

Keeping You In Touch

July 2026

A Publication of the Pomona Valley Hospital Medical Center Marketing Department

Stead Heart and Vascular Center Earns Top Marks in Stroke and Heart Failure Care

Pomona Valley Hospital Medical Center (PVHMC) has received two American Heart Association (AHA) / American Stroke Association (ASA) Get With The Guidelines® achievement awards for demonstrating a commitment to following up-to-date, research-based guidelines for the treatment of heart disease and stroke, helping save lives, support recovery and reduce hospital readmissions.

This year, PVHMC received these awards:

- Get With The Guidelines®-Heart Failure Gold Plus with Target: Heart Failure Optimal and Target: Type 2 Diabetes Honor Roll, 16 years in a row
- Get With The Guidelines®-Stroke Gold Plus with Target: Stroke Honor Roll Elite Plus, Advanced Therapy and Target: Type 2 Diabetes Honor Roll, 10 years in a row

This is the hospital's first time receiving the Advanced Therapy award by meeting specific criteria that reduce the time between an eligible patient's arrival at the hospital and treatment to remove the clot causing the stroke. It also met guidelines for its designation as a Comprehensive Stroke Center, featuring a comprehensive system for rapid diagnosis and treatment

of stroke patients admitted to the emergency department.

Heart disease and stroke are the No. 1 and No. 4 causes of death in the United States, respectively, according to the AHA's 2026 Heart Disease and Stroke Statistics Report. Studies show patients can experience better outcomes when care teams consistently follow evidence-based treatment guidelines.

Get With The Guidelines puts the expertise of the AHA and ASA to work for hospitals nationwide, helping ensure patient care is aligned with the latest science-backed guidelines. As a participant in the Get With The Guidelines programs, PVHMC qualified for the awards by demonstrating a sustained commitment to improving the quality of cardiovascular care.



Trauma Services Partners with Los Angeles County Fire Department to Host a Fireworks Public Safety Announcement

On Monday, June 29, 2026, Michael Jimenez, MD, our Medical Director of Trauma Services, joined the Los Angeles County Fire Department, including Public Information Officer and Fire Captain Aaron Katon, Fire Chief William "Chip" Gamble, and members of Fire Station 182 in Pomona, for a public safety announcement regarding fireworks safety.

Captain Katon discussed topics such as the illegality of fireworks (due to the extensive damage they cause to personal property and bodily harm), the dangers of "safe and sane" fireworks and stressed to all to "leave the fireworks shows to the professionals."

Dr. Jimenez performed a Stop the Bleed demonstration and shared the common areas of injury seen with fireworks - fingers, hands, chest and face, as well as basic tips to render first aid. ALWAYS call 911 if you or someone else is injured by a firework.

Have a happy and safe 4th of July!



Watch the KTLA segment [here](#).



Watch the ABC segment [here](#).



Chino Hills Stroke Survivor Thanks his Family and Fellow First Responders for the Fast Action that Saved his Life

Retired 55-year-old firefighter George Rojas awoke at his normal 5:30 a.m. in early November of last year and realized something wasn't right. The Chino Hills resident immediately noticed that his left arm was dangling, and it felt removed from his body, almost as if it were floating.



"I thought what could it be, I could hear and see things, but it was like I was in a tunnel," said George. "I had fixed homemade salsa the night before and I thought it might be food poisoning."

A stroke was the furthest thing from his mind as George thought he was in good shape from the more than 100 miles a week he regularly puts in as an avid bicyclist. But when his wife discovered him in the bathroom moaning and groaning, and having difficulty trying to move, she called 911.

George was adamant that his first-responder brethren wouldn't find him on the floor when they arrived, and with the help of his daughter he made it to the restroom sink. The stroke prevented him from going any further and ultimately he collapsed on the bathroom floor. His wife and daughter were nervous and scared.

"My wife was on the phone to 911 asking where were the EMTs," said George. "They told her it's only been three minutes, and the national average is six minutes; shortly after the firefighters arrived on scene and my youngest daughter was waiting downstairs to show them where I was."

As the EMTs went to work they quickly ruled out a heart attack. The responders saw the droop in George's face, saw the left side of his body was in paralysis and immediately knew he was experiencing a stroke.

According to the [American Stroke Association](#) each year nearly 800,000 people in the United States experience a stroke. It is the fifth leading cause of death and a leading cause of long-term disability in the U.S. Learning how to recognize the warning signs can help save lives.

According to the [American Stroke Association](#), the way to identify a stroke and respond is to use the BE FAST acronym:

- B – Balance loss
- E – Eye (vision) changes
- F – Face drooping or twisting
- A – Arm weakness
- S – Speech difficulty
- T – Time to call 911

"I asked them where they were taking me and if it was a stroke center," said George. "They said we were going to Pomona Valley Hospital Medical Center (PVHMC), and it is a stroke center."

George was transported to PVHMC, a designated regional Comprehensive Stroke Center, certified by The Joint Commission and the American Heart Association. PVHMC offers advanced specialized neuro-intensive care to treat complex stroke cases.



George underwent an hour and forty-five-minute procedure where he received tissue plasminogen activator (tPA), an IV medication used to break down clots and restore blood flow to the brain. To be effective, tPA needs to be administered as soon as possible after the first stroke symptom.

"My timing was perfect," said George. "If my wife hadn't have called 911 when she did and the responders had arrived later, I wouldn't have come through this situation with no deficits."

Because George's stroke was quickly identified and treated, he had no lasting paralysis and passed all the cognitive tests he was given. After a couple of days in the hospital, George went home with a prescription for a blood thinner and instructions to take a baby aspirin daily.

"When a stroke occurs, every second matters and George's family recognized the signs and acted quickly," said Adeel Popalzai, DO, medical director of the stroke program, PVHMC. "Because of their immediate actions and his proximity to our comprehensive stroke center, George was able to recover quickly and has retained his mobility and cognitive abilities, which is the ideal outcome we hope for each stroke patient."

There are many reasons that people can experience a stroke. Those who are at highest risk include those with high blood pressure, high cholesterol, atrial fibrillation, smoking, sedentary lifestyle, obesity, age, and family history. Dr. Popalzai recommends that people visit their primary care doctor for their annual health screening to understand their risk factors and how to manage them.

After a week in the hospital, George was discharged and was surprised by a visit from Chino Valley Fire Department first responders. They brought him flowers and were there to check on one of their own. George recognized the name of one of the responders who visited him to check on his recovery.

"I knew his stepdad; we used to work together," said George. "It was pretty cool to see the firefighter family legacy carried on."

One of first responders who visited George was himself a stroke survivor and had words of encouragement for George.

"He told me he had a stroke when he was 35 and here years later, he was still on the job," said George. "He told me you'll be fine, just make some adjustments to your lifestyle."

George has made those adjustments, and he's back on his bike logging 100 miles a week again.

"I can't thank the stroke team and the folks in the emergency room enough for me being able to survive the stroke without any issues," said George. "They're professionals and part of our first responder team – they treat everything as serious, the same way we do."

Playlist: A look at James Ellroy's latest novel, set in 1962 Los Angeles. C1

INLAND VALLEY DAILY BULLETIN

AN EDITION OF THE REGISTER

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CHINO HILLS

Stroke survivor celebrates Father's Day



Retired firefighter and stroke survivor George Rojas gathers with his family at Pomona Valley Hospital Medical Center on Thursday. From left are Celeste Rojas, 24, George Rojas, Sarah Rojas, 16, and wife Leticia. George Rojas says he is grateful to celebrate another Father's Day after his November stroke. PHOTOS BY ANJALI SHARIF-PAUL — STAFF PHOTOGRAPHER

Retired firefighter is thankful for family, hospital team that saved his life

By Allyson Vergara
AVERGARA@SCNG.COM

As a busy father, husband, avid bicyclist and retired firefighter, 55-year-old George Rojas never thought a stroke could happen to him.

"It was kind of a surreal moment," he said. "I'm usually the one that's pushing people through those emergency room doors. Now I'm the one getting rolled through."

After surviving the stroke, which suddenly reduces blood in the brain,

Rojas and his family are grateful to be celebrating another Father's Day.

The Chino Hills resident woke up early on Nov. 4 — Election Day — to take his youngest daughter to cheerleading practice and recalled feeling "foggy."

"My vision, my hearing, my left arm felt like I was floating. ... I knew something's not right," Rojas said. "My wife checked on me in the bathroom and saw I was slumped over. I heard her pick up the phone right away and call 911."

He had the common signs of a stroke, according to the American Stroke Association:

slurred speech, the inability to move and a droop on his face. Rojas awaited medical care, supported by his wife, Leticia, and two daughters, Celeste and Sarah.

Making the emergency call in those precious seconds, George Rojas said, ended up saving his life.

Within minutes, paramedics had arrived and determined he had a stroke. Rojas was rushed to Pomona Valley Hospital Medical Center, which offers

See **FATHER** on Page A8



Leticia Rojas, right, wife of stroke survivor George Rojas, hugs stroke team registered nurse Kimberly Jones on Thursday at Pomona Valley Hospital Medical Center. Despite being healthy and active, George Rojas suffered a stroke and says the team's treatment helped save his life.

Pomona Police Department's Pink Patch Project Hosts Charity Match to Support PVHMC

On Saturday, June 13, the Pomona Police Department's non-profit Pomona Pink Patch Project (PPP) team hosted its first ever Annual "Aim for a Cure" Shooting Fundraiser at the Prado Olympic Shooting Range in Chino.



With dozens of generous sponsors and nearly 100 competitors in attendance, the event was a great success! The PPP team had merchandise for sale (coming soon to PVHMC!) and nearly 50 prizes as part of its added raffle ticket fundraiser. The Marketing and Public Relations Department also had a table out with information on mammogram screenings, breast cancer and more.

Proceeds from the event will benefit
The Robert & Beverly Lewis Family Cancer Care
Center's Breast Health Center. We are deeply
grateful for the continued support of our friends
at the Pomona Police Department.



PVHMC Partners with the YWCA and AAIMM to Bring Free Baby Essentials to Families in the Pomona Valley

Pomona Valley Hospital Medical Center (PVHMC) was proud to partner with the Young Women's Christian Association (YWCA) San Gabriel Valley and the Los Angeles County African American Infant and Maternal Mortality Prevention Initiative (AAIMM) to host a Diaper Giveaway Drive-Thru and Health Resource Fair on Saturday, June 27, 2026.

At the Diaper Drive-Thru, more than 100 families came through to access free diapers (in the sizes they needed) as well as bags with age-appropriate essentials and resources such as baby bottles, blankets, formula, diaper rash ointment, books and more.

At the Health Resource Fair, community partners tabled and offered education, resources and more giveaways for families in need, including Pomona Unified School District, Parents Anonymous, the YWCA, the Los Angeles County Department of Mental Health Services, AAIMM and a number of doulas, many from Inland Empire Health Plan's Medi-Cal program. PVHMC's tables included Pediatrics, which showcased Safe Sleep, and the Family Education and Resource Center, which provided maternity information to families and helped connect them with physicians and clinics in the area.

We were proud and thankful to be able to partner with these organizations to support our collective goal for the event: "Healthy Babies. Strong Families. Thriving Communities."

Thank you to Food and Nutrition Services for assisting with the setup and breakdown, and to Security for ensuring we had a safe space in our parking lot to distribute these free resources!



Puente Hills Subaru Donates Gifts to Cancer Care Center Patients for 3rd Year in a Row as Part of Annual "Loves to Care" Program

For the third year in a row, our local Puente Hills Subaru Dealership and Blood Cancer United (formerly known as The Leukemia & Lymphoma Society®) donated gifts and delivered messages of hope to cancer patients at Pomona Valley Hospital Medical Center's (PVHMC) The Robert and Beverly Lewis Family Cancer Care Center.



On Thursday, June 27, 2026, Subaru Puente Hills staff delivered dozens of "messages of hope," 80 plush blankets, dozens of patient care kits containing pencils, a water bottle, coloring books, stress balls and socks. We are grateful to Lloyd Reese, the "Love Encore Manager" at Subaru Puente Hills, and his incredible team of staff and volunteers for thinking of our patients these past three years. Patients receiving the gifts had smiles and tears, showing that acts of kindness, big and small, make a world of a difference.



The Robert & Beverly Lewis Outpatient Pavilion Celebrates Cancer Survivor's Day

The Robert & Beverly Lewis Family Cancer Care Center hosted its annual Cancer Survivor's Day event a little differently this year! Patient and survivors were invited to attend a special presentation with Stephanie Cropper, MD, OB/GYN (left), and Preeti Chaudhary (center), MD, medical oncologist, as the guest speakers.



More than 40 guests attended this event, which also included social time with charcuterie boards and sweet treats, as well as an opportunity raffle.

Thank you to the Associates at the CCC for putting on this wonderful event for our patients and survivors! And a special thanks to Plant Safari in Upland for sharing dozens of its beautiful plants to make the space feel like a true Healing Garden.



Rooted in Excellence: Preparing for Our Magnet Re-Designation Site Visit

By Christy Ward, PhD, RN, NPD-BC, Magnet Program Director and Nurse Manager for Clinical Education

We are excited to share that our Magnet Re-Designation journey continues as we prepare for our upcoming Magnet Site Visit later this summer!

The virtual visit will occur over three days and ANCC Magnet surveyors will have the opportunity to meet with associates across the organization to learn more about our culture of excellence, collaboration, and commitment to exceptional patient care. This is an opportunity to showcase the outstanding work happening every day throughout PVHMC.

To prepare for this upcoming visit, associates will have several opportunities to learn more about Magnet and how it relates to our organization. Be on the lookout for upcoming activities, including the Magnet Museum, where you can explore our Magnet journey, celebrate our culture of excellence, and learn how every role contributes to our success.

You may also see Magnet Champions and leaders conducting interdisciplinary rounding, providing opportunities to share stories and answer questions about Magnet. Every associate plays an important role in demonstrating the excellence that makes PVHMC a nationally recognized hospital. We encourage everyone to participate in these activities, engage in conversations, and celebrate the achievements that have brought us to this exciting milestone.

If you have questions about Magnet, the upcoming site visit, or how you can get involved, please reach out to your unit's Magnet Champion or a member of the Magnet Program Team.

Thank you for helping us continue to grow, thrive, and remain Rooted in Excellence.



CONGRATS ON YOUR NATIONAL CERTIFICATION!

2026 SECOND QUARTER NATIONAL CERTIFICATIONS

LOWEEN ALQUETRA
GARRETT HOLDEN
MARISA CONNELL
VICTOR NUNEZ
GIEL CASTILLO
KEVIN PILCHER

CASSANDRA PATZWALD
SUSANNE FIGUEROA
KAILA CASTRO
LAUREN RODARTE
ROXANA ARIAS



VALLEY PRESBYTERIAN
HOSPITAL



HEALTH CARE SECURITY AND EMERGENCY PREPAREDNESS SYMPOSIUMS

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

Information Services Updates



PANIC BUTTON MODERNIZATION

New Alertus Code Gray Alerting Options

Replacing unsupported panic button hardware with updated Alertus solutions to improve reliability, visibility, and supportability.

1



BUTTON PRESSED
Associate activates the panic button.

2



ALERT SENT
Alertus sends the alert to Security's radio.

3



SECURITY NOTIFIED
Security is notified of the Code Gray and location.

4



SECURITY RESPONDS
Security responds to the area.



ALERT

Code Gray
Security Notified
Response in Progress

ALERTUS



Improved Alerts.
Same Response.
Stronger Safety.



Replacing outdated panic button hardware



Multiple alerting options based on location needs



Improved maintainability and device visibility



Same Code Gray security response process



CODE GRAY | THREATENING BEHAVIOR / SECURITY RESPONSE

[Click here to view the presentation.](#)

Proofpoint AEDLP

Associate Email Safety Guide



[Click here to view the presentation.](#)

EMAIL SAFETY

A welcome guide to learning more for hospital associates



Celebrating our Pharmacy Residency Program's Class of 2025-2026

By the Department of Pharmacy Services



From left to right: Stacey Cheung, Soumar Haddad, Megan Chan, Ana Santos, Amy Luo

This month we are honored to congratulate the Pharmacy Residency Program's Class of 2026! We proudly celebrate Ana Santos, PharmD, Megan Chan, PharmD, Soumar Haddad, PharmD, and Stacey Cheung, PharmD for their completion of PVHMC's PGY-1 Pharmacy Residency program. We further recognize Amy Luo, PharmD for her completion of our PGY-2 Critical Care Pharmacy Residency Program!

In their time with us, they have each showcased an unwavering tenacity and enthusiasm in their pursuit of excellence. They have embraced the challenges of the past year, demonstrating exceptional dedication to patient care, professional development, and advancing the practice of pharmacy. Their contributions have strengthened our healthcare teams, and positively impacted the community and patients we serve. We have had the privilege of watching them grow, persevere, and embody the exceptional qualities which define an assured and capable clinical pharmacist.

In addition to their clinical responsibilities, our residents contributed to the profession through their scholarly work and research. We are especially proud that members of the graduating class presented their projects at the Western States Conference, sharing their findings and practices with pharmacy professionals from across the region. Their presentations reflect the high caliber of work being conducted within our Residency Program and highlight their commitment to continuous improvement in patient care.

As our residents graduate, they leave behind a legacy of professionalism, compassion, and clinical excellence. We are excited to see where their careers will take them next. Drs. Haddad and Cheung will stay on as valued members of our pharmacy team, while our other graduates look to take their talents to new organizations and communities, where they will undoubtedly continue to make meaningful contributions to patient care.

To our Residents: Though your residency year has come to an end, you will always remain part of our residency family, and we look forward to celebrating your future achievements for years to come.

Congratulations!

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Family Medicine Residents Receive Awards at American Geriatrics Society Annual Scientific Meeting



Congratulations to our Family Medicine Residents on their outstanding achievements at the 2026 American Geriatrics Society Annual Scientific Meeting. Selected by a panel of expert judges, these awards highlight their dedication and academic excellence in geriatrics. Please join us in congratulating them on this well-deserved recognition and celebrating their contributions to the field of geriatrics!

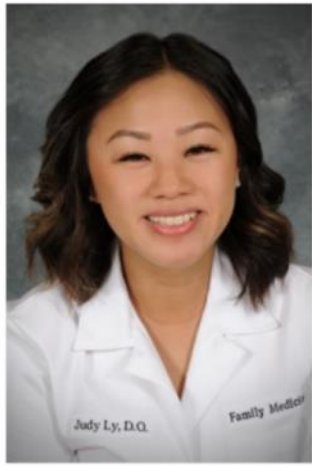


Dr. Sohee Chung, DO
Chief Resident, FM

1st Place, Case Series & Case Studies

"A Mysterious Rash Unmasked - Shingles to Ramsay Hunt Syndrome."

Case report on Ramsay Hunt syndrome highlighting the diagnostic value of longitudinal follow-up in patients with evolving neurologic and otologic symptoms. The case demonstrated how close outpatient monitoring facilitated timely recognition and treatment of a rare condition with significant implications for patient quality of life.



Dr. Judy Ly, DO
PGY 2, FM

3rd Place, Clinical Innovation & Quality Improvement

"Ensuring Patient Preferences: POLST Form Management at a Community Based Hospital."

Physician Orders for Life-Sustaining Treatment (POLST) forms are critical documents that ensure patients' treatment preferences—regarding CPR, ventilation, scope of intervention, and artificial nutrition—are honored during medical crises or at the end of life. Access to an up-to-date POLST can prevent unwanted or unbeneficial interventions, reduce patient and family distress, and improve continuity of care across various settings. However, consistent delivery of original or updated POLST forms to patients at hospital discharge remains inconsistent. This study aimed to evaluate current practices surrounding POLST creation, documentation, and patient receipt of their POLST form at discharge in a higher-acuity telemetry unit and identify areas for quality improvement.

Eating Well on GLP-1 Medications

By Rhoda Mallari, Clinical Dietitian

If you are taking a GLP-1 medication such as Ozempic, Wegovy, Mounjaro, or Zepbound, you are one of millions of Americans using these treatments. Over 10 million adults in the United States now use a GLP-1 medication, and that number continues to grow rapidly. These medications are powerful tools for weight loss and blood sugar control, but what you eat and drink still matters. Use the simple MEAL framework to get the most out of your treatment.

M — Muscle Maintenance

Weight loss can mean losing muscle, not just fat. Protect your muscles by eating protein at every meal — and eating it first. Good sources include fish, eggs, Greek yogurt, cottage cheese, chicken, beans, and nut butters. Pair this with regular strength training (weights, resistance bands, or bodyweight exercises). Protein alone is not enough — exercise sends the signal your body needs to hold on to muscle.

E — Energy Balance

Because your appetite is smaller, make every bite count. Choose nutrient-dense foods: fruits, vegetables, whole grains, lean proteins, nuts, and healthy fats like olive oil and avocado. Eat small, regular meals at consistent times — do not skip meals even if you are not hungry. Limit refined carbohydrates, sugary drinks, fast food, and heavily processed snacks.

A — Avoid Side Effects

- Stomach side effects are common but manageable through diet:
- Nausea: Eat small meals every 3–4 hours. Avoid greasy or fried foods. Try ginger or peppermint tea. Do not skip meals — an empty stomach makes nausea worse.
- Heartburn: Eat small portions, avoid spicy or high-fat foods and stay upright for 2-3 hours after eating.
- Constipation: Drink plenty of water, increase fiber gradually, and try prunes or dried fruits.

L — Liquid Intake

When you eat less, you also get less water from food, raising your risk of dehydration. Aim for at least 8–12 cups (2–3 liters) of water daily. Eat water-rich foods like cucumbers, watermelon, oranges, and soups. Carry a water bottle and sip throughout the day.

One More Thing: Vitamins

Eating less overall means you may fall short on certain vitamins and minerals. Ask your doctor whether a daily multivitamin or supplements like vitamin D, calcium, or B12 are right for you.

The Bottom Line

Remember MEAL: Muscle maintenance, Energy balance, Avoid side effects, Liquid intake. These four steps will help you get the best results from your GLP-1 medication. If you are struggling with side effects or unsure about your diet, ask your healthcare team about a referral to a registered dietitian.

References:

1. [Beyond Glycemic Control: Sex Differences Shaping Glucagon-Like Peptide-1 Receptor Agonist Utilization in the United States.](#) Journal of Managed Care & Specialty Pharmacy. 2026. Ofili SC, Chen H. New
2. [Trends in GLP-1 Receptor Agonist and SGLT2-Inhibitor Utilization and Expenditure Between 2017-2023: Demographic, Income, and Insurance Associations.](#) Journal of General Internal Medicine. 2026. Jacobs M, Fang Q, Ellis C. New
3. [Integrating Diet and Physical Activity When Prescribing GLP-1s—Lifestyle Factors Remain Crucial.](#) JAMA Internal Medicine. 2025. Mehrtash F, Dushay J, Manson JE.
4. [Nutritional Priorities to Support GLP-1 Therapy for Obesity: A Joint Advisory From the American College of Lifestyle Medicine, the American Society for Nutrition, the Obesity Medicine Association, and the Obesity Society.](#) The American Journal of Clinical Nutrition. 2025. Mozaffarian D, Agarwal M, Aggarwal M, et al.



Coming Up for July 2026...

- Physical Health: Eat More Plants!
- Emotional Health: New Digital Platform
- Social Health: July 2026 FunExpress Deals

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

2024 Summary Annual Report

The 2024 Summary Annual Report for the Hospital's Associate Benefit Plan is posted on the Hospital's Intranet:

Associates – Benefits – Benefits Plan Descriptions - Summary Annual Report (bottom of page)

*The Report is provided to you as information only.

If you wish to obtain a paper copy of the Health Plans' Summary Annual Report, please email your request to benefits.group@pvhmc.org and we will mail one to your home address as currently shown in Launchpad.

If you have any questions, please call the Benefits Department at 909.865.9741.

Tender Touch Gift Shop Happenings

1



Check Out Our
New Summer
Items!

2



Holiday Sale – Past
Inventory for
Christmas,
Halloween
Valentine's Day and
Easter Items are
Now on Sale!

3



Stop by the Tender Touch
Gift Shop and fill out a
ticket for the monthly
opportunity raffle! This
month's winner will receive
a \$25.00 gift certificate for
the gift shop.
No purchase necessary.

All proceeds benefit the Sick Baby and Hospital Assistance Fund.

Finding Our Way

By Elizabeth Grainger, Palliative Care Chaplain

Every summer, members of the Church of Jesus Christ of Latter Day Saints throughout the world honor their forefathers and foremothers on Pioneer Day (July 24). On this date in 1847, 143 men, three women, and two children led by Brigham Young, entered the Salt Lake Valley in Utah to create a settlement where they could worship in freedom. The journey west was difficult with setbacks at every turn. Every July 24 the history of the Pioneers is commemorated with sunrise ceremonies, reenactments, song, and remembrance. Those who went west with Brigham Young had a vision of paradise on Earth, and remembering them is a very special time of year for the generations that followed. In recent years, celebrations of Pioneer Day have expanded to include multiple faiths and traditions. The day now includes ceremonial recognition of the indigenous residents of Utah who were present prior to the arrival of Brigham Young and his companions. An Intertribal Powwow honors the cultural heritage and contributions of the area's indigenous residents, which include the Ute, Paiute, Goshute, Shoshone, and Navajo.

The Feast of St James (July 25) is commemorated by Christians in remembrance of the apostle's extraordinary life and faith, and for the pilgrimages he now inspires. Along with Peter and John, James witnessed Jesus's transfiguration on the mountain—the moment when Jesus began to shine with bright rays of light. James was one of Jesus's first disciples and continued to share the Gospel after Jesus's death. He was arrested and ultimately put to death. According to medieval legends, he may have traveled as far as Galicia in what is now Spain. Often referred to as Camino de Santiago, or The Way of St James, the network of pilgrims' paths in France, Portugal, and Spain, support thousands of people every year in finding their "way" to the Cathedral of Santiago de Compostela—in the process, discovering their own spiritual journey. Countless individuals have walked the routes of the Camino, with each one finding a unique sense of peace, connection, and blessings.

Buddhism is often represented using an eight-spoked wheel, known in Sanskrit as the dharmachakra (wheel of dharma). This symbol may appear to be very simple, like many religious symbols, but it is filled with meaning. You can see

the dharmachakra and other symbols of world religions in the PVHMC Spiritual Center (also known as the Chapel)

located on the 3rd Floor near Elevator E. Buddha's dharma (teachings) forms the heart of Buddhism. The Buddha is said to have "set the wheel of dharma in motion" when he delivered his first sermon in the Deer Park near Sarnath, India, approx. 6th/5th century BC. During this sermon, the Buddha is said to have shared the essence of Buddhism with his first followers. Buddhists celebrate the "turning of the wheel" with Asalha Puja/ Dharma Day (July 29) as a time of spiritual rededication and study. This holiday occurs on the full moon in the Hindu month of Asadha, and is held on the same day as another sacred day, Gurū Purnima. Gurū Purnima is a sacred festival dedicated to honoring spiritual and academic teachers and is observed by Hindus, Buddhists, Jains, and Sikhs. Gurū in Sanskrit means "dispeller of darkness," and both of these sacred days celebrate the illuminating light of knowledge and its role in our lives.

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.

July 2026 Holidays

- 4 Jashn-e Tirgan (water festival)—Zoroastrian
- 5 Parkash Purab (Birthday of Gurū Hargobind Sahib Ji, Sikh Guru)—Sikh
- 6 Birthday of His Holiness Tenzin Gyatso, the XIVth Dalai Lama—Tibetan Buddhist
- 10 Martyrdom of the Báb—Bahá'í
- 11 Feast Day of St. Benedict—Catholic
- 14 Feast Day of St. Kateri Tekakwitha—Catholic
- 15 St. Vladimir the Great Day—Catholic and Christian Orthodox
- 22 Feast of St. Mary Magdalene—Catholic
- Khordad Sal (Birthday of Prophet Zarathustra)—Zoroastrian
- 23 Tisha b'Av (Day of mourning historical losses)—Judaism.
- Birthday of Emperor Haile Selassie I—Rastafari
- 24 Pioneer Day—Church of Jesus Christ of Latter-day Saints
- 25 St. James the Great Day—Catholic
- Chaturmas (Beginning of four month holy period)—Hindu, Buddhist, Jain
- 29 Gurū Purnima (Day of honoring teachers)—Hindu, Buddhist, Jain, Sikh; Asalha Puja Day (Dharma Day)—Theravāda Buddhist



2026 BLOOD DRIVE CALENDAR

Save the dates for our 2026 American Red Cross blood drives! Book your appointments at redcrossblood.org and enter our sponsor code: PVHMC. Stay tuned to PVHMC Announcements for updates on blood drive times and promotions from the Red Cross.

January



April



For Associate
Their Family
Members, Only

COUNTY
FAIR
PLAY
YOUR
WAY

April



COUNTY
FAIR
PLAY
YOUR
WAY

June



August



October



December



POMONA VALLEY HOSPITAL MEDICAL CENTER

STOP *the* Bleed CLASS



Learn how to save a life by recognizing and controlling life-threatening bleeding.
The number one cause of preventable death after an injury is bleeding.
A person can bleed to death in minutes.

This free one-hour course, hosted by Pomona Valley Hospital Medical Center's Trauma & Acute Care Surgery Services team, will teach you to recognize and control life-threatening bleeding in order to save a life. The class is open to those ages 14 years and older.

2026 Class Dates - Wednesdays

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

July 8

August 12

September 9

October 7

November 11

December 9

Location: Pomona Valley Hospital Medical Center Trauma Services Office
160 E. Artesia St., 3rd Floor Suite 310, Pomona, CA 91767

RSVP at [eventbrite.com](https://www.eventbrite.com) or email stopthebleed@pvhmc.org.

**Class space is limited.*

This class is offered at no cost by Pomona Valley Hospital Medical Center's Trauma & Acute Care Surgery Services Program.





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.**



Expert care with a personal touch

PVHMC IN THE NEWS

Stroke Survivor Celebrates Father's Day Story featured in the Southern California News Group Newspapers and Local TV Stations

June 21, 2026

[ABC7](#)

[NBC4](#)

[Inland Valley Daily Bulletin/Orange County Register](#)



How High Cortisol Levels Impact the Body, Univision LA, Dr. Libia Wohlert

June 10, 2026

Watch the segment [here](#).



Male Breast Cancer, ABC7 LA, Dr. Sri Gorty

June 10, 2026

Watch the segment [here](#).



Hiccups Can Be A Warning Sign Of A Stroke. Here's How To Tell If They're Serious. Huffington Post, Dr. Adeel Popalzai

June 12, 2026

Read more [here](#).



5 Commonly Missed Signs of Bowel Cancer, Huffington Post, Dr. Andrew Dam

June 16, 2026

Read more [here](#).



Safe Sitter® Babysitting Course

Designed to prepare students in grades 6-8 to be safe when they're home alone, watching younger siblings or babysitting.

The instructor-led class is filled with fun games and role-playing exercises. Students even get to use manikins to practice rescue skills, like choking rescue!



June 22 & 23 | July 9 & 10
July 13 & 14 | July 22 & 24

First Day 9:00 am - 2:00 pm

Please bring a packed lunch for the first day.

Second Day 9:00 am - 12:00 pm

Pomona Valley Health Center - Claremont
Conference Room 280, 2nd floor
1601 Monte Vista Avenue, Claremont, CA 91711

Registration Information

The class fee is \$40 and includes a Safe Sitter Kit.
Registration is required. Payment is due at the time of registration.
Register early as classes fill quickly!

To register, visit Eventbrite.com - https://tr.ee/gj_VN1EyTS.
For more information, contact our Family Education and Resource Center
at 909.865.9858 or ferc@pvhmc.org.





Perkatory

WE'RE BREWING NOW

WEDNESDAYS

7:00AM-5:00PM

THURSDAYS

7:00AM-8:00PM

FRIDAYS

7:00AM-5:00PM

SATURDAYS

7:30AM-8:00PM

SUNDAYS

7:00AM-3:00PM

ORDER AHEAD USING OUR APP
LOCATED IN FRONT OF THE OPP BUILDING



FARMERS MARKET



Open Weekly on Mondays, from 10 a.m.
to 2 p.m.

In front of the Robert & Beverly Lewis
Outpatient Pavilion

SEE YOU THERE!



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.



Melody Venegas
RN - MedSurg4



Anna Farrow,
CNA - MedSurg5

Victoria Chidboy,
BSN, RN - CVICU



Savannah Thornell,
BSN, RN - Tele6



Tania Zwick, RN
3-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!



International Friendship Day

July 30, 2026

Happy Birthday!

Here's a birthday shout out to the 4C supervisor Madeline Trinidad!
From Team Tower

Happy Birthday Elaina Felix (7/29).
She is now a PVHMC-Lab Dept Associate,
formerly a Volunteer... Congratulations!
Love Mom - Eleanor Rocha, RN/ OHS

Jokes of the Month



By Michelle Walsh-Fernandez, Director of Security

What do you call a pony with a little cough?

A little horse.

**What do you call a bee that
can't make up its mind?**

A MAYBEE.

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