

Keeping You In Touch

June 2025

A Publication of the Pomona Valley Hospital Medical Center Marketing Department

PVHMC Named One of America's Best Maternity Hospitals in the Nation for the Second Year in a Row

Pomona Valley Hospital Medical Center (PVHMC) has been named one of America's Best Maternity Hospitals in the nation by Newsweek and Statista for the second consecutive year. The ranking recognizes the top maternity hospitals across the nation, spotlighting institutions that excel in providing exceptional care throughout the pregnancy, delivery and postpartum periods.

The Newsweek ranking is based on a nationwide online survey of hospital managers and medical professionals, as well as publicly available data from hospital surveys addressing patient experience and hospital quality metrics from several sources with a focus on indicators relevant to maternity care, according to Newsweek.

"This prestigious recognition demonstrates our commitment to providing mothers with high quality, safe care at every prenatal and postpartum stage," said Richard E. Yochum, FACHE, President/CEO at PVHMC. "With more than 5,000 deliveries in 2024, mothers and newborns in our community can rest assured that they are in trusted, experienced and compassionate hands."

Newsweek shares that "with more than one-third of U.S. counties now classified as maternity care deserts, it's more important than ever for expectant parents to locate hospitals that provide not only exceptional care for delivery but prenatal and postpartum support as well."

The California Hospital Association estimates that more than 50 hospitals have closed their obstetric units in California. PVHMC's maternity unit has

remained steadfast, expanding services for high-risk patients, and has earned many accolades for its patient safety and meeting quality metrics in labor and delivery.

PVHMC's cesarean (C-section) reduction program and quality initiatives identify patients at high-risk for complications and reduces cesarean births among low-risk, first-time mothers. The reduction in primary C-section births leads to less complications and better outcomes. PVHMC also works with neighboring health centers to monitor prenatal care for women who plan to give birth at the hospital. The Hospital has a maternal-fetal transport program with other facilities to transfer women who experience pregnancy complications to PVHMC. The high-risk maternal fetal transport team works with referring facilities, as far as the cities of Ridgecrest and Bishop, to develop a plan of care for each patient who needs a higher level of care.

In the past year, PVHMC earned a 'High Performing' rating as a Best Hospitals for Maternity Care (Uncomplicated Pregnancy) by U.S. News & World Report, as well as recognition as one of 26 hospitals in the nation for providing excellent patient outcomes to black mothers. In addition, it has been recognized by Blue Cross Blue Shield with a Blue Distinction® Centers+ (BDC+) for Maternity Care designation, earned Advanced Certification in Perinatal Care from The Joint Commission, and recently received redesignation as a Baby-Friendly Hospital by Baby-Friendly USA.





May, and the year itself, seems to be racing away at top speed. As we move into June and the summer months, let us reminisce about the many celebrations we have observed here at Pomona Valley Hospital Medical Center – from Nurses Week to Hospital Week, Stroke Awareness Day and Trauma Survivors Day...there has been much to recognize.

While we rejoice in these observances once per year, our patients and community express their gratitude to you every single day. In my recent rounding on the units, I have been deeply touched and inspired by the truly excellent care our Associates and Physicians provide. I am reminded especially of these experiences our patients have shared:

Though our patients are grateful for the medical care they are receiving, there is a deep sense of appreciation for the healthy cultures in each unit. They see the teamwork, communication and mentorship between Associates, no matter their clinical level or position. They are reassured by the thorough explanations of care and information they receive about their conditions and progress. They feel respected and cared for, not just as another bed number, but as a human being. Make no mistake, you are making a difference in the lives of our patients and their families.

I look forward to hearing more of our patients' stories and meeting many more of you on the floors in my rounds.

Speaking of looking towards the future - though we've had an unpredictable month of weather, we can expect the coming weeks and months to bring hotter, brighter and longer days. With that, many of us will be kicking off our shoes and heading to the beach to enjoy the sun and sand or swapping our clogs and crocs for hiking boots to take in the many adventure lands that surround us – the desert, mountains, valleys and more. May the warm weather give you an energizing spring in your step, or time to rest, relax and soak in the sun.

I wish you and your loved ones a joyful start to the season. Remember to summer safely – hydrate, stay cool and protect yourself from the UV rays.

Hospital Week 2025

By Laura Querin, Service Line Marketing Specialist

Pomona Valley Hospital Medical Center's (PVHMC) annual Hospital Week celebration was held on May 19-22, 2025. Nearly 2,000 Associates came together this year to celebrate and enjoy the festivities. Our theme this year was "Summer Camp at PVHMC," and we tried to infuse this theme into all our events.

Our first event was a camp-themed scavenger hunt. We hid camp clues throughout the Main Hospital and all our offsites. Lucky Associates who found our hidden clues received prizes, ranging from gift cards to museum tickets. We saw the inner explorer come out in all our Associates for this fun event.



Our main event was on Tuesday, May 20. Associates enjoyed hot and fresh In-N-Out burgers, "dirt cups," campfire cookies, pink lemonade and strawberry agua fresca. Along with all these delicious treats, we had arts and crafts stations so Associates could explore their creative side with friendship bracelets, keychains, phone charms and paper lanterns. We also had fun temporary tattoos and name tags so Associates could create their camp nickname. Our giveaway was a ceramic campfire mug so Associates could live out their inner camper all year long.



Our last event was on Thursday, May 22. We held an ice cream float social in the cafeteria. Associates came and made their ice cream floats. From root beer with vanilla ice cream to sherbet ice cream with orange soda, our Associates got creative with their flavors and enjoyed some sweet treats to end the week of festivities.



Shoutouts to the Marketing & Public Relations Department and the 2025 Hospital Week Committee for planning this year's event, to our Food and Nutrition Services team for creating delicious desserts and drinks and for helping to coordinate our events, and thank you to our Volunteers for helping our Associates create their arts and crafts, manage games and assist in making their ice cream floats!


POMONA VALLEY HOSPITAL
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HOSPITAL WEEK 2025

OPPORTUNITY RAFFLE WINNERS!

Please contact the Marketing & Public Relations Department at 909.865.9129 or info@pvhmc.org to claim your prize!

Richard E. Yochum, President/CEO - \$50 Visa Gift Card
Richard Sanchez, Rehabilitation Services

Richard E. Yochum, President/CEO - \$50 Visa Gift Card
Feliciano De Dios, Surgery

Richard E. Yochum, President/CEO - \$50 Visa Gift Card
Jeremiah Ward, Emergency Department

Richard E. Yochum, President/CEO - \$50 Visa Gift Card
Michael Mendez, Respiratory Services

Richard E. Yochum, President/CEO - \$50 Visa Gift Card
Liza Lopez, LDRP

Darlene Scalfiddi, COO - Disney Themed Gift Basket with Gift Card
Stephen Price, GI Lab

Juli Hester, Vice President/CFO - \$100 Gift Card
Rowena Dopakalibo, Outpatient Surgery

Kent Moyes, Vice President/Chief Information Officer - \$100 Amazon Gift Card
Jessica Murray, Radiology

Kent Moyes, Vice President/Chief Information Officer - \$100 Amazon Gift Card
Sarah Roberts, Non-Invasive Cardio

Leigh Cornell, Vice President of Administration - Beach Fan Cooler Basket
Guadalupe Cambery, Emergency Department


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HOSPITAL WEEK 2025

OPPORTUNITY RAFFLE WINNERS!

James Dale, Vice President of Development - Harbor Cruise & Lunch for 4 in Newport
Laurie Sepke, Emergency Department

Jon Berends, Vice President of Ambulatory Services - Date Night Gift Card Assortment
Natie Rodriguez, LDRP

Jon Berends, Vice President of Ambulatory Services - Shopping Spree Gift Card Assortment
Leandri Quintal Villanueva, EVS

Jon Berends, Vice President of Ambulatory Services - Nice Shot! Gift Card Assortment
Kimberly Wallace, Health Information Management

Lolla Mitchell, Vice President of Nursing Services - Self Care Basket
Ciera Hordahl, Sterile Processing

Lolla Mitchell, Vice President of Nursing Services - Self Care Basket
Robert Benson, Radiology

Lolla Mitchell, Vice President of Nursing Services - Self Care Basket
Concepcion Padilla, EVS

Mike Vestino, Vice President of Support Services - Tiki Starter Kit with Gift Card
Carlos Cordon, FMS

Janet Garcia, Vice President of Human Resources - Disney Themed Basket with Gift Card
Christina Campos, Claremont Health Center

William Hall, Executive Director of Ancillary Services - Lucille's Gift Cards & Beautiful Plant
William Bong, Plant Operations

Ken Muk, Executive Director of Planning - Deep Muscle and Heat Therapy Tool Peace
Lyn Hychong, Information Systems

Play Tent & Light - Perfect for any Playroom - Starbucks Gift Card
Elsa Escobedo, ICU

Nurses Week 2025

By Maria Brown, MSN, RN, Magnet Program Manager

Monday, May 5, 2025 – Exhibition of Excellence & Country Chic Day

Nurses Week kicked off with the Exhibition of Excellence in Pitzer Auditorium (7:30 AM–10 AM), highlighting achievements and showcasing quality nursing and interdisciplinary practices. Team spirit was on full display as staff dressed in Western wear for Country Chic Day, creating a festive farmhouse vibe throughout the units.



Tuesday, May 6, 2025 – A Barnyard Bash

Nurses gathered at the OPP Front Lot for A Barnyard Bash, featuring music, games, and treats from 1 PM–3 PM and again for the night shift from 10 PM–11:30 PM. It was a lighthearted celebration of camaraderie and fun.



Wednesday, May 7, 2025 – Harvest Luncheon

A delicious Harvest Luncheon brought everyone together at Pitzer Auditorium with a crowd-favorite Chili Cookoff. Day and night staff enjoyed the event from 10:30 AM–1 PM and 10 PM–12 AM, respectively.



Nurses Week 2025

Thursday, May 8, 2025 – Moo-licious Treats

Sweet moments were shared during Moo-licious Treats, held at Pitzer Auditorium from 10:30 AM–1 PM and again at 10 PM–11:30 PM. Nurses indulged in farm-inspired snacks like cookies and milk, celebrating the care and nourishment they give every day.



Friday, May 9, 2025 – Nurses' Harvest Hoedown & Professional Development Breakfast

The week concluded with the Professional Development Breakfast and Cherie Rudoll Scholarship Presentation, honoring nurses for their exceptional contributions. Awards were presented for Exemplary Professional Practice, Preceptor of the Year, Starfish and the distinguished DAISY Award recognizing outstanding care and dedication to patients. See the press release that follows for photos and more information about the awardees.

The grand finale, Nurses' Harvest Hoedown, held in Pitzer Auditorium from 1 PM–3 PM and on units for the night shift brought nurses week to a close with a pie-eating contest.



From cowbells to cookies, every moment of Nurses Week 2025 reminded us why our nurses are the heart of health care. Thank you for your dedication, teamwork, and the extraordinary care you provide every day.

Professional Development Breakfast and Cherie Rudoll Nursing Scholarship Celebration

Pomona Valley Hospital Medical Center (PVHMC), in partnership with the Pomona Valley Hospital Medical Center Foundation, hosted its 13th annual Professional Development Breakfast and Cherie Rudoll Nursing Scholarship Celebration on Friday, May 10, 2025, during national Nurses Week. The celebration, held at the Claremont Doubletree Hotel, recognized nearly 20 nurses in categories including The Exemplary Professional Practice Award, Preceptor of the Year, the Starfish Award and the DAISY Awards.

"We are extremely proud to recognize our nurses that go above and beyond with their commitment to patient care and mentorship," says Richard E. Yochum, FACHE, President/CEO. "It is imperative that we honor our staff for the exceptional, meaningful work they are doing within the profession, while our scholarship program empowers current PVHMC Associates and Volunteers to pursue their goal of becoming the next generation of nurses."

Exemplary Professional Practice Honorees

Fernando Ramos, BSN, RN, Emergency Department
 Jacob Allard, RN, CCRN, Trauma ICU
 Jemima "Gemma" Mitchell, RN, LDRP
 Juan Martinez Jr., MSN, RN, Outpatient Surgery
 Margarito Garcia, RN, CMI, Catheterization Lab
 Nse James, BSN, RN, CMSRN, MedSurg 4
 Paul McKeough, RN, PCCN, Telemetry 3, Station 1
 Ryan Zepeda, BSN, RN, Medical ICU
 Sheri Landazuri, BSN, RNC-NIC, Neonatal Intensive Care Unit



Starfish Award

Ace Ibarrola, BSN, RN, PCCN,
 Tele 3, Station 1

DAISY Award

Anyssa Henrich, RN, Neuro ICU
 Thomas Dubuque, RN, Tele 3,
 Station 1



Preceptor of the Year

Ashton Hoang, MS 4
 Denisse Meza, Tele 6
 Christina Dunchie, ICU 3
 Angelina Ornelas, ED
 Alexia Daniels, LDRP
 Kristina Pacheco, NICU
 Luis Gonzalez, IR



The event also honored 25 Associates/volunteers with the Cherie Rudoll Nursing Scholarship. The awards are granted in memory of the late Cherie Rudoll, RN, a long-time model Associate and nurse who served as Vice President of Nursing and Patient Care Services. Rudoll was known for her commitment to improving the development of nursing through the establishment of new programs and ideas. The award was created in 2007 to honor her impact throughout the hospital and the community of Pomona. The scholarships will support those who are currently enrolled or who have been accepted into an entry-level nursing program.

The hospital was honored to have members of the Rudoll family present, as well as members of the Champion Family Foundation, whose donations to the PVHMC Foundation have allowed the scholarship fund to continue its legacy of supporting future generations of nurses. The Awardees were selected based on a submitted application and a narrative explaining why they want to continue to pursue a career in nursing.

Cherie Rudoll Scholarship Awardees include:

Aerica Agda	Julia Leyva
Alexandria Valadez	Kaitlyn Hanlon
Amanda Hugo	Lina Li
Brittney Arechiga	Mario Carrera
Craig Nelson	Michael Banta
David Kim	Naomi Bernardino
Francisco Gonzales	Omar Amakhtari
Genessis Vargas	Savannah Thornell
Guadalupe Cueva	Shayla Wrought
Isis Mozer	Tamara Navarrete
Jasmin Amigon	Veronica Arellano
Jocelyn Serrano	Yerin Oh
	Zoe Forniss



PVHMC Holds Volunteer Appreciation Luncheon Recognizing the Selfless Work of Volunteers

In observance of Volunteer Appreciation Week in April, Pomona Valley Hospital Medical Center (PVHMC) held its annual Volunteer Appreciation Luncheon on April 25, 2025. The event, which took place in PVHMC's Pitzer Auditorium, was held in order to recognize, appreciate and celebrate the work and dedication that volunteers provide every day.

A total of 77 volunteers attended the luncheon and five awards were given out. This year's two \$1000 Auxiliary Scholarships were awarded to Samuel Jones, Emergency Department, and John Luu, Emergency Department. They are college students who, because of their extensive resume, amount of volunteer hours and an interview, received the award. These funds were raised by the Auxiliary, a non-profit organization dedicated to volunteer service, raising money for PVHMC, and helping the community, from sales of Easter themed items, as well as profits from the PVHMC Tender Touch Gift Shop. The Heart of the Volunteer awards, for volunteers who show an exceptional amount of dedication and excellence, were awarded to Otilia Bertrand, Outpatient Surgery, and Lisa Guajardo, Shuttle Driver.

The Volunteer of the Year award is awarded to the volunteer who has demonstrated incredible dedication and had the most positive impact on PVHMC over the past year. This year's Volunteer of the Year was Lee Rodriguez, Special Assignments, Radiology, Volunteer Services Department, who was honored after passing away last month. His daughter and wife accepted the award on his behalf.

"We are deeply grateful for our hospital volunteers," says Leigh Cornell, FACHE, Vice President of Administration. "Their compassion, time, and dedication brings comfort to our patients, families, and Associates every day and we can't thank them enough."

In addition to the awards, raffle drawings were held at the end of the event which included prizes such as an iPad, BBQ grill, gift baskets, and more.

PVHMC's extensive volunteer program offers opportunities for high school, college and post-baccalaureate students, as well as adults. If you are interested in learning more or becoming a volunteer, visit pvhmc.org/volunteer.



Motorcycle Accident Survivor and Amputee, "Kickstand," Volunteers to Gives Hope and Purpose to PVHMC Trauma Patients

Trauma Survivor's Day Highlights Stories of Our Patients, Including That of Marcello Prieto



During Thanksgiving weekend in 2023, Marcello Prieto, 53, of La Mirada, joined his friends for a motorcycle ride to the Derby Room in Pomona for a children's toy drive. Marcello's heart was full of joy, knowing that many children would have the chance to celebrate Christmas with gifts. But his holiday weekend took a turn for the worse when he woke up the next day in Pomona Valley Hospital Medical Center's (PVHMC) Trauma Intensive Care Unit (TICU).

He had left the event early that evening when the car ahead of him braked suddenly. To avoid a collision, he hit the curb, then the bushes. He landed on a fence and instinctively turned his body to protect his neck. His bike landed on him. Marcello remembers hearing firefighters talking and the sound of a chainsaw just before feeling immense relief in his right leg.

Marcello's family grew worried because they hadn't heard from him in hours. His son Nathan and daughter Amanda called everyone they could think of to find their father. Nathan eventually located his dad's smartwatch, which showed his last location was Pomona Valley Hospital Medical Center.

Marcello woke up the next morning, intubated in the TICU. The first person he saw was his nurse, Hailey. His leg was in pain, and Marcello knew something was wrong. When he asked her if he had lost his leg, Hailey paused and answered honestly—he had undergone an amputation. He was grateful for her honesty.

The doctor told Marcello he was rushed into surgery immediately after arrival. They did everything they could to save his life, but unfortunately, that meant having to amputate his leg below the knee. Marcello was shocked but grateful to be alive. His first words to the doctor were, "Thank you."

Later that week, he underwent another surgery in which his leg was amputated above the knee so he could be fit for a prosthetic.

Overwhelmed by the news of his new condition, Marcello remembered the compassionate care he received from Hailey and the encouraging message she shared with him.

"She told me that she often sees patients who experience traumatic accidents and have no support system," says Marcello. "It made me feel grateful and hopeful to have love and support from my village of family and friends."

Marcello's supportive and loving family gave him the strength and motivation he needed. It had already been a difficult year—he had lost his mother to cancer 10 months earlier.

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"Throughout my recovery and coming to terms with my new reality, I knew I was blessed to have my family," said Marcello. "Life is a roller coaster. It's hard to climb up that hill, and you need support to help lift you up."

One month after the accident, and just days before Christmas, Marcello was discharged from the hospital. Although he was grateful to be home, nothing felt the same. He was overcome with the emotions of having to learn and create new routines.

He worked hard to regain his independence. He promised his kids—Amanda, Marcello II and Nathan—as well as his son-in-law Johnny, that he would never ride again.

His daughter was his strongest supporter, making all his follow-up calls, setting up appointments and ensuring he wasn't overwhelmed by visitors.

Time passed, and Marcello made meaningful strides in his recovery. He wanted to give back to the medical team that saved his life and be a source of hope for new trauma survivors.

"I wanted to do more than just volunteer at the hospital," said Marcello. "When I learned about the patient and family advisory committee, I knew it was something I wanted to join."

The entire trauma team welcomed Marcello back to the hospital as part of the advisory committee, which aims to provide a voice that represents all patients who receive care by actively partnering with PVHMC doctors, nurses and administrators to develop new programs and promote ideas for improvement. He also joined the peer-to-peer support group at Southern California Crossroads, a not-for-profit organization that supports those impacted by trauma caused by violence.

"In my rounding, I talk to patients who are just beginning their recovery journeys and try to give them hope and let them know they're not alone," said Marcello. "I truly experienced their emotional and physical trauma and can relate to what they are going through. I go in open-minded, tell my story and listen."

Marcello says every time he speaks with a patient, they help him heal, too.

"I didn't know my purpose when I woke up in the trauma intensive care unit—I worked on my mental health a lot, and my physical health too," he said.

One of Marcello's first patient visits was with a motorcyclist who had been in an accident and was in the same room where Marcello had been hospitalized. Although the patient couldn't respond, Marcello was able to forge a connection with the patient's mother.

This year, Marcello started going to the gym five days a week to build up his strength. There are days when he doesn't want to go, but he pushes himself forward.

Marcello says, "If you can't take a full step, take a half step. If you can't take a half step, take a quarter step. If you can't take a quarter step, that's OK—just never go backward."

Marcello appreciates that he will be witnessing important milestones, like his youngest son graduating from high school and his other son turning 21 this year.

"I may have lost a limb, but I have plenty of life left to live," said Marcello. "I'm blessed to be alive."

The Second Time is a Charm for a Young Nurse Who Beat Breast Cancer Twice

Spending nearly half her life as a nurse taking care of others, Katey Vuong of Claremont was surprised when she was diagnosed with breast cancer at age 44. Breast cancer is the leading cause of cancer death for women ages 20 to 49 in the U.S., and even though Katey had no family history of the condition, felt normal and didn't feel a lump in her breast, a routine mammogram during October 2023 revealed an abnormal mass.

A month after Katey received her diagnosis, she met with Pomona Valley Hospital Medical Center (PVHMC) surgeon Lori Vanyo, MD, FACS, Medical Director of the Breast Health Program at The Robert and Beverly Lewis Family Cancer Care Center for further evaluation and to discuss treatment options. Dr. Vanyo had recommended surgery and radiation to treat Katey's breast cancer.

The American Cancer Society recommends women start mammograms at age 40.

"Following the breast screening guidelines helped save Katey's life," said Dr. Vanyo. "Getting an early diagnosis is important, because it can increase options for treatment, stop cancer from spreading to different parts of the body and improve health outcomes."

After three surgeries and 22 rounds of radiation treatment, Katey felt depleted. An avid food lover, she was disappointed to lose her appetite and often struggled with brain fog. A mother to two teenage boys, Katey's sons stepped up to take care of their mother. To fight fatigue, Katey was encouraged to be as active as possible. A lover of the outdoors, Katey's sons would take her hiking.

Throughout the experience, Katey fought hard to remain positive. She was surrounded by a loving family, which included her sister that went to every medical appointment with her. The PVHMC radiation oncology team also gave Katey the support she needed to overcome cancer and encouragement to return to a normal and fulfilling life.

"Having my sister to support me at every appointment and being surrounded by such kind staff in the oncology department helped me get through the toughest moments during treatment," said Katey. "Reminding myself to be joyful and choose happiness throughout the whole process helped give me the physical strength I needed to recover."

Ultimately, Katey overcame her first bout with breast cancer. She was relieved to return to work and was excited to get her life back to normal.

Three months after returning to work, Katey was dealt with a new blow. A cancerous mass was found in her other breast. Katey underwent two more surgeries, including a partial mastectomy, and another 20 rounds of radiation.

During her recovery, breast cancer nurse navigator, Livia Vargas, BSN, RN, introduced Katey to Living Well After Cancer, a local exercise group specifically for cancer survivors. The group brought her joy, connection and much-needed bonding with people who knew what Katey had been through.

"A cancer diagnosis is lifechanging for many people and it's important for them to connect with others to see that there is hope to have a sense of well-being and improved quality of life again," said Livia. "Connecting our patients to support groups goes a long way in their physical and emotional recovery."

Katey was so touched by the kindness of all the Associates who facilitated her care and recovery that when she saw an opening for a palliative care nurse position at PVHMC she applied for the position. She knew these were the people she wanted to see every day.

A month after seeing the opening, and a month after being declared cancer free again, Katey started her new chapter in her career at PVHMC. Katey is back, she's grateful and fulfilled with the purpose of taking care of others.



Honoring Our 2025 Graduating Class of Family Medicine Residents

As we bid farewell to our graduating third-year residents, we do so with immense pride and gratitude. This remarkable group has demonstrated resilience, compassion, and a deep commitment to the communities they've served throughout their training. While it's always hard to see a class move on, we're excited to see the incredible paths they are taking as they step into the next chapter of their careers. We thank each of them for their hard work and lasting contributions to our program, and we look forward to watching their continued success.



Samira Ali, MD
Hospice & Palliative Medicine
Fellowship, Johns Hopkins University
Baltimore, MD



Janae Moment, MD
Family Medicine Obstetrics
Fellowship, Ascension St. Vincent's
Jackson, FL



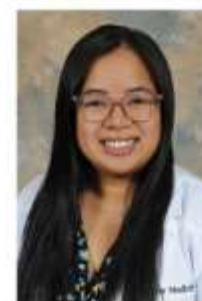
Hoang Pham, MD
Joining Private Practice,
Anaheim, CA



Edgar Ramos Maldonado, DO
Optium Health, CA



Gabriela Sibrian, MD
Torrance Medical Center
Torrance, CA



Irene Velarde, DO
TBD

Exciting News: Meet Our 2025–2026 Family Medicine Chief Residents

We're excited to announce our new Chief Residents for the 2025–2026 academic year in the Family Medicine Residency Program. Please join us in congratulating Dr. Sohee Chung and Dr. Shwe Lew on their new leadership roles. They were elected by their peers, reflecting the respect and trust they've earned from both residents and faculty. Their dedication, clinical excellence, and commitment to the program make them outstanding leaders, and we look forward to the contributions they will bring in the year ahead.



Sohee Chung, DO



Shwe Lew, DO

Family Medicine Residents Take Home National Geriatric Conference Awards!

Submitted by the Family Medicine Residency Program

Congratulations to ALL THREE of our residents who presented posters and all took home awards at the annual American Geriatric Society Conference! Thank you for your hard work and effort - you make us all SO PROUD. Please congratulate them if you see them around.

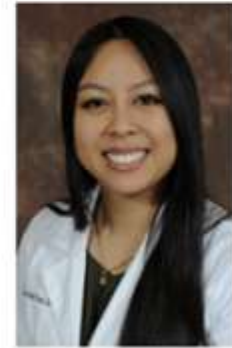
Also a HUGE thank you to Drs. Cheung, Kwon and Roh for mentoring our residents!



Samira Ali
A Fragile Balance:
Lasix and Bullous
Pemphigoid in the
Elderly
2nd place, Case
Series & Case Studies



Alex Cortex
Increasing Awareness of
Palliative Medicine in the
Hispanic Population in
Pomona
1st place, Clinical
Innovation & Quality
Improvement



Kaylinda Tran
Discitis and Spinal
Retropulsion -
Complications in
Osteoporosis
1st place, Case Series &
Case Studies

PVHMC Celebrates EMS Week with Annual BBQ Luncheon



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PVHMC Receives Prodigy Award for Innovation from Computrition, Inc.



Pomona Valley Hospital Medical Center (PVHMC) has received the Prodigy Award for Innovation from Computrition, Inc., for its efforts to enhance patient care and experience in implementing a mobile meal ordering system called HS onTray. Computrition, Inc. is the leading provider of foodservice and healthcare software solutions.

The HS onTray software provides patients with an easy, contactless way to self-order customized meals that meet their prescribed diet restrictions, allergy information, nutrition values and personal preferences. Since the system is web-based, the text can be translated using a patient's browser language preferences, ensuring involvement and accuracy across PVHMC's diverse population.

PVHMC has rolled out the mobile meal ordering app in phases to allow for an adjustment period for staff and patients and to refine processes before expanding across the hospital. In the first few months, the participation rate was 70-80% amongst eligible patients.

According to an article shared in the Computrition, Inc., blog:

"Perhaps the most impactful improvement has addressed a longstanding challenge with mothers of NICU infants. Previously, locating these mothers for meal selections was difficult due to time spent away from their assigned rooms. HS onTray enables menu access from anywhere in the hospital, resulting in enhanced nutrition delivery. Furthermore, mobile ordering means one less worry during a stressful time, raising PVHMC's quality of care."

Congratulations to all of the departments involved in the implementation of this software, and to the Food and Nutrition Services team!

FNS Manager Participates in Conference Q&A Sessions for New Patient Self-Ordering Technology



Shannon Perrett, RD, Clinical Nutrition Manager in Food and Nutrition Services, recently had the opportunity to present at two conferences - the first was the annual Computrition, Inc. Company Meeting (CICM) Customer Spotlight, and the second was Computrition's Virtual User Conference. Shannon's Q&A session focused on the implementation of the Hospital's new mobile meal ordering application for patients, called HS onTray.

Special Delivery: A Sweet Thank You for PVHMC Caregivers

In late 2019, Jullie McCurdy, PhD, began making frequent trips to Pomona Valley Hospital Medical Center to visit her uncle, who was hospitalized in the Cardiovascular Intensive Care Unit (CVICU). During these long visits, she bonded with her uncle's care team, including one nurse in particular, Jeanette Kirley, RN.

Though her uncle sadly passed that year, Jullie never forgot about the amazing care her family had received during his treatment. When COVID-19 hit, she saw the turmoil that healthcare workers were experiencing and sought a way to show support and gratitude. On March 11, 2020, Jullie decided to begin weekly visits to the hospital to deliver snacks and sweet treats to the CVICU staff.

Each week for the past five years, Jullie met Jeanette in front of the hospital to deliver the sweet treats, never letting stormy weather or even her car accident stop her from making the trip to PVHMC.

"I have a profound respect and admiration for healthcare workers who take care of others during their most difficult hospital stays," said Jullie. "They were there for my uncle, caring and comforting him in the ICU during a hard time for our family. I feel proud to support them in any way that I can. It was the least I could do to help pay it forward."

When word got out about the sweet deliveries, Jullie began bringing in even more goodies for Associates in all the ICU departments and the night shift. The Associates looked forward to these special deliveries each week and became more excited when Jullie's dog Jinger began joining her for the weekly deliveries a few years ago. Jinger has been coming to the hospital each week for the past five years, as well.

"When we are waiting downstairs at the entrance, visitors sitting outside frequently ask if they can pet and hug Jinger," says Jullie. "I feel that she has been a good emotional support dog to patient family members who may be going through difficult times."

Jullie's presence around the hospital has done more than just treat Associates who spend long shifts in the ICU, it has been an act of kindness that makes them feel appreciated.

"Jullie and I have become friends over the years, and during COVID, she wanted to help the staff any way she could," said Jeanette. "I feel that I can't overemphasize how much her kindness and generosity has meant to all of us."

Five years after meeting Jullie, the number of PVHMC Associates who look forward to her visits with Jinger has grown.

"It is difficult to put into words just how much Jullie's kindness has meant to all of us here at the hospital," said Duke Choi, RN, CVICU nurse. "For five beautiful years, she's been a shining light in our often busy, stressful, and emotional days. Through trays of delicious snacks and homemade baked goods, she's done so much more than feed our bodies — she has nourished our spirits."

Jullie is also one of the first non-Associates to have received a Pomona Valley Hospital Medical Center Foundation Guardian Angel award. The award, which typically allows grateful individuals to donate to the Foundation in honor of a special Associate, came from the CVICU nurse manager, Mimi Sarmiento, RN, BSN, CCRN.

"I feel like I am truly part of the CVICU team even though I don't officially work at PVHMC," adds Jullie. "Our weekly deliveries are something Jinger and I look forward to each week and will continue to look forward to in the future."



Grocery Shopping 101

By Jenjira Do, MPH, RD, CNSC

Go with a plan and a budget in mind.

- Make a grocery list (I like to use the Listonic app) and estimate how much money it will cost you. Once you are at the store stick to the list and keep tally of how much money you are spending. If you don't know how much you can spend, you will spend too much.

Don't go grocery shopping hungry.

- If you shop hungry you are more likely to impulse buy unhealthy items. Also avoid shopping tired or angry as emotions always play into our food choices.

Plan out a weekly menu.

- Most grocery stores have weekly ads with discounted foods for the week. I like to take a look at these ads to see what's on sale and plan my meals for the week based on these sale items.
- Bonus tip: Once you planned your menu and bought your groceries, dedicate a day of the week to batch cook so you have healthy and ready to eat foods for the next few days or so. This way you don't need to worry about cooking when you come home tired from work. Driving to the drive thru for that quick (and unhealthy) meal will be a thing of the past.

Keep a list on your fridge (or an app).

- When you run out of something, like a pantry staple, jotted it down on your list or app. This way you don't find yourself having to do multiple trips to the supermarket.

Buy in bulk when it makes sense.

- For pantry staples that don't spoil quickly and for items that get use frequently, it can be cost effective to buy in bulk. Keep in mind that it isn't cheaper to buy in bulk if the food spoils before you use it.

Look high and low.

- Cheaper options are typically placed on the top or low shelves, highest priced items are usually found on the middle shelves at eye level.

Avoid rush hour.

- Buying groceries when the market is full can be stressful and difficult to social distance. Try to avoid going grocery shopping after 5p.m. or near major holidays.

Buy frozen veggies and fruits.

- While fresh fruits and veggies are great, they tend to spoil quicker. I personally don't like grocery shopping more than once a week, so I always make sure to grab some frozen veggies and fruits to use towards the end of the week when I used up all my fresh produce.
- Did you know? Fruits and vegetables are picked at peak ripeness and frozen immediately after harvesting, so they tend to retain many if not more of their nutrients yet be very convenient, affordable, and last longer than their fresh counterparts. Make sure you don't buy frozen produce that have added sugars/salt.

Invest in a vacuum sealer machine.

- If you have the space, vacuum sealing foods such as meats, produce, nuts, etc. will help your food last longer and you won't have to throw away food (*ahem* money) in the trash. I tend to vacuum seal my seafood/meat that I buy in bulk and then store in my freezer. Say goodbye to freezer burn meat.

Information Services

Service Desk Tips & Tricks

Welcome to the Information Services (IS) Service Desk Tips & Tricks page. We are delighted to present you each month with Tips & Tricks that should maximize your IS Service Desk experience.

How to Create an Archive Folder in Outlook

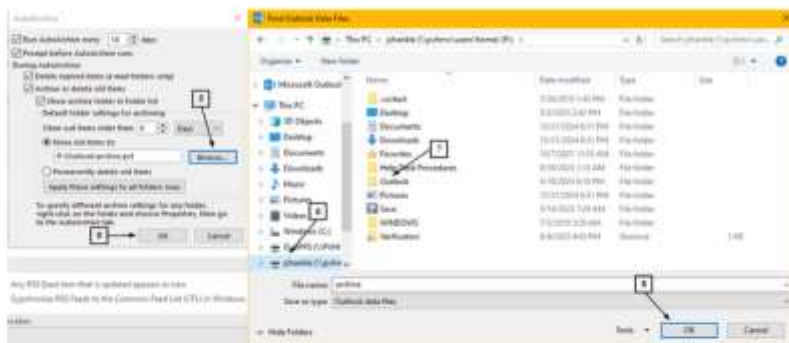
Open Outlook and go to File > Options



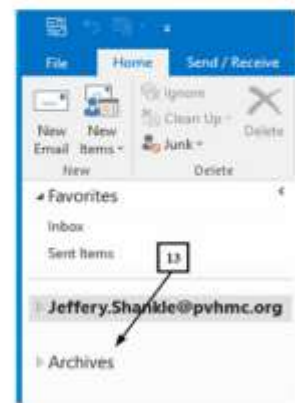
In Outlook Options, select Advanced and Under AutoArchive, click AutoArchive Settings



Leave the Current Settings, select Browse, choose Your Username > Outlook Folder



Click OK to Save Your Archive



Final Results Show the Archive in the left column under your Inbox

Top 10 De-Escalation Tips

From the Crisis Prevention Institute

It is important to know how to manage anger, hostile or noncompliant behavior on a daily basis whether you are at home or at your workplace. The key is to know how to respond and avoid a physical confrontation with someone that has lost control of their behavior. Here are 10 de-escalation tips to help you respond to difficult behavior in a safe, effective way:



Be empathic and nonjudgmental: When someone says or does something, you identify as peculiar or irrational, try not to judge or discount their feelings. Whether or not you think, those feelings are justified; they are real to the other person. Pay attention to them, it may be the most important thing to them at that moment.

Respect personal space: When possible, stand 1.5 to three feet away from an individual who is escalating. Allowing personal space tends to decrease a person's anxiety and can help you prevent acting-out behavior. If there is a need to enter that individual's personal space, be sure to explain your actions to reduce any feelings of fear and confusion.

Use nonthreatening nonverbals: Always be mindful of your gestures, facial expressions, movement, and tone of voice. When an individual has lost control they tend to hear your words less - and the more they react to your nonverbal communication. Keeping a neutral tone and body language goes a long way.

Avoid overreacting: Remember to always stay calm, rational and professional. You may not be able to control the other person's behavior but how you respond to their behavior will have a direct effect on whether the situation escalates or defuses.

Focus on feelings: How a person feels is the heart of the matter. Watch and listen to what they may be saying and what the real message is.

Ignore challenging questions: It is okay to redirect attention to the issue at hand when being challenged. Bring the focus back on how you can resolve the problem together.

Set limits: When a person exhibits disruptive, defensive and or belligerent behavior it is okay to provide them with clear, simple, and enforceable limits. Feel free to offer concise and respectful choices and consequences.

Choose wisely what you insist upon: Be thoughtful with your decisions as to which rules are negotiable and which are not. If you are able to offer a person with options and flexibility, you may be able to avoid any unnecessary altercations.

Allow silence for reflection: Unbelievably, silence can be a powerful communication. Reflection on what is happening and can sometimes be the best tool and choice.

Allow time for decisions: Allowing them a few moments may bring calmness to the situation. When a person is upset, they may not be able to think as clear.

Christina Castillo, Member, Workplace Violence Prevention Committee

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The Right to Effective Communication and Language Services

Pomona Valley Hospital Medical Center is dedicated to providing high quality, clear communication to our patients and their families. As you may know, there are several laws with various requirements to ensure that Limited English Proficiency (LEP), Deaf, and Hard-of-Hearing (HoH) patients are provided meaningful access to pertinent information surrounding their healthcare. Language barriers can have adverse implications for our patients; therefore we depend on translators who are medically trained. By using a qualified interpreter, we can significantly reduce the risk of miscommunication, unnecessary procedures and ensure the best care for our patients.

Language interpretation services are available around-the-clock with CyraCom. Whether over the phone, or by video, CyraCom bridges communication gaps you may encounter with patients and families. The double handset or cordless phone is available on all units for your use. The direct dial extension 2121 can be used for dialing outside of the hospital. Just speed-dial extension 2121.

We also offer the Video Remote Interpreting (VRI) iPad which provides us with immediate assistance, when a Sign Language Interpreter is needed. Services for American Sign Language are available by contacting the Patient Relations Department at extension 3328 or 3327 or House Supervisors at extension 9574 for after hours or weekends. Note that the iPad can be also be used for spoken language which allows the patient/family to see the interpreter during the communication session.

With our Limited English Proficiency patient population on the rise, CyraCom provides immediate resources and widens the scope of services provided to our non-English speaking community, ensuring that all patients and families are provided with meaningful access to healthcare information.

A representative from CyraCom will be assisting with department in-services during the month of June, 2025.

We want to remind you of an important resource available on the hospital intranet page called the Patient Communication Resource Guide. This Guide can help you when are working with Limited or Non-English speaking patients/families.

The Rights of the Individual Functional Team appreciates all our Associates efforts to provide appropriate communication resources to our patients. This will ensure the care and services we provide the community are the VERY best and most culturally appropriate.

Hasti Richards, MHA
Member, Rights of the Individual Functional Team

The screenshot displays the Pomona Valley Hospital intranet homepage. On the left, there is a vertical navigation menu with sections: **Doctors**, **Nurses**, **Associates**, **Departments**, **Careconnect**, **Applications** (with links like 'Info Lawton (Launchpad)', 'Order Facilitator', 'Acom Software', 'API Attendance & Scheduling', '5 Star Associate Recognition', 'MYHEALTH Patient Portal'), and **References** (with links like 'A.I.D.E.T.', 'Antenatal Stewardship Program', 'Cardiovascular Financials Work Group', 'CQIP New Product Request Form', 'ICD-10', 'Regulatory', 'Lippincott Procedures', 'One Source', 'Patient Communication Resource Guide', 'Patient and Family Advisory Council', 'Patient Safety', 'Policies and Procedures', 'Resource Links', and 'SOS').

The main content area features several event banners:

- 19th Week** banner for **Happy Healthcare Technology Management (HTM) Week! May 19-25, 2025**, accompanied by a photo of a group of staff members.
- MAY 16th** banner for **Hospital Week 2025**.
- A detailed **Hospital Week 2025 WELCOME CAMPERS!** schedule:

Monday MAY 19	Sunday MAY 20	Thursday MAY 22
11:00 am - 1:00 pm Scavenger Hunt	11:00 am - 1:00 pm Camp PVSIMC	11:00 am - 1:00 pm Hot Cream Float Party
- MAY 06** banner for **Stroke Awareness Month 2025**.

A large blue arrow points from the 'Patient Communication Resource Guide' link in the left navigation menu towards the event banners.

Congratulations!

2025 Patient Experience Week Raffle Winners

- **CRYSTAL HEREDIA** - SECRETARY,
RADIOLOGY DEPT
- **JODI PREVICH** - CUSTOMER
RELATIONS LIAISON, FAMILY ED &
RESOURCE CTR
- **KEYANNAH DAWSON** -
NURSING ASSIST - DOU2 - SICU
- **LORI GREYDANUS** - CLIN NUR
III, CVICU





Hip Hip Hooray- It's Father's Day!

Whether you're a brand-new dad, a proud grandpa or the world's best bonus dad, show him some love with the perfect gift.

From heartfelt keepsakes and delicious treats to fun mugs and unique items, we have just what you need to make his day a little brighter.

Plus, enter our FREE Father's Day Raffle!

Stop by the Gift Shop between June 2 and June 12 to receive a raffle ticket for a chance to win a cooler bag filled with goodies—perfect for the best dad ever!

The winner will be chosen and contacted on the morning of June 13.

Visit the Tender Touch Gift Shop and celebrate Dad in style!

All proceeds benefit the Sick Baby and Hospital Assistance Fund.



2025 BLOOD DRIVE CALENDAR

Save the dates for our 2025 American Red Cross blood drives! Book your appointments at redcrossblood.org and enter our sponsor code: PVHMC. Stay tuned to PVHMC Announcements for updates on blood drive times and promotions from the Red Cross.

February



April



June



August



October




December



POMONA VALLEY HOSPITAL MEDICAL CENTER

STOP *the* Bleed CLASS



Learn how to save a life by recognizing and controlling life-threatening bleeding.
The number one cause of preventable death after an injury is bleeding.
A person can bleed to death in minutes.

This free one-hour course, hosted by Pomona Valley Hospital Medical Center's Trauma & Acute Care Surgery Services team, will teach you to recognize and control life-threatening bleeding in order to save a life. The class is open to those ages 14 years and older.

2025 Class Dates - Wednesdays

Classes are offered twice per day: 9 - 10 am & 5 - 6 pm

January 15	May 7	September 17
February 12	June 11	October 8
March 12	July 9	November 5
April 9	August 13	December 10

Location: Pomona Valley Hospital Medical Center Trauma Services Office
160 E. Artesia St., 3rd Floor Suite 310, Pomona, CA 91767

RSVP at [eventbrite.com](https://www.eventbrite.com) or email stopthebleed@pvhmc.org.

**Class space is limited.*

This class is offered at no cost by Pomona Valley Hospital Medical Center's Trauma & Acute Care Surgery Services Program.





Expert care with a personal touch

Elevator E Upgrade Notice

Construction to upgrade the cars in Elevator E is now in its 4th month. Construction will continue in multiple phases over the next 8 months.

During this first phase, one set of elevator cars is shut down on each side (one for visitors and one for patient gurneys/Associates). The remaining set is fully operational. A trained elevator operator is posted at Elevator E to guide traffic and our elevator vendor, Kone, conducts regular inspections and maintenance on the remaining set of elevator cars.

Elevator E is one of Hospital's busiest elevators, as it services the basement, the first floor near the Emergency Department, the second-floor intensive care units (ICU) and the third-floor telemetry unit. Elevator E is also the only elevator servicing the third-floor telemetry unit.

To ease traffic and use of the operational cars, visitors to the second floor ICUs will be routed to Elevator C.

We continue to urge all Associates to limit use of the visitor side elevator car and use the alternate routes listed below and take the stairs when possible. Associates should NOT use the patient transport side elevator care unless necessary.

Badge readers have been added to the Emergency Department (ED) 1 and ED 5 stairwells, making them available for entry and exit to all Associates.

We understand that this construction project may cause confusion for our patients and visitors. It is up to all of us to come together and assist anyone who may need further directions.

Alternate Routes

To access the Basement:

Elevators A, B, C and stairwells

To access the ICU:

Elevators AL, B, C and stairwells

To access Telemetry 3

Stairwells 6 & 7, and if necessary, Elevators E

To view accessible stairwells, please see the next page.

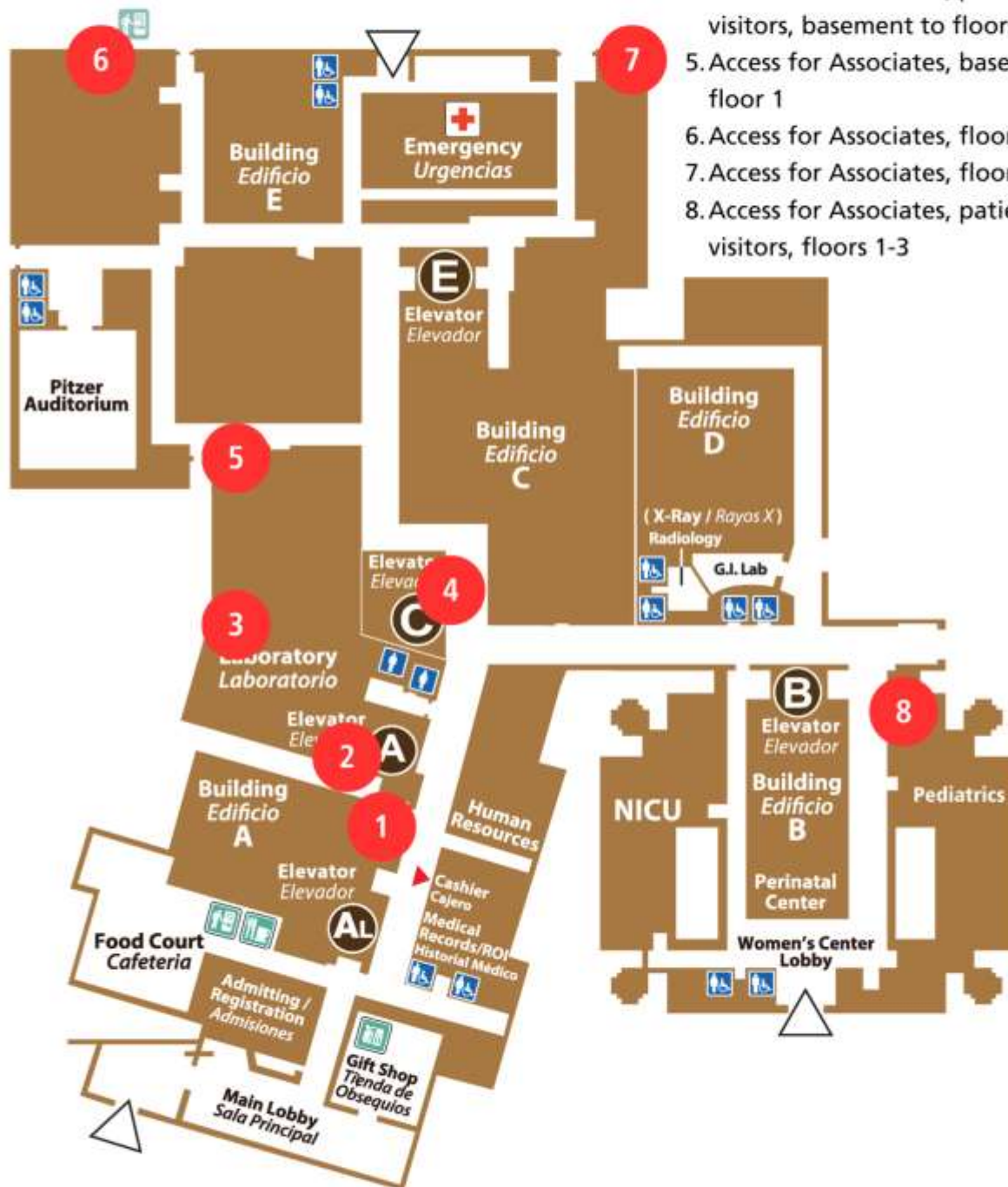
Thank you for your continued support as we transform and further enhance our Hospital to meet the needs of our community now and into the future.

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Stairwell Access

The third floor Telemetry units are only accessible via stairwells 6 & 7 and Elevator E.

1. Access for Associates, patients and visitors, basement to floors 1-4
2. Access for Associates, basement to floors 1-4
3. Access for Associates, basement to floors 1-4
4. Access for Associates, patients and visitors, basement to floors 1-6
5. Access for Associates, basement to floor 1
6. Access for Associates, floors 1-3
7. Access for Associates, floors 1-3
8. Access for Associates, patients and visitors, floors 1-3





Get ready for baby.

FREE CLASSES AND TOURS

Pomona Valley Hospital Medical Center is excited to support your growing family with free virtual prenatal and educational classes taught live online by certified providers through our partners at

BabyLiveAdvice™.

Live online prenatal education classes:

- Childbirth Preparation
- Infant CPR
- Breastfeeding
- Diabetes and Pregnancy
- Caring for Baby
- Pregnancy Nutrition

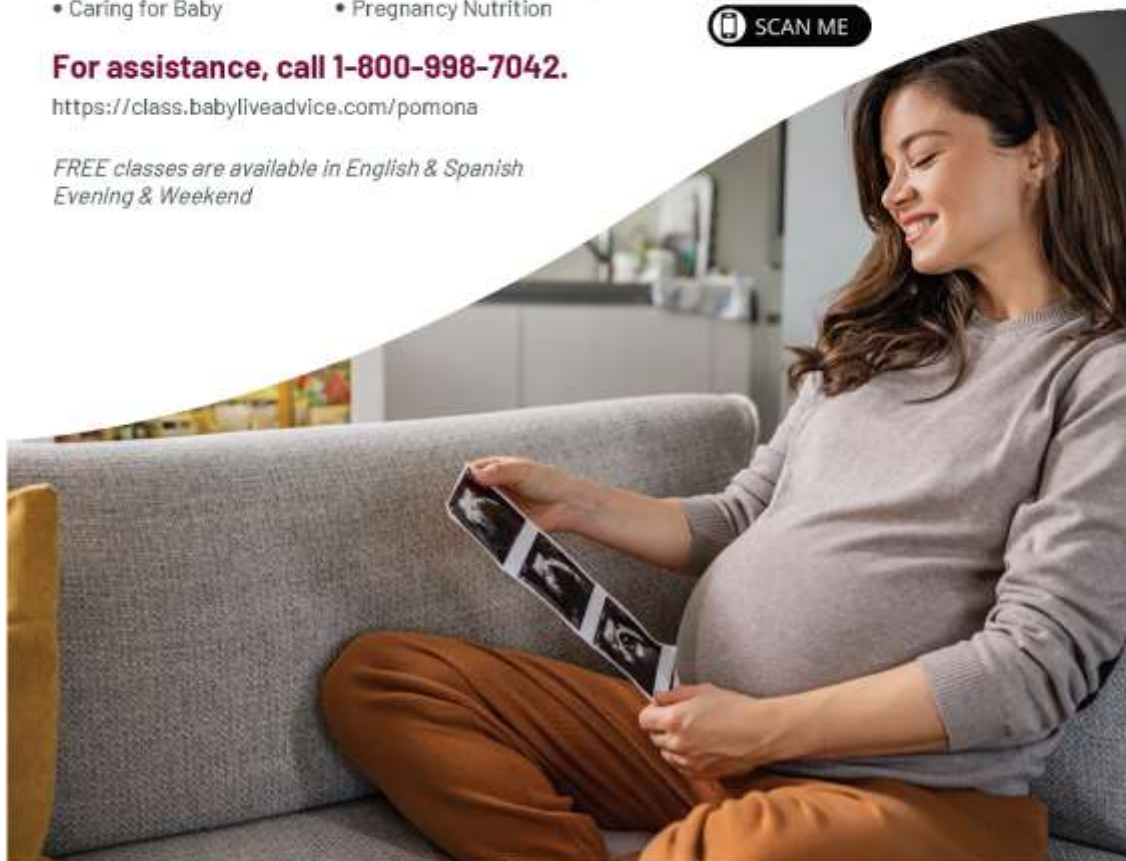
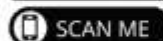
For assistance, call 1-800-998-7042.

<https://class.babyliveadvice.com/pomona>

*FREE classes are available in English & Spanish
Evening & Weekend*

Sign up today!

Scan here to sign up and register for your free class:



Access to Free Trauma Education Online

Trauma Services is excited to offer free Trauma education via the Trauma Center Association of America (TCAA) online education system. This platform offers over 70 on-demand trauma courses. In addition, the courses provide free CEUs for topics such as Advances in Burn Care, Damage Control Orthopedics, Use of Tourniquets and more. This is an excellent opportunity for professional development.

How to get started:

1. If you are not already logged in to the TCAA website, [sign in here](#) with your TCAA username and password or Online Education credentials. If you don't have a username and password, [click here to create an account](#).
2. Once you are signed in, you can access the Online Education System [here](#). *You must sign in each time you use our Online Education System, even if you're already signed on to the website.

The first time you sign in to the Online Education System, you must submit the following information to complete your profile within 72 hours. Any accounts not set up will be deleted in the system.

1. Select your hospital name from the Program dropdown menu.
2. Select your Profession from the drop-down menu.
3. Select the type of continuing education credit you will claim: Physician CME, Nurse CE or Attendance Certificate Only.
4. If applicable, enter your License number and the State where you are registered (use the state abbreviation).
5. Enter your address (city/state).
6. After entering the above information, click "Save." You will receive a message that all required information was entered. Click "OK" and you will automatically be taken to the course catalog page, where you can search for courses or browse by clinical or administrative category.

Questions? Contact Lauren Gurrola, BSN, CCRN, TCRN, Trauma Program Manager, at lauren.gurrola@pvhmc.org, or the Education Department.





Coming Up for May 2025...

- Physical Wellness: Women's Preventive Care
- Emotional Wellness: Quick Tips for Better Mental Health
- Financial Wellness: Navigating Market Volatility
- Easy Recipe: Middle Eastern Spiced Chicken

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

2024 Summary Annual Report

The 2024 Summary Annual Report for the Pomona Valley Hospital Medical Center Associate Benefit Plan is posted on the Intranet under Departments – Human Resources – Benefits – Benefits Plan Descriptions. The Report is provided to you as information only.

If you wish to obtain paper copy of the Health Plans' Summary Annual Report, please email your request to benefits.group@pvhmc.org and we will mail a paper copy of the Report to your home address as currently shown in Launchpad.

*If you have any questions, please call the
Benefits Department at 909.865.9741.*

Thank you.



We're excited to let you know that the following retirement plan benefits will be available to you starting June 1, 2025. Here's a brief description of what is now available.

Emergency personal expense distributions

Emergency personal expense distributions (EPEDs) will be available for unforeseeable or immediate need due to a personal or family emergency that doesn't qualify for a hardship distribution.

How much can I take? The maximum amount that you may take is \$1,000 but may be less depending on your vested balance. You can't take an EPED that would lower your vested balance to less than \$1,000. For example, if your vested balance is at least \$2,000, you could take up to \$1,000 in 2025. However, if your vested balance is only \$1,500, your maximum withdrawal would be \$500.

An EPED isn't subject to mandatory tax withholdings or the 10% early withdrawal penalty, and can be recontributed. If interested in recontributing the amount back to your retirement account, inquire when requesting the distribution.

You can only take one EPED in any calendar year. In addition, you can't take another EPED until the start of the fourth calendar year following the year of distribution, unless you repay the withdrawal. This can be done by sending payment to the plan in the amount that was withdrawn, making regular contributions that, when totaled, equal the amount withdrawn, or any combination of payments and contributions.

For example, if you take an EPED in 2025, you can't take a new EPED until 2029, and only if you've repaid the 2025 EPED. Without repayment, you aren't eligible for a new EPED until 2029.

Consider all options, including loans, before withdrawing money from the plan.

Domestic abuse survivor distributions

This distribution is available if you're a survivor of domestic violence by a spouse or domestic partner. It's available during the one-year period beginning on any date on which you were the victim of domestic violence.

It's defined as physical, psychological, sexual, emotional, or economic abuse, including efforts to control, isolate, humiliate, or intimidate the victim, or to undermine the victim's ability to reason independently, including by means of abuse of the victim's child or another family member living in the household.

How much can I take? The maximum withdrawal from the plan is \$10,000 or 50% of your vested account balance, whichever is less. This limit applies across all plans maintained by this or any related employer. This limit may be indexed in future years.

This distribution isn't subject to mandatory tax withholdings or the 10% early withdrawal penalty and can be recontributed. If interested in recontributing the amount back to your retirement account, inquire when requesting the distribution.

Consider all options, including loans, before taking a distribution from the plan.

Visit LincolnFinancial.com/Retirement 24 hours a day, seven days a week. Or personal assistance is available from the Lincoln Customer Contact Center, Monday through Friday, between 5:00 a.m. and 5:00 p.m. PST.

Not a deposit
Not FDIC-insured
Not insured by any federal government agency
Not guaranteed by any bank or savings association
May go down in value

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LincolnFinancial.com/RetirementPlans

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Affiliates are separately responsible for their own financial and contractual obligations.

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Summer Celebrations

By Elizabeth Grainger, Palliative Care Chaplain



Shavuot/Feast of Weeks (June 1-3) is a two-day Jewish holiday celebrating God's gift of the scriptures known as Torah to the Jewish people at Mount Sinai over 3,000 years ago. Shavuot occurs exactly seven weeks after the holiday of Passover. Passover commemorates the liberation of the Israelites from their enslavement to Pharaoh; on Shavuot, they received the Torah and became a nation committed to serving God. Shavuot is celebrated through candle-lit dinners, staying up all night to study Torah, listening to the reading of the Ten Commandments in a synagogue, and enjoying other festivities. In many synagogues, it is traditional to read aloud from the Book of Ruth and to decorate the sanctuary with plants and flowers.

At least once in a lifetime, every adult Muslim with the means and physical ability to do so is required by the Five Pillars of Islam to make a hajj (pilgrimage) to Mecca, the city where the Prophet Mohammad was born. Pilgrims participating in hajj visit the Kaaba, the "House of Allah," in addition to performing other ritual duties. The Kaaba looks like a black stone cube from the outside, and is considered by Muslims to be the Baytullah or house of God on earth. This small building determines the qibla (direction of prayer) for Muslims around the world. At each day's five required prayer times, Muslims all over the world determine the direction of the Kaaba from where they are. In the past, the direction was an approximation, but now Muslims are able to use GPS to determine exactly which way to face for prayer. Pilgrimage to Mecca is the highpoint of a Muslim's religious life and occurs nearly every day of the year, with the largest number of people attending during Ramadan and the Hajj holiday. This year, Hajj will be held June 4-9. The event is one of the largest religious gatherings in the world, and approximately three million people participate each year.

Have you ever heard of a "juggernaut"? Not the Tyler, the Creator, song by that name, or the Marvel Comics character, but "a literal or metaphorical force regarded as merciless, destructive, and unstoppable." The word is commonly used in English, but has its roots in India. Jagannath is one of the names for the Hindu god Krishna; he is celebrated on Ratha Yatra (June 27) along with Balabhadra (his brother) and Subhadra (his sister). Like many people, these Hindu deities like to take a summer vacation, and they visit several of their favorite temples every year. Ratha Yatra (Chariot Festival) commemorates Lord Jagannatha's annual visit to Gundicha Mata temple in the city of Puri, India.

The word "juggernaut" entered the English language after early English and European visitors to India witnessed the festival and were so impressed by the spectacle of the massive wooden chariot used to transport statues of the gods that they could not find a word in their own language to describe it. The festival remains extremely popular in the present day. Though the celebration in Puri is the largest one anywhere in the world, the holiday is celebrated in many other locations including Los Angeles. So that each city may host their own celebration, individual locations may hold their events after the holiday itself. Every year, the LA International Society for Krishna Consciousness (ISKCON) hosts their very own local Los Angeles Festival of Chariots. This year, the festival will be held on August 1-3, with the parade beginning at the Santa Monica Pier. The festival features the traditional chariot procession, cultural performances, musical kirtans (devotional songs), a free vegetarian feast, and more. For more information about this free annual festival, please visit <https://www.larathayatra.com/>. This annual event is now in its 49th year, and offers an opportunity to witness an ancient Hindu celebration without going too far from home.

To speak with a Chaplain (available daily 8:30am-5pm), please message Hospital Chaplain using Connect Messenger or phone 909-469-9305. To request support for a patient or family, enter a Spiritual Care Services referral in PowerChart. The Chaplains of Spiritual Care Services are here to support YOU.

June 2025 Holidays

- 2-3 Shavuot (Feast of Weeks)—Judaism
- 4-9 The Hajj (Pilgrimage)—Islam
- 7-10 Eid-al-Adha (Festival of the Sacrifice)—Islam
- 8 Pentecost—Christian
- 15 Trinity Sunday—Christian
- 19 Juneteenth/Freedom Day—American
- Feast of Corpus Christi (Solemnity of the Body and Blood of Christ)—Catholic
- 20 Summer Solstice—first day of summer
- 24 Nativity of St. John the Baptist—Catholic
- 27 Solemnity of the Sacred Heart of Jesus—Catholic
- Muharram (first month of Islamic calendar) begins—Islam, Ratha Yatra (Chariot Festival)—Hindu
- 29 Feast of Saints Peter and Paul—Catholic

PVHMC IN THE COMMUNITY!



Respiratory and Lung Cancer Team at the Pomona Wellness Community's World Asthma Day Event
May 6



Substance Use Team at the Prorotypes Health Fair
May 15



Education Provides Sidewalk CPR Training to Congresswoman Norma Torres' Youth Advisory Committee
May 8



Kelly Thomas, 5C, and Lindsey Johnson-Vegas, ICU2, participated in the Sierra Vista Elementary School Career Day
May 15



A few of our teams were out and about at the Los Angeles County Fair to provide health screenings, demonstrations and education! Thanks to Trauma, Diabetes, Sepsis, Cardiac, Stroke, Orthopedics, Emergency Department & our Family Medicine Residency Program!
May 2025

PVHMC IN THE NEWS

More than 120 California hospitals earned an "A" grade in the newest rankings, but dozens more didn't earn passing grades - Patch.com
May 1, 2025

Read the article [here](#).



Dr. Jay Shah, Medscape - What's Your Go-To Treatment for New Diabetes Patients?
May 7, 2025

Read the article [here](#).



American College of Radiology Introduces New Officers - Vice President Johnson B. Lightfoote, MD, FACR
May 6, 2025

Read the article [here](#).



American College
of Radiology™

Dr. Kylie Fuller Shares Tips on Getting Rid of Heartburn During Pregnancy - TodaysParent.com
May 7, 2025

Read more [here](#).



Dr. Hrayr Basmajian Shares How 6 ASC specialties are using AI, Becker's ASC Review
May 15, 2025

Learn more [here](#).



Dr. Libia Wohlerl Speaks on the Importance of Lifting Weights for Women Over 40 - Univision 24 Los Angeles
May 7, 2025

Watch the clip [here](#).



Introducing Take Action Thursdays: *Taking Care of Me!*



It is time to TAKE charge of your lung health on TAKE ACTION Thursdays with a Low-Dose CT (LDCT) Lung Screening Exam. In the healthcare community, our dedication often extends to everyone else, overshadowing our own needs. TAKE ACTION Thursdays encourage you to honor your vital role in healthcare by prioritizing your health and wellness.

Pomona Valley Hospital Medical Center proudly offers CT Lung Screening on TAKE ACTION Thursdays to **our eligible Associates and their families who utilize PVHMC's health insurance**. Appointments booked on Thursdays qualify for one entry to a quarterly opportunity drawing for a chance to win a \$100 gift card, so show your badge and complete the drawing card! A winner will be drawn quarterly and announced in our "Keeping You in Touch" newsletter.

To easily schedule your Lung Screening CT on Take Action Thursday, call Centralized Scheduling at 909.469.9395. LDCTs are offered at the Main Hospital Radiology and at our Pomona Valley Health Centers in Claremont, Chino Hills and La Verne. For questions, or if you need a referral, call 909.865.9903.

We are here to help you "Take Care of Me."

Who is Eligible for a CT Lung Screening? Anyone who:

- Is aged 50–80 years
- Is a current smoker OR has quit smoking in the past 15 years
- Has a 20-pack-year or greater history of smoking
- Has a physician's order for a CT Lung Screening Exam

Contact your primary care physician for a referral or call Michael R. LaTurner, NP, lung cancer nurse practitioner navigator who can assist you with a referral, at 909.865.9903.

www.pvhmc.org



POMONA VALLEY HOSPITAL MEDICAL CENTER

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

"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.**



**Seray Kanu-Thompson,
CNA - MEDSURG 4**



**Patricia Mendez,
PCST - Tele6**

**Becky Blunt
LVN - ICU3**



**DeeDee Abonal,
RN - MEDSURG 5**



**Nathan Pawlak
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!



June OHS Birthday Shout-Outs!

Savannah Caro, (6/8) HR/Recruitment
Jennifer Bell, (6/23) OHS/Work Comp

A special birthday shout-out to my
daughter:

Jasmine Felix, (6/25) Respiratory
Department...From Mom (Eleanor Rocha)



The PVHMC K9 Unit announces two birthdays
within the team. K9's Clark and Kenzo are May
Fur Babies. Clark turned 6 on May 10th and
Kenzo turned 5 on May 12th!

Happy June Birthday
to Erin Easterday,
Contracts Manager!
Digna and Amber

JOKES OF THE MONTH

*By Michelle Walsh-Fernandez,
Director of Security*

What did the drummer name his twin
daughters?
Anna 1, Anna 2.

Why does a chicken coop have 2 doors?
Because if it had 4 it'd be a sedan.

I have a fear of speed bumps...
but am slowing getting over it.

Congratulations to Shannon Perrett,
RD, Clinical Nutrition Manager for
graduating with her Masters in Health
Administration from the University of
La Verne on May 31, 2025.



The deadline for the July Newsletter is Friday, June 20.
Please have your Manager/Supervisor OK your submission.
Send all submissions to amber.brenneisen@pvhmc.org.