

Keeping You In Touch

January 2023

A Publication of the Pomona Valley Hospital Medical Center Marketing Department

Pomona Valley Hospital Medical Center Buries 50-Year Time Capsule to Celebrate its New Pediatric Unit Set to Open in 2023



Pomona Valley Hospital Medical Center (PVHMC) has buried a 50-year time capsule to celebrate its new pediatric unit that is set to open in late 2023.

The time capsule included a selection of items reflective of the history of the Hospital's pediatric services as well as from the pandemic of the past three years. It includes pictures of PVHMC's pediatric nursing team, a note from PVHMC pediatricians, a COVID-19 nasal swab, N95 mask, holiday ornament with an ode to the COVID-19 quarantine ordinance, pediatric statistics from the past decade, copies of Hospital newsletters, a local newspaper report on the \$15 million grant to construct the new unit and more.

The new pediatric 15-bed unit will allow the Hospital to provide more modernized and efficient care in primarily private rooms. It will continue to be staffed by pediatric hospitalists and neonatologists through an affiliation with Children's Hospital Orange County (CHOC).

"We were excited to bury a time capsule to capture some of this decade's most memorable moments that our future Associates can reflect upon," said Richard E. Yochum, FACHE, President/CEO of PVHMC.

PVHMC's new unit will expand pediatric inpatient services and improve access to higher levels

of care without pediatric intensive care. This will lessen the number of patients transferred to out-of-area hospitals and give local pediatricians and primary care physicians an option for direct admissions to PVHMC. Furthermore, this will reduce the need for patients and families to leave the region for care and eliminate transportation, financial and logistical barriers that often occur.

The pediatric unit will support a continuum of prenatal to adolescent care already offered by the Hospital, including a perinatal center; high-risk maternity care with a transport team; one of the largest birthing hospitals in California; a 53-bed, a Level IIIB Neonatal Intensive Care Unit (NICU) with a transport team; a high-risk infant follow-up clinic; two pediatric physical, occupational and speech and language therapy clinics; and primary and specialty care services.

The pediatric unit will feature nine fully private rooms, three semi-private rooms that can accommodate large families, activity areas, pediatric room designs that promote a healing environment, additional nursing stations, and a telemedicine program to assist physicians in consulting pediatric sub-specialty care providers, allowing for immediate, remote access to evaluate changes in patient condition and implement adjustments in treatment.

POMONA VALLEY HOSPITAL MEDICAL CENTER

HOSPITAL HUDDLE

with
Rich



A Bright New Year Ahead

Happy Holidays! We're very excited to be entering the New Year at Pomona Valley Hospital Medical Center (PVHMC). Indeed, December was a joyous, but busy month. In the midst of the holiday season, we want to remind everyone that the tripledemic of the flu, COVID-19, and RSV is here, it's real and its affecting our local community. Darlene Scaffiddi, RN, MSN, Executive Vice President of Patient Care, recently spoke with the LA Times about the surge we experienced in early-mid December, telling the reporter Emily Alpert-Reyes, "[the emergency room recently hit a record high number of patients in a single day-382.](#)" While numbers have since stabilized to normal winter patient volumes, this is an important reminder to get up-to-date with your vaccinations this winter – it's not too late.

I'd also like to highlight Dr. Douglas Chiriboga, family medicine physician at our Pomona Valley Health Center, Pomona, who recently spoke with [CBS Nightly News](#) about the fast-rising viral infection numbers. Dr. Chiriboga says he worries that COVID-19 and vaccine fatigue are contributing to the rising infection rates. He stresses that vaccines are important in reducing the risk of severe illness, hospitalization, and death.

As part of our commitment to keep our community safe, we've participated in community

events administering free flu shots and COVID-19 vaccines and boosters. In hopes of continuing fighting this winter viral surge, we urge everyone to take precautions and get vaccinated to stay safe. We've prepared preventative measures at PVHMC as we navigate another winter season, including having surge planning in place with the triage tent outside the Emergency Department, the ambulatory care area in Pitzer Auditorium, and having the necessary resources available to us.

Now, I'd like to thank our Associates for their resilience as we work through another winter holiday surge. We're deeply appreciative of your hard work and unwavering commitment to serve our community. As we kick off 2023, I want to celebrate you and everything we have accomplished at PVHMC together to make our community better. Your dedication to providing the utmost care to our patients and their families through challenging times is admirable and is recognized among our leadership.

I wish you all a wonderful start to the New Year, filled with joy and prosperity. I'm excited to experience new successes and milestones with you all here at PVHMC. We are better together. Best wishes and Happy New Year!



10 HEALTH TIPS FOR THE NEW YEAR

By Sharon Palmer, MSFS, RDN, The Plant-Powered Dietitian

1. Try new plant-based and seasonal recipes. There are tons of websites with recipes-find some sites you like and have some fun.
2. Colorful is good. Add more color to your meals with plant-based foods like vegetables and fruits. Try to include a serving with each meal. Try to make half of your dinnerplate vegetables.
3. Form new healthy habits. It isn't easy but it is worth it. Try to make better choices every day.
4. Don't stress over meals. Meals don't have to be fancy to be healthy. If you can prep some foods for the week it will take some of the stress out of thinking "what's for dinner?" Planning a menu ahead of time can help you save time, money and waste less food.
5. Practice mindful eating. Savor the food and be sure to listen to your body and recognize hunger and fullness cues.
6. Don't go hungry. Maintain regular meals and snacks so you are less likely to overindulge because you are starving.
7. Eat more foods in their whole form without processing. Fruits and vegetables contain phytonutrients that help boost your immune system.
8. Be smart about making changes in your eating habits. First take a look at your current habits and choices-be honest with yourself. Next set one or two goals that you are sure you can accomplish. Make sure it is something that you actually want to change so that you are committed to stick with.
9. Think what can I eat, don't worry about what you can't. Focus on foods you want to add to your diet and not what you should be avoiding.
10. Eat to serve your body. Try to eat foods that are good for you rather than foods that may be harmful.



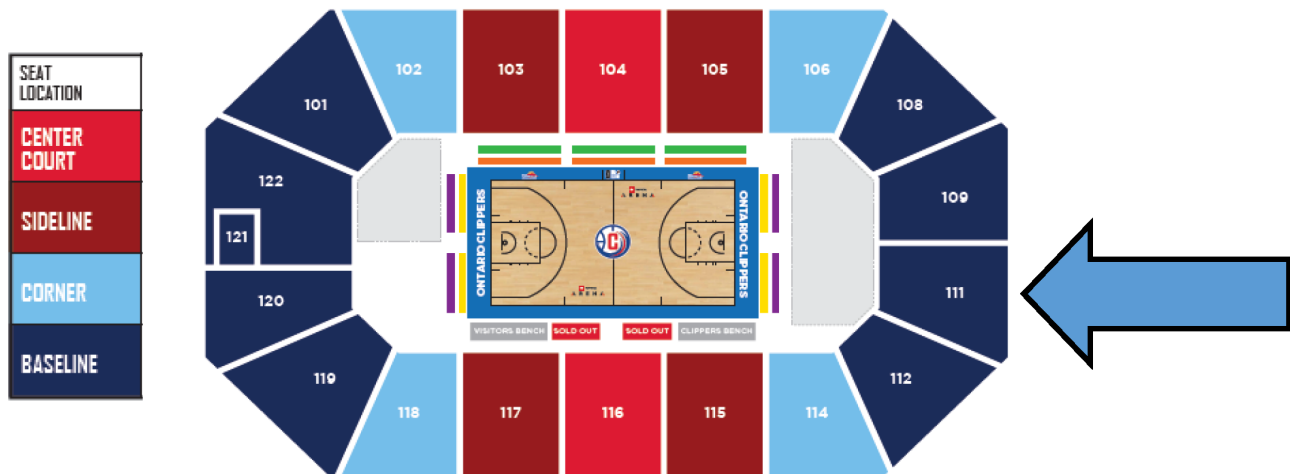


The Ontario Clippers is supporting the Pomona Valley Hospital Medical Center Auxiliary with a Fundraising Game on Sunday, January 15, 2023!

Tickets make a GREAT Stocking Stuffer for All Ages or as an after Christmas Gift!

Location: Toyota Arena, 4000 E. Ontario Center Parkway, Ontario, CA

Doors open at 1 PM! Game starts at 2 PM!



Come enjoy some fun with fellow Associates, Family and Friends!

All seats located in Baseline Lower Level, Section 111.

Ticket Price: \$23.00 (regularly \$30.00)

We will have a table set up on the Concourse to promote PVHMC Hospital and PVHMC Auxiliary—stop by to say hello!

ONTARIO CLIPPERS HAT GIVEAWAY DAY

Tickets are available for purchase in Volunteer Office.





ONTARIO CLIPPER TICKET PURCHASE FORM

PVHMC Auxiliary Ontario Clipper Fundraiser to benefit Pomona Valley Medical Center's Sick Baby and Hospital Assistance Fund.

Tickets \$23.00 each for January 15, 2023
Game, 2:00 PM Toyota Arena

PLEASE COMPLETE AND RETURN FORM AND/OR PAYMENT VIA EMAIL AT VOLUNTEER@PVHMC.ORG or THROUGH THE VOLUNTEER OFFICE. TICKETS ARE LIMITED, SO HURRY IN WITH YOUR REQUEST.

Enclosed is my ticket purchase for \$_____

Check # _____ or Cash Enclosed _____ or Please Charge my Credit/
Debit

Card # _____ Exp _____ CVC _____

Authorization Signature _____

Name _____ Phone _____

Address _____

City _____ State _____ Zip _____

PVHMC HOLIDAY WRAP-UP

From our Annual Tree Lighting Ceremony to the Associate Holiday Buffet and Cookie Social, there was much to celebrate at Pomona Valley Hospital Medical Center over the 2022 holiday!

PVHMC Hosts 24th Annual Tree Lighting Ceremony

What a beautiful evening it was at our 24th Annual Tree Lighting Ceremony! More than 150 Associates and families came out to celebrate the season with us on Tuesday and take photos with our VIP of the evening, Santa Claus. Our President/CEO, Richard E. Yochum, FACHE, was joined by Santa and Pomona City Councilmember Victor Preciado to conduct the reindeer countdown to light our tree. Hot cider, hot chocolate and cookies were enjoyed by all, as well as stunning compositions of festive music from the Garey High School Band and Orchestra. A special thank you to Pomona Unified School District Superintendent Darren Knowles; Anthony Bonner, Jr., Assistant Music Director for Garey High School; and Pomona Police Department's Officer Paraska and K9 Scout for joining us!



Associate Holiday Buffet Enjoyed by All!

Thanks to all Associates who joined us for our annual Associate Holiday Buffet. Nearly 2,500 meals were enjoyed at the Hospital and our offsites! A special shout-out to our Executive Chef, Rogelio Gaeta, and the entire Food and Nutrition Services Department for preparing this delicious meal and event for our Associates and Physicians!



Auxiliary Donates Stockings for Newborns

Since 2004, Pomona Valley Hospital Medical Center (PVHMC) has been delivering newborn babies home to their families in holiday stockings. This year, fifty stockings were donated to the Hospital by the Pomona Valley Hospital Medical Center Auxiliary! Each stocking is hand cut and sewn for our newborn babies. The annual tradition aims to bring cheer and smiles to those entering parenthood with a new bundle of joy in their lives. Here are some of the jolly babies who received a stocking this week!



Local Church Sends Home NICU Babies in Hand-Knit Holiday Sets!

"The Needlers" at Landmark Christian Church generously made a donation of hand-knit beanie and booties set for our NICU babies going home for the holidays.

Baby Michael Angelo De Leon III was born at PVHMC on December 17, at just over 9 lbs to parents Shannon and Miguel. He gave his parents quite a scare when he was admitted to our Neonatal Intensive Care Unit (NICU) shortly after his birth for jaundice and respiration issues.

With great care from our NICU team, he had a speedy recovery and was discharged home before Christmas with a special gift to make their holiday celebration extra special - one of the holiday knit sets! Michael's parents said they were most looking forward to being home with family, especially since baby Michael is the first grandchild to be born on both sides of their family, and the first great-grandchild in their extended family! We share our good wishes for their health and joy in the holiday season and beyond.



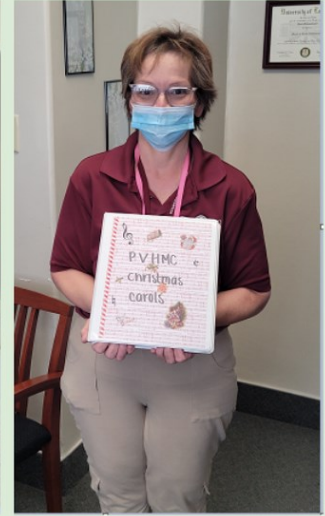
COOKIE SOCIAL EVENT!

The annual "Cookie Social" is not only a means to celebrate the season with all of our Associates, but a way for Nursing Administration to demonstrate their baking skills! We want to thank everyone for coming out and enjoying the cookies, hot chocolate, hot cider and company of each other.

May the New Year bring us all prosperity and joy.



Santa Claus Teams Visit PVHMC on Christmas Morning



Season of Joy a Success for PVHMC Auxiliary!



The Auxiliary hosted its annual Season of Joy raffle fundraiser beginning in early November and ending on December 10, 2022.

This year, more than \$9,200 was raised to benefit the Sick Baby and Hospital Assistance Fund. Thank you to ALL who purchased a ticket in support of this fundraiser!

Congratulations to all of the winners:

1. \$1,000 Gerald Choppi - PVHMC Shuttle Driver
2. \$600 Francis Weigand - Main Lobby Volunteer
3. \$400 Laura Smith, Volunteer

Pomona Schools Make and Donate Holiday Cards for Our Patients!

We are fortunate to have an incredibly supportive community here in the Pomona Valley and beyond! This year, we had two donations from local schools, including Pomona High School, of handmade, drawn and signed cards that were shared with our patients staying with us over the holidays. Pomona High School Students made more than 300 cards!

In addition to these, we also had more than 100 cards that were signed by community members during our Tree Lighting Ceremony and Holiday Half Marathon. We hope these cards brought joy and smiles to our patients and their loved ones who received them!



2022 HOLIDAY HALF MARATHON- 5K-10K-KID'S RUN

We may have been a little wet, but we didn't let the rain dampen our winning spirit!

A great big thank you to all in our Pomona Valley Hospital Medical Center (PVHMC) family who helped make the 13th Annual Holiday Half event a success! From our 28 runners and walkers, to our medical support personnel, volunteers, transportation and marketing team — congratulations to all for putting in 110% and finishing the weekend a winner!



Kudos to all Associates who registered using PVHMC's special discount rates. Congrats to all on a great run and walk through the Fairplex and Bonelli Park! A huge shout out to our Golden Snowflake Challenge winner, Aileen Yeung, Human Resources, for running in two races. What an amazing feat!



A very special thank you to the Sports Medicine Center for organizing a support team of physicians, physical therapists, and local athletic trainers. Your team's expertise was key in providing outstanding medical aid and support for more than 5700 combined participants in the Half-Marathon, 10K, 5K, and Kid's Run. All runners and walkers were grateful for your presence during the race.



Many thanks to all those Associates who helped transport, set-up and staff our marketing booth. You always make us look good!

Also appreciated are the many Associates who helped throughout the weekend, whenever and wherever you were needed. We could not have pulled it off without your help. You are awesome!

We are beyond grateful for the \$2,592 raised for our Milestones Centers for Child Development through the Holiday Half website and Kid's Run registration fees. Your generosity and support will touch the lives of so many Milestones patients.

Congratulations to PVHMC and the Holiday Half organizers for working together to give our community another memorable event. Great race everyone!

CONGRATULATIONS TO OUR ASSOCIATE PARTICIPANTS!

GOLDEN SNOWFLAKE CHALLENGE (Half Marathon and either the 5K or 10K)

Aileen Yeung

HALF MARATHON

Beatriz Lopez

10K RUN

Gisella Dunn

Cara Graf

Eliza Leyco

Guadalupe Lopez

Melissa Lopez

Deminderjit Marcos

Alma Martinez

5K RUN-WALK

Debbi Corkish

Marriette Franco

Daisy Olivier

Lucy Olmos

William Ortega

Melinda Rodriguez

Chanelle Soto

Lori Thomas

Claritee Vang

Moses Vang

Oliver Vang

Pros Vang

Mei Yu

KID'S RUN

Landon Soto

Scarlette Soto

Oliver Vang

Claritee Vang

Abigail Vang

Project Office Update

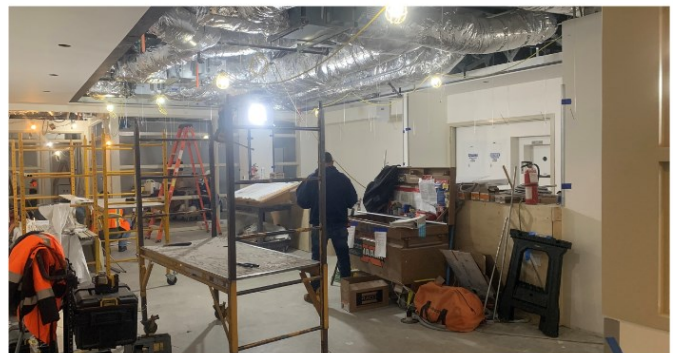
Pediatric Unit

The Project Office began work in January 2022 on a new Air Handler as part of its September 2022 work on the new 15-bed Pediatric Unit off the right side of the Women's Center Lobby. Currently, the space has been completely demoed and the new framing is going in - we're approximately 20% through the project and our anticipated end date is the fourth quarter of 2023. Once open, the new unit will feature 9 private rooms and 3 semi-private rooms, as well as a play room with games, built-in seating and a television for movies and video games. The unit has been designed with a rainbow color theme that is featured throughout with colorful flooring in the corridors, rooms with pastel-matching colors to the vibrant hallways and a colorful scavenger hunt throughout.



The Trudy T. Orr and Paul T. Orr, MD, Medical Staff Office and Physician Lounge

In December 2021, construction began on the new Medical Staff Office and Physician Lounge. The framing and drywall is 90% complete and the temporary wall along the Pitzer Conference Room hallway will be taken down in the next few weeks. The project is on track to finish in the first quarter of 2023. The new space will include a conference room, Physician dictation and charting space and a relaxation zone with a variety of activities to help promote wellness and relaxation.



Pomona Valley Hospital Medical Center

is a safe and healing environment.

Aggressive or threatening behavior will **NOT be tolerated. Examples of aggressive behavior include:**

- Physical assault
- Verbal harassment
- Abusive, racist or derogatory language
- Sexual language or inappropriate touching
- Threats
- Failure to respond to instructions from staff
- Unauthorized photos, video or audio recording
- Destruction or damage of hospital property
- Possession of weapons of any kind

Please be aware that violations will be reported to authorities and may result in removal from the premises, revocation of visitor privileges and/or prosecution.*

Thank you for respecting our Associates.

**Assault of a healthcare worker is a violation of the State of California Penal Codes § 241, § 243.*

Coming Soon to an Area Near You - Zero Tolerance for Workplace Violence Signage

Pomona Valley Hospital Medical Center strives to maintain a safe and healthful working environment for its Associates and all other facility personnel. As part of our commitment to your safety, the Hospital will post signage to further enforce compliance with our workplace violence prevention program. These signs will be placed in high-traffic areas, including all lobby areas, patient care units, in our main hallways and near elevators.

Security Officer Recognized for Dedication to Safety

Night shift Security Officer Jarrett Rodriguez earned a safety recognition award for "Recognizing and Reporting workplace Violence Concerns."

Thank you for a job well done, Jarrett!



Security Team Heads to New Mexico for Incident Response to Terrorist Bombings Training

The Department of Homeland Security sponsors an Incident Response to Terrorist Bombings training in New Mexico Tech's Energetic Materials Research Training Center.

Our Security Department sent three representatives to attend this four day class. The attendees were Security Manager Maxine Coronado, Security Manager Willie Morataya Jr., and Mauricio Rivera, night shift Security Supervisor. According to all three security attendees, this course not only gives people the ability and confidence to recognize explosives and their effects, but also the skills and tools needed to safely and effectively respond to terrorist incidents.

A concept adopted by first responders to quickly gather and process information to facilitate life safety measures in a bomb incident is the acronym RAIN: RECOGNIZE explosive devices/or suspicious items, AVOID the area and take defensive actions, ISOLATE the hazard from yourself and others, and NOTIFY the proper authorities to respond and render assistance.

Bringing this information back to teach other Associates at any level within the organization is a force multiplier.



A famous quote from Edmund Burke "The only thing necessary for the triumph of evil is for good men/women to do nothing."

Be alert and be ready to take action.

Awareness is crucial for first receivers (hospitals) in identifying suspicious activity. Hospital Associates should report injuries or stories that are inconsistent with injuries to Security to alert.



Energetic Materials Research and Testing Center (EMRTC) Socorro, New Mexico

2023 Blood Drive Calendar

Save the dates for our 2023 American Red Cross blood drives!

Book your appointments at redcrossblood.org and enter our sponsor code: PVHMC. All blood drives will be held in the American Red Cross bloodmobile at the Robert & Beverly Lewis Outpatient Pavilion Patio, until further notice. Stay tuned to PVHMC Announcements for updates on blood drive times and promotions from the Red Cross.



January



February



March



April



May



June



July



August



September



October



November



December



Emergency Department Receives New Paramedic Base Station Radios

By Laurie Sepke, BSN, RN, CEN, MICN, Prehospital Care Coordinator

The Emergency Department (ED) received two new Paramedic Base Radios in mid-December. The radios are from General Devices Carepoint System, which replaced our old outdated system. This updated equipment/software will allow our Mobile Intensive Care Nurses (MICN) to effectively communicate with 911 providers for medical direction and facilitate transport of patients to the appropriate receiving center.



Pictured: Tony Ortega, MICN

PVHMC IN THE COMMUNITY!

Pomona COMMUNITY Pull-Up December 6

The Clinical Education Department participated in the COMMUNITY Pull Up at Memorial Park. The event brought together several non-profit organizations to provide free toys and sweets for children and community resources for adults. Our team handed out hand sanitizers and educated the public on COVID-19, influenza & RSV. Many also rolled up their sleeves and took advantage of our free influenza immunizations (including the Grinch).



Diabetes Education at the Pomona Unified School District December 6

Evelyn Scott, RN, Diabetes Clinical Program Quality Coordinator, presented important diabetes education and prevention information for children and adults to more than 40 parents within the school district.



JANUARY CULTURAL OBSERVANCES AND HOLIDAYS



MARTIN LUTHER KING, JR. DAY

Born on January 15, 1929, Martin Luther King, Jr. was a Baptist minister and social activist who made a huge impact on the civil rights movement of the 1950s and 1960s in the United States. Dr. King preached a philosophy of nonviolence as the only way to fight for freedom.

In his "I Have a Dream" speech on August 28, 1963, Martin Luther King (MLK) defined freedom as racial harmony, brotherhood and peace. Dr. King fought for desegregation because it was not consistent with freedom. He made the argument that protecting freedom required that we live up to the promises made in the Declaration of Independence.

MLK day is a day to commemorate the life and work of the Reverend Dr. Martin Luther King, the chief spokesperson for nonviolent activism in the civil rights movement. It is celebrated every year on the third Monday of the month of January. In 1983, President Ronald Reagan signed MLK day into law, it was officially observed in 1986 and observed by all states by the year 2000. Dr. King was assassinated in 1968 and will be remembered for his non-violent protests against segregation as well as the "I Have a Dream" speech.

King was also one of the leaders of the 1963 March on Washington, where he delivered his "I Have a Dream" speech on the steps of the Lincoln Memorial. The civil rights movement achieved pivotal legislative gains in the Civil Rights Act of 1964, Voting Rights Act of 1965, and the Fair Housing Act of 1968.

On October 14, 1964, Martin Luther King Jr. won the Nobel Peace Prize for combating racial inequality through nonviolent resistance. King was posthumously awarded the Presidential Medal of Freedom in 1977 and the Congressional Gold Medal in 2003. The Martin Luther King Jr. Memorial located on the National Mall in Washington, D.C., was dedicated in 2011.



WORLD RELIGION DAY

The third Sunday in January is celebrated each year as World Religion Day. It was established by the National Spiritual Assembly of the Baha'is of the United States in 1950 as a way to encourage interfaith understanding. The Bahá'í faith teaches the value of all religions and emphasizes the importance of universal equality and unity.

On this day, communities of different faiths have the opportunity to get together and listen to each other, as well as celebrate the differences and commonalities that the delicate intermingling of culture and religion brings. Today, World Religion Day is celebrated in over 80 countries.

At various locations, many authors, educators, and philosophers are invited to speak on world religions and the importance of establishing and maintaining harmony between them. It's a great forum for learning more about other religions and cultures, and a chance to intermingle socially with people of different faiths and worldviews.

Three-quarters of the world's population practice one of the five major religions: Buddhism, Christianity, Hinduism, Islam and Judaism. Other major world religions include Confucianism, Gnosticism, Jainism, Shinto, Sikhism, and a variety of indigenous and tribal belief systems. However, it is commonly accepted that there are over 4,000 distinctly different congregations, sects, denominations, branches, faith groups, etc. throughout the world. As such, variations in religious beliefs are quite extensive.

Moreover, many people live their lives without following a formal religion; i.e., they tend not to adhere to the specific set of organized beliefs and practices shared by members of any given church. Known as "spirituality" this belief system is an individual practice, and has to do more with having a personal sense of peace and purpose rather than faith in a higher being or eternal salvation.

World Religion Day celebrates the religions and spirituality of all the world's people, and strives to create unity and understanding while respecting all the differences.



Coming Up for January 2023...

- Physical Health: Fitness You Can Fit In Anytime
- Emotional Health: "The Lost Art of Sleep" 15-minutes training video. If you view and complete the evaluation link before 01.31.2023, you will be entered into an opportunity drawing!
 - Raffle prize winners for Emotional Wellness Video 4!
- Financial Health: Guide to Medicare Planning
- Social Connectedness: Noom success to-date report. Congratulations to our Winners!

Congratulations to our Winners for our Emotional Wellness Video 3 Prize Raffle!

Other Feature(s):

- Easy Recipe: Easy Fish Tacos

Please access the upcoming events/postings via the Wellness for Life page on the PVHMC Intranet!

Brain Teaser

What is a cow's favorite holiday?

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

Jimmy Phan MSN, RN-BC, Clinical Informatics Analyst was the December winner!

Why are Christmas trees bad at knitting?

"Because they always drop their needles."

Please reach out to amber.brenneisen@pvhmc.org to claim your prize!

Tap the image to view the full article, also located on the Intranet under the Wellness for Life page.



Fitness Facts

21 Day Activity Log

Don't Have Time to Exercise? Surprise!

More Fitness Moves

BH-W24421

Fitness You Can Fit In

Anytime, Anywhere

21 Ways

to Fit More Fitness Into Your Day

The Fast Way to Feeling Great



Rather than feel discouraged about a lack of time for exercise, focus on the many ways you can fit fitness into your day. A little effort and a few more steps here and there will add up.

Burn About 100 Calories in Less Than 30 Minutes*

1. **Jumping rope** 8 minutes
2. **Mowing the lawn** 25 minutes
3. **Basketball** 11 minutes
4. **Running** (5 mph) 12 minutes
5. **Weightlifting** (free weights) 17 minutes
6. **Dancing** (disco, step) 13 minutes
7. **Tennis** (singles) 12 minutes
8. **Gardening** (general) 25 minutes
9. **Swimming** (freestyle laps, light or moderate effort) 17 minutes
10. **Walking** (3 mph) 20 minutes

* Approximate values for a person weighing 150 pounds at a moderate pace in continuous motion. The more you weigh and the faster your pace, the more calories you burn.



All Daily



Activity



Adds Up!

Trimmers and Toners

11. **Weed, rake and work** in the garden.
12. **Carry** groceries in for a neighbor.
13. **Walk** the stairs and escalator at every opportunity.
14. **Park** at the end of the parking lot and walk.
15. **Pick up** around the house.
16. **Ride** a stationary bike while watching TV.
17. **Walk** 2 blocks before or after work daily.
18. **Walk** a complete lap around the mall next time you shop.
19. **Wash** windows or sweep walkways.
20. **Get up** and walk while talking on the phone.
21. **Play** outside with your children, your grandchildren or the dog.

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next ▶

New Year.

New Me.

Same dreams.

Fresh starts.

Tap the image to view the full article, also located on the Intranet under the Wellness for Life page.



Retirement Plan Services

The baby boomer's guide to Medicare planning

By Elaine Floyd, CFP®

Director of Retirement and Life Planning, Horseshoehn LLC



Health insurance after age 65

Whether you're retired or still working, Medicare will likely become part of your life after you turn 65. In the United States today, most health plans pay secondary to Medicare. So if you're currently covered by a retiree health plan, an individual policy, or a small employer group plan, you must enroll in Medicare when you turn 65.

If you don't, your insurance claims may not be paid. And if you don't enroll in Medicare on time, you'll be subject to late enrollment penalties. The only people who are exempt from enrolling in Medicare at 65 are workers and spouses who are covered by an employer group plan that covers 20 or more employees. Their time will come later.

What does this mean for you? Sometime before your 65th birthday, you need to find out two things:

1. Will you be able to maintain your current insurance coverage after you turn 65?
2. If so, how does that coverage work with Medicare?

If you're still working, or if you're retired and covered by a retiree plan, your employer or benefits administrator may be able to answer these questions.

Here are some possible situations:

- Your current coverage terminates when you become eligible for Medicare at 65. In this case, you enroll in Medicare and find supplemental coverage to fill the gaps that Medicare doesn't cover.
- Your current coverage continues, but you're advised to enroll in Medicare. This is because many health plans work with Medicare. After Medicare pays the amount it's required to pay, the health plan picks up some or all of the costs Medicare doesn't cover.
- Your current coverage continues, but at a high cost to you. In this case, you may decide to opt out of your current plan, enroll in Medicare, and find less expensive supplemental coverage to fill the gaps.
- Your (or your spouse's) current employer offers excellent group coverage to 20 or more employees. In this case, you may continue with the plan after you turn 65. However, once you or your spouse retires, you will need to enroll in Medicare.

What you need to know about Medicare

Medicare is a national health insurance program for people over 65 and for people under 65 who receive Social Security disability benefits. Participation is essentially mandatory if you want to have health insurance in this country. While you can – and probably should – have additional private insurance, you must enroll in Medicare for supplemental insurance to take effect.

When you turn 65, Medicare becomes the primary payer. Under Original Medicare, any private insurance you have is secondary and doesn't pay until Medicare has paid its share. The only insurance that remains primary to Medicare is employer group coverage for 20 or more employees. So, if you or your spouse is still working and is covered by an employer group plan that covers 20 or more employees, you don't need to sign up for Medicare when you turn 65. Otherwise, you do.

A New Year with Purpose

By Elizabeth Grainger, Palliative Care Chaplain

“And now we welcome the new year, full of things that have never been.”

—Rainer Marie Rilke, 1907

The past few years have brought unimaginable challenges, as well as previously unknown strengths. As we begin 2023, here are some thoughts as you consider how you wish to meet the New Year:

1. Invest regular time in your spiritual life—whether through prayer, meditation, chanting, reading devotionals or scripture, consider devoting time to a regular spiritual practice. It may be five minutes or one hour, whatever works for you. If you already have a spiritual practice in place, review and see what could bring new life to what you are already doing. The idea is to practice so that you have a solid foundation that will support you, no matter what.

2. Cultivate gratitude—across world spiritual traditions, we see an appreciation for the practice of giving thanks. Practicing gratitude in daily life can enhance our interactions with others, our spiritual lives, and our overall sense of well-being. Gratitude always comes from within and cannot be imposed by anyone else—only you know what makes you feel grateful.

3. Remember to set aside time for sacred moments—mark your calendar for special days in your cultural/spiritual tradition. Enjoy traditional foods associated with festivals. Remember the Sabbath and keep it holy. Take time each day for a gratitude walk, a short prayer break in the Spiritual Center/Chapel (third floor, Elevator E), or moments in nature...the sacred is all around us.



4. Set your intention—when you begin your day, consider taking a moment to think about how you will meet everyone and everything you encounter.

5. My blessing for you: May this year bring you healing, peace, and joy!

To speak with a Chaplain (available Monday - Friday, 9 am—5:30 pm), please call 909.469.9305. To request support for a patient or family, enter a Spiritual Care Services referral in PowerChart. *We are here to support YOU!*

January 2022

- 1** Feast of Mary, Mother of God—Catholic
Feast Day of St Basil—Orthodox Christianity
Shogatsu/Gantan-sai (New Year's) —Shinto
Feast of the Holy Name of Jesus—Orthodox Christian
- 5** Twelfth Night—Christian
Guru Gobindh Singh Jayanti (Anniversary of the Great Guru) —Sikh
- 6** Feast of the Epiphany—Christian
Dia de los Reyes (Three Kings' Day)—Christian
- 7** Mahayana New Year—Buddhist
Feast of the Nativity (“Orthodox Christmas”) —Orthodox Christian
- 15** World Religion Day—Baha'i
- 17** Feast of St Anthony Abbot/Blessing of the Animals—Hispanic Catholic/Interfaith
- 18-25** Week of Prayer for Christian Unity—Ecumenical Christian
- 19** Timkat (Orthodox Epiphany) —Ethiopian Orthodox Christian
- 25** Feast of the Conversion of Saint Paul the Apostle—Christian
- 26** Vasant Panchami (festival dedicated to Saraswati, Goddess of Knowledge) —Hindu

The miracle begins with you!

By Rufus Roney, CVICU—*The happiest man in the world!*

Johann Wolfgang von Goethe once said, "If you treat an individual as he is, he will stay as he is; but if you treat him as if he were what he ought to be and could be, he will become what he ought to be and could be."

You did it! My PVHMC family, you are still here! You are alive and that is no jive! Lol, welcome to 2023! It's the new place to be! Move over 2022, your threw! Lol, 2023 oh yes, we are free! And everything else was just a rehearsal! Lol.



This time the curtain is up; you are on stage! And you will not fail! Because you are determined to succeed! You are a winner! PVHMC: "Okay, Mr. Rufus prove it!" Lol.

To start off this new year right, the next time you look at that beautiful face of yours in the mirror, let's look through all the pimples, moles and rolls...even that missing tooth! Lol, hey it all has a purpose! Lol. Let's go deeper beyond that; let's start this new year with a question - how rare are you? In fact you're the rarest thing in the world!

The US population stands at 331 million as of 2021, ok, no big deal you say? Okay, Mel Robbins is a self-help author and life coach that said, "Scientists calculate the probability of you existing as you are today. In this age, with your DNA, you are about 1 in four hundred trillion! According to mathematics, it would take an average person 31,709.79 years just to count one trillion! That's just how precious your life is, and you are alive; the gift of life is thine! But now that I am here! What am I here for? You have a purpose, my beloved, and a mission:

1. You are here to solve a problem.
2. You are the answer to a question or call from your generation.
3. If there would be a problem, that made your birth necessary to fix that problem.
4. You are a gift to the world.

King Stanislaus of Poland said, "To believe with certainty we must begin by doubting." For some of us it will take a divine encounter and that's awesome; history seems to have proven that the most questioning and the resistant become God's greatest masterpieces to skeptics. They wrestled, they challenged, but once convinced they helped to solve the problems of man.

Socrates, one of the greatest of Greek thinkers who changed world affairs, finally summed it up, he finally realized something at the height of human knowledge that even the United States has adopted his thoughts and ideas; he said, "in all my knowing...I realize...that I know nothing." And then he leaves the stage! You are a masterpiece! A designers original! Great things are in store for you! You are special! I love you so much PVHMC and thanks for coming to work today.

— Mr. Rufus Roney



PVHMC IN THE NEWS



Dr. John Mourani - I'm a Virus Expert and Here are the Symptoms to Watch for Now With COVID, Flu and RSV - Eat This, Not That!

December 9, 2022

[CLICK HERE](#)

Eat This, Not That!

Dr. Christine Montesa - Aortic Aneurysm: What to Know - Healthline

December 15, 2022

[CLICK HERE](#)

healthline

Dr. Muzna Atif - My Kid Is Sick: Is It RSV, Flu, COVID-19, or a Cold? - Verywell Family News

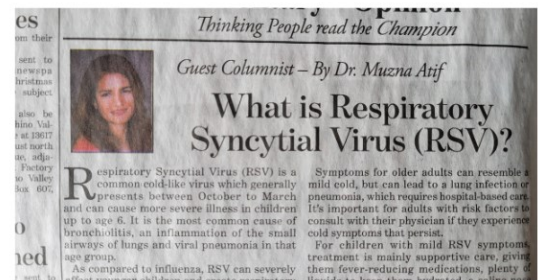
December 9, 2022

[CLICK HERE](#)

Dr. Muzna Atif - What is Respiratory Syncytial Virus (RSV)? - Chino Champion Newspaper

December 3, 2022

[CLICK HERE](#)



Dr. Douglas Chiriboga - Hospitals face "tripledeemic" as cases of flu, COVID-19 and RSV rise - CBS National Evening News

December 6, 2022

[CLICK HERE](#)



Darlene Scafiddi, RN, MSN, Executive Vice President of Patient Care - Hospitals in L.A. hit by a 'tripledeemic' - Los Angeles Times (Front Page)

December 9, 2022

Los Angeles Times
9346 UNKINGSTEDT ASSOCIATES © 2022 FRIDAY, DECEMBER 9, 2022 latimes.com

Hospitals in L.A. hit by a 'tripledeemic'

At Pomona Valley Hospital Medical Center, the emergency room recently hit a record high number of patients in a single day — 382 — according to Darlene Scafiddi, executive vice president of patient care.

"Normally at this time of the year, we'd see about 270," she said.

To manage the high numbers, the hospital has set up a makeshift flu clinic in an auditorium near the emergency room, staffed with doctors and nurses who can quickly assess and treat patients who can then recover at home.

NOTICE

ANNUAL TB SCREENING DUE

Departments listed are due for Annual TB Screening STARTING as early as JANUARY 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, January 31, 2022. 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.

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
Daily TB update emails will be sent from 1/15/23-2/10/23

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.

DEPARTMENTS DUE IN JANUARY:

8510 FINANCIAL SERVICES	8539 BUSINESS SERVICE SYSTEMS
8511 FINANCE ADMINISTRATION	8541 CASH APPLICATIONS
8512 REIMBURSEMENT	8550 CREDIT & COLLECTIONS
8530 PATIENT ACCOUNTING	8610 ADMINISTRATION
8535 SATELLITE CENTRAL BILLING OFFICE	8611 MASTER PLANNING
8536 MEDICARE BILLING	8612 FOUNDATION
8537 CONTACT BILLING	8620 SATELLITE DIVISION
8538 MEDI-CAL BILLING	8630 MARKETING/PUBLIC RELATIONS
8561 PRE SERVICES DEPT	



Our Fall 2022 Nurse Residency Program Cohort grew by 11 Nurses during the month of November!
Please join us in welcoming our newest new grad RNs, who began their rotations in late November.

"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.**



**Justin Chop, BSN,
RN - ICU3**



**Amy Cao, RN, BSN,
CCRN - ICU3**



**Jennifer LaDue, RN,
CCRN - ICU3**



**Elena Padilla MSN RN,
CMSRN - MedSurg 5**

DO YOU WANT TO BE THE NEXT WINNER?

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



Shout-Outs and Celebrations!

JOKES OF THE MONTH

By Michelle Walsh, Director of Security

What do you get when you mix snow
with a vampire?
Frostbite.

How does Darth Vader enjoy his
Christmas Turkey?
On the dark side.

What kind of motorcycle does Santa
like to ride?
A Holly Davidson.



Happy Birthday,
Karen Kokuga, RN,
& Belated Birthday
to Alex Romero in
Human Resources!

From the
Occupational Health
Services Department

Happy Birthday to
Belen MacKenzie,

Director of Trauma Services
(1/5) and

Lena Plent,

Director of Patient Experience
(1/20)

From Nursing Administration

HAPPY
BIRTHDAY



Did you know?
The official flower
of 2023 is an orchid!

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 January Newsletter is **Tuesday, December 20th!**
Please have your Manager/Supervisor OK your submission.
Send all submissions to amber.brenneisen@pvhmc.org.