



OCTOBER 2026

Magnet Site Visit - September 2026

A Message from Lolla Mitchell, MSN, RN, NEA-BC, Vice President of Nursing Services

I am delighted to share that our virtual Magnet site visit concluded on Friday, September 18, 2026, with no deficiencies identified.

I want to thank all of you and your teams for a truly amazing site visit. The appraisers spent three days verifying, validating and amplifying the exceptional work showcased in our Magnet Document. The document reflects the dedication, innovation and outstanding contributions of our teams over the past four years. It is always evident when we begin to write the document that it takes a village to do the amazing work that we all do each and every day. Thank you and your teams for your exceptional preparation, engagement, and support throughout the Magnet site visit process.



The appraisers consistently commented on the extraordinary culture, professionalism, and commitment they observed throughout our organization. Their feedback affirmed what we already know—that our teams deliver exceptional care and support every day. During the site visit, the appraisers highlighted several strengths that distinguish our organization including:

- Teamwork and Family (both literally and as a community)
- Our low turnover rate and the longevity of our Associates
- Pathways for lifelong careers
- Recognition programs, both formal and unit/department-based
- Clinical Ladder and the engagement of our RNs
- Nurse and professional champions for all the programs we are involved in
- Peer-to-peer support program
- Shared Governance engagement
- Room readiness and participation of Associates in decisions

The next step in our redesignation process is for the appraisers to submit their reports to the commission for Magnet. We expect to hear the results in the next couple of months.

I also want to thank Christy Ward, PhD, RN, NPD-BC, Magnet Program Director; Carrie Dupee, DNP, RN, PCNS-BC, Nursing Research And Evidence-Based Practice Program Manager; the Magnet Champions; and all the Associates who participated in a successful virtual site visit.

PVHMC Among Nation's Top Hospitals for Treatment of Heart Attack Patients

Pomona Valley Hospital Medical Center (PVHMC) has received the American College of Cardiology's NCDR Chest Pain—MI Registry Gold Performance Achievement Award for 2025. Of the 440 hospitals recognized nationwide with an achievement award, PVHMC is one of less than 20 hospitals to receive a Gold-level award.



PVHMC was recognized for its commitment to quality improvement and consistent adherence to evidence-based care for patients with acute myocardial infarction. To receive the award, PVHMC demonstrated sustained achievement in the Chest Pain - MI Registry for three consecutive years (2023 -2025) and performed at a high level for specific performance measures:

- Door to Needle time (DTN) ≤ 30 minutes (STEMI only)
- First Medical Contact (FMC) to device ≤ 90 min (STEMI)
- Door-in/door-out time (STEMI)
- Reperfusion therapy – restoring blood flow (STEMI)
- Administering Acetylsalicylic Acid (ASA) on arrival
- Early troponin measurement - a protein that helps detect heart muscle damage (STEMI)
- Cardiac rehabilitation referral

*STEMI is a life-threatening type of heart attack caused by a complete blockage of one of the heart's major coronary arteries.

The Chest Pain—MI Registry empowers health care provider teams to consistently treat heart attack patients according to the most current, science-based guidelines and establishes a national standard for understanding and improving the quality, safety and outcomes of care provided for patients with coronary artery disease, specifically for high-risk heart attacks.

“This Gold achievement reflects decades of our Stead Heart and Vascular Center’s commitment to high-quality evidence-based care,” said Guarav Parikh, MD, medical director of cardiology at Pomona Valley Hospital Medical Center. “Heart attack care takes a village – from bystanders and the EMS to the emergency department, cardiac catheterization lab, critical care unit and rehabilitation. At each juncture, our patients are receiving exceptional cardiovascular care.”

The Centers for Disease Control and Prevention estimates that over 800,000 Americans suffer a heart attack each year. A heart attack occurs when a blood clot in a coronary artery partially or completely blocks blood flow to the heart muscle. Treatment guidelines include administering aspirin upon arrival and discharge, timely restoration of blood flow to the blocked artery, smoking cessation counseling and cardiac rehabilitation, among others.

“We are proud to present PVHMC with the Gold Performance Achievement Award in recognition of its national leadership and steadfast commitment to meeting comprehensive performance measures in patient care,” Dr. Leslie L. Davis, chair of the NCDR Chest Pain – MI Registry Steering Subcommittee. “PVHMC’s achievement reflects its ongoing focus on providing high-quality, guideline-driven care for patients who experience a heart attack and helping ensure they receive exceptional cardiovascular care.”

E-Bike Safety Tips for Families

The increasing use of e-bikes and other electric mobility devices has created new transportation opportunities, but it has also introduced significant safety challenges for riders, pedestrians and motorists. As e-bike popularity continues to grow, Pomona Valley Hospital Medical Center's (PVHMC) Trauma Medical Director Michael Jimenez, MD, urges families to take the time to learn safety measures before letting their child ride them.



The U.S. Consumer Product Safety Commission (CPSC) recently reported from 2017 to 2024 there were 311 deaths and 155,200 emergency room visits from e-bike related incidents.

Here at PVHMC, our Emergency Department and Trauma Center have seen an alarming trend of admissions doubling year over year since 2023.

- 2023 – 54
- 2024 – 102
- 2025 – 212
- July 2026 – 213

The age group at highest risk are those 15-55 years old, accounting for 74% of all PVHMC admissions.

California puts e-bikes into three separate categories:

- Class 1: the bike motor only works when the rider is pedaling, and it can reach speeds up to 20 mph
- Class 2: includes a throttle that allows the rider to use the bike motor without pedaling or with pedaling. It can reach speeds up to 20 mph
- Class 3: may or may not have a throttle but can reach top speeds up to 28 mph or more. You must be 16 years or older to operate a Class 3 e-bike.

"The popularity of e-bikes, especially among teens, has resulted in an upward trend in injuries and unfortunately some have been fatal," said Dr. Jimenez. "Before you purchase an e-bike, consider your child's age, skill level, maturity, and ability to use a vehicle that could potentially go as fast as 28 mph."

If you are considering an e-bike for yourself or your child, here are facts that you should know prior to your purchase:

- In 2024, there were 1,566 e-bike crashes that resulted in injuries in California. E-bikes are not recommended for kids younger than age 9
- Children aged 14 years and younger have more frequent and serious e-bike injuries according to a BMJ journal study.

Individuals may also confuse e-motorcycles with e-bikes when shopping around, but e-motorcycles can reach far faster speeds than e-bikes. It is important to review the product information page before purchasing an e-bike or other e-mobility device.

"Injuries can be prevented by using a helmet, gloves and reflective clothing and by learning how to ride defensively," adds Dr. Jimenez, "No phone, no earphones and understanding the safety laws are the safest way to enjoy an e-bike."

Don't Let Seasonal Respiratory Viruses Ruin Your Fall Festivities

As the fall season arrives, it welcomes a slew of holidays and festivities, but it is also the start of the respiratory-virus season. John Mourani, MD, medical director of infectious diseases at Pomona Valley Hospital Medical Center (PVHMC), shares tips on how to protect yourself and loved ones during the respiratory virus season.

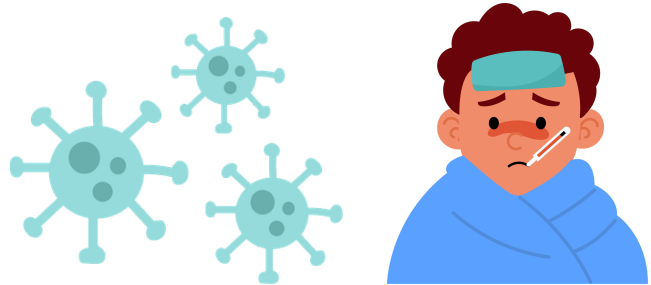
Flu

While influenza viruses can circulate year-round, the Centers for Disease Control and Prevention (CDC) notes that flu activity typically peaks during the fall and winter months. Taking precautions during this fall and winter season is important to protect yourself and those around you.

Data from the CDC shows that last year, the U.S. had one of the worst flu seasons in decades and doctor visits for flu-like illness reached one of the highest levels seen in over 25 years.

The most common signs of flu infection include:

- Severe fatigue
- Fever
- Chills
- Body aches
- Runny or stuffy nose
- Sore throat
- Cough



COVID-19

According to the California Department of Public Health (CDPH), the COVID-19 vaccination is recommended for everyone ages 6 months and older.

Whether a respiratory illness during peak season can turn life-threatening often depends on your vaccination status and underlying health conditions that can put you at higher risk. People with weakened immune systems, older adults, young children and pregnant women face a higher risk of serious complications if they haven't been vaccinated.

"The best time to protect yourself is before you get sick," said Dr. Mourani. "Receiving the recommended fall and winter vaccines will reduce your chances of complications and help ensure you're able to enjoy the season with family and friends."

RSV

CDPH recommends the RSV vaccine for infants younger than eight months and those who are 8-19 months with risk factors, pregnant women during 32-36 weeks of gestation, and adults ages 50-74 with risk factors and all adults 75 and older.

"Our goal as physicians is to help people stay healthy and informed about the latest medical information," said Dr. Mourani. "Getting your flu shot early in the fall season protects not just you, but everyone around you."

2026-2027 Flu Vaccinations Are Now Available

Pomona Valley Hospital Medical Center

Flu vaccinations are available to all Associates, Physicians and Volunteers:

Monday - Friday: 7:00am – 3:00 pm, Main Hospital Laboratory

Tuesdays & Thursdays: 2:00 pm – 10:00 pm, OHS - 4th Floor Main Hospital

Pomona Valley Health Center Associates

For Associates at our Pomona Valley Health Centers in Claremont, Chino Hills and La Verne, flu shots will be available at your nearest Urgent Care.

Please speak with your Manager for details.

Offsite Associates

Associates who work offsite (Business Office, Artesia, The Robert & Beverly Lewis Family Cancer Care Center or the Distribution Center) will have onsite clinics scheduled. Please speak with your Manager for details.

More Information

Associates that have a 2026-2027 Flu Vaccination record from an outside source should email copies to group.occ.health@pvhmc.org.

Associates choosing to decline the 2026-2027 flu vaccination can access declination forms on the OHS intranet page

<https://home.pvhmc.org/departments/occupational-health-services/>

This year we have a digital declination form as well as the standard PDF form to print and sign.

Masking for unvaccinated Associates starts on November 1, 2026.

Compliance status deadline: November 30, 2026



In Recognition of Breast
Cancer Awareness Month

Low-Cost 3D Screening Mammography for Only \$50

You are eligible for this low-cost screening if you:

- Are a woman over 40 years old
- Do not have breast implants
- Do not have a history of breast cancer in the last five years
- Are asymptomatic (no breast problems)

No proof of insurance or physician referral is required. Cash, check, or credit card is due at the time of the exam. Valid only during the month of October. The exam must be completed by 10/31/26.

Call 909.469.9395 to schedule your appointment at any one of our four imaging locations:

Breast Health Center • 1910 Royalty Drive, Pomona

Located within The Robert & Beverly Lewis Family Cancer Care Center

Pomona Valley Imaging Center • 2140 Grand Ave., Suite 115, Chino Hills

Pomona Valley Health Center • 1601 Monte Vista Ave., Suite 107, Claremont

Pomona Valley Health Center • 2333 Foothill Blvd., Suite D, La Verne

For more information about our low-cost screening, visit
pvhmc.org/lowcostmammo.



A QUALITY PROGRAM
of the AMERICAN COLLEGE
OF SURGEONS

Celebrating National Physical Therapy Month

— PT For Future Me —

From first steps to your later years, physical therapy helps you stay strong, mobile, and ready for whatever comes next. Want to live a stronger, healthier life? Physical therapy can help people of every age, stage, and ability. Whether you're recovering from injury, managing a chronic condition, improving mobility, or simply investing in long-term health and independence, physical therapy supports your every step.

Childhood and Adolescence Physical Therapy supports children of all ages and abilities, helping them build strength, confidence, and healthy habits that can last a lifetime.

Early Adulthood

Whether staying active and exercising, recovering from injuries, or preparing for major life changes like pregnancy or childbirth, young adults can turn to physical therapy to move better, feel stronger, reduce discomfort, prevent injuries, and support their overall well-being.

Middle Adulthood

Physical therapy helps adults manage pain and mobility concerns so they can stay strong, active, and fully engaged in the lives they're building.

Older Adulthood

Staying active and confident is vital for aging well. Physical therapy helps older adults prevent and overcome falls and live better with chronic conditions, so they can stay mobile and independent and fully enjoy the moments that matter.



Rehabilitation Services offers outpatient adult physical therapy by appointment at our Pomona, Chino Hills, Claremont and La Verne locations, and pediatric physical therapy at our Milestones Centers for Child Development in Chino Hills and Claremont. Acute physical therapy is provided on the inpatient floors and NICU. For more information, call 909.865.9810.

Building Bridges in Women's Health and Maternal Care

By Jodi Preovich, Customer Relations Liaison, Family Education and Resource Center

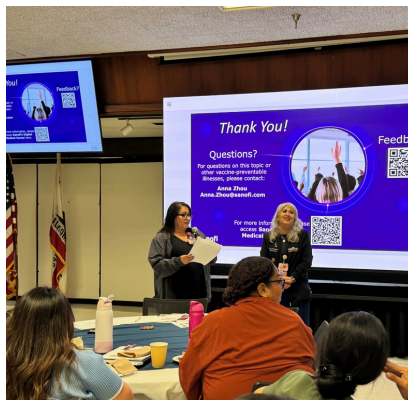
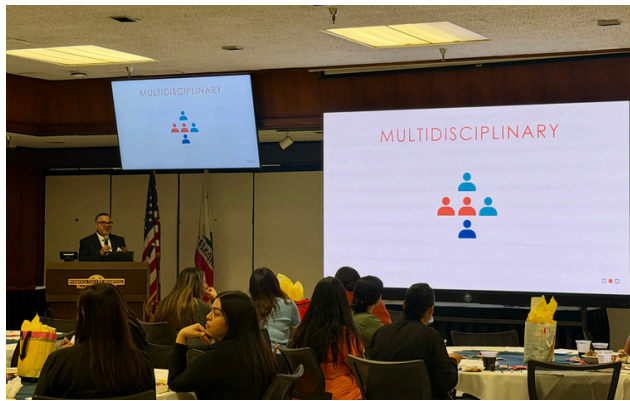
The Family Education and Resource Center (FERC) recently hosted an OB Office Staff Luncheon, welcoming 65 OB/GYN office staff members, physicians, and residents for an afternoon of education, collaboration and connection.

This quarter's luncheon provided an opportunity for our Hospital and community office teams to come together while learning about important topics affecting maternal care.

Presentations included:

- Medical Management of Jehovah's Witness Patients: A Collaborative Approach
- Our Iron Deficiency Anemia Initiative
- Respiratory Vaccines in Maternal Populations - Offices also received flu vaccines to support their patients during the upcoming respiratory illness season.

This quarterly meeting continues to strengthen relationships and communication across care teams, fostering collaboration and a shared commitment to providing excellent care for mothers and their babies.



PVHMC K9 Teams Steal The Show at California Hospital Association Conference

By Michelle Walsh-Fernandez, Director of Security

Once again, our Pomona Valley Hospital Medical Center (PVHMC) K9 teams stole the show at the California Hospital Association's annual Disaster Planning Conference on Sept 22, 2026.

Our teams showcased their exceptional training, discipline and teamwork. From detection to threats, working alongside their handlers, our highly trained K9s set the example of how they help enhance safety and security throughout our hospital.

Thank you to K9 Officer Art Cobo and Moritz and K9 Officer Jose Martinez and Clark! And thank you to K9 Hermosillo and Forest for working to protect our Hospital while handlers Cobo and Martinez attended the conference and represented our ENTIRE Security Department and organization!



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.



Coming Up for October 2026...

Physical Health: The Eyes Have It

Emotional Health: What to Say to Someone Grieving

Financial Health: College Savings Tools

Social Health: October 2026 FunExpress Deals



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

Flexible Spending Accounts 2027 Open Enrollment

Open Enrollment Period

November 30, 2026 through December 14, 2026

Effective Date of Coverage

January 1, 2027 through December 31, 2027

Healthcare and Dependent Daycare

Full-Time & Regular Part-Time Eligible

Enrollment Method: Online in PVHMC Launchpad under Benefits

- FSA Open Enrollment Launchpad opens on November 30, 2026 at 8:00 a.m.
- FSA Open Enrollment Launchpad closes on December 14, 2026 at 4:00 p.m.

For more information about the Flexible Spending Accounts, please access the webinar in PVHMC Intranet – Departments – Human Resources – Benefits. If any questions, please call the Benefits Department at (909) 865-9741.

October is National Physical Therapy Month 2026

Time to Celebrate Our Amazing PT Team!

Rehabilitation Services would like to thank our 39 physical therapists, 12 physical therapist assistants and 6 physical therapy aides for a job well done.

We are beyond proud to have each and every one of you on our team!

Physical Therapists (PTs)

- Michelle Akiyama
- Chris Arias
- Joseph Baumgaertner
- Jessica Bernstein
- Elizabeth Bletcher
- Denise Bravo
- Erica Brown
- Maria Carbajal
- Jim Carey
- Esiquio Franco-Andrade
- Gavin Garcia
- Diego Gavela
- Adam Gee
- Yumiko "Coco" George
- Natasha Hill
- Danielle Jasso
- David Kandel
- Sandy Kraemer
- Marti Kunishima
- Stacey Leath
- Shaun Meredith
- Linda Milla
- Emily Moon
- Arvin Ner
- Amy Newmark
- Matthew Oh
- Anaeva Padro
- Twinkle Patel
- Crystal Robinson
- Lauren Rossman
- Rick Rossman
- Nicole Roth
- Alexa Savitz
- Noelle Tarazona
- Ashley Tse
- Lisa VanderZon
- Antoinette Walsh-Fernandez
- Maryann Yoo
- Tiffani Zolezzi

Physical Therapist Assistants (PTAs)

- Kristen Beck
- Victor De Robles
- Jerry Harris
- Justin Ogawa
- Edward Quintos
- Louella Raceles
- Fernando Rayasflores
- Valeria Sanchez Gaona
- Richard Sanchez
- Gabriel Segura
- David Silva
- Lana Xie

Physical Therapy Aides

- Amanda Alejo
- Rich Baro
- Joseph Hernandez
- Janel Leonida
- Teresa Oien
- Doug Ventura



Chino Hills PT Team



La Verne PT



Claremont PT Team



Pomona PT Team

Happy Echo Tech Week!

October 12-16, 2026

Thank you for keeping our cardiology team beating strong.

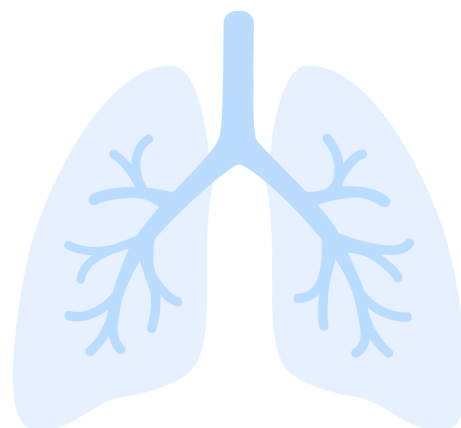
Zuleyca Castillo; Jennifer Castro; Delia Kendrick; Britney Manuel;
Sara Roberts; Mike Soto-Frayre; Portia Su-Ay, Dept. Supervisor;
Magdalena Urzua



Happy Respiratory Care Week!

October 25-31, 2026

Thank you for your compassion, dedication and the care you
provide every day. You inspire. You heal. You make a difference.
We appreciate you more than words can say!



WILLIAM HALL
BISMARCK ATROKEH
MARTIN SANDOVAL
MARIA WALLON
STEVE REQUEJO
MARK MCGRATH
RONALD THOMAS
ANNA GIBSON
MONICA MOORE
TAMMY MAGILL
TIN NGUYEN
TIMOTHY TRIBOUT
ALFRED SALGADO
SANDRA ESPINOZA SALGADO
DESIRAE KREIN
MONICA HUERTA
JOSE GUICHARD
JENNIFER HATCH
CELIA RODRIGUEZ
DEBORAH CADY
ANNE MONTOYA
ANNETTE CANJURA
RODULPH CABACUNGAN JR
REMIGIO GONZALO
BERHANE HAILE
DANIEL MANKARIOUS
HARSHARANJIT PENKETHMAN
QUAN NGUYEN
LUIS ORTEGA
CHRISTINE PEREZ
ADAM BARAJAS
DAVID MORENO

GLEN GLODO
STEVEN OCAMPO
BIANCA AVILA
CARIE JONES
JANET SELLHEIM
ELLEN LEUNG
RODOLFO QUILANG
JORGE CARRANZA
CHRIS MILLARD
GEORGE ROUMELIOTIS
NICHOLAS FOTIA
JENNIFER MCDONALD
SHELDON WEBSTER
KATHY FLORES
PAUL COSGROVE
DAVID CHEN
ANTHONY VAZQUEZ
JULIET YESUF
VREJ MEKHJIAN
NICOLE OBENCHAIN
AMANDA KOEPP
SARA RUBIO
NATALIE AGUIRRE
HAI DUONG
JAIME ESTRADA
DIANA CONTRERAS
ROSALBA HERNANDEZ
MARLENE GUTIERREZ
CHRISTINA HUNT
JOHN MENA
CHRISTOPHER LOW
MICHAEL DRENNING

JAMES WILLIS
JOANNE DUQUE
XOCHITL RAMOS
KYLE STAYMATES
TAYLOR ZBRZYSKI
MICHAEL MENDEZ
MURPHY JUN
THERESE LLUCH JUAREZ
GABRIEL OLEA
ALLISTER AUNARIO
JOSE CARDENAS
JESSICA WEIMER BENAVIDES
SARA DE LA TORRE
ALLISON BARTHELME
ANTHONY COVARRUBIAS
TESSA SIEGLER
JESSICA GALAUREAC
BROOKE BROWN
ALEESA CAMERENA
JANELLE TAPIA
ALLISON BRANDAL EVALLE
MARTIN HERRERA
ERIKA MCCLOSKEY
ABRAHAM CORDOVA
KENDRA HATFIELD
VICTOR LUU
JILLIAN CHAMBERS
JOSHUA MASICK
RYAN PEREZ
ERIKA GONZALES
BENYAMIN CARBAJAL

JEREMY CASTRO
KAREN CUNANAN
HERMILA IBARRA
KIMBERLI PEREZ
JUSTIN SEDANO
AMIT SHARMA
JONATHAN MUNIZ
CARLOS ORTIZ
MONIQUE TAVARES
MARIELA CORONA
KIRSTINE PALOMO-BASILIO
SEAN WU
GABRIEL RAMIREZ
JASMINE FELIX
ADRIENNE BARRAGAN
ANDREW LOR
HAILEY DEKLERK
JEANETTE GODOY CARMONA
JOSHUA GREEN
EVAN SMOLL
ERIN REYES
AARON TREJO
AMY THOMAS
TINA MENDES
KAYLA SISON
ANTHONY ZAMBRANO
KRISTEN BONNER
SIERRA NOY

Spiritual Care Week: Healing Through Presence and Grace

October 18-24, 2026

By Elizabeth Grainger, Palliative Care Chaplain

Spiritual Care Week recognizes the contributions of clinical healthcare chaplains and other professional spiritual care providers in a wide array of settings. This week recognizes the unique work being done by chaplains in hospitals, prisons, the military, and other settings outside traditional faith communities. In healthcare, the chaplain is the spiritual care specialist on the team. Chaplains support patients, families, and the medical team to draw on their spiritual, religious, emotional, and cultural resources, as well as their personal values to cope with their experiences in the context of healthcare.

Spiritual Care Week is observed October 18-24 this year, with the theme "Healing Through Presence and Grace" to describe chaplaincy. No matter their religious tradition, clinical chaplains provide spiritual presence to empower those around them in drawing on their own beliefs and values to find meaning. Further, this year's theme illustrates the ministry of chaplains through kintsugi. Kintsugi is the Japanese art of repairing broken pottery with lacquer mixed with gold, symbolizing that our wounds and imperfections make us even more resilient and beautiful than we were before. Kintsugi follows the Wabi-Sabi philosophy, which accepts change and imperfection as intrinsic to the human experience. The concept celebrates "what is," rather than demanding perfection or focusing on "what should be."

Finding the beauty in what was broken is a universal practice. Tikkun Olam is a traditional Jewish concept of "repairing the world" through meaningful actions that bring about healing on all levels. According to the Kabbalah (Jewish mystical teachings and traditions), during the creation process God filled the world and all creation with divine light. The light was to be contained in ten vessels, but the light was so powerful that it shattered the vessels, sending shards all across the world. It is the task of humanity to gather those shards and remake them—not in exact replicas of what they were originally, but into new forms. Tikkun olam is often utilized in discussing the importance of community and helping those around us, but also applies to anyone who has experienced illness, trauma, loss, or any other life-altering experience. We cannot go back to exactly how we were before, but it is the work of a lifetime to continue rebuilding with what we have.

In his novel about World War I, *A Farewell to Arms*, Ernest Hemingway wrote "The world breaks everyone, and afterward, many are strong at the broken places." Our ability to experience the world in all its beauty, pain, and confusion affords us space to connect with each other—and with the divine. These experiences allow us to be both vulnerable and resilient. Suffering and the work of repair are fundamental to the human experience. As musician Leonard Cohen wrote in his 1992 song "The Future":

Ring the bells that still can ring
Forget your perfect offering
There is a crack, a crack in everything
That's how the light gets in.

Spiritual Care Week is a great opportunity to utilize the support of the PVHMC Chaplains. We are available daily from 8:30am-4:30pm. Message us on Connect Messenger at Hospital Chaplain or call us at 909-469-9305. To request support for a patient or family, enter a Spiritual Care Services referral in PowerChart. All are welcome to visit the hospital Chapel/Interfaith Spiritual Center, on Floor 3 off Elevator E. Stay tuned for more details about Spiritual Care Week!

"Kintsugi Heart"
Healing Through Presence and Grace



Spiritual Care Week
2026

Celebrating Healthcare Quality Week

October 18-24, 2026



Peggy Cusack, BSN, RN
Clinical Administrator



Lisa Bartley, LVN, HACP
Nurse Coordinator



Silva Mirzaian, MSN,
RN, CPHQ
Director



Christy Choi, BSN, PHN,
HACP, Nurse
Coordinator



Melinda Dicken, MSN,
RN, CNS, HACP
Nurse Coordinator



Chris Ellis
Systems Analyst



Kimberly Tepet
Administrative
Assistant



Victoria Broberg, BSN,
RN, Nurse Coordinator



Michelle Reed, BSN,
RN, CPAN
Nurse Coordinator

Healthcare Quality Week is a time to recognize and celebrate the dedication of healthcare professionals committed to improving quality, patient safety, and outcomes.

From driving continuous performance improvement to supporting regulatory readiness and systems improvement, the Quality Management department is proud to support a culture of Quality and Safety.



International Infection Prevention Week

October 19-25, 2026

International Infection Prevention Week honors the dedicated professionals who protect patients, staff, and communities from healthcare-associated infections. This year, we celebrate the journey — from the plague doctors of the 1600s to the infection preventionists of tomorrow. Together We Prevent. Together We Protect.

Meet Your PVHMC Infection Prevention Team



Mamta Desai,
MPH, CIC, FAPIC

Yesenia Figueroa,
BSPH, CIC

Donna Lira,
RN, CIC

Jessica Legge,
RN

Donna Okamoto,
Data Analyst

Roseann Rodriguez,
Admin Assistant, MPH

Infection Prevention Leadership Support



Richard E. Yochum,
FACHE, President/CEO



Darlene Scafiddi, MSN
RN, NEA-BC
COO



John Mourani, MD,
Medical Director of
Infectious Disease

Celebrating Our Accomplishments

- ✓ **Supporting Safe Patient Care:** Provided ongoing guidance, education, and consultation to PVHMC associates on evidence-based Infection Prevention and Control practices, strengthening patient and employee safety across the organization. Ongoing collaboration with clinical, ancillary and medical staff to prevent hospital associated infections.
- ✓ **Advancing Infection Prevention Science:** Presented scientific findings and evidence-based Infection Prevention and Control practices at local professional conferences, contributing to healthcare excellence throughout the community.
- ✓ **Strengthening Hand Hygiene Program:** Using Surewash simulation technology to educate and empower associate on proper hand hygiene technique and meet the regulatory competency requirements.
- ✓ **Deescalation of Contact Precaution.** Project Implementation: As of October 2025, Infection Prevention team-initiated evidence-based practice change that supports an improved patient/family experience while maintaining safe infection prevention standards with reduction of contact precaution for patients with history or current status of the following (M.A.V.E.)
 - Methicillin-resistant Staphylococcus aureus (MRSA)
 - AmpC β -lactamases (AmpC)
 - Vancomycin-resistant enterococci (VRE)
 - Extended-spectrum beta-lactamase (ESBL)
- ✓ **Policy & Procedure Enhancements:** Ongoing review and revision of Infection Prevention and Control policies and procedures to align with evidence-based, regulatory requirements, and industry best practices.

Infection prevention is everyone's responsibility. Thank you to our Physicians, Associates and Leadership team for helping create a safer environment for our patients, visitors, and colleagues every day.

Leading by Example for Hand Hygiene Day!

Richard E. Yochum, FACHE, President/CEO, and Scafiddi, MSN, RN, NEA-BC, Executive Vice President/COO, completed the SUREWASH hand hygiene simulation in support of Global Handwashing Day and Infection Prevention Week. Their participation reflects a continued commitment to promoting proper hand hygiene and prioritizing patient safety. Congratulations on your Surewash participation!



Welcome New Grads!

We are thrilled to welcome more than 30 new grad nurses to our Fall cohort of the RN Residency Program. This bright group of nurses will be learning and developing skills alongside our team of experienced nurses for the next year as they transition into their own professional practices.



Weather Preparedness in an El Niño Year

From the Area D Office of Disaster Management

MAKE A PLAN. PRACTICE IT. BE READY.

A plan today can save lives tomorrow.

-  **KNOW YOUR EVACUATION ROUTES**
Find multiple ways out.
-  **DESIGNATE A MEETING PLACE**
Choose a safe place to meet family or coworkers.
-  **KEEP CONTACTS HANDY**
Keep important numbers with you.
-  **PRACTICE YOUR PLAN**
Review and practice regularly.



STAY INFORMED. STAY AHEAD.

Reliable information helps you make safe decisions.

-  **FOLLOW LOCAL ALERTS**
Sign up for emergency notifications.
-  **MONITOR WEATHER UPDATES**
Check forecasts and warnings regularly.
-  **SIGN UP FOR EMERGENCY ALERTS**
Wireless Emergency Alerts (WEA) can save lives.



PREPARE TODAY. PROTECT WHAT MATTERS. IMPORTANT DOCUMENTS

Store important documents in a waterproof, fireproof container or scan and save copies digitally.

-  **ID & PASSPORTS**
-  **INSURANCE POLICIES**
-  **MEDICAL RECORDS**
-  **PROPERTY DOCUMENTS**
-  **FINANCIAL RECORDS**



BEFORE THE STORM PLAN. PREPARE. PROTECT.

Take action now so you're ready when severe weather strikes.

-  **SECURE OUTDOOR ITEMS**
Bring in or tie down items that can blow away.
-  **CHECK YOUR SUPPLIES**
Ensure your emergency kit is stocked and ready.
-  **STAY INFORMED**
Monitor local forecasts and alerts.
-  **HELP NEIGHBORS**
Check on vulnerable friends and family.



AFTER THE STORM STAY SAFE. STAY STRONG.

Take these steps after severe weather to protect yourself and your community.

-  **CHECK FOR HAZARDS**
Watch for downed power lines, flooding, and structural damage.
-  **AVOID FLOODWATERS**
Never walk or drive through flooded areas.
-  **REPORT DAMAGE**
Report hazards and damage to local authorities.
-  **HELP EACH OTHER**
Look out for neighbors, especially seniors and those with special needs.



FLOODING CAN HAPPEN FAST. BE READY.

Know your risk. Know your plan.

-  **FLOODING CAN HAPPEN ANYWHERE**
Low areas and poor drainage are at risk.
-  **STAY ALERT**
Heavy rain upstream can cause flooding downstream.
-  **BE PREPARED**
Keep an emergency kit and have an evacuation plan.



TURN AROUND. DON'T DROWN.

Never drive through flooded roads.



6" of water can stall your car.



12" of water can float your car.



Moving water is stronger than it looks.



BUILD IT. KEEP IT. USE IT.

Your emergency kit should be ready when you need it most.

-  **WATER**
(1 gallon per person, per day)
-  **NON-PERISHABLE FOOD**
-  **FLASHLIGHT**
-  **BATTERIES**
-  **FIRST AID KIT**
-  **MEDICATIONS**
-  **CASH**
-  **IMPORTANT DOCUMENTS**





WEEKLY FARMERS MARKET



Food & drinks

Local vendors

PVHMC Education

EVERY WEDNESDAY

10:00 AM - 2:00 PM

Robert & Beverly Lewis Outpatient Pavilion Front Patio

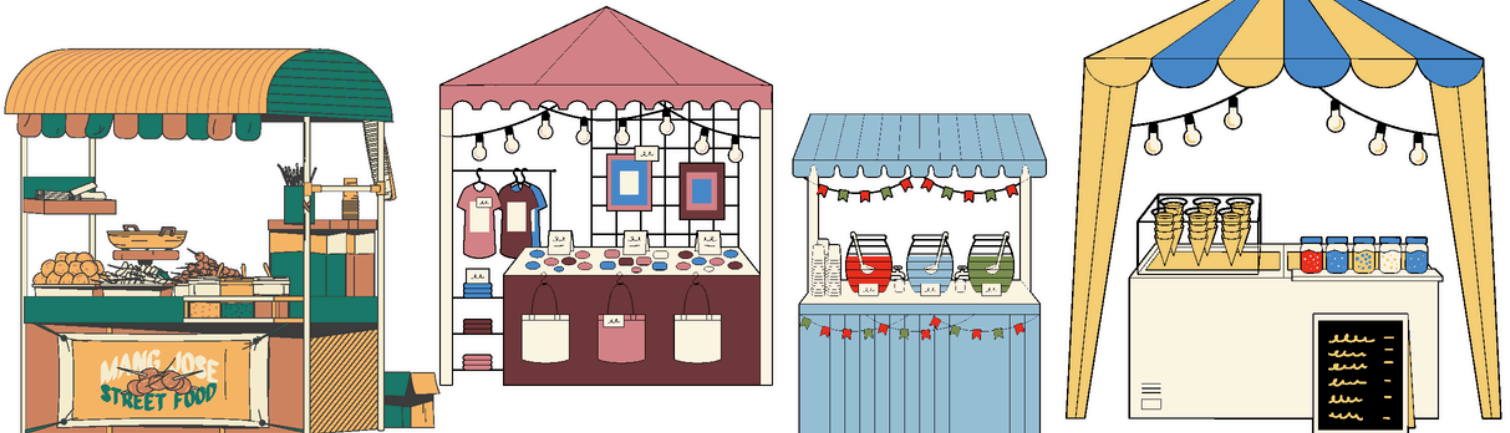
Vendors Vary by Week and May Include:

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.



October is Breast Cancer Awareness month.
Come support the cause by making a purchase from the Pomona Pink Patch Project booth every Wednesday during the month of October. The Pomona Pink Patch Project is a 501(C)(3) and all proceeds benefit The Robert & Beverly Lewis Family Cancer Care Center.



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



We're asking donors to fall into the habit of giving blood, platelets or AB Elite plasma! All who come to give Sept. 21-Oct. 18, 2026 will receive a \$15 e-gift card to the merchant of their choice.

Terms and additional details can be found at RedCrossBlood.org/Fall.



**The Auxiliary Presents
the Semi-Annual
SCRUB SALE
Scrub, Shoe & Accessory Fundraiser**

Thursday, October 15, 2026 - Noon - 8:00 pm

Friday, October 16, 2026 - 7:00 am - 2:00 pm

Pitzer Auditorium

Payment accepted:

Payroll Deduction with Gift Shop Account

(sales more than \$100 are payable over four pay periods)

Credit Cards, Apple Pay & Cash accepted

All proceeds benefit the Pomona Valley Hospital Medical Center
Auxiliary Sick Baby & Hospital Assistance Fund.

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Pomona Valley Hospital Medical Center's Trauma
& Acute Care Surgery Services presents its

3rd Annual Trauma Symposium

Thursday, October 22, 2026

8:00 am - 3:00 pm

Join us for valuable trauma education as leading experts share their knowledge and experience.
Complimentary breakfast and lunch will be provided.

OneLegacy Azusa
1303 West Optical Drive
OneLegacy Conference Center
Azusa, CA 91702

Free onsite parking in the OneLegacy
parking structure.

WHO SHOULD ATTEND

- Healthcare professionals
- Student interested in learning about trauma care

Provider approved by the California
Board of Registered Nursing, Provider
Number CEP112, for five contact hours.

For more information, contact Lauren
Gurrola, BSN, RN, TCRN, CCRN, Trauma
Program Manager, at 909.865.9501, ext.
4406, or lauren.gurrola@pvhmc.org.

Scan the QR code below to register.



AGENDA

8:00 - 8:30 am — Check-in, Late Registration and Breakfast

8:30 - 8:45 am — Welcome Address from Pomona Valley
Hospital Medical Center (PVHMC) Representative

8:45 - 9:00 am — Welcome Address from Prasad Garimella,
Chief Executive Officer, OneLegacy

9:00 – 9:50 am — Prehospital Blood Transfusion, Clayton
Kazan, MD, Medical Director, Los Angeles County Fire
Department

10:00 – 10:50 am — Palliative Care and Trauma, Lisa Raptis,
MD, Hospice and Palliative Care Medicine, Emergency
Medicine, PVHMC

11:00 am – 11:50 am — Clinical Trigger Development for
Organ Donation Referrals, Jacob Allard BSN, RN, Trauma
ICU, PVHMC

12:00 – 1:00 pm — Lunch Break

1:00 - 1:50 pm — Hospital-Based Violence Intervention
Program and Injury Prevention, Aspen Di Ioli, BSN, RN,
Prehospital Care Coordinator, PVHMC

2:00-3:00 pm — Acute Respiratory Distress Syndrome and
Trauma, Aftab Qadir, MD, Internist, Critical Care and
Pulmonology Specialist

3:00-4:00 — One Legacy Facility Tours





WALK to REMEMBER

Join us for our annual Walk to Remember, held every October, where we honor the memory of precious babies and children who have passed.

Únase con nosotros en la Caminata para Recordar anual, que se realiza cada octubre, donde honramos la memoria de los preciosos bebés y niños que han fallecido.

Thursday, October 22, 2026 | 6:00 - 8:00 pm

Pomona Valley Hospital Medical Center | Pitzer Auditorium
1798 N. Garey Avenue, Pomona, CA 91767

Please park in our North Visitor Lot off of Garey Ave. and Willow St.
and follow the walking signs towards Pitzer Auditorium.

The evening will include a memorial service and a candlelight walk. All are welcome to participate in this special night of remembrance and reflection.

La velada incluirá un servicio conmemorativo. Todos están invitados a participar en esta noche especial de recuerdo y reflexión.

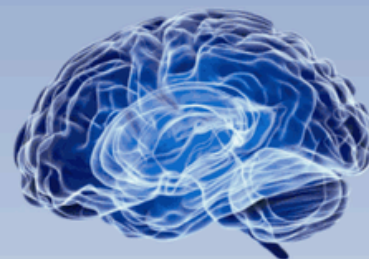
For more information and to RSVP, call 909.865.9858, email FERC@pvhmc.org or scan the QR code.

Para obtener más información y confirmar su asistencia, llame al 909.865.9858, envíe un correo electrónico a FERC@pvhmc.org o escanee el código QR.



Save the Date!

Pomona Valley Hospital Medical Center's
Stead Heart & Vascular Center presents the



11th Annual Neuro Symposium

**SATURDAY,
OCTOBER 24, 2026
8:00 AM - 12:30 PM**

This FREE half-day virtual conference will open at 7:30 am and promptly start at 8 am to allow for attendees to work through any technology issues that may arise.

Provider approved by the California Board of Registered Nursing, Provider Number CEP112 for four contact hours.

Program details to come.

WHO SHOULD ATTEND:

- Healthcare professionals
- Students interested in learning more about stroke care

The symposium will be hosted on Microsoft Teams, where attendees can join via the app, a web browser, or by phone for audio-only participation. Immediately after you register for your tickets, you will receive an email with a link to access the symposium.

Scan the QR code to register.



For more information, please email Karen Tse-Chang, RN, BSN, SCRNP, Nurse Manager at karen.tse-chang@pvhmc.org.



POMONA VALLEY HOSPITAL MEDICAL CENTER
PRESENTS ITS ANNUAL

PUMPKIN CARVING & PAINTING



CONTEST



OCTOBER 29

HOW TO ENTER

**DROP OFF YOUR PUMPKIN IN THE SMALL DINING ROOM
IN THE CAFETERIA ON WEDNESDAY, OCTOBER 28,
BEGINNING AT 8:30 AM.**

Your pumpkin must include a note with your name, department and phone number/extension - this will remain confidential during judging.
Pumpkin entries **MUST** be work appropriate.

Associates are invited to stop by the cafeteria on Thursday, October 29, from 11 am - 4 pm, to submit votes for their favorite pumpkin!
1st, 2nd and 3rd place winners in each category (carved and painted) will receive an Amazon gift card!

Pumpkin pickup will be on Thursday, October 29, after 4:00 pm.

HALLOWEEN COSTUME DAY AT PVHMC

**ALL ASSOCIATES ARE INVITED TO DRESS UP
IN COSTUME ON FRIDAY, OCTOBER 30,
AND SATURDAY, OCTOBER 31, 2026!**

RULES/GUIDELINES

- Costumes must be able to accommodate your Personal Protective Equipment (PPE).
- Costumes should be child-friendly, patient-friendly and may not be obstructive, offensive or violent.
- No costume masks or face covering makeup can be worn.
- Costumes cannot drag on the ground.
- Costumes cannot have sharp objects, pointed objects or materials that may accidentally strike anyone.
- Costumes should not contain any weapons, nor items which resemble or could easily be mistaken for an actual weapon.
- Associate ID badge must be worn and visible.
- Costumes must adhere to the Dress Code Policy.

Questions?

Please call Leigh Cornell at ext. 7785.





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.**

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



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

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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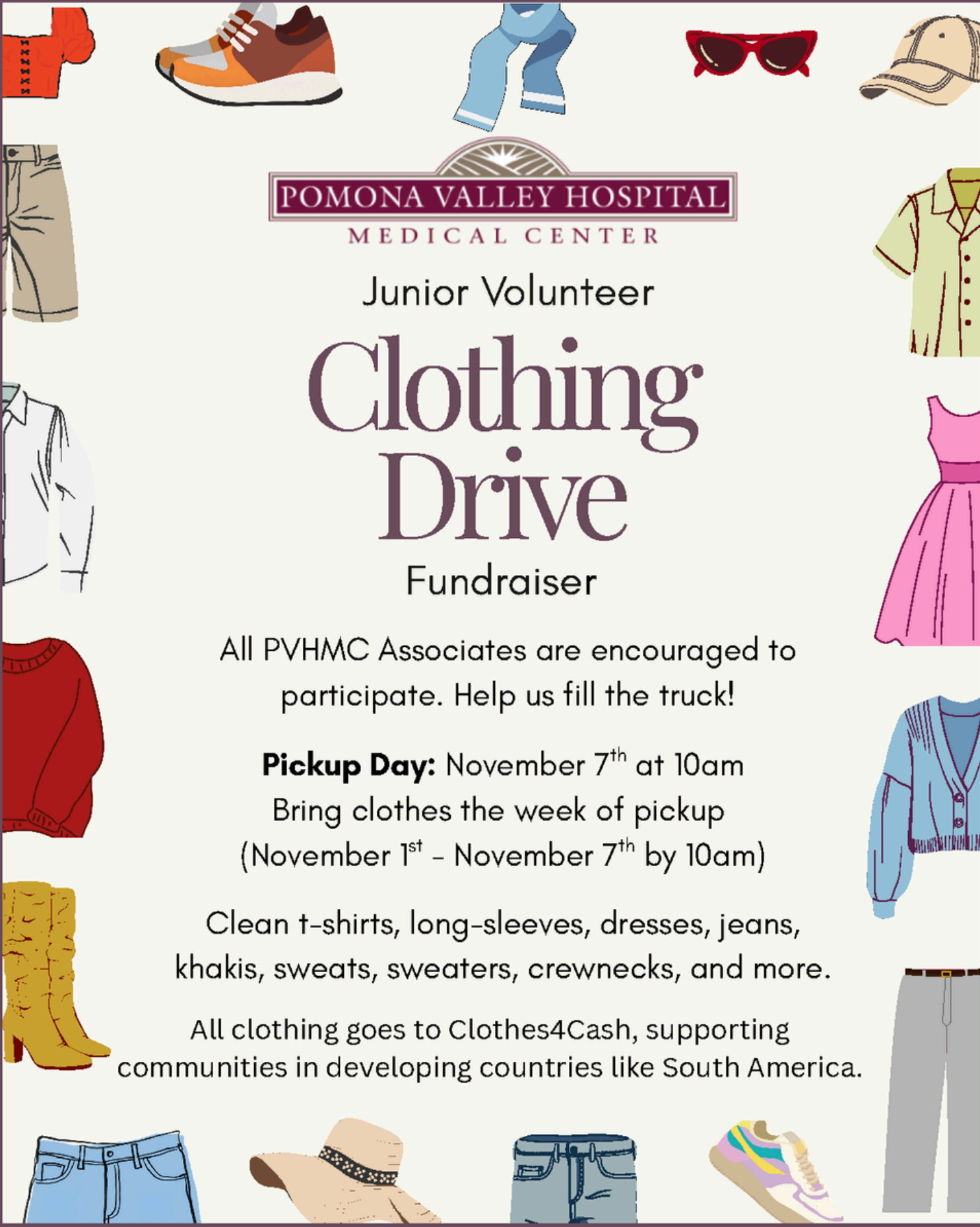
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Order code: PVM-RR25-FLI001



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

AUTUMN

Lineup

Perkatory

Pumpkin Cheesecake



Cherry Cobbler



Salted Maple



Pistachio Cardamom



**Brewing in front of the Robert & Beverly
Lewis Outpatient Pavilion**

PVHMC Community Events

Sospeso Health Fair - September 12

PVHMC offered important sepsis education to the community.



City of Rancho Cucamonga Health and Wellness Fair - September 26

Michael LaTurner, NP, Thoracic Oncology Coordinator, offered lung cancer education and smoking cessation information, and the Marketing & Public Relations Department shared various program information. We also had a surprise visit from Dr. Aftab Qadir, Internist and Critical Care/Sleep Medicine specialist!



Special Delivery!

Our pediatric inpatient care unit received dozens of crocheted stuffies and blankets lovingly crafted and donated by participants of the Los Angeles County Fair's Adult Home Arts crochet contest earlier this year.

Hannah, one of our peds patients, had first choice this morning! She chose an adorable ring-stacking version of Angel (Experiment 624), a character from Disney's Lilo & Stitch series.

What a gift it has been to receive these handmade pieces over the past few years. Thank you to the Los Angeles County Fair and all the needle artists who have shared their talent and love with our patients.

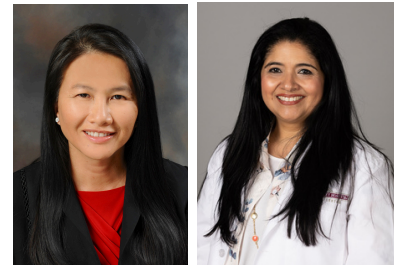


PVHMC IN THE NEWS

PVHMC Offers \$50 Mammograms During Breast Cancer Awareness Month in October

September 2026

Check out the coverage below. Special thanks to Tiffany Endo, DO, and Libia Wohlert, MD, for offering their time and expertise to help us get the word out!



[Inland Valley Daily Bulletin](#)

KNX Radio

[NBC Los Angeles - TV](#)

KPCC Radio

[NBC Los Angeles - Online](#)

KROQ Radio

[FOX Good Day LA](#)

[Univision Los Angeles](#)

[Telemundo Los Angeles](#)

[Spectrum News Los Angeles](#)

7 Tips for Holiday Travel When Your IBD Is Unpredictable

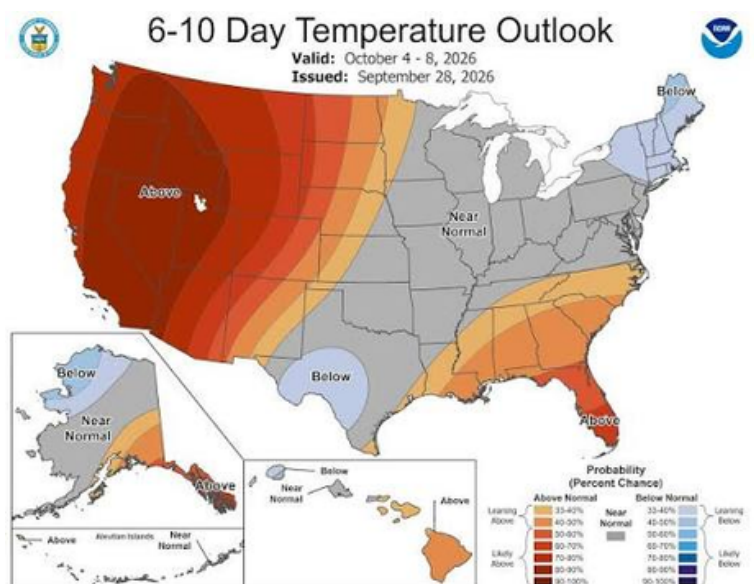
Andrew Dam, DO, Gastroenterologist

September 30, 2026

[Everyday Health](#)

[Yahoo! Health News](#)

EVERYDAY  HEALTH
yahoo!health



Angels and Demons in October

By Elizabeth Grainger, Palliative Care Chaplain

October begins with a day honoring Guardian Angels, the Memorial of the Holy Guardian Angels celebrated by the Catholic Church on October 2. While this day is particularly sacred in the Catholic tradition, belief in a guardian angel assigned to every individual flows through many traditions including Christianity, Judaism, and Islam. Even those who do not identify as religious often report a belief in guardian angels as protective and loving beings. If you believe in guardian angels, today might be a special day to thank yours for all they do.

Simchat Torah (October 3) celebrates the annual reading of the Torah in the Jewish tradition. On this day every year, the public reading of the Torah (Jewish scripture) concludes, and then immediately begins again. Simchat Torah is one of the most joyful of Jewish holidays, and is a time to celebrate as a community. Members of the synagogue dance and sing together, showing their love for God's word. The sacred Torah scroll is removed from its ark at the front of the synagogue and carried around the temple seven times. One tradition allows every member of the community to receive the honor of giving a blessing over the Torah (aliyah). After the final aliyah of the Torah, the congregation immediately begins a new cycle with a reading from the beginning of the first book of the Bible, Genesis.

The Hindu festival Navaratri (October 11-20) honors shakti (the divine feminine energy), celebrating Goddess Durga's victory over the buffalo demon Mahishasura. The word comes from Sanskrit, with nava meaning "nine" and ratri meaning "night." Each of the nine nights is dedicated to a distinct manifestation of Goddess Durga, and those who celebrate welcome the goddess into their homes and communities through prayer, rituals, dance, and enjoyment of special foods.

Día de los Muertos (Day of the Dead) traditionally extends from October 31-November 2, but local celebrations begin earlier. For those interested in exploring, Olvera Street offers free events including creation of ofrendas (altars to honor those who have died), a nightly procession, educational events, and traditional sweet breads and beverages. The Olvera Street celebration is going strong after 40+ years, and all are welcome to attend and experience the indigenous roots and contemporary expression of this sacred festival. For more information on this unique local tradition beginning October 25, visit: <https://www.olveraevents.com/day-of-the-dead-olvera-street>

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.

October 2026 Holidays

- 2 Memorial of the Holy Guardian Angels—Catholic
- 3 Simchat Torah (Rejoicing in the Torah)—Judaism
- 4 Feast of St Francis—Christian
- 7 Feast of Our Lady of the Rosary—Catholic
- 11-20 Navaratri—Hindu
- 16 Birthday of Báb—Bahá'í
- 17 Birthday of Bahá'u'lláh —Bahá'í
- 20 Vijayadashami/Dussehra—Hindu
- 25-Nov 2 Día de los Muertos (Day of the Dead Festival)
- 31 Allhallowtide/Eve of All Saints' Day—Christian Reformation Day—Christian Samhain—Celtic

"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.



**Anyssa Henrich, RN,
BSN, CCRN - ICU3**



**Maria Casillas,
CNA - MedSurg4**

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!



October 2026 Healthcare Professionals Recognition

- PT Month
- Pharmacy Month
- Supply Chain Week
- Dialysis Tech Week
- Case Management Week
- Pediatric Nurses Week
- Patient Account Week
- Healthcare Food Service Workers Week, 6-10
- Physician Assistant Week, 6-10
- Emergency Nurses Week, 11-17
- Perinatal Nurses Week, 11-17
- Healthcare Security Week, 11-17
- Sterile Processing Week, 11-17
- Echo Tech Week, 12-16
- Infection Prevention Week, 18-24
- Healthcare Quality Week, 18-24
- Medical Assistants Week, 19-23
- Healthcare Facilities/ Engineering Week, 25-31
- Respiratory Care Week, 25-31
- Spiritual Care Week, 25-31

Birthday Corner!

Victoria Wagner, LVN, OHS Dept., 10/21
Wishing you the Happiest of Birthdays!
From the OHS team

Jokes of the Month



By Michelle Walsh-Fernandez, Director of Security

What is a mummy's favorite music genre?

Wrap.

What do you call an enlightened werewolf?

An aware-wolf.

If one door closes and another opens,
your house is haunted.

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