

Keeping You In Touch

May 2025

A Publication of the Pomona Valley Hospital Medical Center Marketing Department

PVHMC Earns an 'A' Hospital Safety Grade from The Leapfrog Group for the Fourth Consecutive Reporting Period



Pomona Valley Hospital Medical Center (PVHMC) has earned an "A" Hospital Safety Grade from The Leapfrog Group, an independent national nonprofit watchdog focused on patient safety, for four consecutive reporting periods. Leapfrog assigns an "A," "B," "C," "D" or "F" grade to general hospitals across the country based on over 30 measures of errors, accidents, injuries and infections as well as the systems hospitals have in place to prevent them.

"Demonstrated through our dedication to the highest standards in patient care, we're proud to earn national recognition for our commitment to patient safety from Leapfrog for four consecutive reporting periods," said Richard E. Yochum, FACHE, PVHMC President/CEO. "From every facet our operations, our health care team and administration work collaboratively to ensure that we provide an exceptional patient experience to every person who walks through our doors."

"Achieving an 'A' Hospital Safety Grade reflects enormous dedication to patient safety," said Leah Binder, president and CEO of The Leapfrog Group. "I extend my congratulations to Pomona Valley Hospital Medical Center, its leadership, clinicians, staff and volunteers for creating a culture where patients come first."

The Leapfrog Hospital Safety Grade stands as the only hospital ratings program focused solely on preventable medical errors, infections and injuries that kill more than 500 patients a day in the United States. This program is peer-reviewed, fully transparent and free to the public. Grades are updated twice annually, in the fall and spring.

To explore PVHMC's full grade details and to find valuable tips for staying safe in the hospital, visit HospitalSafetyGrade.org.



From Hospital Week to Nurses Week to our many health awareness months, May is a celebratory month for all. For those of us with children or who are in school ourselves, it's the signal of a break from the busy school schedules.

This year, although Hospital Week falls during the Week of May 11-17, we will be recognizing you all between May 19-23, with a fun week of activities and, back by popular request, In-N-Out burgers.

The "Camp PVHMC" theme is fitting for us here at PVHMC. Although our top priority is to provide high quality, safe health care for our patients and community, our values echo those found in the summer camp setting. We strive to always foster an environment of teamwork, professional development and skills-building, resilience, problem-solving and innovation, to name a few. I hope you all enjoy the meals and fun activities that have been planned for you during this week.

We have exciting news to share this month! Our Associate's dedication to our priority of creating a safe environment has earned PVHMC an "A" Hospital Safety Grade for Spring 2025 from The Leapfrog Group, an independent national nonprofit watchdog. The program is peer-reviewed and, fully transparent, and its results are easily available to the public. This is our fourth consecutive "A" safety grade. The achievement reflects our commitment to patient safety, and I am incredibly proud of all our Associates whose hard work made this possible.

Congratulations to our Pediatric Inpatient Care Unit for celebrating its one-year anniversary this past April. It was a great effort to bring this healing unit to fruition and I would like to thank all the doctors, nurses, staff, and volunteers who made this exceptional place for our most vulnerable patients and their parents to receive their care.

Thank you to all our Associates for your hard work and excellence that makes PVHMC one of the highest-ranking hospitals in the nation. Taking care of the health and wellness of our community is a great responsibility and our Associates do it while meeting the highest of standards, which is something to be truly proud of.

PVHMC Receives Healthgrades Patient Safety Excellence Award for 2025 for Second Consecutive Year



Pomona Valley Hospital Medical Center (PVHMC) has been awarded the Healthgrades Patient Safety Excellence Award™ for 2025. Healthgrades is a leading resource consumers use to find a hospital or doctor. PVHMC has received the award for two consecutive years and ranks among the top 5% in the nation for patient safety.

“It is an honor to be recognized nationally as a leading hospital for patient safety, and it is due to the shared values of our dedicated physicians and Associates,” said Richard E. Yochum, FACHE, President/CEO. “Earning this award is a testament to our commitment to nurturing a culture of safety that emphasizes the health and wellbeing of our patients and Associates.”

Healthgrades uses data from the MedPAR database and the Agency for Healthcare Research and Quality to measure the

rate at which serious, potentially preventable complications and adverse events occur. PVHMC’s rating was excellent.

Healthgrades evaluates hospitals solely on clinical outcomes, including risk-adjusted mortality and complications. By focusing on what matters most—patient outcomes—Healthgrades ratings provide critical feedback for both patients and hospitals. The 2025 hospital assessment evaluated patient mortality and complication rates for 35 common conditions and procedures at approximately 4,500 hospitals nationwide to identify the top performers.

Welcome Spring 2025 New Grad RNs

Say hello to our Spring 2025 New Grad RN Residency cohort!

This group of more than 30 new grads will partner with our expert nurse mentors for the next 12 months to gain the hands-on experience and knowledge needed to provide high quality, compassionate health care to our patients.



JOIN US!

Stroke Awareness Day

This free event offers stroke survivors, families, caregivers and our community a day of celebration, education, awareness and fun with our knowledgeable and dedicated stroke team.

Program Details:

10:30 AM – Adeel Popalzai, DO, Pomona Valley Hospital Medical Center (PVHMC) Medical Director, Stroke Program

Topic: Life's Essential 8

10:50 AM – Valerie Quam, OD, FAAO, Chief of Neuro-Optometric Rehabilitation, Associate Professor, Western University of Health Sciences

Topic: Vision Changes Related to Stroke

11:15 AM – Heart-Healthy Cooking Demonstration by PVHMC Executive Chef Rogelio Gaeta

Saturday, May 3, 2025
9:00 am to Noon

- Interactive Games and Apps!
- Blood Pressure Screenings
- Stroke Risk Assessments
- Signs and Symptoms of a Stroke and What to Do
- Showcase of the Newest Technology in Stroke Diagnostics
- Recreational Adaptive Equipment
- Support and Resources for Caregivers
- After-Stroke Care Programs
- Nutritional Information
- Light Refreshments

Pomona Valley Hospital Medical Center

Pitzer Auditorium, enter through Pitzer Patio near the North Visitor Parking Lot
1798 N. Garey Avenue, Pomona, CA 91767.

Please RSVP by emailing karen.tse-chang@pvhmc.org. Walk-ins are welcome.





Expert care with a personal touch

ANNUAL FIT TESTING & PAPR TRAINING

May 1 - May 31, 2025, for In-House Associates,
focusing on Direct Patient Care Associates.

Respiratory Care Practitioners (RCP) will be mobile and testing 24/7, except on holidays and as staffing permits. Powered air purifying respirator (PAPR) champions should be available in each patient care area. Please note that all direct patient care Associates will need to be FIT-tested. The BYD N95 masks are being phased out. Offsite Associates will be FIT-tested on a separate schedule.

To reach a FIT Tester in the main Hospital, please call ext. 6741125.
For all other inquiries, contact Ed Ornelas, Education Coordinator,
at ext. 3808, ext. 6741010 or at Ed.Ornelas@pvhmc.org.



POMONA VALLEY HOSPITAL MEDICAL CENTER

M A Y 2 0 2 5

Trauma Awareness Month Activities

National Trauma Awareness Month is an annual campaign dedicated to injury prevention and safety practices, supported by members of the Trauma Prevention Coalition (TPC). This year's theme is "Model Safety Every Day: For A Stronger Tomorrow," emphasizing how everyday safe choices help build a safer, healthier future for all.

PROVIDER & ASSOCIATE ACTIVITIES:

- | | |
|---------------------------|-----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| May | Trauma Continuing Education (CE) Raffle
During the entire month of May, earn FREE CE and enter yourself into a raffle to win a gift card or trauma swag. You can receive a raffle ticket for every hour of Trauma CE you complete. Learn how to log in by clicking here . Complete the module(s) with a passing score, and email your CE certificate to aspen.diioli@pvhmc.org by May 31, 2025. |
| May 7 | Trauma Registry Professionals Day
Join us in thanking our dedicated Trauma Registrars for the impressive work they do every day! |
| May 14
1 - 2 PM | Trauma CE (one Hour): Pitzer Auditorium
Do you care for Trauma patients? Speaker Gayle Sharp, MSN, RN, NPD-BC, CEN, TCRN, Educator, PVHMC will be discussing the topic "Secondary Trauma Stress in Trauma Nurses." Come join us for a free one-hour in-person CE. Register via Symplr Learning (myNetLearning). |
| May 14 | Injury & Violence Prevention Professionals Day
We would like to thank those involved in making our communities safer. |
| May 20 | Trauma Celebration and Games
We will be visiting the units with fun and games. Be prepared to answer a trauma specific questions and have some fun. |
| May 21 | Trauma Survivors Day Celebration: Pitzer Auditorium
More details to come. |

COMMUNITY OUTREACH:

- | | |
|-----------------------------------------|-------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| May 8 & 22
4:30 - 5:30 PM | PVHMC Trauma Survivors Peer Support Group
Looking for a safe, supportive space to heal after a physical trauma? Join our Trauma Survivors Peer Support Group to connect, share, and find strength with others who truly understand. Email Aspen.diioli@pvhmc.org for more information. |
| May 7
9 - 10 AM
5 - 6 PM | Stop the Bleed Training
Save a life by learning to Stop the Bleed. You will learn how to identify and stop life threatening bleeding by applying pressure, packing, and tourniquets. Register here . |
| May 10
10:30 AM - 2 PM | Pedestrian Safety & Gun Lock Giveaway at the LA County Fair
Come visit us at the LA County Fair. We will be talking about pedestrian and firearm safety, providing resources, and giving away free gun locks. |
| May 27
3 - 5 PM | Pomona Community Action for Peace (CAP)
The Pomona Community Action for Peace is a coalition in Pomona dedicated to advancing violence prevention and fostering community healing through collective action. PVHMC started a hospital-based violence intervention program (HVIP) in 2022. As a leader in the community, we were asked to be inaugural members of the CAP.
Location: Montvue Elementary School – 1440 San Bernardino Ave. Room 22/23, Pomona, CA 91767 |

World Hand Hygiene Day – May 5, 2025

SAVE LIVES: Clean Your Hands



How to Handrub?

RUB HANDS FOR HAND HYGIENE! WASH HANDS WHEN VISIBLY SOILED

Duration of the entire procedure: 20-30 seconds



Apply a palmful of the product in a cupped hand, covering all surfaces;



Rub hands palm to palm;



Right palm over left dorsum with interlaced fingers and vice versa;



Palm to palm with fingers interlaced;



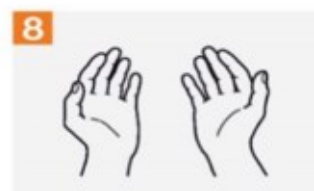
Backs of fingers to opposing palms with fingers interlocked;



Rotational rubbing of left thumb clasped in right palm and vice versa;



Rotational rubbing, backwards and forwards with clasped fingers of right hand in left palm and vice versa;



Once dry, your hands are safe.



World Health Organization

Patient Safety
A World Alliance for Safer Health Care

SAVE LIVES
Clean Your Hands

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Pomona Valley Hospital Medical Center's Trauma Center

PRESENTS:

Secondary Trauma Stress in Nurses

Register Via Symplr Learning
(myNetLearning)

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

Wednesday, May 14, 2025
1:00 – 2:00 PM

PRESENTER:

Gayle Sharp, MSN, RN,
NPD-BC, CEN, TCRN
Educator, PVHMC



All Associates are welcome to join.

► In-Person Lecture

Pitzer Auditorium, Pomona Valley
Hospital Medical Center

Lecture Topics:

- Explain how all inpatient nurses have the potential to care for trauma patients.
- Discuss the impact, over time, of nurses caring for trauma patients.
- Examine the coping mechanisms used by nurses caring for trauma patients

For more information, contact Aspen Di Ioli, BSN,PHN,TCRN,CEN
Injury Prevention Coordinator, at ext. 4435, or aspen.diioli@pvhmc.org.



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www.pvhmc.org

Hospital Week 2025

WELCOME CAMPERS!

Monday
MAY 19

Scavenger Hunt

Channel your inner explorer and look for hidden camp clues for prizes! Be sure to keep your clue for details about how to redeem your prize.



Tuesday
MAY 20



11:00 am - 1:00 pm

11:00 pm - 1:00 am

Camp PVHMC

Step into the camp spirit at Pitzer Auditorium where you can craft friendship bracelets, paper lanterns and keychains, or challenge friends to a game of cornhole. Don't forget to capture the fun at our photobooth!

Indulge in your choice of two desserts, either a gummy worm dirt cup or a campfire cookie, and complement your sweet treat with some chips and a drink. Afterwards, make your way to the front of the Robert & Beverly Outpatient Pavilion for a freshly grilled burger or a tasty grilled cheese.

Associates are invited to pick up and enjoy their meal at Pitzer Patio.

Department pick-up options will be available.

In-N-Out meals will be provided to all of the offsites.

Thursday
MAY 22

11:00 am - 1:00 pm

10:00 pm - 12:00 am

Ice Cream Float Party

Float over to the Cafeteria for an ice cream float party! We will have a variety of sodas and vanilla ice cream so you can make your ultimate ice cream float!



POMONA VALLEY HOSPITAL

MEDICAL CENTER

Expert care with a personal touch



Happy Oncology Nurses Month!

May 2025



Our Oncology Nurses are a source of strength for our patients and their loved ones. Their expertise and compassion provide hope and comfort for those facing the unimaginable. That's why we celebrate you, our Oncology Nurses, this May and every month after.



Expert care with a personal touch

Welcome New Physicians!

On April 30th, Pomona Valley Hospital Medical Center was proud to host its first Physician Welcome Reception since the pandemic. Though we have many new Physicians joining the Medical Staff, we were able to have three join this in person luncheon and networking event with members of the Medical Staff and Administration. Drs. Vu and Kublan are also graduates of our Family Medicine Residency Program - it is an honor to have them back in our community to practice medicine!

Please join us in welcoming (left to right):

Kim Vu, DO, Geriatric and Family Medicine; Abdul Kublan, MD, OB/GYN;
and Arwa Zakaria, DO, Gastroenterologist.



Associates Enjoy Learning All About the Lab at Laboratory Professionals Week Open House Event

In recognition of Medical Laboratory Professionals Week, April 21-25, the Lab hosted a special internal open house to highlight the many specialties and critical work of its team.

Our 24/7 Lab Department includes Microbiology, Central Processing, Hematology, Chemistry, Phlebotomy, Histology, Pathology, a Blood Bank, Point of Care testing and outpatient laboratory testing in the Robert & Beverly Lewis Outpatient Pavilion.

We also wanted to show off our newest addition, the Roche Diagnostics cobas® 8100 automated workflow series, a Chemistry system that helps us to perform and analyze important tests for our patients efficiently and with greater accuracy.



Talk it Up! May is National Speech-Language-Hearing Month!

Communication disorders are among the most common conditions in children and adults, affecting tens of millions of people in the United States alone. Left untreated, these disorders can negatively impact a person's social, academic, and career success—as well as their overall quality of life. With early treatment by a speech-language pathologist (SLP), many communication disorders can be reversed or even prevented. Fortunately, treatment at any age or any stage can make a positive impact.

Speech and language problems can present in adulthood due to numerous reasons. These include brain injury, stroke, and diseases affecting the brain such as Alzheimer's, multiple sclerosis, and Parkinson's. They can also result from breathing problems, cancers in the head or neck, and voice damage. SLPs can help people understand questions, directions, conversations and stories, express thoughts and ideas, as well as read and write. SLPs may help patients identify alternative modes of spoken and written communication and train them to use these effectively. Occasionally, conditions such as those listed above may negatively impact a person's ability to safely swallow and possibly choke when eating or drinking. SLPs perform advanced swallowing studies to help identify this risk and make recommendations for a safe consistency in their diet.

At PVHMC, our Speech-Language Pathologists provide treatment for:

**Swallowing Dysfunction • Cognitive Retraining • Speech-Language Delay/Disorders
Augmentative Communication • Voice Disorders • Pediatric Dysphagia
Video Fluoroscopy Swallow Study-Radiology
Long COVID Symptoms Related to Cognition, Swallowing, Communication**

Pediatric outpatient speech and language therapy is offered at our Milestones Centers for Child Development in Claremont. Adult outpatient speech and language therapy and pediatric dysphagia treatment are provided in the Rehabilitation Services Department. In addition to outpatient services, our Speech-Language Pathologists also treat neonates, premature infants, children, and adults on the inpatient floors at PVHMC.

THANK YOU to our Speech-Language Pathology Team for the excellent care you provide!

John Huang, CCC-SLP
Chermaine Mariano, CCC-SLP
Binay Chaudhary, CCC-SLP
Claudia Parra, SLPA

Yvette Torres-Saucedo, CCC-SLP
Samantha Rocha, CCC-SLP
Michelle Wagman, CCC-SLP
Victoria Vasquez, SLPA

Urvashi Lau, CCC-SLP
Lily Bakhit, CCC-SLP
Caren Sun, CCC-SLP
Sandra Sanchez, SLPA



Golden Leaf Awards

By Cheryl Berezny, Member, Patient and Family Advisory Council

The Patient and Family Advisory Council (PFAC) has recently had the pleasure of awarding four Hospital Associates the Golden Leaf Award at a ceremony held on March 11. All candidates were nominated by their supervisors for outstanding compassion and care given to patients and families. After careful consideration of these candidates by the PFAC members, four Associates earned the Golden Leaf Award for this quarter.

Albert Schweitzer once wrote, "The purpose of human life is to serve and show compassion and the will to help others." Our four awardees exemplified this beautifully.



Mindy A. Thomas, MSN, BSN, FNP-C, ACNP-BC, RNFA, TCRN, NP Surgery, commended CNA Alondra Robles for her exceptional care for a long-term trauma patient. Alondra showed "compassion, patience, and attention to his personal care, and a dedication which truly reflects the values we strive for on our team." The patient was made physically and emotionally more comfortable. As Alondra knows, both are critical to trauma recovery. Congratulations, Alondra, and many thanks to Mindy Thomas for taking her time to recognize Alondra's contribution to our patients.



John Mena is our next awardee. His nomination came from Sara Rubio and James Willis, Supervisors. John spent almost two hours reteaching a patient the proper technique in breathing for a pulmonary function test. At times, the patient's high anxiety was evident, but John exhibited no frustration, only patience and continued in his task. The patient's spouse immediately talked to management about John's approach and patience. This is patient care coupled with customer service at its highest level, "makes him an asset to PVHMC." Way to go, John! Thanks, too, to Sara Rubio and James Willis for their nomination.

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The next two awardees were both nominated by Lisa Cocores, MSN RN CMSRN, Nurse Manager MedSurg. One awardee is Liezel Estrella, Medsurg 4. Liezel "pays attention to her patient's individual needs," and works hard to restore a sense of dignity and purpose to patients, often those requiring more care such as bathing or shaving. Liezel understands this important all-over comfort influences patient healing. Even her peers have stated that Liezel doesn't need to be asked to do anything because she has already thought of it and done it herself. She is a much appreciated addition to Medsurg 4. We are very happy for you, Liezel. Thanks, Lisa, for the nomination.



Adrieanna Rico, Medsurg 5, is the other awardee nominated by Lisa Cocores. Adrieanna "advocates every single day" for a long-term patient. She watches out for the patient, providing the consistency needed as nursing staff rotates. She sees to it that other staff members engage with this patient as well. If staff has questions on how to interact, Adrieanna can assist. It is this "willingness to advocate that influences patient outcomes." How proud we are of you, Adrieanna, for the work you do. Again, good choice, Lisa.



Thank you, one and all, for your compassion that leads to the outstanding patient care you exhibit each and every day. PVHMC stands out as a highly recognized Hospital due to Associates like you.

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Finding Strength in a Battle Against Breast Cancer



In October 2023, Christina Mester, a 43-year-old florist and resident of Riverside, was winding down from the day and getting ready for bed when she found a lump the size of a grape under her right breast.

Christina had planned to schedule her first mammogram when she turned 40, but the disruptions caused by the COVID-19 pandemic led her to delay it. Additionally, her family history of breast cancer heightened her concern; her grandmother battled cervical cancer in her 30s and was later diagnosed with breast cancer at 57.

According to the American Cancer Society, women should start receiving their annual mammogram at age 40. Most often when breast cancer is detected it is because of symptoms (such as a lump in the breast), a woman discovers the symptom during usual activities such as bathing or dressing. Women should be familiar with how their breasts normally look and feel and should see their physician if they notice a change.

Understanding the seriousness of her discovery, Christina immediately contacted her primary care physician and was scheduled for a check-up the following morning. She then received orders for a diagnostic mammogram, ultrasound and biopsy. The results from these tests confirmed her fears: she was diagnosed with triple-positive invasive ductal carcinoma, a form of breast cancer that starts in the milk ducts and spreads to nearby tissue. The tests also revealed that three additional lymph nodes were affected. Shortly after her diagnosis, and while awaiting treatment, Christina discovered a second lump in her right breast.

Following her diagnosis, Christina was referred to Pomona Valley Hospital Medical Center (PVHMC) surgeon Lori Vanyo, MD, at the Breast Health Center at The Robert and Beverly Lewis Family Cancer Care Center for further evaluation and to discuss treatment options.

Christina's treatment would include six rounds of targeted chemotherapy before a lumpectomy surgery with multiple lymph nodes to be removed.

Christina expressed her fears and reluctance about starting her treatment, saying, "I was terrified of even going to the Cancer Care Center. I would get heart palpitations just walking through the door." Her fears continued until she met her care team. Christina leaned on her medical oncologist, Preeti Chaudhary, MD, and breast nurse navigator, Livia Vargas, BSN, RN, for education, emotional support and strength.

"Livia and Dr. Chaudhary would encourage me to just come in and talk to them whenever I needed. We would just sit and talk about my fears and concerns. This really helped to ease my fears enough to come in," said Christina.

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Armed with her village, Christina started her chemotherapy in January 2024 at the Cancer Care Center.

The chemotherapy proved extremely challenging for Christina. After her fourth round, Christina had to go to the Emergency Department at PVHMC due to dangerously low levels of hemoglobin and potassium and needed to get an infusion for both. Low potassium and hemoglobin are common side effects of chemotherapy; while treatable, they are serious and should be treated immediately.

After this situation, Christina wanted to quit chemotherapy, but Dr. Chaudhary encouraged her to try just one more time. With love and help from her trusted team, Christina found the strength to continue with one more round of chemotherapy, completing five of her six planned treatments.

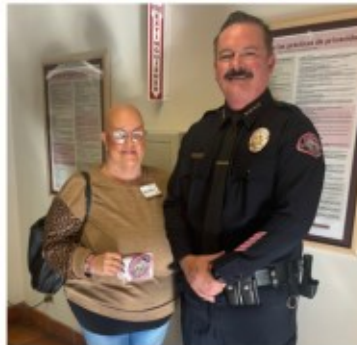
"What I admire most about Christina is her willingness to be vulnerable with her care team by asking for help and support when she needed it most," says Livia. "I've thanked her many times for trusting in us, herself and her journey."

After completing her chemotherapy and targeted therapy in April 2024, Christina underwent successful lumpectomy surgery with Dr. Vanyo the following month, achieving a complete response with no cancer cells found at the tumor sites or lymph nodes. This was followed by radiation and continued targeted therapy until January 2025. Soon, Christina was declared cancer-free, ringing the victory bell at The Robert and Beverly Lewis Family Cancer Care Center on January 16, 2025, to celebrate her triumph over cancer.

"In my mental state, it took a village to see me through my treatment," she added, "I needed all of them and I am so thankful to God for putting this place in my path."

Now, Christina is redefining her life and is determined to share her journey with women who might not have a strong support network. She emphasizes the importance of knowing your family history, not waiting to get screened and being your own advocate for your health.

"No matter what happens in life, times aren't always as dark as they seem," reflects Christina.



Providing Excellent Care in All Stages of Life - Tashaunti's Story

On March 4, Tashaunti welcomed her baby boy Ksyn into the world here at PVHMC - the same hospital where she herself was born.

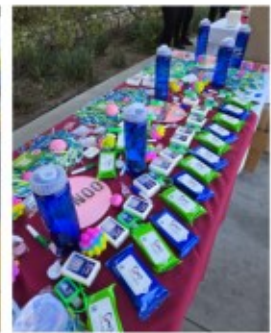
But that's not all—her delivering doctor, Tiffany Endo, DO, along with her husband, Craig Endo, MD, have been a part of her health care journey since she was just two months old.

From caring for her as a baby to delivering her own child, this is a heartwarming reminder of the lifelong relationships our patients and physicians have built based on trust, compassion and communication, as well as our commitment to providing excellent care at every stage of life.

Also pictured - four generations of this beautiful family!



PVHMC Hosts Flag-Raising Ceremony in Recognition of Donate Life Month



On April 7th, Associates gathered in front of the Main Lobby for a flag-raising ceremony with One Legacy to honor our community's selfless organ donors and the gift of life they've given to others.

In a powerful and heartwarming moment, Associates were joined by OneLegacy Ambassador Kat, mother of Christopher, who passed away in 2017 at the age of 11. Christopher became an organ donor, and his legacy continues to live on through his gift. Kat's presence serves as a beacon of hope and a testament to the profound impact of organ donation.

The donor council team was also present - this team plays a pivotal role in the organ donation process, honoring the many lives saved at PVHMC. OneLegacy had the opportunity to visit various units within PVHMC to celebrate Donate Life Month with our healthcare heroes!

PVHMC stands united in raising awareness about the vital importance of organ, eye, and tissue donation.

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Nutrition Myth Busters

Written By Vanessa Tan, MPH, RD

Deciding on what to eat and when to eat can be overwhelming, especially if these decisions are made on a daily basis. We are constantly flooded with nutrition information from social media, family, friends, and influencers. Some of this information may be misleading, and can lead to poor decision-making. Let us debunk some common nutrition myths, along with providing facts and tips to help with your overall health.

MYTH #1: If I eat carbs, I will have Diabetes

Fact: Carbohydrates itself does not give you Diabetes. The amount and kind of carbohydrates consumed, combined with poor lifestyle habits over a long period will lead to having Diabetes.

Tip: Aim to consume complex carbohydrates –multigrain breads/pasta, oatmeal, quinoa, lentils. These complex carbs provide sustained energy, promote satiety, and help regulate blood sugar levels. Incorporating physical activity into daily lifestyle for at least 30 minutes a day will also help regulate blood sugar levels, and release endorphins, which can help with stress and anxiety.

MYTH #2: Consuming a large dinner will make me gain weight

Fact: The timing of the meal does not affect weight gain. It is more important to focus on the total calorie intake for the day if the goal is to lose weight. Eating too much throughout the day will lead to excessive calorie intake, which in turn, leads to weight gain.

Tip: Focus on incorporating protein, fiber, and healthy fats into each meal. These food groups help with making you feel full and satiated. Incorporating physical activity daily can also contribute to your weight loss goals.

MYTH #3: I need to give up all my favorite foods to be healthy

Fact: You DO NOT have to give up all your favorite foods to be healthy. Consuming a small amount of your favorite high calorie foods occasionally can help with curbing overconsumption.

Tip: Aim to eat in moderation. Eat foods from all the different food groups (grains, fruits, protein, vegetables, dairy). Eating a variety of foods ensures adequate consumption of vitamins and minerals to build a good immune system and a healthy gut.

Myth #4: Sugar is bad

Fact: NOT ALL sugar is bad. Sugar is an essential energy source for the body. There are different kinds of sugars –Natural Sugars vs Refined/Added Sugars, and both affect the body differently. Natural sugars found in fruits and vegetables have other added benefits such as fiber, vitamins, minerals that are immune boosting and promotes gut health. Refined/Added Sugars are found in food items such as sodas, candy, pastries, energy drinks, breakfast cereals, and ketchup. These foods tend to be highly processed and can lead to excessive weight gain, high blood sugar levels, and poor heart health.

Tip: Include fresh fruits and vegetables in every meal. Use the MyPlate method where half the plate should comprise of fruits and vegetables. Limit highly processed foods (hot dogs, instant noodles/soups, cookies, bacon) and sugary drinks (sweetened ice teas, sodas, lemonade, milk teas).

References:

1. National Institute of Diabetes and Digestive and Kidney Diseases.

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Wellspring of Inspiration

By Margarita Guillermo, RN, CVICU

You are about to read a truly remarkable experience from our recent work at Pomona Valley Hospital Medical Center (PVHMC), one that profoundly illustrates the transformative power of compassionate nursing care. It began with the emergency admission of Chris, a patient who suffered a cardiac arrest at home. His quick-thinking daughter, Emi, a student who had just applied to an RN program, performed lifesaving CPR before the paramedics arrived, a testament to the ripple effect of nursing education and the dedication of future nurses. This immediate action, coupled with our team's swift and coordinated response, was crucial to Chris's survival.



His subsequent treatment involved Targeted Temperature Management, a complex procedure that, while highly effective, presented significant challenges. Managing his severe shivering, high fever, and the subsequent need for careful sedation and, at times, physical restraints, required exceptional skill, patience, and teamwork. We meticulously monitored his progress, adjusting his care constantly to ensure both his safety and comfort. The eventual extubation and his transfer to the telemetry unit marked a pivotal moment in his recovery journey; a clear victory hard-won through collaborative effort and unwavering dedication.

The impact of this case extends far beyond the clinical charts and medical records. Recently, we received an overwhelmingly touching message from Chris's wife, Brigitte, expressing their profound gratitude for the compassion and dedication shown by the entire CVICU team. This heartfelt message was followed by a visit from Chris and Brigitte, who brought delightful treats for everyone and conveyed their sincere appreciation in person. Their visit served as a powerful reminder of the deep human connection at the heart of our profession.

Witnessing Chris's remarkable recovery and sharing in the overwhelming gratitude of his family profoundly impacted each member of our team. It powerfully reinforced the vital role we play not only in saving lives but also in offering comfort, hope, and support to patients and their loved ones during their most vulnerable moments. The challenges we face – the long hours, the emotional toll, the complex medical cases – are undeniably significant, but the knowledge that our efforts contribute to positive outcomes, and the heartfelt appreciation we receive in return, is a constant source of inspiration and fuels our passion.

The photograph chronicles Chris's journey from the immediate aftermath of his cardiac arrest to his eventual discharge from our Hospital, serving as a tangible reminder of the remarkable transformative power of dedicated, compassionate nursing care. I hope these images, and this story, will inspire each of you, just as it inspired me, to take pride in our profession and to continue to strive for excellence in all that we do. As Maya Angelou so eloquently stated, "People will forget what you said, people will forget what you did, but people will never forget how you made them feel."

The dedication and compassion you show, day in and day out, are truly inspiring. Whether you're in medical-surgical, telemetry, the ICU, the ER, or any other unit, your contributions are vital to the life-saving work we do.

We each navigate different challenges and responsibilities, specializing in unique areas of patient care. Yet, the common thread that binds us is our unwavering commitment to providing exceptional care to our patients and their loved ones. The skill, empathy, and tireless effort each of you brings are not only essential but also profoundly impactful on the lives we touch. We are a team, and every role is critical to our success.

The demanding nature of our profession can often take its toll. It's crucial that alongside our dedication to patient care, we prioritize our own well-being. Self-care isn't selfish; it's a necessity. We must actively protect our physical and mental health to ensure we can continue providing the high-quality care our patients deserve. Remember to take breaks, utilize resources available to you, and seek support when needed. Your health and happiness are paramount.



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.

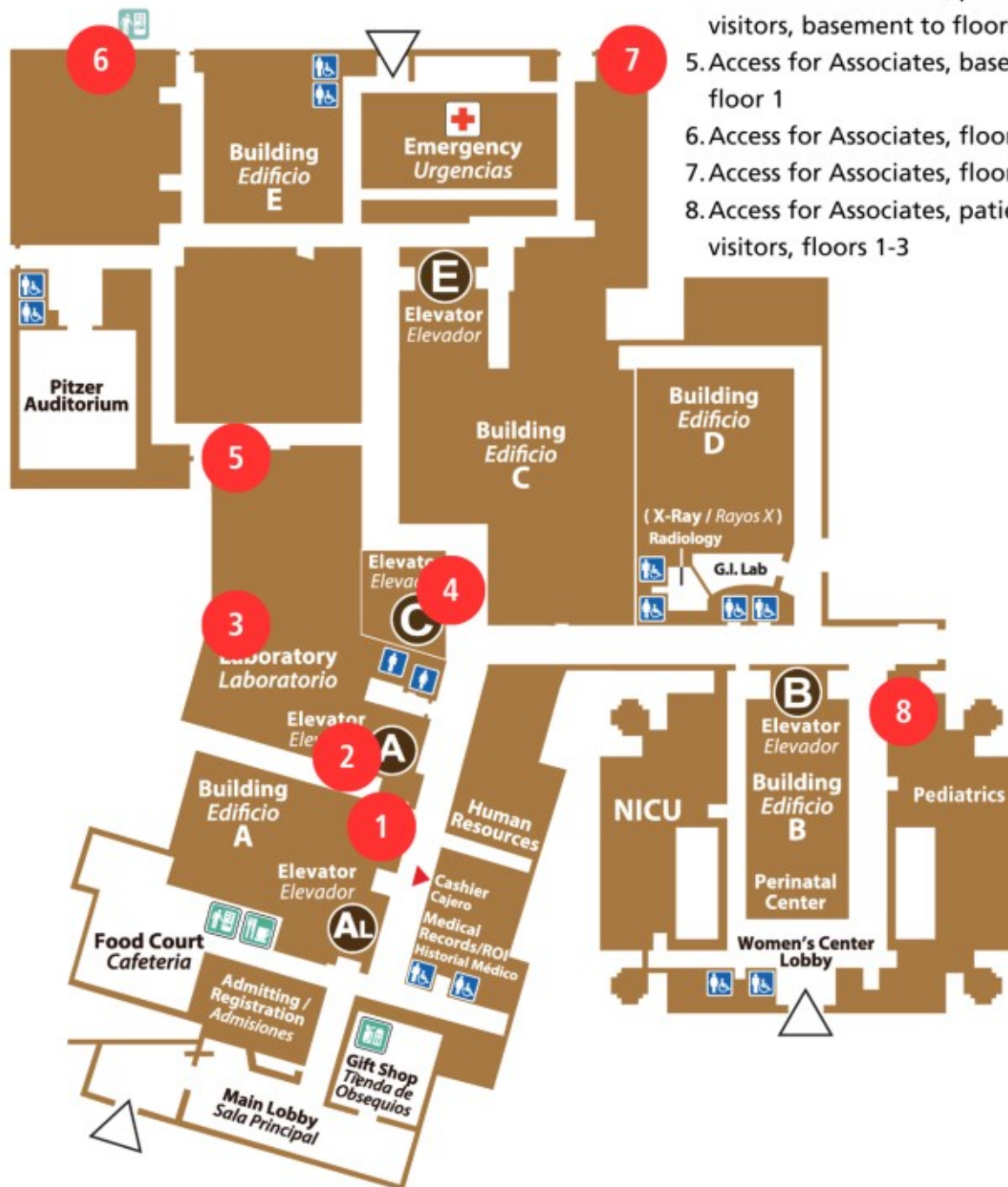
Thank you for your continued support as we transform and further enhance our Hospital to meet the needs of our community now and into the future.

.....

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



Best Practice Healthcare Security Department Training Continues

The Security Department continues to operate at a best practice level, topping industry healthcare security standards as noted by International Association for Healthcare Security & Safety (IAHSS), Security Assessors and the Joint Commission. Security members continue to train so that they are well-prepared for their roles. Members of the security department participate in ongoing training as well as in an extensive field training program with real-life practical's and scenario based training.

April's big training consisted of de-escalation and use of force Peacekeeper baton training, another tool and option to help keep Officers, Associates and members of the community safe from harm. The class was led by our in-house Peacekeeper Baton Instructors, Sergeant (Supervisor) Matt Watford and Sergeant (Supervisor) Matt Tuthill. We are happy to keep doing what we can to protect our Hospital and Associates.



PVHMC Security Director Selected to Represent Healthcare Security Campus Safety Panel in Alabama



PVHMC Security Director Michelle Walsh-Fernandez was one of six panelists chosen from across the country to speak on a Security Panel at the 2025 Howard Technology Conference and Expo in Point Clear, Alabama. The conference included discussions about cutting edge security initiatives in both schools and healthcare.

Other panelists included a member from the FBI, School Board, School Police as well as the President of the

International Association for Healthcare Security & Safety (IAHSS).

Director Walsh-Fernandez spoke about all of PVHMC's best practices including our workplace violence prevention program, K9 Program, camera and security systems and Michelle also led two breakout 'Train the Trainer Active Shooter Survival' Sessions.

PVHMC continues to be on the forefront of innovation as a leading hospital to emulate for in safety initiatives across the nation.

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Surewash Kiosks for Hand Hygiene Education



YOU SURE DID IT - CONGRATULATIONS ICU2!

Just in time for World Hand Hygiene Day on Monday, May 5!

All ICU2 Associates have successfully completed the Surewash Hand Hygiene Simulation Competency – Level 1.

We celebrate you and your commitment to Patient Safety!



PVHMC Announcements Reminder: Transition to Weekly News Format

By the Marketing & Public Relations Department

In April 2025, we began trialing a once-weekly news email, to be sent out on the first non-holiday weekday of each week. The goal of this format is to reduce the overall number of emails sent from PVHMC Announcements, which we hope will reduce email fatigue and build a predictable routine when Associates are seeking information.

Urgent and important communications will continue to be sent out as separate PVHMC Announcements to ensure timeliness and viewability.

We'd like to get your feedback, so send an email to info@pvhmc.org and let us know what you think!

Please be sure to submit any PVHMC Announcements for review at least 1-2 full weeks prior.



Celebrating Patient Access Week!

March 31 - April 4, 2025

The Patient Access Center (PAC) celebrated Patient Access Week March 31 - April 4, 2025 with a special week that included accolades and wonderful treats for our hard working Patient Access Specialists!

Our fun filled week included:

Theme dress days, including a photo booth

- Monday – Neon Day!
- Tuesday – 1960's Day!
- Wednesday – Twin or Opposite Day!
- Thursday – Disney or Cartoon Day!
- Friday – Pajama Day!

Daily puzzles!

Breakfast on Monday and Lunch on Thursday!

Donated gifts, treats and gift cards were given out and/or raffled off!

The PAC Leadership Team thanks the PAC associates for their continued hard work and dedication to making positive experiences for our patients!



Back row: Jazmin Aranda, Yvette Rodriguez, Ana Garcia, Maricela Andrews, Jackie Acosta, Mary Suvanto, Heather Harvel and Letty Loya!

Left middle: Lupe Aguirre and Jessica Meza Rodriguez!

Right middle: Krystal Gonzales and Maria De Santiago!

Middle row kneeling: Susan Tenorio, Patty Gonzalez, Carmen Gonzalez, Irene Ayala and Jenny Ugarte!

Front: Shanelle Cooper!

Denise Hernandez, Carolyn Reed, Heather Harvel, Lupe Aguirre and Krystal Gonzales



Patty Gonzalez and Susan Tenorio!



Alma Jimenez and Denise Hernandez



Maricela Andrews, Jackie Acosta, Carmen Gonzalez, Maria De Santiago and Jenny Ugarte!



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.



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.



PTO Cash-Out Election for November 7, 2025

The link to cash out PTO in November will be available on Launchpad from May 1 - May 31, 2025.



Requirements:

If you are a Full-Time Associate, you can cash out a maximum of 40 PTO hours (must have more than 80 hours left in your PTO bank).

If you are a Regular Part-Time Associate, you can cash out a maximum of 20 PTO hours (must have more than 40 hours left in your PTO bank).

If you are getting close to your PTO maximum – cash-out some PTO!

Maximum PTO Accruals

Years of Service	0-4 years	5-9 years	10+ years
Full-time	416 hours	496 hours	576 hours
Regular Part-time	208 hours	248 hours	288 hours



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!*

May Flowers

By Elizabeth Grainger, Palliative Care Chaplain



Throughout the month of May, many Catholics around the world offer special devotion to the Blessed Virgin Mary, mother of Jesus. Catholics have celebrated Mary in May for hundreds of years. The tradition offers a way to connect spiritually with Mary throughout the month. Individuals may choose to dedicate prayers, offer recitations of the Rosary, build a special home altar, and participate in masses. Some parishes host a procession, crowning a statue or image of the Virgin Mary with flowers. This is referred to as a "May Crowning." In the United States, a May Crowning traditionally takes place on **Mother's Day (May 11)**, in honor of the mothers in the congregation. In the Philippines, Mary is celebrated with the Flores de Mayo ("Flowers of May"). Colorful flowers decorate local churches in celebration of the bounty of spring, with special attention paid to Mary's altar. Some communities celebrate with formal processions of Mary's image, singing and dancing along the route to welcome the rains that will water the new crops. Mary is also celebrated on the **Feast of Our Lady of Fatima (May 13)**. This sacred day in the Catholic tradition commemorates the first of six times Mary appeared to three young shepherd children in Fatima, Portugal. During these apparitions, Mary asked the children to pray the Rosary for peace.

Rabbi Shimon bar Yochai lived in the land of Israel in the second century, when the area was under Roman rule. He is remembered today as the first known teacher of the Kabbalah, a mystical interpretation of Jewish scripture. On the day of his death, Rabbi Shimon instructed his disciples to mark the date as "the day of my joy." According to tradition, a righteous person's deeds, teachings, and positive impact on others reach their highest point on a specific day—and it is on that day that the righteous person departs from this life. Many Jews celebrate the life and death of Rabbi Shimon every year on **Lag B'Omer (May 15)**. In later centuries, the day was known as "Scholar's Day," when students were freed from classes to enjoy outdoor activities. One of the best-known practices of the holiday is the lighting of bonfires, symbolizing the spiritual light of Rabbi Shimon. A large celebration is held annually at the Tomb of Rabbi Shimon and his son in

Meron (in northern Israel), where hundreds of thousands celebrate with bonfires, singing, dancing, and enjoying picnics.

The Martyrdom of Guru Arjan Dev Sahib (May 30) is remembered by Sikhs in gratitude for Guru Arjun's contribution to their faith. Guru Arjan compiled all of the past Gurus' writings into the Sikh Holy Scripture, known as the Guru Granth Sahib. Guru Arjan was the fifth guru in the Sikh faith, and the first to be martyred for his beliefs. Guru Arjan established the world-famous Golden Temple in Punjab, India; millions of people from all faiths visit every year. According to Sikh tradition, a gurdwara (temple) provides not only spiritual support for Sikhs, but daily meals for anyone who wishes to partake. Like the Golden Temple, our own local gurdwara in Walnut offers free vegetarian meals daily, prepared by volunteers. For more information about this tradition, please visit: <https://www.gurdwarawalnut.org/>. All are welcome.

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.

May 2025 Holidays

- 1 Beltane—Celtic
- 11 Mother's Day—Interfaith/U.S.
- 12 Vesak (Buddha Day)—Buddhist
- 13 Feast of Our Lady of Fatima—Catholic
- 15 Trinity Sunday—Christian
- Lag B'Omer—Judaism
- 22 Declaration of the Bab—Bahá'í
- 26 Memorial Day
- 27 Ascension of Baha'u'llah—Bahá'í
- 29 Ascension of the Lord/Feast of the Ascension—Christian
- 30 Martyrdom of Guru Arjan Dev Sahib—Sikh

PVHMC IN THE COMMUNITY!



Milestones Centers for Child Development Participate in the San Gabriel Pomona Regional Center's Annual Sirens of Silence
April 12



Children's Services hung out with families and the Easter bunny at the City of Pomona's Easter event!
April 12



Security Provides Training to Ontario Police Department Explorers



The Women's Center provided maternity information at the monthly Pomona Community Pull Up
April 1



The Education Department joined a College and Career Day at Rancho Cucamonga Middle School
April 12



The Women's Center offered information on our Memorial Wall and annual Walk to Remember at a Mother's Grief Event
April 25

Pomona Catholic School Every 15 Minutes Program April 3

Our Trauma and Emergency Department Associates assisted in the simulation of the accident aftermath and provided a tour of the Trauma Bay and morgue. Danielle Dabbs, DO, trauma and critical care surgeon in our Trauma Center, presented to the students at their retreat on types of injuries we see in our Trauma Center.





Guardian Angel Recipients

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

Maria Leticia Valadez, MD, family medicine practitioner at our Pomona Valley Health Center in Chino Hills, was recognized by Ms. Betty Hayes.



PVHMC IN THE NEWS

Dr. Hrany Basmajian Offers Perspective on Reimbursement Hurdles for Orthopedic Surgeons to Becker's Hospital Review

April 4, 2025

Read more [here](#).

Dr. Jay Shah Provides Shares Guidance on When to Refer a Patient with Diabetes to Endo for Medscape.

April 7, 2025

Learn more [here](#).

Sherrie Cisneros, MSN, Substance Use Nurse Navigator, Offers Demonstration to Spectrum News on Using Naloxone and Fentanyl Test Strips

April 29, 2025

Watch the clip [here](#).

Chino Champion News Covers \$50 Mammogram Program at PVHMC

April, 2025

Read the article [here](#).

BECKER'S HOSPITAL REVIEW

Medscape



Chino Valley Champion
Serving Chino & Chino Hills Since 1887

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.



**Sharon Clementson,
CNA- MEDSURG 4**



**Shayla Wrought
CNA - Tele6**



**Antonia Zelaya,
CNA - MEDSURG 5**

DO YOU WANT TO BE THE NEXT WINNER?

During Executive and Nursing Leadership rounding, Associates who are recognized by their patients for providing outstanding care and customer satisfaction will receive an "I am the Patient Experience" card. This card works in two ways: you can take this card to the cafeteria to redeem a free fountain drink and be entered into a raffle! Or, once a month a card is drawn to recognize an Associate who proudly demonstrates our Values! You can be next!

Shout-Outs and Celebrations!



JOKES OF THE MONTH

*By Michelle Walsh-Fernandez,
Director of Security*

I wanted to share a joke about Sodium,
but I was like Na, people won't get it.

Did you hear the Energizer bunny got
arrested?

He was charged with battery.

What is brown and sticky?

A stick.

Congratulations to Digna Macias, Development
Coordinator, Foudnation; and Amber Brenneisen, Public
Relations and Community Outreach Manager, for your 10
Year Anniversary at PVHMC!

From Jim Dale, Erin Easterday and Laura Querin



Say hello to our Security K9 Team! This is the first
time the team has been photographed together
since our new K9, Forest, joined. From left to right:

Officer Martinez and K9 Clark

Officer Rivera and K9 Kenzo

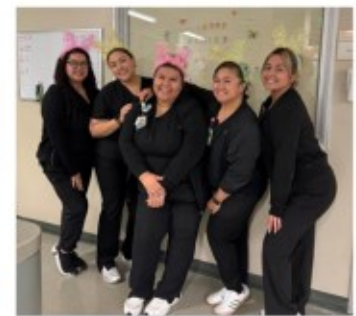
Officer Cobo and K9 Moritz

Officer Hermosillo and K9 Forest

**Funny Bunnies and Easter Egg Hunt
Winners the Pomona Valley Health
Center, Claremont, Urgent Care!**



Ruben, Yannette, and
Mauricio showing off
easter egg hunt finds at
Claremont Urgent Care.



Adriana, Cynthia, Vanesa,
Maddie and Stephanie
Celebrating an early Easter
gathering in good
company.

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