

Keeping You In Touch

December 2021

A Publication of the Pomona Valley Hospital Medical Center Marketing Department

Holiday Happenings at PVHMC

While our warm Southern California weather may not reflect it, the winter holidays are upon us! This year is looking to be brighter and more merry than 2020—with the COVID-19 and flu vaccines abounding and transmission rates in our region low, many of us are looking forward to finally being able to safely celebrate the season with our loved ones close by.

Here at Pomona Valley Hospital Medical Center, our teams are busier than Christmas elves preparing for this month's festivities! Be sure to mark your calendars for some of our upcoming holiday events:

- **Tree Lighting Ceremony—Tuesday, December 7**

- **Associates** are invited to an in-person tree lighting ceremony from 4:30—6:30 pm in front of the Robert and Beverly Lewis Outpatient Pavilion. We welcome you to bring your close family to enjoy cookies, hot cocoa or cider and an early bird opportunity to have a photo taken with Santa at our drive-thru event.
- **Community members** are invited to attend a drive-thru event from 6:30—8:30 pm, featuring stop-and-go stations for cookies and hot cocoa or cider, and photos with Santa.
- **All Associates and community members** are encouraged to bring warm clothing for donation (details on page 4) and the opportunity to purchase a PVHMC holiday ornament, benefitting PVHMC's Foundation.



- **Holiday Running Festival—December 11 – 12**

- We're delighted to have been named a presenting sponsor and medical sponsor for this year's Holiday Running Festival, which includes a children's Penguin Waddle, 5K and 10K on Saturday, December 11, and a half marathon on Sunday, December 12. See page 9 for information on registration. See you there!

- **Associate Holiday Buffet:**

- Night shift—December 14 (see page 5 for the time and menu)
- Day/Swing Shift—December 15 (see page 5 for the time and menu)

- **Auxiliary Season of Joy Theme Basket Raffle—ends December 17**

- The Auxiliary's annual Season of Joy is here! Check out the theme baskets on display in our Gift Shop. See page 6 for information on how to enter a ticket into the raffle and to see the gift basket options—happy shopping!

- **Associate Wreath Decorating Contest:** details coming soon on PVHMC Announcements!

POMONA VALLEY HOSPITAL MEDICAL CENTER

HOSPITAL HUDDLE

with
Rich



Keeping Our Patients, Visitors and Associates Safe Around Round the Clock

Our Security Associates are often the first and last people to come into contact with our patients and their families as they enter and depart our campus. For some of our patients and their loved ones, these interactions may be on the saddest or deeply emotional day of their lives. Our Security Associates are integral to the patient experience and live by the rule that every day is an opportunity to make a positive impact because we only get one chance to make a first impression.

Being the Hospital's first impression has come with increased challenges during the pandemic. It's understandable that some patients entering the Hospital have been more fearful and emotions have been running high. These have been trying times for all of us. We've also seen an increase in patients experiencing the mental health effects of the pandemic – sometimes creating heightened security issues. In the midst of more tumultuous times, our Security Associates diligently work to maintain calm and ensure the safety of all who come through our doors for care or to work here.

In recent years, our Security Department has undertaken numerous initiatives to enhance safety and security on our campus including overhauling the security camera system to include analytics capabilities to improve efficiencies, adding new lighting measures in the parking areas and ensuring that the Security Department is collaborating with all departments in the Hospital.

Derek Webster, our Director of Security for more than four years, was instrumental in redesigning the entire security program, reorganizing the Security Department and enhancing training programs. While Derek has announced his well-deserved retirement from PVHMC in February 2022, which comes on the tails of his 31-year career in law enforcement – we are so fortunate to have Michelle Walsh, Assistant Director of Security, assuming the role of Director upon his retirement. Michelle brings more than 20 years of experience working in a health care environment and nine years in law enforcement. She is a strong, compassionate leader who will ensure a seamless transition and continue to lead the way to keep our Hospital safe and secure.

Continues on the next page.

POMONA VALLEY HOSPITAL MEDICAL CENTER

HOSPITAL HUDDLE

with
Rich

PVHMC has been a great place to grow a career in security – with some of our Security Associates celebrating 29+ years at PVHMC:

- Mehdi “Mike” Amini – 31 years
- Clifton “Cliff” Dehayward – 35 years
- Richard “Rick” Martin – 31 years
- Stephen “Steve” Sutton – 29 years

One of the best compliments we get is when people from other hospitals visit PVHMC to learn from our Security Department. There have also been people with tenure at other hospitals who have filled on-call positions in our Security Department and later apply for full-time jobs because of our strong culture.

I would be remiss if I didn't mention the Security Department's beloved K9 partners. It's believed that PVHMC is among less than 20% of hospitals in the United States that have a K9 unit. Our K9 unit patrols the exterior and patient care areas, provides a sense of comfort and safety and it is highly effective at deterring violence or threatening activity. Two of our dogs have received recognition from the Inland Empire Police Canine Association's Annual K9 Competition. Not only do the dogs bolster our safety and security by commanding respect, the presences of these sweet, loving dogs also boosts Associate and patient morale.

I am incredibly confident in our Security Department – and I sleep soundly knowing that our Security Associates are keeping our patients, visitors and Associates safe around the clock.

Thank you for
your hard work
and **dedication!**

Tree Lighting Ceremony

Tuesday December 7, 2021
4:30-6:30 PM

**Front of the Robert & Beverly Lewis
Outpatient Pavilion**

Associates and family members are invited to officially kick off the holidays with the annual Tree Lighting Ceremony! Experience the twinkling lights, music, free hot drinks, cookies, candy canes and fun holiday cheer as we commemorate the festive season.

Photos with Santa

Following the ceremony, bring your family and take a socially-distanced photo with Santa - families will receive one complimentary photo print!



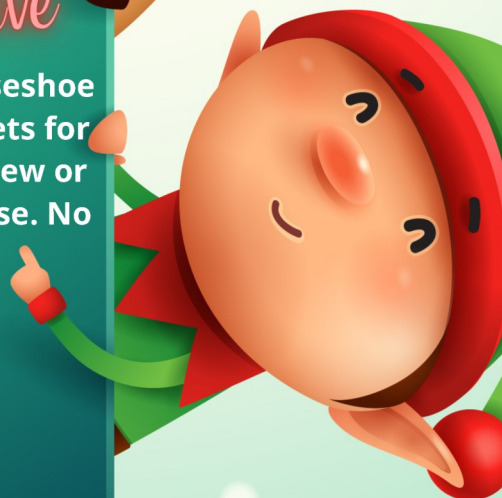
Clothing Drive

We are partnering with Pomona's Project Horseshoe Farm to collect warm clothing and new blankets for our homeless community. Please bring your new or gently used clothing (Warm clothing only please. No used shoes, socks, or undergarments).

<https://www.projecthsf.org/>



1798 N. Garey Avenue, Pomona, CA 91767



For Community Members

Photos with Santa

Tuesday December 7, 2021
6:30-8:30 PM

**Pomona Valley Hospital
Medical Center Parking Lot**

(Enter through Willow St. off of Garey Ave.)

Celebrate the holidays with us!
From the comforts of your car,
come drive through and
experience the twinkling lights,
music, free hot drinks, cookies,
candy canes and fun holiday
cheer as we commemorate the
festive season.

Bring your family and take a socially-
distanced photo with Santa - families will
receive one complimentary photo print!

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1798 N. Garey Avenue, Pomona, CA 91767





ASSOCIATE HOLIDAY BUFFET

(12/14-NIGHT SHIFT-11:00PM-1:00AM-CAFETERIA)

WEDNESDAY, DECEMBER 15, 2021

10:30AM-1:30PM-TENT OUTPATIENT PAVILION &

3:30PM-6:00PM-CAFETERIA

menu

RED WINE BRAISED SHORT RIBS

OR

**SIMPLY FESTIVE STUFFED ACORN SQUASH WITH QUINOA,
LENTILS , SPINACH & CHESTNUTS
(VEGETARIAN)**

SERVED WITH

Roasted Garlic Mashed Potatoes

Seasonal Roasted Vegetables

Holiday House Pasta Salad

Holiday Fruit Bowl

Dinner Rolls

Assorted Holiday Cheesecakes

Crystal Light Raspberry Lemonade

EXECUTIVE CHEF
Rogelio Gaeta



The Auxiliary of Pomona Valley Hospital Medical Center Presents

SEASON OF JOY

Sponsor and Ticket Purchase Form

Name _____ Phone _____

Address _____

City _____ State _____ Zip _____

Enclosed is my donation of \$ _____ Check # _____

Payable to: Auxiliary of Pomona Valley Hospital Medical Center (PVHMC)

Please charge my ☐ Visa ☐ MasterCard ☐ American Express

Card # _____ Expiration Date ____/____/____ CVC _____

Authorization Signature _____ Date _____

I would like to support the Season of Joy in the following manner:

- ☐ One (1) ticket for \$5 ☐ Six (6) tickets for \$20
☐ Fifteen (15) tickets for \$35 ☐ \$35 Thirty-five (35) tickets for \$50
☐ Donation only, no tickets for theme baskets

Please indicate in which basket you wish to place your ticket(s).

Return this completed form and your donation in the enclosed envelope by **December 10, 2021**.

Contact Free Theme Basket Raffle

When you purchase a raffle ticket, we will write your name and phone number on the back of each one. All tickets will be deposited in a secure container for each basket. On December 17, 2021, we will draw the winning tickets for the theme baskets. **Each basket has at least a \$400 value.** We will contact the winners using the phone number listed on your form.

Supermarket Sweep

- Trader Joe's insulated bag filled with various products from the Claremont store
- \$50 gas card
- \$350 worth of gift cards from numerous grocery stores

Money Madness

- Decorative box set filled with \$400 cash

Out on the Town

- \$50 gas card
- Wine tasting for 2
- Bottle of wine
- Wine glasses
- \$350 worth of gift cards for various restaurants



*The Auxiliary of PVHMC is a not-for-profit 501(C)(3) corporation
and all donations are tax deductible up to the full extent allowed by the law.*

A Sweet Treat for the Holidays!

By Hannah Horton, Cal Poly Pomona Dietetic Intern

It's that time of year again!

Are you looking for a nutritious holiday dessert your whole family will love? Well, look no further! This Apple-Blueberry Crumble is a delicious, heart-healthy alternative to a traditional holiday pie. It's high in fiber and packed full of nutritious ingredients such as whole-wheat flour and ground flax seed.

Did you know that 1 cup of blueberries contains 4 grams of fiber and is a good source of vitamin C and K? Topping off this dish with a few tablespoons of ground flax seed also makes it a great source of omega 3's, which can reduce your risk for cardiovascular disease.

It's time to get out your favorite vanilla ice cream recipes and holiday dishes and start baking!

Apple-Blueberry Crumble Recipe

By Elizabeth Weiss, MS, RD

Ingredients

- 3 large Red or Golden Delicious apples (about 2 pounds), unpeeled and cut into ½-inch pieces (about 4 cups)
- 2 tablespoons brown sugar
- 2 tablespoons whole-wheat flour
- 1 teaspoon vanilla extract
- ½ teaspoon ground cinnamon
- 1 cup fresh or frozen blueberries

Topping Ingredients

- ½ cup walnuts, very finely chopped
- ½ cup old-fashioned or quick-cooking oats
- 2 tablespoons brown sugar
- 2 tablespoons whole-wheat flour
- 2 tablespoons ground flaxseed or wheat germ
- ½ teaspoon ground cinnamon
- ⅛ teaspoon salt
- 2 tablespoons canola oil



Directions

- Preheat the oven to 400°F (204°C). Place the apples, brown sugar, flour, vanilla and cinnamon in a large bowl and toss to coat. Gently stir in the blueberries.
- Place the apple mixture in an 8 x 8-inch baking pan or dish and set aside.
- To make the topping, place the walnuts, oats, brown sugar, flour, flaxseed, cinnamon and salt in a medium bowl and stir to combine. Add the oil and stir until the oat mixture is well coated. Spread the topping evenly over the fruit mixture.
- Bake for 40 to 45 minutes, or until the fruit is tender and the topping is golden brown (cover with foil about halfway through if the topping browns too quickly). Tip: Top each serving with low-fat vanilla frozen yogurt or a dollop of light whipped cream.

Nutrition Information

Serving size: 1 slice - Total servings: 6

Calories: 260; Total Fat: 13g; Saturated Fat: 1g; Cholesterol: 55g; Sodium: 34g; Protein 10g.

PVHMC IN THE COMMUNITY!

In the month of November, PVHMC Heroes provided flu shots, diabetes education and blood glucose screenings at events around the Pomona and Claremont areas.

Pomona Connect Resource Fair - November 6
Nurses gave flu shots and blood glucose screenings. We also had a team of PVHMC runners participate in the event - congratulations!



Claremont Presbyterian Church Health and Resource Fair (in partnership with the Office of Supervisor Hilda Solis)
- November 17

Our PVHMC team had the opportunity to serve our community with free flu vaccines, blood sugar checks and Narcan kits for use in emergency overdose.



Pomona Police Department Training
- November 17

Our Diabetes team headed to the Pomona Police Department to talk to four squads about risk factors for diabetes, diabetes prevalence in our community, how to spot a diabetes emergency and what evidence someone may have to indicate that they have diabetes (insulin, syringe, pen, glucometer, lancet device and pump).





HALF MARATHON • 10K • 5K

DECEMBER 11-12, 2021 @ BONELLI PARK
120 E. Via Verde Dr, San Dimas, CA 91773

Registration: runholidayhalf.com

- Please use your name as it appears in the Hospital Directory.
- Enter Promo Code* **PVHMC20OFF** and receive a 20% discount!

*PVHMC Associates only
(no family or friends)

11 Days to Go ... Get Your Gear

Running Shoes with at least 50 miles on them
Running Socks made of moisture wicking fabric
Holiday inspired running outfit

Golden Snowflake Challenge

Run either the 10K or 5K ... plus the Half Marathon

"Triple" Golden Snowflake Challenge

Run both the 10K and 5K ... plus the Half Marathon

Event Schedule

10K: Dec. 11 @ 7:00 am

5K: Dec. 11 @ 8:30 am

Penguin Waddle: Dec. 11 @ 10 am

Half Marathon: Dec. 12 @ 7:30 am

All proceeds from Saturday's Penguin Waddle Kid's Run will benefit PVHMC's Milestones Center for Child Development. Entry fee: \$5
Register at runholidayhalf.com

Park at Bonelli Park

For course maps and more info visit ... runholidayhalf.com

Need some inspiration to run/walk?
Check out past year's photos of Associate participants!



Run/Walk the Holiday Half Marathon ...with our Sports Medicine Center!

Local runners may be seeing some familiar faces along the route at the upcoming Holiday Running Festival (5K, 10K and Half Marathon) Walk/Run on December 11-12, 2021. These faces won't be spectators, but Pomona Valley Hospital Medical Center's very own Sports Medicine Center (SMC) physicians and physical therapists. Our team will be there to provide medical coverage of the event! Easy to spot in their bright red vests, they will be stationed along the new route (Bonelli Park) and at PVHMC's first aid stations.

Since 2009, the SMC has tended to Holiday running participants with medical needs ranging from blisters, strains, sprains and heat exhaustion. Hanh Larson, DO, Medical Director of the Sports Medicine Center, along with other SMC Team Physicians, will be joined by head athletic trainers, assistant trainers and student trainers from local schools and colleges. The entire medical team is invaluable to runners who need ice packs, ankle wraps and other first aid along the way or at the end of the race.

This year's runners and walkers can be confident that if an injury occurs, they will be cared for by staff who know sports injuries — PVHMC's Sports Medicine Center. We'll be on the course if you need us, or just pop by to say hello!



Palliative Care Team Delivers "Thank You" Snack Baskets

In recognition of Palliative Care (PC) Month in November, our PC team delivered snack baskets to departments as a thank you for supporting its mission:

"Helping people live with a serious illness."

Thank you PC team!



HOLIDAY STORE AT THE TENDER TOUCH GIFT SHOP

The holiday store is open and has everything you need to make the holidays extra merry! All proceeds benefit the Auxiliary's Sick Baby and Hospital Assistance Fund.



On November 18, Pomona Valley Hospital Medical Center conducted a Code Black Internal, Mass Casualty Incident (MCI) full-scale exercise (FSE). The purpose of this exercise was to test our command center, 15 to 50 surge process and to increase the knowledge, capabilities and performance of all staff to more efficiently and effectively prepare for, respond to and recover from any emergency or disaster. With over 30 volunteers participating and surrounding hospitals conducting their own MCI drills, the turnout was amazing. Thanks to all of our Associates for their participation and commitment to protecting the health and wellbeing of our patients!

Scenario:

On November 18, 2021, at approximately 08:58 am, a 7.1 magnitude earthquake occurred on the San Andreas Fault line, which ruptured near Southern California. Reports came in of an explosion at California State Polytechnic University, Pomona, causing extensive damage to property all around the San Bernardino and Los Angeles Counties. PVHMC received 50 patients within the first hour.

MCI DRILL



A SPECIAL DONATION



In July 2020, the Banuelos family lost their son, Marco, 24, in a tragic accident. The grief and heartbreak was deep and seemingly unending for the family, but a couple of months ago, they decided they wanted to do something to celebrate his life and memory. They would donate a gift to a baby boy who shared the same birthday as their son – October 28. And so, Sarah and her newborn baby Ryden received this beautiful gift and a letter from the family that shared the story of Marco's life and read, in part:

"We give this basket of gifts to your new baby boy with love and a wish for great blessings in his life, in honor of our son Marco Antonio Banuelos, for his beautiful short life, and every bit of love and happiness he brought to everyone he knew."

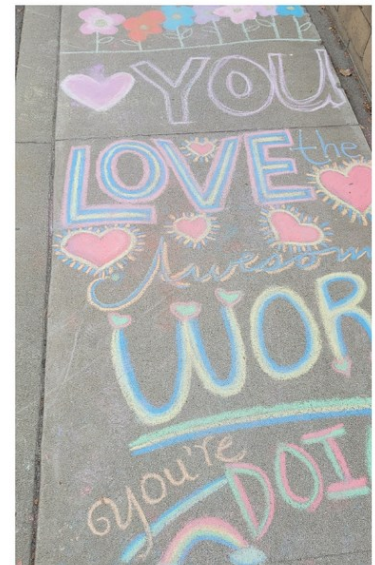
We thank the Banuelos family for sharing their story and for honoring his life by bringing love and joy to another family.



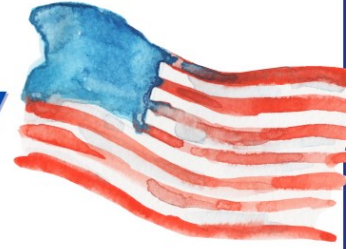
NATIONAL CHARITY LEAGUE MEMBERS LEAVE NOTES OF LOVE IN CHALK!

Did you see the colorful surprise of chalk art and messages in mid-November?

Dozens of members of the Foothill Chapter of the National Charity League came to PVHMC to once again share their gratitude and bring cheer to you, our PVHMC Heroes. We hope these messages brought you joy as you started and ended your days!



PVHMC CELEBRATES VETERANS DAY WITH SPECIAL FLAG RAISING CEREMONY



THANK YOU TO ALL WHO JOINED US ON THURSDAY, NOVEMBER 11,
TO COMMEMORATE VETERANS DAY!

RICHARD E. YOCHUM, FACHE, PVHMC PRESIDENT/CEO AND U.S. NAVY VETERAN, KICKED OFF THE CEREMONY WITH A HEARTFELT MESSAGE HONORING SERVICE MEMBERS FOR THEIR COURAGE AND CONTRIBUTIONS AND EXPRESSING HIS APPRECIATION TO THOSE VETERANS WHO ALSO SERVE AS ASSOCIATES AT PVHMC.

FOLLOWING WAS A POWERFUL PRAYER BY CHAPLAIN "CAPTAIN" FRANK MUNOZ. THE HONORABLE TIM SANDOVAL, MAYOR OF THE CITY OF POMONA, WAS ALSO IN ATTENDANCE AND OFFERED HIS RESPECT AND GRATITUDE TO ALL VETERANS, WITH A SPECIAL COMMEMORATION FOR ALL OF OUR PVHMC HEROES WHO HAVE SERVED THE COMMUNITY DURING THE COVID-19 PANDEMIC.

WE WERE FORTUNATE TO HAVE OUR VETERAN SECURITY ASSOCIATES THEN CONDUCT THE FLAG RAISING, WHICH HONORS THE SYMBOL OF OUR COUNTRY, ALL THE HOPES, DREAMS AND THE PEOPLE IT REPRESENTS.

AFTER THE CEREMONY, SPECIAL FLAG-THEMED COOKIES WERE ENJOYED BY ALL AND WE COLLECTED PHOTOS OF VETERANS (ASSOCIATES AND THEIR FAMILY) TO PROUDLY DISPLAY ON AN HONOR WALL IN THE CAFETERIA.



Blood Drive Calendar - 2022

2022 is almost here and it's time to save the dates for our 2022 American Red Cross blood drives! Book your appointments at least two weeks before each blood drive by visiting redcrossblood.org and entering our sponsor code: PVHMC. All blood drives will be held from 7:00 am - 7:00 pm in Pitzer Auditorium. *Dates, times and location subject to change.

January



February



March



April



May



June



July



August



September



October



November



December



PVHMC IN THE NEWS



On Thursday, November 11, Scott Nichols, MD, medical director of pediatrics, spoke to NBC Los Angeles about the importance of educating our community on the safety and efficacy of the vaccine, especially for young children, and to inform the community of a pediatric COVID-19 vaccination clinic held at our PVHC Claremont location on Saturday, November 13.



BTS!

A behind-the-scenes shot of Dr. Nichols' interview with an NBC reporter. He also conducted the interview in Spanish for Telemundo!

Claremont Courier
A LOCAL NONPROFIT NEWSROOM

Read the full article [HERE](#).

PVHMC receives national award for nursing excellence

November 10th, 2021

Earlier this month, Pomona Valley Hospital Medical Center announced that they were among fewer than nine percent of hospitals in the United States to receive Magnet recognition, the highest national honor for nursing excellence bestowed by the American Nurses Credentialing Center (ANCC).

The ANCC is stated to be the largest and most prominent nurses credentialing organization in the world. The group "identifies health care organizations that provide the very best in nursing care and professionalism in nursing practice."

Factors that play into the ANCC's Magnet recognition decision include the organizations' quality of nursing leadership, their coordination among each other, collaboration across specialties, and the processes for "measuring and improving the quality and delivery of [patient] care."

According to the news release, Richard E. Yochum, FACHE, president/CEO said, "Magnet recognition provides our community with the ultimate benchmark to measure the quality of patient care."

When Patients Say "No"

The Right to Refuse

We all know that patients in our facility have the ethical and legal right to refuse medical treatment. But though we know this, we may not fully appreciate some of the details and the reasons for it. It is important therefore to remind ourselves of some key points.

Generally speaking, patients have the right to refuse any recommended treatment, even if this refusal might lead to serious injury or death. This right may include, for example, declining surgery, hemodialysis or CPR. But it can also include simple interventions, such as feeding tubes, supplemental oxygen, or the administration of antibiotics. Patients may also decide to leave the hospital against medical advice (AMA). One example familiar to many of us is the refusal to accept a blood transfusion on religious grounds. The ethical and legal basis for right to refuse rests upon patient autonomy: the ability to make medical decisions for themselves, guided by their own beliefs, values, and goals. Patients can communicate their refusal contemporaneously or in advance of a sudden, serious illness by stating their wishes in writing, for example, in an advance healthcare directive or a Physician Order for Life-Sustaining Treatment (POLST) form.

Decision-Making Capacity

Of course, any patient exercising their right to refuse must have decision-making capacity. To have capacity, a patient must demonstrate understanding of their diagnosis, prognosis, and treatment options (including the choice for no treatment); appreciate the personal consequences of accepting or refusing treatment and be able to arrive at a decision and communicate it clearly. Determining capacity is the responsibility of the treating physician. It is important to remember that refusal of treatment does not by itself demonstrate lack of capacity, even if the patient's nurse or physician strongly disagrees with the refusal.

Refusal by Advance Directive

Questions can arise regarding refusals of treatment expressed in an advance directive because the language in the document is vague. "No heroics" or "Don't keep me alive on machines if I won't wake up" are typical examples. Do these statements mean no tracheostomy? No CPR or vasopressors? No antibiotics? We can all help patients to make their advance directives more useful by encouraging them to be as specific as possible in expressing their wishes regarding future medical care.

Controversial Refusals

Some refusals of treatment can be controversial. Patients may refuse to accept or co-operate with basic aspects of care. The ethics of refusing may be questioned by healthcare providers, when, for example, a patient refuses such routine care as checking vital signs or doing a blood draw. Occasionally, terminally ill patients who do not wish to prolong the dying process will refuse oral intake of food or water. In all such cases it is important to understand the patient's reasons for refusing and to provide appropriate psycho-social support. The PVHMC Ethics Committee is also available to assist in such cases.

Family Disagreement with Refusal

Family members may disagree with a patient's refusal of treatment or attempt to pressure the patient into changing their mind. If family pressure is suspected and the patient has capacity, members of the treating team should arrange to speak with the patient about his/her refusal when family is not present. If the family disagrees with patient's wishes as stated in an advance directive or POLST, be sure family is informed of the patient's wishes and the obligation to adhere to them. If disagreement persists, call for assistance from the Ethics Committee.

Conclusion

The right to refuse medical treatment, like the right to consent for treatment, is a fundamental ethical principle. It is important for all PVHMC Associates to remember this as we strive to do our best in caring for the patients who need our help.

David M. Adams, Ph.D., M.L.S. (Law), Clinical Ethicist
On Behalf of Rights of the Individual Functional Team



Workplace Violence Prevention

Quarterly Update to Associates

As you may know, PVHMC has a Workplace Violence Prevention Committee and many resources available on our hospital intranet page available here:

The Workplace Violence Prevention Committee is a multi-disciplinary team comprised of multiple nursing Associate members. Our goal is to reduce the number of violent incidents in the Hospital, including those that result in injury to our Associates.

Our Q3 2021 review showed that we are having an increase in the number of injured Associates due to violent or combative behavior of our patients. Some of these events involve the use of restraints and patients who become combative. Please remember to stay safe during any of these activities and ask for appropriate assistance should a patient become agitated, combative or in need of restraints. Our Hospitalwide policy #3.100 provides guidance on the use of restraints.

According to a 2015 article by OSHA, 80% of violent events are due to patient behavior. At PVHMC, that number is actually higher. A full 90% of all reported workplace violence events are due to patient behavior at the Hospital. In addition, the article explained that violence is vastly underreported however, we want our Associates to know that PVHMC encourages reporting of any act of violence that occurs here. You can easily report any event by linking on the intranet page icon below:



The PVHMC Workplace Violence Prevention Committee is focused on learning from past events and Associate input to reduce the incidents of violence in our Hospital and out-patient settings. Please contact the Committee should you have any ideas for improvement to our workplace safety program.

Source: <https://www.osha.gov/sites/default/files/OSHA3826.pdf>

Brain Teaser

I belong in the month of December, but not in any other month. I am not a holiday. What am I?

If you have figured this out, email amber.brenneisen@pvhmc.org for a chance to win a \$25 gift card!

Monica Ortuno, RN, LDRP, was the October winner! Congratulations!

What do you call a cranberry that isn't happy?

Solution: A "blue"berry

Gifts of Love, Light and Hope in December



By Elizabeth Grainger, Palliative Care Chaplain

Immediately after the Halloween candy disappeared from store shelves in early November, Christmas decorations appeared in their place. Some people grumbled that this was too early. But according to traditions followed by Catholics in the Philippines, Christmas celebrations begin September 1 and last through January. The Ber months are the world's longest Christmas season. Throughout the months, numerous religious celebrations as well as community gatherings provide opportunities for family and faith, fiesta and food, friends and fun. One such tradition is **Simbang Gabi (Night Mass) (Dec 16-24)** is a novena, or devotional nine-day series of masses, in anticipation of Christmas. This tradition is similar to the *Misa de Aguinaldo* and *Misa de los Pastores* celebrated around the world. Simbang Gabi masses are held early every morning; according to historians, the ritual originated so that those working the fields could attend church early and still work the land before the extreme heat of the day. The final mass the morning of Christmas is referred to as *Misa de Gallo* (Rooster's Mass).



Many countries in Europe celebrate the **Feast of Sinterklaas**, also known as **St. Nicholas Day (Dec 6)** by exchanging small gifts. Children put out their shoes and leave hay and carrots for the saint's horse, hoping St. Nicholas will reward them with presents. Little is known about the historical life of Saint Nicholas of Myra, who lived in Asia Minor in the third century, but there are many stories of his good works and generosity. According to the most famous of these legends, Nicholas heard of a man and his daughters who had fallen on very hard times. In order to save the family, Nicholas threw bags of gold into their home without revealing his identity. His altruism inspired the countless traditions of gift-giving we now celebrate around the world every December as part of Christmas. Our own Santa Claus may bear little resemblance to an early Christian Turkish priest, but the common theme of generosity connects all versions of this figure.

On December 21, we experience the longest night of the year as winter officially begins. Amidst all the holiday merriment, many of us are experiencing our first holiday season after the death of a beloved family member—or family members. The feeling that the festivities are going on around us, yet do not feel the same, is very real. Something as simple as cooking a treasured family recipe can bring a flood of feeling and memories. For some, it may not feel like the holidays at all without that member of the family, whereas others may wish to continue celebrating as before in their honor. In remembrance and in honor of those experiencing any kind of loss, churches and interfaith communities offer a service called **Blue Christmas**, or the **Longest Night** service. These services may be in person, or virtual, and all are welcome.

Blue Christmas pre-dates the COVID pandemic, but the message of reflection, remembrance, and hope is especially meaningful at this time. Additionally, Spiritual Care Services offers a resource called "Grief and the Holidays"—let us know if you would like a copy.

Kwanzaa (Dec 26-Jan 1) is an interfaith pan-African holiday, with roots dating back 55 years. Kwanzaa is the first specifically African-American holiday and is celebrated by people of many different spiritual traditions, including those who celebrate Christmas and other holidays. The name Kwanzaa derives from the Swahili phrase *matunda ya kwanza*, meaning "first fruits of the harvest." Kwanzaa is a time for communities and families to gather together in support of each other, and to focus on shared values including: *Nia* (purpose); *Kuumba* (creativity); and *Imani* (faith). Symbols of Kwanzaa include harvest crops, a unity cup, and candles. The third annual Kwanzaa Joy celebration will be held at the Fairplex on December 26; for more information visit [https://](https://kwanzaajoy.wordpress.com/)

kwanzaajoy.wordpress.com/.

The Chaplains of Spiritual Care Services wish you and your loved ones peace, health, and joy this holiday season and in the year to come. To speak with a Chaplain, please phone 469-9305, or page the Chaplain on call at 5904 (available Monday-Friday, 9am-5:30pm). We are here to support YOU!

DECEMBER 2021 Holidays

- Nov 28-Dec 6 Hanukkah (Festival of Lights)—Judaism (see previous newsletter)
- 6 Saint Nicholas Day—Christianity
- 8 Bodhi Day/Rohatsu (Buddha's Enlightenment)—Zen Buddhism
- Feast of the Immaculate Conception of Mary—Catholic
- 12 Feast of Our Lady of Guadalupe—Catholic
- 14 Gita Mahotsav (Celebration of revelation of Hindu sacred text)—Hindu
- 16-24 Simbang Gabi, Misa de Aguinaldo, Misa de los Pastores—Catholic Nine-Day masses
- 16-25 Posadas Navideñas—Christian
- 21 Winter Solstice/First day of Winter
- Blue Christmas / Longest Night—Christian service to honor those grieving
- 21-Jan 1 Yule—Wicca/Neo Pagan
- 24 Christmas Eve—Christian
- 25 Christmas—Christian
- 26 Zarathosht Diso (Death of Prophet Zarathushtra)—Zoroastrian
- Feast of St Stephen/St Stephen's Day—Christian
- 26-Jan 1 Kwanzaa—pan-African
- 28 Feast of the Holy Innocents—Christian
- 30 Feast of the Holy Family—Christian
- 31 Watch Night—Christian



Privacy & Security

Phishing

Phishing is the process of attempting to acquire sensitive information such as usernames, passwords and credit card details by masquerading as a trustworthy entity using bulk email which tries to evade spam filters.

You need to know that scammers are after your:

Passwords



Financial information



Identity



identity

Money



Beware of Unsolicited Messages and Report Phishing Emails

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Privacy & Security

CYBERSECURITY

Cybersecurity is the practice of protecting systems, networks, and programs from digital attacks. These cyberattacks are usually aimed at accessing, changing, or destroying sensitive information; extorting money from users; or interrupting normal business processes.



You are a target!

The easiest way around your organization's defenses isn't hacking, it's tricking you into letting them in.

Social Engineering

Is the art of Manipulating, influencing, or deceiving you into taking some action that isn't in your own best interest or in best interest of your organization. The goal of social engineering is to obtain your trust, then exploit that relationship to coax you into either divulging sensitive information about yourself or your organization or giving them access to your network.

Red Flags

Are a sign of danger or a problem. They can be as subtle as an uneasy feeling or as obvious as an email about "suspicious charges" from a bank that you don't even have an account with. Pay attention to these warning signs as they can alert you to a social engineering attack.

HHS releases HIPAA guidelines for COVID-19 vaccine in the workplace:

FOUR THINGS TO KNOW:

1. HIPAA **doesn't prohibit** businesses or individuals from asking customers about their COVID-19 vaccination status. HIPAA only applies to covered entities, such as hospitals, payers and their business associates.
2. HIPAA **doesn't prevent** individuals from disclosing their vaccination status to business owners or employees of an establishment.
3. HIPAA **doesn't block** a covered entity or business from requiring its employees to disclose their vaccination status to their employers. HIPAA doesn't apply to employment records — even covered entities — when they are acting in their capacity as employers.
4. HIPAA **does prohibit** a physician's office from disclosing protected health information, such as COVID-19 vaccination status, to a patient's employer

403b Contributions Maximum for 2022

By Hazel Wong, Benefits Manager

The **maximum** you may contribute into your 403(b) retirement account during the next calendar year (**2022**) will be as follows:

- **\$20,500** if you are the under age of 50 (increasing from 2021 maximum of \$19,500)
- **\$27,000** (\$20,500 + \$6,500) if you are age 50 or older (increasing from 2021)

If you wish to change your contribution amount or percentage for the first paycheck in 2022, please make your deferral change online in your Lincoln Alliance account at www.LincolnFinancial.com, between December 22nd, 2021 and January 3th, 2022.

You can make your contribution change as often as you like in your Lincoln Alliance account online at www.LincolnFinancial.com. Your contribution change will be updated in the next payroll processing after we receive and upload the data from Lincoln.

If you wish to discuss how much you should save for retirement and/or to obtain guidance on how to make your contribution change, contact our Lincoln representative at 949-623-1764.

If you have any questions on the 2022 contribution maximums or about the Pomona Valley Hospital Medical Center Retirement Savings Plan in general, please call the Benefits Department at ext. 9741.

Also, if you are a participant in the Pomona Valley Hospital Medical Center Retirement Savings Plan, please keep in mind that the latest Investment Performance Report is posted on the PVHMC Intranet under: Departments > Human Resources > Benefits > Benefit Plan Descriptions under the heading Retirement Plan.



Retirement Plan

- Pomona Valley Hospital Medical Center Retirement Savings Plan
- Lincoln Alliance Enrollment Book
- Investment Performance Report
- Secure Your Retirement Account
- Tips to Protect Yourself Online
- Lincoln Alliance Beneficiary Designation Form
- Lincoln Multi-Fund Beneficiary Designation Form
- Fidelity Beneficiary Designation Form



2022 Flexible Spending Accounts (FSA) Open Enrollment For Benefited Associates Only

As you might recall, the Consolidated Appropriations Act of 2021 allowed employers to modify their Flexible Spending Account (FSA) plans to give participants more flexibility by allowing carryover of unused funds from 2020 to 2021 so they were not forfeited. Pomona Valley Hospital Medical Center implemented a special open enrollment in April 2021 when we adopted the carryover features for 2020 to 2022. The following information is provided as you decide if you will enroll in the 2022 Healthcare Flexible Spending Account (HCFSA) or Dependent Care Flexible Spending Account (DCFSA) for the 1/1/22 – 12/31/22 plan year.

Carryover in place for participants with 2021 Healthcare and/or Dependent Care Flexible Spending Accounts

What Does This Mean?

All HCFSA and DCFSA enrollees will be able to carryover their 2021 unused funds (must be in excess of \$50) into 2022 to be used in 2022. Expenses incurred between 1/1/21 – 12/31/21 must still be submitted to our FSA plan administrator, Igoe Administrative Services, by no later than 3/31/22. Reimbursement for these expenses will be applied to your 2021 account balances. After 3/31/22, unused funds from 2021 (in excess of \$50) will carryover to the 1/1/2022 – 12/31/22 Plan Year.

How will this impact my FSA elections for the 2022 Plan Year?

You will be able to elect up to the 2022 Plan Year FSA maximum regardless of the funds you will carryover from the 2021 Plan Year. The 2022 HCFSA maximum will be \$2,850. The DCFSA maximum will continue to be \$5,000 per household or \$2,500 for married individuals who file separate tax returns. Even if you do not re-enroll for the 2022 Plan year, your unused funds (as long as the total is in excess of \$50) will automatically carry over to 2022 for you to use in 2022.

IMPORTANT: The carryover provision of the Consolidated Appropriations Act of 2021 will not apply to your 2023 FSA Plan Year Elections.

Please be aware that unused 2022 DCFSA funds will not carryover to the 2023 DCFSA Plan Year.

Unused HCFSA funds from 2022 will have a limited carryover to the 2023 Plan Year. That 2023 HCFSA carryover figure will be announced at the end of 2022, but our expectation is that the carryover figure will be between \$550-\$600.

Like the 2021 Plan Year, you will have until 3/31/23 to submit receipts to the FSA plan administrator, Igoe Administrative Services, for services incurred between 1/1/22-12/31/22.

What's Next – 2022 FSA Open Enrollment

The FSA Open Enrollment Period will start on November 29, 2021 (site opens at 8:30 am) and end on December 13, 2021 (site closes at 4:30 pm)

Please access the webinar in the Benefits Education Gallery located in PVHMC Intranet – Departments – Human Resources – Benefits on or after November 29th for more information on the enrollment process along with an overview of your enrollment options.

"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.**



**Arden Bassett, RN,
BSN - Tele 6**



**Elizabeth Edwards,
RN - Tele 6**



**Sheena Bernardo, BSN, RN,
CMSRN, OCN - 4-Central**



**Elba Gomez,
CNA - 5-Central**

DO YOU WANT TO BE THE NEXT WINNER?

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



Shout-Outs and Celebrations!

Happy Birthday to
Christina Zotelo!
**From the Medical Records
Department**

BIRTHDAY SHOUT-OUTS:
Nelia Guanizo
Arizel Stoker
Ananayeli Olivarez
**From Pomona Valley Health
Center - Pomona!**



Happy Birthday to
Ray Inge, Vice President of
Human Resources, and Alex
Romero, Associate Relations
Specialist!
**From Occupational Health
Services and Human
Resources**

HAPPY BIRTHDAY!
Leigh Cornell, FACHE, Vice
President of Administration
Brittany Myles, Digital Marketing
Manager
Kathy Perkins, Compliance Officer
From OP Administration

If you want to share a "shout-out," email amber.brenneisen@pvhmc.org
and it may appear in next month's newsletter!

The deadline for the December Newsletter is **December 20th!**
Please have your Manager/Supervisor OK your submission.
Send all submissions to amber.brenneisen@pvhmc.org.