

Keeping You In Touch

March 2026

A Publication of the Pomona Valley Hospital Medical Center Marketing Department

Pomona Valley Hospital Medical Center's Emergency Department Opens Pediatric Waiting and Treatment Rooms

Pomona Valley Hospital Medical Center's (PVHMC) emergency department (ED) has opened a dedicated pediatric holding room for kids. It also recently opened a treatment room for pediatric patients in the ED. The new vibrant spaces provide children and their families with a more private, comfortable area.

After check-in and a rapid medical exam with an emergency medicine care team member, families will be led to a separate waiting area, where they have access to activities and games while they wait to see the doctor. Once the patient is ready to be seen, families will be guided to a child-friendly treatment room.

"Emergency departments can be an overwhelming environment and we're proud to offer our community these new, comfortable spaces that are tailored to serve families during a stressful moment," said James Kim, MD, emergency medicine physician and medical director of emergency services. "These updates build upon our commitment to better serve our region's pediatric patients."

PVHMC is a designated Emergency Department Approved for Pediatrics (EDAP) by the Los Angeles County Emergency Medical Services Agency. The EDAP designation means that PVHMC has equipment specially designed for pediatric patients and staff who are trained to meet the specific needs of children of all ages. PVHMC physicians and nurses are trained and nationally certified in both pediatric emergency medicine and advanced life support.

Because children are different from adults, children have a different spectrum of diseases, and their smaller bodies require specialized medical procedures and equipment that can accommodate their size and stage of development. Children experience better health outcomes when taken care of by physicians and nurses who are trained to attend to both a child's physical and emotional needs.

PVHMC has the only emergency department that is EDAP-designated, as well as the only pediatric inpatient care unit for admissions, to serve the community in a 12-mile radius.



Pomona Valley Hospital Medical Center Nurse Residency Program Earns National Accreditation with Distinction



Pomona Valley Hospital Medical Center's (PVHMC) RN New Graduate Residency Program has received accreditation with distinction as a Practice Transition Accreditation Program® (PTAP) by the American Nurses Credentialing Center's (AACN) Commission on Accreditation.

Accreditation with Distinction is the highest level of recognition awarded by ANCC's PTAP and demonstrates that PVHMC's nurse residency program meets rigorous standards for structure, process and outcomes, as well as support for its new graduate nurses as they transition into professional practice.

"This achievement is a reflection of our commitment to supporting, educating and preparing the next generation of nurses," said Lolla Mitchell, MSN, RN, NEA-BC, Vice President of Nursing Services at PVHMC. "As a New Graduate RN many years ago myself at PVHMC, I recognize the value of having an excellent Nurse Residency Program and the long term benefits these programs offer to our nurses and the community we serve."

The hospital's RN Residency is a one-year program for nurses with less than 12 months' experience. The curriculum includes classroom education, clinical preceptorship from an experienced registered nurse, case studies, simulations and skills labs, as well as observational and clinical experiences.

The program concentrates on the development of critical thinking, evidence-based practice and clinical decision-making while emphasizing the importance of leadership and the continued pursuit of nursing excellence through education and professional certification.

The Practice Transition Accreditation Program® (PTAP) programs set the standard for residency or fellowship programs that transition registered nurses (RNs) and advanced practice registered nurses (APRNs) into new practice settings. To achieve PTAP accreditation, organizations must pass an extensive application process, including comprehensive documentation and a site visit.

To learn more about PVHMC's RN New Graduate Residency Program, click [here](#).



PVHMC Recognized for Digital Health Achievement as 2025 Digital Health Most Wired Survey Recipient

Pomona Valley Hospital Medical Center (PVHMC) is proud to announce its Level 9 achievement for the Acute and Ambulatory categories. The College of Healthcare Information Management Executives (CHIME) has announced the results of the highly anticipated 2025 Digital Health Most Wired Survey, an internationally recognized benchmarking program that honors excellence in digitally enabled healthcare.

Among the more than 50,000 facilities represented, PVHMC distinguished itself by ranking above peers in key focus areas including clinical quality and safety, analytics and data management, cybersecurity, population health, infrastructure, patient engagement and innovation at both its hospital and five regional Pomona Valley Health Center locations. The survey evaluates the adoption maturity, outcomes and value of technology integration across healthcare organizations at all stages of digital maturity – from early phase digitization to advanced transformation.

“We are proud to accept the CHIME 2025 Digital Health Most Wired Level 9 Acute and Ambulatory awards,” said Kent Hoyos, Vice President / Chief Information Officer at PVHMC. “Digital infrastructure is a critical element at every touchpoint in healthcare, and we are committed to investing in solutions that enhance cybersecurity, provide a connected and improved patient experience, and ensure staff satisfaction and efficiency.”

As healthcare organizations continue to face complex challenges in rising cybersecurity threats, evolving care models, workforce shortages, and budget constraints, the need to accelerate digital transformation has never been more urgent. Over the next several decades, emerging technologies will revolutionize care delivery in fundamental ways. Innovations powered by interoperable data, artificial intelligence, and secure digital infrastructure are poised to redefine the digital health landscape. Navigating this evolution will require sustained commitment and a clear, strategic roadmap.

The Digital Health Most Wired survey serves as a comprehensive evaluation and digital maturity report card for healthcare organizations across the globe. As success in digital transformation increasingly influences the quality and accessibility of care, this recognition program reflects the progress of leading healthcare providers as they reshape the future of healthcare. This achievement extends beyond information technology to every area of the enterprise, symbolizing a collective commitment to advancing health and care through strategic digital initiatives.



PVHMC to Continue Recommended Pediatrics Vaccine Protocol

On January 5, 2026, the Acting Director of the Centers for Disease Control and Prevention (CDC) signed a [decision memorandum \(PDF\)](#) to revise the Child and Adolescent Immunization Schedule and significantly reduce the number of vaccinations from 18 to 11 that had been routinely recommended for all U.S. children.



Pomona Valley Hospital Medical Center (PVHMC) agrees with the West Coast Health Alliance and the American Academy of Pediatrics (AAP) Recommended Child and Adolescent Immunization Schedule guidelines, which continues to recommend children receive all 18 vaccinations.

Prior to 2025, the AAP had endorsed the CDC's recommendations, based on the Advisory Committee on Immunization Practices (ACIP), which followed a rigorous review of data on risk of disease and safety of vaccination in the United States.

The AAP, which represents 67,000 pediatricians nationwide, has issued guidance about which shots kids should get every year since 1935.

"Children getting sick from the diseases prevented by recommended immunizations leads to missed school for children, missed work for parents, and even unnecessary hospitalization and tragic death for some children," said Dr. Muzna Atif, pediatric hospitalist and medical director of inpatient pediatric services at PVHMC. "The best way to protect our children is through evidence-based medical practices like vaccination."

According to the [West Coast Health Alliance](#), the new CDC vaccines guidelines threaten an increase in vaccine-preventable diseases in children nationwide. These changes were also not vetted by experts from medical and public health organizations, health care providers, or the public before they were published.

"A clear example of how a drop in vaccinations hurts our children and community is the measles outbreaks that began in Texas and claimed the lives of two children last year," says Dr. Atif. "The spike in cases that continued to spread to other areas of the U.S. with low vaccination rates have now put the U.S. at risk of losing its measles eradication status that we worked so hard to achieve more than 20 years ago."

Last year, the Centers for Disease Control and Prevention confirmed 2,242 measles cases across 44 states — [the most since 1991](#) — and nearly 50 separate outbreaks.

"There is science-backed evidence that vaccinations protect our children, I encourage any parent with questions to talk to their doctor to make an informed decision," said Dr. Atif. "No child should ever have to suffer from a preventable illness."

To find a pediatrician or learn about Children's Services at PVHMC, visit: www.pvhmc.org/centers-of-excellence/childrens-services.

Choose a Colonoscopy

Although nearly 90% of colorectal cancer cases are preventable, colorectal cancer remains the second most common cause of cancer-related death in the United States.

Reluctancy and fears over having a colonoscopy are the main culprits behind this alarming trend. Nischita Merla, MD, gastroenterologist at Pomona Valley Hospital Medical Center (PVHMC), says her patients frequently express anxiety over the procedure and will choose to forgo it.



"In the world of cancer care, you don't get many opportunities to identify and remove tissue before it becomes cancerous," says Dr. Merla. "I cannot stress enough how important it is to undergo a colonoscopy, an effective and relatively low risk screening tool."

Colonoscopy Versus Cologuard

Colonoscopy is the "gold standard" for colorectal cancer screenings and is a recommended screening for individuals at average risk starting at age 45. Not only can this screening detect cancer, but it can also prevent cancer by identifying and removing polyps that can become cancerous in the future.

Cologuard is an option for low-risk patients starting at age 45. It involves the patient taking a self-collection of a stool sample and sending it in the mail for blood and DNA testing.

Why Choose a Colonoscopy?

	Colonoscopy	Cologuard
Cancer Detection	95% of cancers detected	92% of cancers detected
Precancerous Polyp Detection	95% of polyps detected	42% of polyps detected
Frequency	Every 10 years if there are no polyps or abnormalities	Every 3 years
False Positive Rate		13% false positive
Test Type	Procedure done under twilight sedation in less than an hour	Self-collection stool test

What happens during a colonoscopy?

A period of fasting and drinking a laxative to flush out the colon is required prior to a colonoscopy. The prep liquids used today are easier to drink than prep liquids of the past.

At the hospital, patients will receive an IV sedative to help them relax and feel comfortable. The 15–60-minute procedure uses a flexible tube with a camera at the end to provide a clear look at your gastrointestinal tract.

The doctor will gently pass the tube through the patient's rectum and throughout the colon, taking photos, retrieving samples or immediately removing abnormal growths. During this time, the patient is in a deep sleep and will have no pain and little to no memory of the procedure.

Do I need to have a colorectal cancer screening at 45 if I feel healthy and well?

Yes, even if you feel healthy, don't delay getting your screening starting at age 45 (or younger if you are considered at high risk). Colorectal cancer often does not cause symptoms in its beginning stages.

Remember, the best screening tool is the one you can commit to doing, whether it's a colonoscopy or the Cologuard. Don't let fear of discomfort get in the way of your health. Talk to your doctor today about which screening is right for you.



Expert care with a personal touch

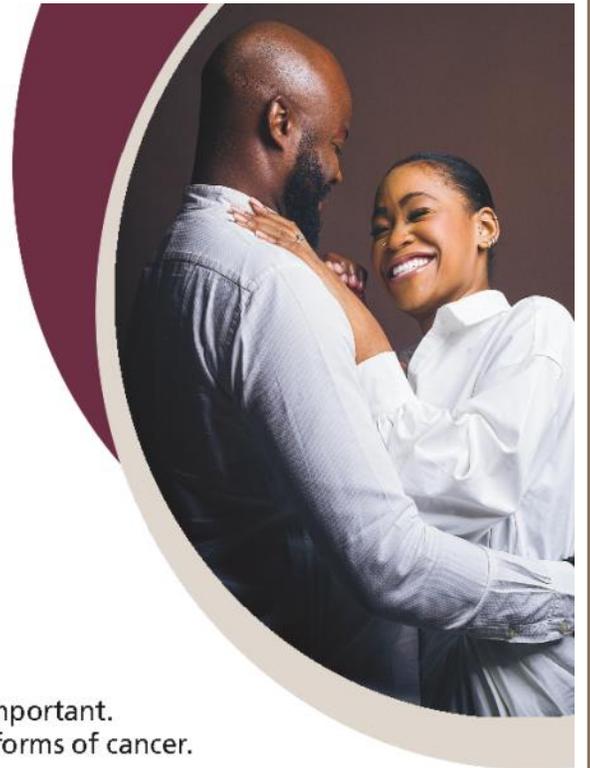
45 or Older? It's Time For Your Annual Colonoscopy

Colorectal cancer often develops quietly, without symptoms. That's what makes routine screening so important. When found early, it is one of the most preventable forms of cancer.

Our Gastrointestinal Department offers the **latest in colonoscopy technology** paired with options to **ensure your comfort every step of the way.**

If cancer is detected, The Robert and Beverly Lewis Family Cancer Care Center offers **personalized treatment plans** designed around each patient's needs.

According to the American Cancer Society, screening colonoscopy has been shown to reduce the risk of dying from colorectal cancer by about 60%.



- 45** Age average-risk people should begin screening.
- 50+** Ages when colorectal cancer typically strikes.
- 154k** Estimated number of people diagnosed with colorectal cancer in 2025.
- 1.5m** Number of colorectal cancer survivors in the U.S.
- 91%** Five-year survival rate for early-stage colorectal cancer.

Talk to your doctor about colorectal cancer screening today.
Need a doctor? Scan the QR code below or visit MyPVHC.com to find care near you.



Pulmonary Rehabilitation Week!

Monday, March 8 - Saturday, March 14, 2026

PULMONARY REHAB: A standard of care for patients with chronic lung disease and related symptoms, such as shortness of breath. Pulmonary Rehab is well established as an effective therapeutic strategy for improving exercise tolerance, quality of life, breathlessness, and mood. Based on a thorough patient assessment, Pulmonary Rehab is a comprehensive intervention designed to change patient behavior.

PULMONARY REHAB TREATS: Chronic obstructive pulmonary disease (COPD) • Persistent asthma • Interstitial lung disease • Bronchiectasis • Pulmonary fibrosis • Lung transplant • Long COVID

PULMONARY REHAB OFFERS: Individualized exercise programs to increase pulmonary fitness • Medically supervised exercise gym • Risk factor reduction and disease management education • Camaraderie and emotional support • Individual counseling sessions • Pulmonary wellness and aftercare program

PULMONARY REHAB BENEFITS:

Reduces and controls adverse respiratory symptoms

- Improves strength and endurance
- Improves independence with daily activities
- Reduces complications and rehospitalizations



Our Patients Inhale Confidence and Exhale Limitations

Our highly trained Pulmonary Rehabilitation Team helps patients move more, breathe easier, build confidence, live more freely and improve quality of life.

Thank you ALL for your dedication and expertise with our Pulmonary Rehab Programs at OPP and La Verne!

Gurbinder Sadana, MD — Medical Director

Rakesh Sinha, MD — Pulmonary Disease Physician

Tammy Magill, RCP, RRT — Specialty Program Coordinator • Pulmonary Rehabilitation Certified

Stacey Leath, PT, MS — Specialty Program Coordinator

Shaun Meredith, DPT, CCS — Physical Therapist • Cardiovascular & Pulmonary Clinical Specialist

Jerry Harris, PTA — Physical Therapist Assistant • Advanced Cardiovascular & Pulmonary Proficiency

Justin Ogawa, PTA — Physical Therapist Assistant • Advanced Cardiovascular & Pulmonary Proficiency

Rich Baro — Physical Therapy Aide

Jessica Plata — Program Support



Dr. Sadana



Dr. Sinha



Tammy Magill



Shaun Meredith



Jerry Harris



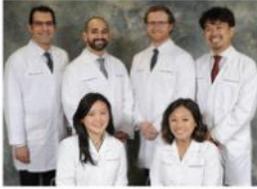
Justin Ogawa



Rich Baro



We Love Our PVHMC Family Medicine Residents!



Class of 2027: Top row (left to right): Dr. Hassan Ahmad, MD, Dr. Andrea Hsu, DO, Dr. Grant Galloway, MD, Dr. Jovan, MD, Behnam (right to left) Dr. Yeh-Hsiu, MD, Dr. Leah Lu, MD



Class of 2028 (left to right): Dr. Dean Pham, MD, Dr. Mita Sarkis, MD, Dr. Angela Aguilar, MD, Dr. Brandon Robinson, MD, Dr. Alaysha O'Brien, MD, Dr. Soren Yanes, MD



Class of 2026: Top row (left to right): Dr. Alvin Gomez, MD, Dr. Renee Lewis, DO, Dr. Ryan Orsini, DO, Dr. Simeon Chung, DO, Dr. Crystal Bennett, MD, Behnam (right to left) Dr. Karthika Tomy, MD, Dr. Kaitlin Francis, MD, Dr. Gaelle Gosselin, MD, MD

To the hard-working residents at Pomona Valley Hospital Medical Center:

Thanks for everything you do each day while you continue your medical training. I know it's rigorous and maybe even grueling at times, but the patient care you provide is invaluable as we work hard to improve access, quality of care, and deliver a great patient experience in the clinics and the hospital. Thanks for all that you do!

Jonathan Berends
Vice President, Ambulatory Services

Thank you for all that you do for the program, our patients and the Hospital. We see and appreciate the hours you spend caring for and advocating for your patients; the compassion and kindness you give to a patient in need or to a colleague who is struggling; and the time and dedication you have invested in your education as you prepare for this rewarding yet challenging career. It is truly a joy to witness, and I am grateful to have you all as an essential part of the team!

M. Christina Tolentino, DO
Designated Institutional Official & Residency Program Director



Created by The Arnold P. Gold Foundation's Gold Humanism Honor Society, Thank a Resident Day is observed each year on the last Friday of February. This special day offers an opportunity to collectively express our gratitude and appreciation for resident physicians and fellows, recognizing the vital role they play as integral members of the healthcare team.

In honor of Thank a Resident Day 2026, we're highlighting insights into the experiences of our PVHMC Family Medicine residents — including a few things you may not know about Family Medicine residency.



- Family medicine residency requires 3 years of training after Medical School
- Are assigned a panel of continuity patients that they care for over the course of residency
- By the end of residency, each resident will have
 - >800 inpatient encounters
 - >40 vaginal deliveries
 - >1650 outpatient visits
- Are trained in the following:
 - Dermatology: skin biopsies, cryotherapy, cautery, incision and drainage, laceration repair, toenail removal, wound care
 - Women's Health: Pap smears, IUD insertion/removal, Implantable contraceptive insertion/removal, endometrial biopsies, colposcopy
 - Obstetrics: prenatal care, vaginal deliveries, C-section assist, induction, postpartum care
 - Geriatrics and Palliative: Goals of care and end of life discussions, Annual Wellness Visits, Home and Nursing facility long-term care, Chronic care and symptom management
 - Point of Care Ultrasound
 - Specialized care: Obesity Medicine, Medication Assisted Treatment for Substance Use disorder, care for the Unhoused, Gender Affirming Care, HIV and Hepatitis C Treatment.

Continued...

In addition to full-spectrum outpatient practice (all ages, from birth to death), will practice in a variety of settings and combinations of care, with or without fellowship training in:

- Hospitalist Medicine
- Urgent Care/Emergency Medicine
- Academic Medicine
- Low-risk Obstetrics or Surgical/High-risk Obstetrics
- Addiction Medicine
- Community Medicine, Street Medicine
- Palliative Care
- Geriatrics
- Obesity Medicine
- Global Medicine

Registering to Be an Organ Donor

The Rights of the Individual Functional Team would like to provide all Associates with timely information regarding the Organ Donor Registry in California.

As you are aware, Pomona Valley Hospital Medical Center works very closely with our partners at OneLegacy, and we encourage all patients, families, and our Associates to be informed about organ donation. OneLegacy recently provided helpful information on registering as a donor and modifying that registration later, if desired.

Donate Life California <https://donatelifecalifornia.org/> is the official state organ donor registry. As a partner with Donate Life, the Department of Motor Vehicles (DMV) can assist California residents who wish to register as organ, eye, and tissue donors. By agreeing to donate, a person authorizes the DMV to send their name, address, and driver's license number to Donate Life. A pink "donor" dot will appear on that person's driver's license or ID card.

A decision to be a donor is an individual right and a personal choice that cannot be altered by anyone other than the donor. Occasionally, California residents may wish to remove their donor registration, for example, when they visit the DMV to renew their license. Currently, however, this cannot be done at the DMV. As we recently learned, the DMV can only remove the pink dot from a license or ID card. To officially authorize the removal of one's name from the state donor registry, a person needs to create an account at <https://donatelifecalifornia.org/> and follow the prompts to delete their registration. We were also informed that efforts are now underway to develop a QR code for use at the DMV, which, when scanned, will take people directly to the Donate Life registry website. This will make it easier for donors to update their donation preferences. The DMV is hoping to have this feature available soon.

The Rights of the Individual Functional Team wants all Associates, physicians, patients and visitors to know that we respect every Patient Right at PVHMC and urge everyone to learn more about patient rights and the organ donation process.

You can find more information about the Organ Donor Registry on our intranet page [Here](#).

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Nurses Inspire Future Healthcare Heroes at Vejar Elementary

Nurses from ICU2 and Cardiac Cath Lab recently traded the fast-paced hospital environment for the classroom, participating in a successful Career Day at Vejar Elementary School. The initiative aimed to introduce young students to the world of nursing and the vital role of healthcare professionals in our community.

Engagement in the Classroom

The nurses at Pomona Valley Hospital Medical Center spent the day engaging with local students, providing an interactive look at life as a nurse.

The presentation featured:

- A "Day in the Life" overview utilized educational materials to illustrate nursing responsibilities in a way that resonates with a younger audience.
- Hands-on demonstrations, where students could see clinical equipment up close, sparked curiosity about medical science and patient care.
- Q&A Sessions that allowed students to ask insightful questions about what it takes to work in a critical care setting.



Recognizing Our Volunteers

To conclude the event, our team members were honored with Certificates of Appreciation for their commitment to community outreach and mentorship. This event underscored the importance of representation in healthcare, as our nurses served as real-world examples of the dedication and skills required to serve our community.



Take a Walk in the Park Day

Wednesday, March 30, is Take a Walk in the Park Day. A short walk outdoors can boost your mood, clear your mind and brighten your day.

To find a park near you check out the links below:

[LA County Parks Locator](#)

You can search by city, amenities and activities.

[California State Parks](#)

Shows all state parks, beaches and recreation areas.

[AllTrails](#)

Great for parks with walking paths or trails.





Expert care with a personal touch

March is National Nutrition Month

Our Food and Nutrition Services department has created four delicious and healthy recipes in honor of National Nutrition Month.

These recipes will be served every Friday at Chef's Selections in our Cafeteria. If you would like to try these recipes at home, copies of the recipes will be available at Chef's Selection to take home.



March 5

Zucchini
noodles with
avocado pesto
and shrimp

March 12

Spaghetti squash
lasagna with
spinach

March 19

Paella with
chicken, shrimp,
leeks and
tarragon

March 26

Mediterranean
chicken quinoa
bowl



Zucchini Noodles with Avocado Pesto and Shrimp

In honor of National Nutrition Month Our Food and Nutrition Services department has created recipes that are both healthy and delicious.

Serving and Nutrition Facts

Servings: 4

Prep Time: 35 minutes

Cook Time: 10 minutes

Total Time: 44 minutes

Nutrition Per Serving

Calories: 446, Protein: 26g, Carbs: 16g, Fiber: 7g,

Sodium: 743mg, Total Fat: 9g (sat fat 5g, Chol 159mg)

Recipe by: Breana Lai, www.eatingwell.com



Ingredients

- 5-6 medium zucchini (2½ - 2½ pounds total), trimmed
- ½ tsp. salt, divided
- 1 ripe avocado
- 1 cup packed fresh basil leaves
- ½ cup unsalted shelled pistachios
- 2 tbsp. lemon juice
- ¼ tsp. ground pepper
- ¼ cup extra-virgin olive oil plus 2 tbsp., divided
- 3 cloves garlic, minced
- 1-pound raw shrimp (21-25 count), peeled and deveined, tails on if desired
- ½ cup Old Bay seasoning

Instructions

1. Using a spiralizer with the vegetable slicer or "spaghetti" blade or a vegetable peeler, cut zucchini lengthwise into long, thin strands or strips. Stop when you reach the seeds in the middle (the seeds make the noodles fall apart). Place the zucchini "noodles" in a colander and toss with ¼ teaspoon salt. Let drain for 15 to 30 minutes, then gently squeeze to remove any excess water.
2. Meanwhile, combine avocado, basil, pistachios, lemon juice, pepper and the remaining ¼ teaspoon salt in a food processor. Pulse until finely chopped. Add ¼ cup oil and process until smooth.
3. Heat one tablespoon of oil in a large skillet over medium-high heat. Add garlic and cook, stirring, for 30 seconds. Add shrimp and sprinkle with Old Bay; cook, stirring occasionally, until the shrimp is almost cooked through, three to four minutes. Transfer to a large bowl.
4. Add the remaining one tablespoon of oil to the pan. Add the drained zucchini noodles and gently toss until hot, about three minutes. Transfer to the bowl, add the pesto and gently toss to combine.



Expert care with a personal touch

Mediterranean Chicken Quinoa Bowl

In honor of National Nutrition Month Our Food and Nutrition Services department has created recipes that are both healthy and delicious.

Serving and Nutrition Facts

Servings: 4

Prep Time: 35 minutes

Cook Time: 10 minutes

Total Time: 44 minutes

Nutrition Per Serving

Calories: 520, Protein: 34g, Carbs: 31g, Fiber: 4g,

Sodium: 686mg, Total Fat: 27g (sat 5g)

Recipe by Carolyn Casner, www.eatingwell.com



Ingredients

- 1-pound boneless, skinless chicken breasts, trimmed
- ¼ teaspoon salt
- ¼ teaspoon ground pepper
- 1 7-ounce jar of roasted red peppers, rinsed
- ¼ cup slivered almonds
- 4 tablespoons extra-virgin olive oil, divided
- 1 small clove garlic, crushed
- 1 teaspoon paprika
- ½ teaspoon ground cumin
- - ¼ teaspoon crushed red pepper (optional)
- 2 cups cooked quinoa
- ¼ cup pitted Kalamata olives, chopped
- ¼ cup finely chopped red onion
- 1 cup diced cucumber
- ¼ cup crumbled feta cheese
- 2 tablespoons finely chopped fresh parsley

Instructions

1. Position a rack in the upper third of the oven; preheat the broiler to high. Line a rimmed baking sheet with foil.
2. Sprinkle chicken with salt and pepper and place on the prepared baking sheet. Broil, turning once until an instant-read thermometer inserted in the thickest part reads 165°F, 14 to 15 minutes. Transfer the chicken to a clean cutting board and slice or shred.
3. Meanwhile, place peppers, almonds, two tablespoons oil, garlic, paprika, cumin and crushed red pepper (if using) in a mini food processor. Pulse until smooth.
4. Combine quinoa, olives, red onion and the remaining two tablespoons of oil in a medium bowl.
5. To serve, divide the quinoa mixture among four bowls and top with equal amounts of cucumber, the chicken and the red pepper sauce. Sprinkle with feta and parsley.



POMONA VALLEY HOSPITAL

MEDICAL CENTER

Expert care with a personal touch

Spaghetti Squash Lasagna with Spinach

In honor of National Nutrition Month Our Food and Nutrition Services department has created recipes that are both healthy and delicious.



These squash-filled "boats" help keep portions in check, cut carbs in half, boost fiber, and pack nearly 2 cups of vegetables into each hearty serving.

Ingredients

- 2 small spaghetti squash (about 1 ½ pounds each)
- 2 teaspoons olive oil
- 4 garlic cloves, thinly sliced
- 1 (5-ounce) package fresh baby spinach
- ½ cup part-skim ricotta cheese
- 1/8 teaspoon kosher salt
- 2 ounces shredded part-skim mozzarella cheese (about ½ cup), divided
- 8 ounces 93% lean ground turkey
- 1 ½ cups lower-sodium marinara sauce
- 1 ounce Parmesan cheese, grated (about ¼ cup)



Expert care with a personal touch

Serving and Nutrition Facts

Servings: 4

Prep Time: 40 minutes

Cook Time: 110 minutes

Total Time: 150 minutes

Nutrition Per Serving (1 squash half)

Calories: 374, Protein: 25g, Carbs: 30g, Fiber: 6g, Sodium: 613mg, Total Fat: 18.3g (sat 6.2g, mono 5.4g, poly 2.6g)

Instructions:

1. Preheat oven to 350°
2. Cut each squash in half lengthwise. Scoop out seeds and discard. Place squash halves and cut sides up on a baking sheet. Bake at 350° for 50 minutes. Let stand for 10 minutes. Scrape the inside of the squash with a fork to remove spaghetti-like strands. Place strands on a clean dish towel; squeeze until barely moist
3. Heat a large skillet over medium-high heat. Add oil to the pan and swirl to coat. Add garlic; cook for 30 seconds. Add spinach; cook for one minute or until spinach wilts. Remove from heat. Combine spinach mixture, squash strands, ricotta cheese, salt and half of mozzarella cheese in a bowl
4. Return the skillet to medium-high heat. Add turkey to pan; cook 4 minutes or until browned, stirring to crumble. Add marinara sauce; cover, reduce heat to medium, and simmer for four minutes. Remove from heat
5. Increase oven temperature to 425°
6. Spoon sauce evenly into the bottom of each squash half. Top evenly with squash mixture. Sprinkle evenly with remaining mozzarella cheese and Parmesan cheese. Bake at 425° for 20 minutes
7. Preheat the broiler to high (keep the squash in the oven). Broil the squash for one to two minutes or until the cheese is golden brown and bubbly. Remove from the oven; let stand for 10 minutes.

Paella with Chicken, Shrimp, Leeks and Tarragon

In honor of National Nutrition Month Our Food and Nutrition Services department has created recipes that are both healthy and delicious.



Serving and Nutrition Facts

Servings: 4

Prep Time: 20 minutes

Cook Time: 20 minutes

Total Time: 40 minutes

Nutrition Per Serving

Calories: 329, Protein: 35g, Carbs: 18g, Fiber: 4g,
Sodium: 182mg, Total Fat: 6g (sat 1g, mono 2g, poly 1.5g)

Ingredients

- 1 tsp extra-virgin olive oil
- 1 small onion, sliced
- 2 leeks (white part only), thinly sliced
- 3 garlic cloves, minced
- 1-pound boneless, skinless chicken breast, cut into strips
- 1/2-pound shrimp
- 2 large tomatoes, chopped
- 1 red pepper, sliced
- 2/3 cup cauliflower rice
- 1 tsp tarragon, or to taste
- 2 cups fat-free, unsalted chicken broth
- - 1 cup frozen peas
- 1/4 cup chopped fresh parsley
- 1 lemon, cut into 4 wedges

Instructions:

1. In a large, nonstick frying pan, heat the olive oil over medium heat.
2. Add the onion, leeks, garlic and shrimp. Sauté until the vegetables are translucent and the chicken is slightly browned (about five minutes).
3. Add the tomatoes and red pepper and continue to sauté another five minutes.
4. Add cauliflower rice, shrimp, tarragon and broth, combine well. Bring to a boil.
5. Reduce heat, cover and simmer for about 10 minutes.
6. Add peas and continue to simmer uncovered until broth is absorbed and rice is tender, five to 10 minutes.
7. To serve, divide among four individual plates
8. Garnish each with 1 tablespoon parsley and one lemon wedge.



POMONA VALLEY HOSPITAL
MEDICAL CENTER

Expert care with a personal touch

Cauliflower Rice Instructions:

1. Cut the cauliflower into chunks.
2. Working in batches, pulse the cauliflower in a food processor until coarse in texture, like rice.

Eat Right

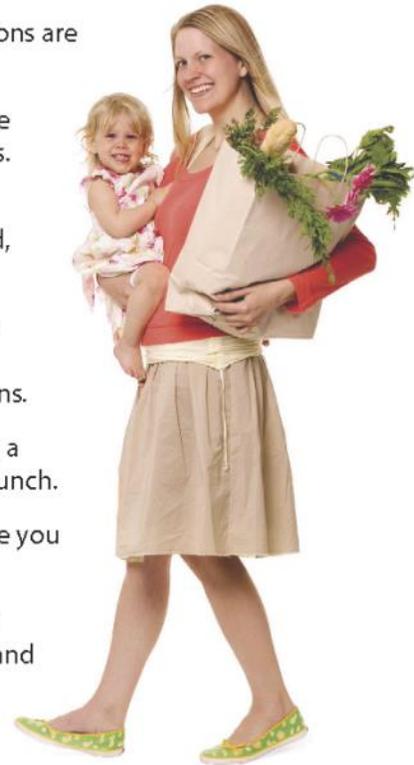
Food, Nutrition and Health Tips from the Academy of Nutrition and Dietetics



Healthy Eating on the Run: A Month of Tips

You may eat out a lot – many Americans do. People are looking for fast, easy and good-tasting foods to fit a busy lifestyle. Whether it's carry-out, food court, office cafeteria or sit-down restaurant, there are smart choices everywhere. Here are 31 tips to help you eat healthy when ordering out.

1. Think ahead and plan where you will eat. Consider what meal options are available. Look for places with a wide range of menu items.
2. Take time to look over the menu and make careful selections. Some restaurant menus may have a special section for "healthier" choices.
3. Review and compare nutrition information if it's available. Menu terms that may indicate an item is healthier include: baked, braised, broiled, grilled, poached, roasted, and steamed.
4. Menu terms that usually mean a food is higher in saturated fat and calories include: batter-fried, pan-fried, buttered, creamed, crispy, breaded. Choose these foods only occasionally and in small portions.
5. Think about your food choices for the entire day. If you're planning a special restaurant meal in the evening, have a light breakfast and lunch.
6. Hold the bread or chips until your meal is served. Hunger may drive you to fill up on these foods before your meal arrives.
7. Limit the amount of alcohol you drink. No more than one drink for women and two for men. Alcohol tends to increase your appetite and provides calories without any nutrients.
8. Order the regular or child-size portion. Mega-sized servings are probably more than you need. For a lighter meal, order an appetizer in place of a main course.
9. Begin with soup or salad as a way to include more vegetables at mealtime. Follow up with a light main course.
10. Or choose a salad with grilled chicken or seafood as your main course.
11. It's OK to make special requests, just keep them simple. For example, ask for a baked potato or side salad in place of French fries; no mayonnaise or bacon on your sandwich; sauces served on the side.
12. Ask for sauces, dressings and toppings to be served "on the side." Then you control how much you eat.
13. Split your order. Share an extra large sandwich or main course with a friend or take half home for another meal (some restaurants may not permit this or will charge for an extra plate).



14. Refrigerate carry-out or leftovers if the food won't be eaten right away. Toss foods kept at room temperature for more than two hours (one hour if warmer than 90 degrees).
15. All-you-can-eat specials, buffets and unlimited salad bars make it difficult to follow recommended serving sizes. Pass these up if you find it difficult to listen to your hunger cues.
16. If you do choose the buffet, fill up on salads and vegetables first. Use small plates, to encourage smaller portions, and limit your trips up to the buffet line.
17. At the salad bar, pile on the dark leafy greens, carrots, peppers and other fresh vegetables. Lighten up on mayonnaise-based salads and high-fat toppings. Enjoy fresh fruit as your dessert.
18. Load up your pizza with vegetable toppings. If you add meat, make it lean ham, Canadian bacon, chicken or shrimp.
19. Enjoy a variety of healthful foods from different cultures. Focus on dishes that emphasize vegetables and lean meats, seafood or beans.
20. Tempted by sweet, creamy desserts? Order a small portion or ask if it can be divided and shared with everyone at the table.
21. At the sandwich shop, choose lean beef, ham, turkey or chicken on whole grain bread. Ask for mustard, ketchup, salsa or low-fat spreads. And, don't forget the veggies.
22. Boost the nutrition in all types of sandwiches by adding tomato, lettuce, peppers or other vegetables.
23. Look for a sandwich wrap in a soft tortilla. Fillings such as rice mixed with seafood, chicken, or grilled vegetables can be healthier options.
24. In place of fries or chips, choose a side salad, fruit or baked potato. Or, share a regular order of fries with a friend.
25. Build a better breakfast sandwich: replace bacon or sausage with Canadian bacon or ham and order your sandwich on a whole grain English muffin or bagel.
26. Be size-wise about muffins, bagels, croissants and biscuits. A jumbo muffin has more than twice the calories of the regular size.
27. Try a smoothie made with 100% juice, fruit and low-fat yogurt for a light meal or snack.
28. For desk-top dining, keep single-serve packages of whole grain crackers, fruit, peanut butter, soup, or tuna around for a quick lunch.
29. Food items on your desk, like nuts or candy bowls, can lead to mindless eating. Keep all snacks and other food items in your desk to avoid the temptation to eat when you're not hungry.
30. Grabbing dinner at the supermarket deli? Select rotisserie chicken, salad-in-a-bag and freshly baked bread. Or, try sliced lean roast beef, onion rolls, salad and fresh fruit.
31. Always eating on the go? Tuck portable, nonperishable foods in your purse, tote, briefcase or backpack for an on-the-run meal. Some suggestions are peanut butter and crackers, granola bars, a piece of fresh fruit, trail mix, single serve packages of whole grain cereal.

For a referral to a registered dietitian nutritionist and for additional food and nutrition information, visit eatright.org.

eat right. Academy of Nutrition and Dietetics

The Academy of Nutrition and Dietetics is the world's largest organization of food and nutrition professionals. The Academy is committed to improving health and advancing the profession of dietetics through research, education and advocacy.

Authored by Academy of Nutrition and Dietetics staff registered dietitian nutritionists.

Source: *Finding Your Way to a Healthier You*, U.S. Department of Health and Human Services, U. S. Department of Agriculture.

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#PSAW2026 →

PATIENT SAFETY IS A
SHARED RESPONSIBILITY

TEAM UP FOR PATIENT SAFETY

EVENT SCHEDULE

Tuesday, March 10 and Wednesday, March 11

Informational Booth & Raffle Entry

Location: Cafeteria

Time: 11:00 am – 2:00 pm

Thursday, March 12

★ Safety Recognition Awards

Location: Pitzer Auditorium

Time: TBA

*Invitation Only



Friday, March 13



Raffle Winners Announced

Hosted By: Quality & Risk Management, & Infection Prevention

GREAT CARE STARTS WITH STRONG TEAMWORK

8-14
MAR

PATIENT SAFETY
AWARENESS WEEK

2026

Centerforpatientsafety.org


POMONA VALLEY HOSPITAL
MEDICAL CENTER

MARCH BLOOMS HERE

NEW ITEMS HAVE JUST ARRIVED

Available This Month
40% off our surprise shelves
St. Patrick's Day goodies
Easter Fun items

As a thank-you to our amazing Associates,
we're holding a fun raffle to welcome Spring from
Monday, March 2 to Tuesday, March 31, 2026.

How to Enter:
No purchase necessary, stop by The Tender Touch
Gift Shop and say "Hello!"
You can enter once per day from
March 2 to March 31.

All proceeds benefit the Sick Baby and
Hospital Assistance Fund.


POMONA VALLEY HOSPITAL
MEDICAL CENTER
TENDER TOUCH GIFT SHOP





Cancel Dinner. Keep This Date.

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

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

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



No proof of insurance or physician referral required. Cash, check, or credit card is due at the time of the exam. The exam must be completed by 04/30/26.

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

Breast Health Center • 1910 Royalty Drive, Pomona

Located within The Robert & Beverly Lewis Family Cancer Care Center

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

Pomona Valley Health Center • 1601 Monte Vista Ave., Suite 170, Claremont

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

Valid *only*
 during the
 month of
 April.

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



Nursing Scholarship Opportunity

In Memory of Cherie Rudoll, RN

Pomona Valley Hospital Medical Center Foundation is offering scholarships to PVHMC Associates and PVHMC Volunteers who are currently enrolled in, or who have been accepted into an entry level Nursing Program.

If you meet the qualifications and requirements listed below, please email your application and essay to Jessica Rivera (Jessica.rivera@pvhmc.org)

Qualifications needed to apply for Scholarship

Associate or Volunteer must:

- Be currently:
 - Enrolled in an entry level Nursing Program
 - OR***
 - Accepted into an entry level Nursing Program
- Not be a past recipient of the Cherie Rudoll Scholarship

Requirements needed to apply for Scholarship

- Meet qualifications listed above
- Submit a scholarship application and a maximum 500 word essay on:

"Why I want to pursue a career in nursing"

Application and Essay submission deadline is **April 03, 2026**

***Applications are available at the office of
Jessica Rivera on the 4th Floor - Nursing Administration***

[Click here to access the application on the intranet.](#)



Expert care with a personal touch



Cherie Rudoll, RN

The Cherie Rudoll Scholarship was established to honor Pomona Valley Hospital Medical Center's former Vice President of Nursing and Patient Care Services following her passing in January 2007.

Cherie was a visionary leader and a passionate nurse. She was committed to the development of the field of nursing and specifically to the continuous growth of PVHMC's nurses. She was dedicated to providing excellence and the utmost in customer service for the hospital's patients. And she was known to occasionally change her business attire for scrubs in order to remain at the forefront of what it was to be a bedside nurse.

In 1982 Cherie began her tenure at Pomona Valley Hospital Medical Center, first as a Director of Quality Resource Management and then as Administrative Director of The Robert and Beverly Lewis Family Cancer Care Center. In 2000 Cherie was promoted to Vice President of Nursing and Patient Care Services.

Additionally, Cherie knew the value of community nursing and was instrumental in establishing a *Parish Nurse Program* at Pilgrim Congregational Church in Pomona and was also active in the local *End of Life Coalition* in the Pomona Valley.

In addition to her active professional career and community activities Cherie was a devoted wife, mother, daughter, sister, granddaughter, and was a loyal friend to many. She was known for looking for and finding the positive things within each person, and for her kindness and generosity. Cherie would be proud of and inspired by each of the applicants and their growing commitment to the field of nursing.

Heart Month

February was filled with meaningful moments as we celebrated Heart Month across our Hospital and community. Our Stroke and Cardiac teams partnered on a Strong Hearts, Happy Brains art contest at Butterfield Ranch Elementary School in Chino Hills, where students in grades 1 through 6 submitted artwork, Associates in the Catheterization Lab voted for the winners, and selected students received \$25 gift cards. Their artwork was displayed in the Stead Heart and Vascular hallway.

Our Cardiac team also connected with the community at the Pomona Community Pull Up at Martin Luther King Park and hosted informational tables and Sidewalk CPR demonstrations at the PVHMC Farmers Market on February 9 and 23, alongside the Diabetes team on February 9. Associates showed their support on Wear Red Day, free blood pressure screenings were offered through Occupational Health Services all month, the Cafeteria featured heart healthy meals, and we wrapped up Heart Month with our Celebrity Scoop Night fundraiser at Bert and Rocky's.

Wear Red Day



PVHMC Farmers Market



Claremont Chapter LINKS Red Dress Event



Student Art Contest Winners and Judging!



Winners pose with their principal at Butterfield Ranch Elementary School in Chino Hills.



Associates in the Cath Lab walk the hall to choose their favorite submission from each grade.



Bert and Rocky's Celebrity Scoop Night with the Cardiac Team!



Community Workshop on Joint Health and Recovery

The Pomona Valley Hospital Medical Center's Hip and Knee Conditions Explained Simply (HOOS and KOOS) workshop at the Chino Senior Center focused on hip and knee health, highlighting key indicators for joint replacement surgery. To effectively engage the predominantly Spanish-speaking audience, the presentation was delivered in both Spanish and English. Paul Aureus, a master's student at Keck Graduate Institute, presented in English, while Ana Marrero, NP ONC, co-presented in Spanish to ensure clarity and accessibility for all attendees.

Participants completed their own HOOS and KOOS Jr. questionnaires, which encouraged meaningful discussion about pain levels, mobility limitations, and potential treatment options, including surgical intervention. The workshop fostered strong engagement and helped lay the groundwork for future patient care and ongoing community outreach.

Upcoming Workshops:

March 9, 2025

English and Spanish

12:00 - 1:00 pm

Washington Park Community Center

865 E Grand Ave, Pomona, CA 91766



**Goodbye Winter,
Hello Spring!**

The first day of Spring
is Friday, March 20.
Be sure to mark
your calendars!

hello
SPRING



1972 Building Reroof Project Notice

On Monday, January 26th, the Project Management Office will begin work to reroof the 1972 building (ED, ICU and TELE). The project is scheduled to be completed in 6-8 weeks, weather permitting.

There will be two construction staging locations, one in the STEMI parking area, and one in front of the ED canopy that will be blocked (see yellow dotted sections below).

The Ambulance Bay and MRI canopy walkway **will remain open** during this work, and the STEMI parking will be temporarily relocated (see below). No patient services will be affected during this time, including access to the temporary PET/CT Trailer.

Please contact Luis Lazak, Senior Project Manager at ext. 2690 or mobile number 714.308.4098 if you have any questions.



CALL FOR ABSTRACTS

Exhibition of Excellence

Professional Poster Presentation Day

Monday, May 4, 2026

7:30 - 10:30 AM

Pomona Valley Hospital Medical Center

1798 N. Garey Ave., Pomona, CA 91767

Pitzer Auditorium

Abstract Submittal Deadline:



March 13, 2026

Questions may be directed to:

Carrie DuPee, RN, Nursing Manager of Research and EBP Program.

Carrie.DuPee@pvhmc.org

Rosephil Facundo, RN, Professional Research Council Chair

Rosephil.Facundo@pvhmc.org



Expert care with a personal touch



View the instructions and application on the Intranet.

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2026 BLOOD DRIVE CALENDAR

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

January
7 am - 5 pm


April
7 am - 5 pm
17
For Associates and Their Family Members, Only

April
7 am - 5 pm
23 & 24
LA COUNTY FAIR PLAY YOUR WAY

June
7 am - 1 pm
19

August
7 am - 1 pm
14

October
7 am - 1 pm
16

December
7 am - 1 pm
11

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.

2026 Class Dates - Wednesdays

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

July 8

August 12

September 9

October 7

November 11

December 9

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.





32nd 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



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





Guardian Angel Recipients - Q1

Our Foundation's Guardian Angel Recognition Program gives grateful patients, their families, and friends the opportunity to support their Hospital while paying tribute to their special health care provider. Learn more at: pvhmc.org/GuardianAngel



Myrna "Mimi" Sarmiento, RN, BSN, CCRN, Nurse Manager, CVICU, recognized both Melissa Nagle, BSN, RN, CEN, Nurse Manager, Resource Center, and Maria Vera, Nurse Staff Coordinator.

Mimi expressed these words:

"Melissa Nagle is a very charismatic Manager, always ready to listen with a smile. I have worked with her for a long time and have always known her as hardworking, polite, and caring. A recent RN leave of absence presented a challenge for CVICU day-shift staffing, and Melissa assisted CVICU by facilitating the scheduling of a Resource RN to CVICU, doing so without hesitation. So thankful for my Guardian Angel."

"Maria Vera is a very hardworking Staffing Coordinator. I have worked with Maria for many years and recently had more interactions with her when 1 FT Nursing Assistant went on LOA for several months, which presented a daily challenge to the staff in the CVICU, as we already have 2 FT PCST openings. Maria worked diligently with me to schedule a Nursing Assistant from the Resource to meet our patient's needs.

So thankful for my Guardian Angel."

Lori Vanyo, MD, FACS, general surgeon and Medical Director of The Robeerrt and Beverly Lewis Family Cancer Care Center, and Sri Gorty, MD, radiation oncologist and medical director of radiation oncology, were both recognized by Deborah "Deb" Corey.



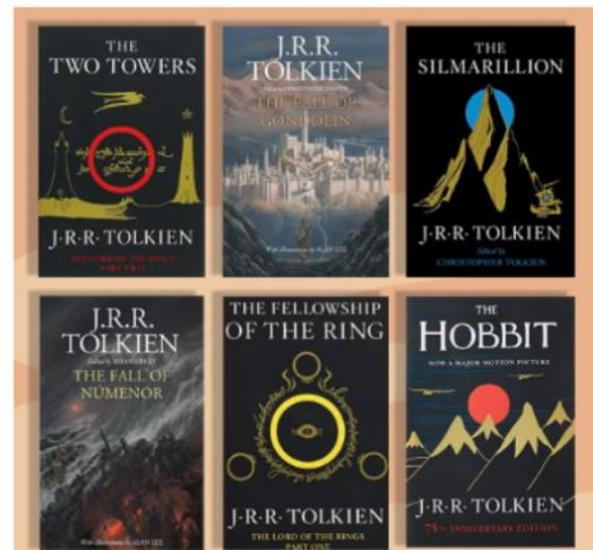
Ms. Glenda Fidler recognized Zaid Hamdallah, Volunteer Services Coordinator.



Tolkien Reading Day

Wednesday, March 25, is Tolkien Reading Day.

There's no better way to celebrate than settling into your own cozy hobbit-hole, tea in hand and journeying through Middle-earth.





Coming Up for March 2026...

- **Physical Health:** Spring Clean Your Wellness
- **Emotional Health:** Stressed Out? You're Not Alone
- **Social Health:** March 2026 FunExpress Deals

Access upcoming events/postings on the [Wellness for Life Intranet Page!](#)



Mid-career savers

Tips and tools for ages 35-49

Now's the time to make sure your plan for retirement is on track.

Being confident in your finances starts with a plan. Although you're busy, you have access to resources — including personal help, at no cost to you — to quickly set up good habits.

A few things to consider

- Know the difference between pretax and Roth contributions.
- Learn about investing and diversification to ensure your account is well-balanced.
- Save more in your Pomona Valley Hospital Medical Center Retirement Savings plan now in lieu of maintaining your current paycheck to help reach your goals. Log in to [LincolnFinancial.com/Retirement](#) to update your contributions.

Scan the QR codes for helpful tools



ROBERTO J. DURAN
 CFP®, CHFC®, CRPC®, CBEC®
 CA Insurance License #0CB7851
 949-341-4293
Roberto.Duran@OurProspera.com



Saving with
Roth contributions



Asset allocation



Four steps to
retirement readiness



Get help for your specific situation!

Simply scan the QR code to set up a meeting with one of our representatives.



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

**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



Diabetes 101 Class

Diabetes management is not a simple task. When you are informed about the best steps to take, you can manage it more successfully. Attending these **FREE** educational classes will help you gain a better understanding of living well with diabetes. These classes are for those with both Type 1 and Type 2 diabetes, and is hosted by a clinical diabetes specialist from Pomona Valley Hospital Medical Center's Diabetes Team.

Come and learn about:

- Diabetes in general
- What glucose levels mean
- How episodes of high and low sugar are treated
- How to check sugars
- Medications and their side effects
- Preventing complications
- Lifestyle modifications like diet and exercise and how they can (positively) affect your health

**Every 2nd Tuesday
of the month**

6:30 - 7:30 pm

Diabetes Nutrition Class

Come and learn about:

- **Healthy eating:** what are calories, essential nutrients, food groups, reading labels, and more
- Healthy eating with prediabetes
- Healthy eating with diabetes

**Every 3rd Tuesday
of the month**

6:30 - 7:30 pm

Space is limited, please RSVP. *Virtual education options available.

**Held in the 3rd floor OPP Room 1
Robert and Beverly Lewis Outpatient Pavilion
1798 N. Garey Ave., CA 91767**

For more information, or to RSVP, please call our
**Diabetes Education Program at
909.865.9501 ext. 4020 or 4819.**



PVHMC follows local public health COVID-19 guidelines.

Discover the Spiritual Care Center

By Elizabeth Grainger, Palliative Care Chaplain



Did you know that Pomona Valley Hospital Medical Center (PVHMC) has a room for Associates and their families to use for prayer? A space solely dedicated to spiritual uses such as meditation, quiet contemplation, prayer and reading of scripture? A room for those of all faith traditions (including those with no religious beliefs) to visit? We do—and it's called the Interfaith Spiritual and Prayer Center, otherwise known as the Chapel. Just recently, the Spiritual Center hosted approximately 250 visitors seeking Ashes and blessings for Ash Wednesday, while also welcoming Muslim Associates and family members using the space for daily prayer on the first day of Ramadan. On that same day, others came by just to enjoy a few moments of quiet. Yet many people seem unaware of this valuable resource and may be missing out on all it has to offer. Please take a few moments to read about this special place, and then come by for a visit!

One of the highlights of the Spiritual Center is our stained glass artwork, donated by the PVHMC Auxiliary in 2020. The image depicts sacred symbols from different world religions (Bahá'í, Christian, Buddhist, Hindu, Muslim, and Jewish) and the rising sun, a universal symbol of hope. We are very grateful to the Auxiliary for donating this image that represents our diverse community. Just as the stained glass demonstrates, no matter what our faith tradition, we are all connected.

What: the Interfaith Spiritual and Prayer Center, aka the Chapel

Where: Third Floor of Building E. Take Elevator E to the third floor, turn right, and proceed to the end of the hallway leading to Tele 3 Station 1. The Spiritual Center will be on your right.

Why: The Spiritual Center offers a quiet space for the spiritual and religious needs of our diverse PVHMC community. We offer free resources such as scripture and inspirational materials in English, Spanish, Mandarin, Korean and Arabic. The majority of resources are free for visitors to take with them; we only ask that the prayer rugs, donated to us by a local mosque, remain in the Center for community use. As this is a sacred space, we kindly ask that visitors refrain from eating, drinking or having phone conversations.

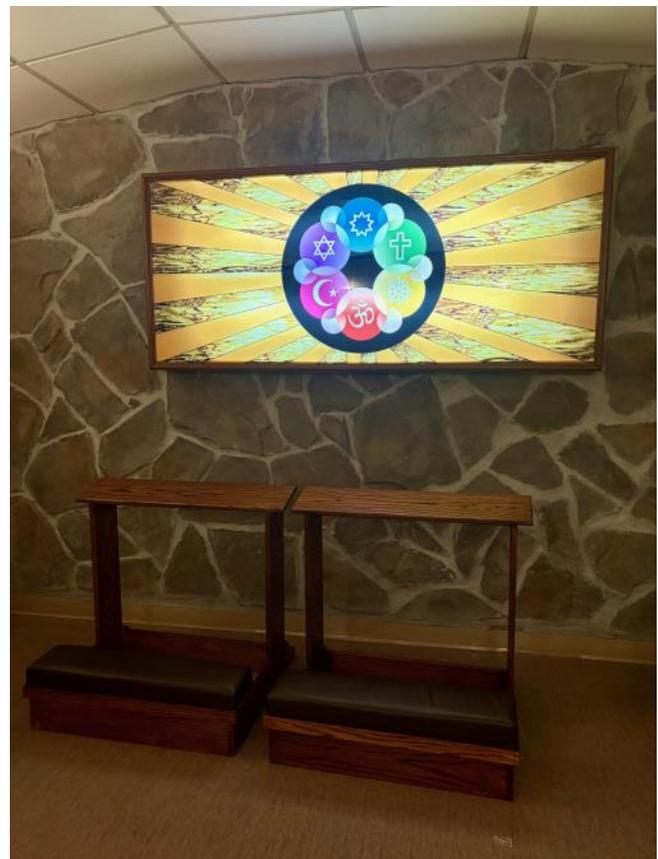
Whether you call it the Chapel, the Interfaith Spiritual Center, the Prayer Room, etc., please keep this special place in mind. So, next time you want to meditate for a few moments during your break, please visit the Spiritual Center. Next time a family asks you if PVHMC has a prayer room for Muslims' daily prayer needs, please let them know about the Spiritual Center. And next time you have a prayer request, please drop by—all are welcome to pray, and to submit a prayer request anonymously in the Prayer Box (inside the Spiritual Center).

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.

March, 2026 Holidays

- 2-3 Purim—Jewish
- 3 Lantern Festival/End of Chinese New Year
- 4 Holi ("Festival of Colors")—Hindu
- 15 Shri Ramakrishna Jayanti (Birthday of Sri Ramakrishna Paramahansa)—Hindu
- 17 St. Patrick's Day
- 18-20 Eid al-Fitr ("Festival of Breaking the Fast" – end of Ramadan) —Muslim
- 20 Spring Equinox—first day of Spring Nowruz (Persian New Year)
- 21 Naw-Rúz (New Year)—Bahá'í
- 24 Feast of St Óscar Romero--Catholic
- 25 Feast of the Annunciation—Catholic
- 26 Rama Navami (Birth of Lord Ram)—Hindu
- 29 Palm Sunday—Christian
- 29-Apr 5 Holy Week—Christian



NOTICE

ANNUAL TB SCREENING DUE

Departments listed are due for Annual TB Screening starting as early as March 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, March 31, 2026. If your Associate decides to receive their TB testing outside of PVHMC, PLEASE remind them that they will still need to attach the TB Questionnaire to their outside results.

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.

HIGH RISK DEPT'S = TST TESTING & QUESTIONNAIRE

6400 LDRP
7078 SWEET SUCCESS
7428 LDRP O.R.
8770 FAMILY EDUCATION & RESOURCE CTR
8670 VOLUNTEERS

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

8342 FNS CATERING
8330 FNS DINING SERVICES
8320/8340 FOOD & NUTRITION SERVICES

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.**

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PVHMC IN THE NEWS

Nikola Jokic's Knee Rehab: Medical Experts Explain 3-Time MVP's Comeback From Hyperextension with Dr. Jay Shah, Medical Director of Sports Medicine

February 2, 2026

<https://www.essentiallysports.com/nba-active-basketball-news-exclusive-nikola-jokic-s-knee-rehab-medical-experts-explain-three-time-mvp-s-comeback->

ESSENTIALLYSPORTS

Young Adults With IBD Face Step-Therapy Insurance Barriers with Dr. Aandrew Dam, DO, Gastroenterologist

February 10, 2026

<https://www.healthcentral.com/news/crohns-disease/young-adults-with-ibd-face-step-therapy-insurance-barriers>

HealthCentral

The Claremont Courier announces that our Cardiac physicians from Pomona Valley Hospital Medical Center will scoop ice cream

February 19, 2026

<https://claremont-courier.com/latest-news/event-calendar-february-20-28-2026-87151/>

Claremont Courier
A LOCAL NONPROFIT NEWSROOM

Dr. Ernesto Licon, MD, OBGYN, Maternal Fetal Medicine, discusses the importance of prenatal care with Estrella TV Los Angeles

February 19, 2026

<https://app.criticalmention.com/app/#/clip/public/50209574-a46f-44ff-b2ba-85d30630a993>



"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.



**Desiree Meza, BSN, RN -
ICU3**



**Maria Goins, BSN RN -
MedSurg 4**



**Wendy De Lima, RN -
ICU3**



**Alisha Valencia BSN RN -
5 Central**

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!



March 1st is
National Welsh
Corgi Day!



Each year, daylight saving time falls on the second Sunday of March. For 2026, that means the time change takes place on Sunday, March 8, at 2 a.m. At that time, clocks will "spring forward," which means people and pets will lose an hour of sleep. Sunrise and sunset will be about an hour later than the day before, and there will be more light in the evenings.



K-9 Veterans Day is celebrated on March 13.

On this day, K-9 breeders and handlers honor the service of their furry companions.

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

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