how we help women with cancer," said Michele Daly, who organizes the annual event, held most recently on Sunday, October 18, 2015, in the Pomona Valley Hospital Medical Center (PVHMC) Pitzer Auditorium.

The lunch recognizes the many volunteers who have spent hours throughout the year knitting and crocheting pink scarves, which are given to PVHMC patients undergoing cancer treatment. Hundreds of scarves are donated every year.

Breast cancer survivors are also celebrated at the event, which was attended this year by more than 150 volunteers, breast cancer survivors and patients from hospitals throughout the region. All monies benefit the PVHMC Breast Health Fund at The Robert and Beverly Lewis Family Cancer Care Center. The fund purchases wigs for women undergoing chemotherapy, assists low-income patients with biopsy test fees, and provides free educational videos and related materials for anyone touched by breast cancer.

.....
*If you'd like to help create scarves or donate to the Breast Health Fund,
contact PVHMC Foundation at 909.865.9139.*



THE ROBERT AND BEVERLY LEWIS FAMILY CANCER CARE CENTER



CELEBRATING CANCER SURVIVORS DAY

On June 9, 2015, cancer survivors were honored.

Volunteer Anthony Santorufo handed out buttons and cooks to all the survivors.

Elizabeth Preston (pictured) and Ruth Park presented at the survivors day workshop.



Let the Sunshine in – "A Taste of Integrated Wellness" was enjoyed by all the cancer survivors.





BRIGHTON COLLECTIBLES AT THE SHOPPES IN CHINO HILLS

had Breast Cancer Awareness Information out the entire month of October. A percent of all sales for the Breast Cancer Awareness bracelet were donated to the Breast Health Fund. We appreciate Becky Ruiz, store manager, and her associates for their support!

WORLD-CLASS CARDIAC SURGERY CLOSE TO HOME

T

he Stead Heart and Vascular Center at Pomona Hospital Medical Center (PVHMC) is pleased to welcome Dr. Guangqiang Gao to its cardiac surgery program. He joins Dr. Sarika Jain, one of the few female heart surgeons in the nation, in providing comprehensive heart surgery services to the community.

Dr. Gao specializes in coronary artery disease, aortic surgery and heart valve surgery, including minimally invasive aortic valve surgery. Before joining PVHMC, Dr. Gao, a cardiothoracic surgeon since 1991, served for two years as an assistant professor of cardiothoracic surgery at the University of Southern California Keck School of Medicine. Now, he looks forward to using his skills to meet the needs of patients throughout the communities PVHMC serves.

"This hospital has an excellent heart team and heart program," Dr. Gao said. "I look forward to strengthening it even more, so patients never need to go outside the community to get the care they need."

The Stead Heart and Vascular Center is one of the top-rated, highest volume heart programs in Southern California. Combining leading-edge technology with compassionate, patient-focused care, the center offers complete care for heart disease and stroke. Their designations as a specialty heart attack receiving center (STEMI) and primary stroke center mean patients get the best possible care quickly, which helps save lives and prevent or reduce long-term disability.

Nationally accredited by numerous organizations, the Stead Heart and Vascular Center provides a comprehensive array of cardiac surgery options, including coronary bypass surgery, heart valve repair and replacement, minimally invasive cardiac surgery and laser surgery for blood-deprived heart muscles. ●

To learn more about heart services at PVHMC, go to pvhmc.org. To make a donation, please call the PVHMC Foundation at 909.865.9139 or contact Glenda Ferguson at glenda.ferguson@pvhmc.org.



OUR CARDIOTHORACIC SURGEONS

Dr. Sarika Jain (left) and Dr. Guangqiang Gao (right).

TWO HEARTS MENDED

.....

*Husband and Wife
Undergo Open
Heart Surgery
at PVHMC
Four Months Apart*

Last October, Sara Treiger, 61, was driving to the homecoming game at the high school where she works when the bad headache she'd been having all week came back. This time it was accompanied by chest pain and numbness in her left hand. Abandoning the game, Sara instead drove herself to an urgent care clinic, which promptly called an ambulance to take her to the nearest hospital.

The closest hospital was not Pomona Valley Hospital Medical Center (PVHMC) but Sara insisted she be taken there. "They know me," she said of PVHMC. "I've had 40 years' of experience with that hospital and I know that when there's an emergency, they'll take care of you."

Once Sara was at PVHMC, tests revealed that she had four blocked coronary arteries. She underwent open heart surgery a few days later. "Everything was absolutely the best," Sara said, both of her surgery, performed by Sarika Jain, MD, and the follow-up care she received from Eric Keyser, MD. "The care from both doctors was great."

Sara delayed cardiac rehabilitation for a few months. In late January 2015, just as she was about to begin rehabilitation, her husband Irving, 74, went in for a routine check-up. When he failed an important heart stress test, his doctor scheduled him for an angioplasty at PVHMC. The couple was stunned when the procedure revealed that Irving had the exact same condition Sara had just been treated for; four blocked coronary arteries that required open heart surgery.

"It was overwhelming," Sara said. "If it wasn't for God and my family and the church, I wouldn't have survived it. I put my trust in the doctors. They know what they're doing."

Dr. Keyser performed Irving's surgery on February 10, using the new "beating heart" technique that avoids use of a heart-lung machine. Two weeks later, Irving was back home and able to walk without a cane or walker.

In March, the couple, who have been married 29 years, began cardiac rehabilitation together.

"I love Pomona Valley Hospital," Sara said. "My three children were born there and my grandchild was born there; of all the hospitals my family and I have been to, Pomona is one of the best and the most caring. I call this place home." ●





HEARTFELT THANKS

Every year or so, Tony Giordano undergoes a simple surgical procedure at Pomona Valley Hospital Medical Center (PVHMC) to drain excess fluid from his middle ear. Though routine, the procedure requires general anesthesia. Last year, instead of being given a clean bill of health afterwards, Tony got sobering news.

“The anesthesiologist said my heart was going a mile a minute,” recalled Tony, 74. Further tests revealed two coronary arteries had 100 percent blockages and a third had a 75-80 percent blockage.

Tony was scheduled for heart surgery but postponed it for several months when he severely injured a leg muscle. Later, Tony postponed the surgery again when he couldn't find someone to take his place in the Claremont barbershop he's run for 23 years.

But when Tony developed a blood clot in his leg, his doctor didn't mince words. “He scared me,” Tony said. “He told me if I had a heart attack right now he couldn't save me. I went to the Hospital right away.”

Dr. Sarika Jain performed triple bypass surgery on Tony in September 2015 and Tony spent five days in the Hospital. “They treated me like a king when I was in there,” he said. “The whole Hospital was fantastic.”

Two weeks after his surgery, Tony was back at work and going to Cardiac Rehabilitation at PVHMC. He's thankful the Hospital has been there for him throughout the years – especially this time.

“Pomona Valley Hospital saved my life,” he said. ●

*“They treated
me like a king
when I was
in there.
“The whole
Hospital was
fantastic.”*

TONY GIORDANO
Triple Bypass Patient

If you would like to make a gift to the Stead Heart and Vascular Center Endowment Fund, please use the enclosed envelope or contact Glenda Ferguson at 909.865.9659, glenda.ferguson@pvhmc.org or James Dale at 909.469.9408, james.dale@pvhmc.org.

STROKE AWARENESS DAY

Kimberly A. Jones, RN, Stroke Coordinator; Katrina Woolfolk, RN, BSN; Irma & Fred Campos, members of the "New Beginnings: Life After Stroke" support group; Karen Tse-Chang, RN, Stroke Coordinator



Stroke Awareness Day was enjoyed by Stroke Survivors and their Loved Ones



Premier
Wine Tasting
Event Promotes
**FAMILY
BONDING**

The Annual Wine Tasting, hosted by Pomona Valley Hospital Medical Center (PVHMC) Foundation and Liquorama Fine Wines and Spirits in Upland, is considered by many to be the Inland Empire's premier wine tasting event.

With smooth jazz playing, novices and wine enthusiasts alike sample an extraordinary collection of more than 200 vintages from around the world, selected with care by wine expert John Solomon, owner of Liquorama. The wines are paired with an exquisite assortment of hors d'oeuvres. And it's all for a good cause; each year, proceeds are used to purchase state-of-the-art equipment for the Hospital's Pediatric and Neonatal Intensive Care (NICU) departments.

This year, the 11th Annual Wine Tasting, held Friday, May 15, 2015 at the Sheraton Fairplex Conference Center in Pomona, raised more than \$88,000 to purchase a NICVIEW webcam system. This advanced technology allows parents and families of premature or ill newborns to login and see their infant on a computer, iPad or smartphone when they are unable to physically be at the Hospital.

"Thanks to the generosity of everyone participating in this event, new parents can have the reassurance of watching their baby grow and develop even when they can't be there," said PVHMC Foundation Board Member Rosie Erickson, chair of the Annual Wine Tasting for the third year. "It brings extended families together and ensures bonding between parents and newborns."

Special appreciation also goes to title sponsor, Claremont Toyota, and its owners, the Hogan Family, for their ongoing & generous support of this event. ●

Save the date for the next Annual Wine Tasting, already scheduled for Friday, May 6, 2016! And visit pvhmc.org for more information about the exceptional care children receive at PVHMC.

11TH ANNUAL WINE TASTING

Members of the NICU Team next to the “NicView” camera system.



PVHMC President/CEO, Richard E. Yochum, FACHE, with wife, Robin Yochum, and John Solomon, Owner of Liquorama, Fine Wine & Spirits with wife Jeanine. John is the founder of the annual Wine Tasting Fundraiser.





James Meriwether, MD,
Gerald Rude, MD, Richard E.
Yochum, FACHE, President/
CEO and James Beasom, MD



Fritz Moser, MD with
his wife, Mary Jane and
Eloise Cadman



Nazli Janjua, MD
and Leigh Cornell,
Vice President of
Administration



BUILDING FOR THE NEXT

100 years

SHOWCASING PVHMC ADVANCES

More than 60 retired Pomona Valley Hospital Medical Center (PVHMC) Physicians and guests learned about the exciting advances happening at the Hospital during a special lunch hosted by PVHMC Foundation. It was held September 2, 2015 at the Sheraton Fairplex Hotel in Pomona.

*Top: Barbara and Harold Damuth, Jr., MD with Mike Nelson, Chief Financial Officer
Bottom: Barbara Brown, Doris Jacobs, Jackie Donin and Claire McQuillan*



The program, themed "Building for the Next 100 Years," gave guests an overview of recent and upcoming improvements at PVHMC. President/CEO Richard E. Yochum shared information about new Hospital technology, a glimpse into the brand new Robert and Beverly Lewis Outpatient Pavilion, and an update on the Emergency Department expansion, including efforts to become L.A. county's newest trauma center (*see story on page 6*). Nazli Janjua, MD, presented information about the Interventional Radiology program for stroke survivors.

The committee who planned this event included chairman Harold D. Damuth, Jr., MD, R. Melvin Butler, MD, Donald Huber, MD, and John Campbell, III.

Dr. Damuth also thanked the physicians who were present for their many years of service to PVHMC and providing quality care to their patients. "Because of your service and dedication, PVHMC is nationally recognized as a healthcare leader," he said. ●

Worried About Capital Gain Tax When Selling Your Home?



When you sell the home you have lived in for many years, you may make a very good profit. The problem is that some of that profit may be taxed as long-term capital gains. In California, you may have to pay nearly 37 percent in capital gain taxes to the IRS and the state.

There are several strategies to minimize this capital gains exposure. Under current tax law, when you sell your house, you can get an exclusion of \$250,000 if you are single and \$500,000 if you are married and you've lived in the house for two of the past five years.

If your spouse has died in the past two years, you may still be able to use the \$500,000 exclusion. Further, your cost basis may have increased at the time of your spouse's death.

Consider the "zero tax" alternative. You "gift" a certain percentage of your home to a charitable remainder unitrust while retaining control of your

home's selling price. With rising home sales prices, this may be the key to optimizing your selling price and your income.

EXAMPLE: A couple, 85 and 84, sold a \$1.3 million home they bought for \$150,000. By putting 25 percent ownership of their home into a charitable remainder unitrust, they avoided \$70,000 in capital gains, received a net cash amount of \$970,000 and will receive \$16,500 a year from the unitrust. They are also making a charitable gift of \$365,000 to the charities of their choice, including Pomona Valley Hospital Medical Center (PVHMC) Foundation.

If you'd like to learn more about solutions to your own capital gains dilemmas, while becoming a member of the *Circle of Friends*, please contact Jim Dale or Glenda Ferguson at PVHMC Foundation, 909.865.9139 or email them at james.dale@pvhmc.org or glenda.ferguson@pvhmc.org. ●

**This information is provided to you for discussion purposes only and is not legal, accounting or investment advice. You should always speak with your own advisors in considering this or any other investment or financial situation.*

JOIN THE CIRCLE *of* FRIENDS

Pomona Valley Hospital Medical Center (PVHMC) Foundation created the Circle of Friends to recognize thoughtful donors who are supporting the future of healthcare in our community.

There are several ways to become a member of the Circle of Friends.

- Name PVHMC Foundation as a beneficiary of your estate through a bequest
- Include PVHMC Foundation as a beneficiary of your insurance policy, IRA, 401(k) or 403(b) plan
- Establish a Payable on Death (POD) account with a bank or investment account. Your gift goes directly to the Foundation, outside of any estate proceedings.

There are additional gift alternatives as well, that will provide you with lifetime income, an immediate income tax deduction and the comfort of knowing you have made a major commitment to our community's healthcare future.

With their permission, all Circle of Friends members have their names inscribed on the new donor wall in the main lobby, are recognized in this magazine and the Hospital website and receive invitations as a distinguished guest to events, luncheons, special presentations and tours. ●

For more information on becoming a Circle of Friends member by designating the Hospital in your estate plans or establishing a charitable remainder trust, please contact Jim Dale or Glenda Ferguson at PVHMC Foundation, 909.865.9139 or email them at james.dale@pvhmc.org or glenda.ferguson@pvhmc.org.



Circle
of Friends

DO YOU HAVE a Guardian Angel?

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

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



CLAUDETTE MCPHERSON, RN (R)
from the Resource Center was recognized by
PVHMC Associate Lisa Grace, RN



THE INTERVENTIONAL RADIOLOGY TEAM
was recognized by Dr. Nazli Janjua



SHERYL URIBE, RN ICU was
recognized by Dr. Nazli Janjua



JOHNNY HUSE from Facilities was recognized by many Associates
from the Robert and Beverly Lewis Outpatient Pavilion



DR. NADIR ALI ELTAHIR,
was recognized by DOU2/Tele2

PVHMC FOUNDATION



DOU2 was recognized by Mr. Warren W. Winton. This is their second award!



DR. JOHN P. MOURANI, was recognized by DOU2/Tele2

FRANK MARTINEZ from Facilities was recognized by DOU2/Tele2 Staff





DR. HEATHER DAVIS-KINGSTON
 (her 4th recognition) and
 DR. GURBINDER S. SADANA
 (his 2nd recognition) were recognized
 by DOU2/Tele2 Staff.
 DR. M. HELLEN RODRIGUEZ
 (her 3rd recognition) was recognized by
 Dolly and Lewis Israelitt



DR. FRANK CHANG was recognized
 by Heng Zhan and Ya Wang

DR. SARIKA JAIN was recognized by Jackie Vo, Pharmacy Manager at PVHMC



P

OMONA VALLEY HOSPITAL MEDICAL CENTER (PVHMC) WAS HONORED TO SERVE AS THE MEDICAL PROVIDER FOR FOUR TEAMS COMPETING IN THE 2015 LOS ANGELES SPECIAL OLYMPICS WORLD GAMES THIS PAST SUMMER.

Over 40 Hospital Associates, including Nurses, Physicians and Clinical Techs volunteered their time to provide first-aid and other medical care for the teams from Libya, the Isle of Man, Poland and Laos, while they trained at Cal Poly Pomona. Associates also accompanied athletes from the two teams hosted by the city of Pomona – the Isle of Man (top photo) and Libya (bottom photo) – to community visits and everywhere else they went, to be on hand in case of medical need.

“Meeting these athletes, getting to know them and having them be so grateful while we were there was an experience beyond what we ever expected,” said PVHMC Foundation Vice President, Jim Dale. “Watching the courage of these athletes was amazing.”

The 2015 Special Olympics World Games, held throughout Los Angeles July 25-August 2, 2015, featured 6,500 athletes representing 165 countries around the globe. ●



SPECIAL OLYMPICS WORLD GAMES



FAMILY PRACTICE RESIDENCY PROGRAM *Committed to Local Needs*

MARCUS WELBY, MD MAY HAVE BEEN TELEVISION'S PERFECT FAMILY DOCTOR, but in reality older physicians eventually retire; and communities need younger, well-trained physicians to take their place.

Enter Pomona Valley Hospital Medical Center's (PVHMC) Family Practice Residency Program. Established in 1996, the program, affiliated with the UCLA Geffen School of Medicine, has so far trained more than 100 new physicians, with approximately 60 percent practicing in Pomona and surrounding communities.

That's not surprising when you consider the Residency Program seeks out young doctors who are interested in taking care of the elderly and the underserved (those without health insurance or access to medical care), two large populations in the region PVHMC serves.

"As we recruit residents, we consider whether they speak the languages spoken in our community, are committed to serving the underserved, and have an interest in working with the elderly," said Lynne Diamond, MD, Program Director for the PVHMC Family Practice Residency Program. "Those are some of the doctors we recruit into our program."

When they finish medical school, students have earned their MD or DO degree (doctor of osteopathic medicine) and are doctors; but they must undergo three years of residency training and pass a licensing examination before they can practice medicine as a Family Physician. In the PVHMC Residency Program, they see patients in the Hospital, physician offices and clinics under the watchful eye of experienced physician faculty, attend lectures and participate in research. They do rotations in various departments including surgery, pediatrics, obstetrics, and emergency care and train in geriatric medicine, sports medicine, palliative care, urology, ophthalmology, gastroenterology and other specialties.

"Because PVHMC is such a large safety net community Hospital, its residents see patients with an astonishing variety of medical conditions as well as different ethnicities, cultures, religious and socioeconomic backgrounds," Dr. Diamond said. And that sets our PVHMC Residency Program apart.

"To be a good family doctor, you need to see a large variety of people and conditions and have experience with them," Dr. Diamond explained. "Proficiency is all about experience. You don't want to see an unusual medical condition or an unfamiliar religious belief for the first time when you're out on your own."

"The Residency Program continues to grow," said Darlene McPherson-Ventura, PhD, FNP, Director of Operations. This year the number of first-year residents grew from six to seven and by 2017 the program will have expanded from 18 residents in training at one time to 21.

"We hope our graduates will stay in a community similar to Pomona that has special needs, like geriatrics, and limited resources to help the underserved," Darlene said. "That's a key focus of our program." ●

To learn more about the PVHMC Family Practice Residency Program, visit pvhmc.org.



RESPONDING *to Patient and Family Needs*

IF YOU OR A FAMILY MEMBER HAS BEEN A PATIENT IN THE HOSPITAL, did you think there were things that could have been done better? Did you have ideas about how to make sure other patients and families get the best care possible?

Through Pomona Valley Hospital Medical Center's (PVHMC) Patient-Family Advisory Council, former patients and their families can provide feedback to help the Hospital continually modify and improve their care. In addition to meeting monthly, Council members serve on several Hospital committees, where they are the voice of the patient.

"We think we know what patients and families want and value, but how do we really know?" said Wray Ryback, PVHMC's Patient Relations and Risk Manager. "Some of us who work at the Hospital have been patients, but we usually have our 'Hospital hat' on when making decisions. Hearing the patient and family perspective is very important."

"Families can feel overlooked," agreed Margie High, Chair of the Patient-Family Advisory Council. "It's not to say the Hospital doesn't listen; but sometimes they don't think of something because they're looking at it from a scientific, clinically-based point of view."

Advisors typically volunteer one to four hours a month, providing input from the patient perspective and drawing from their own experiences. They may participate in discussion groups, give feedback on patient care improvements, or help make forms, health information handouts and discharge instructions easier for patients and families to understand.

Launched in 2014, the Council is growing; it currently has eight advisors and plans to add three more in 2016.

"PVHMC welcomes our participation," Margie said. "They want patient viewpoints respected and incorporated. The patient's priority comes first." ●

To get more information about becoming a Patient-Family Advisor, or to contribute feedback to the Council if you were a former patient, call Wray Ryback at 909.865.9598 or email wray.ryback@pvhmc.org.

*L-R Standing: Ken Barto, Margie High, Beth Bingham, Linda Vogel, Janet Evans, Brad Sell
Sitting: Deborah Klein and Claudette Branham*



RWIN LEBLANC HAD TROUBLE SLEEPING FOR SEVEN YEARS before he was diagnosed with sleep apnea, a condition in which he repeatedly stopped breathing during sleep. Doctors at Pomona Valley Hospital Medical Center's (PVHMC) Sleep Disorders Center first prescribed CPAP therapy, which holds the air passage open with positive pressure via a mask and bedside machine. But like a significant portion of people who use CPAP, Irwin couldn't tolerate the therapy.

In early 2015, Irwin became one of the first people in Southern California to be treated with a newly FDA-approved technology called Inspire Upper Airway Stimulation.

"We're one of four centers on the West Coast that use the Upper Airway Stimulation technology provided by Inspire Medical" said Dennis Nicholson, MD, Medical Director of the PVHMC Sleep Disorders Center. "Surgeons use three small incisions to implant an electrode, sensor and pacemaker. The electrode requires a small incision under the jaw and the pacemaker and sensor require a small incision below the skin of the chest. The device monitors your breathing while you sleep and delivers mild stimulation to key airway muscles when needed to keep the airway open."

"I'm sleeping so much better," Irwin said. "When I wake up in the morning I can tell."

Dr. Nicholson cautions that Upper Airway Stimulation therapy is only for people with moderate to severe sleep apnea who have already tried CPAP therapy and meet other criteria. And he stressed that it is just one of many treatments available at the Sleep Disorders Center.

"People who can't sleep, or who sleep excessively, first need a thorough evaluation to pinpoint the cause," he said. "Just like any other clinical problem, you need to see someone knowledgeable to decipher exactly what your issue is."

The Sleep Disorders Center, which is accredited by the American Academy of Sleep Medicine and is the largest center of its kind in the region, sees adults and children with a wide variety of sleep problems. Staffed by eight board-certified physicians – including a pediatric sleep specialist – and specially trained, certified staff, the Center performs sleep studies, provides in-depth consultations, and delivers treatments tailored to each patient's individual needs.

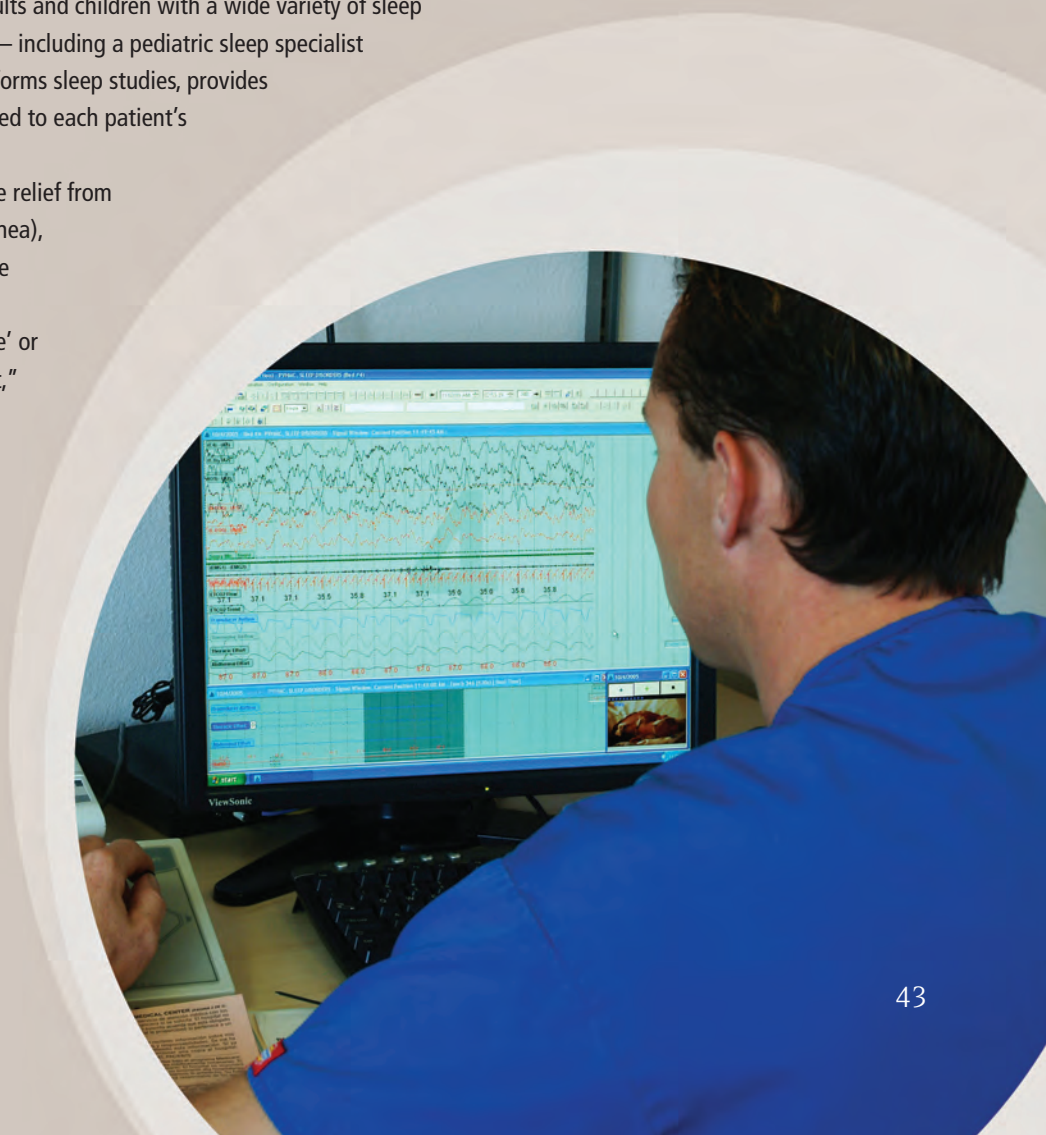
In addition to sleep apnea, those needs can include relief from snoring (which is not always an indicator of sleep apnea), insomnia, abnormal movements during sleep, daytime sleepiness, narcolepsy and other sleep issues.

"When a patient comes in and says 'I can't breathe' or 'I can't stay awake,' there's no one treatment for that," Dr. Nicholson said. "It's a broad range of treatments depending on the complaint, the issue and the findings." ●

The PVHMC Sleep Disorders Center is located at the Pomona Valley Health Center in Claremont. For more information, call 909.865.9152

A Sleep Technologist is monitoring a patient's sleep cycle.

PVHMC PIONEERS NEW TECHNOLOGY *for Sleep Sufferers*





CAL POLY FARM STORE

Associates enjoying fresh fruits, vegetables and more.

JOINT COMMISSION ACCREDITATION CELEBRATION

*All Associates enjoyed our Joint
Commission Accreditation Celebration
with food from Carl's Jr.*





FIREFIIGHTERS' QUEST FOR BURN SURVIVORS

We once again supported the Firefighters' Quest for Burn Survivors. Our \$1,000 donation was designated to the Grossman Burn Center, where our patients are transported for specialized care.



WOMEN'S SERVICES

Coffee & Tea for You & Me event hosted by Women's Services.

WALK TO REMEMBER

The annual "Walk to Remember" was held October 22, 2015. This moving ceremony was for anyone who has had an infant/child loss. Guests signed the memorial quilt in memory of the child.



PEDIATRIC PATIENTS

Our Pediatric patients, and staff had great fun Trick or Treating.





INDIVIDUAL MEMBERS DONORS OF \$1,000 OR MORE

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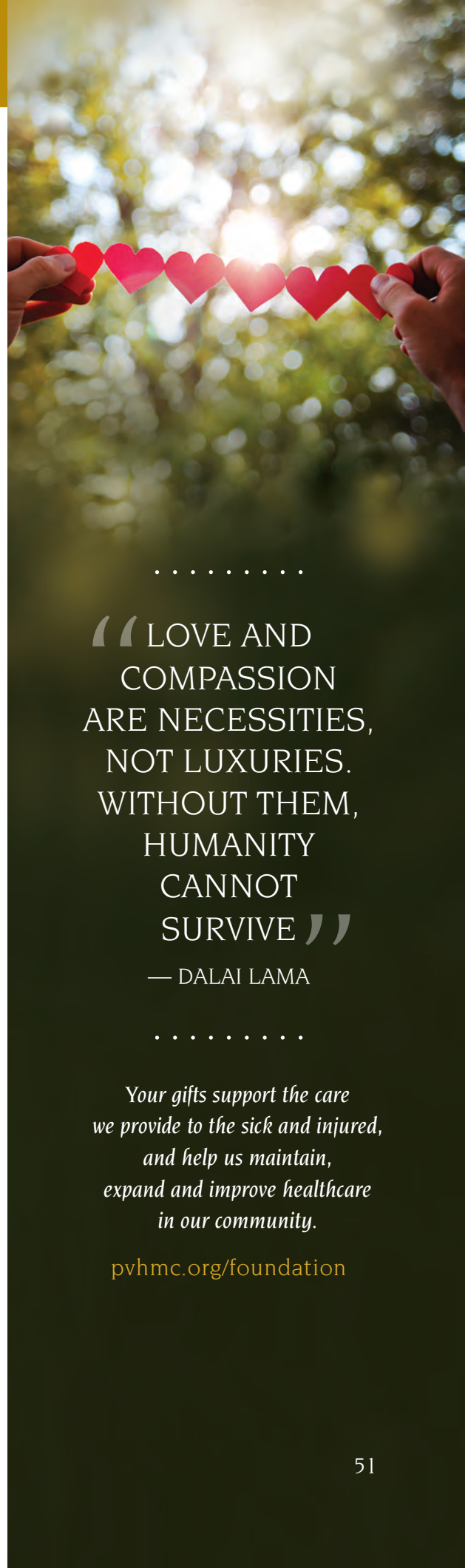
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 Zheng Zhou
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 Ms. Nancy Zunde



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

— DALAI LAMA

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

pvhmc.org/foundation

ONGOING CLASSES *and programs* 2016

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

Childbirth Preparation Classes

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

Cesarean Birth Preparation (Second Wednesday of every month, noon – 1:30 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)

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

FOR NEW MOTHERS

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

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

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

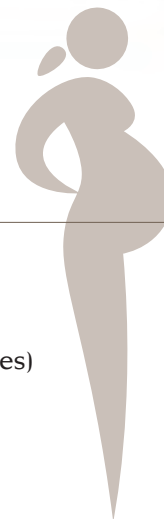
CPR (one Saturday a month, 9 am – noon – this is a non-certified class)

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.



keeping you well informed

The Robert and Beverly Lewis Family Cancer Care Center

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

FOR WOMEN

Breast Cancer Educational 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 (one free wig for women undergoing cancer therapy. Call 909.865.9907 to schedule an appointment)

FOR THOSE WITH CANCER AND THEIR LOVED ONES

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

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

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

OTHER SUPPORT SERVICES

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

T'ai Chi (first and second Tuesday, 10 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, noon – 1 pm. Lunch provided) Educational topics focus on reducing the risk of having or repeating a cardiac event. Every fourth Tuesday, the *Heart to Heart* support group is held. In conjunction with the Physical Therapy and Rehabilitation department. Reservations are required. Call 909.865.9831 for questions, reservations and to confirm meeting day/time.

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

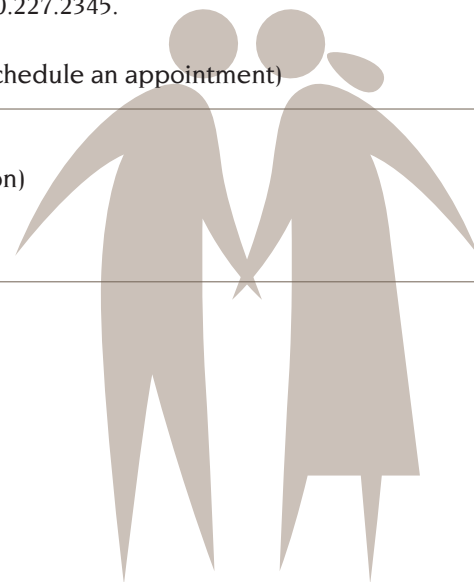
This is an emotional support group designed to enhance the quality of life and independence of those affected by a Stroke through self-help education, supportive discussions and community resources. Held at Pomona Valley Health Center in Claremont. For more information call 909.865.9823.

Life with COPD – New Beginnings This support group is for those with Chronic Obstructive Pulmonary Disease and those who care for them. This group will provide self-help, education and supportive discussions. Call 909.865.9136 for dates and times.

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

Orthopedics

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



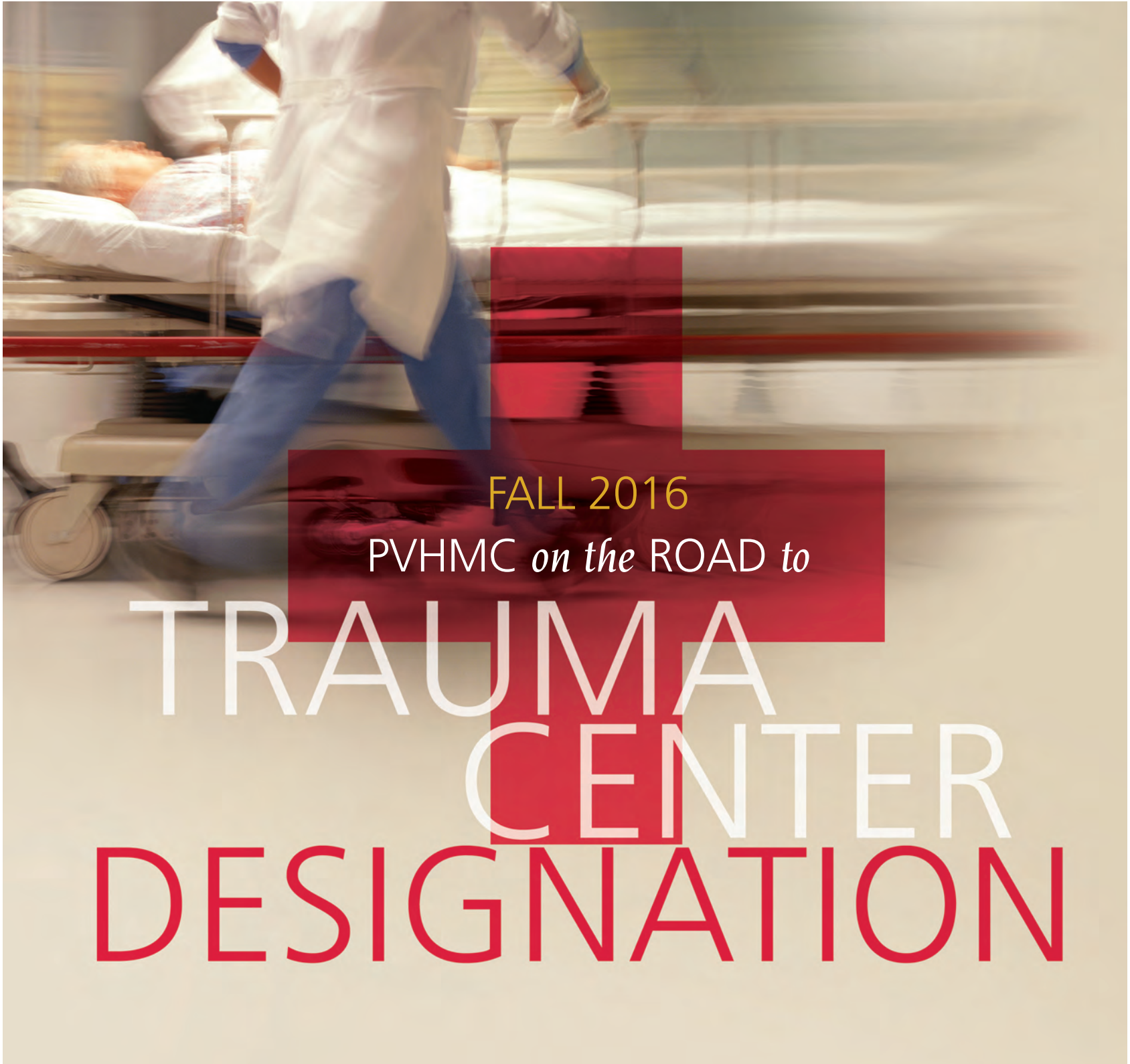


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