

Keeping You In Touch

September 2022

A Publication of the Pomona Valley Hospital Medical Center Marketing Department

PVHMC Earns National Recognition for Promoting Organ, Eye and Tissue Donation

Pomona Valley Hospital Medical Center (PVHMC) has earned the Platinum Recognition Award for its efforts to increase organ, eye, and tissue donor registrations across California through the Workplace Partnership for Life (WPFL) Hospital Organ Donation Campaign. PVHMC is one of only six hospitals in OneLegacy's Donation Service Areas, including Los Angeles, Orange, San Bernardino, Riverside, Ventura, Santa Barbara and Kern Counties, to receive the Platinum recognition.

The WPFL is a national initiative that unites the U.S. Department of Health and Human Services, Health Resources and Services Administration (HRSA), and the organ donation community with workplaces across the nation in spreading the word about the importance of donation. The WPFL Hospital Organ Donation Campaign challenges hospitals and healthcare organizations to "Let Life Bloom" by educating their staff, patients, visitors, and communities about the critical need for organ, eye, and tissue donation, including offering opportunities to register as organ donors.

Pomona Valley Hospital Medical Center earned Platinum recognition for conducting awareness and registry activities between October 2021 and April 2022, prompting new donor registrations during that period, and for continuing to respond to the ongoing COVID-19 pandemic, while navigating those changes and challenges within their hospital and community.

"We are honored to receive this award, which recognizes our interdisciplinary team for their commitment to creating a donor-friendly hospital culture and educating our community on organ donation," said Richard E. Yochum, FACHE, President/CEO of PVHMC. "With more than 20,000 California residents on the transplant waiting list, it is vital that we raise awareness of the lifesaving impact of organ donations."



The 2022 Hospital Campaign effort has added registrations to state registries, including registrations from Puerto Rico and the U.S. Virgin Islands. Since its inception in 2011, the campaign has generated 630,000 registrations, as well as united donation advocates at hospitals with representatives from their local organ procurement organizations, Donate Life America affiliates, and state and regional hospital associations. Pomona Valley Hospital Medical Center worked with OneLegacy

to leverage its outreach efforts.

Every nine minutes, another person is added to the national organ transplant waiting list, reaffirming the critical and growing need for more registered organ, eye, and tissue donors. For more information about the WPFL Hospital Organ Donation Campaign, visit www.organdonor.gov/hospital. Visit www.donatelifecalifornia.org to sign up as a donor today.

POMONA VALLEY HOSPITAL MEDICAL CENTER

HOSPITAL HUDDLE

with
Rich



Farewell Summer, Hello New Beginnings

As summer is quickly coming to an end, I reflect back on the last few months and all that we do celebrate at Pomona Valley Hospital Medical Center (PVHMC). First, I'd like to share an update on our efforts to recruit skilled, talented individuals to join us in providing exceptional care for our community. We continue to hold our Recruitment and Retention Committee that meets monthly for new nurse hires. Our new social media channel, social media campaigns and [nursing recruitment website](#) aims to enlist experienced nursing professionals at the Hospital and our five Pomona Valley Health Centers. These innovative efforts have been instrumental in helping us in the hiring of many hundreds of new Associates to our team.

Now, I'd like to take the time to thank Dr. Kenneth Nakamoto for his tremendous service of almost four decades and wish him farewell in his new role as a retiree. Dr. Nakamoto joined our staff in 1984 as an emergency room physician and has served in many leadership roles over the years, including the President of the Medical Staff in 2004. Since 2005, he has been the Vice President of Medical Affairs and has been a great asset to the team and our community. We wish him the best in his retirement and future endeavors!

As we move forward, we'd like to introduce Dr. Scott Nichols as our new Vice President of Medical Affairs. Dr. Nichols has been at

PVHMC for eight years, serving as a pediatric hospitalist, among other leadership roles in the Hospital and our residency program. Please join me in welcoming and congratulating Dr. Nichols in his new role.

Looking towards the coming month, we recognize Breast Cancer Awareness Month this October. We are especially excited to host our first ever "Mammos and Mimosas" event on Saturday, October 1, from 8 a.m. – 4 p.m., at The Robert and Beverly Lewis Family Cancer Care Center. The low-cost program will be available for \$50 and includes one mammogram and admission to the event, where you and a guest can enjoy a complimentary mimosa and other treats. No physician order or insurance is required for this event, so we encourage our community to take part in putting their health first. To participate and learn about the requirements to RSVP for this event, call 909.469.9395.

While we continue to do our part in keeping patients and staff safe, it's important to remember to take precautions to keep our families and community safe in the coming months as we approach the fall season and our annual flu season. Keep an eye out for communication from our Vaccination Clinic team about the upcoming bivalent COVID-19 booster dose availability, and from Occupational Health Services on flu vaccine availability.

Join us in Honoring Our Nephrology Nurses During National Nephrology Nurses Week!



Pomona Valley Hospital Medical Center and the American Nephrology Nurses Association (ANNA) will join a nationwide celebration honoring nephrology nurses during "Nephrology Nurses Week," September 11-17, 2022.

Nephrology nurses care for patients with kidney disease and provide lifesaving care each day. To honor their passion and commitment, ANNA has designated the second full week in September each year as Nephrology Nurses Week.

Nephrology nurses use their vision, knowledge, and skills to take action and improve patient outcomes. They make a positive difference in the lives of patients and their families every day.

Caring for patients with kidney disease requires nurses to be highly skilled, well educated, and motivated, and nephrology nurses cite the variety and challenges of the specialty as fueling their ongoing passion.

"Nephrology nurses definitely have an impact in the lives of their patients," says Brenda Klein, MSN, RN, PHN, CNN, Dialysis Nurse Manager at PVHMC. "They provide excellent clinical and emotional support to help patients and their families through a difficult time. Nephrology nurses do it all! They contribute to the health and safety of the dialysis patient. The nurses on the PVHMC dialysis team are compassionate, hard-working, and dedicated. Nephrology week provides an excellent opportunity to recognize and celebrate dialysis nurses, and all the contributions they bring to this complex and life-saving specialty."

ANNA launched Nephrology Nurses Week in 2005 to give employers, patients, and others an opportunity to thank nephrology nurses for their life-saving work. In addition, ANNA also hopes to spark interest in other nurses about the multifaceted career opportunities available in nephrology. One of the most diverse nursing specialties practiced today, nephrology nurses care for patients of all ages who have, or are at risk for, kidney disease.

About 37 million adults in the United States suffer from chronic kidney disease. The rising number of individuals with kidney disease, many of whom are minorities, is in part attributed to the country's obesity epidemic, an alarming trend that has led to more cases of diabetes and high blood pressure. Both of these diseases are major contributors to kidney failure.

POMONA VALLEY HOSPITAL MEDICAL CENTER

S E P T E M B E R 2 0 2 2

Sepsis Awareness Month Activities**PROVIDER EDUCATION:**

September 6	CME Tuesday Noon Conference - 12:30 pm Evidence-based Strategies for Sepsis Management, Rakesh Sinha, MD, PVHMC
September 8 & 15	Sepsis Update for the Hospitalists Group
September 15	Family Medicine Residency Program Appreciation Lunch
September 19	Sepsis Update for Intensivists
September 20	CME Tuesday Noon Conference - 12:30 pm Sepsis Management in the Maternal Setting, Richard Burwick, MD, MPH, Cedars-Sinai
September 27	CME Tuesday Noon Conference - 12:30 pm Pediatric Sepsis, Muzna Atif, MD, Pediatric Specialist

ASSOCIATE ACTIVITIES:

September 12	MyNetLearning Sepsis Learning Module
September 28-29	Sepsis Alliance Summit - Virtual Conference Register for free HERE .
September 26-30	Sepsis Education Nursing Rounds Led by Nadir Eltahir, MD, and Sepsis Taskforce Members

COMMUNITY OUTREACH:

September 3 & 6	Sepsis Education at Community Events in Pomona
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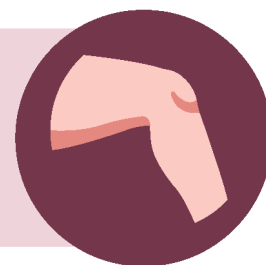
PATIENT EDUCATION:

September	For patient and visitor education, sepsis tent cards will be placed on the meal trays on certain days during the month of September. Sepsis education posters will be displayed in our hallways for patients and visitors to view.
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YOUR GUIDE TO MODERN JOINT REPLACEMENT

Do you have knee pain? Are you considering joint replacement surgery?

Modern Knee Replacement Virtual Class
WEDNESDAY, SEPTEMBER 7
 6:30 - 7:30 PM



We invite you to learn about treatments for knee pain, modern advances in joint replacement surgery and what to expect on the day of your procedure during the pandemic. With the latest advances in joint replacement, most patients can go home safely just hours after surgery.



This free virtual presentation will be led by Nirav Amin, MD, a board-certified orthopedic surgeon.

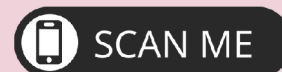
This program is sponsored by Pomona Valley Hospital Medical Center's Orthopedics/Joint Replacement Program.

HOW TO JOIN:

Click or type the below URL into your browser to register for the virtual presentation:

<https://modernknee.com/webinar>

OR scan the QR code with the camera of your smart device.



Questions? Call us at 909.630.7815 or email Ana.Marrero@pvhmc.org.

To learn more about joint replacements at Pomona Valley Hospital Medical Center, visit: pvhmc.org/JointReplacementProgram

2022 Blood Drive Calendar

Save the dates for our 2022 American Red Cross blood drives!

Book your appointments at least two weeks before each blood drive by visiting redcrossblood.org and entering our sponsor code: PVHMC. Blood drives will be held from 7:00 am - 7:00 pm in Pitzer Auditorium.

*Dates, times and location subject to change.



IN RECOGNITION OF

Breast Cancer Awareness Month

OCTOBER

Only \$50

Low-cost Digital Screening Mammography

**Through the month of October,
screenings are just \$50!***

You are eligible for this low-cost screening if:

1. You are a woman over 40 years old
2. Do not have breast implants
3. Do not have a history of breast cancer in the last 5 years
4. You are asymptomatic (no breast problems)

Please call **909.469.9395** to make an appointment
at one of our Pomona Valley Health Center locations:

Don't let \$\$ get in the way of your health!



**Cash, Check or Credit Card
due at time of exam.**

Appointments

909.469.9395

Screening Locations:

Breast Health Center

1910 Royalty Drive
Pomona, CA 91767

*Located within The Robert & Beverly
Lewis Family Cancer Care Center*

Pomona Valley Health Center

2140 Grand Ave., Suite 115
Chino Hills, CA 91709

Pomona Valley Health Center

1601 Monte Vista Ave., Suite 107
Claremont, CA 91711

Pomona Valley Health Center

2333 Foothill Blvd.
La Verne, CA 91750

pvhmc.org



* Exam must be completed by 10/31/22

Join us for



MAMMOS & Mimosas

Have you had your annual mammogram?
If not, it's time to put your breast health first!

You and a guest are invited to join us for an event filled with celebrations, snacks, mimosas, gifts, a low-cost* 3D mammogram, and breast cancer prevention education at The Robert and Beverly Lewis Family Cancer Care Center at Pomona Valley Hospital Medical Center!

Saturday, October 1, 2022
8:00 am - 4:00 pm

**The Robert and Beverly Lewis Family Cancer Care Center
at Pomona Valley Hospital Medical Center**

1910 Royalty Drive • Pomona, CA 91767

Cost: \$50* (includes the cost of one mammogram and admission to this one-day event). Guest of the person receiving the mammogram is invited to receive a complimentary mimosa, breast cancer prevention education and a special gift. You and your guest must be 21 years of age or older to attend the event.

To be eligible for a screening:

- You are a woman over 40 years old
- Do not have breast implants
- Do not have a history of breast cancer in the last 5 years
- You are asymptomatic (no breast problems)

Space for the Event is Limited! RSVP Today!

To schedule your mammogram and attend the event, please call our Scheduling Department 909.469.9395. If you have general questions regarding the Mammos and Mimosas event, please call the Marketing Department at 909.469.9459.

If you cannot attend the Mammos and Mimosas event, don't worry! Mammogram appointments will also be available at the special rate of \$50* throughout the month of October.

*Exam must be completed by 10/31/22 to receive the low-cost rate of \$50 and meet required eligibility requirements.



Mammo Monday

Congratulations Belinda Signor, Laboratory!

Mammo Mondays urges you to take the time to schedule your yearly mammogram!

Who can participate?

All Associates are eligible. Associate family members may also participate on an Associate's behalf.

How to participate:

Associates should show their badge at their mammogram appointment. Associate family members need to show a photo of their Associate loved one wearing their badge.

You will be asked to fill out a raffle ticket to be eligible to win a \$100 gift card!

Winners are drawn and announced quarterly.

Call centralized scheduling to make your Mammo Monday appointment: 909.469.9395.



PVHMC IN THE COMMUNITY!



City of Pomona National Night Out - August 2

Our trauma team was proud to spread awareness of the importance of pedestrian safety, especially for our community's youth, and we were thrilled to be joined by our Human Resources team to promote the many positions we have open at the Hospital and Pomona Valley Health Centers.

But it was Officer Marcus Brown and K9 Enox who were the stars of our PVHMC booth!



City of La Verne National Night Out - August 2

Over in La Verne, our trauma team sidled up next to staff from our Pomona Valley Health Center, La Verne, who provided free blood pressure screenings to community members.

WHAT'S FOR DINNER?

By Shannon Perrett, RD

"What's for dinner?"

A common phrase that I get asked as soon as I enter the door. I'm a dietitian, but not a chef. I struggle to come up with fast and healthy dinners just like everyone else. I've noticed that when I haven't taken the time to preplan a weeks' worth of dinners, I reach for the take out menus. Another obstacle that I face is being plain old tired and stressed out. Who wants to make dinner when all you want to do is sit down and relax. I'm going to share with you some tips that I use to keep me and my family on a healthy eating track.

In general, a healthy balanced meal consists of a lean protein, complex carbohydrates, healthy fats and fiber. In terms of food items, it means a serving of lean meat, seafood or plant based protein, whole grain or starchy vegetable, avocados or healthy oils and veggies. It also falls into a daily recommended limit of sodium intake for your gender and age. Keep this in mind while trying to come up with dinner ideas.

1. Find a meal or recipe app. I use emeals. It has a selection of easy to follow and healthy recipes. I can even link the recipes to a shopping list and send it to my local grocery store for pick up.
2. Keep the basics stocked in your freezer. I always have cauliflower rice, mixed vegetables and some type of chicken in the freezer. I can usually whip something up without too much fuss and viola a healthy dinner.
3. Find some recipes that use only one pan or the slow-cooker. If the thought of doing a bunch of dirty dishes after cooking makes you reach for your phone, then choose something that requires minimal cleanup. You can also try using a sheet pan lined with parchment paper. Even a faster clean up.
4. Make some casseroles ahead of time.
5. Cook grains in large batches. It's great when you get home and open the fridge and realize you already have something prepared. Eat them as a side, turn it into a stir fry or add to a salad.
6. Cook a pot of beans or lentils over the weekend. It can be stored in the fridge for 3 days. Throw in some protein and dinner is done.
7. Pick up a rotisserie chicken from the grocery store. Shred it up and put it in a storage container. Then you can use it in so many different ways. Chicken quesadillas, chicken & rice, chicken salad, etc.
8. Pasta! I always have a supply of pasta in my pantry along with my family's favorite marinara sauce. Lately, my daughter has fallen in love with Trader Joe's vegan pesto sauce. We usually pair it with ravioli or tortellini. Throw in a bagged Caesar salad and another simple meal is done.

I hope some of my ideas help you and your family find the answer to what's for dinner.

CHEESY CHICKEN TOSTADAS



INGREDIENTS

- 12 tostadas
- 2 Tbsp. olive oil
- 1 (1-oz) envelope low-sodium taco seasoning mix
- 1 (8-oz) pkg. shredded Mexican-blend cheese, divided
- 3 cups shredded rotisserie chicken
- 2 avocados, chopped
- 1 cup refrigerated salsa
- ½ cup chopped fresh cilantro

INSTRUCTIONS

1. Preheat oven to 400°F. Place 6 tostadas on a large rimmed baking sheet. Brush with oil; sprinkle with taco seasoning and 1 cup cheese. Top with remaining 6 tostadas. Bake 5 minutes or until cheese melts.
2. Top tostada stacks with chicken and 1 cup cheese. Bake 3 to 5 minutes or until cheese melts.
3. Top with avocado, salsa, and cilantro.

Recipe from <https://emeals.com/>



ARE YOU PREPARED FOR HAZARDS NEAR YOUR HOME?



Submitted by the Emergency Preparedness Department

California residents can use the California Governor's Office of Emergency Services' MyHazards tool to discover hazards in their area (earthquake, flood, fire, and tsunami) and learn steps to reduce personal risk. Hazard mitigation saves lives, preserves property, and protects the environment during times of disaster. Remember, the best way to recover from disasters is by reducing the risks before a disaster strikes.



How to Use the MyHazards tool:

Visit <https://myhazards.caloes.ca.gov/>

Using the MyHazards tool, users may enter their address, city, zip code, or may select a location from a map. The map targets the location, and allows users to zoom and scroll to their desired view. The screen then presents information on the risks identified within the search radius, and recommended actions.

How does MyHazards work?

MyHazards is a tool for the general public to discover hazards in their area (earthquake, flood, fire, and tsunami) and learn steps to reduce personal risk. Using the MyHazards tool, users may enter an address, city, zip code, or may select a location from a map. The map targets the location, and allows users to zoom and scroll to their desired view. The screen then presents information on the risks identified within the search radius, and recommended actions. MyHazards website performs best when using Internet Explorer. Hazard Data is approximate and data layer visibility are subject to the extent of the Map.

Type in your address below to learn how to address natural hazards in your area.

1798 N. Garey Avenue, Pomona Search Print

U.S. TRANSITION TO 9-8-8 SUICIDE & CRISIS LIFELINE

In July, the U.S. transitioned the 10-digit National Suicide Prevention Lifeline to 988 – an easy-to-remember three-digit number for 24/7 crisis care. The U.S. had one death by suicide every 11 minutes in 2020, according to the Centers for Disease Control and Prevention. Suicide was the second leading cause of death for young people aged 10-14 and 25-34. From April 2020 to 2021, more than 100,000 people died from drug overdoses. Studies have shown that after speaking with a trained crisis counselor, most Lifeline callers are significantly more likely to feel less depressed, less suicidal, less overwhelmed, and more hopeful.

The lifeline, which also links to the Veterans Crisis Line, follows a three-year joint effort by the U.S. Department of Health and Human Services (HHS), Federal Communications Commission (FCC), and the U.S. Department of Veterans Affairs (VA) to put crisis care more in reach for people in need. This initiative is part of President Biden's comprehensive strategy to address our nation's mental health crisis, and is identified by U.S. Health and Human Services Xavier Becerra as a top priority at HHS. Since January 2021, the Biden-Harris Administration has made unprecedented investments to support the 988 transition, investing \$432 million to scale crisis center capacity and ensure all Americans have access to help during mental health crises.

The National Suicide Hotline Designation Act, signed into law after the passage of bipartisan legislation in 2020, authorized 988 as a new three-digit number for suicide and mental health crisis. All telephone service and text providers in the U.S. and the five major U.S. territories were required by the FCC to activate 988 no later than July 16.

The 988 Suicide & Crisis Lifeline is a network of more than 200 state and local call centers supported by HHS through the Substance Abuse and Mental Health Services Administration (SAMHSA).

"Recent investments made in the Lifeline have already resulted in more calls, chats, and texts answered even as volume has increased, but we know that too many people are still experiencing suicidal crisis or mental health-related distress without the support they need," said Miriam E. Delphin-Rittmon, Ph.D., the HHS Assistant Secretary for Mental Health and Substance Use and leader of SAMHSA. "Over time, the vision for 988 is to have additional crisis services available in communities across the country, much the way emergency medical services work. The success of 988 depends on our continued partnership with states, as the federal government cannot do this alone. We urge states and territories to join us and invest further in answering the call to transform our crisis care response nationwide."

FCC staff first proposed 988 in a report to Congress in August 2019 as the nationwide, easy-to-remember, 3-digit dialing code for individuals in crisis to connect to suicide prevention and mental health crisis counselors with the National Suicide Prevention Lifeline. On July 16, 2020, the FCC adopted rules designating 988 for this purpose. Recognizing the need to better support at-risk communities in crisis, including youth and individuals with disabilities, the FCC adopted additional rules in November 2021 to expand access to this important service by establishing the ability to also text 988.

"All across our country, people are hurting. They need help. The good news is that getting that help just got a lot easier. Starting tomorrow, 988 will be available nationwide for individuals in crisis, and their loved ones, to reach the 988 Suicide & Crisis Lifeline more easily," said FCC Chairwoman Jessica Rosenworcel. "This cross-government effort has been years in the making and comes at a crucial point to help address the mental health crisis in our country, especially for our young people."

VA administers the Veterans Crisis Line through the Lifeline's national network. Because of VA's partnership with the Lifeline, the Veterans Crisis Line is affected by this transition to a new number. Veterans and their loved ones can now Dial 988 then Press 1 to reach the Veterans Crisis Line.

"988 has been a long time coming and will serve as a critical resource during a crisis when every second counts. The new, shorter number will help ensure Veterans have easier access to the Veterans Crisis Line," said VA Secretary Denis McDonough. "This launch is a whole-of-government approach in line with the President's call to prioritize mental health by strengthening access to crisis services, and preventing Veteran suicide, our top clinical priority."

In 2021, the Lifeline received 3.6 million calls, chats, and texts. That number is expected to at least double within the first full year after the 988 transition.

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SEPTEMBER CULTURAL OBSERVANCES AND HOLIDAYS



NATIONAL HISPANIC HERITAGE MONTH

September 15- October 15, 2022 has been designated as a period in which to celebrate National Hispanic Heritage Month. It was originally a one week celebration known as Hispanic Heritage week and was created by President Lyndon Johnson. It later became known as Hispanic Heritage month in 1988 under the direction of President Ronald Reagan. The purpose of this heritage month is to celebrate the rich diversity, cultures and contributions of American citizens whose ancestors came from Spain, Mexico, the Caribbean and both Central and South America. The day of September 15th is particularly important because it represents the independence days of Costa Rica, El Salvador, Guatemala, Honduras and Nicaragua. The day of September 16th celebrates the independence day of Mexico, whereas September 18th does the same for Chile.



As we have evolved as a community it is important to point out that other names have been broadly accepted to describe this special month. We have seen names such as Latino and Latinx used in order to become more inclusive of our diverse community.

Perhaps, one of our most famous Latinos to have an impact in the US is activist Cesar Chavez. He was a true American hero who embodied the spirit of compassion and dedication to others. He advocated for social and environmental protections of farm workers which lead to the creation of the United Farm Workers Association. His work inspired others to seek social justice and civil rights for the disenfranchised in our communities. Cesar Chavez died in 1993 but left a legacy that will always be remembered. His famous motto in life was "Si se puede" (it can be done).



ROSH HASHANAH

The holiday of Rosh Hashanah is considered the Jewish New Year and is celebrated over two days. This year, the period will be from sundown to sundown on September 25 - September 27. It is considered one of Judaism's holiest days and celebrates the creation of the world. This holiday is also important because it allows people the opportunity to evaluate their conduct during the year and have the opportunity to repent through prayer and good deeds. Rosh Hashanah is considered a contemplative holiday where work is prohibited and religious Jews spend much time attending synagogue.



A custom that is celebrated during Rosh Hashanah is eating apples that have been dipped in honey, often after saying a prayer. It was believed that apples have healing properties and that honey signifies the hope that the New Year will be sweet. During this time families gather to eat meals and sweets together. Further information on the significance of Rosh Hashanah and Yom Kippur can be understood through the two video links provided below.

<https://youtu.be/-eJXowRGiNI>

<https://youtu.be/4oqBzg8wCUg>

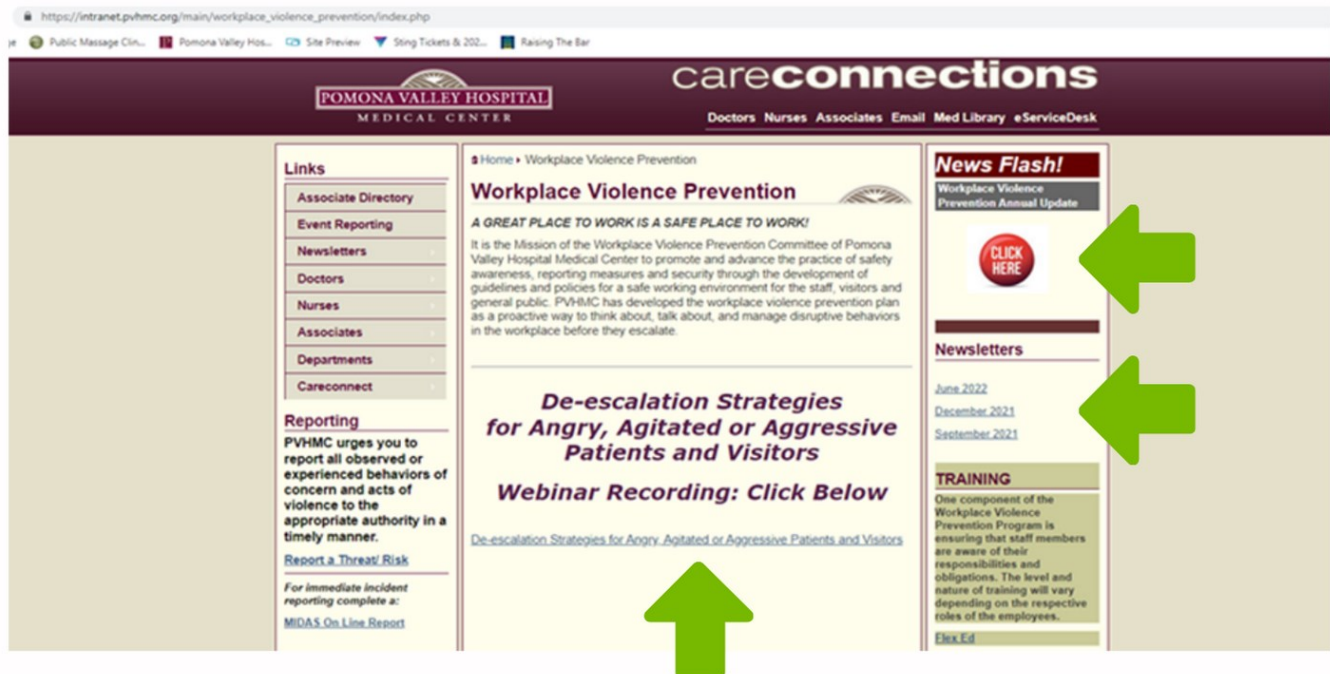
PVHMC WORKPLACE VIOLENCE PREVENTION COMMITTEE UPDATE

Have you had an opportunity to review the information on PVHMC's intranet page specific to Workplace Violence Prevention? You can access the intranet page here:

https://intranet.pvhmc.org/main/workplace_violence_prevention/index.php

The Workplace Violence Prevention intranet page has been designed to provide all PVHMC Associates with a vast amount of information and resources. These resources and educational opportunities help us all create a safe and secure environment for our Associates, patients and visitors.

Three new items on the webpage include newsletter links, our Annual Associate Update and a webinar on de-escalation techniques. We hope everyone will take a few minutes to review the information on our webpage and provide any comments or questions to our committee.



Brain Teaser

What is a tree's least favorite month?

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

Rustan Botardo, MedSurg5, was the August winner!

What do you call a group of musicians performing at a concert in August?
"An Augchestra!"



Donor Case Outcome



Case Scenario #1:

A 46-year-old was admitted in early July to the CVICU. The healthcare team recognized that this patient should be referred for a consult with OneLegacy as he met the criteria for preserving the opportunity for donation.

With the help of our healthcare heroes, the family was presented with the opportunity to give the gift of life through organ and tissue donation. The patient's generous gift was able to save and heal the lives of those in need through the donation of the following organs and tissues:

- Left Lung (transplanted to someone in their 70's with 3 days on the waitlist)
- Corneas
- Musculoskeletal
- Saphenous Veins
- Skin

Case Scenario #2:

A 32-year-old was admitted in early July to the ER. The healthcare team recognized that this patient should be referred for a consult with OneLegacy as he met the criteria for preserving the opportunity for donation.

With the help of our healthcare heroes, the family was presented with the opportunity to give the gift of life through tissue donation. The patient's generous gift was able to save and heal the lives of those in need through the donation of the following tissues:

- Corneas
- JRF Tissue (Fresh Tissue Allograft)
- Musculoskeletal
- Saphenous Veins

Thanks to your hospital, lives were saved through donation. A big thank you to the hospital staff, Unit Managers, the OR staff, and, of course, the RTs, RNs, Social Workers and Spiritual Care who helped with this case. It is only through the efforts and cooperation of professionals like you that we are able to provide these life-saving transplants. We recognize the tremendous amount of time and energy that goes into making the hope of transplant a reality, and we appreciate your dedication to our mission.

For questions or requests, please contact Stephanie Char, Donation Development Coordinator, OneLegacy, (909)801-3800 / schar@onelegacy.org.

Celebrating September

By Elizabeth Grainger, Palliative Care Chaplain

The Jain festival of forgiveness, Paryushana (August 24—September 1), is an annual celebration of strict daily fasting, inner reflection, and confession—all with a goal of spiritual purification. Fasting in the Jain community extends beyond giving up food and encompasses a lifestyle of renunciation. At the end of the festival, Jains participate in Samvatsari Pratikraman, the annual ritual of confession. This ritual is also known as the Rite of Universal Friendship. Jainism is one of the world's oldest religions still practiced with principles of non-attachment, non-violence, and chastity. Yet the words of this ritual may resonate with people from all traditions:

I ask pardon of all creatures, may all creatures pardon me.

May I have friendship with all beings and enmity with none.

Rosh Hashanah (New Year) is celebrated in the Jewish community as the birthday of the universe and the “head” (rosh in Hebrew) of the spiritual year. It begins at sundown on Sept 25. Together with Yom Kippur (which follows 10 days later), it is part of the Yamim Nora'im (Days of Awe, or High Holidays). The central observance of Rosh Hashanah is hearing the shofar (ram's horn) blown; it is considered a mitzvah (commandment) to do so. If you would like to listen to a shofar, visit <https://www.youtube.com/watch?v=M9jjOg7Hs1U>. Rosh Hashanah meals traditionally include round challah bread (representing the cycle of the year, and the crown of God) and apples dipped in honey, to symbolize wishes for a sweet and prosperous new year.

According to tradition, in the 4th century the Emperor Constantine sent his mother Saint Helen to Jerusalem to find the site of the Holy Sepulchre and of the Cross. One of the largest celebrations of the discovery of the True Cross occurs every year in Ethiopia, and worldwide in Ethiopian communities, with the holiday

Meskel (Sept 27).

Traditional celebrations begin with the building of large bonfires. After the wood is burned, charcoal from the remains of the fire is collected and used by the faithful to mark their foreheads with the shape of a cross (which may remind many of the tradition of Ash Wednesday). Many celebrate around the fire with a special meal. Meskel is one of the most beloved holidays in Ethiopia, and combines faith, family, and community in a celebration that dates back to the earliest days of Christianity.

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!*



September 2022

- 1** Last day of Paryushana (Festival of Forgiveness) - Jain
- 8** Nativity of Blessed Virgin Mary—Catholic
- 10-25** Pitru Paksha (Festival of homage to ancestors)—Hindu
- 11** Nayrouz (Coptic New Year)—Egyptian/ Coptic Orthodox
- Enkutatash (Ethiopian New Year)—Ethiopian Orthodox, Rastafarian
- 14** Feast of the Holy Cross--Catholic
- 17** Arba'een (Martyrdom of Al-Husayn ibn Ali, the grandson of Muhammad)—Shia Islam
- 22** Autumn Equinox (First day of Fall)
- Mabon (Thanksgiving)—Pagan/Wiccan
- 25-27** Rosh Hashanah (Jewish New Year)
- 27** Feast of the Elevation of the Holy Cross – Orthodox Christian
- Meskel (Discovery of the True Cross)—Ethiopian and Eritrean Orthodox
- 26-10/4** Navaratri (Festival of Mother Goddess Durga)—Hindu
- 29** Feast of St Michael and All Angels—Christian

NOOM WEIGHT  **Wellness
for Life**

Nooming with Ray

Your one-year participation is fully sponsored by
Pomona Valley Hospital Medical Center - *at no cost to you!*

Noom is a psychology-based program that empowers you to take control of your health for good. Powered by behavioral science, technology, and human coaches, Noom helps millions of people lose weight and meet their personal goals from weight management to diabetes prevention to stress reduction.

“If you are looking for a program to help with building healthy eating habits and to help with weight loss, join Noom with me. Before joining any weight loss program, be sure to check with your primary care physician on your physical readiness.”

- Ray Inge, Vice President of Human Resources

Why millions have found success with Noom:

POWERED BY PSYCHOLOGY

We use evidence-based behavior change techniques, including cognitive behavioral therapy (CBT), to teach people the *why* behind their habits and how to change them.

PERSONALIZED PROGRAM

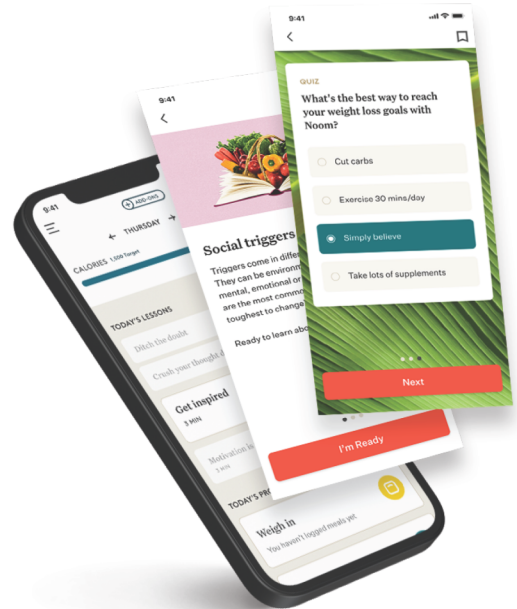
Our daily lessons are tailored to each individual's personal goals and gives them the knowledge and tools to build long-lasting behaviors.

ONE-ON-ONE COACHING & PEER SUPPORT

Users have access to a personal coach who supports them throughout their experience. They can also join peer support groups based on common attributes to help improve their outcomes.

GOES BEYOND WEIGHT LOSS

Noom has been cited in 42 clinical studies as helping users better manage their diabetes, hypertension, cholesterol and blood pressure.



40%

Of users who use Noom for 4 weeks or more lost 5%+ of body weight

5.5%

Average weight loss for users who used Noom for 4 weeks or more

11+ LBS

Average weight loss for users who used Noom for 4 weeks or more

70%

Of users surveyed report Noom helped with their mental wellness

Eligibility: Benefited Associates Who Are Active for 90 Days or More
Registration: Expect Noom's email to register on or about August 15, 2022



Coming Up for September 2022...

- Physical Health: Nooning with Ray
 - Emotional Health: "Stress, It's Your Superpower" 15-minutes training video. If you view and complete the evaluation link as well as the questionnaire before September 30, 2022, you will be entered into an opportunity drawing!
 - Financial Health: College Expense Planning Checklist and Understanding Your Options For Educational Funding
 - Social Connectedness Health: Share your individual/group photo of "Walking for Your Health" experience!
- Other Feature(s)
- Easy Recipe: BBQ Greek Flatbread

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

NOTICE

ANNUAL TB SCREENING DUE

Departments listed are due for Annual TB Screening STARTING as early as SEPTEMBER 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, September 30, 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

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 AUGUST:

6070 NICU	8480 INFORMATION SERVICES
6290 PEDIATRICS	8631 PATIENT RELATIONS
7077 CHILDREN'S OUTPATIENT CENTER	8660 OCCUPATIONAL HEALTH SERVICES
8470 TELECOMMUNICATIONS	8754 COMPLIANCE

PVHMC IN THE NEWS



Dr. Douglas Chiriboga Offers Clarification on Monkeypox Virus - Healthline

August 3, 2022

Read the article [here](#).

healthline

Dr. Douglas Chiriboga Talks About Relaxed COVID-19 Restrictions for Back-to-School - Telemundo

August 4, 2022

Watch the clip [here](#).



PVHMC's Post-COVID-19 Support Group Featured on KPCC and KNX

August 4 & August 6, 2022

Watch the clip [here](#).



Joseph Baumgaertner, PT, Director of Physical Therapy and Rehabilitation Speaks about PVHMC's Unique, Multidisciplinary Post-COVID-19 Recovery Program (Quoted)

August 15, 2022

Check out the article [here](#).



Kent Hoyos Shares Insights on PVHMC's CareAware Connect Implementation

August 29, 2022

Read the article [here](#).





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

LincolnFinancial.com/PVMschedule.



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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LincolnFinancial.com/Retirement

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Affiliates are separately responsible for their own financial and contractual obligations.

CRN-3548967-041421

PDF 4/21 **Z02**

Order code: PVM-MEET-FLI001

Roberto J. Duran is a registered representative of Lincoln Financial Advisors Corp.

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"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.**



**Maria Ruth Garcia,
BSN, RN - ICU3**



**Janeth Mendez, Nursing
Assistant, Med-Surg 5**



**Laura Ramirez,
BSN, RN - Tele 6**



**Carolina Yanez,
CNA - MedSurg 4**

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



Happy Birthday!

Christina Miranda, LVN, 9/15
Mary Bush, Volunteer, 9/24

From the OHS Staff

By Michelle Walsh, Director of Security

*I've lost my mood ring...
I don't know how I feel about that.*

*Never upset a pediatric nurse.
They have very little patients.*

*Which country's capital has the fastest-growing population?
Ireland. Every day it's Dublin.*



Happy Birthday to:

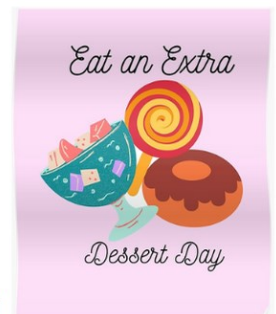
Debbie Keasler, Director of
Cardiovascular Services, 9/5

From Nursing Administration

Happy Birthday
Darlene Scafiddi,
Executive Vice President of
Patient Care Services, 9/23

From Brenda T. and the
Nursing and Patient Care
Services Directors

SEPTEMBER IS...



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