

Keeping You In Touch

June 2021

A Publication of the Pomona Valley Hospital Medical Center Marketing Department

Traveling During the Summer? Reduce Your Risk of Travel-Related Blood Clots

By Debbie Keasler, MS, BSN, BS, RN, NEBC, PHN, Director of Cardiovascular Services

Long summer journeys (more than four hours) by plane, train, and auto, are thought to cause a slight increased risk of Deep Vein Thrombosis, commonly referred to as DVT. It occurs when a blood clot, or thrombus, develops in the large veins of the legs or pelvic area. The vast majority of travelers have no problems and limited risk of DVT from travel. Nevertheless, it is wise to try and reduce the risk, particularly if you have contributing conditions or risk factors.

People at Risk of DVTs

DVTs affect men and women, all ethnic groups, and all socio-economic levels. It is seen most often in adults over the age of 40, and more frequently in elderly patients, but can occur at any age.

Most clots occur when blood flow in the veins of the legs is slowed or reduced, usually as a result of inactivity. Ordinarily, as you walk around, your leg muscles squeeze your veins and keep blood flowing back to the heart. But if you are inactive for many hours blood flow in the veins of your legs may slow so much that clots form.

There are a number of conditions and risk factors that increase the likelihood of developing a DVT:

- Obesity
- Smoking
- Lack of exercise
- Estrogen treatment

- Varicose veins
- Paralysis or immobility
- Previous history of DVT
- Family history of DVT
- Congestive Heart Failure
- Cancer

Tips to Reduce Your Risk While Traveling

- Bend and straighten your legs, feet and toes when you are seated
- Get up and walk around if possible
- Drink plenty of water (to avoid dehydration)
- Do not drink too much alcohol
- Do not take sleeping tablets (to avoid immobility)
- Wear compression stockings
- Talk to your doctor about traveling

DVT Warning Signs

The most common symptom of DVT is leg pain and tenderness in the calf muscles, or one may observe swelling or a change in color of one or both legs - look for redness, purple or blue coloration and a change in the temperature of the affected leg. These signs and symptoms may appear suddenly or may steadily develop over a short time. If you observe these signs or symptoms, you should seek medical attention immediately.

About one in every 2,000 people develop DVTs each year and nearly half of those with DVT never recognize its symptoms.

As you set out on your summer travels, take care to prevent DVT.

As of May 2021, PVHMC is pleased to offer our community a **new treatment option for DVT – the ClotTriever® system** – an FDA-approved mechanical thrombectomy device, designed specifically for removing large clots from large vessels to treat DVTs in a single session without the need for thrombolytics or a stay in the Intensive Care Unit. Congratulations to our Cardiovascular team for this achievement!



POMONA VALLEY HOSPITAL MEDICAL CENTER

HOSPITAL HUDDLE

with
Rich



Our Compliments to the Chef!

Rogelio Gaeta was literally born to be Pomona Valley Hospital Medical Center's (PVHMC) Executive Chef and he is a shining example of someone who has grown a stellar career at PVHMC.

Rogelio was born at PHVMC in 1985 – and when he was just 16 years old, he began working in our dish room and worked his way up to becoming a kitchen lead. Rogelio went to Le Cordon Bleu College of Culinary Arts in Pasadena, where he earned an associate degree in culinary arts. He continued working at the Hospital while going to culinary school. Rogelio was our Sous Chef for a year before becoming our Executive Chef two years ago.

Rogelio's new vision for the Hospital's Food and Nutrition Services Department is a tremendous success. He has brought current trends in the food industry to the Hospital's cafeteria – popular items, more fresh foods and diversity based on customer input. You often see Rogelio spending time out front, talking to visitors and Associates to learn what foods they would like to see in the cafeteria.

After 10-15 years of Mexican food every day at the Mex Grill, Rogelio and his team spiced things up by offering Greek and Southern food a couple days a week. Ratna Aksiani, Food Service Associate, runs the Chef's Selection Counter – and she was the most impacted by the



changes, but she's been truly amazing in implementing the rotating cuisines.

At the beginning of the pandemic, many generous companies and community members were donating a lot of food to support our Associates. Dining Services Manager, Daniel Gonzalez, was key in setting up a distribution center, so we could get the food out to all our Associates in the Hospital.

To boost morale during the pandemic, Food and Nutrition Services created special food-themed days. On National Hamburger Day, they offered a combo – prime rib burger with Bourbon BBQ sauce, fries and a beverage for just \$5! And when the Los Angeles Dodgers won the World Series – they served up Dodger Dogs "Pomona Valley-style" – foot-long scrumptious hot dogs. Eat up!

Some might say the Sous Chef is who makes the magic happen – and that would be Ruben Garcia – Rogelio's right-hand man.

While Rogelio tells me that Mexican food, chicken tenders, fries and wings are the best-selling items in the cafeteria, my personal favorite remains the Mandarin Chicken Salad – best salad in the region if you ask me!

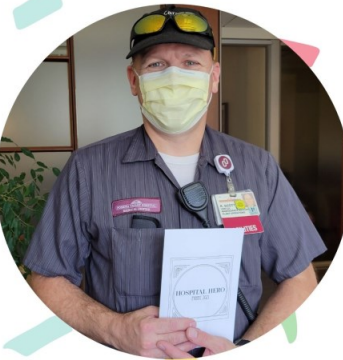
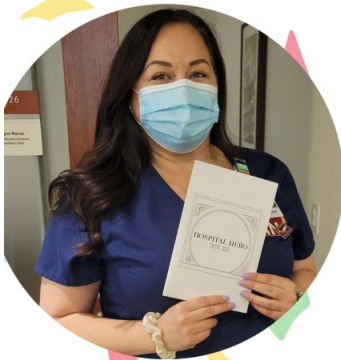
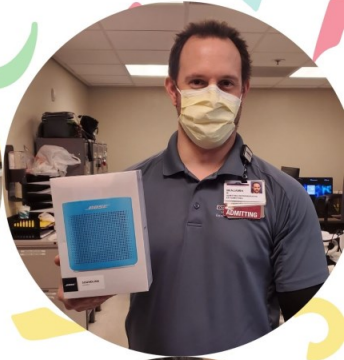
Our compliments to the Chef and the entire Food and Nutrition Services Department!

CELEBRATING OUR PVHMC HEROES DURING OUR 2021 HOSPITAL/NURSES WEEK

We had a blast during our 2021 Hospital/Nurses Week celebrations! From cookies to ice cream floats to In-N-Out burgers (more than 2,000 burgers were freshly made for us!), it was a tasty week of treats for all! We hope you are all enjoying your new PVHMC lunch bags - sure to fit all of your snacks and containers! Please join us in expressing our thanks to everyone on the Hospital/Nurses Week Committee - Angie Besiant, Committee Chair, Brenda Taylor, Amber Brenneisen, Lisa Polk, Jessika Carrasca, Darla Martinez, Maria Brown, Kimberly Erving, Nanette Diaz, Peggy Mata, Rachel Hayes & Rachel Rodriguez.



CONGRATULATIONS TO OUR HOSPITAL/NURSES WEEK OPPORTUNITY RAFFLE WINNERS!



PVHMC IN THE NEWS!



Dr. M. Hellen Rodriguez, Medical Director of Maternal-Fetal Medicine, was featured on Univision to talk about the safety of COVID-19 vaccines for pregnant and breastfeeding women. Watch the clip here:

https://youtu.be/TtPbMqzp5_Q

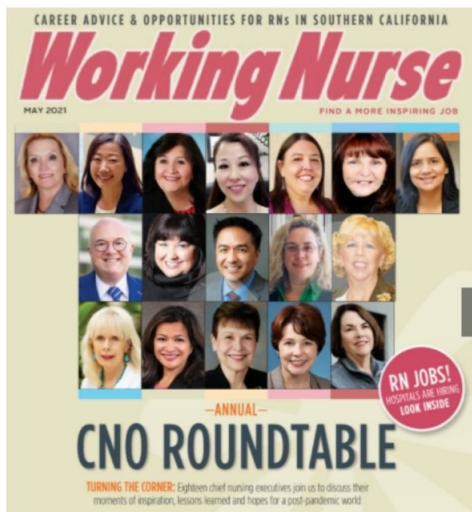
May 18, 2021

Dr. Claudia Lopez, PVHC - La Verne, was featured on Univision to talk about the safety of COVID-19 vaccines for children 12-15, as well as pregnant and breastfeeding women.

May 6, 2021



UNIVISION



Darlene Scaffiddi, MSN, RN, NEA-BC, Executive Vice President of Patient Care Services, was featured in a CNO Roundtable for Working Nurse Magazine! In the spread, Darlene discusses what she and our organization has learned from the COVID-19 crisis.

Read the article (page 18) here:

<https://www.workingnurse.com/magazine/may-2021/>

May 2021

Many of our local newspapers featured the launch of our nitrous oxide program for labor and delivery! Read the press release here:

<https://www.pvhmc.org/blog/2021/may/pvhmc-now-offering-nitrous-oxide-for-pain-and-an/>

Champion Newspapers

New pain reliever for women in labor

Pomona Valley Hospital Medical Center, located at 1798 N. Garey Ave. in Pomona, announced Wednesday that it is the first hospital in the region to begin offering women the option of nitrous oxide for pain and anxiety relief during labor.

Nitrous oxide, commonly known as laughing gas, is a tasteless, odorless gas that has significant medical uses because of its pain and anxiety-reducing effects, according to a hospital spokesperson.

PVHMC ACHIEVES 2020 MATERNITY HONOR ROLL AWARD

Pomona Valley Hospital Medical Center has been named a recipient of the California Health and Human Services Agency (CHHS), Cal Hospital Compare (CHC) and Hospital Quality Institute 2020 Maternity Honor Roll Award!

Childbirth is the number one reason for hospitalization in California. For mothers, overuse of C-sections can result in higher rates of complications, such as hemorrhage, transfusions, infection, blood clots and more.

C-section surgeries also pose risks for newborn babies, including higher rates of infection, respiratory complications, neonatal intensive care unit admissions and lower rates of breastfeeding.

The 2020 Maternity Honor Roll recognizes more than 140 hospitals that met or surpassed the statewide target aimed at reducing births via C-section in first-time mothers with low-risk pregnancies. The award reflects data from California hospitals that offer maternity services and participate in the California Maternal Quality Care Collaborative's (CMQCC) Maternal Data Center.

Congratulations to our Women's Center Physicians and Associates who have worked tirelessly to ensure that mothers, and their babies, in our community receive the best care possible.



YOUR BREAST HEALTH MATTERS – SCHEDULE YOUR ANNUAL MAMMOGRAM TODAY.



According to the American Cancer Society, an estimated 35% of Americans missed their routine cancer screenings due to COVID-19. Pandemic-related reduction in routine cancer screenings will result in a short-term drop in cancer diagnoses resulting in a later late stage cancer diagnoses and preventable deaths.

PVHMC recommends starting annual screening mammograms beginning at age 40. Several studies have shown that the latest advancement, digital breast Tomosynthesis (3D mammography), improves cancer detection rate by 40 percent or more, and decreases recall rates by 30 percent or more compared with conventional mammography.

While many breast care centers only offer 3D mammography to women with dense breast tissue, PVHMC offers digital 3D mammography to all patients. And PVHMC also offers the SmartCurve™ breast stabilization system, which is clinically proven to deliver a more comfortable mammogram without compromising image quality. This innovation is part of PVHMC's ongoing commitment to superior breast cancer detection and to increase compliance for the countless women who have reported avoiding regular mammograms due in large part to the fear of discomfort associated with breast compression.

To schedule your 3D mammography appointment at one of our four convenient locations in Claremont, Chino Hills, La Verne or Pomona, call our Breast Health Center at 909.469.9395.



VIRTUAL SAFETY FAIR!

June is Safety Month at PVHMC! This year, the annual Safety Fair will be held via an online training module available through MyNetLearning, starting **Wednesday, June 30.**

The virtual fair includes an online presentation followed by a short quiz. Two Associates will be chosen each week, for four weeks, to receive a \$25 gift card for scoring 100% on the quiz. We will also have a scavenger hunt for Automatic External Defibrillators (AED) and Stop The Bleed (STB) kits with additional prizes to be announced!



MASS CASUALTY INCIDENT (MCI) PREPARATIONS

Disasters, whether natural, biological or otherwise, are a reality of the world we live in. As a regional Trauma Center and Disaster Resource Center, we are entrusted by our community to be ready at any given moment. As part of our commitment to their safety, it is important for all of us to participate in rigorous trainings and drills, such as those for mass casualty incidents (MCI), throughout the year to ensure that we are always prepared to provide quick, lifesaving medical care.

On Friday, May 7, we conducted an MCI drill in front of the Emergency Department to re-familiarize Departments on our Code MCI response. Thank you to all the Associates and Departments for participating in the training! We plan to host additional drills this year (July 24 & October 1) to reinforce and build upon what we have practiced.



In Appreciation of Nurse Preceptors Exemplifying Nursing Professionalism

According to the Institute of Medicine, nurse residency programs increase the competency of newly licensed nurses and improve patient outcomes. None of this could be accomplished without the nurse preceptors.

Nurse preceptors are selected by their Managers for their clinical competency, positive professional behaviors, leadership and interpersonal communication skills. Preceptors complete an evidence-based four hour preceptor development course. Being a nurse preceptor is a one-year commitment, and following clinical orientation, the nurse preceptor becomes that nurse's mentor, furthering the nurse resident's competency.

Preceptors create an environment of trust, where the nurse residents transition from student nurse to working in a dynamic healthcare environment. The trust relationship allows the nurse resident to professionally grow, knowing that the preceptor will maintain safe nursing practices.

Preceptors also advocate for appropriate learning experiences for the nurse resident; the right assignment for the nurse resident's current phase of learning. Many of the newest nurse residents had limited clinical experience due to the pandemic, so preceptors have been doing more teaching than in the past.

Preceptors are evaluated at the end of the clinical orientation and nurse residents are very generous in their praise of their preceptors. And, sometimes, the nurse resident and preceptor develop friendships outside the hospital.



Nurse Resident Rebecca Lyle, RN, and her preceptor Georgina McPherson, RN



Nurse Resident Marielle Lopez, RN, and her preceptor Liana Itkis, RN



Nurse Resident Nancy Nguyen, RN, and her preceptor Stephanie Herrera, RN

WELCOME TO OUR NEW NURSE RESIDENCY PROGRAM COHORT!

Please welcome the May 2021 cohort of Pomona Valley Hospital Medical Center’s Nurse Residency Program! The Education Department would like to recognize all of the Nurses who demonstrate their nursing professionalism by working with these Nursing Residents. Many of the Nurse Residents were student nurses here at PVHMC and upon graduation wanted to become a PVHMC nurse.



The Nurse Residents will spend the next year developing their clinical skills and transitioning into practice. In addition, all Nurse Residents attend monthly seminars to foster their professional development.

Ambriz, Sabrina	LDRP
Jelenowski, Joshua	ED
Lederhos, Heidi	LDRP
Masada, Kristin	TICU
Miller, Brittany	ED
Petta, Megan	Tele 2/3
Ramirez, Thalia	Tele 2/3
Whittle, Amanda	TICU
Yago, Marian	CVICU



Health Information Management proudly announce:
**LARRY SMITH, MHA, RHIA,
 DIRECTOR OF HEALTH
 INFORMATION MANAGEMENT**
 has been named President of the California Health
 Information Management Association (CHIA)
 June 2021-2022

CHIA is a non-profit professional association for health information management professionals. CHIA was founded in 1949 and is the California-based component state affiliate of the American Health Information Management Association. CHIA is composed of the parent state association and seven component local associations serving regions within California.

The purpose of CHIA is to ensure health information services for the welfare of the public in the State of California; provide leadership for the profession of health information management; promote and advance the profession of health information management and represent the interests of the members of the profession; contribute to the development of professionalism and performance by providing members with information, resources and leadership; contribute to the delivery of patient care and the protection of patients’ rights with respect to health information confidentiality.

Congratulations Larry, on this prestigious honor! We are so proud to work with you!
-Associates in Health Information Management





Shared by the Trauma Services Department

Drownings are a leading cause of injury death for young children ages 1 to 14, and three children die every day as a result of drowning.(2)

Key Prevention Tips

Learn life-saving skills

- All adults should know CPR⁽¹⁾
- Learn to swim and ensure that your children know how to swim. Many cities offer swimming lessons for children and adults. Contact your city government, local parks and recreation department, local municipal pool or the YMCA for assistance⁽²⁾

Fence it off

- Install a four-sided fence, with self-closing and self-latching gates, around backyard swimming pools. This can help keep children away from the area when they aren't supposed to be swimming. Pool fences should completely separate the house and play area from the pool⁽¹⁾
- Remove any items or structures that may be used to climb over the fence. For example, nearby trees and planters can be used by a child to hop the fence. Consider installing alarms on exterior doors to the pool or on the pool cover⁽²⁾
- Remove tripping hazards around the pool and hazards in the pool. For example, a beach ball or toys in the pool might attract a small child to the pool⁽²⁾

Make life jackets a MUST

- Make sure kids wear life jackets in and around natural bodies of water, such as lakes or the ocean, even if they know how to swim⁽¹⁾

Designate a “Water Watcher”

- Never leave children alone or unattended around water, including bathtubs. It only takes a few minutes to drown⁽¹⁾
- Adults watching kids in or near water should avoid distracting activities like playing cards, reading books, talking on the phone, and using alcohol or drugs⁽¹⁾

References:

1. Centers for Disease Control and Prevention <https://www.cdc.gov/safekid/drowning/index.html>
2. LA County Department of Public Health http://www.publichealth.lacounty.gov/eh/EP/rw/rw_drowningPrevention.htm





Expert care with a personal touch



SPRITUAL CARE SERVICES PRESENTS A

STRESS REDUCTION, MINDFULNESS & RELAXATION VIRTUAL SERIES

Associates, Physicians and Volunteers are invited to join us for a series of 15-minute virtual mind-body meditation sessions, including:

- Meditation
- Guided imagery
- Biofeedback
- Breathing and movement
- Self-expression

*These are introductory level sessions - all are welcome to join.

SESSION DATES:

Every Tuesday and Thursday
June 1 - August 19
(except for June 8 & 10)

SESSION TIMES:

12:00 pm
12:30 pm
4:00 pm
4:30 pm

HOW TO JOIN

There are three convenient ways for you to join our virtual series!

Click the GoToMeeting link:

<https://global.gotomeeting.com/join/932421709>

Dial-in:

1-872-240-3212

Access code: 932421709

Scan the QR code with the camera or QR code scanner app on your smart device.



Interested in additional stress reduction, mindfulness and relaxation resources?

<https://cmbm.org/thetransformation/resources/>

Masquerade™

Online, All the time!

FUNDRAISING

Shop Online, Anytime!

*Beginning Tuesday, June 1st through
Wednesday, June 30th*

***Enter 5099 at the check out to benefit
The Sick Baby and Hospital Assistance Fund***

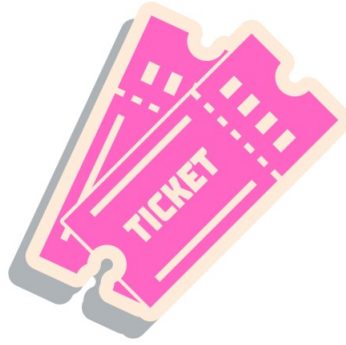


POMONA VALLEY HOSPITAL

MEDICAL CENTER
AUXILIARY

***Visit Our Website to Shop!
store.masqueradefundraising.com***

CONGRATULATIONS



Congratulations to our two BioMed IV Pump Finder's Raffle Winners:
Crystal Fernandez, GI Lab & Spencer Reyes, Tele!
Each won a \$75 Amazon gift card.
Thank you to all who participated in our annual Finder's Raffle!

Use our API Mobile Application



*Use your cell phone to clock to API in locations that there are beacons *

On your cell phone go to the App store and download:

- Centricity Workforce App
- iPhone Users: API Healthcare Mobile Workforce

Username: pvhmc\username

Code: AP000198

Directions on how to use the App are on Launchpad



Use your handy Cell Phone
No waiting in line

Please call The Payroll Department
if you need help

Time & Attendance

- API Portal Login
- API Associate Training Video
- API Supervisor Training Video 1
- API Supervisor Training Video 2
- API Documents
- API Mobile App - Download Instructions **NEW**
- API Mobile App - Employee Quick Start Guide **NEW**
- API Mobile App - Manager Quick Start Guide **NEW**

You can:

- View your timecard
- Enter missing punches
- Request PTO
- Sign off on timecard

CURRENT BEACON LOCATIONS

- 3SPA 5th Floor
- 3SPA Ste. 220 2nd. Floor
- 4-Central 4th Floor
- 5-Central 5th Floor
- Basement SD (Mat Mgmt.)
- Cancer Care Center
- Chaney
- Elevator AI 2nd Floor
- Employee Entrance by HR
- OPP Rehab 1st. Floor
- OPP North 1st Floor
- OPP North 2nd Floor
- OPP South 2nd Floor
- PEDS 2 2nd Floor
- Pharmacy
- Pitzer Auditorium
- Rehbu
- Respiratory 3rd Floor
- Tele 66th Floor
- Women's Center 2nd Floor
- Women's Center 3rd Floor

Brain Teaser

Before Mt. Everest was discovered, what was the highest mountain in the world?

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

Vickie Chan, MS, RD, FNS, was May's winner! Congratulations!

Solution:

There were various answers with the main one being: **"One coin is not a nickel but the other one is. And the other is a quarter."**



Easy Tips to Go Green at

Submitted by Ada Ha, Dietetic Intern, Food and Nutrition Services



Each of us has our own definition of “Going Green”. It could be planting a tree, recycling, cleaning, or eating healthier, etc. We have an idea of what it is, but how many of us have been practicing it? Here are 6 tips to help us get started:

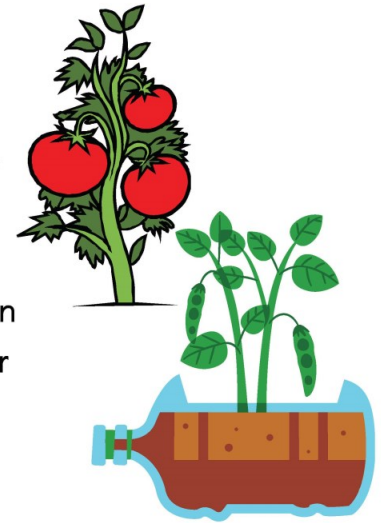


- **Have a shopping list and try to do all your errands in 1 trip**

Creating a shopping list ahead of time, helps save you from the unnecessary trips back to grab those items that you forgot. Each trip you saved means less money spent on gas. As gasoline is a nonrenewable resource, not only will you save money, you’re also using nature’s resource wisely.

- **Grow your own vegetable gardens with easy plants such as kale, tomatoes, lettuce, squash, etc.**

As vegetables are a perishable good, it is difficult to store them for a long period of time. This means more trips are needed to head to the market for those much needed nutrients such as fiber. Why not grow some in your very own garden? You won’t need to worry about them spoiling over time or from improper storage. Many vegetables are very easy to grow and don’t require much caring, so start your garden today!



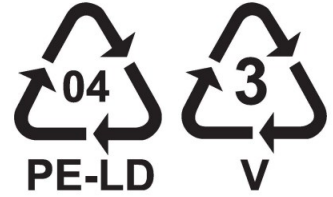
- **Make your own compost from ground coffee beans, fruits’ skin or spoiled fruits.**

Have you had many vegetables that have wilted or gone bad from having sat in the fridge for too long? Or maybe that one orange that had rolled under the fridge and you had forgotten about it until you started smelling it? Do not simply throw them away in the trash. Instead, make them into a compost! In fact, many vegetable or fruit wastes can be made into compost. Just be careful that you don’t include seeds from weeds. And if you have been following tip# 2, you can even use this compost to help your very own garden!



- **Some plastic containers are recyclable!**

Ever heard of the saying that plastic containers are non-recyclable? That's only true for those labeled with the numbers 3, 7, 6, and certain ones with 4 & 5. You can find these numbers within the recycle triangle symbol on most plastic containers. Those that are labeled 1 and 2 can be safely recyclable. So next time, before throwing any plastic containers away, check their label!



- **Use your own container or reusable bag!**

Although many efforts have been made to recycle plastic containers, there are many more being created each day that aren't recycled. The only way to dispose of plastic is through the incinerator, which can create many toxic contaminants. Instead of using plastic bags, consider using reusable bags or paper bags to reduce waste. Certain shops actually do allow shoppers to use their own containers to store goods. You just need to ask!

- **Going Green by Eating Green:**

Did you know it would take 460 gallons of water to produce a quarter pound of beef in a hamburger and 13 gallons of water to produce 1 single orange? You can save water by eating less animal product! By eating less meat and more fruits and vegetables, not only do you save the planet but also have a positive impact on your health. You only need 6oz of protein, 2 cups of fruits and 3 cups of vegetables a day!



Post-COVID Recovery Program Offers Help for Long Haul Survivors

Many COVID-19 survivors are finding symptoms related to the disease are continuing for weeks and sometimes months. Shortness of breath, persistent fatigue, cognitive “brain fog” issues, difficulty eating and drinking, speech and language problems, cardiac issues, plus the anxiety or depression often associated with these challenges, can affect almost every aspect of life and make resuming previous activities harder than expected. Recognizing that post-COVID recovery is a complicated, multi-layered process, Rehab Services is now offering a new, comprehensive program called **Post-COVID Recovery** designed to help “long haul” survivors of COVID-19.

Pulmonary Rehabilitation Certified Respiratory Therapist, Tammy Magill RRT, leads a highly skilled multidisciplinary therapy team who carefully evaluates symptoms, tests each patient’s underlying physiologic impairments, and individualizes a specific treatment plan based on the findings. The goal is to help patients recover from the continuing effects of the disease through specialized therapies and progressive exercise programs designed to improve lingering symptoms and restore functional independence as quickly and safely as possible.

Post-COVID Recovery can help COVID-19 survivors who are having short and long-term difficulties in the following areas:

Pulmonary Rehabilitation	Physical Therapy	Cardiac Rehabilitation	Speech and Language Therapy	Occupational Therapy
<ul style="list-style-type: none"> • Shortness of breath • Oxygen management • Decreased lung function 	<ul style="list-style-type: none"> • General weakness and deconditioning • Loss of mobility • Loss of balance • Increased risk of falling • General fatigue • Muscle aches 	<ul style="list-style-type: none"> • Postural orthostatic tachycardial syndrome (POTS) • Irregular heart rate response • Lowered cardiac capacity 	<ul style="list-style-type: none"> • Cognitive “brain fog” • Swallowing • Communication 	<ul style="list-style-type: none"> • Inability to perform activities of daily living (ADL)

Patients who have completed the program say they are happy to be getting “back to normal” and report positive outcomes such as better breathing, improved oxygen levels, lower anxiety levels, less fatigue, longer walk times, resuming previous recreational activities and returning to work.

Referrals to Post-COVID Recovery can be made in the following ways:

From the Hospital:

Individuals who have been hospitalized at PVHMC due to COVID-19 can transition directly from inpatient to outpatient Post-COVID Rehabilitation through the doctor’s discharge orders.

From the community:

Individuals who received a positive test for COVID-19, and who are no longer positive, but are still experiencing symptoms or complications, can access the program by obtaining a referral from their physician. Patients who were hospitalized as well as those who had milder cases and were able to recover at home are both eligible.

For more information about Post-COVID Recovery, please call Rehab Services at **909.865.9810**.

Pictured: Justin Ogawa, PTA, Physical Therapy Assistant; Denalonora Bustamante, Post-COVID Rehabilitation Program patient; and Tammy Magill, RRT, RCT, Specialty Program Coordinator and Pulmonary/Respiratory Rehabilitation Clinical Coordinator





Appointment Scheduling

Your Lincoln Financial 403(b) retirement plan representatives are still available to meet virtually.

Representatives are available to help you make the most of your retirement benefit, so you'll have greater opportunity to enjoy the retirement you envision. Your representative can meet with you one-on-one to:

- Review and enroll in the plan
- Capture the full matching contribution
- Set up an automatic contribution increase
- Help consolidate prior retirement accounts
- Review and provide information about asset allocation
- Answer your account questions



Option 1:

Schedule an appointment at

<http://lincolffinancial.com/PVHMSchedule>



Option 2:

No appointment necessary. Tuesdays and Wednesdays between 7:00 a.m. and 1:00 p.m. via phone or web conference.

Please call **949-623-1762** and leave a message, or email Roberto.Duran@LFG.com during the days and times above.

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Summer Celebrations

By Elizabeth Grainger, Palliative Care Chaplain



In all of the recent pandemic news coverage from India, one bright spot has been glimpses of charity shown by individuals and communities. From the earliest days of the pandemic, Sikh temples opened their doors to help. The Sikh faith developed in the Punjab (northern) rejoin of India at the end of the 15th century, based on the teachings of Guru Nanak. Guru Nanak was a very widely traveled spiritual leader who became the first Guru in the Sikh tradition and founded the spiritual path that is followed by approximately 30 million people worldwide. Fundamental to the Sikh faith are three concepts:

- *Vand Shhako* ("share & consume"): Share with others, help those in need, eat together;
- *Kirat Karo* ("work honestly"): Earn an honest living, without exploiting others; and
- *Naam Japo* ("recite His name"): Meditate on God's name.

Guru Arjan (1563-1606) was the fifth Sikh Guru and the first Sikh martyr: he gave up his life for his people. The Guru laid the foundation of the Golden Temple in Amritsar, the spiritual home of Sikhs. In designing the *gurdwara* (Sikh temple), he proclaimed, "My faith is for the people of all castes and all creeds from whichever direction they come and to whichever direction they bow." Every day at the Golden Temple, as at all gurdwaras, members of the Sikh community prepare food together and serve it to all who come, regardless of caste, religion, race, nationality, gender or any other identifying characteristic. Sikh community members also sit down for the meal with all who come to eat, so that everyone shares food together as one diverse community. This service of sharing a simple meal (*langar*) benefited us at PVHMC when our local Sikh community fed us during the pandemic, and it is a daily lifeline for countless numbers of individuals around the world.

The Martyrdom of Guru Arjan Dev Sahib (June 16) is remembered every year in memory not only of Guru Arjan's death, but in gratitude for his contribution to his faith. He compiled all of the past Gurus' writings into the Sikh Holy Scripture, the Guru Granth Sahib. After the death of the tenth Sikh guru, it was decided that from that time on the scripture itself, rather than any one individual, would act as the spiritual guide for the Sikh faith community.

Christians around the world remember the "forerunner" of Jesus, John the Baptist, on his feast day (June 24). John the Baptist was a contemporary of Jesus who was primarily known for evangelization, and for baptizing Jesus. John began his public ministry around 30 AD, and was known for preaching on the banks of the Jordan River. When Jesus came to him for baptism, John recognized him as the messiah and said, "I need to be baptized by you, and do you come to

me?" (Matthew 3:14).

Jesus told John to baptize him anyway—which he did. Only three birthdays are celebrated on the liturgical (church) calendar:

the birth of Jesus (Christmas), the birth of Mary (September 8), and the Feast of John the Baptist. Other Christian feast days recognize the day the person died, or from another perspective was born into eternity.

Due to its proximity to Summer Solstice (June 20), celebrations of the birth of John the Baptist have often taken on a quality of summer rituals. Traditional customs sometimes blend pre-Christian local practices with later religious observances. These often include bonfires lit the night before. In Puerto Rico the celebration begins the night of June 23, when people gather at beaches and jump backwards into the ocean at midnight in honor of their island's patron saint. The Noche de San Juan ritual of bathing in seawater is an opportunity to leave everything behind in the ocean and start anew. Associate Alberto Ramirez, LCSW, shared that this a practice his family has participated in for many years. After immersion in the water, there is plenty of time to celebrate with music and dancing, special foods, and fireworks.

As spring becomes summer, how are you celebrating? What gifts in your life do you want to share with others? What gifts would you like to receive? If you were to identify ideas or concepts fundamental to your path in life, what would they be? Is there anything you want to leave behind?

The Chaplains of Spiritual Care Services are here to support our rich and diverse community at PVHMC. To speak with a Chaplain, please call 909.469.9305 or page the Chaplain on-call at ext. 5904 (available Monday-Friday, 9am-5:30pm). **We are here for YOU.**

June 2021 Holidays

- 3 Feast of Corpus Christi - Catholic
- 9 Feast of St. Columba of Iona - Celtic Christian
- 10 Savitri Puja (Married Women's Day) -- Hindu
- 11 Feast of the Sacred Heart of Jesus - Catholic
- 16 Martyrdom of Guru Arjan Dev Sahib - Sikh
- 19 New Church Day - Swedenborgian Christian
- 20 Summer Solstice (First Day of Summer)
Pentecost - Orthodox Christian
- 21 World Humanist Day – Humanists, Ethical Culture
- 24 Litha/Midsommer – European pre-Christian
summer festival
Nativity of Saint John the Baptist - Christian
- 29 Feast of Saints Peter and Paul - Christian

What Makes a True Leader

Submitted by Rufus Roney, CVICU—The happiest man in the world!

Wow! It is going to be a great summer! Back to the beaches, baby! Lol. We deserve some fun after we have spent months on the battlefields of health! The front lines and we are still here! Stronger than ever, in fact, look at what this has done for us! We have become leaders! Lol. Oh, we have the tradition of excellence at PVHMC. But may I please ask you a question—what is a true leader? Oh, let's have some fun with this! Lol.

The late Myles Monroe said, "An army of sheep led by a lion will always defeat an army of lions led by a sheep!" Lol, what makes a authentic leader? Quite often they did not seek the limelight or the pole position, but were so passionate about their work in there area of interest that people followed them.

Leaders are not people who wait for things to happen; they make things happen. When someone says, "I have no job," they can be found saying, "then create one." A leader is above and also outside of the people they lead. They are in touch with the peoples' struggles. Hey, that sounds like a Rich Yo-chum to me - our beloved CEO and so many others! Leaders realize the power of cooperation, achievement and usually build a formidable team! Hey, that sounds like our beloved Mimi Sarmiento, RN, Manager of CVICU to me! Lol. Leaders empower other people. Leaders don't pursue power, they pursue empowerment! Oh that sounds like Cindy Tutt, RN, Manager of ICU2 to me! LOL.

Leaders manage their priorities. Priorities protect you from other people's interference in your life! Yes, I admire that wonderful trait in Jay Owens, RN, Manager of 5-Central, and Kenny Cantiller, RN, Manager of ICU3. Leaders commit to principles and values they would never violate, that sounds like the great William Hall, Executive Director of Ancillary Services, or our Leigh Cornell, Vice President of Administration! And there are so many others! But one of the finest qualities of a

true leader is that they are not jealous of power, but true leaders raise leaders better than themselves - it is called mentorship.

Who are you mentoring today to take your place? True leaders make themselves unnecessary; a true leader works themselves out of a job. So great leaders measure their greatness by their absence! For us Christians, Jesus, the greatest leader of all, said: "It is better that I go away, for if I do not go away, the helper will not come" (John 16:7).



In other words, my absence is your greatness! Lol. And of course you can bring all your lemons by the truckload to the Lord; it may be a lost job opportunity, a failed relationship, doesn't matter at all. Bring all of it, hold nothing back, and He will turn each lemon you present to him into the sweetest lemonade with plenty of sugar and pulp and make everything beautiful and sweet in its time. In other words, you will get your day in the sun! You have not lost nothing because with Jesus your lemons were just a re-

hearsal anyway! Jesus said: "Come unto me all ye that labor and are heavy laden and I will give you rest" (Matt 11:28).

You are a leader and you're going to be great at PVHMC - just keep going. Someone asked me about the past—the past is the past. Who or what used to be doesn't matter anymore. What is important is who and what you are now and who and what you can become in your future. I believe in you! I love you! I care about you—you can do it! God bless you! And thanks for coming to work today!

SILVER
Units earning the silver-level AACN Beacon Award for Excellence demonstrate continual learning and effective systems to achieve optimal patient care.

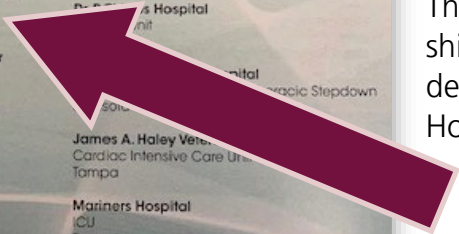
<p>ALABAMA</p> <p>Mobile Infirmary Medical Center Neuro Intensive Care Unit Mobile</p> <p>ARIZONA</p> <p>HonorHealth - John C. Lincoln Medical Center Intensive Care Unit Phoenix</p> <p>CALIFORNIA</p> <p>St. Jude Medical Center Critical Care Unit Fullerton</p> <p>UCLA Medical Center dICU - Neuroscience/Trauma ICU Los Angeles</p> <p>Huntington Memorial Hospital Critical Care Unit Pasadena</p> <p>Pomona Valley Hospital Medical Center Cardiovascular Intensive Care Unit Pomona</p> <p>UCLA Santa Monica Medical Center 4MN Santa Monica</p> <p>Little Company of Mary Hospital Progressive Care Unit - Step Down Torrance</p> <p>COLORADO</p> <p>Denver Health Medical Center Surgical Intensive Care Unit Denver</p>	<p>DISTRICT OF COLUMBIA</p> <p>Medstar Georgetown University Hospital C41 Washington</p> <p>FLORIDA</p> <p>UF Health Shands Hospital Post Anesthesia Care Unit Gainesville</p> <p>Baptist Medical Center T4A MSICU Jacksonville</p> <p>Baptist Hospital of Miami Neonatal Intensive Care Unit Miami</p> <p>Orlando Regional Medical Center CVICU (CCU/CVIR) Orlando</p> <p>Orlando Regional Medical Center Trauma Burn Step Down Unit Orlando</p> <p>St. Joseph's Hospital ICU Orlando</p> <p>James A. Haley Veterans Hospital Cardiac Intensive Care Unit Tampa</p> <p>Mariners Hospital ICU Tavernier</p>
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More Beacon Award for Excellence News!

PVHMC's Cardiovascular Intensive Care Unit (CVICU) was recently awarded the Beacon Award for Excellence for the third consecutive year....but there's more great news!

It has been announced that units in only six hospitals in the state of California achieved the Beacon Award's Silver Designation in California—and we're SO proud that our CVICU is one of them!

These awards are a shining example of the dedication of our Hospital and Associates to providing our community with high quality, compassionate medical care.



Join Pomona Valley Hospital Medical Center's Magnet Journey!



Follow us on Facebook for education and information on our path to Magnet Designation.

Search: **Darlene's Magnet Moments**



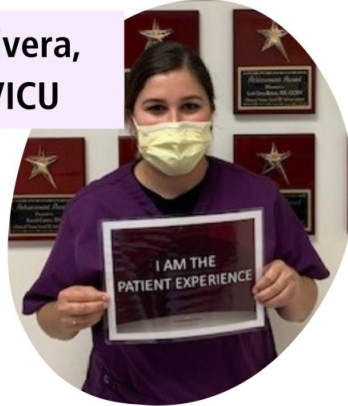
"I am the Patient Experience" Winners!

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.

**Crystal Rivera,
CNA, CVICU**



**Victoria Chidboy,
BSN, RN - CVICU**



**Dameisha Sheridan,
BSN, RN - CVICU**



**Lilli Querubin,
RN, CCRN - CVICU**



**Liz Romero,
BSN, RN - ICU3**



**Veronica Botardo,
CNA - 5Central**



**Tina Dunchie,
RN - ICU3**

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!

Welcome back VOLUNTEERS!

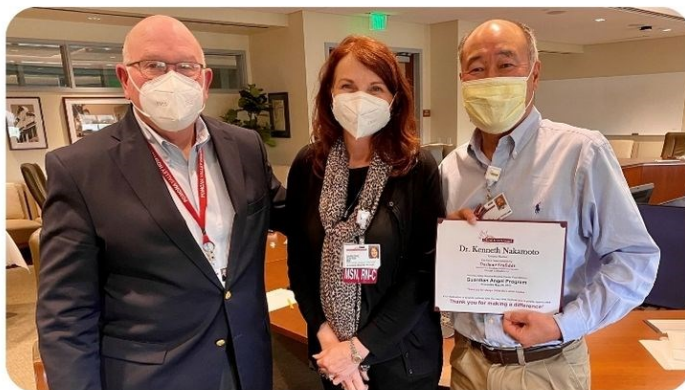
As you may have noticed, we have slowly begun to welcome more of our Volunteers back onto campus. Due to COVID-19 restrictions, we haven't seen many of them since Spring of 2020!

Since April 1, 2021, more than 150 Adult, College and Junior Volunteers have returned to service or trainings! If you see a Volunteer, please help us give them a warm welcome back. We're so grateful to have them rejoin our team of PVHMC Heroes!



June Guardian Angel Recipients

Our Foundation's Guardian Angel Recognition Program gives grateful patients, their families, and friends the opportunity to support their Hospital while paying tribute to their special health care provider. Learn more at pvhmc.org/GuardianAngel



Dr. Ken Nakamoto, Vice President of Medical Affairs was recognized by **Darlene Scaffidi, MSN, RN, NEA-BC, Executive Vice President of Patient Care Services**

Alicia Sirotko, Nursing Assistant, Emergency Department - nominated by **Richard E. Yochum, FACHE, President/CEO**



Shout-Outs and Celebrations!



~ Farewell ~

Rosie Rieger, Executive Assistant to the President

I will be taking an early retirement effective June 4th.

I call this phase "Halftime," I played the first half of the football game and now it's over and I am ready for halftime! It has been my privilege to contribute to the growth of our quality organization alongside my Hospital Family, the memories that we created, and accomplishments we achieved during my 35 plus years at PVHMC. I thank you for treating me with the utmost respect and kindness while we worked together toward shared goals that ultimately made PVHMC a better Hospital. I will always appreciate the experience of nurturing so many wonderful relationships!

Stop by my office anytime, or send a message to
RosieRWT47@gmail.com

~ It's been a GREAT Game!

Happy Birthday to
Juan Nunez, Echo Dept.
Tom Cheong, Echo Dept.
- Respiratory, Cardiology,
Neurology Departments

Shout Outs!

Congratulations to Monica Medina, Patient Representative, for achieving her Notary Certification!

Congratulations to Brenda Klein, Dialysis Manager, for earning her Board Certification in Nephrology Nursing(CNN)!

Congratulations to Jade Anderson for obtaining her CCRN!

Happy Birthday
to Nursing Directors:
Angie Besiant (6/4)
Lolla Mitchell (6/11)
Silva Mirzaian (6/22)

- Nursing Administration

Happy Birthday to
Alberto Ramirez,
LCSW!
- Case
Management



Happy Birthday to
Sue McGrath (6/19)
Erin Easterday (6/25)
Rosie Rieger (6/25)
- From 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 July Newsletter is **June 20th!**
Please have your Manager/Supervisor OK your submission.
Send all submissions to amber.brenneisen@pvhmc.org.