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# healthcares

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# Cardiovascular Care,



POMONA VALLEY HOSPITAL MEDICAL CENTER FOUNDATION

A passion for healing. A love of giving.

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## **FEATURES**



## Chairperson's Message

I have had the honor of chairing the Pomona Valley Hospital Medical Center (PVHMC) Foundation for 15 years. For more than 35 years, I have practiced medicine and currently serve as medical director of maternal-fetal medicine at PVHMC. I'm passionate about what we do, and here's why.

PVHMC has remained steadfast in its commitment to deliver thoughtful, skillful and compassionate care, close to home. Patients don't need to endure long drives or traffic to access the high-quality care they deserve. We are your trusted, nonprofit community hospital—a cornerstone of care for more than a century.

Still, these are challenging times. Rising costs and uncertainty in healthcare policy remind us that nothing remains static. Yet, at PVHMC, we see change as an opportunity to innovate, as we have throughout our history. Whatever the future brings, one thing is certain: we will always be here for our patients. We want our community to feel empowered to say, "This is our hospital."



As you read the stories in the following pages, we hope you see not only the remarkable care provided at PVHMC, but also the profound difference this hospital makes in the lives of our neighbors, friends and families. These stories are made possible because of the dedication of our caregivers and the generosity of people like you, who believe in strengthening access to exceptional healthcare close to home.

And as you reflect on what you've read, we ask that you keep opportunities for giving in mind. Every contribution, whether large or small, helps sustain and grow the programs, technologies, and compassionate care that make us a nationally recognized hospital.

Together, we can ensure that our hospital remains a trusted resource for our community today and for generations to come. Please contact me at m.hellen.rodriguez@pvhmc.org if you have questions. I'd love to connect.



# A Legacy of Care: Building the Future of Health Together

Richard E. Yochum, FACHE, President/CEO of Pomona Valley Hospital Medical Center and Pomona Valley Hospital Medical Center Foundation



For more than 122 years, our hospital has served this community by providing healthcare to all our patients. That kind of longevity is important to us and our community, and philanthropy plays a big part in what we can do—and what we still want to do.

We are dedicated to offering our patients and Associates the finest and latest technology and the best possible facilities to receive care or to work. We believe in providing continuing education for our Associates because research and advancement in healthcare move at the speed of sound.

The Foundation contributes to additions and improvements at the hospital. In the past decade, thanks to the generosity of our donors and community

partners, we opened the Robert & Beverly Lewis Outpatient Pavilion, expanded our Emergency Department and became a verified Trauma Center. We added the Trudy T. Orr and Paul D. Orr, MD Medical Staff Office and Physician Lounge, and received a gift to help fund a MRI unit from Daksha Jain, MD, and her husband, Mr. Sudhir Kapadia. Our NICU features NICVIEW™ cameras, which are constantly updated, so anxious parents of our littlest patients can keep an "eye" on their precious babies.

We offer nursing scholarships because our nurses are integral to our success as a hospital, and we treasure them. Happily, many of our nurses have been here 10, 20, 30, 40 years and beyond, and we are committed to making PVHMC a place where they'll want to work "forever."

I understand why they would. I've been here since 1978, and I can't imagine being any prouder than I am right now of everything we have accomplished—and there's more to come. I admit we can't do it "all" without help, and that's why we are deeply grateful for our donors.

We ask for your help to continue meeting our present and future challenges. Members of our community expect and deserve the best, and we are committed to doing that—to improving and saving lives. Your gift to our Foundation, no matter how great, is much more than it might seem. Its power spreads throughout our community, shaping an incredible story that includes health, wellbeing and hope.

Please ask us how you can contribute to that by contacting Foundation@pvhmc.org. We're counting on you, so you can continue to count on us.















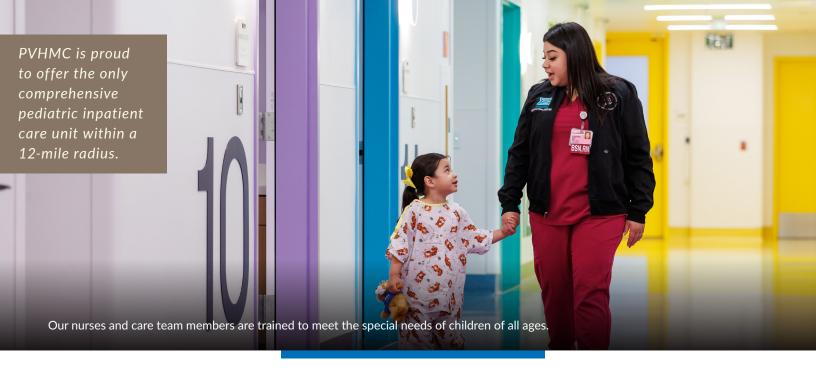




## Awards & Accolades

2024-2025

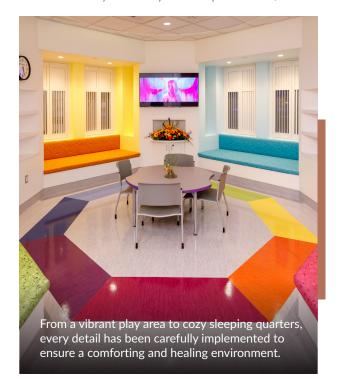
- 2023-2025: The Leapfrog Group "A" Hospital Safety Grade, fourth consecutive reporting period Fall 2023, Spring & Fall 2024, Spring & Fall 2025
- Healthgrades Hospital Patent Safety Excellence Award, America's 100 Best Hospitals for Hospital Patent Safety Excellence Award (2 years in a row), top 5% in the nation; One of America's 100 Best Hospital's for Orthopedic Surgery (2026); One of America's 100 Best Hospital's for Joint Replacement (2025); Specialty Clinical Quality Excellence Awards: Joint Replacement (top 10% in the nation for 3 years in a row); Stroke Care (top 10% in the nation in 2025); Five Star Recipient: Total Knee Replacement (5 years in a row); Total Hip Replacement (3 years in a row); Hip Fracture Treatment (5 years in a row); Stroke Treatment (2025 3 years in a row); Pacemaker Procedures (6 years in a row); Diabetic Hospitalizations (4 years in a row); Pulmonary Embolism; Sepsis Treatment (2 years in a row); Upper Gl Surgeries (2025)
- 2025 American Heart Association/American Stroke Association Get With The Guidelines® Award
- 2024-2025 America's Best Maternity Hospitals, Newsweek/Statista
- 2023-2025 High Performing Hospital for Maternity Care, US News & World Report
- 2024 Recognized for Excellent Outcomes for Black Maternal Patients, US News & World Report
- 2025: US News & World Report, High Performing in the Adult Procedures and Conditions: Heart Attack (5 years in a row); Hip Fracture (3 years in a row); Stroke (5 years in a row); Urology (2 years in a row)
- 2024: US News & World Report, Best Regional Hospital, top 12% in the nation; Best Regional Hospital for Equitable Access Denotes success in caring for patients in historically underserved communities while maintaining high quality care; High Performing in the Adult Procedures and Conditions: Heart Attack (5 years in a row); Hip Fracture (3 years in a row)
- 2025-2029 Baby Friendly Designation, Baby-Friendly USA
- 2025-2027 Joint Commission Certification in Laboratory, Pulmonary Care (pneumonia), Sepsis Care, and Advanced Certification in Palliative Care
- 2025 Trauma Center Verification, American College of Surgeons
- 2025 America's Best Employers for Healthcare Professionals, Forbes/Statista,
- 2025 Women's Choice Award in Patient Safety, Heart Care, Stroke Care, Cancer Care, Mammogram, and Women's Services
- 2024-2025 Antimicrobial Stewardship Program (ASP) Honor Roll, Silver Designation, California Department of Public Health's Healthcare-Associated Infections (HAI) Program
- 2025 Cal Hospital Compare, Opioid Care, Superior Performance, Honor Roll
- 2025 California Maternal Quality Care Collaborative, Quality & Sustainability Award: NTSV Cesarean Birth Rate (PC-02) for the third consecutive year; Maternal Safety Standards Implementation Award for OB Hemorrhage; Quality and Sustainability Honor Roll
- 2025 American College of Cardiology, Chest Pain: MI Registry Platinum Performance Achievement Award
- 2025 Inland Empire Health Plan, Hospital Quality Institute (HQI) BETA HEART Program for two categories: Rapid Event Response and Analysis, Caring for the Caregiver
- 2024 Health Resources and Services Administration (HRSA), Platinum Recognition for organ donation efforts



# Trusted Pediatric Care for Every Child, at Every Age

When a child needs the highest quality care in Eastern Los Angeles or Western San Bernardino County, Pomona Valley Hospital Medical Center (PVHMC) is ready with a full spectrum of services designed for infants through age 17.

Care for our pediatric population often begins at birth in our 53-bed level IIIb Neonatal Intensive Care Unit (NICU), which serves newborns if a birth complication arises. With more than 500 births every month and a team of experts, including neonatal specialists from Children's Hospital Orange County (CHOC), you can rest assured that your baby is in experienced, trusted hands.



Once a baby graduates from the NICU, our High-Risk Infant Development Clinic is there to monitor your child's development from the time he or she goes home until their third birthday.

For care beyond those years, our Milestones Centers for Child Development in Claremont and Chino Hills offer pediatric physical, occupational and speech and language therapy through individualized and collaborative treatment sessions. We also help you and your family provide home support between treatments. With specialized centers like ours few and far between, we serve more than 100 patients, with many coming from as far out as the high desert.

For health concerns at any age, our Emergency Department is Emergency Department Approved for Pediatrics by the Los Angeles County Emergency Medical Services Agency,

meaning that our staff are trained to meet the needs of children of all ages and that we have equipment specially designed for pediatric patients.

If a child requires more intermediate care, we are proud to offer the only comprehensive pediatric inpatient care unit within a 12-mile radius. Our state-of-the-art facility, which opened in Spring 2024, features 15-beds in private and semi-private rooms designed for comfort, natural light, and family stays, with amenities like private bathrooms, a spacious playroom, Wi-Fi, and convertible sofas. Also new are a child-friendly treatment room with advanced medical technology and calming, interactive elements to support healing and reduce stress.

"When regional pediatric units are closing, we are ready with a higher level of care close to home," says Muzna Atif, MD, medical director of inpatient pediatrics.

"Having a child admitted to a hospital is a stressful experience. Our new modern facility can put families at ease by providing comfortable accommodations and high-quality pediatric health care within the community where they reside."

When a child experiences an injury or illness related to neurology, pulmonology, orthopedics and cardiovascular services, we have a team of board-certified pediatric specialists at our Children's Outpatient Center to provide personalized treatment and solutions.

"The comprehensive and ever-expanding care we offer shows the ongoing commitment of this organization to better the health and wellness of pediatric patients in our neighborhoods and community," Dr. Atif says.

Infants and children in our community have long benefited from the generosity of our donors. The establishment of the hospital's NICU Fund, in part supported by our past annual Wine Tasting celebrations, has allowed us to continue updating equipment and technologies to our smallest patients.

The opening of our Pediatric Inpatient Care Unit was made possible by a \$15 million dollar grant from the California Health Facilities Financing Authority (CHFFA), which recognized the need for pediatric care in the Pomona Valley region.

Even now, after its opening, the unit continues to receive various donations from community partners, including stuffed lions for every patient from the Pomona Host Lions Club, age-appropriate toys and activities from the Starlite Foundation and Warriors for Children, and more.

With a donation Pomona Valley Hospital Medical Center Foundation, you can further help us to ensure that we provide access to high quality health care services to children for generations to come. Please go to pvhmc.org/donate.



# More than medicine: healing in the pediatric unit

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"When regional pediatric units are closing, we are ready with a higher level of care close to home," says Muzna Atif, MD, medical director of inpatient pediatrics.

## One Family's Lifelong Journey with PVHMC

On January 18, Adrian Lechuga, 13, began experiencing sudden pain in his rib area. The pain briefly subsided but returned, transforming into a deep pain near his belly button, leaving him unable to walk.

His parents brought him to the Emergency Department (ED) at Pomona Valley Hospital Medical Center (PVHMC), where he was diagnosed with appendicitis. During his surgery that evening, it was discovered that his appendix had ruptured. Thankfully, Adrian's surgery

The Lechuga family was confident that Adrian would be taken care of, as they were no strangers to pediatric care at PVHMC.

was successful, and he was admitted to the pediatric inpatient care unit for recovery and observation.

The Lechuga family was confident that he would be taken care of, as they were no strangers to pediatric care at PVHMC. Nearly 15 years ago, Adrian's sister Ariana, then three-months old, was brought by ambulance to PVHMC's ED. She had a life-threatening blood sugar level of 8 mg/dL (normal blood sugar levels are between 70 – 150 mg/dL). This was the first of many episodes that brought her to PVHMC over the years. She continued to become ill with varying diagnoses and symptoms ranging from RSV, low blood glucose, fever, seizures, etc.

Ariana was eventually referred to Children's Hospital of Orange County (CHOC) and diagnosed with hypopituitarism, a condition where the pituitary gland, located at the base of the brain, does not produce enough hormones. Now 15 years old, she is healthy and doing well.

The family was pleasantly surprised to be admitted to our new, expanded pediatric unit for Adrian's hospital stay, which provides an added level of medical care, with family rooms, privacy and a playroom.

"PVHMC has been a part of some of our biggest life moments," said Alicia. "From the doctors, nurses to the staff, everyone is kind and compassionate and it makes it an easy choice to keeping coming back."







## From Diagnosis to Relief in a Single Day: Lauri's Lung Cancer Journey

### Same-Day Diagnosis and Surgery Brings Peace of Mind for PVHMC Patient

La Verne resident Lauri Balderrama, 58, was surprised when a routine chest X-ray revealed a lung tumor.

A nonsmoker with no symptoms, she had been monitoring the growth with her doctor, Mary Kasem, MD, through CT scans every six months.

"We watched the growth for 18 months, and I was told it may or may not be cancer," Lauri said. "The idea at first was to do a biopsy and then remove the growth in a second procedure."

Thoracic surgeon Dongning Zhang, MD, MPH, and interventional pulmonologist Derrick Raptis, MD, were among the first physicians in the region to perform this advanced procedure.

"Learning that you have a suspicious growth is stressful," Dr. Zhang said. "Through this technology, we can determine a course of action and remove lung cancer at its earliest stage, when outcomes are best."

During Lauri's surgery, Dr. Raptis performed the biopsy, and a pathologist identified the tumor as cancerous within minutes. Dr. Zhang then completed the second stage, removing all traces of the growth with the DaVinci system—all while Lauri remained under

anesthesia, avoiding the weeks of worry typical for patients awaiting a second procedure.

"I felt there were benefits to doing both procedures at the same time," Lauri said. "It reduced the risk of the tumor spreading and lowered my stress by not having to wait for another surgery date."

Lauri's surgery, performed in late April, has gone exceptionally well. She is already walking 50 minutes non-stop daily and swimming laps in her pool, ahead of her expected four-month recovery.

"I'm feeling much better, almost completely pain-free," she said. "The doctors, nurses, and staff at Pomona Valley focus not only on the procedure, but on making patients comfortable mentally and physically."

Even for nonsmokers, routine lung screening can be lifesaving. PVHMC's robotic technologies and expert multidisciplinary care ensure that patients receive timely, precise, and compassionate treatment—all in a single visit when possible.

Find out if you are eligible for a low-dose CT lung cancer screening at pvhmc.org/lungcancerscreening.

## Thoracic Surgeon Brings Cutting-Edge Care to PVHMC

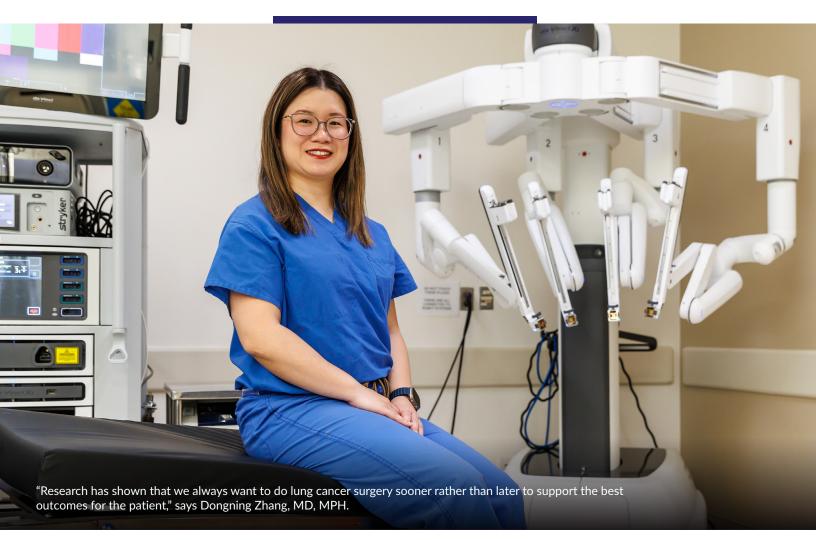
For thoracic surgeon Dongning Zhang, MD, MPH, being part of the Pomona Valley Hospital Medical Center (PVHMC) community feels just right.

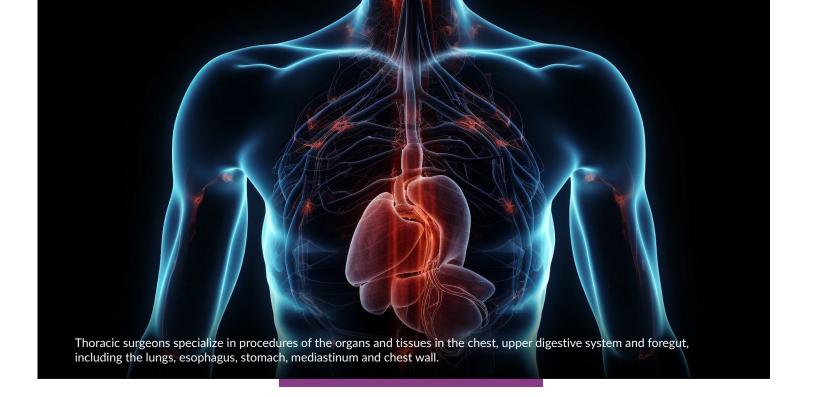
On staff since September 1, 2024, Dr. Zhang's boundless energy, positivity and skillset have helped immerse her in both the hospital's general surgery department and The Robert & Beverly Lewis Family Cancer Care Center.

Thoracic surgeons specialize in procedures of the organs and tissues in the chest, upper digestive system and foregut, including the lungs, esophagus, stomach, mediastinum and chest wall. Some of these new procedures, many of which are minimally invasive

and performed with utilization of the DaVinci robotic system, include:

- Anti-reflux or anti-gastroesophageal reflux disease (GERD) procedures such as fundoplication, which stops acid from flowing back into the esophagus and causing irritation and discomfort.
- Complex and re-operative procedures to repair what may have been done before but was ineffective.
- Ivor-Lewis esophagectomy, in which a cancerous esophageal tumor is removed through both an abdominal incision and a chest wall incision.





### SABR Helps Keep Care Close to Home

Zhang spearheads a new, minimally invasive, single-setting anesthetic bronchoscopy and resection (SABR) that allows diagnosis via biopsy and treatment of early-stage lung cancer in the span of a few hours—a boon for both patients and treating physicians.

SABR eliminates several traditional steps in the diagnosis and treatment process, saving invaluable time, sometimes months, depending upon where the patient lives and where they choose to receive care. "Research has shown that we always want to do lung cancer surgery sooner rather than later to support the best outcomes for the patient," she says.

Traditionally, a patient may undergo an X-ray or CT scan with their primary care physician that reveals a spot. A pulmonologist or radiologist then needs to obtain a biopsy, and the patient waits many weeks or months for that appointment. Obtaining results on the pathology may take up to five days, and if the result is cancer, they must find a surgeon or oncologist and get scheduled, which may take a few months.

She says the new protocol at PVHMC allows for rapid interpretation of results on the spot.

Patients can undergo the procedure and then continue treatment with their own primary care physician and pulmonologist, assuring continuity of care and higher accuracy in maintaining the patient's history.

"If there's no sign of gross metastasis—meaning the cancer has spread from the primary tumor to other parts of the body—we can perform the lung resection, removing all or part of the lung at that time, while the patient is still under anesthesia."

DR. DONGNING ZHANG

"All of us at PVHMC are dedicated to making sure patients get the indicated therapy and care they need in a timely fashion," she says. "I look forward to meeting new patients and discussing how I can help."

For more information about the new thoracic program at PVHMC, visit pvhmc.org/thoracic.



# Stroke Survivor Names Her Baby After ICU Nurse Who Saved Her Life

Last year, Vannessa was working when she suddenly felt dizzy and her vision went blurry. She lost consciousness and awoke in the Pomona Valley Hospital Medical Center's (PVHMC) Neuro Intensive Care Unit (ICU). She learned that she had experienced a stroke caused by a brain aneurism. Doctors had performed an External Ventricular Drain (EVD), a procedure that requires the insertion of a tube into the brain to drain excess cerebrospinal fluid.

Vannessa had no family history of stroke. Her only risk factor for aneurysm was that she was in week 14 of her pregnancy. According to the National Institute of Health, pregnancy may increase the risk of brain aneurysms due to hormonal and cardiovascular factors that occur when pregnant, although the risk is rare. The frequency of ruptured aneurysms in pregnancy ranges up to 11 incidents per 100,000 pregnancies.

Vannessa spent three weeks in the Neuro ICU. Each time a physician visited Vannessa to describe a procedure, her nurse, Anyssa Henrich, came in to check on her.

"I could tell the ICU nurses truly loved their jobs and cared about their patients," says Vannessa. "I was grateful for their help." "Anyssa called me and my baby her miracle patients—it made me feel so much better," says Vannessa. "I was conscious in the ICU, and Anyssa told me that this was rare for patients in this unit. It put into perspective that I was already doing better and it really lifted my spirits."

Vannessa later nominated Nurse Anyssa for a Daisy Award, and started attending the monthly stroke survivor support group at PVHMC. Her baby girl arrived earlier this year with no complications, and she turned six months old in July.

Vannessa has stayed connected with Nurse Anyssa and when her baby was born, she was excited to tell her that she had named her daughter in her honor.

"Anyssa was there for me during one of the worst times of my life and she's made a significant impact on me," said Vannessa. "Naming my daughter after her felt like the best way to remember her."

While she still worries about headaches, Vannessa will have annual brain scans and angiograms to monitor her aneurysm risk. One year after her harrowing medical emergency, Vannessa has made a great recovery and she is enjoying her new role as a mother.

Learn what makes PVHMC a leading provider of stroke care in the region at www.pvhmc.org/stroke.

# From Local to Statewide Impact: Safeguarding Maternal Health

With nearly 50 obstetrics units closing in California in the past decade and creating maternity "deserts," Pomona Valley Hospital Medical Center (PVHMC) reminds East Los Angeles and Western San Bernardino County residents that our renowned Women's & Children's Center is here for you and your baby—as it has been for more than 100 years. The hospital has emerged as a leader in maternal-fetal services in California and will continue to stand as a trusted center for expert, compassionate care for generations to come.



"We are a vibrant community hospital, dedicated to serving our patients with more than 5,000 deliveries a year," says Richard Burwick, MD, board-certified OB/GYN and maternal-fetal medicine physician and medical director of the OB/GYN Residency Program.

"With numerous recognitions for patient safety, advanced experience in managing high-risk maternal complications and one of the largest gestational diabetes programs in the state, our commitment to care is undeniable."

To ensure access to maternity care in our region, in 2022, PVHMC became part of a new OB/GYN Residency Program, thanks to a \$210,000 gift from The Rauch Family Foundation. It funds the medical director's compensation in partnership with Riverside Community Hospital. The aim is to keep physicians practicing obstetrics in the hometown community where they trained. A recent analysis of family medicine residency programs showed that more than half of resident physicians will practice within 100 of miles of where they completed their training. PVHMC also recently received a new grant for \$964,000 to sustain the OB Fellowship Program.

### Going Where the Need is Great

For women who live in maternity deserts, PVHMC is filling the gap. A specialized group called the high-risk maternal-fetal transport team stands-by 24/7 to travel—by helicopter, fixed-wing plane or ambulance—to the receiving hospital to transfer women who experience pregnancy complications to PVHMC. The team works with referring facilities, as far as the cities of Ridgecrest

and Bishop, to develop a plan for each patient who needs a higher level of care. Our support for patients extends beyond our flight nurses and high-risk care. The hospital offers an on-site simulation program that demonstrates high-risk scenarios for staff from outlying maternity units and emergency departments that may have reduced services. For our rural hospital partners, we make the trip to them to help staff learn to stabilize labor and delivery patients and manage emergencies.

Your support helps us ensure women and children in our region receive access to high quality care. To support our maternity center, consider making a gift at pvhmc.org/donate.

## ► EXPANDING ACCESS TO PRENATAL AND POSTPARTUM SERVICES

The hospital's recent partnership with BabyLiveAdvice allows us to offer virtual and inperson prenatal and postpartum health education classes and support groups for mothers, led by experienced midwives, nurses, nutritionists and lactation consultants. The program is free and offered in dozens of languages.

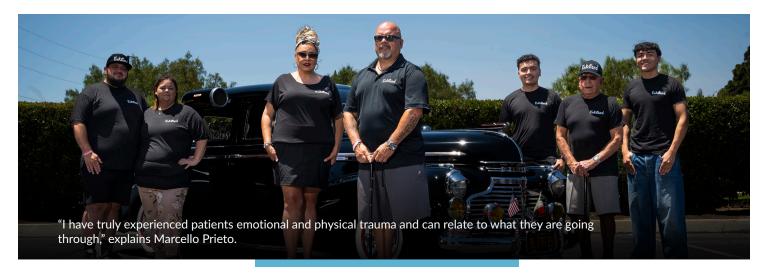




## Accident Survivor Shares Hope

Trauma Survivor and Amputee Marcello "Kickstand" Prieto Volunteers to bring comfort to Pomona Valley Hospital Medical Center Trauma Patients

During Thanksgiving weekend in 2023, Marcello Prieto, 53, of La Mirada, joined friends for a motorcycle ride to a children's toy drive. His weekend took a tragic turn when he hit a curb to avoid a car, crashed, and his bike landed on him. He woke up the next morning intubated in Pomona Valley Hospital Medical Center's (PVHMC) Trauma Intensive Care Unit (TICU). Nurse Hailey informed him that his right leg had been amputated below the knee to save his life. Later, surgeons performed a second amputation above the knee to prepare him for a prosthetic.



Shocked but grateful to be alive, Marcello drew strength from the compassionate care he received and the support of his family. "Life is a roller coaster. You need support to help lift you up," he said, reflecting on the loss of his mother just ten months earlier and the challenges of adapting to a new reality.

A month after the accident, Marcello returned home, determined to regain independence and adapt to new routines, promising his children he would never ride again. Marcello soon discovered a new purpose: giving back to the hospital that saved him. He joined PVHMC's patient and family advisory committee, which partners with doctors, nurses, and administrators to improve patient care. He also became involved with Southern California Crossroads, a nonprofit supporting trauma survivors.

"In my rounding, I talk to patients beginning their recovery journeys and try to give them hope," he said. "I truly experienced their emotional and physical trauma

and can relate to what they are going through."

One of Marcello's first visits was to a motorcyclist recovering in the same room where he had been hospitalized. Though the patient couldn't respond, Marcello connected with the patient's mother, offering reassurance and encouragement. His volunteer work inspires patients and helps him continue his own healing.

Early this year, Marcello started attending the gym five days a week, building strength and resilience. He offers advice from his journey: "If you can't take a full step, take a half step. If you can't take a half step, take a quarter step. If you can't take a quarter step, that's OK—just never go backward." Grateful for life and the milestones ahead—his youngest son's high school graduation and his other son turning 21—Marcello reflects, "I may have lost a limb, but I have plenty of life left to live. I'm blessed to be alive."

To make a gift to the Trauma Program, visit pvhmc.org/donate.



## From Surgery to Recovery and Beyond

### PVHMC's Orthopedic Team Helps Patients Move Forward Pain-Free

Accolades and certificates are great, but what matters is how well we care for everyone with the same high level of concern and compassion. The Orthopedic Institute at Pomona Valley Hospital Medical Center (PVHMC) recently received nods from the Joint Commission, Blue Cross Blue Shield, Healthgrades and *U.S. News & World Report*, and we add to our list every year.

"This is 'the hospital that could and does,' with a super dedicated staff that is passionate about their work, some of whom have been here for decades," says Hrayr Basmajian, MD, Medical Director of Ortho/Trauma. "Our orthopedic doctors are highly qualified and experienced."

The department shines with its expertise in joint replacement, including total knee, hip and shoulder replacement. "We've moved most of our patients to same-day surgeries," he says. "For knee and hip replacements, they walk within 90 minutes of surgery and have excellent outcomes."

In preparation for surgery, patients participate in a two-hour online education class approximately one month before surgery, which empowers them and their support person to understand their procedure better.

"Well-informed patients recover faster and experience fewer complications," says Dr. Basmajian. "Education truly translates into better results."

A newer addition to the program is nurse practitioner and navigator Ana Marrero, RN, NP, who follows orthopedic patients from start to finish and beyond. With more than a hand to hold, she's ready to answer questions at any time to help patients feel informed and confident, and to prevent unnecessary emergency department visits for any issue they can manage together. Dr. Basmajian says department success is about more than one practitioner, though. He praises the surgery schedulers and admissions staff, operating room techs, physical therapy and occupational therapy teams, and the ever-reliable cadre of nurses, from pre-admissions and pre-op to the operating room, post-op and medical/surgical units. Surgeons' office support teams, vendors and physician assistants also contribute to the successful missions of the PVHMC joint replacement team, with one goal in mind.

"Patients can get world-class joint care and follow-up right here at home in Pomona Valley," he says. "We are proud to be able to help them get back to living their lives, pain-free."

Learn more about the nationally-recognized orthopedic care at PVHMC at pvhmc.org/orthopedics.

## Regional Leaders in Cardiovascular Care, Strengthened by Community Action

Lifesaving Heart Care Starts With You

#### BY GUARAV PARIKH, MD, INTERVENTIONAL CARDIOLOGIST

Cardiac arrest occurs when the heart suddenly and unexpectedly stops pumping. More than 350,000 people a year in the United States experience a non-traumatic, out-of-hospital cardiac arrest—and approximately 90% of those patients die.¹ If a patient gets to the hospital immediately, the rate of survival from a cardiac event increases exponentially, but if they can't, the administration of CPR (cardiopulmonary resuscitation) may be the key to survival.²

The Stead Heart & Vascular Center at Pomona Valley Hospital Medical Center (PVHMC) remains our area's hub of comprehensive cardiovascular care. Still, with cardiac arrest, we rely on community members and your use of early bystander CPR. A heart attack, stroke, trauma, an

2. Ibid.

"More than 350,000 people a year in the United States experience a non-traumatic, out-of-hospital cardiac arrest—and approximately 90% of those patients die. If a patient gets to the hospital immediately, the rate of survival from a cardiac event increases exponentially, but if they can't, the administration of CPR (cardiopulmonary resuscitation) may be the key to survival."

DR. GUARAV PARIKH



### SIDEWALK CPR

(cardiopulmonary resuscitation)



CHECK FOR RESPONSE, SHOUT FOR HELP, CALL 911



POSITION PATIENT ON FLOOR, FACE UP



STACK HANDS IN CENTER OF CHEST, COMPRESS DOWN HARD AND FAST (TO THE BEAT OF "STAYING ALIVE" BY THE BEEGEES)



CONTINUE
COMPRESSIONS AND
DO NOT STOP UNTIL
FIRST RESPONDERS
ARRIVE

 $<sup>1. \</sup> https://www.redcross.org/take-a-class/resources/articles/cpr-facts-and-statistics\#: $\sim: text=Out\%2Dof\%2DHospital\%20Cardiac\%20Arrest, of\%20patients\%20survived\%20 hospital\%20admission.$ 







overdose, or severe infection can cause cardiac arrest, and early recognition and response are critical. Odds of survival increase up to 70% if a person—a family member or a stranger—can call 911 and immediately get their hands on the patient's chest.

Paramedics take over at the scene, and the hospital has a heart surgeon on call. The care team may utilize any number of interventions to stabilize patients, including the targeted temperature management (TTM) cooling protocol. The range between 32°C and 36°C helps support positive neurological outcomes in post-cardiac arrest care to reduce core body temperature and decrease inflammation and brain swelling.

Once the patient is stabilized, we can then address the root cause of the blockage with the appropriate intervention—angioplasty, stenting, atherectomy and more. We look for a cause after we put hands on the chest, because oxygen must keep flowing to the brain to preserve its function and prevent irreversible damage.

Every single person is our partner in healthcare, and we meet you at events year-round. Those include the Chino Hills Farmer's Markets, the Valley Indoor Swap Meet, the Los Angeles County Fair, in churches, senior centers and at health fairs across the region. Don't be afraid. Please learn CPR.

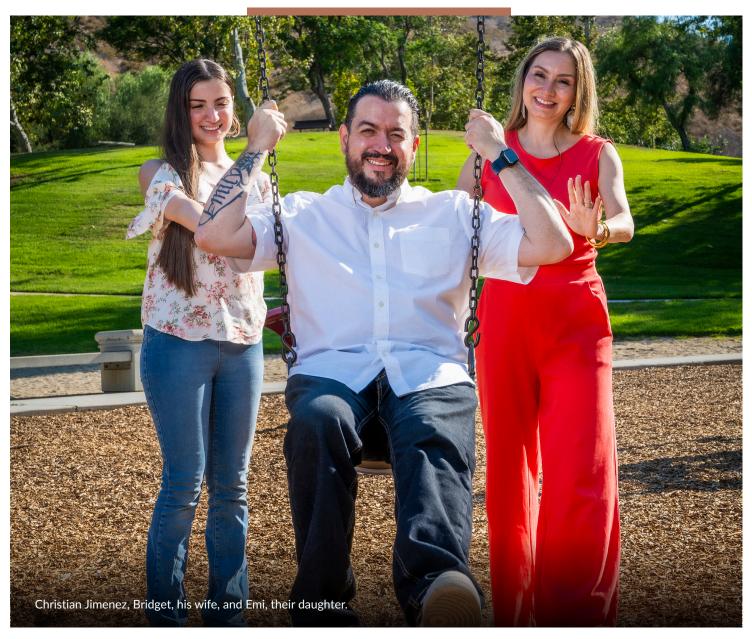
Your support allows us to provide the most innovative cardiovascular care in the region, and to ensure we can meet our community where they are to offer free education.

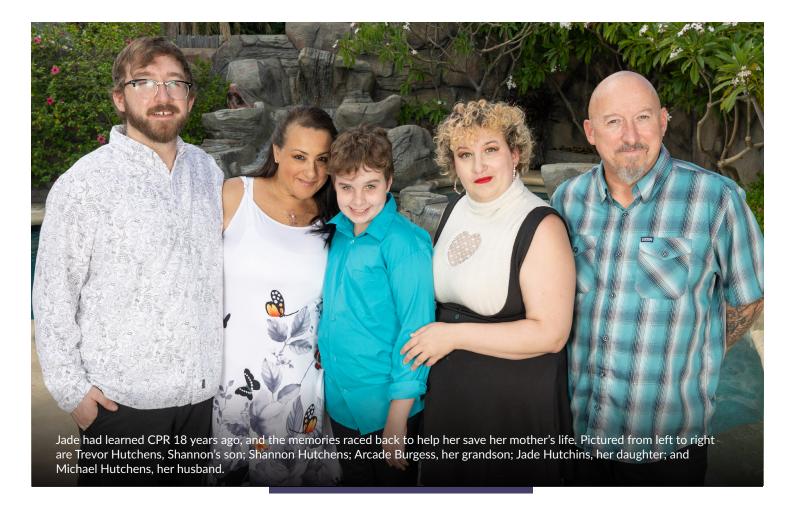
To make a gift to the Stead Heart and Vascular Center Endowment Fund, visit pvhmc.org/donate.

## Two Chino Residents Survive Cardiac Arrest Thanks to Quick, Lifesaving CPR from Family Members

43-year-old Christian Jimenez, of Chino, experienced cardiac arrest while sleeping. His wife Bridget was awakened by him gasping for air and his color changing from tan to blue.

When Shannon Hutchens, 55, of Chino, was in peril, her daughter Jade administered it to her for seven long and critical minutes before first responders arrived on July 14, 2025. Jade had learned CPR 18 years ago, and the memories raced back to help her save her mother's life.





Just months earlier, on February 19, 2025, 43-year-old Christian Jimenez, also of Chino, experienced cardiac arrest while sleeping. His wife Bridget was awakened by him gasping for air and his color changing from tan to blue.

Bridget called 911 and started doing basic mouthto-mouth resuscitation on her unresponsive husband. Their daughter, Emi, a nursing student, took over with chest compressions and breathing for her dad for 17 minutes until paramedics arrived.

Both patients were treated in the Cardiovascular Intensive Care Unit at Pomona Valley Hospital Medical Center (PVHMC) and received targeted temperature management (TTM) protocols to preserve as much brain and organ health as possible. Chris was transferred to another facility for insertion of an implantable cardioverter-defibrillator to manage any potentially unstable heart rhythms.

Every day, Chris is getting stronger, he's been able to get back to his passion for filming and editing videos. He's taking walks around his neighborhood and he's looking forward to getting back to cycling and working out.

Shannon underwent quadruple bypass surgery at PVHMC and after three weeks, was home and making notable incremental progress every day with an indomitable "can-do" spirit. She received care in PVHMC's telemetry unit before departing, and she's now undergoing physical and occupational therapy there.

These stories remind us that survival begins at home, in our neighborhoods and in our communities—with bystanders who are ready to act. PVHMC stands ready to provide world-class cardiovascular care after the emergency. But every success begins with the hands of family, friends or neighbors who know CPR, even if only Sidewalk or Hands-Only CPR. Together, we create the strongest possible chain of survival—one that protects every heartbeat in our community.



# Compassionate, Comprehensive Breast Health Care—Right Here at PVHMC

Breast cancer remains the most diagnosed malignancy and the second leading cause of cancer death among women in the United States of America. Incidences in breast cancer in the United States continue to trend upwards, and at The Robert & Beverly Lewis Family Cancer Care Center (Cancer Care Center) at Pomona Valley Hospital Medical Center, breast cancer accounts for more than 35% of cancer cases. Thankfully, you don't have to travel far to receive high quality breast cancer care.

We are dedicated to ensuring that every woman in our community has timely access to our high-quality breast care, helping women overcome barriers such as access to care, a lack of understanding or fear of the care process, fear of a positive diagnosis, financial barriers to treatment, and a myriad of additional psychosocial, emotional and family concerns in the event of a positive diagnosis. The Breast Health Program offers a full spectrum of services for patients, from screening to diagnosis to treatment, support services and beyond:

- American College of Radiology accreditation in mammography, stereotactic breast biopsy, breast ultrasound and ultrasound-guided biopsy.
- Advanced treatments, including surgeries, the newest in chemotherapy, hormone therapy, immunotherapy, radiation therapy, clinical trials and research studies, in line with the National Comprehensive Cancer Network (NCCN) clinical guidelines for treatment.
- Exclusively offer 3D digital breast tomosynthesis mammography, shown in multiple studies to significantly increase the cancer detection rate.
- First in the region to offer the SmartCurve™ breast stabilization system, which is clinically proven to deliver a more comfortable mammogram without compromising image quality, workflow or dose.

- Multidisciplinary team of skilled and compassionate oncology experts, including physicians, nurses and technologists.
- A breast cancer nurse navigator, a clinical trial coordinator and a social worker to help patients and physicians coordinate care.
- Genetic tumor testing is available to eligible patients with early breast cancer.
- Partnerships with local health clinics to provide screening and diagnostic mammography services for medically underserved patients in conjunction with the state funded "Every Woman Counts" program.
- Interpreter services for all patients who cannot speak English. Over 30% of our total patient population is Hispanic, and many require interpreter services.

To make a gift in support of our Breast Health Fund, visit pvhmc.org/donate.

## Claremont Artist Donates "Hope"

Painting has long been a source of expression and joy for June Berger, a 72-year-old Claremont resident. In August, June dedicated one of her stunning pieces, "Hope," an oil, acrylic and gold foil painting, to The Robert & Beverly Lewis Family Cancer Care Center (Cancer Care Center) at PVHMC.

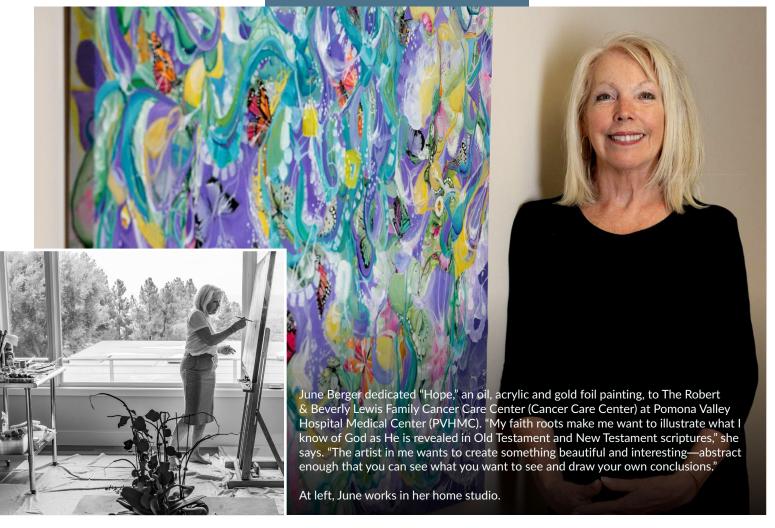
It is prominently displayed outside of the Medical Oncology office where it can be admired by the many dozens of patients and visitors who pass by every day. Just as she dreams of all her pieces, June hopes that patients of the Cancer Care Center will see its beauty and take meaning from its named chapter and verse, Romans 15:13, which states: "May the God of hope fill you with all joy and peace in believing, that you may abound in hope by the power of the Holy Spirit."

Besides the biblical passage, the painting's dedication was also inspired by June's own journey with breast

cancer eight years ago. Thankfully, the cancer was caught at an early stage, giving her more viable treatment options. June sought the expertise of Lori Vanyo, MD, FACS, general surgeon and Medical Director of the Cancer Care Center, for a lumpectomy, a procedure that removes tumors and cancerous tissue from the breast. She then underwent radiation therapy at the Cancer Care Center under the guidance of Sri Gorty, MD, radiation oncologist and medical director of radiation oncology.

Though she remains in remission now, years later, June still comes to the Cancer Care Center for follow-up visits with Dr. Gorty and Dr. Vanyo.

It was during one of these visits that she thought of her artwork, "Hope," and how it could bring light and love, and hope, of course, to those still fighting their battles with cancer.



## **PVHMC Classes and Programs**

#### **WOMEN'S CENTER**

For time, location and registration information, call **909.865.9858** or email **ferc@pvhmc.org**. All classes are open to the public.

#### Virtual Prenatal & Educational Classes

Dates and times vary; see *BabyLiveAdvice* for schedule. Live online classes with certified providers, including childbirth preparation, breastfeeding, baby care, infant CPR, diabetes and pregnancy, and nutrition.

#### **Women's Center Tours**

Learn about our Women's Center facilities and services.

In-person (English): Mondays at 5:00 pm and Fridays at 11:00 am. In-person (Spanish): Twice monthly – Mondays at 5:00 pm, Fridays at 12:00 pm. Virtual: First Thursday monthly at 7:00 pm. Location: PVHMC or online.

### **Childbirth Preparation Classes** *Virtual and In-Person*

This class is once a month and is a three-week series (one class per week). Week 1: Childbirth preparation, Week 2: Baby care, Week 3: Breastfeeding.

## Pregnancy & Postpartum Stress Virtual Group

Provides emotional support for pregnant and new moms, focusing on stress, depression, anxiety, and adjustment. Participants learn coping and relaxation techniques. First and third Wednesday, 12:30 – 2:00 pm. Call 909.865.9858 or email nayelilcsw@gmail.com for the meeting link.

## Boot Camp for New Dads, Virtual and In-Person

Dates and times vary. Hands-on skills and support for expectant fathers.

#### Safe Sitter Class

Two-day class teaching safety and childcare skills (summer only). Cost: \$40. Dates vary. Location: Pomona Valley Health Center-Claremont.

#### Friends & Family CPR

Hands-only CPR training for nonprofessionals. Dates vary; see website for schedule. Location: Pomona Valley Health Center-Claremont.

#### **REHABILITATION**

For more information call 909.865.9810.

#### **Sports Medicine Clinic**

Athletic injury screenings by a Sports Medicine Physician. Wednesdays at 5:00 pm.

## Pre-Participation Exam (PPE) Sports Physicals

Appointment required. Open to athletes (parent/guardian must accompany minors). Cost: \$60.

# THE ROBERT & BEVERLY LEWIS FAMILY CANCER CARE CENTER (CCC)

For more information, email

**ExpertCancerCare@pvhmc.org** or visit **pvhmc.org/events.** 

#### **Breast Cancer Support Group**

Provides a safe, supportive environment for those coping with breast cancer to share experiences and receive emotional support. Priority given to CCC patients. third Tuesday, 11:00 am – 12:00 pm. Location: CCC Professional Library.

#### **General Cancer Virtual Support Group**

Provides CCC patients a safe space to process thoughts and feelings about their diagnosis, its impact on daily life, and to share experiences with others touched by cancer. Second Tuesday of the month, 11:00 am – 12:00 pm. Call 909.865.9958 or email ExpertCancerCare@pvhmc.org to receive a Teams link. This group is for patients only.

#### **Pilates Class**

Gentle, low-impact exercises are designed to improve posture, flexibility, endurance, and core strength. Priority given to CCC patients. Fridays, 11:00 am – 12:00 pm. Location: CCC Community Room.

## STEAD HEART & VASCULAR CENTER

For more information and the register, please call 909.865.9823 or email **stroke.support@pvhmc.org**. To see the current schedule, please visit our events page at **pvhmc.org/events**.

#### Life After Stroke - New Beginnings

Educational support group to enhance quality of life and independence for stroke survivors through self-help education, discussion, and community resources.

Open to the public. Fourth Thursday,
10:00 – 11:30 am. Location: Pomona Valley Health Center–Claremont. Second Floor Conference Room.

#### **DIABETES**

For more information and to register, call **909.865.9501 ext. 4020** or 4819 or visit **pvhmc.org/events**. All classes are open to the public.

#### Diabetes 10

Educational class for those with Type 1 or Type 2 diabetes to gain a better understanding of living well with diabetes. English, second Tuesday, 6:30 – 7:30 pm. Spanish, second Tuesday, 5:30 – 6:30 pm. Location: The Robert and Beverly Lewis Outpatient Pavilion, 3<sup>rd</sup> Floor, Conference Room 1.

#### **Diabetes Nutrition Class**

Educational class covering healthy eating, nutrition, and food label reading, with adaptations for prediabetes and diabetes. English, third Tuesday, 6:30 – 7:30 pm. Spanish, third Tuesday, 5:30 – 6:30 pm. Location: The Robert and Beverly Lewis Outpatient Pavilion, 3<sup>rd</sup> Floor, Conference Room 1.

#### **TRAUMA SERVICES**

For more information, call **909.865.9611** or email **Aspen.Diioli@pvhmc.org.** 

#### Stop the Bleed

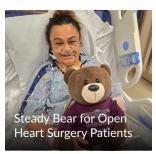
Teaches participants how to respond to lifethreatening bleeding emergencies. Open to the public. Once a month, 9:00 – 10:00 am or 500 – 6:00 pm. Location: PVHMC Trauma Services Office.

#### Trauma Survivors Peer Support Group

This is a safe space for individuals who have experienced physical trauma or violence to share and support each other in healing. Open to the public. Second and fourth Thursday (excluding holidays), 4:30 – 5:30 pm. Location: PVHMC Trauma Services Office.

## Your Donations and Gifts at Work

Pomona Valley Hospital Medical Center Foundation exists to support and receive charitable gifts for Pomona Valley Hospital Medical Center, a 427-bed, fully accredited, independent acute care Hospital serving eastern Los Angeles County since 1903. PVHMC's mission is to continuously strive to improve the status of health by reaching out to serve the needs of our ethnically and culturally diverse community. No one is ever denied treatment for inability to pay.



**General Fund:** Receives and administers gifts for Pomona Valley Hospital Medical Center. Gifts to the Foundation are tax deductible to the extent the law provides. Through your gift, you play a direct part in the continuing advancement of medical care for the benefit of everyone the medical center serves.

**Circle of Friends**: When you include us in your will, or make PVHMC Foundation a beneficiary, you can plan a gift to us that will only take effect after your other obligations have ceased, and you'll automatically become a member of our Circle of Friends.

#### Robert and Beverly Lewis Family Cancer Care Center Endowment



**Fund:** Provides for innovative cancer patient care, research, education, prevention, and ongoing support groups and programs for our patients and community.

**Breast Health Program:** Funds help us to provide free resources to those in our community affected by cancer, including Nurse Navigators for patients,

support groups, a wig program, support programs and classes, as well as investments in advanced technologies, such as our SmartCurve breast stabilization system, which reduces pain during mammograms, and the DigniCap Scalp Cooling System that reduces the risk of hair loss during chemotherapy treatment.

Stead Heart and Vascular Center Endowment Fund: Provides the



necessary funding that will continue to allow PVHMC to be at the forefront in the provision of innovative Heart and Vascular care to the community and to our patients.

**Cherie Rudoll Nursing Scholarship:**Granted in memory of the late Cherie Rudoll, RN, a long-time model Associate

and nurse who served as Vice President of Nursing and Patient Care Services. Each year, Pomona Valley Hospital Medical Foundation

offers scholarships to more than a dozen PVHMC Associates and Volunteers who are currently enrolled in, or who have accepted into an entry level Nursing Program.

Neonatal Intensive Care Unit and LDRP Fund: Allows the hospital to purchase state-of-the-art equipment for the NICU, as well as non-medical



comfort services while an infant is hospitalized at PVHMC. This includes Giraffe OmniBed Carestations in the NICU, Nic View cameras (updated in 2024) that allow families to watch their baby 24/7, Zaky hands, a therapeutic aid for infants, and much more. The NICU Family Fund also provides short-term housing services to

families with an infant in the NICU that live approximately 40 miles or more from PVHMC.

#### Milestones

Milestones Centers for Child Development: Dedicated to children's developmental and special needs from birth through adolescence. Our commitment is to help children reach



the developmental milestones that will enable them to achieve their highest potential through specialized therapy and care. Financial

support is critical to the success of our program, ensuring we provided the most advanced technologies and equipment for the hundreds of children and infants we serve.

In Memory of Beloved Babies: Honors the memory of beloved infants and children through our Helping Hands Memorial Wall. This location provides



bereaved parents and loved ones a peaceful place to reflect, meditate and heal. Constructed as a lasting tribute, the Memorial Wall is made of granite tiles. Each tile holds 24 names, and each name is permanently etched by sandblasting it into the tile. The Memorial Wall is a special way to honor the memory of your loved one.

**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.

**Trauma Center Fund**: Helps our injury prevention program by providing financial support for bicycle helmets, reflective gear, Stop the Bleed equipment (tourniquets, quick clot, etc.), educational materials and more to our community at no cost.

## New Gift Strategies for 2025

# The new tax bill that became law on July 4, 2025, creates many different opportunities for charitable giving.

The rules for gifts made in 2025 are unchanged

and are clean and simple—if you itemize, you can deduct the full value of your gifts. In terms of estate taxes, if your estate as a single person is less than \$14 million, no worries (the actual amount is \$13,990,000 but if you're married, it's \$26,980 million). Beginning in 2026, it gets trickier. The good news is that if you take the standard deduction and don't itemize, you can still get a \$1,000 reduction in your income before you calculate your taxes (\$2,000 for a married couple).

If you do itemize, there are some new restrictions. Your charitable deduction is limited to the amount in excess of 0.5% of your adjusted gross income. This means that

if you had an income of \$50,000, your charitable deduction would be reduced by \$250 before you can claim a deduction. There are also limits on the maximum amount you can donate based on your taxable income. This is a situation where you should talk to your advisors about what is best in your situation.

Here's the good news! If you are over the age of 70.5 and have an Independent Retirement Account (IRA), you can still save a lot in taxes if you have to take your Required Minimum Distribution (RMD). You can still make a Qualified Charitable Distribution (QCD) to your favorite charities, including Pomona Valley Hospital Medical Center (PVHMC) Foundation, by having your IRA Custodian send funds directly to the

charities. If you send an amount equal or greater than your RMD, you don't have to take it as taxable income.

Imagine a donor who has an income of \$100,000, with an RMD included in that income of \$10,000, and who usually gives \$10,000 to charity. By doing a QCD the donor reduces his income by \$10,000 and saves about \$2,000 in taxes.

This is one of the critical tax-saving benefits available to donors. Of course, in making a gift to charities that matter to you, what counts isn't the tax deduction. It's the programs and services that are provided through your gift.

Your gift to PVHMC Foundation, whether it's cash or appreciated securities or an estate gift, makes a difference. Your help supports the critical health services that are so desperately needed in our

community. It helps Pomona Valley Hospital Medical Center provide state-of-the-art care as well as critical emergency care when it is needed.



If you'd like more information on how to make a tax-advantaged gift to PVHMC Foundation, call us at 909.865.9139. Our team is available to work with you and your advisors in making a gift that benefits you and the health of our community.

## Foundation Guardian Angels

GUARDIANAngel

POMONA VALLEY HOSPITAL

MEDICAL CENTER FOUNDATION

**Eric Bajus, RN, Neuro ICU** "Eric is a nurse who deserves to be celebrated! How fortunate PVHMC is to have him on staff."

— Mr. James Burke and Ms. Susan Dowler

**Toni Walsh-Fernandez, PT** "Toni was articulate about instruction and the healing process, very professional in medical matters. She answered all my questions, a real asset to Pomona Valley Hospital Medical Center!"

— Mr. Patrick Kelly

**Alvin Sinulingga, RN, Outpatient Surgery** "Thank you for always being there when needed."

— Ms. Darla Farrell

Ana Marrero, RN, NP, Orthopedic Nurse Navigator "Thank you for always being there when needed."

- Mr. Robert Grammer

**Anthony Gan, DO** "We wanted to express our deepest gratitude for the incredible care you provided to my dad. Your expertise, dedication, and quick thinking truly saved his life, and words cannot fully convey how thankful we are."

— Mrs. Leigh Cornell and Family

Medication Safety Committee "As the Vice President of Nursing Services, it is my honor to acknowledge the Medication Safety Committee for their outstanding work in enhancing patient safety through the successful implementation of intermittent infusion. This initiative has significantly reduced medication errors, improved dosing accuracy, and optimized patient care processes. Their dedication, collaboration, and attention to best practices have made a measurable impact on patient-centered care."

— Mrs. Lolla Mitchell

**ICU 3, Neuro ICU** "Thank you for your care to my husband Dave, in July 2024. You are our Guardian Angel."

— Mrs. Vicky Petteruto and Family





















To make a Guardian Angel gift, please visit pvhmc.org/donate.

## Thank you to our generous donors!

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\$1 Million or more Lifetime Giving

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Mr. Joseph Baumgaertner and Ms. Elise

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2023, 2024, or 2025

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Pomona Police Department Premier Family Medicine Associates, Inc.

PVCH Clinical Laboratory Medical Group,

Inc.

**PVHMC** Auxilliary Race Roster The Ralph M. Parsons Foundation The Rauch Family Foundation Robert A. Donin Family Trust San Manuel Band of Mission Indians Stryker Medical Todd Memorial Chapel Unihealth Foundation

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