

Keeping You In Touch

September 2026

A Publication of the Pomona Valley Hospital Medical Center Marketing Department

Women's Center Recognized for Exceeding State Maternal Healthcare Standards

Pomona Valley Hospital Medical Center (PVHMC) received three Quality and Engagement Awards by the [California Maternal Quality Care Collaborative](#) (CMQCC), an organization committed to ending preventable morbidity, mortality and racial disparities in California maternity care. PVHMC received a Quality and Sustainability Award for Cesarean Birth Rates (NTSV), the Maternal Safety Standards Implementation Award for OB Hemorrhage, and was recognized for the 2026 Quality and Sustainability Honor Roll. This is PVHMC's fourth consecutive year receiving the NTSV award.

PVHMC earned these recognitions by meeting or exceeding state maternal care standards by sustaining a cesarean birth rate among first-time mothers, also known as nulliparous, term, singleton, vertex (NTSV) at or below 23.6% from 2020-2024 and meeting maternal safety standards in obstetric hemorrhage.

PVHMC is one of more than 200 California hospitals that are active CMQCC members that use its Maternal Data Center to track maternity care performance and identify perinatal quality improvement opportunities. Through research and education, CMQCC has helped California achieve one of the lowest overall maternal mortality rates in the country.

OB hemorrhage is one of the leading causes of severe maternal morbidity and mortality in California. The California Pregnancy-Associated Mortality Review has repeatedly identified hemorrhage as one of the causes of potentially preventable maternal mortality and morbidity, a life-threatening complication during pregnancy. CMQCC has been working with hospitals to standardize care and



improve their readiness, recognition, response and reporting of obstetric hemorrhage.

Cesarean births among low-risk, first-time mothers, also known as NTSV births, have been the largest contributor to the recent rise in cesarean rates, and accounts for the greatest variation in cesarean rates between hospitals, according to the CMQCC.

Identifying risks for OB hemorrhage and the reduction in primary cesarean births lead to less complications and better health outcomes. PVHMC also works with neighboring health centers to monitor prenatal care for women who plan to give birth at its hospital. The hospital has a maternal-fetal transport program with other facilities to transfer women who experience pregnancy complications to PVHMC. The high-risk maternal fetal transport team is always available to referring facilities and works closely with them to develop a plan of care for every patient.

In the hospital and out in the community, PVHMC focuses on health education to reduce disparities and improve access to maternal-fetal services.

Golden Leaf Awards

At the June 3rd Manager's Meeting, the Patient and Family Advisory Council (PFAC) was delighted to award seven Golden Leaf Awards to Hospital Associates who demonstrated the commitment to excellence the Hospital strives for at all times. Congratulations to all the recipients and thanks to all those who took the time to nominate them.



Mimi Sariemento, former CVICU Manager, wrote that Jing Rieza Ferrer had received multiple recognition letters from patients for the exceptional care they received from her. In fact, Jing was described as a "super rock star" among other laudatory labels in one of those letters. Having the human touch is always important to our patients' families.

Michelle Fosdick was the candidate of Tiffany Markham, DNP, RN-C. Michelle embodies the spirit of the Golden Leaf award according to Markham. Recognition cards and other thank-you comments have been submitted for her from both patients and their families due to her exceptional ability to engage everyone in an impactful manner throughout the care journey. Markham feels Michelle is a positive, energetic unit leader. Such an extraordinary commitment to patient and family engagement, in addition to her leadership, makes her stand out in her professional life.

Mimi Sariemento, former CVICU Manager, and Kenny Cantiller, Director of Critical Care, joined together to nominate Jeanette Kirley, another standout when it comes to supporting families who remember her vividly. One family, after five years, still brings "cookies, cake, and all sorts of treats" to the CVICU, especially when Jeanette is working. This gratitude speaks volumes about Jeanette's caring touch.



The CVICU is a very busy unit, yet a family wrote to the CVICU Manager to say that nominee Erik Nunez made them feel as though their loved one was the only patient there. They went on to describe his excellent bedside manner and the fact that they could understand all that he was telling them about the patient's treatment. When Erik and the team had to perform CPR on that patient to save his life, the family felt Erik's full support of them "regardless of the outcome."



Anaeva Padro from Physical Therapy was nominated by Director Joseph Baumgaertner due to her exceptional support of numerous NICU families. She is an advocate of breastfeeding. She has guided struggling families with preemies, who thought they could not breastfeed, to successful results. Anaeva made it happen. Another time, she secured Spanish-speaking nurses ensuring a new mother had caregivers with whom she felt comfortable. The NICU team feels her strong advocacy and patient care has a profound impact on the families we serve.



Jasmine Aragon, Clinical Nursing Operations Director, and Gerly Leyco, Manager, Tele 2/3, nominated Carlo Soriano who provided de-escalation strategies for an extremely agitated and physically aggressive patient. The patient's dignity was maintained all the while so that physical restraints were not required. He also called a family member for insight into the patient's history to work into the patient's care plan thus demonstrating the precepts of family-centered care. Carlo's collaborative approach reflects our commitment to excellence in patient care.



Tiffany Markham wrote that while conducting rounds, she hears from patients' families that they feel comfortable with Fong Yang because he explains things very well. Recognition letters back this up. One called out his intelligence, knowledge, humor, and energy during the hospital stays. Another patient noted that Fong made him feel safe. He is, according to another family member, "amazing and exceptional."

These seven Associates make us all proud as they demonstrate the best in caring for patients and families working their way through the maze of medical procedures. It happens all the time, every day. Thank you all for such service and acting as a model for all Associates.



Meet Matt Oh, DPT, OCS

— Rehab Services Newest Orthopedic Clinical Specialist —

Congratulations to Physical Therapist, Matt Oh, for meeting stringent requirements and being named a board-certified Orthopedic Clinical Specialist (OCS) by the American Board of Physical Therapy Specialties.

The prestigious OCS designation recognizes physical therapists who have demonstrated advanced clinical knowledge and skills in the area of orthopedics. At a minimum, therapists who receive this clinical distinction have met eligibility requirements, completed 2,000 hours of direct patient care in their area of expertise, and successfully completed a rigorous written exam.

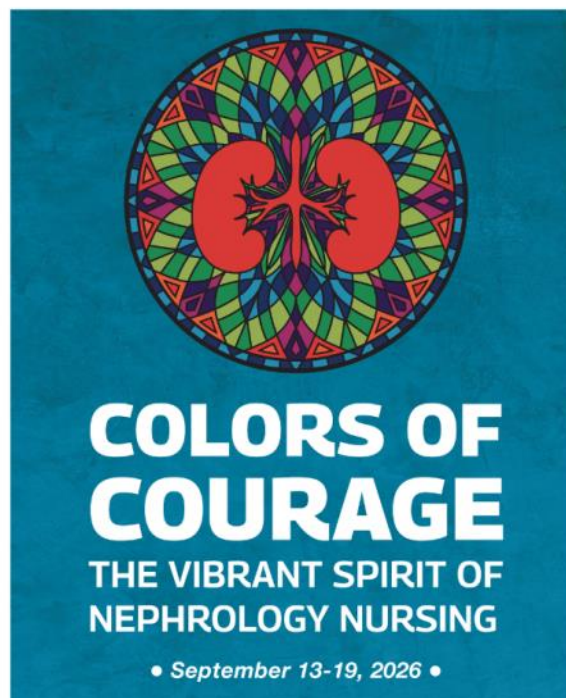


What does an OCS do? Orthopedic specialization within the physical therapy profession refers to the prevention of disability and the physical rehabilitation of persons with disability resulting from dysfunction of the musculoskeletal system and its related neurovascular components. The practice concentrates both on actual and potential dysfunction of physical capacity and movement. The orthopedic clinical specialist uses advanced techniques and methods to assist the patient toward optimal function through corrective, adaptive, and prophylactic management of the neuromusculoskeletal system.

Rehab Services is more than excited to have Matt on staff with the additional expertise his OCS distinction brings. We know our sports and orthopedic patients will agree.
Way to go, Matt!

Happy Nephrology Week September 13-19, 2026!

We are grateful to and
express our appreciation
for the acute dialysis team
here at PVHMC.





POMONA VALLEY HOSPITAL

MEDICAL CENTER
AUXILIARY

USED SHOE DONATION DRIVE

SEPTEMBER 7TH → 20TH

DROP-OFF LOCATION:

 **VOLUNTEER OFFICE**

The PVHMC Auxiliary is pleased to support our greater community through a shoe donation drive that will provide needed footwear with the help of our partners, Care Wear Uniforms, who sponsor our scrub sales each year.



- Running or Nursing shoes
- Gently used (good condition)
- Clean and odor-free



All shoe donations will be repurposed, and funds will be directly donated to the Pomona Valley Hospital Medical Center Auxiliary Sick Baby and Hospital Assistance Fund.





POMONA VALLEY HOSPITAL

MEDICAL CENTER
TENDER TOUCH GIFT SHOP

End of Summer Sale

Hot Deals
Cool Prices

Clothing, gift novelties and much more
throughout the month of September!

Come celebrate the end of summer with us...
sunshine, smiles and surprises await!

All proceeds benefit the Sick Baby
and Hospital Assistance Fund.

Keep a Lid On It!

Information Services has received an increase in calls related to accidental spills of liquid on computer equipment, including keyboards and computer stations. This often leads to unnecessary replacement costs and disruption of workflow both to the impacted user and the Service Desk.

Please help us take care of our technology:

- Use a secure lid on drink containers
- Keep any open drink containers a safe distance from equipment and outlets

If you spill liquid on your keyboard or computer, be sure to contact the Service Desk at ext. 4357.



Expert care with a personal touch

Service Desk Tip Sheet

For Every Day Success

Device Troubleshooting



Take Control of Managing Your Account

Resetting Password

- Enter your username
- Select "Forgot / Change Password Here!"
- Select Reset Password and then log in

If Unlocking Account

- Select Unlock account and then log in
- Answer your security questions and select
- "Next"

Tip:

If you remember your security question answers, you can quickly reset your password or unlock your account without contacting the Service Desk.



HELP! Citrix Is Requiring My Login

How To Sync Citrix:

- Domain\User: pvhmc\username
- Password: *****
- Sign In

Tip: Still having trouble? Log out of the computer, restart, and log back in.



API Workforce Mobile

Features of Application

- Clock In/Out with location
- View your schedule
- Request time off/set availability

My Time Card Features:

- View your time card
- Sign off on time card
- Request modifications

Tip:

Login: pvhmc\username

Code: AP000198

Be sure to turn on Bluetooth and Notifications.



Print Screen Options

Greenshot

- Lower Right Corner
- Hidden Icons

Snipping Tool

- Left Corner Search | Magnifying glass
- Type Snipping Tool

Need More Help?

Submit a Ticket or Contact the Service Desk



Email: service.desk@pvhmc.org



Service Desk - Call ext. 4357 (H-E-L-P)

Healthy School Lunches: Supporting Children's Growth, Learning, and Well-Being

By Diane Nelson, DTR

Balanced, nutrient-dense school lunches and snacks support children's growth, development, energy, concentration, and overall health. Healthy meals do not need to be complex; focusing on minimally processed foods and appropriate portions helps meet daily nutritional needs.

Components of a Balanced School Lunch

A healthy lunch should include a variety of food groups:

Fruits and vegetables: Provide fiber, vitamins, minerals, and phytonutrients. Examples include apples, berries, oranges, grapes, carrots, cucumbers, bell peppers, broccoli, and leafy greens. Fresh, frozen, or appropriately packaged options are all appropriate.

Whole grains: Choose whole-grain bread, tortillas, crackers, brown rice, oatmeal, or whole-grain pasta when possible. These provide fiber and key nutrients that support digestive and cardiovascular health.

Protein-rich foods: Include lean meats, poultry, fish, eggs, beans, lentils, hummus, tofu, yogurt, cheese, or nut and seed butters. Protein supports growth, tissue repair, and maintenance of lean body mass.

Dairy or fortified alternatives: Milk, yogurt, cheese, or fortified plant-based alternatives provide calcium, vitamin D, and protein for bone and dental health. Select unsweetened or lower-added-sugar options when available.

Healthy fats: Include avocado, nuts, seeds, and nut or seed butters, which provide unsaturated fats and support overall dietary balance.

Nutritious Snack Options

Snacks may be helpful between meals, especially during long school days or after-school activities. Pairing protein, fiber, or healthy fats with fruits or vegetables helps maintain energy and satiety.

Examples include:

- Apple or banana with peanut or sunflower seed butter
- Plain or low-added-sugar yogurt with fruit
- Carrot, cucumber, or bell pepper slices with hummus
- Whole-grain crackers with cheese
- Fresh fruit with a cheese stick
- Air-popped popcorn
- Unsalted nuts or seeds (if permitted)
- Whole-grain toast with avocado
- Small trail mix with unsweetened cereal, nuts/seeds, and dried fruit

References

- U.S. Department of Agriculture (MyPlate): <https://www.myplate.gov/>
- USDA Food Safety and Inspection Service: <https://www.fsis.usda.gov/food-safety/safe-food-handling-and-preparation/lunches>
- Centers for Disease Control and Prevention – Healthy Schools: <https://www.cdc.gov/healthy-schools/>
- American Academy of Pediatrics – HealthyChildren.org Nutrition: <https://www.healthychildren.org>



Celebrating National Breastfeeding Month

August is National Breastfeeding Month! In celebration, the LDRP team came together to recognize the importance of breastfeeding education and the continued commitment to supporting our patients, families, and staff.

The LDRP Breastfeeding Task Force organized a special nurse engagement event for unit staff, providing breastfeeding education and updates to help ensure our team remains current with breastfeeding initiatives and Baby-Friendly standards. Staff also enjoyed treats and had the opportunity to capture fun memories with our photo prop frame.

The celebration extended beyond our unit through a community outreach event in the Women's Center lobby. Breastfeeding education, helpful information, and giveaways were provided to patients and families, creating an opportunity to answer questions and promote breastfeeding support within our community.

PVHMC became Baby-Friendly designated in March 2014 and has proudly achieved Baby-Friendly re-designation three times. Baby-Friendly is a global program that supports families in their infant-feeding choices, including both breastfeeding and formula feeding.

The Baby-Friendly designation helps ensure that healthcare staff have the education and skills necessary to support families and remain in compliance with the "10 Steps to Successful Breastfeeding." These research-based practices help mothers and babies get off to a healthy start with breastfeeding.

Breastfeeding provides infants with important nutrients and antibodies that help protect against many childhood illnesses, and the World Health Organization (WHO) and UNICEF recommend breastfeeding as the primary source of nutrition for infants when possible.

The goal of the LDRP Breastfeeding Task Force is to educate and empower our staff so that every family receives knowledgeable, consistent, and compassionate breastfeeding support. Through annual staff engagement, continued education, and community outreach, we remain committed to strengthening our Baby-Friendly practices and supporting families throughout their feeding journey.



PVHMC Celebrates National Dog Day in August

On National Dog Day and every day, we are endlessly grateful for our four therapy dogs who bring joy to our patients, families and Associates, and for our three K9s who help keep our hospital campus safe ❤️

Therapy Dogs



Bonnie and Tua



Veronica and Polly



Larri and Molly



Julie and Cookie

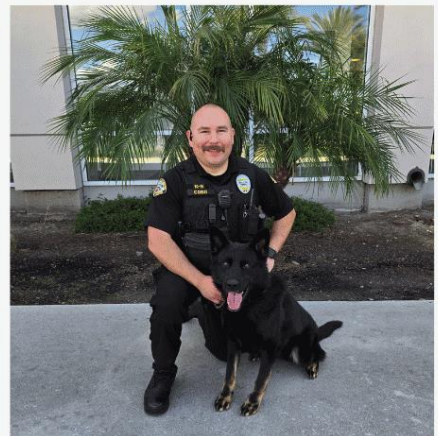
PVHMC K9s



Officer Martinez
and K9 Clark



Officer Hermosillo
and K9 Forest



Officer Cobo
and K9 Moritz

Public Safety Agencies, Hospitals Partner Against Security Threats



Article from the Hospital Association of Southern California

HASC, the Federal Bureau of Investigation (FBI) and City and County of Los Angeles public safety partners held their second Health Care Security and Emergency Preparedness Symposium July 28 at Pomona Valley Hospital Medical Center (PVHMC), Pomona.

With hospitals facing increased threats and swatting, such as a recent bomb scare at Huntington Health, the program offered timely and critical information. Sessions focused on ways hospitals can prevent and address a range of physical and cyber threats. One speaker also discussed how the region addressed security during recent World Cup events, along with preparations for the 2028 Olympics, expected to bring millions of visitors.

Adena Tessler, event emcee and regional vice president, HASC, opened the program with a welcome. PVHMC's Michelle Walsh-Fernandez, director, security, and Michael Vestino, vice president, support services, also greeted the audience. Paul Young, HASC's senior vice president, public policy and reimbursement, then gave an overview of the association and its role in convening the event. He also thanked HASC's agency partners and event sponsors for their support in making the symposium possible.

The day closed with Threats, Trends and Tactics, a panel discussion among hospital security leaders. Brett Modesti, president of P3 Shield, moderated the conversation, which included Mark Reed, Michelle Walsh-Fernandez, Trenton Jackson, MLK Community Healthcare, and Kevin Miller, Valley Presbyterian Hospital.

Attendees left with a clearer picture of the risks facing Southern California hospitals and public safety agencies, along with practical strategies for strengthening resilience against physical and cyber threats. The symposium also underscored how much healthcare organizations can gain from strong partnerships with city, county and federal agencies in tackling these challenges together.

HASC is grateful to our public agency partners and event sponsors for their support in hosting another successful symposium. Special thanks also to PVHMC for providing the event venue and lunch.

Read the full article here: https://hasc.org/2026/08/11/public-safety-agencies-hospitals-partner-against-security-threats/?_cldee=e_sPMcVi9hS88xh-

Save the Date!

Pomona Valley Hospital Medical Center's
Stead Heart & Vascular Center presents the



11th Annual Neuro Symposium

**SATURDAY,
OCTOBER 24, 2026
8:00 AM - 12:30 PM**

This FREE half-day virtual conference will open at 7:30 am and promptly start at 8 am to allow for attendees to work through any technology issues that may arise.

Provider approved by the California Board of Registered Nursing, Provider Number CEP112 for four contact hours.

Program details to come.

WHO SHOULD ATTEND:

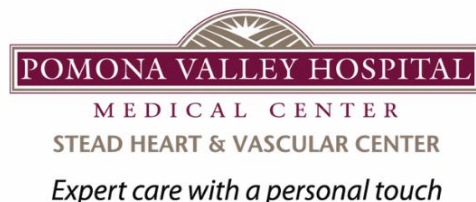
- Healthcare professionals
- Students interested in learning more about stroke care

The symposium will be hosted on Microsoft Teams, where attendees can join via the app, a web browser, or by phone for audio-only participation. Immediately after you register for your tickets, you will receive an email with a link to access the symposium.

Scan the QR code to register.



For more information, please email Karen Tse-Chang, RN, BSN, SCRNP, Nurse Manager at karen.tse-chang@pvhmc.org.



SAVE THE DATE!

Pomona Valley Hospital Medical Center presents its

5th Annual Perioperative Symposium "Surgery Showcase"

Saturday, October 3, 2026

8:00 AM - 12:30 PM



Additional details to come.

SAVE THE DATE!

Pomona Valley Hospital Medical Center presents its

3rd Annual Trauma Symposium

Thursday, October 22, 2026

8:00 AM - 3:00 PM



Additional details to come.

PVHMC Community Events

Sospeso Health Fair - August 8, 2026

PVHMC's Diabetes team offered free blood glucose AND blood pressure screenings for more than 150 guests who attended this inaugural health fair.





Join us for our annual Walk to Remember, held every October, where we honor the memory of precious babies and children who have passed.

Únase con nosotros en la Caminata para Recordar anual, que se realiza cada octubre, donde honramos la memoria de los preciosos bebés y niños que han fallecido.

Thursday, October 22, 2026 | 6:00 - 8:00 pm

Pomona Valley Hospital Medical Center | Pitzer Auditorium
1798 N. Garey Avenue, Pomona, CA 91767

Please park in our North Visitor Lot off of Garey Ave. and Willow St. and follow the walking signs towards Pitzer Auditorium.

The evening will include a memorial service and a candlelight walk. All are welcome to participate in this special night of remembrance and reflection.

La velada incluirá un servicio conmemorativo. Todos están invitados a participar en esta noche especial de recuerdo y reflexión.

For more information and to RSVP, call 909.865.9858, email FERC@pvhmc.org or scan the QR code.

Para obtener más información y confirmar su asistencia, llame al 909.865.9858, envíe un correo electrónico a FERC@pvhmc.org o escanee el código QR.



PVHMC Hosts Demonstration for New da Vinci 5 Surgical Robots

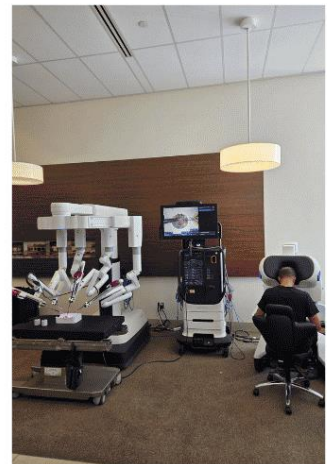
On August 12th, our patients, visitors and Associates had the unique opportunity to sit in the surgeon's chair and experience the da Vinci 5 robotic surgery system by Intuitive. Pomona Valley Hospital Medical Center (PVHMC) recently acquired three of these state-of-the-art robots to replace our fleet of da Vinci Xi robots.

PVHMC has more than 30 physicians who are expertly trained in performing minimally invasive robotic surgery on Intuitive's da Vinci systems, including the following specialties:

- General Surgery
- Thoracic Surgery
- Gynecology and Obstetrics
- Urology

Thanks to all who came out to check out the new robot! It was a fun day and all had a great time trialing the technology.

We are proud to be the only hospital in the region to bring the da Vinci 5 to our community!



Coming Up for September 2026...

- Physical Health: What is Cholesterol
- Emotional Health: You Are Not Alone
- Social Health: September 2026 FunExpress Deals



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

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, 2026. 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.

PVHMC has a TB Flex Program removing Low Risk Departments/Groups from Annual TB Testing. Below is an outline of Departments and their new TB Screening Requirements.

HIGH RISK DEPARTMENTS = TST TESTING & QUESTIONNAIRE

6070 NICU
6290 PEDIATRICS
7077 CHILDREN'S OUTPATIENT CENTER

LOW RISK DEPARTMENTS. TB QUESTIONNAIRES ONLY. TESTING AT LEAST ONCE EVERY FOUR YEARS.

8470 TELECOMMUNICATIONS
8480 INFORMATION SERVICES
8631 PATIENT RELATIONS
8754 COMPLIANCE
8660 OCCUPATIONAL HEALTH SERVICES

If Associates complete their TB requirement outside of PVHMC, PLEASE complete & submit the attached TB Health Assessment with 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.



A-Fit

PVHMC's Associate Fitness Program

What is A-Fit?

A-Fit is PVHMC's Associate Fitness Program designed to offer our Associates a convenient place to workout before and after their shift. A-Fit members have 24/7 proxy access to PVHMC's Associate Fitness Gym on the basement level of the Hospital – Room EB56.

Gym Hours: 24 hours a day / 7 days a week

Membership: \$10 per month, paid through automatic payroll deduction

Cancellation: Option to cancel after 3 months

Amenities: Treadmills, bike, elliptical, strength and resistance equipment, free weights, Spectrum TV, water dispenser, showers and lockers

Joining Is Easy As 1-2-3

1. Locate the "A-Fit Membership Enrollment" e-packet in the Associate Benefits "Wellness for Life" section of the Intranet and complete as instructed.
2. Send or bring the completed packet to Rehab Services on the first floor of the Robert and Beverly Lewis Outpatient Pavilion (OPP).
3. Once enrolled, your badge will grant you proxy entrance to the gym.

Need more information?

Contact Janel Leonida in Rehabilitation Services at ext. 9810

Visit "Wellness For Life" on the Hospital's Intranet for more wellness opportunities!

<https://home.pvhmc.org/departments/human-resources/benefits/wellness/>

To Every Thing, There Is a Season

By Elizabeth Grainger, Palliative Care Chaplain

September is filled with celebrations of holy days and celebrations from world faith traditions. On Tuesday, September 22, at 5:05pm, the fall season officially begins as we celebrate the Autumn Equinox. The word "equinox" comes from Latin *aequus*, meaning "equal," and *nox*, "night." The equinox marks the moment the Sun crosses the celestial equator – the imaginary line in the sky above the Earth's midpoint – from north to south. The five tribes of our local San Gabriel Mountains--Tongva, Tataviam, Chumash, Kitanemuk, and Serrano—had their own ways of celebrating the change of season and of observing a sacred connection with nature. Whether we follow a particular spiritual tradition or not, many of us take note of the changing seasons as we move from summer into fall.

The most sacred and important religious festival for Jains, Paryushana Parva/Festival of Abiding and Forgiveness (Sept 8-15) originated in India during the rainy season, when monks and nuns would be unable to move from place to place due to weather and would stay in their religious communities for a period of fasting, study, and prayer. Local people would gather and seek their guidance for spiritual instruction, and in many cases took what amounted to temporary religious vows. The period lasted for months and culminated in what we now know as the Jain Festival of Abiding and Forgiveness. At the end of this festival of fasting and prayer, Jains seek and offer forgiveness from and to spiritual teachers, family, friends, and ultimately, all living beings. This ritual of forgiveness is sometimes called the rite of universal friendship:

I grant forgiveness to all living beings.
May all living beings grant me forgiveness;
My friendship is with all living beings;
I have no enemies.
Let there be peace, harmony, and prosperity for all.

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, as well as the beginning of the High Holidays. It begins at sundown on Sept 13 this year. 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. 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 Jewish spiritual tradition, the gates of Heaven open on Rosh Hashanah and remain open until the end of Yom Kippur (Day of Atonement) at sundown on September 21.

Michaelmas/The Feast of Saint Michael and All Angels (Sept 29) is the most ancient of the Christian angel festivals still currently celebrated. Did you know that Michael and Gabriel are recognized as archangels in Judaism, Islam, and by most Christians? Although he is not specifically named in either the New Testament or the Quran, in later Christian tradition St Raphael became identified with healing; in Islam, where his name is Israfil, he is understood to be the unnamed angel mentioned in the Quran who stands eternally with a trumpet to his lips, ready to announce the Day of Resurrection. While the day is not as widely celebrated as it once was, many people find comfort and meaning through belief in angels.

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.

September Holidays

- 1 Ecclesiastical Year begins—Eastern Orthodox Christian
- 4 Krishna Janmashtami (Birth of Lord Krishna)—Hindu
- 8 Nativity of Mary—Christian
- 8-15 Paryushana (Days of Forgiveness)—Jain
- 11 Enkutatash (New Year)—Ethiopian Orthodox Christian
- 11-13 Rosh Hashanah (New Year)—Judaism
- 14 Ganesh Chaturthi (Birth of Lord Ganesha)—Hindu
- Feast of the Exaltation of the Holy Cross—Catholic and Orthodox Christian
- 20-21 Yom Kippur (Jewish)
- 21 Nativity of the Theotokos (Birth of Virgin Mary)—Orthodox Christian
- 22 Autumn Equinox—first day of Fall
- 25- Oct 2 Sukkot (Feast of Tabernacles)—Judaism
- 26-27 Meskel (Discovery of the True Cross)—Ethiopian and Eritrean Orthodox



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



April



June



August



October



December



We're asking donors to fall into the habit of giving blood, platelets or AB Elite plasma! All who come to give Sept. 21-Oct. 18, 2026 will receive a \$15 e-gift card to the merchant of their choice.

Terms and additional details can be found at RedCrossBlood.org/Fall.

WEEKLY FARMERS MARKET

Food & drinks

Local vendors

PVHMC Education

EVERY WEDNESDAY

10:00 AM - 2:00 PM

Robert & Beverly Lewis Outpatient Pavilion Front Patio

Vendors Vary by Week and May Include:

Vicente Family Farm Produce | Loaded Baked Potatoes | Bella & Penelope's Pizza
 Mad Aguas | Smokin Cuban Cuisine | Catalan's & Goodies | LAMI (Filipino)
 Susi Sushi | Tradition 3 Tamales | Freshisthebestlicorice | Real Time Pain Relief
 Cookies by Yvette | Old Town Baking | Brothers Products | Chris Cakes | Rigo's
 Nutty Natural | Dolce de Libby | 100% Juice bar | Beautifully Brewed | The Sweet
 Encounter Candy Apples

Perkatory Coffee will also be available on the patio.



October is Breast Cancer Awareness month.
 Come support the cause by making a purchase from the Pomona Pink Patch Project booth every Wednesday during the month of October. The Pomona Pink Patch Project is a 501(C)(3) and all proceeds benefit The Robert & Beverly Lewis Family Cancer Care Center.



AUTUMN

Lineup

Perkatory

Pumpkin Cheesecake

Cherry Cobbler

Salted Maple

Pistachio Cardamom

**Brewing in front of the Robert & Beverly
Lewis Outpatient Pavilion**



CAFFEINATED GOODNESS

*For iced, add \$.75 more

Small Batch Drip	4.00
Americano*	5.00
Latte*	5.75
Flat White*	5.50
Mocha*/White Mocha	5.75
Caramel Latte*	5.75
Iced Coffee	5.00
Cold Brew	6.00

BEYOND THE BEAN

Lemonade	4.25
Hot Chocolate	5.50
Hot Vanilla Steamer	5.50
Strawberry Milk Swirl	6.00
Grab&Go beverages (Olipop, Joyburst Protein Soda, etc)	3.50

Save time,
Order Online



Hot Drinks **12oz**

Cold Drinks **16oz**

SPECIALITY DRINKS

Horchata Latte*	6.50
Honey Lavender Latte*	6.50
Spicy Mango Lemonade	6.25
Banana Pudding Cold Brew	7.00
Ube Cream Matcha	7.75

FRAPPÉ TO SEE YOU

Caramel Crunch	6.75
Cookies & Cream	6.75
Chai	6.50
Matcha	7.25
Mocha	6.50
Strawberry & Cream	6.50
White Mocha	6.50

MO-TEA-VATION

*For iced, add \$.75 more

Chai Latte*	5.25
Matcha*	6.75

A FEW NOTES

Almond, Coconut, Oat and Soy milks \$0.50

Add a Cold Foam for \$1.00 each

Extra Shot of Espresso \$1.00 each

🚫 Cashless Café

Visa • Mastercard • American
Express • Discover • Apple Pay •
Google Pay • Samsung Pay

**LOCATED AT THE ROBERT AND BEVERLY LEWIS OUTPATIENT
PAVILION FRONT PATIO (NORTH PARKING LOT)**

WEDNESDAY - SUNDAY | 8AM - 5PM

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 Canceled for the Remainder of 2026.

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

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.



Emma Moore, CNA
Tele6



Pilar Lee, RN
3Central



Leonila Delos Santos,
BSN, RN - MedSurg4



Selfi Schlesinger, CNA
MedSurg5



Sahal Jamily, RN,
AGACNP-BC - CVICU



Scarlett Holden, RN,
MSN - ICU3



Nathan Pawlak, RN,
CCRN - 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!



September 13, 2026



Birthday Corner!

Happy Birthday, Christopher Sevilla,
Clinical Supervisor, Tele 6! 9/15

Happy Birthday Christina Miranda, LVN,
Occupational Health Services (OHS) 9/15
- Happiest of Birthdays from
the OHS staff!

September 2026 Healthcare Professionals Recognition

- Preparedness Month
- Information Services Week
- Vascular Nurses Week, 6-12
- Neonatal Nurses Week, 12-18
- EVS Week, 14-20
- Nephrology Nurses Week, 14-20
- Surgical Tech Week, 20-26



Jokes of the Month



By Michelle Walsh-Fernandez, Director of Security

What do you call a doctor who plays poker?
A CARDiologist.

Where did the lizard go when he lost his tail?
The retail store.

The deadline for the October Newsletter is Monday, September 21.
Please include your Manager/Supervisor in the email to approve your
submission. Send all submissions to amber.brenneisen@pvhmc.org.