

# Keeping You In Touch

January 2026

*A Publication of the Pomona Valley Hospital Medical Center Marketing Department*

## **Pomona Valley Hospital Medical Center Recognized for Exceptional Maternity Care by the California Department of Public Healthcare Access and Information and U.S. News and World Report**

In mid-December 2025, Pomona Valley Hospital Medical Center (PVHMC) was recognized for "Superior Performance" and has been named to the California Department of Healthcare Access and Information's (HCAI) 2025 Maternity Care Honor Roll for 10 consecutive years for providing high quality maternity care and continuous quality improvement.

The data collected is a collaboration with the California Maternal Quality Care Collaborative (CMQCC), CalHospitalCompare.org (CHC), and HCAI 2025 Maternity Care Honor Roll data visualization, which provides an overview of 82 California hospitals recognized.

Of the 82 hospitals recognized in 2025, 46 have made the Honor Roll for the past three years, and only 18 have maintained Honor Roll status for 10 consecutive years, including PVHMC.

"It' is an honor to be recognized among the top hospitals in the state for 10 consecutive years for maternal patient safety," said M. Hellen Rodriguez, MD, perinatologist and Medical Director of Maternal-Fetal Medicine at PVHMC. "As one of the busiest labor and delivery hospitals in the state, we're proud

of our comprehensive program that is dedicated to helping mothers experience safe and healthy births. From pregnancy, delivery to postpartum, our entire team of maternal fetal experts compassionately guide our patients through complex conditions, reducing the need for cesarean births, which can increase complications."

Historically, the Maternity Care Honor Roll program had only recognized hospitals that met the statewide NTSV C-section target rate of 23.6%. The new maternity care composite measure, which summarizes data from multiple measures, expands the performance evaluation to hospitals meeting or exceeding standards in five maternal health metrics: nulliparous term singleton vertex (NTSV) C-section, surgical site infection after a C-section, vaginal birth after a C-section (VBAC), episiotomy, and early elective deliveries prior to 39 weeks gestational age.



## Continued.

Evidence suggests that the chance of having a C-section delivery largely depends on aspects such as where delivering occurs and the practice patterns of the obstetric care team. Even for low-risk, first-birth pregnancies, huge variations are noted in rates of C-sections at individual hospitals.

Overuse of C-sections can result in higher rates of complications like hemorrhage, transfusions, infection, and blood clots. The surgery also brings risks for babies, including higher rates of infection, respiratory complications, neonatal intensive care unit stays, and lower breastfeeding rates.

In the hospital and out in the community, PVHMC focuses on health education and has a maternal transport program with neighboring health facilities to reduce disparities and improve access to maternal-fetal services.



In addition, U.S. News and World Report designated PVHMC as a "High Performing Hospital" in Maternity Care for the 3rd year in a row.

The U.S. News Best Hospitals for Maternity Care methodology is based entirely on objective measures of quality, such as C-section rates in lower-risk pregnancies, severe unexpected newborn complication rates, exclusive breast milk feeding rates, birthing-friendly practices and reporting on racial/ethnic disparities, among other measures.

PVHMC earned a High Performing designation in recognition of maternity care as measured by factors such as severe unexpected newborn complication rates, birthing-friendly practices and transparency on racial/ethnic disparities, among other measures.

U.S. News evaluated 817 hospitals from across the United States. Only half of all hospitals evaluated for U.S. News' 2025 ratings edition have been recognized as Best Hospitals for Maternity Care.

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## Welcome to PVHMC's First Baby of 2026!

We are thrilled to welcome PVHMC's first baby of 2026!

Baby Serafina made her grand arrival at 2:06 a.m. on Thursday, January 1, 2026, weighing 7 lbs., 6 oz. and measuring 18.9 inches long. She was born to proud parents Vanessa and Brett Richards of Alta Loma, continuing a special family tradition—both Brett and big brother Hendrix were also born right here at PVHMC.

Congratulations to the Richards family on their beautiful new addition. What a joyful way to begin the new year!





## PVHMC Receives Seven 2026 Women's Choice Awards for Best Hospitals™

Pomona Valley Hospital Medical Center (PVHMC) has received seven 2026 Women's Choice Awards for Best Hospitals™ for its demonstrated good outcomes in patient safety and medical specialties that matter most to women.

PVHMC was honored in the following categories:

- Best Hospitals for Patient Safety
- Best Hospitals for Heart Care
- Best Hospitals for Stroke Care
- Best Hospitals for Cancer Care
- Best Hospitals for Women's Services
- Best Hospitals for Obstetrics
- Best Hospitals for Knee & Hip Replacement



"In a region where patients have many choices for health services, we are honored to be recognized for our collaborative work to ensure that women in our community experience good outcomes and choose our medical center for safety and excellence in care," said Richard E. Yochum, FACHE, President/CEO of PVHMC. "We know that certain health conditions can impact women differently and this honor is a reflection of the dedication of our highly skilled doctors, nurses, technicians, and staff who strive to deliver their best to our patients each and every day."

The award methodology used is 100% objective, replicable and uniform and is based on objective, transparent criteria including clinical performance, patient satisfaction (HCAHPS & OAS), and accreditations. Women's Choice Awards surveys thousands of women to understand what is important to them when choosing a hospital.

## Breast Cancer Awareness Month "Wings of Hope" Winners Announced!

During Breast Cancer Awareness Month in October, we launched a fun new incentive—the Wings of Hope Photo Wall and raffle—to motivate women to get a mammogram. This lively initiative aimed to boost awareness of breast cancer and promote our affordable 3D mammogram. Our colorful Wings of Hope banners were displayed at each of our four imaging locations in Pomona, Chino Hills, La Verne and Claremont. Patients were encouraged to take a selfie with the banners and share it on social media to highlight their commitment to annual mammograms. Participants then entered a raffle for a chance to win an Amazon gift card.

Congratulations to our four lucky winners of the Wings of Hope raffle!

Pictured: Riki Blanchard, Pediatrics, & Marie Antonette Badua, CVICU





## PVHMC Recognized for Gun Violence Prevention by Los Angeles County Office of Violence Prevention



Pomona Valley Hospital Medical Center was recognized in the Top 10 Awards for “Protecting and Saving Lives with Safety Locks” at the Los Angeles County 38th Annual Productivity and Quality Awards (PQA) Luncheon in October. The awards are hosted by the Los Angeles County Board of Supervisors Chief Executive Office Quality and Productivity Commission.

PVHMC was recognized alongside several community partners for their partnership with the Los Angeles County Office of Violence Prevention (OVP) in providing access to free firearm safety locks across the County. The hospital began receiving the gun safety locks from the OVP for free distribution in late 2024. It currently has boxes outside of its Emergency Department, accessible to community members, as well as inside of its Pediatric Inpatient Care Unit.

In 2022, more than 300 L.A. residents died by gun suicide and over 500 died after being shot with a gun. Proper handgun safety can play a crucial role in preventing gun deaths and gun violence.



“As a Trauma Center, we are no stranger to the devastating impacts of gun violence and accidents related to guns,” said Richard E. Yochum, FACHE, President/CEO of Pomona Valley Hospital Medical Center. “We are proud to partner with the Office of Violence Prevention to promote safe and responsible gun ownership by offering these free gun locks.”

The Annual Productivity and Quality Awards (PQA) Program honors departmental productivity and quality improvement efforts deserving recognition. The 2025 Top Ten winners represent the County’s commitment to serve people and solve problems. From providing pet wellness services at parks, assisting individuals that are experiencing homelessness resolve legal barriers, and establishing a residential vocational training center designed to support transition-age youth, they represent the work of County employees, project teams, and community partners.



## Winter Food Drive Collects Nearly 1,000 Lbs of Food

Over the course of two and a half weeks, we collected nearly 1,000 pounds of non-perishable food products during our winter food drive for local not-for-profit food bank, Sowing Seeds for Life.

We thank our many Associates, patients and visitors for taking the time to shop and donate to this cause! Your generosity will help hardworking individuals and families who may be experiencing food insecurity, especially during the winter and holiday season.

Sowing Seeds for life serves more than 7,000 people and families in the Los Angeles and Inland Valley areas every month. If you or someone you know is facing hunger, we encourage you to seek assistance by attending its drive-thru food pantry at Charisma Life Church in Pomona. Visit [sowingseedsforlife.org](http://sowingseedsforlife.org) for dates and hours.

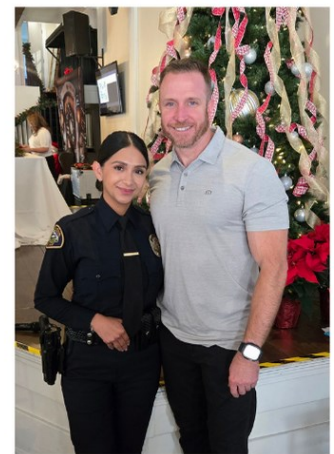


## Holiday for Heroes Luncheon - Heroes Run in the Family!

On Friday, December 5th, the Pomona Chamber of Commerce hosted its annual Holiday for Heroes luncheon, which honors first responders and veterans from the Pomona Police Department, the Los Angeles County Fire Department and the United States Army.

Among the honorees was Officer Yasmin Rodriguez, who was joined by her husband and our night shift charge nurse in the Emergency Department, Ryan Sieger, RN. We were tremendously proud to be able to join in recognizing Officer Rodriguez as not only one of Pomona's finest, but as a member of our PVHMC family as well. Heroes really do run in the family.

"Officer Yasmin Rodriguez is Pomona Police Department's first female apprehension K9 handler, breaking barriers and helping build one of the most effective K9 teams the department has seen in years. Known for her courage and exceptional work ethic, she has remained composed throughout three officer-involved shootings and successfully executed multiple high-risk K9 apprehensions. Her proactive policing recently led to the arrest of two suspects now likely to face murder charges. Born and raised in Pomona and a former Police Explorer, Officer Rodriguez embodies dedication, bravery and service – making her an outstanding choice for the Holiday for Heroes award."



Congratulations to Officer Rodriguez and to ALL the Holiday for Heroes honorees – we thank you for your service to our community.



# OneLegacy Floragraph Ceremony Held for Organ Donor Katie Sedor



On January 1, 2026, Katie Sedor was honored on the OneLegacy Donate Life Rose Parade float, a tribute that celebrates the profound impact of organ donation and the lives saved through her truly selfless generosity. Her recognition on this national stage, as well as those of fellow organ donors throughout the country, reflects the legacy she left behind.

As part of this honor, we hosted a deeply special ceremony with OneLegacy on December 12th to unveil her completed floragraph, which was displayed on the float. Alongside family, friends and the firefighters and hospital team who cared for her, Katie's parents shared their journey and hope for Katie's memory and legacy to live on. Below is Katie's story.

Protector of vulnerable people, bubbly personality, ridiculously funny, self-deprecating, humble, kind, cherished human, loyal friend, beacon of light, joyful, family-focused, and lover and guardian of animals. Katie had a natural flair for design that made her such a well-dressed woman. She had the uncanny ability to go into anyone's closet and create a stunning ensemble with accessories.

These terms were used by Katie's vast circle of friends and family to describe her at her service in August 2024. Her death at age 28 profoundly impacted all who knew her, and the overwhelming presence of loved ones in attendance was a powerful testament to how deeply she was loved.

Katie Sedor lived an extraordinary life filled with deep friendships, a loving long-term relationship with her boyfriend, Garrett, and the support of a close-knit family. Her time here was rich with meaning and profound experiences—it was a good life. She graduated from Bonita High School in La Verne, California, and later from California Polytechnic State University in San Luis Obispo, where she excelled both academically and athletically during her high school and college years.

Beginning at age 14, Katie bravely battled chronic, severe inflammatory bowel disease and other autoimmune disorders. She died suddenly at age 28 from complications related to these illnesses. Her family remains hopeful that continued advancements in targeted immune treatments will one day eradicate autoimmune diseases.

As a teenager, Katie made the deliberate decision to become an organ donor, proudly designating her choice on her driver's license. That unwavering decision gave her family strength and comfort as they honored her wishes after she was tragically declared brain-dead. Katie's heart now lives on in a young boy, one kidney in a young girl, and the other in a woman. Her lungs and pancreas were donated for research, offering hope to countless others.

Her legacy endures not only in the lives she saved, but in the memories of those who loved her and of those who will come to know her story. Her selfless choice to be an organ donor reflects the person she was in life and continues to bring her family great happiness. As her family shared - God has a plan for all our lives and is sovereign over everything. God bless Katie in your kingdom.

## Director of Rehabilitation Services Named to Damien High School Athletic Hall of Fame

Pomona Valley Hospital Medical Center (PVHMC) Director of Physical Therapy and Rehabilitation Services, Joseph Baumgaertner, MS, PT, OCS, was recently inducted into the Damien High School Athletic Hall of Fame in La Verne. Baumgartner was a star player on Damien's football team and accomplished all-around athlete for the Class of 1972.

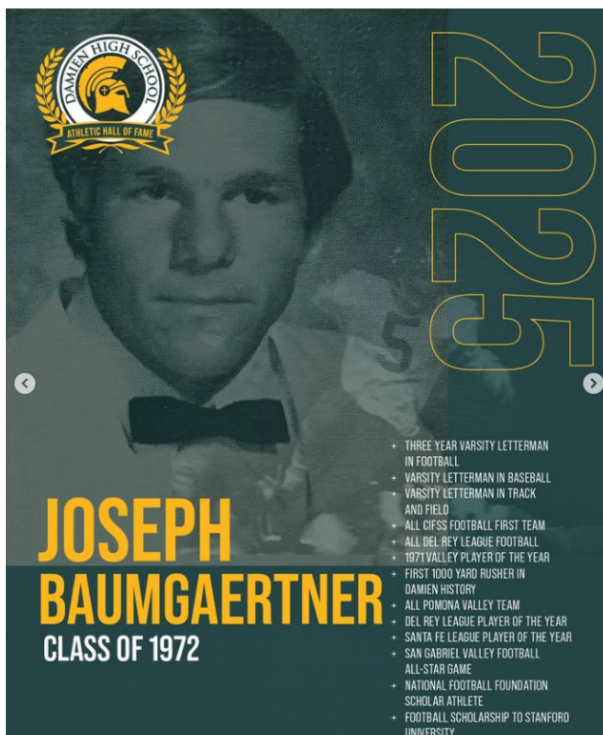
"He was the first football player to rush for more than 1000 yards in a single season and one of the Damien's earliest football stars," said Damien Athletic Director Jeff Grant. "He was an incredible athlete who excelled in everything he did, as he was a varsity letterman in football, baseball, and track and field."

After graduating from Damien High School, Joe went on to play football at Stanford University during his undergraduate years, where he majored in human biology.

Damien conducts its Hall of Fame ceremony every two years at its annual gala. Baumgartner's nomination for the hall of fame was a direct result of his peers' recommendations. A committee reviews and selects the most appropriate former Spartans who excelled in their respective sports. Nominees are those who helped bring honor, recognition, distinction and excellence to Damien High School by their conduct both on and off the field, or court, of competition.

Baumgaertner was inducted into Damien's Athletic Hall of Fame alongside two other alumni in late October 2025.

"It's an honor to be able to recognize Joe for his outstanding career at Damien," adds Grant. "Joe's time as a Spartan helped lay the future foundation of football excellence with which our school has been blessed to enjoy for more than 50 years."







**BLOOD DRIVE**  
**Pomona Valley Hospital Medical Center**

Location: Pitzer Auditorium

1798 N. Garey Ave.  
Pomona, CA 91768

**Friday, January 16, 2026**  
**7:00 a.m. - 1:00 p.m.**

**All donors eligible for a chance to win trip for 2 to Super Bowl LX!**

To schedule your appointment, use the QR code below or visit [RedCrossBlood.org](https://RedCrossBlood.org)  
and enter sponsor code: **PVHMC** or call **1-800-RED-CROSS**.



1-800-RED-CROSS | [RedCrossBlood.org](https://RedCrossBlood.org) | Download the Blood Donor App



# After CHRISTMAS Sale

*AT THE GIFT SHOP*

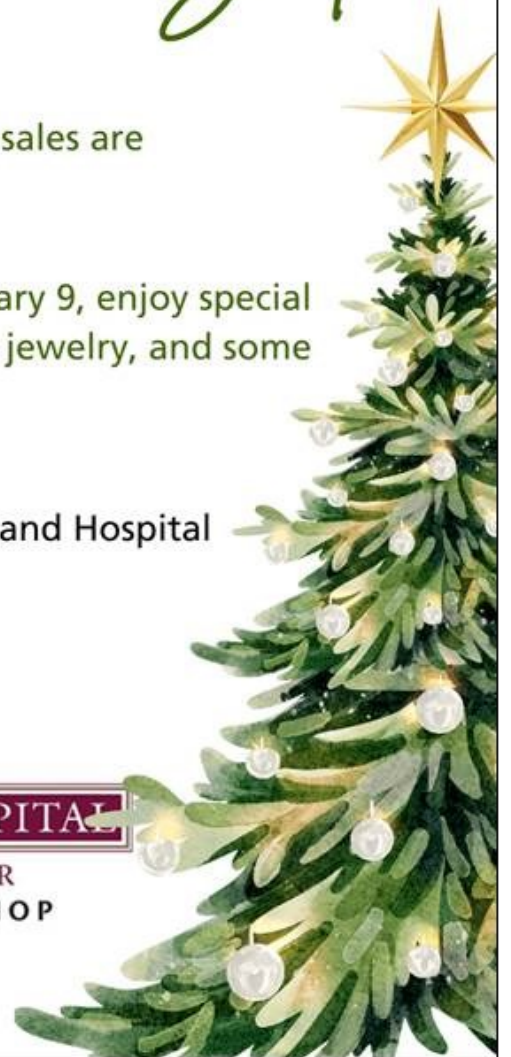
The Holidays may be over, but the sales are just beginning.

From Friday, December 26 to Friday, January 9, enjoy special discounts on select holiday decor, holiday jewelry, and some surprise items!

All proceeds benefit the Sick Baby and Hospital Assistance Fund.

**POMONA VALLEY HOSPITAL**

MEDICAL CENTER  
TENDER TOUCH GIFT SHOP





CALL FOR ABSTRACTS

# Exhibition of Excellence

*Professional Poster Presentation Day*

Monday, May 4, 2026

Pomona Valley Hospital Medical Center

1798 N. Garey Ave., Pomona, CA 91767 Pitzer  
Auditorium

Abstract Submittal Deadline:

✦ February 13, 2026

Questions may be directed to:

Carrie DuPee, RN, Nursing Manager of Research and EBP  
Program. [Carrie.DuPee@pvhmc.org](mailto:Carrie.DuPee@pvhmc.org)

Rosephil Facundo, RN, Professional Research Council Chair  
[Rosephil.Facundo@pvhmc.org](mailto:Rosephil.Facundo@pvhmc.org)



*Expert care with a personal touch*



View the instructions and application on the Intranet.



# 32<sup>nd</sup> Annual Perinatal Symposium

Wednesday, April 22, 2026

7:00 am - 4:30 pm

Virtual and In-Person  
Options Available

DoubleTree by Hilton Hotel  
Ontario Airport  
Empire Ballroom

222 North Vineyard Avenue,  
Ontario, CA, 91764

Coffee &  
Buffet  
Lunch

FREE  
Parking

Virtual &  
In-Person  
Options



Scan the QR code to  
register or visit  
[PerinatalSymposium2026.  
eventbrite.com](https://PerinatalSymposium2026.eventbrite.com)

Provider approved by the California Board of  
Registered Nursing, Provider Number #00112,  
for seven contact hours.

For general or exhibitor information, call  
909.865.9858 or email [FERC@pvhmc.org](mailto:FERC@pvhmc.org)

  
**POMONA VALLEY HOSPITAL**  
MEDICAL CENTER  
WOMEN'S AND CHILDREN'S SERVICES  
*Expert care with a personal touch*



## City of Pomona - Construction Updates

Construction on the northern part of Garey Avenue in Pomona may impact your commute to and from work. Please be advised of the following tentative project timelines - drive safe!

- Monday, January 5th, 2026: Anticipated start date of electrical work at the EB-10 Garey off-ramp. Minor traffic control impacts to the off-ramp begin and will be used intermittently until project completion.
- Monday, February 2nd, 2026: Curb ramp and concrete work at the off-ramp will commence and last for an estimated week. There will be some intermittent ramp lane closures with flagger control.
- Monday, February 16th, 2026: Paving activities will commence and last for an estimated week, barring delays. There will be some intermittent ramp lane closures with flagger control.
- Friday, February 27th, 2026: Anticipated date to stand new traffic signal poles. Traffic impacts on Garey Ave expected for cranes.

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## Happy New Year 2026 from Your Security Department

As we welcome the New Year, your Pomona Valley Hospital Medical Center Security Department would like to extend a Happy New Year to all Associates, patients and visitors. We are grateful for the trust you place in us and we are proud to work in collaboration with all our Associates to promote a safe, secure and welcoming environment every day of the year.

The past year has highlighted the importance of training, professionalism, excellence and compassion. This has been highlighted by our team participating in top tier EF Combatives reality-based training, our K9 team having received a 2<sup>nd</sup> place award at a Sheriff's K9 Competition, Security Management speaking at local and national safety and workplace violence prevention conferences and the continuation of workplace violence prevention training offered to all Associates.

Our Security Officers, Dispatchers, Ambassadors, K9 Teams, Supervisors, Leads and Management Team remain committed to protecting our Hospital, responding promptly to concerns and working closely with Associates to create an environment of safety and security.

Thank you for your continued support of our team and dedication to keeping our hospital a safe place for care and healing.

We wish you all a safe, healthy, and successful New Year!



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# Have a Family of Healthier Eaters in the New Year

By Shannon Perrett, MHA, RD, Clinical Nutrition Manager

Start the new year by teaching your family the importance of food and nutrition. Food to fuel busy, successful lives and nutrition to nourish strong bodies and nimble minds. We can help our families be healthier eaters and start them on the road to wellness.

- Serve regular, balanced meals and snacks with a variety of nutrient rich foods.
- Make meal times calm and pleasant so everyone can talk and share their day.
- Remove distractions such as television, phones and tablets so that your attention is on each other.
- Explore a variety of flavors and foods from different cultures and cuisines.
- Share an appreciation for healthful food, lovingly prepared and shared with others.
- Make simple food safety, such as washing hands, part of every eating occasion.
- Teach basic skills for making positive food choices away from home.
- Find credible food and nutrition resources when you don't know the answer.

## Get Kids Involved in Nutrition

This one is fun for everyone and it can happen anywhere — your kitchen, the grocery store or a community garden. Every trip through the supermarket can be a nutrition lesson. Kids can learn to categorize food into groups: grains, fruits, vegetables, dairy and protein foods. They can choose new foods they want to try, including picking out a new fresh, frozen, canned or dried fruit each trip. As children get older, they can help plan the menu at home and then pick out the foods to match the menu items while shopping.

Here is an easy and quick recipe to get you started on a healthier lifestyle.

## Rainbow Layered Salad

### Ingredients

- 1 pint red grape or cherry tomatoes, quartered
- 1 cup shredded carrots
- 1 cup frozen corn kernels
- 2 Hass avocados, pitted and sliced into thin wedges
- 1 cup thinly sliced red cabbage
- 1 cup crushed blue corn chips
- Juice of 1 lime
- Juice of 1 lemon
- ¼ cup olive oil
- ½ teaspoon salt
- Freshly ground pepper to taste



### Directions

1. In a clear glass serving bowl, layer the tomatoes, carrots, frozen corn, avocados, red cabbage and blue corn chips in order. Let stand at least 15 minutes for corn to fully defrost.
2. Make salad dressing by whisking together lime juice, lemon juice, olive oil, salt and pepper.
3. Serve salad with dressing on the side.

### Nutrition Information

Serving size: 1 cup of salad with dressing

Serves 6

Calories: 285; Total fat: 21g; Saturated fat: 3g; Cholesterol: 0mg; Sodium: 229mg; Carbohydrates: 27g; Fiber: 7g; Sugars: 11g; Protein: 3g; Potassium: N/A; Phosphorus: N/A

We hope everyone will enjoy delicious colorful and nutrients full salad.

Recipe from Romina Barritta de Defranchi, DTR. Content from Academy of Nutrition and Dietetics, [www.eatright.org](http://www.eatright.org).



# Your Body Is Talking: Know the Signs and Symptoms of Cervical Cancer

Women have a million things on their minds daily. Running errands, grocery shopping, work projects and those pesky thoughts like, "Did I forget to lock the front door?" With this constant stream of responsibilities and worries, many women place their health at the very bottom of a long list of to-dos. However, ignoring health concerns such as abnormal bleeding or abnormal Pap results can delay early diagnosis of serious conditions, including cervical cancer.

According to the Centers for Disease Control and Prevention, 13,000 new cases of cervical cancer are diagnosed each year in the United States, and about 4,000 women die of it each year. Cervical cancer can affect women of any age, but the American Cancer Society reports that the highest rates of diagnosis occur between ages 35 and 64.

Early stages of cervical cancer don't usually have symptoms. The first signs of cancer may take time to show. Stage I cervical cancer symptoms can develop gradually and may seem easy to dismiss in the moment; however, some symptoms are warning signs that something may not be right. Below are five common signs to watch for.

## Abnormal Bleeding

Unexplained bleeding can appear in several ways. The most common include bleeding or spotting between periods or after sex, periods that become heavier or longer than usual or bleeding after menopause.

## Pelvic Pain

Persistent pelvic pain or discomfort that does not improve may be an early sign of cervical cancer. This pain may feel like a dull ache or a sharp sensation in the pelvis and may occur during sex. Cervical cancer can also cause pain during urination or lower back pain. Any ongoing or unusual pain should be discussed with your doctor.

## Changes in Discharge

Changes in the color, smell or consistency of vaginal discharge may indicate the need for medical evaluation, especially if symptoms persist. This may include watery, foul-smelling or blood-tinged discharge.

## Bowel or Bladder Changes

Some women with cervical cancer experience bowel or bladder changes, such as painful bowel movements or rectal bleeding, caused by pressure on the cervix. Constipation or bloating may also occur.

## Abnormal Exam or Pap Result

Abnormal findings during a pelvic exam may include unusual growths, a cervix that bleeds easily when touched, swelling or changes in color. Abnormal findings on a Pap smear mean that some cervical cells look unusual.

It is important to note that not all abnormal Pap smear results indicate cervical cancer. Some can be due to Human Papillomavirus (HPV), infection or inflammation.

If you receive abnormal results on your regular Pap or pelvic exam, prompt follow-up is needed. Despite this, the NIH reports that, on average, 24% of women with abnormal results do not receive any follow-up.

## Ways to Protect Yourself

HPV vaccination, routine screenings such as Pap smears and HPV tests, and regular pelvic screenings can help detect changes early. Avoiding smoking and using condoms can also help reduce your risk. Talk with your health care provider about the prevention options that are right for you.

If you notice symptoms such as unexplained bleeding, changes in discharge, pelvic pain, bowel or bladder changes, or receive an abnormal screening result, take note of when symptoms begin and how they progress. Sharing this information with your provider can help guide next steps and ensure timely care.

The good news is that cervical cancer is one of the most preventable cancers. When detected early, the five-year survival rate is 91 percent, according to the National Institutes of Health. Routine screenings, HPV vaccination and follow-up care play a critical role in early detection.

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# Magnet Redesignation Update

By Maria Brown, MSN, RN, Education Nurse Manager

Now that Pomona Valley Hospital Medical Center (PVHMC) has officially submitted its Magnet redesignation document on October 1, 2025, we begin the next phase of the journey - the review period. Over the next few months, three Magnet appraisers will evaluate our submission, assessing how well our practices align with nursing excellence, professional development and quality patient outcomes.

Magnet recognition is one of the highest honors a healthcare organization can receive, with fewer than 10% of hospitals in the United States achieving this distinction. This places Magnet-recognized organizations among an elite group committed to exceptional patient care, clinical quality, and a strong professional practice environment.

The preparation for this submission strengthened our infrastructure, deepened interdisciplinary collaboration, and highlighted the extraordinary contributions of our Associates. Through this process, we document measurable improvements in patient outcomes, innovative initiatives, and the collective efforts that support the community we serve.

Soon, we look forward to sharing the full document with our Associates. It will provide a comprehensive view of the dedication, expertise, and resilience demonstrated across PVHMC. This journey has already advanced our culture of excellence, reinforced our strategic priorities, and elevated the standards by which we measure success.

So now we wait, patiently, for the outcome.  
Thank you Associates, for being the heart of PVHMC.

A heartfelt thank you to Carrie DuPee, DNP, RN, PCNS-BC. Your exceptional attention to detail, unwavering integrity have made all the difference. Your guidance and support helped us through some challenging moments with confidence and clarity. You made even the toughest situations feel manageable, and I'm truly grateful for everything you've done.





## Congratulations to Dani Jasso, Milestones Physical Therapist in Rehabilitation Services!

Congratulations to Milestones Physical Therapist, Dani Jasso, PT, DPT, PCS, NTMTC, on the completion of her Neonatal Touch & Massage Therapist Certification! Dani is one of only 4,100 neonatal professionals in the world with this distinction!

As a board-certified Pediatric Clinical Specialist (PCS), Dani brings years of experience and expertise to her patients at the Milestones Centers for Child Development. With her added certification as a Neonatal Touch & Massage Therapist, the benefit of Dani's advanced training and knowledge will be recognized and appreciated by the families of those she treats.

The Neonatal Touch & Massage Certification (NTMC) is an exclusive neonatal certification for neonatal healthcare providers. Certification requires both extensive review of current literature as well as hands-on training.

NTMC handling skills translate immediately into the clinic setting and are applicable for virtually all daily caregiving at home. Techniques include ideal positioning, skin-to-skin, infant massage, swaddled bathing and advanced practice techniques such as myofascial trigger point releases. NTMC skills maximize long-term developmental outcomes of the infants in the NICU and enhance parental involvement and bonding.

As one of several PVHMC therapists to be certified in Neonatal Touch and Massage, Dani is the first to bring these techniques to the outpatient setting. As a pediatric physical therapist at the Milestones Centers for Child Development, she continues to apply NTMC skills and techniques to the many former NICU babies who transition to her care as outpatients.

Dani notes among the many diagnoses benefiting from this continuity of care, NTMC training has proven particularly effective in the areas of torticollis and reflux, both commonly seen in preemies. The consistent and ongoing Neonatal Touch and Massage techniques and education provided to parents ensures better follow through at home, and no doubt helps to maximize developmental milestones.

For more about Pediatric Rehabilitation, please call either of our Milestones Centers for Child Development:

Milestones Chino Hills: 909.630.7877

Milestones Claremont: 909.630.7166



**Dani Jasso, PT, DPT, PCS, NTMTC**  
Physical Therapist  
Pediatric Clinical Specialist  
Neonatal Touch & Massage Therapist Certified



Neonatal Touch &  
Massage Certification  
NTMC



## 27th Annual Tree Lighting Ceremony

Thank you to the hundreds of families, friends and Associates who joined us for our 27th Annual Tree Lighting Ceremony! It was an evening full of holiday magic, with Santa spreading joy and the Grinch stirring up just the right amount of mischief!

Guests enjoyed delicious treats, joyful caroling by the Inland Valley Repertory Theatre, holiday music from our junior volunteer group Healing Harmonies on violin, festive shopping to support our Auxiliary Sick Baby and Hospital Assistance Fund, interactive informational booths for our Children's Services and Women's Center and our special Tree Lighting moment.

We were also honored to have Pomona City Councilmembers Debra Martin (District 1) and Lorraine Canales (District 6) join us and present a Certificate of Recognition from the City of Pomona. A big shout-out to the Pomona Police Department for joining us this year and offering their Pink Patch merchandise. Every purchase supports the 2026 Pink Patch Project fundraising efforts for The Robert & Beverly Lewis Family Cancer Care Center.



## Local Colleges Donate to our Patients in Our Women's and Children's Centers

In mid-December, we received a wonderful surprise from students at the Keck Graduate Institute's Pediatric Pharmacy Association (PPA) and the Latino Medical Student Association Plus (LMSA+). The graduate students organized a joyful holiday toy drive to bring some fun and cheer to our Pediatric Inpatient Care Unit and NICU. Their ongoing kindness and support for our patients truly brighten our days.

New parents at our Women's Center also received wonderful gifts from students in the Department of Apparel Merchandising & Management at California Polytechnic University of Pomona. The students handmade bags designed for new parents, thoughtfully made larger so they could comfortably carry all of their baby's belongings.

**THANK YOU**





## Associate Holiday Buffet

Our Food and Nutrition Department went all out for the Annual Associate Holiday Buffet!

Associates, Physicians and Volunteers enjoyed delicious pot roast, garlic mashed potatoes, seasonal roasted vegetables, festive desserts, and a tasty vegetarian stuffed butternut squash. Huge thanks to our amazing Management team members who seized the chance to spread some holiday cheer and serve up smiles to their fellow Associates.





## Adopt-A-Department

Thank you to everyone who donated and participated in this year's 30th Annual Adopt-a-Department Christmas Morning Distribution! Your generosity and willingness to give your time truly made the day brighter for our associates working on Christmas. This tradition continues because of your kindness and commitment. Whether you contributed gifts, volunteered to distribute, or helped spread the word, please know that your efforts were deeply appreciated and made a meaningful impact.

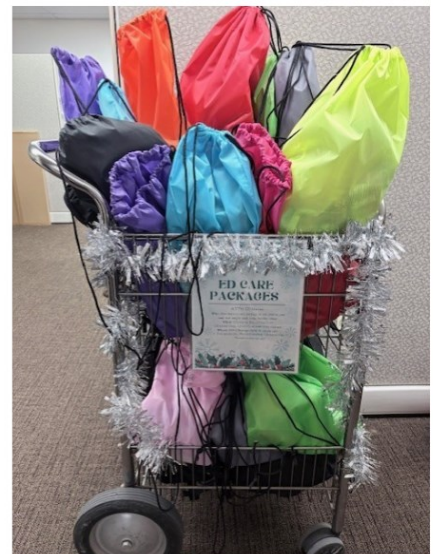
A special thank you to Jessica Rivera, Sarah Velasquez and Brenda Taylor for packing the bags with love and care, to the closed departments for their kind donations, and to those who helped distribute the bags on Christmas morning - Darlene and Mike Scafiddi, Dustin and Brenda Taylor and Wray Ryback.



## Emergency Department Donates Care Packages to Patients



In a donation drive led by Sherrie Cisneros, RN, Substance Use Nurse Navigator, Associates in the Emergency Department (ED) donated items to make care packages for ED patients in need of holiday cheer. The care packages contained snacks and a blanket or socks, a small gesture to help brighten out patients' day!





## Cookie Social 2025

Traditionally, the Cookie Social has featured cookies and hot chocolate, with the option of hot apple cider, all served to Associates with big smiles from the nursing leadership team. This year, we added an element of friendly competition, which we all love. Associates were invited to participate in a Cookie Bake-Off, and the response was outstanding.

True to form, we had 16 competitors ready to compete, bringing creativity, enthusiasm, and plenty of holiday spirit to the event. Three judges rose to the challenge of the difficult task before them, selecting the winners. Our judges included Laura Querin from Marketing, Rachel Hayes, HR Executive Administrative Assistant, and our very own talented sous chef, Ruben Garcia.

### The winners of the PVHMC Cookie Bake-Off Wooden Spoons:

1st Place: Lisa Grace, DNP, RN, CEN, CNS, Nurse Manager, Interdisciplinary Practice

2nd Place: Jasmine Aragon, MHA, BSN, RN, CNML, Director, Clinical Nursing Operations

3rd Place: Ellen Bauer, SR Coding Assistant



### Contestants:

Ria Bautista, RN, Tele 3 St. 2 &3, Clinical Level II

Lana Gonzales, MSN, RN, CPN, Nurse Manager, Pediatrics

Ellen Bauer, SR Coding Assistant

Paula McKay, MHA, BSN, RN, CNML, Nurse Manager, Observation Care

Jasmine Aragon, MHA, BSN, RN, CNML Director, Clinical Nursing Operations

Michael Baello, MSN, RN, Nurse Manager, Telemetry 3 Station 1

Karla Uranga, BSN, RN, TCRN, Nurse Manager ICU1

Sheryl Uribe, BSN, RN, CCRN, Nurse Manager ICU3

Froilan Lirio, MSN, RN, NPD-BC, Educator

Cheryl Puma, Nurse Staffing Coordinator

Carrie Dupee, DNP, RN, PCNS-BC, CNS, Nursing Research and EBP Program Manager

Lisa Grace, DNP, RN-C, CNS Nurse Manager Interdisciplinary Practice

Maria Brown, MSN, RN, Magnet Program Facilitator





# WREATH-DECORATING CONTEST WINNERS!



Congratulations to our winning departments!

Human Resources will contact you soon with details on your department-wide prize.

*\*Except for the winners shown, wreath photos are not displayed in ranked order.*



GI Lab



Med-Surg 4



Patient Access Center



Med-Surg 5



Physician Billing



OPP - 2<sup>nd</sup> Floor Surgery



Pediatrics



Telecommunications  
PBX Operators



Resource Center



Foundation



Main Hospital - Surgery



Respiratory





Quality Management



Crossroads Primary Care



La Verne Urgent Care



ICU 3



Cardiac ICU



La Verne Primary Care



ICU 2



Credit &amp; Collections



Sterile Processing

Discharge Lounge  
(Resource Center)

Claremont Urgent Care



Crossroads Urgent Care



Chino Hills Primary Care

# 2026 BLOOD DRIVE CALENDAR

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

**January**



**April**



**April**



**June**



**August**



**October**



**December**







## Coming Up for January 2026...

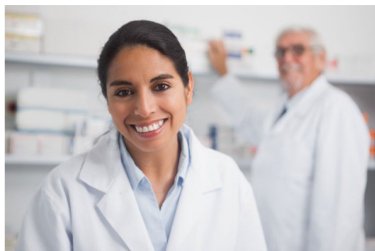
- **Physical Wellness**: Alcohol: Good for You or Bad for You?
- **Emotional Wellness**: Explore Mindstream in Supportlinc: Fitness Studio for Your Mind
- **Social Health**: January 2026 FunExpress Deals

*Access upcoming events/postings on the **Wellness for Life** Intranet Page!*

### Luminare Health MEMBER BENEFITS

Effective on January 1, 2026

**luminare health™**



#### Welcome to Luminare Health

Pomona Valley Hospital Medical Center has hired Luminare Health as the medical administrator for the EPO and PPP Plans utilizing both the Pomona Provider Listing and the Blue Shield of California PPO Network.

#### Through Luminare Health, you can:

- Review eligibility and plan information for you and your covered dependents
- View claims details for you and your dependents
- Access Explanation of Benefits (EOB) documents
- View, print, or download your current ID card, and request new ID cards
- Access an electronic summary of benefits and coverages
- Access the Pomona Provider Listing
- Locate participating doctors or hospitals

#### Create an Account on or after January 1, 2026

1. Go to **myLuminareHealth.com**.
2. Under "Plan Participant," select "Create Your Account."
3. Enter the required registration fields and click "Next."
4. Click "I Agree" to accept the consent to electronic signatures and communications and terms and conditions.
5. Enter your contact information in the listed fields. You must enter your email address and at least one phone number.
6. Click "Start" next to the communication method you would like to verify, and a code will be sent to your email address or mobile phone number you provided. Enter the verification code in the indicated field. Click "Next" to continue.
7. Create your profile by choosing a username and password. Answer three security questions and click "Next."

#### Luminare Health Mobile App

After you register for myLuminareHealth.com, you can download the myLuminareHealth mobile app to get the information you need, right when you need it most. With the myLuminareHealth mobile app, you can easily access your benefit portal on the go. The mobile app gives you secure access to valuable benefit and plan information anytime you need it. Enjoy all the amenities of the online portal from your Apple or Android device.



## Mandatory Roth catch-up contributions

Starting in 2026, if you're age 50 or older and earned more than \$150,000 in Federal Insurance Contributions Act (FICA) wages from the same employer in the prior year, you must make catch-up contributions to your retirement plan as Roth after-tax contributions.<sup>1</sup> If you earned less than that amount, you can still make either pretax or Roth catch-up contributions.

- **What are Roth contributions?** They're made with after-tax dollars. You can withdraw Roth contributions and earnings tax-free as long as the withdrawals are qualified.<sup>2</sup> See the differences between pretax and Roth contributions.

	Pretax contributions	Roth contributions
Employee salary deferral contributions	Pretax dollars	After-tax dollars
Reduces current taxable income	Yes	No
Employee contributions: taxed at distribution	Yes	No <sup>2</sup>
Employer contributions, if applicable: taxed at distribution	Yes	Currently not available
Earnings: taxed at distribution	Yes	No <sup>2</sup>

- **What are catch-up contributions?** They're extra retirement plan contributions that employees age 50 or older can make beyond the annual IRS limit. This chart shows how much more you can save, based on your age.

Age	2026 standard contribution limit	Catch-up limit	Total contribution limit
50 – 59	\$24,500	\$8,000	\$32,500
60 – 63		\$11,250	\$35,750
64+		\$8,000	\$32,500

- **What are FICA wages?** Find them on your Form W-2, Box 3 wages to see if you made more than \$150,000.<sup>1</sup>
- **How do mandatory catch-up Roth contributions affect my taxes?** Mandatory Roth catch-up contributions aren't tax deductible because they're made with after-tax money. However, qualified withdrawals will be tax-free, which may benefit you if you anticipate being in a higher tax bracket or want a source of tax-free income in retirement.<sup>2</sup>

<sup>1</sup> Indexed for inflation.

<sup>2</sup> A distribution is considered qualified if your Roth account has been established for at least five years and you're at least age 59½ at the time of the withdrawal, or the withdrawal is due to death or total disability. If you don't meet this qualified distribution criteria, earnings will be subject to income tax, and withdrawals made before age 59½ may be subject to an additional 10% early withdrawal penalty.

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P O M O N A   V A L L E Y   H O S P I T A L   M E D I C A L   C E N T E R

# Need to talk about a situation that is bothering you?

**You've cared for  
our patients, now let  
us care for you!**

**The PVHMC C.A.R.E.S. Peer Support Team  
was developed to address the emotional support  
needs of Associates and providers at PVHMC.**

**The following are examples when Peer  
Support might be needed (or beneficial):**

- Those experiencing loss or events that may impact their mental health, professional practice or job performance
- Workplace Violence incidents
- Unexpected injury or death to a patient, fellow Associate or visitor
- Feelings of hopelessness
- Loss or struggling with positive coping skills
- Any concerning event defined by you

**You can request or recommend  
support for a fellow Associate  
at any time by:**

- Notifying your direct supervisor/manager
- Submitting an event report through the electronic event reporting platform

**PVHMC**  
**Compassion**  
**Accountability**  
**Resolution**  
**Embracing**  
**Safety**



Compassion | Accountability | Resolution  
Embracing Safety

**POMONA VALLEY HOSPITAL**  
MEDICAL CENTER

*Expert care with a personal touch*

# Welcome to the New Year

*By Elizabeth Grainger, Palliative Care Chaplain*

As we welcome the New Year, many of us will set resolutions to guide us through the next 12 months. When you think about how you want your year to unfold, consider focusing on your spiritual well-being. Here are a few ideas to get you started:

1. Invest regular time in your spiritual life—whether through prayer, meditation, chanting, reading devotionals or scripture, doing yoga or other intentional movement, consider devoting time to a regular spiritual practice. It may be five minutes or one hour, whatever works for you. If you already have a spiritual practice in place, review and see what could bring new life to what you are already doing. The idea is to practice so that you have a solid foundation that will support you, no matter what. Spirituality means different things to different people. Whatever brings you meaning, invest in that as if you were contributing to a savings account. When you need to rely on your spirituality to cope with the unexpected, you will be withdrawing from a surplus.

2. Cultivate gratitude—across world spiritual traditions, we see an appreciation for the practice of giving thanks. Practicing gratitude in daily life can enhance our interactions with others, our spiritual lives, and our overall sense of well-being. Gratitude always comes from within and cannot be imposed by anyone else—only you know what makes you feel grateful.

3. Remember to set aside time for sacred moments—mark your calendar for special days in your cultural/spiritual tradition. We include a list of holidays in the newsletter every month and offer the opportunity to learn more about your own traditions, as well as those of others. Enjoy traditional foods associated with festivals. Remember the Sabbath and keep it holy. Take time each day for a gratitude walk, a short prayer break in the Spiritual Center/ Chapel (Third Floor/Elevator E), or moments in nature...the sacred is all around us.

4. Set your intention—when you begin your day, consider taking a moment to think about how you will meet everyone and everything you encounter. In many spiritual traditions, it is believed that everyone has a purpose and a path. What is yours? It is likely you are already walking your path, even if you do not always see the signposts directing your journey.

5. Receive blessings wherever you find them—including this one: May you and your family be blessed this year with purpose, peace, health and joy.

*To speak with a Chaplain (available daily from 8:30 am-5 pm), please phone 469-9305.*

*To request support for a patient or family, enter a Spiritual Care Services referral in PowerChart.*



## January 2026

- 1 Solemnity of Mary, Mother of God—Catholic
- Gantan-sai—Shinto
- 2 Feast of St. Basil—Orthodox Christian
- 3 Feast of the Holy Name of Jesus—Orthodox Christian
- 5 Twelfth Night—Christian
- 6 Epiphany—Christian
- 6 Birthday of Guru Gobind Singh Sahib—Sikh
- 7 Christmas—Orthodox Christian
- 8 Bodhi Day—Buddhist
- 12 Birthdate of Swami Vivekananda—Hindu/ Interfaith
- 14 Maghi—Sikh
- 14 Mahayana New Year—Buddhist
- 18-25 Week of Prayer for Christian Unity— Ecumenical Christian
- 19 Timkat—Ethiopian Orthodox Christian
- 29 New Year—Confucian / Daoist / Buddhist



# NOTICE

## ANNUAL TB SCREENING DUE

### **Departments listed are due for Annual TB Screening starting as early as January 1.**

Please notify Associates in your department that TB Screening is a mandatory requirement for all Healthcare Workers and must be completed by month end, January 31, 2025. If your Associate decides to receive their TB testing outside of PVHMC, PLEASE remind them that they will still need to attach the TB Questionnaire to their outside results.

In April 2025, PVHMC implemented a TB Flex Program removing Low Risk Departments/Groups from Annual TB Testing. Below is an outline of Departments and their new TB Screening Requirements.

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

8510 Financial Services	8611 Master Planning
8511 Finance Administration	8612 Foundation
8562 Patient Access Center	8630 Marketing/Public Relations
8539 Business Services Systems	8620 Satellite Division
8535 Satellite Central Billing Office	
8530 Patient Accounting	
8536 Medicare Billing	
8537 Contract Billing	
8538 Medi-Cal Billing	
8561 Pre Services Dept	
8541 Cash Applications	
8550 Credit & Collections	
8610 Administration	

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

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

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

**THERE IS NO GRACE PERIOD FOR TB COMPLIANCE.**

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

## "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.**



**Kirsten Jaime, BSN,  
RN - 3-Central**



**Jeanette Mora, BSN,  
RN - Tele6**



**Christine Gutierrez, BSN,  
RN - Tele6**



**Angela Escote,  
RN - MedSurg4**



**Flo Acosta,  
RN, BSN - MedSurg5**

## 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!



## January Birthday Shout-Outs!

Happy Birthday to Christina Castillo, 1/10  
From Patient Relations and Risk  
Management



## JOKES OF THE MONTH

*By Michelle Walsh-Fernandez,  
Director of Security*

My New Year's resolution is to drop my  
bad habits, but no one likes a quitter.

A guy in our department's nickname is  
'Hip Hip,' his real name is Hugh Ray.

Quote of the Month:

"Success is not final; failure is not fatal:  
It is the courage to continue that counts."

— Winston Churchill



The deadline for the February Newsletter is Tuesday, January 20.  
Please have your Manager/Supervisor OK your submission.  
Send all submissions to [amber.brenneisen@pvhmc.org](mailto:amber.brenneisen@pvhmc.org).