

Keeping You In Touch

August 2026

A Publication of the Pomona Valley Hospital Medical Center Marketing Department

Pomona Valley Hospital Medical Center Emergency Department Recognized with Lantern Award for Excellence

Pomona Valley Hospital Medical Center's (PVHMC) Emergency Department (ED) has been selected as a recipient of the 2026 Emergency Nurses Association (ENA) Lantern Award, which recognizes exceptional innovation and evidence-based practice improvements that resulted in improved patient care and staff well-being. **PVHMC is one of 126 hospitals in the nation to receive the 2026-2029 designation.**

The ED at PVHMC offers highly specialized care for several programs, including:

- Trauma Center: 24/7 care for lifesaving traumatic injuries, accredited by the American College of Surgeons
- Comprehensive Stroke Center: top-tier designation for advanced, lifesaving stroke intervention, accredited by the Joint Commission
- STEMI & Chest Pain Center: specialized, rapid response for severe heart attacks and cardiac emergencies, accredited by the American College of Cardiology
- Sepsis Program: specialized sepsis emergency protocols to rapidly identify and treat septic patients, accredited by the Joint Commission
- Pediatric Emergency Care (EDAP): meets strict county standards for emergency pediatric readiness, designated by the Los Angeles County Emergency Medical Services Agency

"It's an exceptional honor for our Emergency Department to be named a Lantern Award Recipient by the Emergency Nurses Association," says Richard E. Yochum, FACHE, President/CEO, PVHMC. "In a fast-paced emergency department like ours, where we see up to 300 patients every day, this recognition is a reflection of our commitment to nursing excellence and compassionate, high-quality care for our community."

As one of the busiest EDs in the region, in 2025, the department served more than 97,000 patients. Its nurses are committed to maintaining a level of excellence by participating in continued education to earn national certifications.

"Our patients come to us knowing that we have the knowledge, expertise and specialized care that they need during the most critical moments of their lives," says James Kim, MD, medical director of the emergency department. "Saving lives just becomes what you do every day... it's what is expected of us. But getting an award like this makes you take a step back and realize that people really do see the hard work we put in."

PVHMC and fellow Lantern recipients will be recognized in upcoming ENA publications during Emergency Nursing 2026, the association's annual conference in Phoenix, Sept. 28-Oct. 1.

"The Lantern recognizes something incredibly special. It isn't an award for an individual or an entire hospital—it's a recognition earned by an emergency department and the team that powers it every day," said ENA President Dustin Bass, DNP, MHA, RN, CEN, NEA-BC.



Left to right: Malia Silva, MSN, RN, CEN; Angie Besiant, RN, ED Director; Catalina Howland, MSN, RN, FNP-C, MICN; Christopher Smith, MHA, BSN, RN, PHN; Jorge Strembert, MSN, RN, MICN; Nataly Saldaña, MSN, RN; Aspen Di Ioli, BSN, RN, PHN, CEN, CPEN, TCRN, MICN, Prehospital Care Coordinator; James Kim, MD, Medical Director of Emergency Services

PVHMC First in the Region to Introduce State-of-the-Art da Vinci 5 Surgical Robots



Pomona Valley Hospital Medical Center (PVHMC) has acquired three of the latest model Intuitive da Vinci 5® surgical systems to enhance its minimally invasive surgical services. Not only is the hospital the first in the region to offer the da Vinci 5; it replaced its entire fleet of da Vinci Xi robots to ensure all patients undergoing robotic surgery have access to this latest technology.

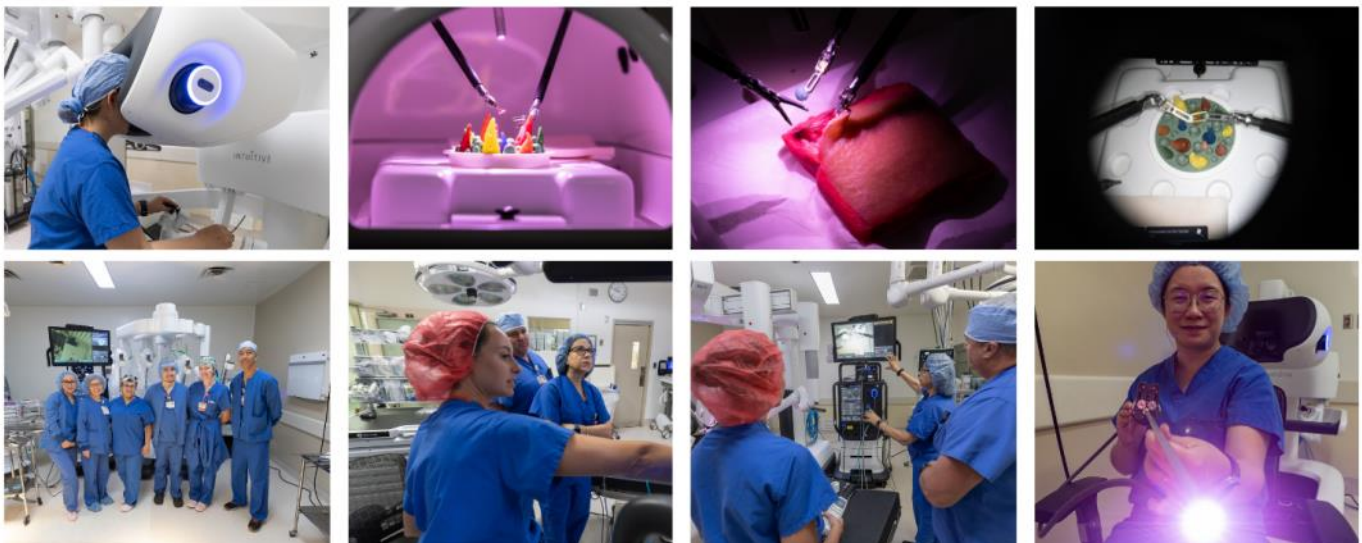
PVHMC has offered da Vinci robotic surgery technology since 2011, with its most recent update in 2018. The replacement of the da Vinci 5 systems will support the hospital's team of more than 30 robotically trained surgeons who specialize in urology, gynecology and obstetrics, thoracic and general surgeries.

"Over the past 15 years, we've provided our patients with the latest in minimally invasive robotic surgery, and now we're proud to offer the next generation of advanced technology, right here at home," said Richard E. Yochum, FACHE, President/CEO. "The DV5s give our patients the best possible clinical outcomes by minimizing complications and discomfort and allowing for quicker recovery times."

With more than 150 new design innovations, da Vinci 5 expands upon core da Vinci system features, including wristed instruments, 3DHD visualization, intuitive motion, and an ergonomic design. Using the da Vinci surgical robot, the surgeon is 100% in control of the robotic-assisted system, which translates their hand movements into smaller, more precise movements of tiny instruments inside the patient's body.

The da Vinci 5 is culmination of more than a decade of research and development. This latest surgical robotic assistant is based on more than 14 million procedures performed using various generations of da Vinci technology. It is designed to allow surgeons to feel more and see more.

Training in Action!



Come Meet One of Pomona Valley Hospital Medical Center's New da Vinci 5 Surgical Robots



**Main Lobby
Wednesday, August 12
10am - 2pm**

Join us for a once in a lifetime opportunity to take the surgeon's seat and demo one of our new da Vinci 5 surgical robots! Alongside our highly skilled surgeons, our three DV5 robots enhance minimally invasive surgeries with improved precision, smaller incisions, less discomfort and quicker recovery times for our patients.

This event is open to our patients, visitors, Associates, Physicians and Volunteers.



Expert care with a personal touch

Pomona Valley Hospital Medical Center Foundation Proudly Presents the Summer 2026 healthcares Magazine

Read the digital edition [here](#).

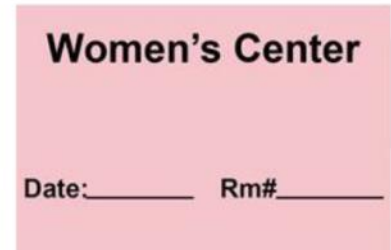


Security Notice: New Colored-Coded Visitor Stickers

To help maintain a safe and secure environment, all guests are required to wear identification stickers while on Hospital property. Pomona Valley Hospital Medical Center (PVHMC) uses color-coded visitor floor stickers to allow Associates to quickly identify visitors that are authorized to be in their area. We have implemented an enhanced safety and compliance measure with two new visitor stickers.

Women's Center Sticker Update

The new 'all pink' Women's Center visitor sticker is a brightly colored pink sticker. This will aid Associates in quickly identifying visitors authorized to be in the Women's Center units (Pediatrics, NICU and LDRP). This replaces the white sticker with faded pink stripe at the top that stated W/C.



New "All Floors" Sticker

In addition, we have added an all-white 'All Floors' sticker to identify visitors who are allowed access to all or multiple floors (such as surveyors, vendors and approved contractors).



All color-coded visitor stickers will continue to have the approved date of visit stamped on them.

The colored sticker system helps improve security, streamline visitor management and distinguishes visitors between Hospital Associates, Volunteers, Contractors, Vendors, Students and Instructors who wear official PVHMC issued 'plastic' ID badges. Additionally, there are some applicable vendors who wear 'Vendormate' black and white sticker badges with a pixelated photo on that sticker.

All guests must wear their visitor sticker and it must be visible at all times.

If you have questions or concerns about a person wandering in our hospital without an identification sticker or identification badge and you do not feel comfortable approaching them, please contact the Security Department as soon as possible at extension 1135 and provide the last known location/direction of that person as well as a detailed description of that individual.

Together, we will continue to maintain a safe, welcoming and secure environment for everyone.

*Examples of approved PVHMC visitor stickers for other areas of the Hospital are noted on the right side.



*All Associates
are Invited*

— TO THE —
—  —
**MAGNET
MUSEUM!**



Come learn
ABOUT OUR
UPCOMING SURVEY

—  —
AND WHAT IT MEANS TO BE
Magnet Designated!



JULY 30TH
7AM–9AM



SEPTEMBER 1ST
1PM–3PM



PITZER AUDITORIUM

Cardiac Arrest Patient Shannon Hutchens Returns to Celebrate One-Year Survival Anniversary

One year ago, on July 14, 2025, Shannon Hutchens awoke in the early morning with chest and back pain. Soon after, she fell and stopped breathing. Her husband Mike immediately called 911 and began CPR, switching off with their daughter, Jade, until first responders arrived.

Shannon had experienced cardiac arrest, where her heart suddenly stopped pumping blood. She was brought to our Emergency Department and Cardiovascular Intensive Care Unit (CVICU), where she was placed in a state of induced hypothermia to protect her brain and organs from the lack of blood supply.

After 21 days in the hospital and months of cardiac rehabilitation, Shannon is thriving. On her one-year anniversary, on July 14, 2026 she stopped by our CVICU to visit her care team and share homemade breads and goodies. She came back out numerous times during the week to ensure day and night shift staff were recognized.

Shannon and her family have become fierce advocates of bystander CPR (also known as hands-only or Sidewalk CPR), even hosting CPR parties at their home for family and friends. They encourage everyone to learn – the life you save could be someone you love.

Our local news stations, including KTLA5, ABC7 and the Inland Valley Daily Bulletin (and syndicates) covered Shannon's story.



Chino mother thanks doctors, nurses after her heart attack



Chino resident Mike Hutchens thanks cardiovascular and thoracic surgeon Dr. Guangqiang Gao during a July 16 reunion with the medical team at Pomona Valley Hospital Medical Center that treated his wife, Shannon Hutchens, after she was rushed to the hospital while suffering a heart attack last year. **PHOTOS BY ANJALI SHARIF-PAUL — STAFF PHOTOGRAPHER**

Shannon Hutchens reunites with Pomona Valley Hospital Medical Center team that cared for her

By Mark Acosta
MACOSTA@SCNG.COM

How do you mend a broken heart?

Ask Chino resident Shannon Hutchens.

She'll point to a medical team at Pomona Valley Hospital Medical Center that did just that for her.

About a year ago, she was rushed to the hospital after a heart attack.

Last week, Hutchens, 55, went back to the medical center — to thank those that treated her.

On July 16, she and husband Mike Hutchens reunited with doctors, nurses and others. They shared hugs and conversation.

It was July 14, 2025, when she woke up with back and chest pain, a news release states. She figured it was the ulcerative colitis and fibromyalgia that she had developed.

Then Mike Hutchens found her unresponsive and lying on the bathroom floor.

Shannon's daughter Jade Hutchens performed CPR until paramedics arrived, the release



Shannon Hutchens, second from right, a 55-year-old Chino resident, is shown reuniting with the Pomona Valley Hospital Medical Center team that successfully cared for her after she suffered a heart attack last year. Husband Mike Hutchens, far right, speaks to registered nurse Tammy Freehling, far left, as nurse assistant Rufus Roney and cardiac coordinator Kathy Soderlund watch.

states.

Shannon spent about 20 days in the hospital before going

home to lead a healthy life.

She's now "walking up to 15,000 steps a day and is back

to cooking, this time heart-healthy foods," according to the release.



AUGUST 1- 31ST, 2026

4th Annual NICU & Pediatrics BOOK DRIVE

Books Launch Bright Futures

Book Donation Guidelines:

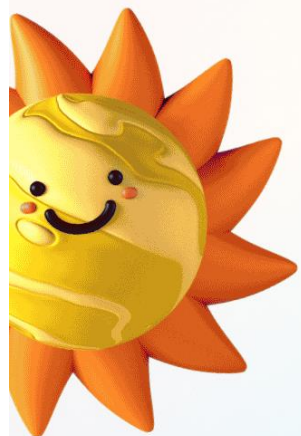
- New books only, please
- Soft and hardcover books
- Suitable for reading levels infant to the third grade

Book Donation Preferences:

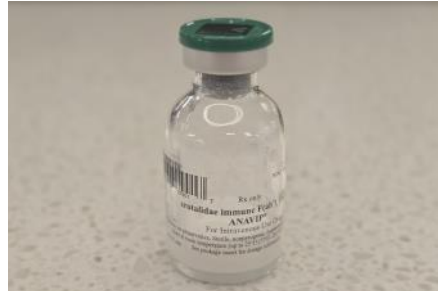
- English and Spanish languages
- Books with chapters or lots of words

Drop-Off Locations:

- Women's Center Lobby
- Main Lobby
- Neonatal Intensive Care Unit
- Tender Touch Gift Shop



Watch Your Step: Snake Bites and Other Hiking Safety Tips



Warm weather nearly all year round in Southern California makes hiking a popular activity for many people. Before heading out on your next hiking trail adventure, Pomona Valley Hospital Medical Center (PVHMC) emergency medicine physician Eric Sechrist, DO, wants hikers to know how to stay safe and know what to do when encountering a potentially venomous snake.

First and foremost, it is important to plan ahead and understand the difficulty of the trail you've selected. Know your limits and ask yourself if you have ever hiked in a similar environment, will you do the hike alone or with a friend, and what can you comfortably carry with you throughout the hike. It is also advised to let your family or friends know beforehand what your hiking plan is, such as, timing, location and route. If you do not return within a reasonable window of that time, they will be able to provide search and rescue with the proper information.

Essential items to bring on a hike include an adequate supply of food and water, proper hiking apparel, bug spray, sunscreen and a personal beacon, if possible.

In California, rattlesnake season begins in April and ends in October, but this year, there have already been 277 bites reported. Since February, PVHMC has received four patients with rattlesnake bites from Mount Baldy and the surrounding mountain areas.

It is important to know that rattlesnakes are a protected species in California, which means it is illegal to harm them or displace them from public land. If you hear a rattling sound or see a snake while enjoying the outdoors, remain calm and slowly walk away from the direction it is coming from.

"I encourage people venturing to enjoy the great outdoors, as long as you have a thorough plan," said Dr. Sechrist. "We have already treated four patients with rattlesnake bites this year, so it is important for adventurers to know what to do if they encounter one on the trail and what to do if bitten."

If you experience a snake bite, it is advised to:

- Call 911 immediately
- Stay calm
- Keep the bite wound lower than your heart by sitting or lying down
- Do not attempt to suck out the venom or use a tourniquet
- If you are alone, walk to get help but do not run

A snake will not follow you. Focus on leaving the area to receive help.

Hiking can be a rewarding way to enjoy Southern California's natural beauty, but preparation is key to staying safe. By planning ahead, knowing your limits, packing the essentials and staying alert of your surroundings, you can reduce your risk of an accident or emergency on the trail. At Pomona Valley Hospital Medical Center, we wish all a safe and adventurous outdoor excursion.

High Blood Pressure Awareness

By Debbie Keasler, BSN, MS, NE-BC

High blood pressure, also known as hypertension, is a leading cause of heart disease, stroke and kidney disease. It is called a silent killer because it often has no symptoms. The best way to know if you have high blood pressure is to get it checked.

The American Heart Association (AHA) defines high blood pressure as a reading of 130/80 mmHg or higher.

The AHA recommends a proactive approach to blood pressure management.

- **Know Your Numbers:** regularly check your blood pressure at home or with your health care professional.
- **Self-Measured Blood Pressure:** use a validated home blood pressure monitor to record your readings. Share your data with your doctor.
- **Lifestyle Adjustments:** the AHA recommends you reduce your sodium intake, maintain a healthy weight, exercise regularly, and only moderate consumption of alcohol.

Blood Pressure Categories



BLOOD PRESSURE CATEGORY	SYSTOLIC mm Hg (top/upper number)		DIASTOLIC mm Hg (bottom/lower number)
NORMAL	LESS THAN 120	and	LESS THAN 80
ELEVATED	120–129	and	LESS THAN 80
STAGE 1 HYPERTENSION (High Blood Pressure)	130–139	or	80–89
STAGE 2 HYPERTENSION (High Blood Pressure)	140 OR HIGHER	or	90 OR HIGHER
SEVERE HYPERTENSION (If you don't have symptoms*, call your health care professional)	HIGHER THAN 180	and/or	HIGHER THAN 120
HYPERTENSIVE EMERGENCY (If you have any of these symptoms*, call 911)	HIGHER THAN 180	and/or	HIGHER THAN 120

*symptoms: chest pain, shortness of breath, back pain, numbness, weakness, change in vision, or difficulty speaking

heart.org/bplevels

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Rising Prediabetes in the Pediatric & Adolescent Population & What You Can Do As a Parent

By Adrienne-rae Velasquez, MBA, RDN, CCS

It is known that diabetes continues to plague the United States, but did you know that the prevalence of prediabetes in adolescents (10-19 years old) has continued to increase post-COVID due to significant changes in lifestyle?

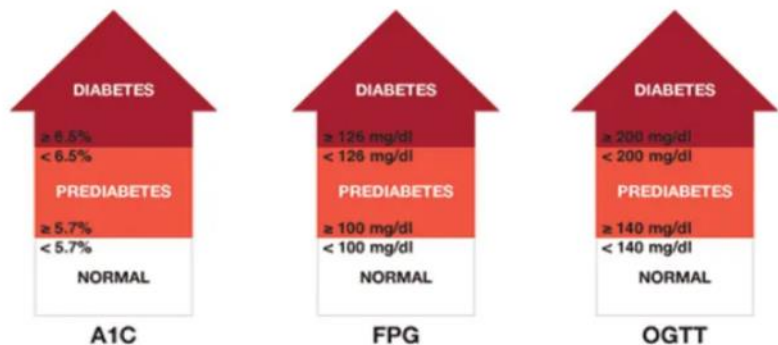
One report completed by Journal of American Medicine (JAMA) Pediatrics found that nearly 1:3 adolescents and teens had prediabetes, and the rate among 12-19 year olds has more than doubled between 1999-2002 and 2015-2018, previously at 12% to 28%. The National Health and Nutrition Examination Survey reported dated from 2021-2023 identified that approximately 30.8% of adolescents had prediabetes or Type 2 diabetes. This trend has experienced a dramatic rise due to heavy use of screen time and reduced physical activity, leading to a sedentary lifestyle.

Prediabetes Diagnosis

Diagnoses are based on the A1C blood test, the fasting plasma glucose test (FPG) and oral glucose tolerance test OGTT, as noted in the charts to the right.

What Can You Do As a Parent?

Children model what they see, including parental behaviors and habits. Become their role model with physical activity and dietary habits.



- **EAT TOGETHER AT THE TABLE:** Despite busy schedules, make it a point to have sit down dinners at the table with the family– uninterrupted by phones or television. This allows the brain to register the sensation of being full and take the time to intuitively eat.
- **GO FOR A WALK OR CREATE NON-NEGOTIABLE OUTSIDE TIME:** the Centers for Disease Control and Prevention and World Health Organization recommend 150 mins/week of moderate-intensity aerobic activity for adults, and recommends 60 min of physical activity daily for youth ages 6-17. Setting aside family 'walk time' or even frequenting shopping malls such as Ontario Mills prior to opening and doing laps in the AC is a great way to incorporate movement into the week.
- **LIMIT CONCENTRATED SWEETS/CALORICALLY DENSE BEVERAGES:** Reduce the intake of Starbucks trips and or boba runs. A single tapioca ball ranges from 5-14 calories per ball. Instead, replace with water. Cutting up fruits such as watermelon and putting it into water to flavor, provides a great way to 'flavor' an otherwise 'boring' drink for kiddos.
- **"VEGGIE OF THE WEEK":** Exposure to different vegetables and coming up with new ways to eat, may work wonders. Whether it is serving it in a soup, trying a new dip, or having it in a salad.

References:

ADA. "Prediabetes Doubles in Adolescents, Key Risk for Older Adults." American Diabetes Association, diabetes.org/about-diabetes/prediabetes/adolescents-prediabetes-health-risk. Accessed 16 July 2026.

Peprah Osei E. Prevalence and predictors of prediabetes/type 2 diabetes mellitus among adolescents in the United States: NHANES (2021-2023). PLOS Glob Public Health. 2026 Feb 25;6(2):e0005596. doi: 10.1371/journal.pgph.0005596. PMID: 41739753; PMCID: PMC12935269.

Snuggs S, Harvey K. Family Mealtimes: A Systematic Umbrella Review of Characteristics, Correlates, Outcomes and Interventions. Nutrients. 2023 Jun 22;15(13):2841.doi: 10.3390/nu15132841. PMID: 37447168; PMCID: PMC10346164.

Managing Children's Screen Time and Finding a Healthy Balance

Today's children are more connected to technology than previous generations. Whether chatting with friends online, doing homework online or watching videos, being connected to screens is routine part of their day. Technology can create many opportunities to learn and connect with others, it can also become difficult to unplug and develop healthy habits. It's important to be aware of your child's media consumption and help them form a healthy and balanced relationship with screens.



The good news is that you don't have to figure this out alone. The American Academy of Pediatrics (AAP) provides a free Family Media Plan tool for families to create a plan that works for them. The AAP shares that it doesn't need to be a strict plan and it can be managed and reduced over time as you feel it is appropriate.

Simple AAP tips that you can implement for your children include:

- Create screen-free times and places in your home (such as meals and bedtime).
- Set do-not-disturb times on devices and media time limits.
- Track online activities and talk about which ones may be problematic.
- Discuss safety rules for online chatting.
- Plan regular screen-free activities your family enjoys.
- Make a habit of turning off media that isn't in use. Try music if you need ambient noise.

If your children are old enough to be on social media, discuss what they like on the platforms and if they've encountered anything concerning. It's important to open a line of communication so that if a child is confused about what they see, they feel comfortable speaking with you about it.

A study published by the American Psychological Association found that greater screen use was associated with a higher risk of developing anxiety, depression, aggression, hyperactivity, and other socioemotional challenges. At the same time, children already experiencing these issues were more likely to turn to screens as a coping mechanism.

"We are not asking parents to ban screens or electronics from their children, but to be mindful of the time they spend on them and the content they are watching," said Dr. Daniel Blocker, LFMT, Pomona Valley Hospital Medical Center. "Rather than focusing on the limiting of screen time, place importance on activities that improve family bonding and make special memories over your child's summer break."

Digital devices are an important part of today's modern world and learning to set boundaries is an important part of child development. Opening lines of communication with your children about the content they are watching builds trust and creates a safer online environment for them.

Save the Date!

Pomona Valley Hospital Medical Center's
Stead Heart & Vascular Center presents the



11th Annual Neuro Symposium

**SATURDAY,
OCTOBER 24, 2026
8:00 AM - 12:30 PM**

This FREE half-day virtual conference will open at 7:30 am and promptly start at 8 am to allow for attendees to work through any technology issues that may arise.

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

Program details to come.

WHO SHOULD ATTEND:

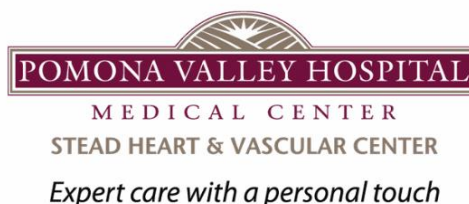
- Healthcare professionals
- Students interested in learning more about stroke care

The symposium will be hosted on Microsoft Teams, where attendees can join via the app, a web browser, or by phone for audio-only participation. Immediately after you register for your tickets, you will receive an email with a link to access the symposium.

Scan the QR code to register.



For more information, please email Karen Tse-Chang, RN, BSN, SCRNP, Nurse Manager at karen.tse-chang@pvhmc.org.



Coming Up for August 2026...

- Physical Health: Preventing Skin Cancer
- Emotional Health: A Focus on Self Care
- Financial Health: Financial Wellness Matters
- Social Health: August 2026 FunExpress Deals



*Access these and upcoming events and articles
on the [Wellness for Life](#) Intranet page!*

Surgery Department Hosts Annual "Back to Basics" Skills Fair

By: Sylvia Gonzalez, BSN, RN, CNOR, Educator

The Surgery Department recently hosted its annual "Back to Basics" Skills Fair, bringing together Operating Room staff for a day of hands-on education, collaboration, and professional development. The event reinforced essential perioperative practices that support patient safety, quality care, and evidence-based practice.



Staff rotated through interactive learning stations covering sterile draping and table setup, surgical sponge counting and wand detection, patient positioning, perioperative safety trivia, and two-nurse telephone consent verification. Each station provided opportunities for participants to review hospital policies, strengthen critical thinking, practice technical skills, and engage in meaningful discussions with experienced instructors.

The Skills Fair was a tremendous success, with enthusiastic participation from our perioperative team and positive feedback from attendees. The collaborative learning environment reinforced our shared commitment to excellence, teamwork, and delivering the highest standard of care to every surgical patient.

A special thank you to our educators, facilitators, and staff who dedicated their time and expertise to making this event possible. Together, we continue to invest in lifelong learning and uphold our mission of providing safe, high-quality surgical care.

Going back to the basics is the foundation for building excellence in the Operating Room.





A-Fit

PVHMC's Associate Fitness Program

What is A-Fit?

A-Fit is PVHMC's Associate Fitness Program designed to offer our Associates a convenient place to workout before and after their shift. A-Fit members have 24/7 proxy access to PVHMC's Associate Fitness Gym on the basement level of the Hospital – Room EB56.

Gym Hours: 24 hours a day / 7 days a week

Membership: \$10 per month, paid through automatic payroll deduction

Cancellation: Option to cancel after 3 months

Amenities: Treadmills, bike, elliptical, strength and resistance equipment, free weights, Spectrum TV, water dispenser, showers and lockers

Joining Is Easy As 1-2-3

1. Locate the "A-Fit Membership Enrollment" e-packet in the Associate Benefits "Wellness for Life" section of the Intranet and complete as instructed.
2. Send or bring the completed packet to Rehab Services on the first floor of the Robert and Beverly Lewis Outpatient Pavilion (OPP).
3. Once enrolled, your badge will grant you proxy entrance to the gym.

Need more information?

Contact Janel Leonida in Rehabilitation Services at ext. 9810

Visit "Wellness For Life" on the Hospital's Intranet for more wellness opportunities!

<https://home.pvhmc.org/departments/human-resources/benefits/wellness/>

Culture of Safety Survey

Together we are better, stronger and safer.

Congratulations to our Patient Safety Culture Survey Department Raffle Winners!

A tremendous thank you for securing a high response rate for the Patient Safety Culture Survey! Collective participation and perspective is invaluable in promoting a safer, more transparent culture of care. As a reward for stellar participation, departments who met the response rates were entered into an opportunity raffle - the winning departments below received a gift card.

RAFFLE WINNERS:

- GI Lab
- Radiology – Offsite locations
- ICU 2
- Tele 3 Station 2&3

Thank you all for your time and for making patient safety a priority! We appreciate all Associates who took the time to complete the survey, as it reflects a shared commitment to learning, transparency, and delivering safe, high-quality care for every patient.

Safety is
SWEET.

A culture of safety never melts.



Welcoming Our New Pharmacy Residents!

By the Department of Pharmacy Services



PGY1 Pharmacy Residents: Esther Kim, PharmD and Ruth Ho, PharmD

While we celebrate the achievements of our graduating pharmacy residents, we are equally excited to welcome the next generation of pharmacists to our hospital. Please join us in welcoming our two new PGY-1 Pharmacy Residents, Esther Kim and Ruth Ho, to Pomona Valley Hospital Medical Center!

We are thrilled to have them join our department and look forward to supporting them as they begin this important stage of their professional journey.

Throughout the coming year, our residents will work alongside our pharmacists and interdisciplinary care teams, gaining valuable experience across a variety of clinical practice areas while contributing to the exceptional care we provide to our community. We are committed to fostering a residency experience tailored to each resident's individual interests, strengths, and areas for growth.

At the heart of our department is the belief that "Teamwork Drives Excellence." By learning from one another and working collaboratively, we strive to uphold the highest standards of compassion, excellence, and patient-centered care. Together, we hope our collective efforts reflect the dedication, professionalism, and attention every patient deserves, both within our hospital and throughout the communities we serve.

We are excited to welcome Esther and Ruth to our pharmacy team and look forward to the enthusiasm, fresh perspectives, and dedication they will bring. We encourage everyone to introduce themselves, extend a warm welcome, and help make their residency year a rewarding and memorable experience.

3rd Year



Hazem Ammar, M.D.



Grant Garcia, M.D.



Ivy Hsu, D.O.



Andre Khawam, D.O.



An Luy, M.D.



Judy Ly, D.O.

2nd Year



Angela Aguirre, MD



Genokristo Ochieng, MD



Abudya Ochuru, MD



Dean Phan, DO



Riley Segelo, MD



Estevan Yepoz, DO

1st Year



Jessica Brooks, DO



Christopher Ortiz, DO



Omar Patel, DO



Amanda Ripley, MD



Seung Yeon Seo, MD



Nguyen Truong, MD

FMRP Faculty and Premier Family Medicine Associates

Ryan Agena, DO • Victor Alvarez, MD • Carlos Baez, MD • Snezana Begovic, MD • Daniel Blocker, PhD, LMFT • Allan Cabral, MD • William Casas, MD • Jesse Cheung, MD • Douglas Chiriboga, MD
Tung Chu, DO • Michael Deanda, MD • Mohamed Elsharkawy, MD • Craig Endo, MD • Millie Hathaway, DO • Lester Holstein, MD • Jeff Ijadi, MD • Tiffany Kilbas, DO
Christine Kwon, MD • Hanh Larson, DO • Shwe Lew, DO • Claudia Lopez, MD • James Meyers, DO • Cecilia Cusimano Murillo, MD • Michael Okazaki, DO • Erik Olsen, MD • Justin Pegueros, MD
José Ramos, MD • Elaine Roh, MD • Jay Shah, DO • M. Christina Tolentino, DO • Sula Safar, DO • M. Leticia Valadez, MD • Kim Vu, DO • Libia Wohliert, MD • Feven Wolday, MD • Tina Yun, MD

909.469.9490

Festival of the Chariots

By Elizabeth Grainger, Palliative Care Chaplain

If you were one of billions of people watching the World Cup this summer, you may have heard a particular player, a team, or the sport itself referred to as “a juggernaut”—meaning, “a literal or metaphorical force regarded as merciless, destructive, and unstoppable.” The word is commonly used in English, but has its roots in India, with a Hindu god. Jagannath is one of the names for the Hindu god Krishna; he is celebrated on **Ratha Yatra (July 16-24, observed in LA on August 2)** along with Balabhadra (his brother) and Subhadra (his sister). Ratha Yatra (Chariot Festival) commemorates Lord Jagannatha's annual visit to Gundicha Mata temple in the city of Puri, India. The word “juggernaut” entered the English language after early English and European visitors to India witnessed the festival and were so impressed by the spectacle of the massive wooden chariot used to transport statues of the gods that they could not find a word in their own language to describe it. The enormous wooden chariot was pulled by thousands of people using ropes, and once it began moving its motion was extremely difficult to control or stop. The festival remains extremely popular in the present day. Though the celebration in Puri is the largest one anywhere in the world, the holiday is celebrated in many other locations including Los Angeles. So that each city may host their own celebration, individual locations may hold their events after the holiday itself.

Every year, the LA International Society for Krishna Consciousness (ISKCON) hosts their very own local Los Angeles Festival of Chariots. This year, the festival will be held July 31-August 2, with the parade beginning at the Santa Monica Pier on August 2. The festival features the traditional chariot procession, cultural performances, musical kirtans (devotional songs), a free vegetarian feast, and more. For more information about this free annual festival, please visit <https://www.larathayatra.com/>. The LA Festival of Chariots is now in its 50th year, and offers an opportunity to witness an ancient Hindu celebration without going too far from home. All are welcome!

The Feast of the Dormition of the Theotokos—meaning the “falling asleep” of the Virgin Mary—is celebrated in the Christian Orthodox and Eastern Catholic churches on **August 15**. This sacred day commemorates Mary's death, the miraculous gathering of the Apostles, and her bodily translation into heaven. In Eastern Christian traditions, one of



Mary's titles is “Theotokos,” or “god-bearer,” recognizing her as the mother of Jesus. The day is so special and sacred that many Christian Orthodox people follow a strict fast for the two weeks leading up to August 15. Followers abstain from meat, alcohol, oil, and other foods. As in many traditions, fasting in the Christian Orthodox churches is meant to purify the spirit and focus the mind on faith. The Feast of the Dormition commemorates the very same event western Catholics and other Christians observe on the same day, as the Assumption of the Blessed Virgin Mary. For many, the day honors Mary's “birth into heaven.” It may be observed through attending Mass, witnessing a Marian procession, and personal prayer.

As we continue to experience the heat of summer, take a few moments during your day to find what brings you strength, meaning, and comfort. Drop by the Spiritual Center/Chapel (Third Floor, Elevator E) for a quiet moment of prayer or meditation. Or take time wherever you are to reconnect with your sense of purpose.

The chaplains of PVHMC are here to support YOU! To speak with a Chaplain (available daily, 8:30am-4:30pm), please phone 469-9305. To request support for a patient or family, enter a Spiritual Care Services referral in PowerChart.

August 2026 Holidays

- 1 Lammas/Lughnasadh (First Fruits of Harvest)—Christian, Celtic
- 1-14 Dormition Fast—Orthodox Christian
- 2 Ratha Yatra (Festival of the Chariots) observed—Hindu
- 6 Transfiguration of the Lord—Orthodox Christian
- 11 Krishna Janmasthan (Birthday of Lord Krishna)—Hindu
- 15 Assumption of the Blessed Virgin Mary—Christian
- Dormition of the Theotokos—Orthodox Christian
- 16-26 Onam (South Indian Harvest Festival)—Hindu
- 25 Mawlid Al-Nabi (Prophet Muhammad's birthday)—Islam
- 27 Obon/Ghost Festival/Tết Trung Nguyên (Ancestor Festival)—Buddhist, Taoist
- 28 Raksha Bandhan (Celebration of Bond Between Brothers and Sisters)—Hindu
- 29 Passion of St. John the Baptist—Christian

NOTICE: ANNUAL TB SCREENING DUE

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

PVHMC has 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

8723 RESOURCE CENTER
7879 WOUND CARE

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

7874 SLEEP CENTER
8390 PHARMACY
8400 PURCHASING
8401 STORES & DISTRIBUTION
8405 MATERIALS MANAGEMENT ADMIN
8425 ENVIRONMENTAL SAFETY
8700 HEALTH INFORMATION MANAGEMENT
8701 HIM/CODING
8710 MEDICAL STAFF OFFICE
8720 NURSING ADMINISTRATION
8722 NURSE STAFFING

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.

WEEKLY FARMERS MARKET

Food & drinks

Local vendors

PVHMC Education

EVERY MONDAY
10:00 AM - 2:00 PM

Robert & Beverly Lewis Outpatient Pavilion Front Patio

NEW DATES COMING SOON!

Effective August 19, 2026, the Farmers Market will be hosted weekly on **WEDNESDAYS**.

Vendors Vary by Week and May Include:

Vicente Family Farm Produce | Loaded Baked Potatoes | Bella & Penelope's Pizza | Mad Aguas | Smokin Cuban Cuisine | Catalan's & Goodies | LAMI (Filipino) | Susi Sushi | Tradition 3 Tamales | Freshisthebestlicorice | Real Time Pain Relief | Cookies by Yvette | Old Town Baking | Brothers Products | Chris Cakes | Rigo's Nutty Natural | Dolce de Libby | 100% Juice bar | Beautifully Brewed | The Sweet Encounter Candy Apples



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



April



June



August



Donors will receive a FREE ticket to Raging Waters Los Angeles (a \$70 value).



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.

2026 Class Dates - Wednesdays

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

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.





Diabetes 101 Class

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

Come and learn about:

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

**Every 2nd Tuesday
of the month**

6:30 - 7:30 pm

Diabetes Nutrition Class

Come and learn about:

- **Healthy eating with prediabetes and diabetes:**
what are calories, essential nutrients, food groups and more
- Plan balanced meals to support steady blood sugars
- Shop smart on a budget and read labels with confidence
- Cook healthier meals and use mindful eating strategies, especially during the holidays

**Offered quarterly on
the the 3rd Tuesday
of the month in
January, April,
July and October**

6:30 - 7:30 pm

Space is limited, please RSVP.

Held on the 3rd floor
Robert and Beverly Lewis Outpatient Pavilion
1798 N. Garey Ave., CA 91767

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





New Days are brewing



Tuesdays
8am - 5pm

Wednesdays-Fridays
8am-5pm

Saturdays
8am-3pm





CAFFEINATED GOODNESS

*For iced, add \$.75 more

Small Batch Drip	4.00
Americano*	5.00
Latte*	5.75
Flat White*	5.50
Mocha*/White Mocha	5.75
Caramel Latte*	5.75
Iced Coffee	5.00
Cold Brew	6.00

BEYOND THE BEAN

Lemonade	4.25
Hot Chocolate	5.50
Hot Vanilla Steamer	5.50
Strawberry Milk Swirl	6.00
Grab&Go beverages (Olipop, Joyburst Protein Soda, etc)	3.50

Save time,
Order Online



Hot Drinks **12oz**

Cold Drinks **16oz**

SPECIALITY DRINKS

Horchata Latte*	6.50
Honey Lavender Latte*	6.50
Spicy Mango Lemonade	6.25
Banana Pudding Cold Brew	7.00
Ube Cream Matcha	7.75

FRAPPÉ TO SEE YOU

Caramel Crunch	6.75
Cookies & Cream	6.75
Chai	6.50
Matcha	7.25
Mocha	6.50
Strawberry & Cream	6.50
White Mocha	6.50

MO-TEA-VATION

*For iced, add \$.75 more

Chai Latte*	5.25
Matcha*	6.75

A FEW NOTES

Almond, Coconut, Oat and Soy
milks \$0.50

Add a Cold Foam for \$1.00 each

Extra Shot of Espresso \$1.00 each

🚫 Cashless Café

Visa • Mastercard • American
Express • Discover • Apple Pay •
Google Pay • Samsung Pay

**LOCATED AT THE ROBERT AND BEVERLY LEWIS OUTPATIENT
PAVILION FRONT PATIO (NORTH PARKING LOT)**

WEDNESDAY - SUNDAY | 8AM - 5PM

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

"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.



**Antonette Badua, MSN,
RN, FNP-C - CVICU**



Tara Bernal, RN - GI



**Lilibeth Borgonia, BSN
RN - MedSurg4**



**Ana Mancillas Serrano
RN - Tele6**



**Jacqueline Terranova,
MSN-C, RN - 3-Central**



**Rozzy Sun
RN - MedSurg5**

DO YOU WANT TO BE THE NEXT WINNER?

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



August 2026 Healthcare Professionals Recognition

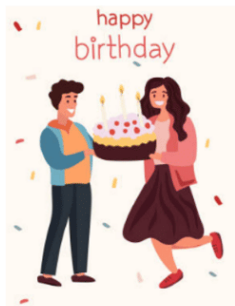
- Health Unit Coordinators Day, 23
- Breastfeeding/Lactation Consultants Week, 1-7
- National Health Center Week, 2-8

Happy Birthday!

Happy birthday, Amber! 8/27

From Digna, Erin, Jim, Greg, William & Ken!

Happy Birthday
Liz & Iz!



Jokes of the Month



By Michelle Walsh-Fernandez, Director of Security

Where do pirates get their hooks?
Second hand stores.
What fruit do scarecrows love?
Strawberries.

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