

Keeping You In Touch

April 2026

A Publication of the Pomona Valley Hospital Medical Center Marketing Department

NICU Receives First Ever Excellence Award for Normothermia Care in Infants



Pomona Valley Hospital Medical Center (PVHMC) has been awarded the inaugural Bhatt Normothermia Excellence Award from the California Perinatal Quality Care Collaborative (CPQCC), a statewide network of California's neonatal intensive care units (NICU) and High Risk Infant Follow-up (HRIF) clinics.

CPQCC this year created the Bhatt Normothermia Excellence Award to recognize NICUs whose infants have the most consistently high chance of being admitted to the NICU normothermic. Newborn normothermia rates upon admission to California hospital NICUs averaged in the 60-70th percentile, while PVHMC has consistently ranked above 90%.

Normothermia in the NICU setting refers to the maintenance of a neonate's temperature between 97.7 – 99.5 degrees Fahrenheit. According to the National Library of Medicine, there is a high incidence of hypothermia in preterm infants after delivery. Evidence suggests that hypothermia in this population is linked to a higher risk of morbidity,

including hypoglycemia, respiratory distress, jaundice and susceptibility to infection, as well as mortality.

"It is an honor to be recognized for our commitment to excellence in normothermia care for our neonates," says Shahid Kamran, MD, neonatal-perinatal medicine physician and medical director of the NICU at PVHMC. "We're proud of the interdisciplinary team we have formed that can provide evidence-based comprehensive care that can save the lives of our most fragile patients."

PVHMC attributes the success of its normothermia program to the collaborative care model between the NICU and labor and delivery unit. Pre-delivery communication regarding a neonate's condition allows the teams to pre-heat the maternity room and bed, ensuring that the baby receives a warm welcome into the world. Normothermia is then supported during the transition from delivery to NICU admission by the hospital's transport and micro preemie nurses.

Continues on next page.

“A neonate’s transition from the womb to the delivery room is the highest risk period for heat loss,” adds Dr. Kamran. “When our NICU and maternity teams work together, we give our smallest patients the strongest possible start before their NICU journey even begins.”

In addition, the nurses implement numerous interventions to prevent heat loss and achieve normothermia immediately after delivery. These include the use of radiant warmers, exothermic mattresses, warmed blankets, woolen caps, humidified conditions in its isolettes, warmed cannulas that deliver oxygen to the baby and clear polyurethane bags that promote a humid environment while allowing access for the care team without compromising heat loss.

Dilip Bhatt, MD, a neonatologist and clinical researcher, has championed normothermia efforts across the CPQCC network as a key, evidence-based driver of better morbidity and mortality outcomes for neonates. The award highlights alignment and excellence with that initiative.

The award was presented at CPQCC’s Improvement Palooza 2026 on March 18th, a conference that brought together experts in neonatology to explore cutting-edge developments in quality improvement and modern newborn care.

PVHMC Launches New Intranet Platform

The Information Systems team and Intranet Committee proudly launched its new Intranet platform on March 25, 2026. This new Intranet is hosted on a modern platform that is easier to update and manage, with improved navigation and search functions as well as clear page ownership and approval guidelines to ensure information stays accurate and up-to-date.

Help us improve!

Please continue to use the Feedback button on the new Intranet to report missing information or areas that may need improvement. The Feedback button is located at the top right corner of the page.

The screenshot shows the Pomona Valley Hospital Medical Center Intranet. The top navigation bar includes links for Associates, Clinical, Doctors, References, and Medical Library. A search bar is located in the top right corner, with a red circle highlighting the 'Feedback' button. The main content area features a 'Designated Emergency Contact Form' with the following text: 'Designated Emergency Contact for Arrest or Detention Notification Form. To designate an emergency contact for arrest or detention, please fill out this form. Completed forms may be submitted to Human Resources via email, in person, or through the digital link provided at the bottom of the document.' Below this is an 'Auxiliary Scrub Sale' section with the text 'Semi-Annual Scrub'. On the right side, there are 'Intranet Highlights' and 'Upcoming Events' sections, including dates for Easter, Blood Drive, and Memorial Day.

Retired Associate's Heart Leads Him Back to PVHMC for a Life-Saving Procedure

It seems like Jerry Choppi, 77-year-old Alta Loma resident, has a hard time leaving Pomona Valley Hospital Medical Center (PVHMC). After more than 38 years as an employee, Jerry retired from his last position as the director of the Respiratory, Non-Invasive Cardiology and Neurology Department more than a decade ago. About two years ago, he returned as a volunteer to shuttle patients around the hospital. In January of this year, he returned to the hospital once again, but this time as a cardiac patient.

"In high school, before I could try out for the football team, I had to pass a physical" says Jerry. "They found that I had a heart murmur then, but I still received clearance to play, and naturally as I aged my condition worsened."

In January of this year Jerry returned to PVHMC's Catheterization Lab for a Transcatheter Aortic Valve Replacement (TAVR) a minimally invasive procedure for severe aortic stenosis. Gaurav Parikh, MD, interventional cardiologist, performed Jerry's procedure.

Aortic stenosis is a condition when the flaps (or leaflets) that make up the heart's aortic valve become stiff with calcium buildup. The buildup affects the opening and closing of the heart valve and critical blood flow that brings oxygen to the body is reduced making sufferers often feel lightheaded or out of breath.

During the TAVR procedure, a new heart valve is inserted by way of a catheter in the groin area. The old heart valve remains in place after the procedure, fixed in such a way as to not interfere with the function of the new valve. Since the operation is minimally invasive, recovery is quicker, around two to three weeks, and the hospital stay is much shorter, around two days, when compared to open heart surgery.

According to the American College of Cardiology, since the approval of the first TAVR in 2011, over 276,000 patients have undergone the procedure. Access to the procedure has since been extended and the volume of patients getting a TAVR has increased every year since.

"The people were great in every single unit of the hospital and the care I received is amazing," recalls Jerry. "I have nothing but praise for the staff, the nurses, Dr. Parikh, everybody."

Today, Jerry goes to cardiac rehabilitation twice a week where he walks on the treadmill under the watchful eye of a specialized therapy team and goes to the YMCA three times a week for a weight workout and additional exercise.

Jerry's procedure was performed at Stead Heart & Vascular Center at PVHMC, which is lauded for its comprehensive cardiovascular and stroke services in the region. The Joint Commission granted it's Gold Seal of Approval™ recognizing the center as a Comprehensive Stroke Center, and the American College of Cardiology has named the facility a Designated Chest Pain Center.

"My condition has improved a lot thanks to the TAVR procedure," adds Jerry. "I can't stress enough how helpful the Pomona Valley Hospital Medical Center staff is and how well they took care of me."



How Ultra Processed Foods Can Contribute to Colorectal Cancer Risk

March is Colorectal Cancer Awareness Month, an opportunity to talk about a serious condition that has been rising among younger people. Excluding skin cancers, colorectal cancer is the third most common cancer diagnosed in both men and women in the United States, according to the [American Cancer Society \(ACS\)](#). A new 2026 study from the [ACS](#) also found that nearly half of all new colorectal cancer cases now occur in adults under 65, signaling a major shift in the demographics of the disease.

A recent [JAMA Oncology](#) study found that in a group of 29,105 women younger than 50 years who underwent lower endoscopy, who ate ultra-processed foods had a significant 45% higher odds of early-onset colorectal abnormalities than those consumed less ultra-processed foods.

Ultra-processed foods are highly processed through industrial techniques which leave them with little or no nutritional value. Their ingredients may include added sugar and salt, artificial colors, artificial flavors, emulsifiers and other manufactured additives, such as high fructose corn syrup.

Dr. Andrew Dam, gastroenterologist, Pomona Valley Hospital Medical Center (PVHMC), suggests that foods that are best for gut health include whole foods or those with the least amount of ingredients – think whole grains, fish, colorful fruits and vegetables and beans.

The [US Food and Drug Administration](#) estimates that 70% of the U.S. food supply is comprised of foods commonly considered ultra-processed, and that children get over 60% of their calories from such foods.

Although many individuals may not have the access or ability to avoid ultra-processed foods altogether, he hopes that arming them with this knowledge can help them to make healthier choices when they can.

“If you’re at the store and you have a choice between a white bread and one that is multigrain, opt for the multigrain,” says Dr. Dam. “Or, instead of a ready-made box of mac and cheese, make your own with a multigrain pasta, cheese and add in a vegetable like broccoli. These small food swaps can have a big impact on your gut health.”

While health screenings and lifestyle adjustments such as a healthy diet and regular exercise have decreased colorectal cancer rates in older adults, diagnoses in those under 50 have continued to increase.

“The diagnosis of younger people is an alarming trend that is being monitored and studied,” said Dr. Dam. “While there’s still much to learn about this issue, there’s a lot that people can do to improve their health and reduce their risk factors.”

Doctors recommend starting colonoscopies at age 45 for people who are at average risk of colorectal cancer. If you have a family history of colorectal cancer, it’s important to speak to your physician about your risk factors and starting screenings earlier. A colonoscopy is considered the gold standard for screening.

“Because people under 45 aren’t routinely screened, it’s particularly important for them to pay attention to potential symptoms, which can include fatigue, unexplained weight loss, diarrhea, constipation, blood in the stool or other changes to bowel habits,” adds Dr. Dam. “If we can catch cancer in its early stages, we have a better chance of treating it and improving survival rates.”



[Check out Dr. Dam's Instagram video on how to make healthier choices at the grocery store here.](#)

Meet Our New Family Medicine Residency Program Interns

Please join us in welcoming our newest Pomona Valley Hospital Medical Center Family Medicine PGY 1 Residents, who will begin their training on July 1, 2026.

Our incoming residents represent a diverse group of talented physicians who are passionate about caring for patients across all stages of life. They bring unique backgrounds, experiences and interests that will enrich our program and the community we serve.



Jessica Brooks, D.O.
Rocky Vista University,
College of Osteopathic
Medicine



Cristopher Ortiz, D.O.
Western Univeristy College
of Osteopathic Medicine of
the Pacific



Omar Patel, D.O.
Western Univeristy College
of Osteopathic Medicine of
the Pacific



Amanda Ripley, M.D.
California Unviersity of
Science and Medicine



Seung Yeun Seo, M.D.
St. George's University,
College of Medicine



Nguyen Truong, M.D.
Pennsylvania State
Univeristy, College of
Medicine

Welcome New Grad Nurses Spring 2026 RN & LVN Cohort!



Please join us in giving a warm welcome to our Spring 2026 New Grad RN & LVN Residency cohorts!

Over the next year, these nurses will grow and refine their clinical and professional skills, learning alongside YOU, our dedicated Associates at the bedside and beyond.



Occupational Health Team
Christina Miranda, LVN, Victoria Wagner,
LVN, Eleanor Rocha, RN

National Occupational Health Nurses Week! April 5-11, 2026

Thank you for your dedication, compassion,
and commitment to the health and safety of
our Associates. Your teamwork, collaboration,
and support for one another make an even
greater impact every day—we truly appreciate
all that you do!

~ Jennifer B. and Eyvette D.

Neuro Diagnostic Week! April 19-26, 2026

To the unsung heroes of neurology: Thank you for your
skill in recording and studying the electrical activity of the
brain to help diagnose complex conditions.



POMONA VALLEY HOSPITAL MEDICAL CENTER

Save the Date

6th Annual **Cardiovascular** Symposium

INNOVATIONS
in Cardiovascular Care

FREE
In-person
Symposium

Saturday, May 2, 2026, 8:00 a.m. - 12:00 p.m.
Pitzer Auditorium,
Pomona Valley Hospital Medical Center
1798 N. Garey Avenue, Pomona, CA 91767

For more information: Contact Tamera Freehling, BSN, RN, CCRN,
Clinical Program Quality Coordinator, Cardiac Surgery Administration,
PVHMC at 909.865.9501 ext. 4133 or tamera.freehling@pvhmc.org.

Provider approved by the California Board of Registered Nursing,
Provider Number CEP112 for four contact hours.



To get tickets, scan the QR code or go to
cardiacsymposiumtickets.eventbrite.com

April is Occupational Therapy Month!

Each year during the month of April, the American Occupational Therapy Association (AOTA) celebrates Occupational Therapy (OT) Month to recognize the outstanding work of occupational therapists, occupational therapy assistants and occupational therapy students across the country.

What is Occupational Therapy?

Occupational therapists and occupational therapy assistants are experts in helping people perform the daily activities (occupations) they need and want to do every day. Using various treatment approaches and adaptive equipment, occupational therapists evaluate and provide treatment plans to reduce pain, swelling and abnormal sensitivity, and improve strength, mobility, coordination and functional performance.

Our occupational therapists and OT assistants provide inpatient, outpatient, adult and pediatric care. We offer several specialized OT programs, including Hand & Wrist, Pediatric OT, Stroke, Work Injuries, and Low Vision. OTs work with patients throughout the Hospital, at our OPP and La Verne Rehab outpatient clinics, and at our Milestones Centers for Child Development at PVHC Chino Hills and PVHC Claremont.

THANK YOU TO OUR OCCUPATIONAL THERAPISTS

for your essential role in enriching lives through
meaningful engagement in the activities that matter most!



Joanne Ramos, OTR/L, Manager — Joanne leads our inpatient OT team treating various diagnoses from strokes to traumas.

Jiansan Ding, OTR/L CHT, (Certified Hand Therapist) — As a Certified Hand Therapist, Jiansan is recognized as an expert in hand, wrist and upper extremity injuries and conditions. He is skilled in fabricating custom splints that protect complex wrist, hand and finger injuries during recovery and rehabilitation.

Fran Allas, OTR/L, Megan Leu, OTR/L, Pierre "Gio" Guillermo, OTR/L — Fran and Megan provide both outpatient and inpatient adult services in hand and stroke rehab. Fran also has specialized training in Low Vision Rehabilitation. Gio provides inpatient OT and pediatric OT at Milestones.

Jennifer Ramos, OTR/L CNT, Jessica Castro, OTR/L, Jessica Kawasawa, OTR/L, Jessica Mallari, OTR/L, Rachel Garcia, OTR/L, Melina Ramirez, OTR/L — Specializing in pediatric OT, Jennifer, Rachel, Melina and all three Jessica's can be found providing services at our Milestones Centers for Child Development, in the NICU or at the High Risk Infant Development Clinic. Pediatric OTs evaluate and treat children with a wide variety of developmental conditions including autism, attention disorders, feeding, visual and sensory processing disorders, fine motor delays, and self-care (dressing, grooming, hygiene). In addition, Jennifer, as a Certified Neonatal Therapist (CNT) specialist, brings a vast range of knowledge, expertise and a deep appreciation for all aspects of developmental care to the NICU and Milestones.

Ryan Monis, OTA, Melissa Udave, OTA, Anh Nguyen OTA — Ryan and Anh assist our OTs on the acute inpatient floors, while Melissa assists with our outpatient hand program.



POMONA VALLEY HOSPITAL MEDICAL CENTER

APRIL 2026

OneLegacy - Donate Life Month Activities

ASSOCIATE ACTIVITIES:

April 7 - ICU
 April 9 - NICU
 April 10 - LDRP
 April 16 - MedSurg
 & Observation
 April 20 - Tele
 April 22 - OR/ED

OneLegacy Unit In-Services and Rounding

Our OneLegacy representatives will be providing AM/PM in-services and rounding on the units to offer donor/referral education and to celebrate YOU for your efforts to ensure patients get the organs they need. Keep an eye out for a blue and green cart with goodies!

April 6
 10 AM

Donate Life Month - OneLegacy Flag-Raising Ceremony

Members of Pomona Valley Hospital Medical Center's Organ Donor Committee will host a OneLegacy flag-raising ceremony at the front of the Hospital, on the south side of the Main Lobby entrance. The ceremony will honor organ, eye and tissue donors who have saved or enhanced countless lives with their generous gifts and motivate the community to consider signing up to be donors.

April 21

CME Tuesday Noon Conference

Organ Donation: A Collaborative Process, Dr. Adam Kendall, OneLegacy Palliative Care Medical Director and Dr. Rosemary O'Meeghan, OneLegacy Referral Management Medical Director

COMMUNITY OUTREACH:

April 7
 3:00 - 5:00 pm

Pomona CommUNITY Pull Up

Join us to learn about organ donation at Ralph Welch Park, located at 1000 Buena Vista Ave. in Pomona. Open to the public.

April 13
 11:30 AM - 1:30 PM

OneLegacy Tabling Event - PVHMC Farmer's Market

Stop by the Farmer's Market in front of the Robert & Beverly Lewis Outpatient Pavilion to find out how you can be a hero in your community! Learn how organ donation saves lives and how you to register to become an organ donor.

April 17
 7 AM - 7 PM
 Open to Associates Only

OneLegacy Booth at PVHMC's April Blood Drives Wear Blue & Green!

OneLegacy will host a table at our three April blood drives, which will be held in Pitzer Auditorium at the Main Hospital. Stop by to donate blood, learn about registration and to pick up a few goodies!

April 23 & 24
 7 AM - 7 PM
 Open to the Public





saving lives through organ, eye & tissue donation

Pomona Valley Hospital Medical Center

You're Invited to Honor Donation!

FLAG RAISING CEREMONY

Monday, April 6th, 2026
at **10:00am**

Please join us in front of the flagpole to honor those who have given the gift of life.

The Collective raising of Donate Life flags represents a unified affirmation that donation saves lives and inspires people to register.





The Auxiliary Presents the Semi-Annual

SCRUB SALE

Scrub, Shoe & Accessory Fundraiser

Monday, April 6, 2026 - Noon - 8:00 pm
Tuesday, April 7, 2026 - 7:00 am - 2:00 pm
Pitzer Auditorium

Payment accepted:

Payroll Deduction with Gift Shop Account
(postdated up to six pay periods)
Credit Cards, Apple Pay & Cash accepted

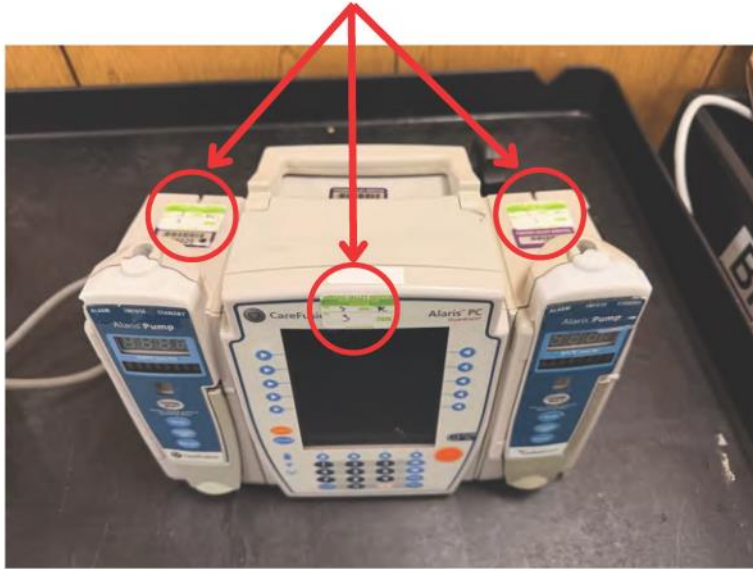
All proceeds benefit the Pomona Valley Hospital Medical Center
Auxiliary Sick Baby & Hospital Assistance Fund.





Bio-Med 2026 IV Pump Finders Raffle!

Do you have an IV Pump with a Green sticker on it?



If you have one, bring it to the Biomed Shop, located on the basement floor near Classrooms A & B, for service and a chance to enter our annual IV Pump Raffle.

You can win one (1) of four \$75.00 Amazon gift cards!

Rules

1. Do not bring it if in use ☹ ☹ ☹
2. Associates will receive one raffle ticket for every IV Pump brought to the Biomed Shop – Each individual pump counts as one for one ticket. More pumps = More chances to win!
3. You may bring as many IV Pumps that are due for service to the Biomed Shop as you can find from **8 AM – 4 PM.**
4. Only IV Pumps with **"GREEN" PM stickers marked Due** are needed and eligible.
5. IV Pumps with BLUE PM stickers have already been serviced and are not eligible.
6. Winners will be announced on Thursday, April 30, 2026.

Questions? Please contact our Biomed shop at: ext. 1003 with any questions.
The Biomed shop is open from 6 am – 8:30 pm.



Healthy Snack Ideas

Snacking between meals can help maintain energy levels throughout the day and also help you fit in more vegetables, fruits, whole grains and health fats into your day. If you plan to add snacks into your diet, plan for 1 to 3 snacks throughout the day.

Snack Calorie Guidelines

Snacks for people who are less active should be 200 calories or less. For more active teens and adults, snacks can be between 200- 300 calories per serving.

Snack Ideas (Per Serving)

3 cups air popped popcorn 100 calories

½ of medium apple + ½ tbsp nut butter 100 calories

10 baked tortilla chips + ½ cup salsa 115 calories

½ whole wheat pita + ¼ cup hummus 150 calories

Two hardboiled eggs 150 calories

½ English muffin with 2 tbsp cream cheese 170 calories

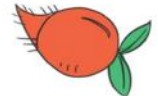
¼ cup of almonds 175 calories

12 sticks of baby carrots + ¼ cup hummus 180 calories

1 cup skim milk + 1 cup Cheerios 190 calories

6 oz plain nonfat Greek yogurt + 1 cup sliced strawberries 200 calories

Turkey sandwich made with 1 whole wheat sandwich thin, 2 slices of deli turkey, 1 teaspoon of mustard 200 calories



Staying Vigilant and Keeping Our Hospital Safe

Pomona Valley Hospital Medical Center (PVHMC) is a place of healing, compassion, and trust. Most hospitals are considered open environments because they welcome patients, visitors and staff every day. Because of this openness, awareness and communication are essential to keeping everyone safe.

“See Something, Say Something”

The U.S. Department of Homeland Security encourages the reporting of suspicious activity to help prevent potential threats. Healthcare facilities are considered ‘soft targets’ because they are open 24/7, publicly accessible, serving vulnerable populations and critical to community infrastructure.

“See Something, Say Something” means:

- Stay alert to your surroundings
- Report suspicious behavior or items promptly
- Do not assume someone else has already reported it

What Should You Look For: Be aware of behaviors or situations that seem unusual or out of place in a healthcare setting.

- Individuals attempting to access restricted areas without authorization
- Someone loitering for extended periods without clear purpose
- People taking photos or videos of security features, entrances, or sensitive areas
- Unusual interest in hospital infrastructure (HVAC, generators, oxygen storage, IT rooms)

Suspicious Items

- Unattended bags, boxes, or backpacks in public areas
- Packages with excessive tape, wires, strange odors, or no return address
- Vehicles parked in restricted or unusual locations for extended periods

Concerning Statements

- Threats (direct or indirect) toward staff, patients, or the facility
- Conversations referencing violence, explosives, or harm

If something feels wrong — report it.

Safety is everyone’s responsibility.

By reporting suspicious activity to our Security Department and/or Law Enforcement, you protect patients, visitors, Associates, yourself and your community.

We are proud that PVHMC takes actions in alignment with our safety goals to help keep everyone safe!



Celebrating National Certification Day

Honoring Nursing Excellence

By Lolla Mitchell, MSN, RN, NEA-BC.,
Vice President, Nursing Services

In honor of National Certification Day, I am proud to recognize and celebrate the exceptional nurses across our organization who have achieved specialty certification. This important milestone reflects not only advanced clinical knowledge, but also a deep commitment to professional growth and excellence in patient care.

Certification is a meaningful accomplishment that requires dedication, discipline, and a passion for continuous learning. Our certified nurses exemplify the highest standards of nursing practice and play a vital role in advancing quality, safety, and patient outcomes.

It was wonderful to see our units come together to celebrate these achievements. Recognizing our certified nurses within their teams highlights the value we place on expertise, collaboration and a culture of excellence.

I would also like to acknowledge our Certified Nursing Assistants (CNAs), whose commitment to compassionate, high-quality care is essential to our patients and our teams. Your dedication, skill, and support are invaluable, and you are an integral part of the care we deliver every day.

To each of our certified nurses—thank you for going the extra mile. Your commitment inspires those around you and strengthens the care we provide every day.

Congratulations on this well-deserved achievement.



Quality Management Celebrated Patient Safety Awareness Week “Team Up for Patient Safety” in March

Patient safety is our highest priority at Pomona Valley Hospital Medical Center (PVHMC). We recognize the importance of teamwork in creating a safe environment for our patients, Associates and the community we serve. PVHMC is committed to building and sustaining a culture of safety at every level. This year’s theme, “Team Up for Patient Safety,” highlights how every Associate, physician, and volunteer across the organization has a role in identifying and mitigating safety risks, reducing potential errors and enhancing the quality of care provided to our patients.

Through open communication, team collaboration, and support of one another, we strengthen our ability to prevent harm and deliver high-quality care. From the bedside to behind the scenes, every action – speaking up, following best practices, and empowering our teams with the necessary resources to uphold the highest standards of care – helps create a safer experience for our patients and Associates.

PVHMC’s Patient Safety Awareness Week festivities consisted of interactive educational booths focused on key patient safety priorities. Highlighted topics included insight into the Joint Commission’s new national performance goals (NPGs), our C.A.R.E.S./Peer Support Program, the importance of Online Risk Event Reporting, and best practices in hand hygiene to help prevent infections. We also proudly recognized individuals during our Safety Recognition Award, celebrating Associates and departments for their outstanding contributions to keeping our patients safe.

Thank you for your continued dedication to teamwork and patient safety by ensuring PVHMC remains a leader in patient centered, safe and reliable healthcare.



Save the Date!
Infection Prevention celebrates:

World Hand Hygiene Day 2026
Clean Hands Save Lives

Monday, May 4, 2026
PVHMC Farmer's Market

HOSPITAL ASSOCIATION OF Southern California
VALLEY PRESBYTERIAN HOSPITAL
POMONA VALLEY HOSPITAL MEDICAL CENTER

HEALTH CARE SECURITY AND EMERGENCY PREPAREDNESS SYMPOSIUMS

May 7 Valley Presbyterian Hospital, Van Nuys
 July 28 Pomona Valley Hospital Medical Center, Pomona

Pomona Valley Hospital Medical Center to Host Healthcare Security and Emergency Preparedness Symposium in July

HASC, in collaboration with the FBI and City of Los Angeles public safety partners, will host two full-day Health Care Security and Emergency Preparedness Symposiums - one of which will be here at PVHMC!

Featured Topics:

- Workplace violence prevention and active shooter response
- Weapons detection strategies and emerging technologies
- Domestic violence extremism and threat intelligence
- Critical infrastructure protection for health care facilities
- Cybersecurity best practices and ransomware case studies
- Panel discussion featuring leaders from prominent hospital systems

Expert speakers will include representatives from HASC member hospitals, city and county agencies, the FBI, the Cybersecurity & Infrastructure Security Agency and the U.S. Secret Service.



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.](#)



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.

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



April



For Associates and
Their Family
Members, Only

April



June



August



October



December





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





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.

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.



Coming Up for April 2026...



- **Physical Health:** Cancer-Fighting Foods
- **Emotional Health:** Emotional Fitness Choice Board
- **Financial Health:** Five Smart Ways to Save Money with Your Credit Card
- **Social Health:** April 2026 FunExpress Deals

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

2026 Open Enrollment

Open Enrollment Dates and Times

April 13, 2026 (starting at 7:30 am) – April 27, 2026 (ending at 4:30 pm)

Enrollment Changes via Launchpad

The webinar that is posted on <https://www.pvhmc.org/For-Associates.aspx> on April 08, 2026, contains tutorial information on how to make enrollment changes in Launchpad.

Open Enrollment Support

Human Resources and carrier representatives will be onsite to provide guidance to Associates on how to make changes in Launchpad and to answer questions. **Please refer to the Open Enrollment Support Flyer in the Open Enrollment package for additional information. The Open Enrollment packages will be mailed to all Associates' addresses as listed in Launchpad.**

Who is Coming Onsite to Answer Questions

<p>Voluntary Benefits for Active Benefited Associates:</p> <ul style="list-style-type: none"> • Disability Insurance • Critical Illness • Accident Insurance 	<p>Colonial Life Benefits Counselors</p>
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Access Luminare Health on Medical Claim or Coverage Questions

◊ You can contact the Luminare Health at 1-855-955-5266, if you have any medical coverage questions or questions on medical claims that were incurred starting in January, 2026.

If you have questions regarding your medical claims that were incurred in 2025, you must contact HealthNow Administrative Services at 1-888-269-1877.

Access CIGNA on Dental Questions

◊ You can contact the Cigna open enrollment line at 1-800-564-7642

Access United Healthcare for Vision Questions

◊ You can contact the United Healthcare (UHC) member customer service line at 1-800-638-3120

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

Sacred Days of Spring

By Elizabeth Grainger, Palliative Care Chaplain

Those celebrating **Easter** (April 5) or **Passover** (April 1-9) may notice the two holidays are very close together this year — and the moon is the reason why. Easter is a “movable feast,” meaning it does not fall on the same date each year. The earliest that Easter can occur is March 22, and the latest is April 25. Western Christianity (as opposed to eastern or Orthodox Christianity) celebrates Easter on the first Sunday after the Paschal Moon—the first full moon in the spring season. Passover starts on the 15th day of the Hebrew month of Nisan, which is considered the first month of the Hebrew year. For eastern or Orthodox Christians, Pascha (Easter) follows both the first full moon in spring and the Jewish Passover. For that reason, Orthodox Easter is April 12. Now that we know when Passover and Easter are, we can look at what they commemorate.

Pesach (Passover) commemorates the emancipation of the Israelites from slavery in ancient Egypt. Passover is observed by avoiding chametz (leaven, yeast) in honor of the escape of the Israelites from Egypt. Any food or drink that is made out of grain allowed to ferment is chametz, including bread, cakes, breakfast cereals, pastas, many liquors, and more. Traditionally, Jews remove all chametz from their homes in the days leading up to Pesach. The holiday is highlighted by a special meal known as the seder, a traditional ceremonial feast held on the first one or two nights of Passover to commemorate the Exodus from Egypt. The seder (“order”) meal follows 15 specific steps—including reading the Haggadah (a text outlining the Seder meal), drinking four cups of wine, and eating symbolic foods—representing the transition from slavery to freedom. Passover is a time to reflect on community and liberation, and it is common for those celebrating to invite friends (and even strangers) to join in on the festivities.

Holy Week is one of the most sacred weeks of the year for millions of Christians around the world, as it commemorates the death and resurrection of Jesus Christ and the final days of his life. **Palm Sunday** marks Jesus' entry into Jerusalem. **Maundy Thursday** commemorates the Last Supper. **Good Friday**, the most solemn day of the Christian year, remembers the crucifixion and burial of Jesus. Easter, also known as **Resurrection Sunday**, celebrates Jesus' triumph over sin and death and the promise of salvation. Many churches celebrate this day with

sunrise services that begin in pre-dawn darkness and culminate in light. On this day, Christians around the world celebrate the promise of Isaiah 25:8, repeated in 1 Corinthians 15:54: “Death has been swallowed up in victory.”



Although Jehovah's Witnesses typically do not recognize holidays, they regard the **Lord's Evening Meal** (April 2), also known as the Memorial of Jesus' death, as the most important day of the year. Like Easter and Passover, the Memorial's date varies; it falls on Nisan 14 of the Jewish calendar, the evening before Passover begins. Jehovah's Witnesses welcome those from other faiths to attend the Lord's Evening Meal, which typically occurs after sunset and lasts about an hour. Unleavened bread and red wine are offered. In accordance with their belief that only 144,000 anointed individuals are eligible to receive the bread and wine, most Witnesses do not partake. The sacred occasion commemorates the final meal that Jesus shared with his disciples in Jerusalem. It is an opportunity for Witnesses and their guests to reflect on Jesus' life and death, and important tenets of the Jehovah's Witness faith.

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.

April 2026 Holidays

- March 29-April 5 Holy Week (Christian)
- 1-9 Pesach/Passover—Judaism
- 2 The Lord's Evening Meal/Memorial of Jesus' Death—Jehovah's Witness
- Maundy Thursday—Christian
- 3 Good Friday
- 5 Easter—Christian
- Palm Sunday—Christian Orthodox
- 10 Good Friday—Christian Orthodox
- 12 Pascha/Easter—Christian Orthodox
- Divine Mercy Sunday—Catholic
- 14 Baisakhi/Vaisakhi (Harvest Festival, Solar New Year)—Hindu, Sikh
- Yom Hashoah (Holocaust Remembrance Day)—Judaism
- 15 Vishnu (South Indian Solar New Year)—Hindu
- 20-May 2 Ridván Festival (Most Great Festival)—Bahá'í

PVHMC in the Community!

Cal Poly Pomona Health Fair Round-Up

It was a busy month at California Polytechnic State University, Pomona (Cal Poly Pomona) with not one, but two health fairs!

March 3: Discover the Power of Nutrition

In honor of National Nutrition Month, the College of Agriculture hosted a resource fair with the theme "Discover the Power of Nutrition" to help educate students on healthy eating and how to make better choices. Our Diabetes and Nutrition teams were on-site to offer educational materials on how to prevent diabetes and how to increase fiber intake to prevent colorectal cancer.



March 12: Annual Wellness Fest

We returned to campus on March 12 for the annual Wellness Fest held during University Hour (U-Hour). Since no classes are held during this dedicated time slot, it was the perfect window to engage with a high volume of students. Our Cardiac team took full advantage of the event, giving hands-only CPR demonstrations to empower the next generation with life-saving skills.



March 3: Rotary Club of Pomona Health Presentation

On March 3, Nischita Merla, MD, Medical Director of Gastrointestinal Services at PVHMC, visited the Rotary Club of Pomona to share some important insights on colon health.

Dr. Merla highlighted the shifting landscape of colorectal cancer, which is now the leading cause of cancer deaths in men and women under 50. While the statistics are a wake-up call, her presentation focused on a proactive "Action Plan" that uses food as medicine and addresses how our environment impacts our long-term health. She shared several practical "Mantras" with the group:

- Move more
- Fast intermittently
- Eat more plants (and eat together!)
- Reclaim your time away from media and distractions

The presentation was a great reminder that while we provide top-tier clinical care at PVHMC, making these daily lifestyle shifts is one of the best ways to stay ahead of our health.



March 7: Pomona Community Pull Up

Our Family Education and Resource Center and Lung Cancer Program representatives headed out to Palomares Park to provide education and free family planning (pregnancy - 5 years old) kits to families.



PVHMC in the Community!

Sidewalk CPR for Congresswoman Norma Torres' Youth Advisory Committee - Thursday, March 19

From the Office of Congresswoman Norma Torres: "Our Youth Advisory Committee students had the pleasure of learning about CPR and practicing their new skills in a hands-on training."

Thank you to Pomona Valley Hospital Medical Center for sharing your vast knowledge with our students, including spotting the signs of a heart attack and how to live a heart-healthy lifestyle."



NOTICE: ANNUAL TB SCREENING DUE

Departments listed are due for Annual TB Screening starting as early as April 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, April 30, 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 DEPARTMENTS = TST TESTING & QUESTIONNAIRE

6010 ICU
7011 TRAUMA SERVICES
6013 ICU 3
6015 TRAUMA ICU
6030 CVICU
6150 DOU 3 PCCU (Tele 3 Stn 2 & 3)
6151 DOU 2 SICU (Tele 3 Stn 1)
7010 EMERGENCY

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

7011 TRAUMA SERVICES

If Associates complete their TB requirement outside of PVHMC, PLEASE 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.

PVHMC IN THE NEWS

Richard Burwick, MD, featured in two articles:

Should you get a home doppler to check in on your baby?



March 9, 2026

[Read more here.](#)

I banked my baby's cord blood – here's what you need to know

March 6, 2026

[Read more here.](#)

This Common Daily Habit Is Harming Your Gut Health—
Here's How To Avoid It, Parade, Yahoo! Health, AOL, with
Andrew Dam, DO, Gastroenterologist



March 8, 2026

[Read more here.](#)

Ernesto Licon, MD, OBGYN, Maternal Fetal Medicine,
discusses the importance of prenatal care with
Telemundo 52 Los Angeles



March 10, 2026

56 CA Hospitals Ranked In Top 10% For Patient Safety: See How Yours Ranks

PVHMC among fifty-six hospitals in California, and hundreds across the country,
recognized for safety and patient experience in a new report.



March 14, 2026

[Read more here.](#)

Libia Wohlert, MD, talks to Univision Edicion Los
Angeles about Common Vitamin deficiencies in women

March 18, 2026

[Watch here—skip to 15:33.](#)



PVHMC unveils new pediatric waiting space - new ED
space featured in the Claremont Courier

March 26, 2026

[Read more here.](#)



"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.**



Mindy Zhang, RN - ICU3



**Ilene Rubio,
CNA - Tele 6**



**Weiping Han,
RN - Tele 6**



**Janelle Galindo,
CNA - MedSurg4**

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!

April Shout Outs!



Good Luck and Congratulations to Security Officer Cristian Camarena!

Congratulations to dayshift Security Officer Cristian Camarena who was hired with the Upland Police Department! Cristian will start the San Bernardino County Sheriff's academy in June of 2026 and then enter his field training program with Upland PD. Cristian will be missed, but we are happy to support him furthering his dreams. Cristian will be yet another law enforcement partner in our local communities. Thank you for all of your hard work and dedication at Pomona Valley Hospital Medical Center! Stay safe out there!

(Picture: Officer Cristian Camarena on the left).



Jokes of the Month



By Michelle Walsh-Fernandez, Director of Security

What do mermaids use to wash their fins? Tide.
I told a chemistry joke.....there was no reaction.

I once tried to tell a joke during a Zoom meeting. Turns out I'm not even remotely funny.

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

