POMONA VALLEY HOSPITAL
MEDICAL CENTER

Expert care with a personal touch

KEEPING YOU IN TOUCH
NEWSLETTER



NOVEMBER 2026

Halloween Happenings at Pomona Valley Hospital Medical Center



Halloween was celebrated a little early this year at Pomona Valley Hospital Medical Center! The holiday was observed on Friday, October 30th, but also celebrated on Saturday, October 31st by weekend shift Associates.

We had one patient in our pediatric inpatient care unit - Maya - who was beyond thrilled to receive what has to be a record-breaking amount of candy from our Associate Parade! After visiting Peds, the parade traveled throughout the units, offering Halloween treats to patients, visitors and our Associates. A fun time was had by all participants - thank you for brightening the day for all!



In the Neonatal Intensive Care Unit, one adorable set of twins - Penelope and Katalina - posed for the camera in their newly gifted Mickey Mouse Pumpkin outfits. Mom and Dad were so happy to have this special Halloween moment with the twin girls, and they seemed to love it as well!



Our annual Pumpkin Carving and Painting contest was a success! We are always amazed at the creativity of our Associates - thanks to all who took the time to paint or carve a pumpkin this year (see page 3).

All across the hospital and our offsites, Associates were dressed in costume - either alone, in groups or with their entire department. Check them out on the next page!

We hope you all enjoyed this year's Halloween festivities.

The Keeping You In Touch Newsletter is a publication of the Pomona Valley Hospital Medical Center Marketing & Public Relations Department.












8.99
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10.99








Pizza Planet

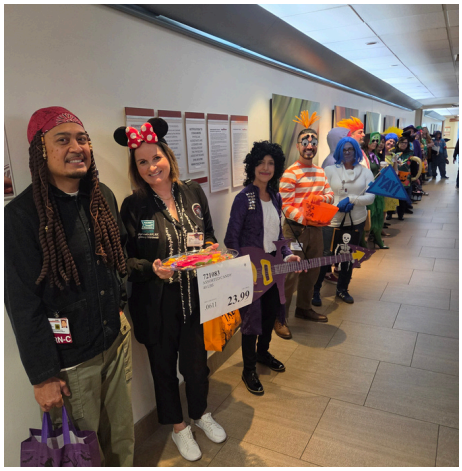

WORLD OF THE JUNGLE

















PUMPKIN CARVING AND PAINTING CONTEST WINNERS!

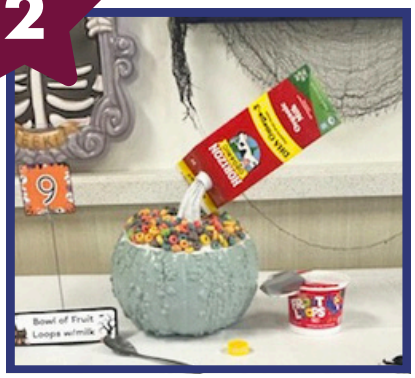
PAINTED PUMPKINS

1



Jojo Taloza, 5-Central
Spidey Senses

2



Jasmine Aragon & Team
Nursing Administration
Froot Loop Cereal Bowl with Milk

3



Maryzyl Garcera, 3-Central
IT

CARVED PUMPKINS

1



Liz Thompson, GI Lab
Wednesday Addams

2



JJ Jarosh, Stores & Distribution
The Scarecrow

3



Jessica Galvan, Radiology
Jellyfish House Party



Stead Heart and Vascular Center Kicks Off 40 Years of Cardiac Excellence with Anniversary Celebration

In celebration of the Stead Heart Center's (now know as the Stead Heart and Vascular Center) 40th Anniversary, which runs from Oct. 2026 - Oct. 2027, Pomona Valley Hospital Medical Center proudly hosted a kickoff celebration for Associates on Wednesday, October 21, 2026.

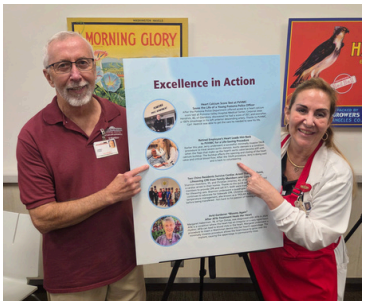
All Associates were invited to drop by for a free scoop of our special Bert & Rocky's Berry Heart Indulgence ice cream, a sweet cream based ice cream with a black raspberry swirl and dark chocolate chunks. In addition, poster boards were on display highlighting four decades of history and achievements at the Stead Heart Center, as well as recent patient testimonials, community outreach and photos of our cardiac physicians.

We are looking forward to sharing our plans for our 40th Anniversary - stay tuned!























Join us for the 6th Annual

Free Drive-Thru Flu Shot Clinic

Saturday, November 7, 2026
9:30 am - 11:30 am

Pomona Valley Hospital Medical Center

North Visitor Lot off of Garey Avenue and Willow Street
*In the event of rainy weather, the event will be moved indoors.

Flu shots will be available to individuals ages 6 months and older.
No registration, ID or proof of insurance is required.

All are welcome!

We're still seeking volunteer RNs to administer flu shots!

RNs who are eligible to volunteer may sign up for a shift on Symplr Learning. Click the "Learning Opportunities" tab and serach "volunteer."









Annual Pie Event

Tuesday, November 17, 2026
2:00 - 4:00 pm

Night shift will have pie slices delivered to the units to enjoy.

Cafeteria Small Dining Room

THANKSGIVING IS A TIME TO COME TOGETHER AND REFLECT UPON ALL OF THE THINGS WE ARE THANKFUL FOR!

ASSOCIATES PLEASE JOIN US FOR....
PIE, COFFEE AND RAFFLES!

Pie flavor selection:

Apple, Pumpkin, Pecan, Sweet Potato and Sugar Free Pumpkin

Associates in attendance will have an opportunity to win something special for holiday shopping.

Pomona Valley Hospital Medical Center
proudly presents the

28TH ANNUAL

Tree Lighting Ceremony

Wednesday, December 2, 2026
5:30 – 7:30 pm

Robert & Beverly Lewis Outpatient Pavilion
1798B N. Garey Avenue, Pomona, CA 91767

Join us for a fun and festive evening to celebrate the holiday season! We'll be serving free hot cocoa, cider, champurrado and cookies.

Special Guests:
Santa and Mrs. Claus
Bring your family and receive
one complimentary photo.
Healing Harmonies Symphony Volunteers
Performance starts after 6:00 pm

Our Volunteer Services Department will be selling holiday trinkets and gifts, and the Pomona Valley Hospital Medical Center Auxiliary will be selling tickets to its Season of Joy Holiday Basket raffle. All proceeds benefit the Sick Baby and Hospital Assistance Fund.

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pvhmc.org

PVHMC Welcomes Back the Quarterly 5-Star Associate Recognition Breakfast

On Wednesday, October 28th, Pomona Valley Hospital Medical Center welcomed back its quarterly 5-Star Associate Recognition Breakfast. The spooky Halloween-themed event recognizes Associates who received a 5-Star Recognition card from a patient, visitor or fellow Associate, for their exceptional service. The breakfast buffet was followed by a raffle and fun All Hallow's Eve trivia - try it out for yourself on the next page! Congratulations to all of the Associates who were celebrated! See you next quarter.









Everyone Loves a Raffle!












THE SPOOKTACULAR BRAIN BUSTER

1. WHAT VEGETABLE WAS ORIGINALLY CARVED INTO JACK-O'LANTERS?
2. WHAT ANCIENT CELTIC FESTIVAL INFLUENCED HALLOWEEN?
3. WHAT IS A GROUP OF WHITCHES CALLED?
4. WHICH AUTHOR WROTE THE LEGEND OF SLEEPY HOLLOW?
5. IN WHICH COUNTRY DID THE TRADITION OF TRICK-OR -TREATING BECOME POPULAR?
6. WHICH ROMAN GODDESS WAS HONORED IN A FESTIVAL LINKED TO HALLOWEEN TRADITIONS?
7. WHAT DO WITCHES TRADITIONALY RIDE?
8. WHAT DOES THE WORD "HALLOWEEN" COME FROM?
9. WHAT HALLOWEEN CREATURE TURNS INTO A BAT?
10. IN IT'S THE GREAT PUMPKIN, CHARLIE BROWN, WHO WAITS FOR THE GREAT PUMPKIN?



Early Action on Diabetes for Young Adults: Why Now Matters

Lotus Yao, RN, MSN Student

November is Diabetes Awareness Month, and one group often overlooked is young adults.
When people picture diabetes, they often think of someone older. That picture is outdated. Type 2 diabetes was once called "adult-onset," but that label has faded as diagnoses climb among teens and young adults.

The numbers are a wake-up call

- Roughly 6 million U.S. adults aged 18 to 44 have diabetes, and about 2 million of them don't know it.
- Nearly 33 million adults in that age range have prediabetes.
- According to the CDC, about 1 in 4 young adults (ages 19–34) and nearly 1 in 5 teens (ages 12–18) are living with prediabetes.
- Rates are higher among Hispanic, Black, Asian, American Indian, and Alaska Native communities.

Why it hits younger people harder

Diabetes that starts early is not milder. It tends to be more aggressive. Early-onset type 2 diabetes leads to complications sooner than diabetes diagnosed later in life. National Institutes of Health (NIH)-funded research on people diagnosed as teens identified serious kidney, heart, eye, nerve, and pregnancy complications emerging in early adulthood, at a pace at least as fast as in people diagnosed later. Someone diagnosed at 25 has decades more exposure to high blood sugar, and the damage adds up.

What it does to the body

Over time, high blood sugar can harm nearly every system:

- Heart and blood vessels: higher risk of heart disease and stroke
- Kidneys: chronic kidney disease, which can progress to failure
- Eyes: vision loss and blindness
- Nerves and feet: numbness, pain, and in severe cases amputation
- Pregnancy: greater risks for both parent and baby

Young adults with prediabetes already show higher cholesterol, higher blood pressure, more abdominal fat, and lower insulin sensitivity. The strain on the body starts before a diagnosis.

The good news: early action works

Complications are not inevitable. The CDC notes that good blood sugar management can cut the risk of eye, kidney, and nerve disease by about 40%. Regular eye exams could prevent up to 90% of diabetes-related blindness, and routine foot exams and education could prevent up to 85% of amputations.

What you can do this month

- Know your risk. Ask your doctor about an A1C or fasting glucose test, especially with a family history, excess weight, or inactivity.
- Move more. Even a daily 30-minute walk improves insulin sensitivity.
- Eat with intention. Choose whole foods, fewer sugary drinks, and balanced portions.
- Sleep and stress matter. Poor sleep and chronic stress both affect blood sugar.
- Join a prevention program. The CDC-led National Diabetes Prevention Program has a strong track record for young adults.

You don't need to wait for symptoms. A simple test today could change your health for decades.

POMONA VALLEY HOSPITAL MEDICAL CENTER

NOVEMBER 2026

Diabetes Awareness Month Activities

PROVIDER EDUCATION:

November 3
CME Tuesday Noon Conference | 12:30 - 1:30 PM
Updates on Diabetes Medication and Technology, Bogi Anderson, MD, University of California, Irvine

November 17
CME Tuesday Noon Conference | 12:30 - 1:30 PM
Inpatient Diabetes Management of Severe Hypo/Hyperglycemia, Speaker Pending

November 17
CME Tuesday Noon Conference | 12:30 - 1:30 PM
Limb Preservation, Miguel Manzur, MD, FACS, RPVI

ASSOCIATE ACTIVITIES:

November 4
Lunch and Learn CGM Diabetes Champions

November 13
World Diabetes Day (Observed) - Wear Blue!
Activities include;

- Diabetes education rounds for Associates (take the risk test)
- November Diabetes Education for ED/ICU (Nov. 2, 3, 4, 6)
- Crossword/puzzles for Associates (raffle) - Pick up from the 4th floor nursing office and drop off by November 13th.
- Diabetes coloring contest for children of Associates (raffle) - Pick up from the 4th floor nursing office and drop off by November 13th.

COMMUNITY & PATIENT OUTREACH:

November 3
Pomona Valley Runners Group Education | 7:00 pm
The Diabetes team will share a brief presentation to the Pomona Valley Runners Group on campus before their weekly run.

November 3
Pomona CommUNITY Pull-Up | 3:00 - 5:00 pm
Pomona Civic Center Park, 625 S. Garey Ave., Pomona

November 3, 6 & 16
Educational Table in the Main Lobby | 11 am - 2 pm
Main Lobby, PVHMC

November 10
Diabetes 101 Class | English: 6:30-7:30 pm, Spanish: 5:30-6:30 pm
For more information or to RSVP, contact our Diabetes Team at 909.865.9501, ext. 4819 or ext. 4020.

November 11
Indulge Wisely! Live Sweetly | Farmer's Market | 10 am - 2 pm
The Diabetes team will host a table at the Wednesday Farmer's Market to share education on diabetes prevention and management.

November 19
Stroke Support Group Diabetes Awareness Month
The Diabetes team will host an in person community diabetes education presentation at the Pomona Valley Health Center in Claremont.

Annual Commuter Transportation Survey

All Associates at the Pomona Valley Hospital Medical Center (PVHMC) campus must complete an annual Commuter Transportation Survey.

The survey keeps the hospital in compliance with clean air mandates from the South Coast Air Quality Management District. It tracks how Associates travel to the main hospital campus over a five-day period, yields an average vehicle ridership number and measures the effectiveness of our Rideshare Program.

Associates will be asked to report how they traveled to work during October 19–25, 2026, and the deadline to complete the survey is Monday, November 30, 2026.

All Associates at the following areas are REQUIRED to complete the two-minute survey:

- Main Hospital Campus
- Chaney Building
- Robert & Beverly Lewis Outpatient Pavilion

Associates who complete the survey will be automatically entered into an opportunity raffle win a $100 Amazon Gift Card!

Take the Survey!

PVHMC Associate Transportation Survey

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VETERANS DAY

Celebrating All Who Served

Wednesday, November 11, 2026

DAY SHIFT - 11:30 AM - 1:30 PM
NIGHT SHIFT - 10:00 PM - Midnight

PVHMC Cafeteria

All PVHMC Associates are invited to enjoy a slice of cake in honor of Veterans Day and our Associates who have served. Veterans will also receive a commemorative challenge coin.

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Congratulations for New National Certifications!
2026 4th Quarter Nurse Certifications

National nursing certification is a voluntary credential that validates a nurse's specialized knowledge, clinical expertise, and commitment to professional excellence within their specialty. We are proud to celebrate 11 new national certifications earned during the second quarter (April-June). Congratulations on this outstanding accomplishment!

Jasmin Cendejas-Molina RN, PCCN, Tele 3
Loren Murray BSN, CCRN, TICU
Daisy Boyer MSN, COCN, Wound Care
Madelaine Bathan BSN, RNC-MNN, LDRP
Juan Martinez MSN, CNOR, OPP
Adriel Eje BSN, CCRN, ICU 3
Christopher Makhoul BSN, CMC, SCRN, CCRN, CVICU



Free Cable Gun Lock Box Returns to the Emergency Department - Safe Storage Saves Lives

More than 30% of firearm injuries in California are reported as unintentional, according to the California Department of Public Health.

When it comes to firearms, don't take chances. Safe storage saves lives.

If you own a firearm or know someone who has an unsecured firearm, take advantage of the Los Angeles County Office of Violence Prevention's free cable gun lock program. As a program partner hospital, we make them available 24/7 in front of our Emergency Department, no questions asked.

Each gun lock comes with instructions for use, information about firearm violence and access to important mental health resources. Don't wait to protect the safety of your family.



Remembering Polly

We are deeply saddened to share the passing of our beautiful little Polly in early October 🤍
For nearly four years, Polly served as our first pet therapy dog, completing a remarkable 2,600 hours of service.

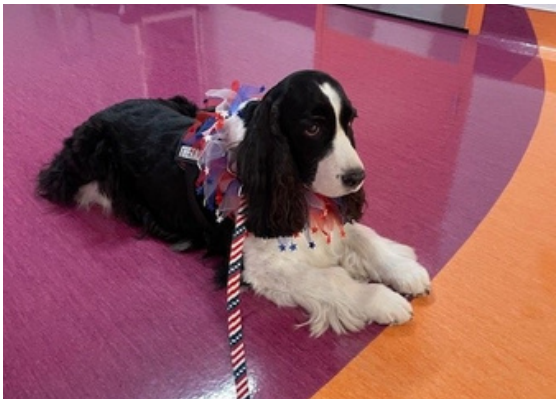
She brought comfort, joy and unconditional love to our patients and Associates, and left a lasting impression on everyone fortunate enough to cross her path.

Polly loved every moment she spent at PVHMC. Her handler and best friend, Veronica (pictured), shared that whenever they exited the freeway, Polly would cry with excitement because she knew they were on their way here 🐾

Polly had a special gift of intuition and a loving spirit. Without being led, she would instinctively go straight to patients who she knew needed a little extra comfort and care.

Our Director of Volunteer Services, Chistina Mullins, shared one of her favorite memories of Polly:
“When Veronica would say ‘Earthquake,’ Polly would immediately go under a chair and stay there until Veronica told her it was okay to come out.”

It was an honor and privilege to have Polly as part of our volunteer team.
She will be greatly missed.











PVHMC Celebrates Security Week

By Michelle Walsh-Fernandez, Director of Security

While 'Security Week' was celebrated Oct 12-16, 2026, we recognize and thank all of our Security Department Associates for the incredible and challenging work they do every day. We recognize their compassion, hard work, customer service, emergency response, teamwork, professionalism and commitment to keeping our community, hospital, patients, staff, visitors and each other safe. From ordinary tasks to emergency calls and the multitude of things they deal with every day, we are grateful. Please take a moment to thank a Security Department Associate the next time you see them. They are greatly appreciated!

Security Awards Recognition 2026: Security Department Members of the Year Award and IAHSS Security Department Members of the Year Nominee

By Michelle Walsh-Fernandez, Director of Security

Each year, Security Department Associates are selected for the 'Security Department Member of the Year' Award as well as for the International Association for Healthcare Safety and Security (IAHSS) Award. Awardees are invited to an awards recognition at Long Beach Memorial Hospital where their achievements can be celebrated.

This year, Pomona Valley Hospital Medical Center Security Associates Sgt. Thelma Navarro, Officers Reginald Colquitt Jr, Miguel Morales, Nicolas Perez, Alfredo Rodriguez, and Dispatcher Darlene Oregel received this prestige award and well-deserved recognition for helping to save a patient's life during a critical incident that occurred in April of 2026. Their bravery, calmness, and extraordinary commitment to PVHMC Associates and patient safety, is well recognized. Please help us congratulate all of them!





PVHMC Security Training:
Protecting Our Healthcare Community

Our Security team continues to conduct and participate in comprehensive training designed to strengthen our ability to respond safely and professionally to challenging situations. This training includes instruction and practical exercises involving the Axon TASER 7, Use of Force De-escalation and Peacekeeper Baton training, along with an ongoing emphasis on communication, de-escalation, and sound judgment.

These tools are part of a broader security response system. They are not intended to replace communication or de-escalation. Instead, they provide Security Officers with additional options when confronted with situations that may pose a serious risk to Associates, Physicians, Volunteers, patients, visitors and others in our healthcare environment.

Healthcare security presents unique challenges. Security Officers may encounter individuals experiencing a behavioral crisis, aggressive behavior, unauthorized activity, or circumstances that can rapidly escalate.

Regular hands-on training helps officers understand when and how to appropriately respond, while reinforcing hospital policies, legal requirements, teamwork, communication, and the principles of using an appropriate level of response.
Training with the various defensive tools allows officers to develop practical skills while working through realistic scenarios. Just as importantly, scenario-based training helps officers recognize opportunities to slow a situation down, communicate effectively, request assistance, and use de-escalation whenever circumstances allow.

The ultimate goal of Security training is not the use of equipment, but preventing injuries and protecting everyone in our healthcare environment.

Well-trained Security Officers are better prepared to recognize potential threats, respond quickly to emergencies, support clinical staff, and help maintain a safe environment for patient care.
Our Security team remains committed to continuous training and professional development so that when our hospital community needs us, we are prepared to respond with professionalism, compassion, sound judgment, and the highest regard for safety.

Thank you to our Security team for your continued dedication to keeping our Associates, Physicians, Volunteers, and others safe.







Sports Medicine Center Hosts “$$$ for Physicals” Fundraiser

Supporting Local High School Athletic Training Programs For 20 Years!

Last Spring, SMC Medical Director, Jay Shah DO, and the team of physicians, family medicine residents, physical therapists and staff from the Sports Medicine Center (SMC) spent several evenings providing student-athletes from our five SMC affiliated high schools with CIF required "Pre-Participation Examination" (PPE) sports physicals through the “$$$ for Physicals” fundraiser program. Thank you to all who helped to make 2026 our 20th successful PPE year!

A total of 484 physicals were performed, raising a total of $15,855 for the schools’ athletic training rooms. Since 2006, “$$$ for Physicals” has provided 9,620 high school athletes with required physicals while helping to raise a grand total of $239,855 benefiting our local high schools.

In the Fall, football pre-game ceremonies are held at each school with the team physician and SMC clinician or staff presenting the symbolic “big check” on behalf of the Hospital to the Principal, Athletic Director, Coaches, and Athletic Trainer. From the sound of the home crowd cheers, it is apparent the schools are very appreciative of the support the SMC provides to their student-athletes.

Representing PVHMC and the SMC in presenting the “big check” at the pregame ceremonies this year were SMC Team Physicians Victor Alvarez MD, Carlos Baez MD, James Meyers DO, and Erik Olsen MD, along with SMC Administrative Director, Rick Rossman MS PT.

This school year, our SMC physicians are serving as team doctors at Bonita, Charter Oak, Claremont, Damien and Diamond Bar High Schools. They work closely with their school's coaching staff and athletic trainer while providing many hours of complimentary medical coverage and support on the sidelines during football season.











Donor Case Outcome

saving lives through organ, eye & tissue donation

Pomona Valley Hospital Medical Center

Case Scenario:

A 73-year-old was admitted in mid September to the ICU 3. The healthcare team recognized that this patient should be referred for a consult with OneLegacy as she met the criteria for preserving the opportunity for donation.

With the help of our healthcare heroes, the family was presented with the opportunity to give the gift of life through organ and tissue donation. The patient's generous gift was able to save and heal the lives of those in need through the donation of the following organs and tissues:

- **Right Kidney** *(transplanted to someone in their 60's)*
- **Left Lung** *(research)*
- **Pancreas** *(research)*
- **Liver** *(transplanted to someone in their 70's with 1474 days on the waitlist)*
- **Left Kidney** *(transplanted to someone in their 70's with 1585 days on the waitlist)*
- **Corneas**

Case Scenario:

A 66-year-old was admitted in early September to the ICU 3. The healthcare team recognized that this patient should be referred for a consult with OneLegacy as she met the criteria for preserving the opportunity for donation.

With the help of our healthcare heroes, the family was presented with the opportunity to give the gift of life through tissue donation. The patient's generous gift was able to save and heal the lives of those in need through the donation of the following tissues:

- **Corneas**
- **Costal Cartilage**
- **Heart Valve**
- **Musculoskeletal**
- **Pericardium**
- **Skin**

Thanks to your hospital, lives were saved and healed through donation. It is only through the efforts and commitment of healthcare professionals like you that we are able to provide these life-saving transplants. We recognize the tremendous amount of time and energy that goes into making the hope of transplant a reality, and we appreciate your dedication to our joint mission of saving lives.

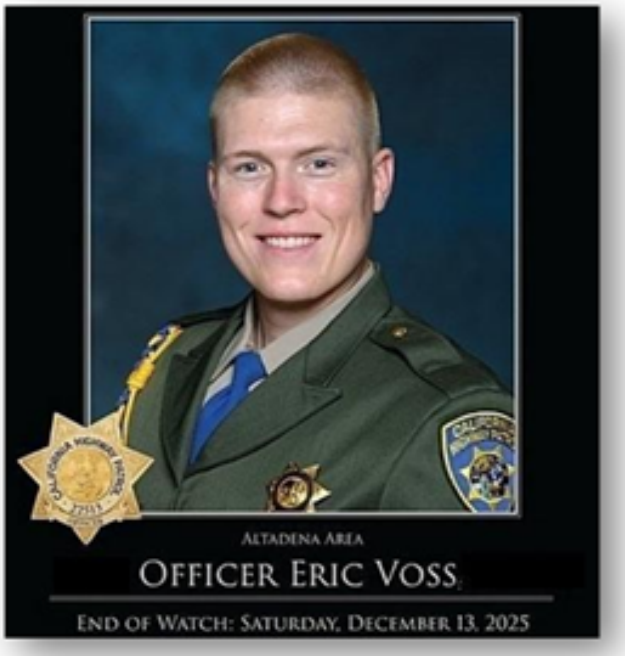
For any questions or requests, please do not hesitate to contact:
Olivia Salas-Tapia, Program Manager, Hospital Partnerships, OneLegacy
(213)259-5685 / osalastapia@onelegacy.org

OneLegacy to Honor Late Patient and Organ Donor from PVHMC on Annual Rose Parade Float

OneLegacy has selected a donor from Pomona Valley Hospital Medical Center to be honored with a Floragraph for its 2027 Donate Life Float at the Rose Parade.

OneLegacy has selected Eric Voss, the Altadena-area California Highway Patrol Officer that was admitted to our Trauma Intensive Care Unit in December 2025 and passed as a result of injuries sustained in an off-duty motorcycle crash.

Please stay tuned for information regarding his floragraph ceremony, which will be held in collaboration with OneLegacy, his family, friends and PVHMC care team in December.



Associates Invited to Decorate the One Legacy Rose Parade Float





As OneLegacy prepares to bring its beautiful 2027 OneLegacy Donate Life Float to life, they would like to invite PVHMC and fellow Hospital Partners to be part of the celebration with a dedicated decorating shift on Saturday, November 21, 2026, from 12:00pm – 3:30pm at Rosemont Pavillion in Pasadena.

If you would like to volunteer for the PVHMC shift, click the link below.
Please note that registration will be closed on November 4, 2026.

Register HERE by 11/4/26

WEEKLY FARMERS MARKET

Food & drinks | **Local vendors** | **PVHMC Education**

EVERY WEDNESDAY

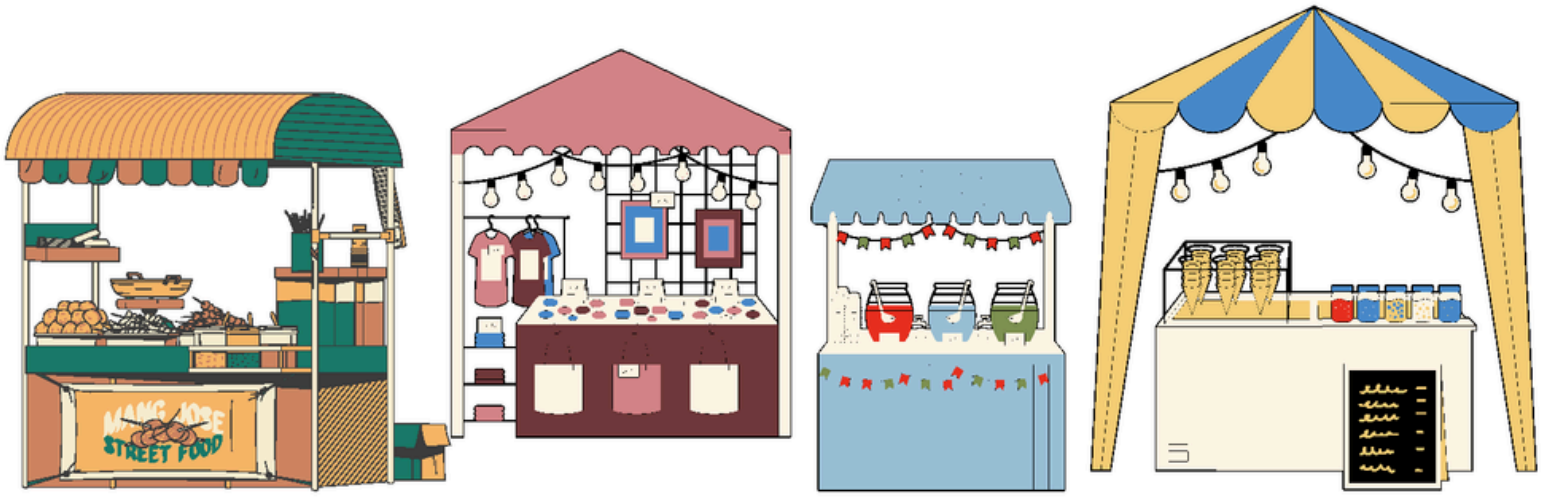
10:00 AM - 2:00 PM

Robert & Beverly Lewis Outpatient Pavilion Front Patio

Vendors Vary by Week and May Include:

Vicente Family Farm Produce | Loaded Baked Potatoes | Bella & Penelope's Pizza
Mad Aguas | Smokin Cuban Cuisine | Catalan's & Goodies | LAMI (Filipino)
Susi Sushi | Tradition 3 Tamales | Freshisthebestlicorice | Real Time Pain Relief
Cookies by Yvette | Old Town Baking | Brothers Products | Chris Cakes | Rigo's
Nutty Natural | Dolce de Libby | 100% Juice bar | Beautifully Brewed | The Sweet
Encounter Candy Apples

Perkatory Coffee will also be available on the patio.



2026 BLOOD DRIVE CALENDAR

Save the dates for our 2026 American Red Cross blood drives! Book your appointments at redcrossblood.org and enter our sponsor code: PVHMC. Stay tuned to PVHMC Announcements for updates on blood drive times and promotions from the Red Cross.

January



April



April



June



August



October



December



Coming Up for November 2026...

Physical Health: Eating for Your Health During the Winter Months
Emotional Health: Quick Tips for Better Mental Health
Social Health: November 2026 FunExpress Deals

Access the upcoming events/postings on Wellness for Life page of the Intranet!



Lincoln Financial | Pomona Valley Hospital Medical Center | Prospera



Don't miss our Retirement Readiness event!

Personal help for associates nearing retirement

Where: Pitzer Auditorium
When: Monday, November 2, 9:00 a.m. – 3:30 p.m. and Tuesday, November 3, 9:00 a.m. – 4:00 p.m.



ROBERTO J. DURAN
CFP®, CHFC®, CRPC®, CBEC®
CA Insurance License #0C87851
949-341-4293
Roberto.Duran@OurProspera.com

Pomona Valley Hospital Medical Center (PVHMC) is committed to helping you achieve retirement readiness and is pleased to offer you one-on-one retirement planning help. Your retirement plan is offered through Lincoln Financial. To help you reach your goals, PVHMC has engaged financial professionals from Prospera, an affiliate of Osaic Wealth, Inc.

During your meeting, you can get answers to your questions and:

- Talk about financial plans after retirement
- See if you're on track for retirement
- Review checklists to prepare for retirement
- Learn how Social Security and Medicare fit into your financial picture
- Discuss Roth vs. pretax contributions

It's not required, but to make the most of your meeting, bring these items with you:

- Investment account statements, including outside of PVHMC
- Social Security statements
- Your spouse and their statements

Take advantage of one-on-one retirement planning help. Save your spot today!

Reserve your spot in advance

Schedule your one-on-one meeting at the event by scanning this QR code with your smartphone. Prebooking is recommended, as walk-in appointments will only be available if the schedule permits.

Can't make it to the event? Virtual appointments are also available. Scan the QR code to view other available meeting times.

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Order code: PVM-RR25-FLI001

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2027 Flexible Spending Accounts (FSA) Open Enrollment For Benefited Associates Only

2027 FSA Open Enrollment Period:
Monday, November 30, 2026 (opens at 8:00 am)
Monday, December 14, 2026 (closes at 4:00 pm)

2027 Plan Year FSA Maximums

Health FSA Maximum = **$3,500** (increased from 2026 maximum of $3,400)

Dependent Care FSA Maximum = **$7,500 or $3,750 for married individuals** who file separate tax returns (staying the same from 2026 maximum)

How to Enroll in 2027 FSA

Access the 2027 FSA Open Enrollment link in **Launchpad** between Monday, November 30, 2026 (staring at 8:00 am) to Monday, December 14, 2026 (before 4:00 pm).

For more information on the enrollment process along with an overview of your enrollment options, please access the webinar in the Benefits Education Gallery located in PVHMC Intranet – Associates – Benefits on or after November 23, 2026.

2027 Plan Year Limited Carryover for Health FSA

Unused **2027 Health FSA** funds will have a limited carryover up to $700 to the 2027 Plan Year

(increased from 2026 carryover of $680). There is no carryover option for any unused 2027

Dependent Care FSA funds.

Please keep in mind that you will have until March 31, 2027 to submit receipts to the FSA plan administrator, Igoe Administrative Services, for health and/or dependent care services incurred between January 1, 2026 and December 31, 2026.

Taxation of Unsubstantiated Health FSA Reimbursements with the Benefit Card Usage

As you may know, the Health FSA features the Igoe Flex Benefit Card. The Benefit Card is like a debit card that you can use to pay for eligible expenses like office co-pays, prescription drugs, prescription glasses and more. The Card gives you a fast and easy way to get immediate access to your account, without having to pay and wait for a reimbursement check. However, you should always request and hang on to your itemized receipts in case Igoe needs to verify (substantiate) that an expense is eligible.

Please keep in mind that any un-substantiated reimbursements that are not cleared up with Igoe by December 1, will be added as taxable income with your first December paycheck. Furthermore, any additional un-substantiated Benefit Card transactions in the last week of December will also be adjusted and reported as taxable income on your yearend W-2. Therefore, please be sure to reply to Igoe on any unsubstantiated reimbursements timely.

POMONA VALLEY HOSPITAL
MEDICAL CENTER

Junior Volunteer

Clothing Drive

Fundraiser

All PVHMC Associates are encouraged to participate. Help us fill the truck!

Pickup Day: November 7th at 10am
Bring clothes the week of pickup
(November 1st - November 7th by 10am)

Clean t-shirts, long-sleeves, dresses, jeans, khakis, sweats, sweaters, crewnecks, and more.

All clothing goes to Clothes4Cash, supporting communities in developing countries like South America.

Questions? Email the volunteer office for any concerns

PVHMC Community Events

Cirque Series Mt. Baldy Trail Run - October 3
Our Sports Medicine Center had a unique opportunity to provide first aid coverage at the finish line of the Cirque Series' inaugural Mt. Baldy mountain run on Saturday, October 3, 2026. The trail run climbed up nearly 4,000 ft to the summit of Mt. Baldy and down a tricky descent for a total of 9.1 miles.

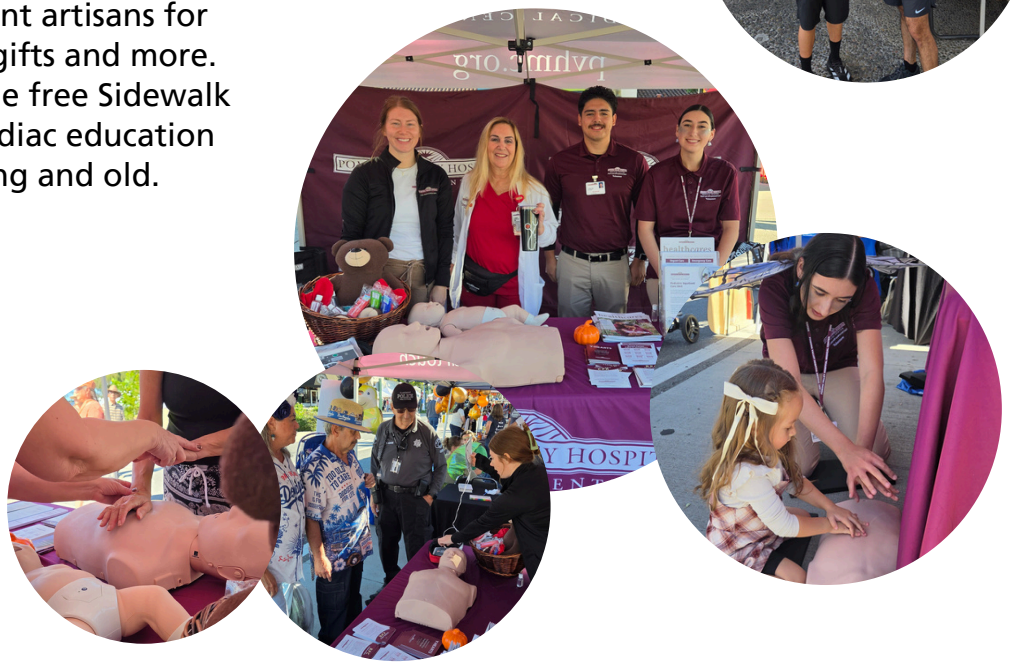
With West Valley Search and Rescue protecting the safety of runners on the mountain, and our team at the finish line, the athletes were in great hands! It was great seeing some of our patients and Associates on the course!



Pomona 5K/10K - October 17
The Pomona 5K/10K event boasted nearly 900 walkers and runners at Shaun Diamond Plaza and the Downtown Pomona area. Our Sports Medicine Center team was back at it again providing first aid coverage at the finish line. Congratulations to the son of Rogelio Gaeta, Executive Chef, and to Rogelio for being his pacer!



44th Annual Village Venture - October 24
Village Venture is an annual event in the Claremont Village that hosts more than 400 booths featuring independent artisans for crafts, art, apparel, holiday gifts and more. PVHMC was proud to provide free Sidewalk CPR demonstrations and cardiac education to many tens of guests, young and old.



Bringing the Light

By Elizabeth Grainger, Palliative Care Chaplain

As days grow shorter and nights lengthen, every moment of daylight may feel even more precious to us. Some of us enjoy cozy evenings at home, while others struggle with the reality of traveling to and from work in darkness. Some of us celebrate the change in seasons whereas others feel seasonal sadness or even depression creeping in. Yet for all of us, this time of change presents an opportunity to think about the darkness and the light. It is in contrast to the dark that light's radiance becomes clear. Sometimes we simply must have faith that as dark as the night is, "Weeping may endure for a night. But joy comes in the morning" (Psalm 30:5). And in the words of 20th century Indian poet and Nobel prize winner Rabindranath Tagore, "Faith is the bird that feels the light/ and sings when the dawn is still dark."

The Hindu festival Diwali (Nov 6-10) celebrates the spiritual victory of light and knowledge over darkness and ignorance. Also known as Dipawali or Deepavali, the five-day celebration is India's most important holiday of the year. The festival gets its name from clay lamps (deepa) lit in a row (avali) to symbolize the spiritual protection afforded to a home and its residents. Diwali is celebrated all over the world, by Hindus and those of other traditions alike. To celebrate, many people light diyas (oil lamps) and decorate the floor with colorful rangoli—geometric patterns made of flower petals, chalk, colored sand, and other materials. Rangoli represent the happiness, positivity, and liveliness of a household, and symbolize the good luck and fortune associated with the goddess Lakshmi. The first day of the festival is known as Dhanteras, and celebrates health and the Hindu god of medicine. The most spiritually significant day of Diwali is the third day, when the goddess Lakshmi is honored with feasts and fireworks (Lakshmi Puja). The festival draws to a close on the fifth day, when the bond between brothers and sisters is celebrated (Bhaidooj). Diwali is such a significant holiday that preparation can begin weeks or months in advance. Cleaning the home, purchasing new clothing, and preparing special foods and treats for the holiday are all part of preparing for this annual celebration of light, fortune, and family.

When the Nepali people celebrate Deepavali, they set aside one day specifically to honor dogs, Kukur Tihar (Festival of the Dogs) on November 8. In Hindu belief, dogs hold deep spiritual significance and are said to guard the gates of the afterlife. According to Hindu scripture, when the hero Yudhishthira reached the end of his life and was offered entry into heaven, he refused to go without his loyal dog. The dog was later revealed to be a god in disguise and accompanied his master into paradise. According to this legend, by showing compassion and care to dogs we not only improve their lives, but also enrich our own. Kukur Tihar, dogs are celebrated and blessed with a tika (a red mark on the forehead to indicate a blessing), given special foods, and adorned with a flower garland. Not only pet dogs receive this special treatment, but strays and those in shelters, too. Although a Hindu holiday originally, this day has become increasingly popular in recent years through social media, and is now celebrated around the world.

All of us may want to take time this month to celebrate the light in our lives—however we find it.Whether through faith, family, time in nature, or a beloved animal companion, may each of us find ways to nurture that which illuminates us.

The chaplains of PVHMC are here to support YOU! To speak with a Chaplain (available daily, 8:30am-4:30pm), please phone 469-9305. To request support for a patient or family, enter a Spiritual Care Services referral in PowerChart.

November 2026 Holidays

1	All Saints Day—Catholic
2	All Souls Day Catholic
6-10	Diwali/Deepavali (Festival of Lights)—Hindu
8	Kukur Tihar (Festival of the Dogs)—Hindu
11	Birth of Baháúllah—Baha'i
22	Feast of Christ the King—Christian
24	Birthday of Guru Nanak Dev Sahib—Sikh
26	Thanksgiving (American, interfaith)
28	Ascension of 'Abdu'l-Bahá—Bahá'í
29	First Sunday in Advent/Advent Season Begins—Christian

NOTICE: ANNUAL TB SCREENING DUE

Departments listed are due for Annual TB Screening starting as early as November 1.

Please notify Associates in your department that TB Screening is a mandatory requirement for all Healthcare Workers and must be completed by month end, November 30, 2026. If your Associate decides to receive their TB testing outside of PVHMC, PLEASE remind them that they will still need to attach the TB Questionnaire to their outside results.

PVHMC has a TB Flex Program removing Low Risk Departments/Groups from Annual TB Testing. Below is an outline of Departments and their new TB Screening Requirements.

HIGH RISK DEPTARTMENTS = TST TESTING & QUESTIONNAIRE

8440 EVS
8560 Admitting North
8563 Admitting South
8564 ER Admitting
8566 Patient Access Services

LOW RISK DEPARTMENTS. TB QUESTIONNAIRES ONLY. TESTING AT LEAST ONCE EVERY FOUR YEARS.

7778 PHY THER MILESTONES CH
7776 PHY THER LAVERNE HC
7780 Speech Therapy
7790 Occupational Therapy
7792 OCC THERAPY LAVERNE
8420 Security
8450 Plant Operations
8460 Bio-Med
8532 Physician Billing
8531 Eligibility Services
8680 Clinical Pastoral Education
8360 Social Services
8751 Utilization Management
8755 CDI & DENIAL PREVENTION
8752 Quality Management
8753 Infection Control

If Associates complete their TB requirement outside of PVHMC, PLEASE complete & submit the attached TB Health Assessment with their outside results. Associates may report to the OHS clinic (4th floor) during office hours:

Monday - Friday | 7:00 am - 4:00 pm

After-Hours/Night Shift/Weekends/Holidays: Contact the Nursing Administrative Supervisor on Duty.

THERE IS NO GRACE PERIOD FOR TB COMPLIANCE.

ALL ASSOCIATES IN THE DEPARTMENTS LISTED ARE DUE BY MONTH-END TO AVOID SUSPENSION FOR NON-COMPLIANCE.

Fire Hazard Notice: Decorative Plates

The Facilities Department has recorded an increase in fire alarm activations related to metallic-plated plates being put into microwaves, causing sparks and, in some cases, fires.

This has led to unnecessary deployment of our local fire stations, damage to the microwaves, and disruption of workflow to the impacted department as well as the Facilities team.

Disposable plates with glitter, foil or metallic plating are NOT microwave-safe.
Please double check your dishware before placing it into the microwave.







POMONA VALLEY HOSPITAL
MEDICAL CENTER

Expert care with a personal touch

"I am the Patient Experience" Winners!

These nurses were recognized by patients for providing outstanding care and customer service! THANK YOU for going above and beyond in living our Values!
Customer Satisfaction. Honor and Respect. Accountability. New Ideas. Growing Continuously. Excellence.



Jing Riezaferrer, BSN, RN, CCRN - CVICU



Lorene Maldonado, RN - MedSurg4



Christina Carrillo, GI Lab Tech - GI Lab



Lolita Jordan RN - 5Central

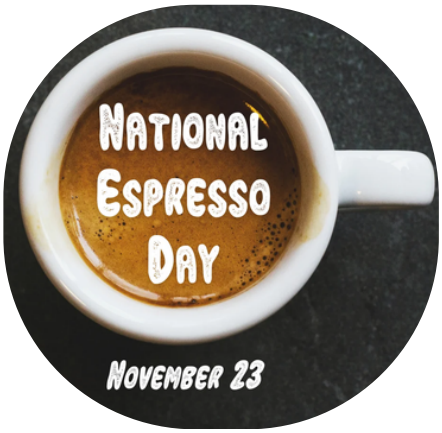
DO YOU WANT TO BE THE NEXT WINNER?

During Executive and Nursing Leadership rounding, Associates who are recognized by their patients for providing outstanding care and customer satisfaction will receive an "I am the Patient Experience" card. This card works in two ways: you can take this card to the cafeteria to redeem a free fountain drink and be entered into a raffle! Or, once a month a card is drawn to recognize an Associate who proudly demonstrates our Values! You can be next!



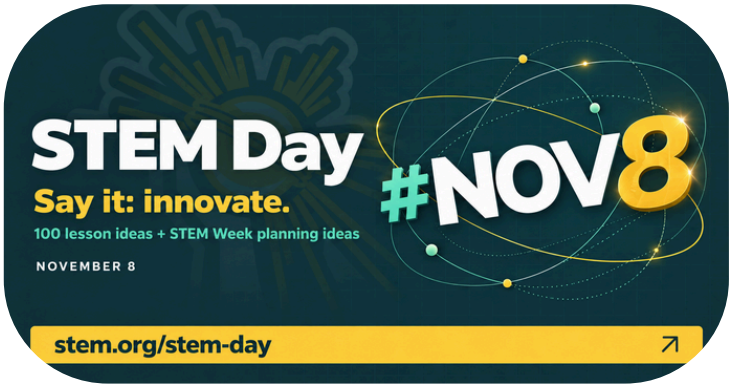
November 26, 2026





November 2026 Healthcare Professionals Recognition

- Medical Staff Professionals Week, 1-7
- Patient Transport Week, 1-7
- Compliance and Ethics Week, 1-7
- MedSurg Nurses Week, 1-7
- Hospital and Palliative Care Week, 1-7
- Radiology Technology Week, 8-14
- Nurse Practitioner Week, 8-14
- Perioperative Nurses Week, 8-14
- World Diabetes Day, 14



Birthday Corner!

Eyvette Diasanta, HR-OHS (11/3):
Happy, Happy Birthday to You!
From the OHS Team

Jokes of the Month

By Michelle Walsh-Fernandez, Director of Security

What kind of key doesn't open a door?
A turk-key.

What kind of music do Pilgram's listen to?
Plymouth rock.

The deadline for the December Newsletter is Friday, November 20. Please include your Manager/Supervisor in the email to approve your submission. Send all submissions to amber.brenneisen@pvhmc.org.