

# healthcares

Pomona Valley Hospital Medical Center Foundation



OUTPATIENT PAVILION IS **NOW OPEN**



## SAVE *the* DATE

### **CELEBRATING WITH STYLE**

Benefitting The Robert and Beverly Lewis Family Cancer Care Center Endowment Fund  
Saturday, October 24, 2015 | 11:00 am – 2:00 pm  
Sheraton Fairplex Conference Center | \$100 per person

### **HEARTBEAT GALA**

Benefitting The Stead Heart & Vascular Endowment Fund  
Saturday, March 5, 2016 | 6:00 pm – 11:00 pm  
Doubletree Hotel | Ontario



# healthcares

## healthcares

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Many photos courtesy of  
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Featured on the cover:  
Lauren Lewan  
Rehabilitation Patient



# OUTPATIENT PAVILION OPENS TO RAVE REVIEWS

**Years of anticipation and planning have culminated in the opening of the Robert and Beverly Lewis Outpatient Pavilion, located on the Hospital's main campus. The Outpatient Pavilion was constructed to meet the changing healthcare needs of the community.**

"It's such a wonderful compliment to the ever-growing and improving campus of Pomona Valley Hospital Medical Center," said Jeff Lewis, son of major benefactors Robert and Beverly Lewis. "Where there was once a parking lot, there is now a beautiful building providing expert care and service."

From the moment patients and family members step inside, they're surrounded by natural light, relaxing colors and images of nature. The Pavilion also houses some of the most state-of-the-art technologies available. Expert staff provide the best patient and visitor experience possible.

"The quality of the facility reflects the exceptional level of care," said Beverly Lewis. "I am continuously grateful to be able to give back to the community that provided my late husband Bob and me so much prosperity in our family business for nearly half a century."

"Patients receiving care in the new Pavilion are also thrilled," said Joe Baumgaertner, MS, PT, Director of Rehabilitation Services, which opened on the first floor of the Pavilion the third week of February 2015. "Parking is right outside. Inside, the large open gym makes patients feel like they're almost outdoors because of the floor-to-ceiling windows. And because we've added 30 percent more space, we can better meet patients' personal needs when scheduling appointments."

The main Rehabilitation Services gym treats cardiac, pulmonary, orthopedic and sports medicine rehabilitation patients; a separate area helps patients with neurological conditions, including stroke, traumatic brain injury, Parkinson's disease and Multiple Sclerosis. "When your brain is challenged by a neurological condition, distractions make the rehabilitation even more demanding," Joe explained. "The neuro gym is tucked in the back, where the lighting is a little dimmer and there is less activity."





**T AND BEVERLY LEWIS  
PATIENT PAVILION**



Patients in both gym areas are in constant view of caregivers, who can attend to them immediately if they are having difficulties. To ensure patient comfort, the temperature in the gyms and the private treatment rooms, where patients are often disrobed for wound care or other therapies, is regulated separately.

New, advanced rehabilitation equipment includes the Solo Step, a harness attached to an overhead track. Patients in the harness can walk, supported and protected from falls, up to 45 feet inside the parallel bars or on a treadmill. "We can progressively reduce the support to encourage patients to safely challenge their balance and endurance to gain greater independence," Joe said.

Outpatient Surgery, on the second floor of the Pavilion, began seeing patients on April 6, 2015. "Patients there also love the Pavilion's convenience, comfort and personalized care," said Manager of Outpatient Surgery, Sherrie Cisneros, RN. "Patients scheduled for an outpatient procedure only have to come in an hour before surgery. And everything from start to finish, including pre-op testing, check-in, surgery and recovery is a seamless, worry-free process, all done in one place."

High-end surgical equipment, specialized air exchange systems in the five operating suites, and additional advanced technology make our Outpatient Surgery truly state-of-the-art.

"Patients particularly appreciate the new heated Hospital gowns," Sherrie said. "A cool environment in the operating room maintains sterility," she explained. "The heated gowns not only keep patients more comfortable, but by keeping body temperature close to normal they help speed healing and reduce complications."

The disposable gowns, made of a soft fabric-like paper, are connected to a hand-held warming unit controlled by the patient. The unit blows a gentle stream of warm air through a hose into the gown, inflating special air channels. Clinicians control warming during surgery.

In addition to benefitting from the Pavilion's technological innovations, medical expertise and beautiful surrounding, patients can take comfort in knowing that, should they need it, the Hospital's Emergency Department is just steps away.

"The Pavilion is literally 38 feet corner to corner from the Emergency Department," Joe said. "We can have support here in a matter of moments."

It's all part of PVHMC's ongoing commitment to provide the best possible care to patients.

"We congratulate and thank everyone in the community who, in one way or another, was involved in seeing the Pavilion completed," said Jeff Lewis. "I'm proud to have the family's name on this wonderful new facility." ●

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“I am continuously grateful to be able to give back to the community that provided my late husband Bob and me so much prosperity in our family business for nearly half a century.”

— BEVERLY LEWIS

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For more information on Outpatient Surgery or Rehabilitation Services, visit [pvhmc.org](http://pvhmc.org)





## A GRAND CELEBRATION

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ith a trumpet fanfare, streaming confetti and a flourish of balloons, the Robert and Beverly Lewis Outpatient Pavilion celebrated its grand opening and ribbon cutting ceremony on Wednesday, March 4.

The day's festivities included tours of the beautiful new facility, a buffet lunch provided by Gourmet Gourmet Catering and welcoming remarks. Key speakers included Pomona Valley Hospital Medical Center (PVHMC) President/CEO Richard Yochum, FACHE; major benefactor Beverly Lewis and her son Jeff Lewis; Joe Baumgaertner MS, PT; Director of Rehabilitation Services; Sherrie Cisneros, RN, Nurse Manager of Outpatient Surgery; and Praful Kulkarni, President/CEO of gkkworks, the facility's architecture, design, planning and construction firm.

Honored during the ceremony were Beverly Lewis, Jeff Lewis and his wife Marge; major contributor Charles Magistro and his family, in whose honor the Physical Therapy and Rehabilitation Center is named; the late Jack Fulton, a long-time Hospital supporter, and his wife Jo; PVHMC Auxiliary and additional esteemed donors, who also provided generous donations and dignitaries representing local elected officials.

"This project, so important to meeting the changing healthcare needs of our community, would not have been possible without the support of these individuals, and many others," Yochum said. "I'm privileged to say thank you to the many community partners who have contributed so much to our Hospital." ●

(Top): Ribbon cutting at pavilion grand opening.

(Inset): Jo Fulton.

PVHMC  
HONORS  
*Longtime  
Benefactor*  
CHARLES M.  
MAGISTRO

Charles M. Magistro led the effort to establish Pomona Valley Hospital Medical Center's (PVHMC) physical therapy and rehabilitation services more than 60 years ago. Throughout the years, he played an integral role in the department's success and growth, serving as its director for 35 years. Now the Hospital has honored Charles by naming the Rehabilitation Services Center in the Robert and Beverly Lewis Outpatient Pavilion, the Charles M. Magistro Physical Therapy and Rehabilitation Center.

"We're delighted to recognize Charles Magistro for his longstanding professional relationship with PVHMC and his family's generous philanthropic support for our Hospital over the years," said PVHMC President/CEO, Richard Yochum, FACHE. "It is absolutely fitting that the Rehabilitation Services Center bear his name."

PVHMC's Rehabilitation Services department, built in 1954, was the first of its kind in Southern California. Today, it is one of the largest outpatient rehabilitation programs in the region, serving tens of thousands of patients each year. The new center is equipped with state-of-the-art technology, designed to deliver the very best in treatment and patient experience.

"I am proud of the physical therapy department at Pomona Valley Hospital Medical Center and the tremendous impact it has had on the region," said Charles. "The department has always stayed on the cutting edge of what the profession is doing as a whole, with the singular goal of providing exemplary services to inpatients and outpatients alike."

Charles Magistro remains active in the field of physical therapy and at PVHMC, both in a professional capacity and as a benefactor. He said he was inspired to give back because "the Hospital provided me the opportunity to accomplish all that I did over the years. It seemed right to contribute where there was a need." ●







# RACING AGAIN!

PVHMC Rehabilitation Services  
Maximizes Patient's Recovery

**L**auren Lewan first came to the Pomona Valley Hospital Medical Center (PVHMC) Sports Medicine Center as a child athlete in 1983. More recently, she entrusted the Hospital's Rehabilitation Services team for her children's sports injuries and rehabilitation needs. So when Lauren developed hip bursitis while training for a half marathon, she knew exactly where to turn.

The PVHMC Rehabilitation team designed a customized physical therapy program for Lauren; and two months later she completed the 13.1-mile half-marathon course. A short time later she also participated in the Hospital's Holiday Half Marathon.

The PVHMC Rehabilitation Services Department is one of the area's most advanced. To learn more about its specialized care options, visit [pvhmc.org](http://pvhmc.org) or call 909.865.9810. ●



## CHAIRPERSON'S *message*

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hen patients experience serious or life-threatening conditions in the Hospital, our care teams must act quickly and effectively. The primary objective of our high-tech healthcare simulation program, established in 2013 with contributions from generous donors, is to keep staff skills sharply honed. Caregivers practice real medical scenarios on life-like mannequins so they are prepared when an actual patient is at risk.

Through the program, our care team was recently doing simulation training for post-partum hemorrhage – excessive bleeding after childbirth. Although rare today in the U.S., it's one of the top three causes of death during childbirth. The day after participating in the scenario, one of our physician residents encountered this emergency with a real patient. With the simulation training fresh in her mind, she swiftly and confidently treated the patient.

This is just one example of how our simulation program is impacting patient lives. We're now training caregivers from 82 Hospital Association of Southern California (HASC) member hospitals on post-partum hemorrhage. Through this training, our program is helping provide better care from Santa Barbara to southern Orange County. "Invaluable," one caregiver said after the training. "I learned so much about how to respond in a critical scenario and feel much more prepared."

Ongoing contributions to our simulation program are still needed. I urge you to consider making a gift to the simulation program to help us continue enhancing patient care. ●

*For more information on making a gift, please contact PVHMC Foundation at 909.865.9139.*

*Our Simulation Program Team*



*Dr. M. Hellen Rodriguez*



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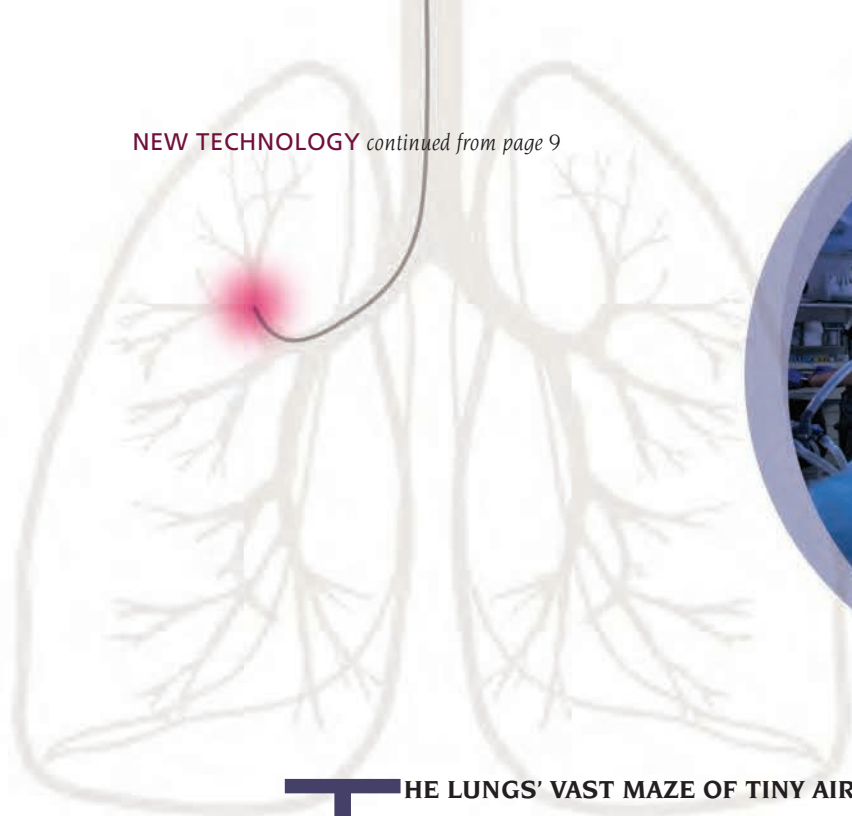


# new technology helps diagnose lung cancer early

**POMONA VALLEY HOSPITAL MEDICAL CENTER (PVHMC) HAS ACQUIRED THE LATEST TECHNOLOGY TO HELP DIAGNOSE AND FIGHT LUNG CANCER AND IS OFFERING AFFORDABLE SCREENINGS TO ANYONE AT HIGH RISK OF THE DISEASE.**

Lung cancer is the nation's number one cause of cancer deaths, killing more people than prostate, breast and colorectal cancer combined, according to the American Lung Association. That's primarily because lung cancer is often diagnosed late. In its early stages, lung cancer presents few if any symptoms. And nearly two-thirds of all lung lesions lie deep inside the lungs, where they're hard to find using X-rays and other diagnostic techniques.





**T**HE LUNGS' VAST MAZE OF TINY AIRWAYS CAN BOTH HIDE A TUMOR AND MAKE A BIOPSY – THE ONLY DEFINITIVE WAY TO DIAGNOSE LUNG CANCER – EXTREMELY DIFFICULT, SAID PVHMC PULMONOLOGIST GURBINDER SADANA, MD, AND MEMBER OF PVHMC FOUNDATION'S BOARD OF DIRECTORS. In a traditional bronchoscopy, in which doctors thread a hair-thin tube, called a bronchoscope, into the lungs to collect tissue samples, the tube often gets lost in the thicket of airways. And most doctors avoid using open-chest surgery for a biopsy because it's a major procedure with high complication risks.

Now doctors at PVHMC can use a new, minimally invasive technique to reach the lungs' most difficult areas and diagnose tumors sooner. Called electromagnetic navigation bronchoscopy (ENB), the technique begins with highly detailed CT scans of the patient's chest. Computer technology is used to analyze the scans, create a three-dimensional image of the patient's lungs, and map a route to the lesion. Then, guided by the computer, the physician snakes the bronchoscope through the lungs' smallest branches to the exact location of the lesion. Once there, tiny surgical instruments are passed through the bronchoscope to snip out tissue samples. Doctors can also leave markers to help find the tumor again if it is indeed cancer and treatment is needed.

"Early detection and treatment can dramatically increase a patient's survival rate," Dr. Sadana said. "With ENB, we can make a lung cancer diagnosis early on."

Electromagnetic navigation bronchoscopy is the latest addition to PVHMC's comprehensive lung cancer program, which emphasizes early detection and provides an aggressive, multidisciplinary, combined treatment approach to lung cancer.

PVHMC is offering a \$150 CT lung cancer screening to anyone 50 or older who has ever smoked or smokes now. The screening can detect lung cancer in its early, most treatable stage. Recent clinical trials have confirmed that CT screening can reduce the mortality rate from lung cancer in high-risk people by about 20 percent. The U.S. Preventive Services Task Force recommends an annual screening for anyone who has smoked at least one pack a day for 30 years or two packs a day for 15 years.

No doctor's order is required and your examination and reports remain entirely confidential. Though most insurance plans don't yet cover the \$150 screening cost, it can be a lifesaving procedure. ●

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*To schedule a CT lung cancer screening, call 909.469.9395. For more information on PVHMC's lung cancer program and electromagnetic navigation bronchoscopy, visit [pvhmc.org](http://pvhmc.org).*



# “THAT SCAN SAVED MY LIFE”

**J**im Armstrong smoked for 50 of his 68 years, so when his wife suggested in 2014 that he get a CT screening for lung cancer at Pomona Valley Hospital Medical Center (PVHMC), he figured it was a good idea.

“That scan saved my life,” he said.

The screening revealed two nodes on his left lung and a small node on the right. Further tests determined that the nodes on the left lung were indeed cancer, and that Jim also had early cancer in his colon and bone marrow.

“Because of the CT scan, they caught everything as it was just beginning,” he said. “It’s all quite treatable.”

But just as radiation therapy was successfully treating the cancer in his left lung, the node on his right lung was growing. PVHMC doctors used electromagnetic navigation bronchoscopy, a new, minimally invasive technique, to biopsy the node.

“Wow, what a difference,” Jim said. “I had a needle biopsy for my left lung, which was quite painful. And I suffered a side effect of a collapsed lung, which meant I had to spend a night in the Hospital. With the navigational biopsy on my right lung, there was no pain and no side effects.”

While more treatments lie ahead for Jim, he’s not concerned. “Everything was detected early and so far so good,” he said. “But if it wasn’t for that CT scan, I’d have been in trouble. I wouldn’t have done anything for years down the road until something showed up on an X-ray. And lung cancer on an X-ray is too late most of the time. I got lucky. I would encourage anyone who has smoked to get this screening.” ●

*To make a donation to PVHMC’s lung cancer program, please contact Glenda Ferguson, Director of Development, at 909.865.9659, email [glenda.ferguson@pvhmc.org](mailto:glenda.ferguson@pvhmc.org), or use the enclosed envelope.*

JIM ARMSTRONG  
CT SCREENING PATIENT



KCAL 9 NEWSCASTER HELPS PATIENTS

# CELEBRATE *with* STYLE

**It was less than 30 minutes before her next live newscast in August 2011 when KCAL-9 television reporter and anchor Sandra Mitchell got a call from her doctor and learned the results of her breast biopsy. After the call, Sandra, stunned, stumbled into her news director's office and said the words for the first time: "I have breast cancer." Then she went home to her husband and daughter.**

A year later, Sandra was cancer-free. Last fall, she shared her story with other cancer survivors as the special guest speaker at PVHMC Foundation's annual "Celebrating with Style" Luncheon and Fashion Show on October 18, 2014.

At the event, held at the DoubleTree Hotel in Ontario, seven patients (four women and three men) treated at The Robert and Beverly Lewis Family Cancer Care Center modeled casual and business fashions provided by Chico's and Banana Republic at the Shoppes at Chino Hills and formal wear by Carducci's in Claremont. Pomona Valley Hospital Medical Center (PVHMC) Foundation Board member Rosanne Bader and Sandra moderated as the models strutted their stuff on the runway.

Proceeds from the event, which also included a raffle and delicious lunch, went to The Robert and Beverly Lewis Family Cancer Care Center Endowment Fund. The fund 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 for all cancer patients living in our community. ●

*To find out how you can help support cancer patients and programs at PVHMC, visit [pvhmc.org/foundation](http://pvhmc.org/foundation) or call 909.865.9139.*

*Guest Speaker,  
Sandra Mitchell, KCAL 9  
News Anchor*







*Kevin and Carrie McCarthy*



*Dr. A. R. Mohan and his wife Lidia*



*(l-r) Jennifer Montalvo, Bob Weatherton, Jenna Murray, Kirby Palmer, Jill Ridgeway, Monica Schusse, Fred Vera, and Sandra Mitchell*



*Sue and Judge Tom Nuss*



*Jill Ridgeway and her husband Dwayne*



*Model and "Pink Glove Dance" star—Jenna Murray*



*fundraising for* **CANCER**



The Claremont Club presented a check towards the "Living Well After Cancer" program from their "Art of Giving" fundraiser



The Power of Pink event was very successful and fun!



Once again, the generous ladies from Longaberger donated to our Breast Health Fund from their yearly luncheon. (l-r) James Dale, Vice President of Development, Judi Provenzano, Debbie Linamen, Martha Osborne, RN, Breast Navigator, Priscilla Duckworth and Anita Taylor





## LPGO Golf Tournament RAISES \$36,000

**T**HANK YOU TO THE LADIES PLASTICS GOLF ORGANIZATION (LPGO) for its generous donation of \$36,000 to benefit the Breast Health Fund at The Robert and Beverly Lewis Family Cancer Care Center. The funds were raised during the 15th annual LPGO Golf Tournament, held Wednesday, November 5, 2014 at the Coyote Hills Golf Course in Fullerton. To date, the LPGO has donated \$327,230 to the Breast Health Fund, which provides wigs for women undergoing chemotherapy, financial assistance to low-income women who need biopsies, and educational materials for anyone touched by breast cancer. ●



(l-r) Martha Osborne, RN, Nurse navigator, Leigh Cornell, VP of Administration, Dr. Y. S. Ram Rao, Medical Director, Glenda Ferguson, Director of Development, Dee Ketner, LPGO President, Richard Yochum, President/CEO, FACHE, Lynn Koch, Rusty Miller, Shellee Reese, RN, Director Cancer Care Center and Louise Riley.

# ABC7'S BRI WINKLER HIGHLIGHTS THE POWER *of* RED

ABC7 METEOROLOGIST BRI WINKLER AND A PANEL OF HEALTHCARE EXPERTS JOINED IN A CELEBRATION OF WOMEN'S HEALTH AND EMPOWERMENT DURING **THE EIGHTH ANNUAL POWER OF RED DINNER ON APRIL 9, 2015.**

**M**ore than 100 women (and a few men!) attended the event, held at the Sheraton Fairplex Hotel in Pomona, dressed in red in support of women's heart health. The evening included inspirational stories, health education and fun prizes.

Bri, a stroke survivor, participated in a panel of PVHMC doctors and nurses to discuss education, prevention and treatment of cardiovascular disease in women. She also shared her personal story. Three years ago, at only 24, she woke up one morning with numbness that spread from her face to her entire right side. Terrified, she had no idea what was happening to her. After being rushed to a hospital by paramedics, doctors quickly administered treatment to save her life. Today, Bri has made it her mission to teach people that stroke can affect anyone, at any age.

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

"Heart disease is the number one cause of death in women, but there are steps women can take to reduce their risk," said Debbie Keasler, RN, Director of the Stead Heart & Vascular Center. "The funds raised from the Power of Red dinner help us provide women with information and tools to lead heart healthy lives." ●

*To join PVHMC Foundation's Power of Red, please contact Glenda Ferguson, Director of Development, at 909.865.9659 or email [glenda.ferguson@pvhmc.org](mailto:glenda.ferguson@pvhmc.org).*





*M. Hellen Rodriguez, MD, Foundation Chairman welcomed the Power of Red guests*

*Bri Winkler with the "View" panel of experts (l-r) Miriam Fulton, RN, MSN, APN, BC, CCRN, Cardiac Surgery Nurse Practitioner; Debbie Keasler, RN, Director of the Stead Heart and Vascular Center; Sarika Jain, MD, Thoracic Surgeon; Bri Winkler, Haritha Alla, MD, Internist, Cardiologist; Nazli Janjua, MD, Interventional Neurologist; Heather Davis-Kingston, MD, Pulmonary Medicine, Critical Care Medicine and Sleep Medicine and Medical Director of PVHMC's Hospitalist Program*



*Power of Red guests*



h

Heather Case wasn't eating properly or exercising. She responded to shortness of breath by walking more slowly. It never occurred to her that her life and health were in jeopardy; open heart bypass surgery was something that happened to other people.

"I had a total of five blockages," Heather said recently. "One was 100 percent blocked."

Heather was successfully treated at the Stead Heart & Vascular Center at Pomona Valley Hospital Medical Center (PVHMC) and on Saturday, February 7, was among more than 400 guests who attended PVHMC Foundation's 21st annual Heartbeat Gala.

Held at the DoubleTree Hotel in Ontario, the Gala celebrated the top-quality care provided to Heather and hundreds of patients like her; care that earned the Stead Heart & Vascular Center six 2015 cardiac excellence awards from Healthgrades, a consumer organization that rates and compares hospital services and programs.

The theme of this year's Gala was "The Future Is Ours," reflecting the community's ongoing support of the Stead Heart & Vascular Center and its vision to impact the lives of future generations. That support was exemplified by the \$103,000 in net proceeds raised during the evening and illustrated even more strongly during the Gala's live and Fund-A-Need auctions.

Throughout the year, PVHMC Foundation had worked diligently to raise funds to meet a \$300,000 matching gift that was announced at last year's Gala; but going into the evening the Foundation was \$25,000 short of its goal. Cash donations raised during the two auctions enabled the Foundation to surpass the \$300,000 goal. As a result, the Stead Heart & Vascular Center received the \$300,000 donor match for a total of \$600,000 raised to help achieve a comprehensive stroke center designation for the Hospital.

The evening's success was also attributed to the efforts of Gala Chairman Don Kendrick, Mayor of La Verne and committee members Carole and Bill Stead; Barbara Brown; Chuck Bader; Purnima Chaurushiya, MD; Mary Fox; Donald Huber, MD; Johnson Lightfoote, MD; and Sue Nuss. ●

For more information on how you can support the Hospital or Stead Heart & Vascular Center and patients like Heather, visit [pvhmc.org/foundation](http://pvhmc.org/foundation) or call PVHMC Foundation at 909.865.9139.

ROSANNE & CHUCK BADER



DON KENDRICK, CHAIRMAN OF THE HEARTBEAT GALA AND MAYOR OF LA VERNE



HOSPITAL BOARD MEMBER BILL MCCOLLUM AND WIFE CHERYL





CHIEF FINANCIAL OFFICER, MIKE NELSON WITH HIS WIFE PAT



NEAL & SUE HYLAND

*Heartbeat Gala celebrates the*

# PAST, PRESENT *and* FUTURE

CAROLE & BILL STEAD



ANN & STEVE MORGAN



# PVHMC *named one of* AMERICA'S 100 BEST HOSPITALS *for* CARDIAC CARE



**IT'S OFFICIAL: IF YOU NEED HEART CARE IN SOUTHERN CALIFORNIA, POMONA VALLEY HOSPITAL MEDICAL CENTER (PVHMC) IS THE PLACE TO GO.**

PVHMC has been recognized for excellence and named one of America's best 100 hospitals for cardiac surgery, coronary interventions and overall cardiac care in a national study by Healthgrades, a leading online consumer report card. PVHMC is the only hospital in California to receive all six designations.

The results are detailed in the *Healthgrades 2015 Report to the Nation* ([www.healthgrades.com](http://www.healthgrades.com)/quality). In the report, Healthgrades evaluates nearly 4,500 hospitals nationwide to identify the top performers in 33 of the most common medical procedures.

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*"This honor recognizes our commitment to providing the best cardiac care to patients throughout the region,"*  
*said PVHMC President/CEO Richard E. Yochum, FACHE.*

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Rama Thumati, MD, Medical Director of Cardiology Services at PVHMC, agreed. "Patients who choose the Stead Heart & Vascular Center at PVHMC can know they are part of a top-rated heart program."

The Healthgrades report also demonstrates how clinical performance differs dramatically between hospitals. Between 2011 and 2013, for example, patients who had cardiac valve surgery in hospitals with a top Healthgrades rating of five stars had a 71.2 percent lower chance of dying, on average, than people who underwent the procedure in hospitals with the lowest Healthgrades rating of one star.

"Consumers who select a physician associated with a hospital with Healthgrades 5-star performance in a specific procedure or condition can potentially improve their health outcomes and reduce costs," said Evan Marks, Chief Strategy Officer for Healthgrades. ●

*For more information on PVHMC's comprehensive cardiac services, visit [pvhmc.org](http://pvhmc.org). To support PVHMC's excellence in cardiac care, visit [pvhmc.org/foundation](http://pvhmc.org/foundation) or call PVHMC Foundation at 909.865.9139.*





.....

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

— DALAI LAMA

.....

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

[pvhmc.org/foundation](http://pvhmc.org/foundation)

# R

## REAL ESTATE GIFTS CAN TAKE MANY FORMS

Real estate values have finally started to bounce back, and once again many people stand to realize significant gains.

But the hard lesson of the past several years is that what goes up, must come down.

Real estate has magical charms in that, unlike stocks and bonds, it represents something tangible and practical. Nevertheless, real estate is still an investment. Ultimately, you want to generate a profit from your real estate. However, selling real estate at a profit can create significant tax downsides.

One solution is Pomona Valley Hospital Medical Center (PVHMC) Foundation's planned giving program. The program has several ways to minimize your tax exposure while allowing you to make a significant gift to the Hospital, thereby providing future healthcare benefits to the entire community.

- **Establish a charitable remainder trust:** A charitable remainder trust provides ongoing, lifetime income. It also generates an income tax deduction at the time the trust is established, while minimizing capital gains exposure. At the conclusion of the trust, the assets go to the Foundation. However, if you want to receive an immediate cash payment, only a percentage of the property can be contributed. At the time of sale, you and the trust each receive a portion of the proceeds. In addition to minimizing capital gains, you also become a member of PVHMC Foundation's Circle of Friends.
- **Selling your personal residence:** Even with the allowable capital gains exclusions, selling your home of many years can create tax liabilities. Foundation staff can offer innovative ideas to help reduce your tax exposure while ensuring a steady income for your future.
- **Other options:** Selling real estate is complex; PVHMC Foundation staff are happy to discuss the best options for you, based on your specific circumstances. ●

*For more information, please contact Glenda Ferguson, Director of Development, at 909.865.9659 or [glenda.ferguson@pvhmc.org](mailto:glenda.ferguson@pvhmc.org).*







## “SUPPORTING THIS HOSPITAL IS JUST A GOOD THING TO DO”

When Julie Terveer’s father – who was a physician on staff at Pomona Valley Hospital Medical Center (PVHMC) before he retired – developed a kidney stone in 1996, Julie, a PVHMC Associate, brought him to the Hospital for care. During a pre-operative chest X-ray to treat his kidney stone, the care team found lung cancer. Julie’s father spent the next year undergoing treatment at The Robert and Beverly Lewis Family Cancer Care Center.

“I knew in my heart he was very glad to be here; the whole family was confident of the care he was given,” said Julie, who retired last year after 42 years of employment at PVHMC.

Julie has remained deeply grateful for the expertise and compassionate care her father received. As an Associate, and now as a Volunteer at the Outpatient Pavilion and at the Cancer Care Center, she’s had numerous opportunities to contribute to the Hospital in honor of people, including her father. She’s also supported the Hospital’s campaigns for the Stead Heart & Vascular Center and the Cancer Care Center. It was only natural that when she began planning for the future, those plans included PVHMC.

“I decided to name PVHMC Foundation as the beneficiary of my tax deferred annuity programs,” Julie said. “What’s made it special is not only the heartfelt thanks I’ve felt for giving in memory of someone, but the gratitude the Foundation shows for everyone, whether you donate \$1, \$10 or \$1,000. Giving and supporting this Hospital and our community is just a good thing to do.”




JULIE TERVEER

## DO YOU HAVE a Guardian Angel?

**H**onor 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](http://pvhmc.org/foundation), use the attached envelope, or call the Foundation office at 909.865.9139.



NIDDI NWANKPA, RN  
from the Emergency Department was  
recognized by Mr. Paul Akliyama



ANN MENDOZA, RN  
Manager of Nursing Education  
was recognized by Mimi  
Sarmiento, RN



DR. NEERAJ GUPTA  
was recognized by  
Terre Rodriguez







**DR. RANDY KARU**  
*was recognized by Jean B. Todd, PhD*



**DR. MUTHUSAMY MUTHIAH**  
*was recognized by Jackie Vo*



**LAURIE SEPKE, RN**  
*Pre-Hospital Coordinator in the Emergency Department was recognized by Anita Valoff*

**ALVIN SINULINGGA, RN** *from Day Surgery*  
*was recognized by Jean Garrett*

**MIMI SARMIENTO, RN**  
*Nurse Manager of CICU was recognized by Jackie Vo*





PVHMC FOUNDATION



KATHY SODERLUND, RN  
Heart Program Coordinator  
was recognized by Maureen and  
Ronald Cobas



NURSING ADMINISTRATION  
was recognized by Medi Mizuki

VICKY CABLE, CLINICAL  
LABORATORY SCIENTIST  
in the Laboratory was recognized  
by Charles Cable



THE STAFF OF DOU2  
was recognized by  
Marvin M. Pitts



VIRGINIA CORRAL, RN FROM THE NICU was recognized by Mr. and Mrs. Dennis M. Galang



VALERIE VERDUGO, CLERICAL ASSOCIATE in the Cath Lab was recognized by Mr. and Mrs. Richard Kukulka



THE STAFF OF DOU3 was recognized by Dr. Paul Orr



THE PHYSICAL THERAPY/REHABILITATION DEPARTMENT was recognized by Susan Dowler & James Burke



TAMERA FREEHLING, RN FROM CICU was recognized by Suzanne Freehling

DR. JAFFAR TREMAZI was recognized by Terre Rodriguez





## HERO AWARD

*Dr. Bruce Hensel from NCB4 Los Angeles presented Dr. M. Hellen Rodriguez with a “Hero Award” by the National Health Foundation. On Dr. Rodriguez’s right is Eugene Grigsby, recently retired President & CEO of the National Health Foundation. Her efforts to raise awareness and promote flu vaccinations to pregnant women saved lives and truly reflected her character as a physician leader at Pomona Valley Hospital Medical Center.*

## TREE LIGHTING

*The annual Tree Lighting featuring photos with Santa was held on December 2, 2014. It was a wet but very festive evening.*







## PINK GLOVE DANCE

*(Above) The European winner of the Pink Glove Dance came to visit us! From the beautiful Costa Brava in Spain, Clinica Bofill was the winner, and a large hospital in Germany came in second. Jane Priestly (center), whose role is similar to a Patient Advocate, helped coordinate the winning video. We had a great time swapping stories and strategies to get votes!*

*(left) PVHMC — 2014 American Champions of the Pink Glove Dance*



## PALLIATIVE CARE:

### EXTRA CARE AND COMFORT DURING A SERIOUS OR CHRONIC ILLNESS

# W

**HEN LISA RAPTIS, MD, MEDICAL DIRECTOR OF THE PALLIATIVE CARE PROGRAM AT POMONA VALLEY HOSPITAL MEDICAL CENTER (PVHMC), WORKED AS AN EMERGENCY MEDICINE PHYSICIAN IN NEW YORK SHE WAS TROUBLED BY HOW MANY OF HER PATIENTS WITH CHRONIC OR LIFE-LIMITING ILLNESSES HAD NEVER TALKED ABOUT THEIR WISHES FOR CARE.**

“When a crisis brought them to the Emergency Room, their family didn’t know what they wanted,” Dr. Raptis said. “The family’s reaction was to ‘do everything,’ even though I knew, and studies show, that many patients don’t want aggressive measures, they just want to be made comfortable.”

As part of PVHMC’s multidisciplinary Palliative Care Team, Dr. Raptis helps patients and their families have these conversations. The team, which also includes a specially trained Registered Nurse, social worker and chaplain, is focused on giving patients with serious or chronic illnesses the best quality of life possible.

The strength of this dedicated team is one element that has made the PVHMC Palliative Care Program one of only three in California to earn certification from The Joint Commission. The Joint Commission is the nation’s premier healthcare quality improvement and accrediting body. Certification is awarded only to programs that meet the highest and most rigorous standards of care.

“A lot of organizations do not have the ability to provide the level of service that our Palliative Care Program provides,” said Debra Blankenship, RN, Director of Utilization Management.

For example, most palliative care programs work only with adults. At PVHMC, palliative care spans the entire life spectrum, from extremely premature infants in the Neonatal Intensive Care Unit through geriatrics. PVHMC’s services include education so patients and families understand the disease process and expected future course of the illness; review of treatment options with the patient and family and help with often difficult decisions; development of an advanced plan of care; spiritual and emotional support; management of the patient’s pain and other symptoms; and a guarantee that all care is aligned with the patient’s cultural, spiritual and religious beliefs.

“It’s important to have a conversation about how you define your own quality of life,” said Jill Trojanowski, LCSW, Social Work Supervisor. “And that’s different for every person and every family.”

The Palliative Care Team works in partnership with each patient’s other doctors. Palliative care can be provided at the same time as treatments meant to improve or cure a serious or chronic illness, at any time during the illness, and at any age. This is different from hospice care, which is for individuals at the end of life who have decided to stop treatment.

“We’re providing an extraordinary service that’s absolutely necessary,” said Sandra Fuentes, RN, Palliative Care Coordinator. “Time and again, families say, ‘I wish every hospital had this available.’ ●

*For more information on PVHMC’s Palliative Care Program, visit [pvhmc.org](http://pvhmc.org). To make a gift to support the program, call Glenda Ferguson, Director of Development, at 909.865.9659, email [glenda.ferguson@pvhmc.org](mailto:glenda.ferguson@pvhmc.org).*



# EXPANSION BEGINS

**T**he last phase of Pomona Valley Hospital Medical Center's Master Plan project has begun, with work to expand the Emergency Department now underway.

The department will stay where it is but add more space, expanding into the area previously occupied by Physical Therapy, which has moved to the Robert and Beverly Lewis Outpatient Pavilion. The project involves demolishing the inside of the old Physical Therapy Department, removing interior walls, ceiling, flooring, ductwork and plumbing, and rebuilding the area to the highest standards for a major urban Trauma Center.

As a result, the Emergency Department will grow by 22 private treatment rooms, allowing it to serve more than 100,000 patients each year, compared to 87,000 in 2014. New equipment will be accompanied by bright, modern lighting and warm colors. A new waiting room and second ambulance entrance will also be added; two ambulance entrances will allow patients to be quickly placed in the most appropriate area according to their care needs.

The current Emergency Department will not be affected by the work, which began April 7, 2015. Regular Emergency Department functions will continue as usual throughout the expansion, which is expected to take 10-12 months to complete.

"Because the expansion will enable us to meet higher volumes, it should also decrease wait times," said Ken Nakamoto, MD, an Emergency Department physician and the Hospital's Vice President of Medical Affairs. "It's one more way we're meeting the healthcare needs of the community."

As the Hospital continues expansion, ample opportunity remains for donor support. ●

*For more information, please contact Glenda Ferguson, Director of Development, at 909.865.9659 or call PVHMC Foundation at 909.865.9139.*

## DEEP BRAIN STIMULATION

PVHMC is the **only** facility in the region to offer this advanced procedure

# SURGERY THAT'S CHANGING LIVES

Imagine having to drink your morning coffee from a sippy cup because your hands shake too much. Or that you're walking through the mall when suddenly you can't lift either foot from the ground and are unable to take another step. If you have Parkinson's Disease or a condition known as essential tremor (ET), these scenarios may be all too familiar.

Parkinson's, ET and another movement disorder called dystonia, in which your muscles contract involuntarily and twist your body into abnormal postures, are deeply disabling. Often the disorders will respond to medications – but not for everyone, and only up to a certain extent. As the diseases slowly progress, medications are less and less effective.

For some people, there's another option: Deep Brain Stimulation (DBS). This advanced brain surgery has been offered at Pomona Valley Hospital Medical Center (PVHMC) for nearly five years.

"DBS is essentially a pacemaker for the brain," said Devin Binder, MD, a neurosurgeon who performs the procedure at PVHMC. "A small, thin electrode is carefully placed deep

in the brain. The electrode is connected to a wire that runs down the neck, under the skin, to a battery placed in the upper chest. The battery sends a continuous electrical impulse through the wire to the electrode. Through this electrical stimulation, we can change the activity in the region of the brain touched by the tip of the electrode, without damaging the brain."

"The patient is actually awakened in the operating room in the middle of the procedure, for about 20 minutes," Dr. Binder continued. "The brain has no pain receptors, so there's no pain. An MRI scan taken before the surgery gives us a 3-D map of the brain, so we know where to place the electrode, and we can make very fine adjustments – by fractions of a millimeter – with the patient awake. We can test improvements in tremor right in the operating room." For the rest of the surgery, the patient is completely asleep.

The results are often dramatic. "DBS takes people who, despite medications, are having trouble functioning and gives them back fulfilling lives," said Ramin Amirnovin, MD, a neurosurgeon specializing in DBS. "Younger patients can often go back to work. People with Parkinson's can usually walk easily again. Those with ET can feed themselves again."

Most patients still need medications, but far fewer. Doctors caution that DBS is not appropriate for everyone.



# PATIENT RECEIVES A NEW LEASE ON LIFE

For nine years, medication helped two of the progressively worsening effects of Twyla Acosta's Parkinson's Disease; stiff muscles that made it hard to move and uncontrollable tremors that made it hard to hold a phone or use a computer at work. But there were times when her body simply would not listen to the commands her brain was trying to give it.

"Some mornings I'd try to get out of bed but I couldn't move," she said. "I'd say to my muscles 'come on, let's go, let's go,' but my brain was not connecting." Eventually, she'd be able to roll out of bed.

Last year she reached a turning point.

"I got my medications increased and they made me very sick," said Twyla, 64. "And I thought to myself, 'I can't do this for the rest of my life.'"

Fortunately, there was another option. Twyla had heard of Deep Brain Stimulation and knew PVHMC was one of the only Hospitals in the region to offer it. In February 2015, she underwent the procedure with neurosurgeon Devon Binder, MD. Her brain was first mapped with an MRI; then came the surgery. She was fitted with a special head frame to keep her head still while the doctor inserted electrodes into her brain through small holes in her skull. Then Twyla was awakened in the operating room, as the doctor positioned the electrodes in her brain.

"It was kind of a sci-fi thing," Twyla said. "I could hear the doctor and the care team talking about where the electrodes were going and how it would benefit me. They had me put my finger to my thumb and try to touch my nose and other small, common movements."

Twyla had the procedure twice, once for each side of her brain; a third surgery implanted a battery neurostimulator under the skin in her chest, near her collarbone. This "brain pacemaker" sends impulses through a wire in her neck to the electrodes in her brain.

The results have been dramatic. "I don't have any tremors now and I don't have the need for all the medications," Twyla said. "I can hold my grandchildren, when before I was always afraid I might drop them."

Debbie Keasler, RN, Director of the Stead Heart & Vascular Center, saw Twyla after she had the DBS procedure. "She moved almost like a model walking down the runway," Debbie said of Twyla, "smoothly and fluidly. That's something she could never do before."

Twyla feels she's been given a new lease on life. "I didn't want to be dragging my feet – literally – for the rest of my life," she said. "This procedure has taken care of that for me." ●

*Twyla Acosta*

"To be a DBS candidate, you must have responded to medication," Dr. Amirnovin explained. Additionally, patients who have cognitive impairment, such as Alzheimer's disease or Huntington's disease, are usually not helped by DBS. DBS also has a different level of effectiveness for each patient and, like all surgery, carries risks of complication.

But for those who are good candidates, it can seem like a miracle. "Some of the most emotionally rewarding moments I've had as a physician are talking to patients and family members who've had the procedure," said Dr. Binder. "It changes lives." ●

For more information on DBS, visit [pvhmc.org](http://pvhmc.org) or ask your physician for a referral to a DBS consultation.





### JOINT REPLACEMENT PROGRAM *Awarded in High Honors*

**P**OMONA VALLEY HOSPITAL MEDICAL CENTER (PVHMC) has been awarded The Joint Commission's Gold Seal of Approval and Certification for Orthopedic Joint Replacement, a symbol of quality that reflects the Hospital's commitment to providing safe and effective care.

"We're justifiably proud and deeply appreciative to receive this certification," said PVHMC President/CEO Richard Yochum, FACHE. "Even more meaningful is to witness the lives that have been healed and transformed by the work of our highly skilled surgeons, anesthesiologists, nurses, case managers, physical and occupational therapists and orthopedic and scrub techs. That's our greatest reward."

PVHMC is one of only 24 hospitals in the state to receive this prestigious designation from The Joint Commission, the nation's premier healthcare quality improvement and accrediting body. The Joint Commission's experts completed a rigorous on-site review of PVHMC's orthopedic program in April 2015, evaluating its compliance with national disease-specific care standards, orthopedic joint replacement requirements, evidence-based clinical practice guidelines and performance measures.

"Pomona Valley Hospital Medical Center has thoroughly demonstrated a high level of care for patients requiring orthopedic joint replacements," said Wendi J. Roberts, RN, Executive Director of Certification Programs for The Joint Commission. "We commend this organization for becoming a leader in orthopedic joint replacement care and for providing a higher standard of service for other hospitals and medical centers in the community."

PVHMC's Joint Replacement Program is based on advanced preparation, individualized care plans, education, early mobilization, pain management, experienced nursing care, discharge coordination and after Hospital discharge follow-up. It features a special joint replacement class that educates joint replacement candidates on the surgery process, medications, physical therapy, medical equipment, how to prepare for surgery and more.

"For 90 to 95 percent of patients, joint replacement surgery results in significant restoration of function and pain, enabling them to get back to the life they enjoy," said orthopedic surgeon Neeraj Gupta, MD. "This Joint Commission certification acknowledges our team's commitment to providing compassionate, high-quality care to everyone we treat." ●





**IN THE SPAN OF A SINGLE HEARTBEAT**, Pomona Valley Hospital Medical Center's (PVHMC) newest CT scanner captures 320 ultra-high resolution freeze-frame images of the body, which is especially helpful in quickly diagnosing patients with suspected heart attack or stroke.

"This powerful technology is not often found in a community hospital," said Johnson Lightfoote, MD, Medical Director of Radiology at PVHMC. "The 320-slice CT scanner allows us to identify exactly where the heart or brain is compromised and how severely, so we can provide the best treatment."

The scanner takes multiple images that each show a cross-sectional "slice" of the patient's body. Picture a loaf of bread; you can see from the crust to the center of each slice. And as you remove each slice from the package, you see a new area of the loaf. Combine the slices together and you see the whole loaf – a 3-D image.

PVHMC's new scanner captures 320 simultaneous anatomical slices in one-third of a second, the fastest time available. This provides precise images of even rapidly moving organs like the heart or brain. Previously, it took several scans combined together to render such an image, taking more time and exposing the patient to more radiation.

"In patients with chest pain, we can quickly and immediately determine if there is an obstruction of a blood vessel supplying the heart," Dr. Lightfoote said. "Or, with a low dose of radiation and a single scan, we can help rule out coronary artery disease."

For patients with the most common type of stroke, in which there is a blockage to a blood vessel in the brain, the scanner helps diagnose the extent and exact location of the stroke.

"We can see how fast the blood flows through the stroke area and identify how big and how bad it is," Dr. Lightfoote said. "It's a clear advance in imaging." ●

For more information on PVHMC's innovative cardiovascular care technology, visit [pvhmc.org](http://pvhmc.org).

## NEW TECHNOLOGY TAKES STUNNING IMAGES *in Just a Heartbeat*



## 53RD ANNUAL HOLIDAY HOMES TOUR

Who knew that Claremont is home to an award-winning vintner who has been making wine in his backyard for years? Or that the city features the first zero-carbon-footprint whole earth building (the Uncommon Good House)? And that sculptor Barbara Beretich showcases numerous artists' works at a gallery in her Claremont home?

To make a donation to the Sick Baby and Hospital Assistance Fund, contact the Volunteer office at 909.865.9669.

The chance to explore these hidden treasures was offered, along with other activities, during the Day of Discovery, a new addition to the 2014 Holiday Homes Tour. The Tour, in its 53rd year, is the largest annual fundraiser for the Pomona Valley Hospital Medical Center (PVHMC) Auxiliary.

Held on Saturday, December 6, 2014, the event also featured three culinary classes: Mastering the Perfect Pie Crust, conducted by I Like Pie bake shop; How to Pair Beer with Seasonal Favorites, offered by Claremont Craft Ales; and Preparing Special Foods for the Holidays, provided by Chef Charly of Vom Fass gourmet food store.

And, of course, there were the houses. Three beautifully remodeled homes, festively decorated for the holidays, were open to tours throughout the day. Classic cars were once again on display at each home, adding to the celebration of restoration. English tea, coffee and holiday cookies were served at the historic Claremont Women's Club. And the PVHMC Gift Shop once again provided a gift boutique and an opportunity drawing for 12 uniquely themed gift baskets.

"Our goal was to have a series of events that provided something for everyone," said Richard Forrest, Chairman of the Holiday Homes and Day of Discovery event. "It was very successful thanks to everyone who generously contributed or attended and everyone had a wonderful experience."

All proceeds from the day's activities benefit the PVHMC Auxiliary's Sick Baby and Hospital Assistance Fund. The Fund is a vital resource for families who can't pay their Hospital bill, new mothers who need a car seat to take their newborn home from the Hospital, parents living in the high desert who can't afford to visit their baby in the PVHMC Neonatal Intensive Care Unit, and much more. Recently, the Fund paid for PVHMC chaplains to receive palliative care training to bring physical, emotional and spiritual relief to Hospital patients and families during a chronic or advanced illness.

"The Holiday Homes Tour is a tradition for a lot of people who come out year after year to benefit the Hospital," said Sonja Stump, outgoing President of the PVHMC Auxiliary. ●

*Plan on attending this year's Holiday Homes, to be held Sunday, December 6, 2015.*





FREED HOUSE



GARNER HOUSE

HOLIDAY HOMES TOUR  
**CLAREMONT'S  
HIDDEN GEMS**



SEARING HOUSE

WOMEN'S CLUB





# PRESIDENT'S SOCIETY & CIRCLE OF FRIENDS



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# ONGOING CLASSES *and programs*

## *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](mailto:ferc@pvhmc.org) or register online at [https://resources.pvhmc.org/ceii\\_web/class/default.asp](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 – 1 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)

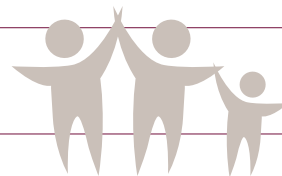
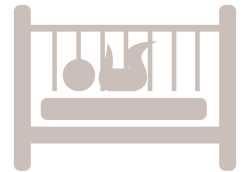
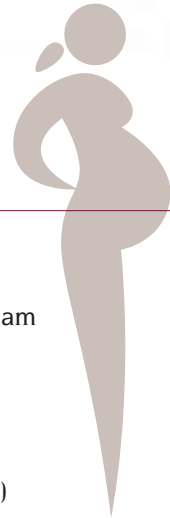
**Safe Sitter Class** (two-day class). Call for date and time.

### 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.





## *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.

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### **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)

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### **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)

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### **FOR ANYONE**

**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*

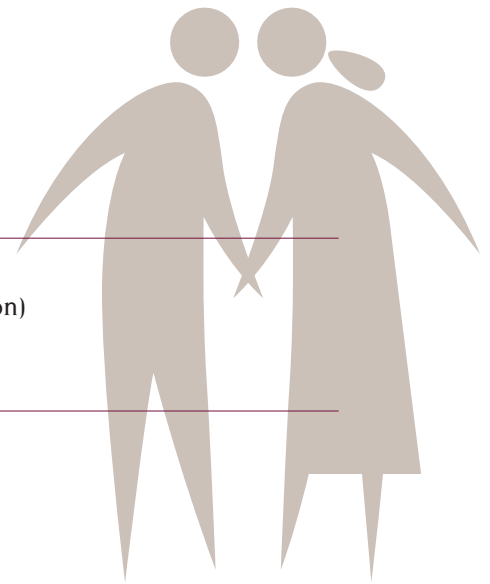
**Risk Reduction Class** (every Tuesday, noon – 1 pm. Lunch provided)

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 909.865.9500 (x2032) 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.

## *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.





*A passion for healing. A love of giving.*

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**Pomona Valley Hospital Medical Center (PVHMC) is committed to providing the very best care to hospital patients, which includes making sure they have all the information they need to continue healing when they return home.**

That's the goal of MYHEALTH, a secure website where patients can review all the essential details from their hospital visit, including their diagnosis, medications and treatment plan, from the privacy of their homes or offices, 24 hours a day.

"We realize that patients receive a lot of data about their care during a hospital stay, when they might not be in the best frame of mind to process it," said Tammy Bello RN-CB, MPH, Manager, Clinical Informatics. "MYHEALTH puts all of it at their fingertips, so they can review it when it is most convenient for them. Ensuring that peace of mind is very important to us."

MYHEALTH is also being connected to participating doctor's offices, laboratories, radiology centers and other facilities, so patients can access details from each of those visits and share it with other healthcare providers in their network.

To set up a password-protected account, patients need only provide their email address at Hospital registration and all the data they need will be just a few clicks away.

# MYHEALTH PATIENT PORTAL

*For more information about MYHEALTH contact  
Tammy Bello at [tammy.bello@pvhmc.org](mailto:tammy.bello@pvhmc.org)  
or call 909.630.7740.*