Pomona Valley Hospital Medical Center Recertified as a Trauma Center by American College of Surgeons

Pomona Valley Hospital Medical Center’s (PVHMC) Trauma Center verification has been extended through 2025 by the Verification Review Committee (VRC), an ad hoc committee of the Committee on Trauma (COT) of the American College of Surgeons (ACS). This achievement recognizes the trauma center’s dedication to providing optimal care for injured patients.

PVHMC received official designation as a trauma center by Los Angeles County in March 2017. Since then, it has become the largest, non-county trauma center in LA County.

“After answering the call to provide comprehensive lifesaving care to our community in 2017, this re-verification is a prestigious honor that demonstrates our continued commitment to excellence in trauma care,” said Richard E. Yochum, FACHE, President/CEO of Pomona Valley Hospital Medical Center. “The hospital’s recertification is a testament to the dedication of our trauma team in providing the highest quality of patient care during critical moments when minutes matter the most.”

Established by the American College of Surgeons in 1987, the COT’s consultation/verification Program for Hospitals promotes the development of trauma centers in which participants provide not only the hospital resources necessary for trauma care, but also the entire spectrum of care to address the needs of all injured patients. This spectrum encompasses the prehospital phase through the rehabilitation process.

Verified trauma centers must meet the essential criteria that ensure trauma care capability and institutional performance, as outlined by the American College of Surgeons’ Committee on Trauma in its current Resources for Optimal Care of the Injured Patient manual.

The Trauma Center at PVHMC meets rigorous standards established by the ACS, including having a specially trained trauma surgeon at the hospital 24/7, eight trauma surgeons who are double board-certified in general surgery and surgical critical care, as well as elite orthopedic surgeons, neurosurgeons and 24-hour in-house anesthesia coverage.

Additionally, PVHMC’s trauma center features:
- Immediately available operating rooms
- Staffed and available CT scanners
- Trauma-trained nurses and technicians
- Surgical critical care capabilities
- Around-the-clock Blood Bank operations
- Trauma Intensive Care Unit
- Helipad for aerial transports

Congratulations PVHMC!

Brain Teaser is on page 23.
Gratitude in Serving Our Community

I hope you all enjoyed a wonderful Thanksgiving! As we quickly approach the end of the year, November was a successful month. It came as no surprise that Pomona Valley Hospital Medical Center (PVHMC) was notified that we were recertified as a Trauma Center through the year 2025 by the Verification Review Committee, an ad hoc committee of the Committee of Trauma of the American College of Surgeons (ACS). Through our recertification, the ACS confirms that our Trauma Center is committed to providing the highest quality trauma care for our patients and community.

Another major achievement for our community was our Drive-Thru Flu Shot and COVID-19 Bivalent Booster Clinic. We administered 120 flu shots and 100 COVID-19 boosters! I want to thank all our Nursing Volunteers, Hospital Volunteers, and students from Western University of Health Sciences, along with our Pharmacy, Supplies Management, Food & Nutrition Services, Security, Facilities and Administration teams. Through our dedication to helping our community stay safe and vaccinated, we were able to reach a large number of people.

With COVID-19 at top of mind, I am sure you have noticed our inpatient admissions of COVID-19 patients sharply rise over the Thanksgiving week. I strongly encourage you to get up-to-date on your COVID-19 vaccines and flu shot as early as possible. Help keep yourself and your family safe with this extra layer of protection.

On Tuesday, Nov 29, we hosted a floragraph ceremony, in which the caregivers for an organ donor from PVHMC were able to help complete a floral representation of the donor’s likeness, alongside the donor’s family members and OneLegacy Administration. The floragraph will be placed on OneLegacy’s Rose Parade float. This is a special opportunity from OneLegacy for our Associates and Organ Donor Committee to honor organ donors and their families. We hope to shine a spotlight on the importance of registering as an organ donor and the significant impact it can make.

Our holiday festivities continue with our 24th Annual Christmas Tree Lighting Ceremony on Tuesday, December 6 from 6 – 8 p.m., with a special Associates-only hour from 5 – 6 p.m. The event will take place in front of the Robert & Beverly Outpatient Pavilion Patio. Please join us for a holiday delight of free hot cocoa, cider, cookies, candy canes, and more. The event will include a special performance by the Garey High School Orchestra and a special guest appearance by Santa Claus! To share the Christmas spirit, families will receive one complimentary photo with Santa to take home.

We’re excited for a festive filled month this December at PVHMC! As we countdown to the New Year, I wish you all a very Merry Christmas, a Happy Hanukkah and a Joyous Kwanzaa!
Pomona Valley Hospital Medical Center invites you and your family to its

24th Annual Tree Lighting Ceremony

TUESDAY, DECEMBER 6
6:00 - 8:00 PM

Robert & Beverly Lewis Outpatient Pavilion Patio
Pomona Valley Hospital Medical Center
1798B N. Garey Avenue, Pomona

Join us to enjoy free hot cocoa, cider, cookies, candy canes and more!

Special performance by the GAREY HIGH SCHOOL SYMPHONY and a special guest appearance by SANTA CLAUS!

Bring your family and receive one complimentary photo with Santa to take home.

*Associate ONLY Start Time for Photos with Santa: 5:00 PM
PVHMC Associate Holiday Buffet

(12/13 - NIGHT OWL 11:00PM - 2:00AM - CAFETERIA)
WEDNESDAY, DECEMBER 14, 2022
10:30AM - 1:30PM - TENT OUTPATIENT PAVILION &
3:30PM - 6:00PM - CAFETERIA

Menu

Choice of One Entée
Red Wine Braised Short Ribs

Vegetarian Entée
Simply Festive Stuffed Acorn Squash with Quinoa, Lentils, Spinach & Chestnuts

Served with
Roasted Garlic Mashed Potatoes
Seasonal Roasted Vegetables
Holiday Pasta Salad
Holiday Fruit Bowl
Dinner Roll
Assorted Holiday Desserts
Crystal Light Lemonade

Executive Chef Rogelio Gaeta
2022 Blood Drive Calendar

Save the dates for our 2022 American Red Cross blood drives! Book your appointments at redcrossblood.org and entering our sponsor code: PVHMC. Effective December 2022, blood drives will be held from 7:00 am - 7:00 pm in the American Red Cross bloodmobile at the Robert & Beverly Lewis Outpatient Pavilion Patio.
RUN/WALK THE HOLIDAY HALF... WITH OUR SPORTS MEDICINE CENTER!

Pomona Valley Hospital Medical Center (PVHMC) runners/walkers will be seeing some familiar faces along the route at the upcoming Holiday Half Marathon, 10K and 5K Walk/Run on December 10 and 11 at the Fairplex. These faces won’t be spectators, but PVHMC’s very own Sports Medicine Center (SMC) physicians and physical therapists, who will be onsite to provide medical coverage for the event. Easy to spot in their brightly colored and reflective vests, they will be stationed along the route and at the PVHMC first aid Medical Tents near the start/finish line.

Since 2009, the SMC has provided care for Holiday Half participants with medical needs ranging from blisters, abrasions, strains, sprains and heat exhaustion. Dr. Hanh Larson, medical director for the SMC, along with other SMC Team Physicians, will be joined by head athletic trainers from local colleges and high schools. The entire medical team is invaluable to participants who may need ice packs, ankle wraps and other first aid during or at the end of the race.

This year’s runners and walkers can be confident that if an injury occurs, they will be cared for by a medical team that understands sports injuries — the PVHMC Sports Medicine Center. We’ll be there for you if you need us!
HALF MARATHON • 10K • 5K
DECEMBER 10-11, 2022 @ FAIRPLEX

Register here for special PVHMC pricing:
https://bit.ly/3DAin7t

- Please use your name as it appears in the Hospital Directory
- PVHMC Associates only (no family or friends)

It’s Coming ... Got Your Gear?
Running Shoes with at least 50 miles on them?
Running Socks made of moisture wicking fabric?
Holiday inspired running outfit?

Golden Snowflake Challenge
Run in 2 races
Either the 10K or 5K ... plus the Half Marathon

“TRIPLE” Golden Snowflake Challenge
Run in 3 races
Both the 10K and 5K ... plus the Half Marathon

Event Schedule
10K: Dec. 10 @ 7:00 am
5K: Dec. 10 @ 8:30 am
Penguin Waddle: Dec. 10 @ 9:45 am
Half Marathon: Dec. 11 @ 7:30 am

For course maps and more info visit:
runholidayhalf.com

All proceeds from Saturday’s Penguin Waddle Kid’s Run will benefit PVHMC’s Milestones Center for Child Development. Entry fee: $5

Register at runholidayhalf.com

Park at Fairplex
Blue Gate 9
$12 pass is good for both days!

TENDER TOUCH
CHRISTMAS Gift Shop

NOW OPEN!
MONDAY - FRIDAY
8:30AM - 7:00PM

SPECIAL HOLIDAY HOURS:
NOVEMBER 28TH - DECEMBER 2ND THE SHOP OPENS AT 7:00AM FOR OUR NIGHT SHIFT!

CHECK IN THE SHOP EACH WEEK FOR DELIGHTFUL HOLIDAY DEALS AND RAFFLE OPPORTUNITIES!
JOIN US FOR THE ANNUAL

COOKIE

SOCIAL

Hosted by: Darlene Scafiddi Executive VP Patient Care Services and Nursing Administration

We would like to invite you to “The Annual Cookie Social”. We want to thank all of you for the hard work you do every day at PVHMC to care for others. Please plan to celebrate the season’s blessings, by joining us for cookies, hot cocoa and apple cider.

DEC | 07 | 2022

DAY SHIFT 2-4PM
NIGHT SHIFT 8-10PM
4TH FLOOR OUTSIDE OF STAFFING OFFICE
THE AUXILIARY OF POMONA VALLEY HOSPITAL MEDICAL CENTER PRESENTS THE ANNUAL

Season of Joy Fundraiser!

TO BENEFIT THE AUXILIARY’S SICK BABY AND HOSPITAL ASSISTANCE FUNDS

ENTER FOR A CHANCE TO WIN A STOCKING FILLED WITH CASH!

1st Prize $1000
2nd Prize $600
3rd Prize $400

SEE ATTACHED TICKET PURCHASE FORM

RETURN FORM TO THE GIFT SHOP OR VOLUNTEER OFFICE BY DECEMBER 9TH
Season of Joy

The Auxiliary's annual holiday fundraiser to benefit Pomona Valley Hospital Medical Center's Auxiliary Sick Baby and Hospital Assistance Funds.

**Raffle Fundraiser: Stockings of Cash!!**

*1st Prize $1000, 2nd Prize $600, 3rd Prize $400*

**Ticket Purchase Form**

<table>
<thead>
<tr>
<th>One (1) ticket for $5</th>
<th>Six (6) tickets for $20</th>
</tr>
</thead>
<tbody>
<tr>
<td>Fifteen (15) tickets $35</td>
<td>Thirty-Five (35) tickets for $50</td>
</tr>
</tbody>
</table>

**PLEASE COMPLETE AND RETURN FORM AND/OR DONATIONS IN THE ENCLOSED ENVELOPE, VIA EMAIL AT VOLUNTEER@PVHMC.ORG OR IN THE GIFTSHOP BY DECEMBER 9, 2022**

Enclosed is my ticket purchase for $___________

Check #___________ or Cash Enclosed __________ or Please Charge my Credit/Debit

Card # __________________________ Exp __________ CVC __________

Authorization Signature _____________________________________________

Name __________________________ Phone ______________

Address __________________________________________________________

City __________________________ State ______ Zip ______________________

_____ I do not wish to purchase tickets but would like to make a tax deductible donation.

No physical tickets are provided. All ticket entries will be deposited into a secure container. Drawing will take place Friday, December 16, 2022! Winners will be contacted via the phone number provided above.

*The Auxiliary of PVHMC is a not-for-profit 501(c)(3) Corporation. All donations are tax deductible up to the full extent allowed by the law*
WARM UP WITH A HOT HOLIDAY BEVERAGE

By Suede Jones, Dietetic Intern

Could this be your new favorite winter drink?

Nothing says winter season like a cup of warm goodness. Add this cup of chai into your holiday beverage rotation and enjoy each sip like a warm hug. Enjoyed as spiced milk tea in India and Pakistan, chai gets its unique and soothing flavor from black tea leaves steeped with spices and blended with milk and a sweetener. ("To steep" is to soak dry ingredients, such as tea and spices in liquid until the flavor is infused into the liquid.) Cardamom, cinnamon, cloves, ginger, and even peppercorns, are commonly used, but others, such as allspice, cinnamon, fennel and nutmeg, add variety to chai-making.

Not only enjoyed as an aromatic beverage, chai has health benefits, too — among them, the potential antioxidant benefits of tea and spices, and the calcium, vitamin D, protein and other nutrients from milk. Add this cup of chai into your holiday beverage rotation and enjoy each sip like a warm hug.

Cardamom Ginger Chai Recipe
By Roberta Duyff, MS, RD, FAND

Ingredients
- 1 tablespoon grated peeled fresh ginger root
  or 1 teaspoon ground ginger
- ½ teaspoon ground cardamom
- ½ teaspoon ground cloves
- ¼ teaspoon black pepper
- 1 stick cinnamon
- 2½ cups water
- 2 tea bags (black tea)
- 2½ cups low-fat milk
- 2 tablespoons honey
- 2 tablespoons orange zests for garnish (optional)

Directions
Before you begin: Wash your hands.
1. Combine the ginger root, cardamom, cloves and black pepper in a small bowl. Set aside.
2. Fill a saucepan with water; bring to a full boil. Place the tea bags and cinnamon stick in the water. Stir in the spice mixture. Reduce to simmer.
3. Steep for about 5 minutes, or longer for a strong, rich tea flavor.
4. Remove the tea bags and cinnamon stick.
5. Add the milk and honey. Continue to simmer until the chai is heated through, stirring gently to keep scum from forming on the milk.
6. Pour the chai into mugs. Sprinkle with the orange zests, if desired.

Preparation Notes
- If using loose tea instead of tea bags, use 2 tablespoons loose black tea. Strain to remove tea leaves before serving.
- If the tea bags break open, strain chai before serving.
- Chai can also be served over ice as a cold summer beverage, or even as the flavor inspiration for a chai smoothie or milk shake.

Nutrition Information
Serves 4  |  Calories: 110; Calories from fat: 15; Total fat: 1.5g; Saturated fat: 1g; Trans fat: 0g; Cholesterol: 10mg; Sodium: 80mg; Total carbohydrate: 17g; Dietary fiber: 0g; Sugars: 16g; Protein: 6g
Source: https://www.eatright.org/food/planning-and-prep/recipes/cardamom-ginger-chai-recipe
OneLegacy Honors Anthony Javier Galvan for Giving the Gift of Life

Pomona Valley Hospital Medical Center's (PVHMC) Organ Donor Council was touched to hear that one of our late patients and organ donors, Anthony Galvan, will be honored at the upcoming Rose Parade as part of a DonateLife float hosted by OneLegacy.

"Anthony Javier Galvan was a loving brother, son and a loyal friend. He had an infectious laugh and the most beautiful brown eyes that would light up the room. As a kid, he loved to ride his skateboard, ride his bike, and play online games. A few of his favorite hobbies were enjoying a day at the beach, going to amusement parks or to the racetrack with his friends. As he got older, he looked forward to the winter season. He couldn’t wait to get his season pass to Mt. High to go snowboarding, he also loved going to Dumont Dunes and Glamis, and he enjoyed driving the Razor and the ATV on the sand dunes. He lived life to the fullest.

On June 15, 2019, Anthony was rushed to Pomona Valley Hospital with severe head trauma. Anthony was struggling with mental health in silence, our family is heartbroken that he felt that he couldn’t reach out for help. Anthony’s death was due to suicide.

At the young age of 23, Anthony became a tissue donor. We found out at the hospital that Anthony was a registered donor, and it was an honor for us to respect the decision he had made. His life couldn’t be saved, but his tissue donations improved the quality of life of 27 people. We are thankful the call was made to OneLegacy. It brings comfort to us to know that he was able to heal the lives of others, even after death. Anthony’s legacy lives on and so will his memory. “You may be gone from this world, but your story is not over yet.”

As part of this honor, OneLegacy creates a floragraph, or visual representation of the donor made out of natural materials, that will be placed on the float alongside other donor honorees and their families.

On Tuesday, November 29, PVHMC had the special opportunity to be a part of the floragraph dedication. OneLegacy and family members of Anthony came out to share his story and allowed our Associates, including Richard E. Yochum, FACHE, President/CEO; and Darlene Scafiddi, RN, MSN, Executive Vice President of Patient Care; to help complete the floragraph, as well as rose dedications with personal messages of love, honor, hope and remembrance.

Anthony gave the gift of life to so many, and brought hope to even more family members and loved ones. We express our deep gratitude to all of those who are registered as organ donors and thank our Associates and Organ Donor Council for their continued efforts to support organ donation at PVHMC - because of you, lives are saved.

The OneLegacy float will be shown during the annual Rose Parade in Pasadena on the morning of Monday, January 2, 2023.
50th Annual Service Awards

Pomona Valley Hospital Medical Center (PVHMC) proudly hosted its 50th Annual Service Awards program on Wednesday, November 20, 2022. The Service Awards honor and recognize Associates who have reached their service milestones each year. In 2022, we honored more than 640 Associates. Though we were not able to host our usual soiree at the conference center, we did host a small celebration for our Associates hitting milestones over 40 years, including 12 40-year Associates, one 45-year Associate, Herb Medford, Radiology; one 50-year Associate, Bren Clark, Financial Services; and our first ever 55-year Associate, Patricia Lehman, Pharmacy!

Congratulations to all of our Service Award recipients in 2022! We are deeply grateful to you for the compassion, dedication, skills and knowledge that you bring to PVHMC for the benefit of our patients and community. We also thank the wonderful members of our Service Award Planning Committee, who made this a beautiful and special event for all.
MEDICAL RESPONSE & SURGE EXERCISE

By David Bertola, MS, Disaster Resource Coordinator

Pomona Valley Hospital Medical Center (PVHMC) conducted a Los Angeles Countywide medical response & surge exercise on Thursday, November 17, 2022. The exercise was designed to examine and evaluate the ability of our Hospital Command Center (HCC), Decontamination Team, Family Reunification Center and other stakeholders to support a possible medical surge while placing stress on our current response systems and identifying gaps in preparedness.

We are thrilled to share that the exercise was deemed a success. Thank you to everyone that participated - without your help and support, none of this would be possible.

Scenario:
A dirty bomb explosion has occurred at a Fairplex Octoberfest Event, resulting in a large-scale mass-casualty incident (MCI). Many victims self-transported from the scene to local hospitals, including PVHMC. HAZMAT and Public Health’s Radiation Management team confirmed the detonation and release of Caesium-137.

Hospital emergency departments received a large influx of self-transport victims and patients arriving by EMS with radiation and other injuries. The patients arriving by EMS were triaged by personnel in the field in the Immediate, Delayed and Minor categories.
Ace Ibarrola, RN, BSN, PCCN, Clinical Nurse IV / Relief Charge Nurse Featured in Special Edition of Working Nurse Magazine

Working Nurse talked to 17 nurses at local hospitals about inspiring moments, exciting specialties, and the hobbies that keep them sane. To see its panel, engaging in their hobbies — from mountain climbing to mixing craft cocktails to triathlons — as well as snapshots of their adorable pets, visit the digital flip magazine:

Congratulations Ace!
TELEMETRY UNIT UPDATE

We are doing fabulous things here on Tele 3 Stations 2/3. Every month, we celebrate our Tele 3 family accomplishments with a short presentation put together by our very own staff, as well as serve coffee & treats, in an event we call “Fab Friday!” We believe our individual Nursing Achievements should be rewarded and celebrated with our entire unit.

This month, we celebrated Angel Ramos RN, BSN, PHN, PCCN, and her accomplishment in designing Pomona Valley Hospital Medical Center’s first unit-based Intranet site, called U-BUR (Unit-Based Universal Resource!)

"With my background in computer science, it was easy for me to see a necessity for a website for all of our unit-based initiatives," said Angel. "As the future of nursing merges with technological advances, I wanted to be able to create a space for all of our unit-based information to be in one place, available to all staff. Although we see a wide range of diagnoses, we are the ONLY telemetry floor to focus on care of cardiac and stroke patients. It’s important for us to be able to quickly find resources and checklists for this patient population, in addition to also showcasing all of the work our team here on Tele 3 Stations 2 & 3 is doing. Each one of us, including Monitor Techs, CNAs, RNs, and Management, has a specialty and something unique to bring to the Tele 3 family. We are so proud of our unit, and want to share all of our hard work, data and specialties with others."

You can view our Intranet page . It currently contains evidence-based practice and policy information provided by our very own clinical level III RNs regarding topics of Diabetes, Stroke and our Cardiothoracic RN Team called the CT Angels, Sepsis, SBAR, Infection Control, Peer Feedback, Restraints, fall prevention, as well as information for the Charge RN, CNA and Monitor Tech. The site will continue to grow as we upload information regarding all of the Unit Initiatives and Clinical Level III RN project information.

Our Supervisor, Gerly Leyco, states: “I am extremely PROUD and super excited to launch this Intranet page! As a MAGNET recognized hospital, this demonstrates our nurses' innovation and commitment to deliver nursing excellence, which translates to better patient outcomes! Super “ganda”!!
Injury Prevention Day at PVHMC

By Aspen Di Ioli, BSN, RN, PHN, CEN, CPEN, TCRN, MICN, Injury Prevention Coordinator

Thank you to everyone that participated in National Injury Prevention Day by wearing green, taking pictures of injury prevention in action and playing the “Injury Prevention Wheel of Safety” game on 11/18/2022! The trauma team had a great time spreading injury prevention knowledge and cheer to both the day and night shifts.
Congratulations to Jolene Galvez, 3rd Quarter Winner!

Mammo Mondays urges YOU to take the time to schedule your yearly mammogram.

Who can participate?
All Associates are eligible. Associate family members may also participate on an Associate's behalf.

How to participate:
Associates must show their badge at their mammogram appointment. Associate family members must show a photo of their Associate loved one wearing their badge.

You will be asked to fill out a raffle ticket to be eligible to win a $100 gift card. Winners are drawn and announced quarterly.

Call centralized scheduling to make your Mammo Monday appointment: 909.469.9395.

REMINDER!

CODE RED: FIRE EDUCATION

When evacuating patients during a fire emergency, which patients should be prioritized first?

- Ambulatory patients
- Non-ambulatory patients
- Patients in immediate danger
- Infants

According to Policy EOC # 505.02, page 5 - (Evacuation) the correct answer is: "Patients in IMMEDIATE danger"
All other patients are to be evacuated as ordered by the person in charge.

Where can you find information about your role in a fire, whether it's your department or in another area of the hospital?

- Human resources
- Department manual
- PVHMC Intranet (search "Code Red fire response")
- Disaster manual

PVHMC Intranet > Policy and Procedure Page > Search "Code Red fire response"
A Late, but Special Welcome

Nurse Residency Program
September 2022 Cohort

Security Officers Recognized for Dedication to Safety

Congratulations and THANK YOU to Security Officer Miguel (Mike) Morales (left) and Security Officer Julian Hickman (right), who both received safety recognition for “Recognizing and Reporting Workplace Violence Concerns.”
Institute of Knowledge Students Share Care Packages for NICU Parents

It can be disheartening for our Neonatal Intensive Care Unit (NICU) families to spend the Thanksgiving holiday in the hospital instead of at home with their baby....but our NICU parents received lovely care packages to help brighten their spirits last week, thanks to the generosity of students at the Institute of Knowledge in Diamond Bar.

Nearly 30 students participated in the fundraising, shopping and packaging of these care boxes, which include snacks, a water bottle, chapstick, restaurant gift cards, handmade crochet baby beanies and more. We are so grateful for their thoughtfulness and love they poured into each of these boxes.

A Tasty and Special Thanksgiving Donation

On Wednesday, November 23, Pomona Valley Hospital Medical Center received a special donation of 126 snack and goodie bags from the Cali-Nevada-HA (CNH) District Key Club! The Key Club is part of the oldest, largest and most successful non-profit student-led organization for high school students. We teach and spread our core values through community service.

The bags were donated to Associates in our Emergency and Labor & Delivery Departments.
DECEMBER CULTURAL OBSERVANCES AND HOLIDAYS

As PVHMC recognizes our December Religious Holidays we asked some of our own Associates what the meaning is and/or what it means to them personally, here are their responses:

HANUKKAH

18-26

Associate Irene Haskvitz, RN, shared what the meaning of Hanukkah is to her:

Hanukkah (or Chanukah) is the Jewish Festival of Light. Based on the Hebrew calendar the dates of celebration are determined by the lunar calendar, so it varies from year to year. It centers around a candelabrum called a menorah, which is lit just after sundown for 8 days. Each evening another candle is lit and prayers offered, until on the 8th night all are illuminated. This year, Hanukkah will begin the evening of December 18 and ends on December 26.

About 150 years BC, the land of the Hebrews was occupied by Greeks, who allowed many freedoms but insisted that all worship pagan gods. The Jewish temple in Jerusalem was ransacked and a statue of Zeus installed. This religious oppression continued until, out in the countryside, a family initiated a revolt. Although outnumbered, the Maccabees eventually succeeded in re-occupying their holy temple. The Jews rededicated the temple to God, and lit the menorah per religious requirements. Because of supply chain issues, there was only enough oil for one night. Miraculously, the oil lasted and the light prevailed for 8 nights. Hanukkah commemorates the unlikely victory for religious freedom and the light that persisted.

Families gather during this festival to connect to their beliefs, light the candles and celebrate God’s miracles. It is traditional to serve at least one item cooked in oil, most often potato pancakes or donuts. Frequently gifts are exchanged, with children receiving a present each night. It is a time to be thankful for all we have and share with those who have helped us during the year, with a monetary gift. Like the rededication of the temple, this is a time to commit to causes that resonate, such as tolerance promotion, refugee support, or feeding those who need it.

“Be a light to the world!” is a directive we share with each other at Hanukkah.

CHRISTMAS

25

Associate Rosephil Facundo, RN, shares what Christmas means to her:

Christmas season is my favorite season of all. It is the season of Love, Joy and Gratefulness. Christmas season reminds us of a sense of family and community. Filipino Christmas culture is centered on the birth of Jesus. It means a birth of new beginning with so much joy and hope for what the future holds for us with Christ Jesus in the center or even leading the way. It is our tradition to celebrate midnight mass during the 9 days leading up to Christmas day. During this 9 days of prayers and worship, our hearts are full of gratefulness and joyful wishes.

It is believed that if you complete the 9 days midnight mass, your wishes will come to fruition. Christmas Eve is dedicated for a family gathering and family dinner where we share our stories of gratefulness for any events that transpired in our lives during the year. This is a fun-filled day for all of us, sharing laughter, singing Christmas carols and celebrating just being together. Christmas day is the day we visit to honor and pay respect to our elders, grandparents, godparents and special people who are in our lives. Christmas season to me is about giving and receiving so much love from all around me, gratefulness for all the blessings I received, being joyful and mostly, for honoring Jesus Christ for HIS continuous presence in my life. December 25 is Jesus’ birthday, and I am celebrating with HIM and celebrating HIM for the wonderful life I have. Christ was born to save us! And I am saved by HIS mercy and LOVE!”

KWANZAA

DEC 26 - JAN 1

Kwanzaa is a cultural holiday that was created and founded by Maulana Karenga in 1966. Karenga felt that black people needed a holiday that could connect African-Americans back to their roots, while also having a cultural holiday in general for African-Americans to celebrate around winter. The name Kwanzaa is based off the Swahili phrase “matunda ya kwanza” meaning “first fruits of the harvest”. Kwanzaa is celebrated over a period of 7 days. Kwanzaa is observed from December 26th to January 1st. Each day of Kwanzaa is meant to recognize one of the seven principles, or Nguzo Saba, developed by Karenga that are meant to be key ideas and principles of black culture: Unity, Self-determination, collective work and responsibility, cooperative economics, purpose, creativity and faith. These seven principles are symbolized by seven candles placed in a Kinara. Kwanzaa holiday colors and decorations are black, red and green, which are common Pan-African colors. These are also the colors of the candles, with the middle candle being black, three red on one side of the Kinara and three green on the other side. During the 7 days of Kwanzaa, the common greeting, aside from “Happy Kwanzaa” and “Joyous Kwanzaa” is to say, “Habari Gani” which is Swahili for, “What is the News?” The proper response is to state which of the seven principles is being celebrated that day.
Brain Teaser

Why are Christmas trees bad at knitting?
If you have figured this out, email amber.brenneisen@pvhmc.org for a chance to win a $25 gift card!

Sandra Guzman-Hernandez, PVHC La Verne, was the November winner!
What’s the best thing to put into a pumpkin pie?
“Your teeth.”

Please reach out to amber.brenneisen@pvhmc.org to claim your prize!

Coming Up for December 2022...

- Physical Health: Holiday 5K, 10K & Half Marathon, December 10-11.
- Emotional Health: “Cultivating Positivity” 15-minutes training video. If you view and complete the evaluation link before 12-31-2022, you will be entered into an opportunity drawing!
- Emotional Health: CONCERN EAP’s “Dealing with Burnout”
- Financial Health: Countdown to Retirement Checklist & Social Security Guide
- Social Connectedness: Noom participants’ testimonials about their experience with the program to date. Check it out!

Congratulations to our Winners for our Emotional Wellness Video 3 Prize Raffle!

Other Feature(s):

- Easy Recipe: Colorful Coleslaw

- Raffle Surprise: Visit our Wellness for Life: Emotional Health page and complete the link below Dealing with Burnout article to be entered in a raffle prize drawing!

Please access the upcoming events/postings via the Wellness for Life page on the PVHMC Intranet!
**By Elizabeth Grainger, Palliative Care Chaplain**

As the year 2022 comes to an end, many of us take stock of the year that has passed and set intentions for the year to come. New Year’s resolutions take many forms and may focus on physical, emotional or spiritual change. For those wishing to set intentions for the New Year, holidays from the world’s traditions may serve as inspiration.

Western Europeans celebrate the Feast of St. Nicholas (Dec. 5-6), remembering the life of the early Turkish Bishop who is said to have dropped gold coins through a window to three young girls. St. Nicholas is the basis of Santa Claus. Children welcome St. Nicholas by leaving out snacks for him to eat, in hopes their freshly-cleaned boots or shoes might be filled with presents. *From St. Nicholas we connect with feelings of childlike hope and expectation, as well as with our own willingness to give generously.*

Hanukkah (Dec 18-26) is the Jewish Festival of Lights, commemorating the victory of the Maccabees over the Syrian Greek army in the second century BC. The miracle of Hanukkah is that when the Jews rededicated the Holy Temple in Jerusalem they had only enough oil to illuminate the Temple lamp for one day—and yet it lasted for eight full days. Hanukkah was important to the Jewish people 2000 years ago, just as it is now; in John 10:22 we read about Jesus attending a wintertime “Feast of Dedication” in celebration of this holiday. *The Festival of Lights is a reminder that even in dark times, with hope all things are possible.*

As an African-American cultural celebration created in 1966, Kwanzaa is a time to gather with family, friends and community. Families and communities organize activities around the Nguzo Saba (the Seven Principles): Umoja (Unity), Kuujichagulia (Self-Determination), Ujima (Collective Work and Responsibility), Ujamaa (Cooperative Economics), Nia (Purpose), Kuumba (Creativity) and Imani (Faith). The last day of Kwanzaa culminates with Karamu Ya Imani, a feast of faith. This holiday focuses on self-sufficiency and community. If you are interested in local Kwanzaa resources, Kwanzaa Joy will hold its annual celebration at the Pomona Fairplex on January 1, 2023. All are welcome! *Kwanza shows us all that is possible when we are in community.*

A watchnight service is a late-night Christian church service held on New Year’s Eve. In many African-American churches, it has the additional resonance of the Emancipation Proclamation (enacted on January 1, 1863), which freed slaves in the Confederate states during the American Civil War. The night before, African-Americans in the Confederate states gathered in churches, private homes, and around “praying trees” in secret locations, to “watch” for the coming of the Emancipation Proclamation—evidence that God heard and answered their cries for freedom. Many churches still hold nighttime Watchnight services to commemorate this profoundly significant day in American history. *Watchnight teaches us that even in the midst of the greatest suffering, we keep watch for the light.*

To speak with a Chaplain (available Monday - Friday, 9 am—5:30 pm), please call 909.469.9305. To request support for a patient or family, enter a Spiritual Care Services referral in PowerChart. *We are here to support YOU!*

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**December 2022**

<table>
<thead>
<tr>
<th>Date</th>
<th>Holiday</th>
</tr>
</thead>
<tbody>
<tr>
<td>5-6</td>
<td>St. Nicholas Day—Christian</td>
</tr>
<tr>
<td>8</td>
<td>Bodhi Day (Rohatsu) —Buddhism</td>
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<tr>
<td>12</td>
<td>Feast of the Immaculate Conception of Mary—Christian</td>
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<tr>
<td>13</td>
<td>Feast of Our Lady of Guadalupe—Catholic</td>
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<tr>
<td>16-25</td>
<td>Posadas Navidenas—Hispanic Christian</td>
</tr>
<tr>
<td>18-26</td>
<td>Hanukkah (Festival of Lights) —Judaism</td>
</tr>
<tr>
<td>21</td>
<td>Winter Solstice (First Day of Winter, St Thomas the Apostle)—Christian</td>
</tr>
<tr>
<td>24</td>
<td>Christmas Eve—Christian</td>
</tr>
<tr>
<td>25</td>
<td>Christmas—Christian</td>
</tr>
<tr>
<td>26</td>
<td>Zarathosh D iso (Death of Prophet Zarathushtra)—Zoroastrian, St Stephen’s Day—Christian</td>
</tr>
<tr>
<td>26-Jan 1</td>
<td>Kwanzaa—African-American cultural festival</td>
</tr>
<tr>
<td>28</td>
<td>Feast of the Holy Innocents - Christian</td>
</tr>
<tr>
<td>30</td>
<td>Feast of the Holy Family - Christian</td>
</tr>
<tr>
<td>31</td>
<td>Watch Night – Christian, Ōmisoka (New Year’s Eve)—Shinto</td>
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</tbody>
</table>
The Gift of Forgiveness

By Rufus Roney, CVICU—The happiest man in the world!

Let's sing it! Together! It’s the most wonderful time... of the year! Lol. Rufus here wishing you blessings, laughter and great joy for the rest of the year and beyond!

Oprah Winfrey once said, "if you look at what you have in life, you'll always have more. But if you look at what you don't have in life, you'll never have enough."

PVHMC is always more than enough because our love for each other wins it all! Life is indeed like an onion, you have to peel back the layers and sometimes you have to cry. Lol so can I challenge you to make some of your greatest decisions ever in 2023?

Let’s have some fun with knowledge that you already know. Remember, there are no mistakes in life, only lessons. For most of us, life is truly a mysterious experience, yet so awesome just to be alive or have the breath to say it.

1. There are things in life we can never explain... this saves you from a lot of guesses, when you can simply say, I don’t know?
2. There are questions in life we can never answer, so this saves you from trying to invent answers.
3. There are things in life you can never change. You must know your limitations.
4. There are things in life you cannot control. This saves you from blaming yourself. Settle it in your heart.
5. There things in life we cannot stop, like death. In fact, we can’t choose when it will happen or how it will happen.
6. There are things in life that you are not responsible for, like our grown children's choices, lol. Boy, does this take a load off!! Lol.
7. There are things in life you cannot exceed. You gave it the best medicine, you went to the best schools, you truly did all you could and still find it just out of your grasp. They still said "it won't work" or, that big one, I'm not happy!” Lol, so if I may encourage you today to expect the best, prepare for the worst, do all you can and leave the rest to God.

May I please encourage you? Dip all of your choices and decisions from this day forward in the most powerful word in the English language...forgiveness...yes and that's what Christmas is all about—forgiveness, erasing it all and giving you a brand new start, all for free!

So you never have to carry that heavy load in your heart ever again. Who would do this? His name .... Jesus! That's the original purpose of this magnificent holiday to be forgiven of our sins! Like an instant 850 credit score for free - no dings or collections or even judgments! That's what Christmas is truly all about—giving the gift of forgiveness. Wiping it away as though it never happened! 2023 will be the new place to be!

Have a beautiful month loving and forgiving. I love you PVHMC and thanks for coming to work today.

- Rufus Roney
PVHMC IN THE COMMUNITY!

Pomona Community Pull-Up
November 1

In recognition of diabetes awareness month, our diabetes team provided free blood glucose screenings.

Flu and RSV Education at the Pomona Unified School District
November 2

Dr. Jhonatan Munoz shared with parents information about RSV and influenza and the importance of measures to prevent transmission and severe illness, such as the flu vaccine and hand-washing.

PVHMC Drive-Thru Flu Shot and COVID-19 Bivalent Booster Dose Clinic
November 12

PVHMC administered nearly 120 free flu shots and 100 free bivalent booster doses of the COVID-19 vaccine to our community!
You’ve probably heard the expression, burning the candle at both ends. Scholars estimate it was first translated to English in the early 1600s. Back then, when candles were expensive, the saying referred to wasting money.

Over time, the meaning changed to be more about working from early morning to late at night. Today, we use the saying when we’re overwhelmed or have taken on too much.

What happens when you keep a candle lit at both ends? It blazes brightly for a while before burning out twice as fast.

**Fanning the Flame**

The same is true for people in modern society. We burn brightly these days. Always on. Working longer hours. Packing more into each day. Constantly connected. We wear our exhaustion like a medal and we’re burning out in epic numbers.

According to recent independent workplace surveys:

<table>
<thead>
<tr>
<th>Feeling exhausted physically, emotionally, or both</th>
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</thead>
<tbody>
<tr>
<td>Increasingly negative or cynical feelings, thinking “why am I bothering?” making less of an effort</td>
</tr>
<tr>
<td>Feelings of inadequacy or blaming yourself, thinking “Why can’t I handle this?” or “I’m failing because I’m weak.”</td>
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</tbody>
</table>

**Feel the Burn**

The term burnout is often used casually for feeling a little tired or overwhelmed. That’s an oversimplification.

True burnout is a response to chronic stress, characterized by three stages.

Because burnout is a serious stress response, ignoring it comes with severe consequences, including:

- Deteriorating mental and physical health
- Reduced life satisfaction
- Loss of productivity and enthusiasm
- Damage to relationships
Putting Out the Fire

Burnout might feel like an unavoidable consequence of modern life, but there are things we can do to help prevent or relieve it.

Be aware. Check in with yourself throughout the day. Do you feel deflated after certain activities, meetings, or interactions and uplifted after others? Are you finding some satisfaction or validation throughout the day, or no?

Minimize deflation. Though we can’t always control what happens at work, we can often make small improvements when we speak up. If you’re overwhelmed with unproductive meetings, ask about cutting down the number or length. If you’re at an impasse on a project, ask a manager or teammate for input or help.

Optimize uplift. When there are deflating elements you can’t improve, buffer them with more rewarding or uplifting activities. Schedule a break after particularly hard meetings or tasks and take a walk to clear the fog. Pepper easier and more enjoyable work throughout your day to combat frustration and build a sense of accomplishment.

Talk about it. Speak out when you need help and encourage co-workers to do the same. Sharing struggles and compassion helps reduce stigma around burnout and encourages collaborative solutions.

Prioritize breaks. Seriously. At minimum, disconnect for 10 – 15 minutes in the morning and afternoon. Take a real lunch break away from your desk or work area. Step away from work for at least one-full day during the weekend. Click here for some science connecting breaks to productivity, plus tips for building more effective breaktime into your days.

Schedule disconnection. When you can, guarantee downtime by committing to stopping work at (x) pm and not resuming until (x) am the next workday. When that’s not possible, set routine activities every evening to disconnect from work, like dinnertime, homework/playtime with the kids, or a quality hour with your significant other (or yourself).

Keep learning. Visit our library for articles like this one about using nature to recharge, or this one with tips to optimize energy and productivity.

PRO TIP

If you work from home, create a workday routine to help delineate home and work. Take a walk before starting and after finishing work each day as if you were commuting to help build separation. Confinement your work to one area or room. Signal when you’re done by shutting your home office door or clearing away all work materials from multipurpose areas.

Although we most often think about it as a work-related issue, overtaxing ourselves in any area in life can trigger burnout. Remember, if you ever feel overwhelmed and aren’t sure what to do, Concern is here to help.

For customized tools and resources, visit Concern’s Digital Platform by logging in to employees.concernhealth.com, and selecting the “Get Services” button in the upper right menu.

This newsletter is intended for informational purposes only, and should not be used to replace professional advice. If you find your level of stress is impacting your well-being, you can contact us for additional help and support.

Call: 800.344.4222
employees.concernhealth.com
For Benefited Associates Only
2023 Flexible Spending Accounts (FSA) Open Enrollment
Monday, December 12, 2022 (opens at 8:00 am)
Friday, December 23, 2022 (closes at 4:00 pm)

2023 Plan Year FSA Maximums
Health FSA Maximum = $3,050 (increased from 2022 maximum of $2,850)
Dependent Care FSA Maximum = $5,000 or $2,500 for married individuals who file separate tax returns (staying the same from 2022 maximum)

How to Enroll in 2023 FSA
Access the 2023 FSA Open Enrollment link in Launchpad between Monday, December 12, 2022 to Friday, December 23, 2022.

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 – Departments – Human Resources – Benefits – Flexible Spending Accounts on or after December 1, 2022.

2023 Plan Year Limited Carryover for Health FSA
Unused 2023 Health FSA funds will have a limited carryover up to $610 to the 2024 Plan Year.
There is no carryover option for any unused 2023 Dependent Care FSA funds.

Please keep in mind that you will have until March 31, 2024 to submit receipts to the FSA plan administrator, Igoe Administrative Services, for health and/or dependent care services incurred between January 1, 2023 and December 31, 2023.

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 final paycheck in the calendar year. 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.

Reminder on 2022 Health and Dependent Care FSAs
Unused 2022 Dependent Care FSA account balances will not carry over into 2023.

Unused 2022 Health Care FSA account balances will carry over into 2023 where the minimum carryover is $50 and the maximum carryover is $570. The carryover will take place after March 31, 2023 to allow you to submit your 2022 incurred claims against your 2022 Health Care FSA balance.
403b Contributions Maximum for 2023

By Hazel Wong, Benefits Manager

The **maximum** you may contribute into your 403(b) retirement account next calendar year 2023 will be as follows:

- **$22,500** if you are under age (increasing from 2022 maximum of $20,500)
- **$30,000** ($22,500 + $7,500) if you are age 50 or older (increasing from 2022)

If you wish to change your contribution amount or percentage for the first paycheck in 2023, please make your deferral change online in your Lincoln Alliance account at [www.LincolnFinancial.com](http://www.LincolnFinancial.com), between December 21 - 31, 2022.

You can make your contribution change as often as you like in your Lincoln Alliance account online at [www.LincolnFinancial.com](http://www.LincolnFinancial.com). Your contribution change will be updated in the next payroll processing after we receive and upload the data from Lincoln.

If you wish to discuss how much you should save for retirement and/or to obtain guidance on how to make your contribution change, contact our Lincoln representative at 949.623.1764.

If you have any questions on the 2023 contribution maximums or about the Pomona Valley Hospital Medical Center Retirement Savings Plan in general, please call Benefits at ext. 9741.

Also, if you are a participant in the Pomona Valley Hospital Medical Center Retirement Savings Plan, please keep in mind that the latest Investment Performance Report is posted in the PVHMC Intranet – Departments – Human Resources – Benefits – Benefit Plan Descriptions under the heading Retirement Plan.

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**PVHMC’s Community Benefit Report Now Available to View Online**

As a community hospital, PVHMC uses its Community Benefit Report to continuously reflect upon its responsibility to provide high-quality health care services, especially to the most vulnerable populations in need, and to renew its commitment while finding new ways to fulfill its charitable purpose. Part of that commitment is supporting advanced levels of technology, staffing, training, equipment, and facilities. PVHMC works vigorously to meet its role in maintaining a healthy community by identifying health-related problems and developing ways to address them.

To view the report, click [here](http://example.com).
Dr. John Mourani - 5 Things Doctors Want You to Know About the Flu - Eat This, Not That!
November 23, 2022

Dr. John Mourani California faces triple threat of respiratory illnesses - Cal Matters
November 2, 2022

Dr. Nischita Merla - 7 concerning symptoms that show your stomach pain shouldn't be ignored, according to gut health experts - Insider
November 18, 2022

Dr. Jhonatan Munoz - Coronavirus e influenza: Instalan centros de vacunación en estadios y arenas deportivas en Los Ángeles - Univision
November 17, 2022

Dr. Muzna Atif - 7 Things About RSV You Need Know, According to Doctors - Yahoo!
November 4, 2022

Dr. Douglas Chiriboga - ¿Cómo han cambiado los síntomas del coronavirus gracias a las vacunas? Esto es lo que debes saber - Univision
November 4, 2022
Introducing an easy, secure online process for loan or withdrawal requests

Even if you intend not to touch your retirement account until you step away from the workplace, sometimes life happens. Plans change, and you may need to access your savings before you retire. That’s why Lincoln Financial has developed a fast, easy, and secure online process for you to submit loan or withdrawal requests.

Improved for maximum convenience

Lincoln’s new request process is completely digital, including providing your signature! Your account information remains securely online, where you have convenient access to the status of your request. This switch to paperless means less clutter and more security for you, and it’s better for our environment.

You can start a request and save it to finish later, if you’d like. The system will let you know if you need to submit documents, such as notarized spousal consent, which you can do online. Once submitted, you can follow the status of your request with the online tracker as it moves through the automated process. You’ll stay up to date with alerts notifying you of status changes.

Best of all, you have faster access to your money once your request has been processed.

It’s there when you need it

Your retirement plan account should be a last resort when you’re in a financial pinch, but when you need it most, Lincoln provides an easy process for you to request a loan or withdrawal through your online account at LincolnFinancial.com/Retirement. For more information, please see the reference guide.

Not registered for an online account?

Visit LincolnFinancial.com/Register to get started.

Meet with a professional

Your retirement plan representative, Roberto Duran, and his team can give you one-on-one help so you can make informed decisions. Virtual and phone meetings are available when you can’t meet in person. Make an appointment at LincolnFinancial.com/PVHMschedule.

Roberto Duran is a registered representative of Lincoln Financial Advisors Corp. Securities and investment advisory services offered through Lincoln Financial Advisors, a broker-dealer (member FINRA, SIPC) and registered investment adviser. Insurance offered through Lincoln affiliates and other fine companies.

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"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!


Demi Marcos, RN  
- MedSurg 5

Greg Paredes, RN  
- ICU3

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!
Shout-Outs and Celebrations!

HAPPY Retirement

Congratulations, Bob Jacoby!
Join in wishing Bob a farewell on Tuesday, December 6, 1-3 pm, in Conference Room 2 of the Outpatient Pavilion.

JOKES OF THE MONTH

By Michelle Walsh, Director of Security

Why was the turkey put in jail?
The police suspected fowl play.

Where do Santa’s reindeer stop for coffee?
Starbucks.

What did Santa say when he stepped into a big puddle?
It must have reindeer.

Happy Birthday
Leigh Cornell & Kathy Perkins!
From OP Administration

Happy Birthday, Christina Zotelo, MedSurg 4!!
From Mauricio Ceja-Abarca, Pomona Valley Health Center, Claremont

HAPPY HOLIDAYS

If you want to share a “shout-out,” email amber.brenneisen@pvhmc.org and it may appear in next month’s newsletter!

The deadline for the January Newsletter is Tuesday, December 20th!
Please have your Manager/Supervisor OK your submission.
Send all submissions to amber.brenneisen@pvhmc.org.