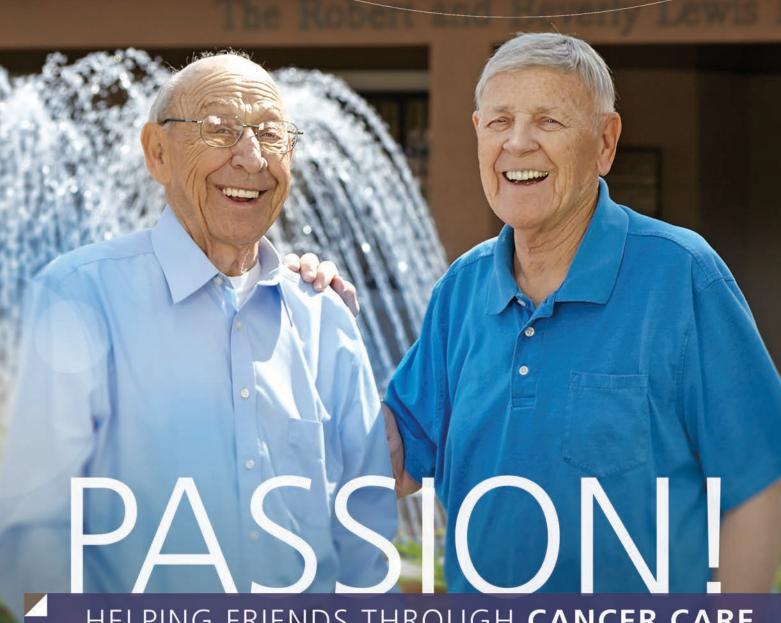
healthcares

Pomona Valley Hospital Medical Center Foundation



HELPING FRIENDS THROUGH CANCER CARE



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Featured on the cover: Gaspar Pasqualetto and Doug Halverson, Cancer Patients

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CHAIRPERSON'S message

diagnosis of cancer is frightening and can be overwhelming for both the patient and their family. When patients and their loved ones come to The Robert and Beverly Lewis Family Cancer Care Center, it's important that we not only provide physical healing, but also meet their spiritual and emotional needs. This is truly coordinated care.

Our Cancer Care Center offers much needed emotional, social and educational assistance through classes, workshops and support groups that are all available free of charge. People throughout our community can attend, regardless of whether they're receiving their cancer treatments here. While many of these programs are supported by our dedicated Volunteers, they also depend on funds raised through charitable gifts to PVHMC Foundation. This philanthropy began with the generosity of Robert and Beverly Lewis, who provided the seed money for what 25 years later is one of our region's most comprehensive cancer centers. Through the years, the Lewis' initial gift, which also funded The Robert and Beverly Lewis Family Cancer Care Center Endowment, has been augmented by thousands of additional gifts, large and small. These gifts have enabled our Cancer Care Center to provide exceptional, fully coordinated care. It's the best example I know of how shared philanthropic efforts can make a very significant impact in just a few years. It's not what your \$100 can do today, it's what your \$100, along with everyone else's \$100, can do over time.

In my 30 years at this Hospital, I've watched cancer services grow from a handful of small, independent physician practices to an integrated, state-of-the-art Cancer Care Center that

provides truly whole-person care. And philanthropy has played a pivotal role in that growth. Thank you to everyone who has given, and continues to give, what they can to benefit the Hospital and our community.

For more information on PVHMC Foundation, please visit pvhmc.org.



Dr. M. Hellen Rodriguez



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PVHMC Opens New Health Center in La Verne

omona Valley Hospital Medical Center (PVHMC) continues its commitment to provide residents with convenient, community-based health and wellness services with the opening of its fifth Health Center, located in La Verne.

Pomona Valley Health Center La Verne (PVHC La Verne), which opened on February 12, 2018, provides La Verne and San Dimas residents access to primary care, urgent care and occupational medicine services through Premier Family Medicine Associates, a medical group that has been associated with PVHMC for more than 20 years.

"The Physicians of Premier Family Medicine Associates are extending the broad-reaching care of the Hospital, with a personalized approach," said Michael Deanda, MD, Medical Director of PVHC La Verne.

All five primary care Physicians who staff PVHC La Verne are graduates of the PVHMC Family Medicine Residency Program, according to Jonathan Berends, Vice President for Ambulatory Care at PVHMC. "We take a lot of pride in training and retaining primary care Physicians to serve our communities," Jonathan said. "It ensures that people have access to high quality care right in their own neighborhoods."

In addition to comprehensive urgent care and primary care services for adults and children, PVHC La Verne offers occupational medicine to injured workers. Advanced imaging services include ultrasound, CT scans, MRI and 3D mammograms. The Center also houses a full service physical therapy department with a warm-water pool for aquatic therapy.

"We're pleased to offer La Verne and San Dimas residents comprehensive care at a single location in their community," said PVHMC President/CEO Richard E. Yochum, FACHE.

PVHC La Verne joins two Health Centers in Chino Hills, as well as Centers in Claremont and Pomona. PVHC La Verne is located at 2333 Foothill Blvd. ●

To learn more about PVHC La Verne, visit mypvhc.com. For more information on how you can support Pomona Valley Hospital Medical Center please contact Glenda Ferguson at glenda.ferguson@pvhmc.org, 909.865.9659 or visit pvhmc.org/foundation.

TWO FAST FRIENDS REFUSE TO LET CANCER DISRUPT THEIR

passion for life

"Here they come!" When Doug Halverson and Gaspar

Pasqualetto walked through the doors of The Robert and Beverly Lewis Family Cancer Care Center, the Associates, Volunteers and other patients would brighten in anticipation. The two men, there for chemotherapy treatment, would ride in on a wave of positive energy punctuated by laughter and jokes reminiscent of an old vaudeville act.

"We'd go there and relax and have a good time," said Gaspar. "We didn't believe being treated for cancer was a bad thing, a sad thing. We'd say good morning to everyone, how are you doing, and just have fun with everybody."

It's a remarkable outlook for two men, both 88, who are not only being treated for cancer themselves but whose wives have also been treated for cancer at Pomona Valley Hospital Medical Center (PVHMC). The two men met in early 2016 while waiting for their scheduled infusion therapy treatments at the Cancer Care Center and hit it off immediately.

"We discovered we had a lot in common, including being the same age, having cancer, having the same doctor (Alaa Latif, MD, a medical oncologist on staff at PVHMC) and having the same treatment," Doug said. They also both enjoy tight-knit relationships with their children, grandchildren and great-grandchildren – who sometimes accompany them to appointments and treatments – and share a passionate belief in not letting cancer interfere with living their lives to the fullest.

"I have too many other important things to think about than to be worrying about my cancer," Doug said. "I don't want to waste my time doing that."

"I know I have cancer, but why panic?" Gaspar echoed. "Most people take it like it's a sign of death, but you can't let the word cancer scare you. You have to say okay, let's see what we can do with it."

Doug's cancer journey began in 2006, when he was diagnosed with renal cell carcinoma and had his left kidney removed. His wife, Carmen, had already undergone surgery for colon cancer at PVHMC and was in remission; now it was his turn. After his surgery, Doug began seeing Dr. Latif each month to monitor his health. In 2014, cancer was found in his pancreas and Doug underwent additional surgery. After follow-up tests revealed more cancer in his thyroid, prostate and lungs, he began oral chemotherapy. In 2016, he started infusion therapy at the Cancer Care Center, where he soon encountered Gaspar.





aspar was receiving infusion therapy for lung cancer that spread to the liver. A former smoker, Gaspar had always received regular check-ups from his family medicine physician. In 2015, a routine blood test revealed something suspicious and his doctor referred Gaspar to Dr. Latif, who confirmed a diagnosis of cancer. Dr. Latif ordered chemotherapy treatment at the Cancer Care Center, where Gaspar met Doug, and their friendship blossomed immediately.

"Gaspar is an energetic guy and when we discovered that the nurses were laughing at our conversations, we decided to ramp it up a bit," Doug said. "Pretty soon some of the patients were laughing along with the nurses. We were just having a good time, but at the same time we realized we were getting some of the patients to think about something else besides their own condition. So Gaspar and I kept feeding off one another and hopefully we were helping everyone; ourselves, the nurses and even the other patients."

> The two scheduled their appointments together and every other Thursday for the next year and a half they descended upon the Cancer Care Center in a whirl of laughter and good humor. "They uplifted the room," said Nancy Petrissans, RN, who worked in the Infusion Center at the time Doug and Gaspar were receiving treatment. "I was so excited when I saw their names on the appointment list." Today, though no longer undergoing treatment, they remain friends, staying in touch through phone calls and the occasional

lunch or coffee.

OUQ is passionate about model railroading and has an HO-scale set-up in his garage. When his 21 great grandchildren visit, it's the first thing they ask about. "I have a large family and I always look forward to getting

Gaspar enjoys reading and during football season, almost nothing pulls him away from the television. He is deeply proud of his children and five grandchildren, all college graduates. "I have a close connection with all of them; I'm the luckiest father and grandfather alive," he said. They now provide support for his wife Mary, who is currently undergoing treatment for lung cancer at PVHMC.

together with the kids," he said.

Gaspar and Doug hope their positive attitude will inspire others. "Maybe it will help other cancer patients to look at life a little differently," Gaspar said. "I feel great, have a wonderful family, and don't know how much luckier I can be."

To make a gift supporting The Robert and Beverly Lewis Family Cancer Care Center, please contact Glenda Ferguson at glenda.ferguson@pvhmc.org, call 909.865.9659 or visit pvhmc.org/foundation.

They uplifted the room. I was so excited when I saw their names on the appointment list.



NANCY PETRISSANS, RN THE ROBERT AND BEVERLY LEWIS FAMILY CANCER CARE CENTER



Alaa Latif, MD

ONCOLOGY/HEMATOLOGY SPECIALIST AT PVHMC

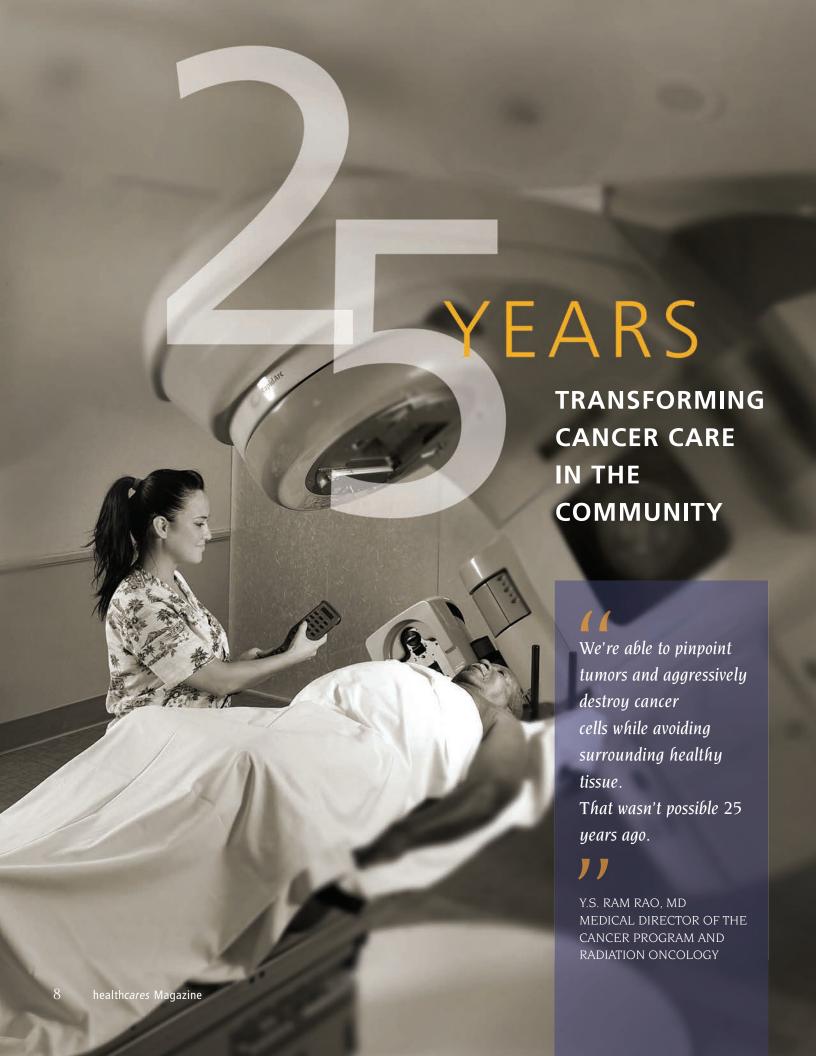








- Q: Your patients, Doug Halverson and Gaspar Pasqualetto, had infusion therapy with a new medicine, Nivolumab. Is this a new chemotherapy drug?
- **A:** It's not chemotherapy, it's immunotherapy. It is a new tool in the fight against cancer. It's used as a second line of treatment when chemotherapy has not been successful in some tumors, and as a first line of treatment for other tumors.
- Q: After infusion therapy with Nivolumab, both Doug's and Gaspar's tumors stabilized. Is this a typical result?
- A: This is fortunate for Doug and Gaspar, but not all patients will have the same result.
- Q: How important is a good attitude in patients undergoing cancer treatment?
- **A:** A positive attitude is always good! It can help patients cope with the emotions that may come with a cancer diagnosis and can make treatment more tolerable.
- Q: How can people who are anxious or depressed about their cancer try to have a more positive attitude?
- **A:** They can increase their spiritual and social support by reaching out to friends and family, and by participating in one or more of the many cancer support programs offered by Pomona Valley Hospital Medical Center (PVHMC).
- Q: Doug and Gaspar both keep busy in their day-to-day lives. Is this also important for cancer patients?
- A: Yes, patients should continue to have a productive life and remain engaged in activities they enjoy. Staying busy can help take your mind off cancer and ease the cancer experience, and just help you to be happier overall.



n 25 years of serving the community, The Robert and Beverly Lewis Family Cancer Care Center has made significant advances in treatments and technology, while continuously expanding services to provide leading edge, quality care close to home.

In the 1980s, Robert Ring, III, MD was a radiologist and radiation oncologist. He had the initial vision to build a cancer center that would take care of all patients' needs under one roof. His vision became a reality in 1993 when The Robert and Beverly Lewis Family Cancer Care Center opened its doors. Dr. Swarna Chanduri and Dr. Ram Rao were among the physicians who started the Cancer Center.

Today, treatment advances mean patients have access to options not available 25 years ago, according to Swarna Chanduri, MD, a hematologist and medical oncologist. "Patients no longer have to travel outside the community to receive state-of-the-art care," she said. "We offer some of the most comprehensive services in the region."

Recent, life-saving advances include Tomotherapy, Trilogy, robotic surgery, 3D mammography and clinical trials that explore potentially groundbreaking new treatments.

"Our technology is the best in the field," said Y.S. Ram Rao, MD, Medical Director of the Cancer Program and Radiation Oncology. "We're able to pinpoint tumors and aggressively destroy cancer cells while avoiding surrounding healthy tissue. That wasn't possible 25 years ago."

Greater collaboration also exists among physicians from different disciplines, who meet once a week to discuss patients' treatment plans and ensure their cancer is tackled on multiple fronts quickly and effectively. Nurse Navigators and a Social Worker are there to listen and guide patients through their cancer journey, from organizing appointments and accessing support groups to helping with physical appearance and financial assistance needs.

"We offer some of the most complete support services in the region," said Shellee Reese, RN, Director of the Cancer Care Center. "Patients from other facilities in the area attend our support groups."

Philanthropy has also played a major role in the Cancer Care Center's growth through the years. From the transformative gift from Robert and Beverly Lewis and their family to the first \$1 million pledge by PVHMC Auxiliary, to individual donations, every contribution has helped build the Cancer Care Center into what it is today.

"That people give so generously speaks volumes," said Leigh Cornell, Vice President, Administration.

For more information on how you can help The Robert and Beverly Lewis Family Cancer Care Center continue providing state-of-the-art care and equipment, please contact Glenda Ferguson at glenda.ferguson@pvhmc.org or 909.865.9659 or visit pvhmc.org/foundation."

THE ROBERT & BEVERLY LEWIS FAMILY

CANCER CARE CENTER

1978-1990 | 1

The vision and concept of a Cancer Center began along with a feasibility study and the start of fundraising

1990 | 2

PVHMC Auxiliary pledges \$1 million – the largest pledge ever made by the Hospital Auxiliary

1991 | 3

Public phase of Capital Campaign began with a "Share the Vision" event at the Red Lion Hotel

1993 | 4

Staff moves into building and Grand Opening events were held

1994 | 5

First Anniversary was held

First InTouch Newsletter

1995 | 6

First patient enrolled in Radiation Therapy Oncology Group (RTOG) Clinical Trial

1998 | 7

First patient received Seed Implant (Brachytherapy) for Prostate Cancer

Fundraiser featuring the Beach Boys. Beverly and Bob Lewis with JoAnn George, Vice President of Development

2000 | 8

First "Light of Hope" honoring those with breast cancer was held

2001 | 9

Breast Health Center opens within the Cancer Center

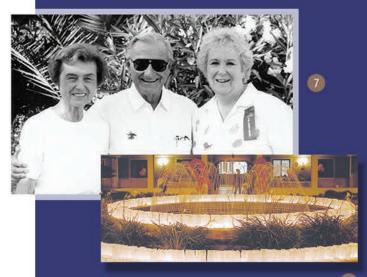
2003 | 10

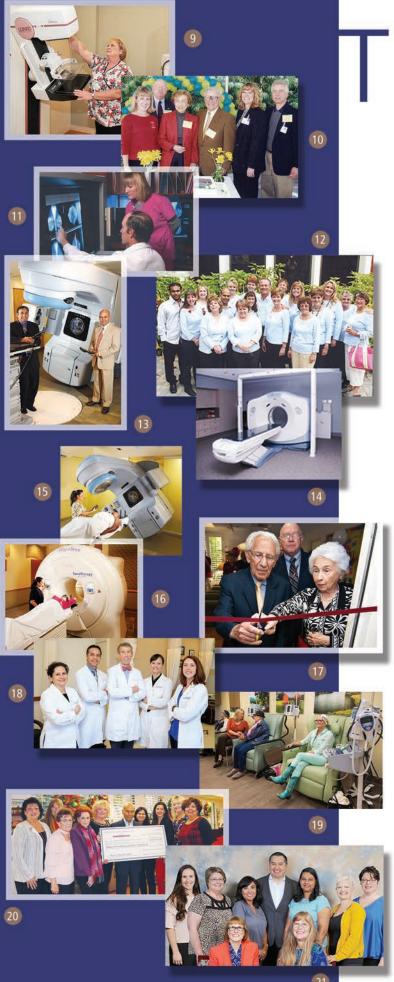
10th Anniversary was celebrated

Began treating patients with Intensity Modulated Radiation Therapy (IMRT) Technology with BrainLab System

First "Celebrating with Style" fundraiser held







TIMELINE

2004 | 11

First in area to offer Digital Mammography with Computer Aided Diagnosis

2005 | 12

Another Survivors Day Celebration

2007 | 13

Began treating patients with new Trilogy System, large field IMRT with Image Guided Radiation Therapy (IGRT)

2008 | 14

Installed new GE CT Scanner dedicated to radiation treatment planning

2008 | 15

Rapid Arc IMRT treatments began on Trilogy Linac

2010 | 16

Began using the new TomoTherapy HiArt Linac

2011 | 17

Charles Magistro dedication for the Patient/ Community Library, with Richard Yochum, FACHE, President/CEO, and Mrs. Noel Magistro

2012 | 18

Gynecological Oncology Associates join our team

2016 | 19

Many of the Medical Oncologists integrated their practices with the Hospital; the Hospital performs the business functions while the Physicians continue to provide the highest quality, personalized medical care to our patients

2017 | 20

Ladies Plastic Golf Organization's donation from the 16th Annual Golf Tournament with contributions totaling \$543,000 over the years to the Breast Health Fund

2018 | 21

25th Anniversary Celebration with the current staff

GIT'S THE CLIMB?

EVENT INSPIRES & CELEBRATES CANCER SURVIVORS

In August 2000, at age 42, Alan Hobson was diagnosed with a very aggressive cancer of the blood and given less than a year to live. But he not only survived, he thrived. After undergoing a stem cell transplant, he used hard-earned lessons learned while summitting Mt. Everest, combined with courage and faith, to regain an elite level of fitness. In 2010, he was successfully treated for squamous cell carcinoma as well.

At Pomona Valley Hospital Medical Center's (PVHMC) cancer survivors' celebration on October 7, 2017, Hobson shared the story of his two-time climb back from cancer and the psychological skills he believes are necessary to survive and thrive after a life-threatening illness.

The event, "It's the Climb," was at the DoubleTree Hotel in Ontario. It featured a cocktail reception, silent auction, dinner, the keynote speech by Hobson, music and dancing. In addition, five PVHMC cancer survivors — Brenda Cosans, Maria Garcia, Phyllis Gleason, Gabriel Lomeli and Martin Ortega — were recognized. Proceeds from the event, which took the place of the *Celebrating With Style Fashion Show and Luncheon*, benefit The Robert and Beverly Lewis Family Cancer Care Center Endowment Fund.

Hobson said his mission is to inform, inspire and help those touched by cancer to maximize their quality of life. "We not only need to save lives," he said, "we need to return them."

To make a gift to The Robert and Beverly Lewis Family Cancer Care Center Endowment, please use the enclosed envelope, visit pvhmc.org, or contact Glenda Ferguson at glenda.ferguson@pvhmc.org or 909.865.9659.



LPGO DONATES \$35,500 TO PVHMC BREAST HEALTH FUND

DIGNACAP

CHEMOTHERAPY WIGS



he Ladies Plastics Golf Organization (LPGO) raised \$35,500 to benefit Pomona Valley Hospital Medical Center (PVHMC) at its 18th annual charity golf tournament, held on November 8, 2017 at the Coyote Hills Golf Course.

The majority of the funds, \$30,000 – will support the Breast Health Fund at The Robert and Beverly Lewis Family Cancer Care Center, which provides wigs for women undergoing chemotherapy, financial assistance to low-income women who need biopsies, and educational materials for anyone touched by breast cancer. The remaining \$5,000 will support a new treatment to reduce hair loss among men and women undergoing chemotherapy.

Called DignaCap, the FDA-approved treatment consists of a molded silicone cap and cooling unit that cools the scalp. The reduced temperature decreases blood flow to the scalp, so less chemotherapy reaches the hair cells. In addition, cellular metabolism within the hair cells is slowed down. Therefore, hair cells are not exposed to the full dose of chemotherapy and may be able to survive the treatment.

This annual golf tournament began in 2000 by several women working in the plastics industry, the LPGO tournament has raised more than \$535,000 to support PVHMC's Breast Health Fund.

"This funding is crucial to the Breast Health Fund, and we're so appreciative of the LPGO's ongoing, generous support," said PVHMC Foundation Director of Development Glenda Ferguson.

To make a gift supporting the Breast Health Fund at The Robert and Beverly Lewis Family Cancer Care Center, or the new DigniCap cooling procedure, please contact Glenda Ferguson at 909.865.9659, or glenda.ferguson@pvhmc.org.



Holiday

OPEN HOUSE











PVHMC ranks in the **top 10 percent** nationally for cardiac surgery

omona Valley Hospital Medical Center (PVHMC) is among the top 10 percent of hospitals in the nation for cardiac surgery, according to Healthgrades, the leading online resource for comprehensive information about physicians and hospitals.

PVHMC also achieved Healthgrades' 5-Star Rating – the highest score possible – for coronary bypass surgery and carotid surgery.

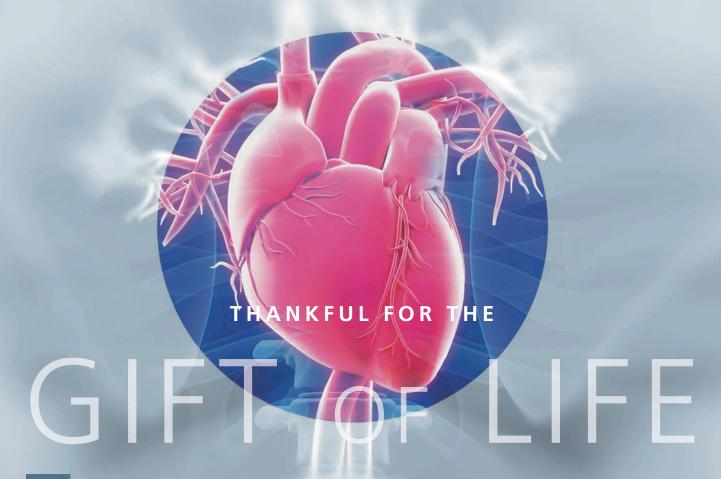
"Patients who choose PVHMC's Stead Heart and Vascular Center are choosing one of the nation's top rated, most comprehensive heart programs," said Rama K. Thumati, MD, Medical Director of Cardiology Services.

"The Healthgrades recognition demonstrates our commitment to provide state-of-the-art care to patients," said Richard E. Yochum, FACHE, President and CEO. "We have invested in both the technology and the people necessary to ensure that we have the most complete line of cardiovascular and stroke services in the region."

"Hospitals that have achieved a specialty excellence distinction from Healthgrades prove a commitment to high-quality of patient care," said Brad Bowman, MD, Chief Medical Officer, Healthgrades. Every year, Healthgrades evaluates quality at nearly 4,500 hospitals nationwide.

To learn more or make a gift to the Stead Heart & Vascular Center, visit pvhmc.org. For more information about the Healthgrades Cardiac Five-Star Excellence Awards, visit Healthgrades.com/quality.

HEART VALVE RECIPIENT



eresa Garcia, 51, of Pomona, never dreamed that routine surgery to remove benign fibroid tumors from her uterus would lead to open heart valve surgery. Today, just months after receiving a new heart valve, she vows to never again take life for granted.

"I feel life is a gift that you need to take care of," she said. "I spend a lot more time doing fun activities with my family and I'm more patient and tolerant of the little things."

A stay-at-home mom, Teresa is back to driving her teenage daughters to school, work and cheerleading practice. And while her family is not yet used to eating more vegetables and less beef – just two of the lifestyle changes Teresa has implemented – she's thankful every day for the chance to be there for them.

Teresa's story began while she recuperated from her fibroid surgery at a nearby hospital. "The doctor

ordered an EKG (electrocardiogram)," Teresa recalled. "They said my heart had stopped during surgery."

Teresa later began seeing Rama Thumati, MD, a cardiologist and Medical Director of Cardiac Services at Pomona Valley Hospital Medical Center (PVHMC), who reviewed her EKG, ordered further tests and began monitoring her heart. In December 2017, an angiogram revealed aortic valve stenosis – a narrowing of the heart's aortic valve. Teresa's valve was not opening fully, which reduced the amount of blood flowing from her heart to her aorta, the large artery that provides blood to the rest of the body.

"I wasn't physically active and when I'd get tired from walking or going up stairs, I just assumed it was from lack of exercise and being a little overweight," Teresa said. "As it turns out, my heart valve was supposed to be opening the size of a quarter but it

To learn more or make a gift to the Stead Heart & Vascular Center, please contact Glenda Ferguson at glenda.ferguson@pvhmc.org, call 909.865.9659 or visit pvhmc.org/foundation.



THOMAS KLEISLI, MD CARDIOTHORACIC SURGEON



TERESA GARCIA CARDIAC PATIENT

was only opening the size of a pea."

While the aortic valve normally has three cusps, which open during each heartbeat to let blood leave the heart, Teresa was born with just two. On January 23, 2018, Thomas Kleisli, MD performed open heart surgery at PVHMC to replace Teresa's defective valve. She began cardiac rehabilitation a month later.

"Now I feel a lot better," said Teresa. "The recovery time was faster than I thought. In addition to walking on the treadmill at the Hospital, I walk at least 20 minutes a day on my own. And I take the stairs now. Soon I'll be able to go back to all of my regular activities.

"The care I received at PVHMC was excellent,"
Teresa continued. All three of my daughters were born there, and I have always been treated very kindly and respectfully. Dr. Kleisli and his team explained everything in detail to my family and me. I'm in awe over how quickly I recuperated."

Q&A

with Thomas Kleisli, MD

Q: Is there an average age for when people need valve replacement surgery?

A: Normally, the aortic valve has three leaflets that open and close as the heart pumps blood to the rest of the body. On occasion, this valve has only two leaflets. Valves with two leaflets – like Teresa Garcia's – age more quickly. The valve becomes stiff and does not open well. This narrowing of the valve's opening is called aortic stenosis. Patients with three leaflets usually don't experience aortic stenosis until their 70s or later. Those with two leaflets may get aortic stenosis in their late 40s or 50s.

Q: What causes aortic stenosis in the average patient?

A: It usually results from the normal aging process. Calcium deposits that accumulate on the edges of the aortic valve's leaflets slowly, over time, impair the valve's functioning. This process can be accelerated by certain medical issues, such as kidney failure.

Q: What are the typical symptoms of aortic valve stenosis?

A: Patients may tire easily or feel short of breath. Later, more significant symptoms may include chest pain and dizziness or fainting, as the heart struggles to push the blood through a tightly narrowed valve opening. Aortic stenosis is a very serious disease and can be life-threatening.

Q: What are the options for patients who need a valve replacement?

A: The two types of valves are mechanical and tissue. Mechanical valves last longer but require lifelong treatment with blood thinning medication. Tissue valves only need medication for about six weeks but may need to be replaced in 15-20 years.



s a special surprise, the D Street Dance Team of Bonita High School in La Verne performed a lively flash mob dance to help kick off the festivities for more than 500 guests at Pomona Valley Hospital Medical Center (PVHMC) Foundation's 24th annual Heartbeat Gala, themed "Rocking to the Beat."

The event, held on Saturday, March 3, 2018 at the DoubleTree Hotel in Ontario, began with a champagne reception and silent auction followed by dinner and entertainment from one of Southern Calfornia's most requested classic rock bands, The Answer. During the program, La Verne Police Chief Nick Paz presented PVHMC President/CEO Richard E. Yochum, FACHE with a plaque recognizing the Hospital for saving the life of a La Verne police officer who was shot and brought to the Hospital for care.

The event supports the Stead Heart & Vascular Center Endowment Fund at PVHMC. In all, the annual Gala has raised more than \$3 million to support the Stead Heart & Vascular Center, a nationally recognized center of excellence.

"Our community is fortunate to have local access to high-quality, nationally recognized cardiovascular services," said La Verne Mayor Don Kendrick, First Vice Chairman of the PVHMC Foundation Board and this year's Heartbeat Gala Chairman. "It's reassuring to know they're here for us if we or a loved one are stricken with heart attack or stroke."

"To Carole and Bill Stead, along with our other generous supporters and the Physicians, Nurses and Associates of the Stead Heart & Vascular Center − thank you," said PVHMC President/CEO Richard E. Yochum, FACHE. "We're humbled by your support and charitable donations to benefit the patients we serve." ■

To learn more or make a gift to the Stead Heart & Vascular Center, please contact Glenda Ferguson at glenda.ferguson@pvhmc.org, call 909.865.9659 or visit pvhmc.org/foundation.







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Katrina Woolfolk, RN

POWER OF RED RAISES \$5,000 AT

paint night!

Nearly 130 women (and a few men)
painted the town red – or at least
wore red while brandishing brushes
– at a lively paint and sip party that
raised \$5,000 for the Stead Heart and
Vascular Center's Stead Heart
for Women Program.

It was the 11th annual Power of Red event, held on Thursday, February 1, 2018 at the Sheraton Fairplex Hotel in Pomona. Pomona Valley Hospital Medical Center (PVHMC) Foundation donors, Board Members and Hospital Associates all joined in the fun to raise funds for women's cardiovascular programs and promote education on women's heart-healthy lifestyles. All wore red to show their support of the national movement to end heart disease and stroke in women.

Purple Easel of Ontario provided the painting materials and gave the women step by step instructions on how to recreate the evening's featured art, a "Field of Tulips."

"We celebrated women's power to take charge of their own heart health," said Debbie Keasler, RN, Director of the Stead Heart & Vascular Center. "Heart disease is still the number one cause of death for women in the United States. We're trying to change that."

To learn more about the Power of Red or make a gift to the Stead Heart & Vascular Center, please contact Glenda Ferguson at glenda.ferguson@pvhmc.org, call 909.865.9659 or go online at pvhmc.org/foundation.

PVHMC EARNS CHEST PAIN CENTER ACCREDITATION



If you or a loved one has chest pain and think it may be a heart attack, Pomona Valley Hospital Medical Center (PVHMC) is the place to go.

he Hospital is one of the few in Los Angeles County to have earned Chest Pain Center Accreditation with Primary PCI from the American College of Cardiology (ACC) for its expertise and excellence in evaluating, diagnosing and treating patients who may be experiencing a heart attack.

"Primary PCI" is percutaneous coronary intervention, also known as coronary angioplasty. The accreditation means PVHMC has Cardiac Catherization Lab staff and an Interventional Cardiologist available 24 hours a day, 7 days a week, every day of the year to perform coronary angioplasty and other tests and treatments necessary to treat chest pain and heart attacks. During angioplasty, doctors use a balloon to open narrowed or blocked coronary arteries.

"One of our major focuses as a Chest Pain Center is to help people recognize and manage the early signs and symptoms of a heart attack and address risk factors," said Debbie Keasler, RN, Director of the Stead Heart & Vascular Center at PVHMC. "Early signs and symptoms occur in more than half of all patients and if recognized and treated in time, we can prevent or reduce damage to the heart."

"PVHMC has demonstrated its commitment to providing excellent heart care," said President/CEO Richard E. Yochum, FACHE. "This accreditation came after a rigorous onsite evaluation by the American College of Cardiology's where we met the stringent requirements."

For more information on the Stead Heart & Vascular Center's services, visit pvhmc.org. To make a gift supporting the Stead Heart & Vascular Center, please contact Glenda Ferguson at glenda.ferguson@pvhmc.org, call 909.865.9659 or go online at pvhmc.org/foundation.

EARLY SIGNS AND SYMPTOMS OF A HEART ATTACK

......

- Chest pain (angina)
- Feeling of fullness
- Pain that travels down one or both arms
 - Jaw pain (especially in women)
 - Excessive fatigue (especially in women)
 - Anxiety
 - Nausea (especially in women)
 - Upper back pain (especially in women)

STROKE CARE WITH THE HIGHEST ACCREDITATIONS

Pomona Valley Hospital Medical Center (PVHMC) is the first Hospital in the region to be designated as a Comprehensive Stroke Center by the Los Angeles County Emergency Medical Services Agency. In addition, the Hospital received its Primary Stroke Center recertification from the Joint Commission.

We are one of the few hospitals in the area that offer 24/7 thrombectomy services. It's a leading edge technique that until recently was only found at major university medical centers.

"

DEBBIE KEASLER, RN DIRECTOR OF THE STEAD HEART & VASCULAR CENTER VHMC earned the L.A. County designation after demonstrating its capability to meet, 24/7, rigorous diagnostic, treatment and emergency care requirements for stroke patients. These include thrombectomy, a state-of-the-art minimally invasive technique in which an interventional neurologist goes into the brain to physically remove the blood clot in patients that is contributing to a stroke. Other capabilities include round-the-clock, advanced imaging and staff who are specially trained to provide complex stroke care.

"We are one of the few hospitals in the area that offer 24/7 thrombectomy services," said Debbie Keasler, RN, Director of the Stead Heart & Vascular Center at PVHMC." It's a leading-edge technique that until recently was only found at major university medical centers."

The Hospital continues to bring the most advanced, lifesaving stroke care to the community and also offers a Nurse Coordinator for total patient support, stroke rehabilitation care, education to help reduce the risk of future strokes, support groups, and participation in stroke research and clinical trials.

"It's the highest level of care available in Los Angeles County," Debbie said. "And it's right here in our community."

For more information on the Stead Heart & Vascular Center's services, visit pvhmc.org. To make a gift supporting the Stead Heart & Vascular Center, please contact Glenda Ferguson at glenda.ferguson@pvhmc.org, call 909.865.9659 or go online at pvhmc.org/foundation.

Cardiac Care HIGHLIGHTS



PVHMC HOSPITAL

PVHMC MARKS
COMPLETION OF
TRAUMA CENTER
WITH BEAUTIFUL

PUBLIC ART

Pomona Hospital Medical Center (PVHMC) has put the final touches on its new Trauma Center by installing a beautiful piece of public art on the Orange Grove Avenue side of its new four story parking structure. The artwork, a large-scale mural measuring 30 feet tall by 83 feet wide, depicts the region's once thriving citrus industry with oranges, blossoms and leaves.

Called "Gift of the Valley," the artwork and installation were underwritten by a gift to PVHMC Foundation from Elizabeth "Betty" DesCombes and her children, in memory of her late husband and longtime PVHMC Board member Donald R. DesCombes. Betty served on the PVHMC Foundation Board for 11 years, from 2007-2017, and was elected as an emeritus member of the board in 2017.

The mural was painted by notable artist Tony Sheets, who grew up in the Pomona Valley, which was surrounded by citrus groves, and coined the mural's title from his wonderful memories here. Well-known in the Claremont artist community, Tony has created numerous large-scale sculpture murals throughout California. Two of his children were born at PVHMC.

"The city of Pomona has a deep commitment to public art and displaying this beautiful piece from a world-renowned artist is our contribution to the community," said PVHMC President/CEO Richard E. Yochum, FACHE.



B E N E F I T S

tudies have shown that art has a powerful impact on health and healing. A new partnership between Pomona Valley Hospital Medical Center (PVHMC) and the dA Center for the Arts in Pomona now provides visitors and patients with inspiration and escape while supporting the community.

Beautiful pieces from local artists hang in the waiting area of Outpatient Surgery on the second floor of the Robert and Beverly Lewis Outpatient Pavilion. The showcased artwork, all available for purchase, will rotate to feature a variety of artists. A portion of all sales will go to PVHMC Foundation.

"Art positively impacts all of us," said Leigh Cornell, FACHE, Vice President of Administration. "We're pleased to give our patients and visitors a sense of well-being, shared experience and comfort through art, while helping support the local art community."

Artist Dovey Dee is one local artist whose work is showcased. Dovey graduated from Scripps College in 1983 with a Bachelor of Arts degree in studio art and earned a Master of Fine Arts degree in painting from Claremont Graduate University. Her professional career has focused on spatial data engineering in support of environmental science.

"I'm excited and pleased to be able to share my vision of the Australian landscape," Dovey said. "These works are part of my embracing and exploring my adopted country and my desire to share that vision with my homeland."

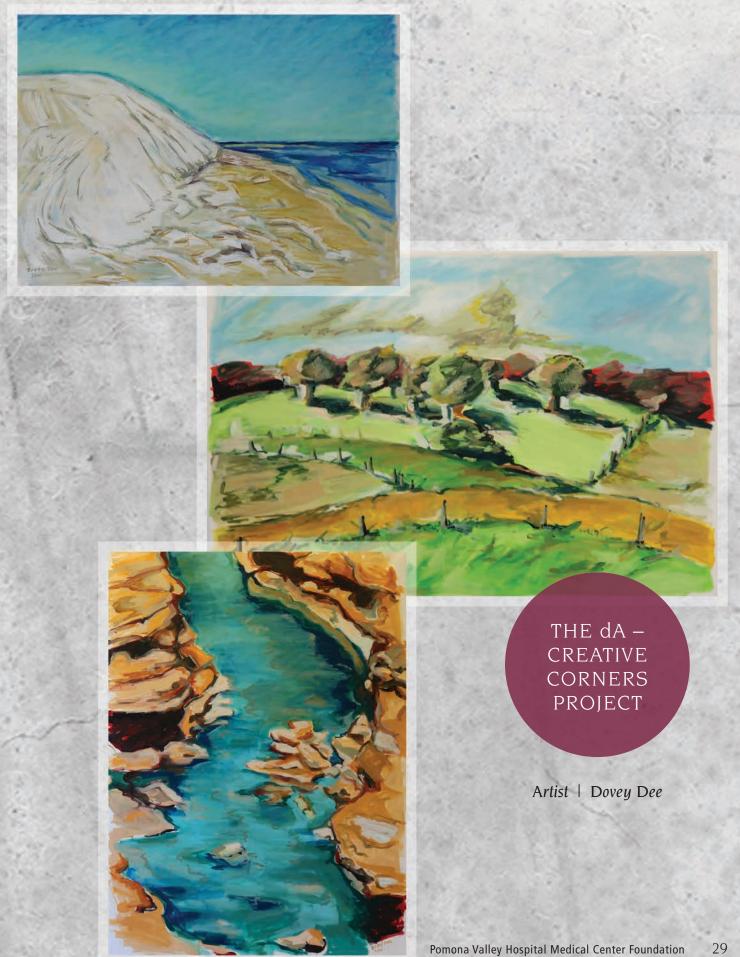
The nonprofit dA Center for the Arts, located in downtown Pomona, is a leading hub for emerging artists. It offers classes for the community, exhibition and studio/classroom space, and a store featuring local artisans' work. It also administers art programs to students in the school district and college graduates from neighboring universities.

For more information on how you can support PVHMC Foundation, visit pvhmc.org or contact Glenda Ferguson at qlenda.ferguson@pvhmc.org or 909.865.9659.

We're pleased to give our patients and visitors a sense of well-being, shared experience and comfort through art, while helping support the local art community.

"

LEIGH CORNELL, FACHE VICE PRESIDENT OF ADMINISTRATION



PVHMC IS THIRD HOSPITAL IN THE STATE TO EARN ADVANCED CERTIFICATION FOR

PERINATAL CARE EXCELLENCE



Pomona Valley Hospital Medical Center (PVHMC) is just the third hospital in California, and the only hospital in Los Angeles, Orange, San Bernardino and Ventura counties to earn Perinatal Care Certification from The Joint Commission.

"This certification means women can be certain they'll receive the most advanced, patient-centered and comprehensive care throughout their pregnancy, delivery, and post-partum" said M. Hellen Rodriguez, MD, Medical Director of Maternal-Fetal Medicine at PVHMC. "Whether they have an uncomplicated or high-risk pregnancy, or even a critical pregnancy-related condition, we can provide the expert care they need."

"The standards of performance to obtain Joint Commission Certification in Perinatal Care are rigorous," said DeeAnn Gibbs, RN, PVHMC's Director of Women's Services. "Our in-house obstetricians, anesthesiologists, Women's Center Operating Room Team and Neonatal Team respond immediately to provide whatever level of care is vital. Women with high-risk pregnancies are cared for around the clock in our High-Risk Unit by a specialist in Maternal-Fetal Medicine. Women can also be cared for in our Intensive Care Unit when needed. Infants with special care needs can be transferred to our Neonatal Intensive Care Unit within minutes."

The Joint Commission began offering Perinatal Certification in 2015. "The fact that we're one of the first hospitals in the state to earn Certification recognizes our commitment to healthy mothers and babies," said Dr. Rodriguez. "Most everything that was required for certification we already had in place for years. We have the technology, but most importantly, we have the culture and the people. Every person, from the Associate who is cleaning the room to the Physician who is performing the surgery and everyone in between, is passionate about providing the absolute best care possible to our patients."

For information on how you can support Perinatal Care excellence at PVHMC, visit pvhmc.org or contact Glenda Ferguson at glenda.ferguson@pvhmc.org or 909.865.9659.

The fact that we're one of the first hospitals in the state to earn Certification recognizes our commitment to healthy mothers and babies.



M. HELLEN RODRIGUEZ, MD MEDICAL DIRECTOR OF MATERNAL-FETAL MEDICINE



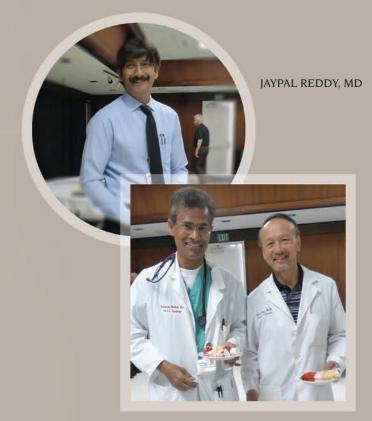
very year, Pomona Valley
Hospital Medical Center (PVHMC)
recognizes its Physicians for their
community with a special Doctor's Day
celebration.

This year's event, held on Tuesday March 27, 2018, was themed "A Healthy Start." Physicians lunched on salads, fruit, pastas, chicken and other healthy fare catered by Spaggi's restaurant in Upland. Many Doctors entered a drawing to win one of 20 gift baskets contributed by Hospital departments. Some enjoyed 10-minute "stretch therapy" experiences designed to relieve tension and promote well-being, provided by StretchTek in Encino.

The highlight of the event was a presentation by PVHMC President/CEO Rich Yochum, FACHE, honoring 11 Physicians as Guardian Angels. These Doctors were recognized by their patients, families and PVHMC Associates for providing exemplary care and service. The Guardian Angel Award recipients were: Dr. Lisa Abaid; Dr. Bhupat Desai; Dr. Guangqiang Gao; Dr. Sarika Jain; Dr. Nazli Janjua; Dr. Randy Karu; Dr. Kenneth Nakamoto; Dr. Elmer Pineda; Dr. M. Hellen Rodriguez; Dr. Duane Styles; and Dr. Rama Thumati.

"Doctors' Day is a chance to step back and say 'thank you' to our Doctors for the long hours they work, their compassion, and the efforts they put into practicing medicine," said Kenneth Nakamoto, MD, who together with Mariette Pineda, wife of PVHMC Medical Staff President Elmer Pineda, MD, helped plan the festivities.

For information on honoring a PVHMC Doctor as a Guardian Angel, contact Glenda Ferguson at glenda.ferguson@pvhmc.org or 909.865.9659. Or visit pvhmc.org and click on "Giving and Support" and then "Ways to Give."

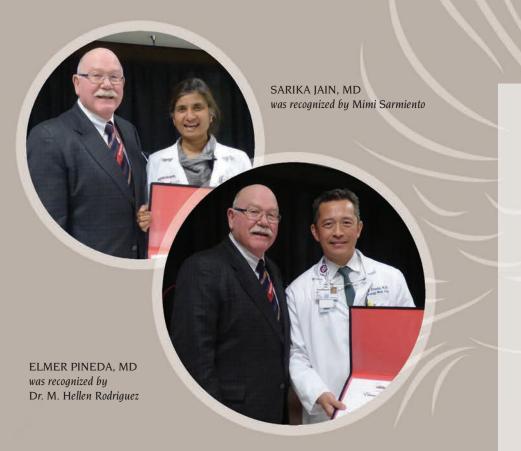


MUTHUSAMY MUTHIAH, MD AND TOM MOY, MD

DOCTOR'S DAY

IMMEDIATE PAST PRESIDENT, LESTER HOLSTEIN, III, MD PRESIDENT ELECT, HEATHER DAVIS, MD AND PRESIDENT, ELMER PINEDA, MD





GUARDIAN ANGELES NOT PICTURED:

LISA ABAID, MD was recognized by San Gabriel Valley Perinatal Medical Group

NAZLI JANJUA, MD was recognized by Debbie Keasler, RN

CAROL LEVI, MD was recognized by San Gabriel Valley Perinatal Medical Group

M. HELLEN RODRIGUEZ, MD was recognized by Jim Dale and Mr. and Mrs. Lewis Israelitt

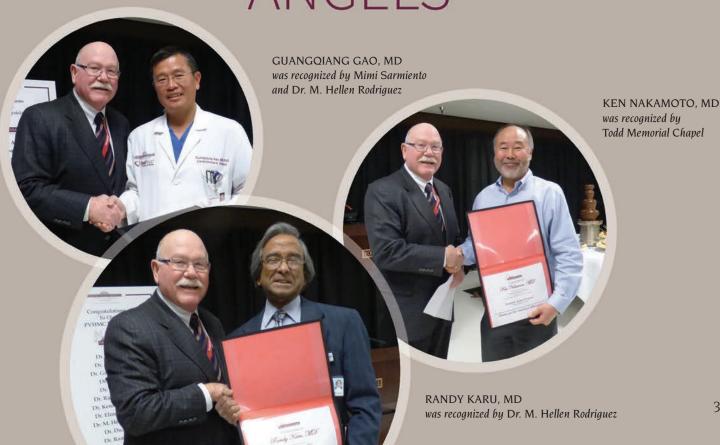
DUANE STYLES, MD was recognized by Mr. and Mrs. Blair Maffris

RAMA THUMATI, MD was recognized by Dr. M. Hellen Rodriguez, Mr. and Mrs. Blair Maffris and Debbie Keasler, RN

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BHUPAT DESAI, MD was recognized by Debbie Keasler





Around the HOSPITAL

The 19th Annual Tree
Lighting celebration was
held on December 6th for
our community. Photos with
Santa, cookies, coloring and
entertainment made for a
festive evening!





The second annual
Neonatal/Pediatric Symposium was held
on October 23, 2017. Pictured (l-r)
Tess Paras, BSN, RNC-NIC, NICU
Supervisor; Margaretha Cash,
MSN, CNS, RNC-NIC; Sue Wilkinson,
RN, NICU Quality Management
Supervisor; Deana Kuhlman, BSN,
RNC-NIC, NICU Supervisor; Carrie
DuPee, DPN, CNS-BC and Michele
Atkins-Young, BSN, MBA, Director of
Children's Services.

The annual
Walk to Remember, for those
who have lost a baby or child
was held October 27, 2017.
Those attending are able to
write a heartfelt message on
the quilt.



3RD ANNUAL

RETIRED PHYSICIANS LUNCHEON

n Friday, September 29, 2017 PVHMC Foundation hosted the Retired Physicians Luncheon at the Sheraton Fairplex Hotel in Pomona. Over 60 guests enjoyed hearing about the updates to the Trauma program by Richard Yochum, FACHE, CEO/President and Deborah Keasler, RN, Director of Cardiac Services spoke on Cardiovascular Disease – Prevention Matters. The luncheon also featured a detailed presentation on Transcatheter Aortic Valve Replacement (TAVR) by Gaurav Parikh, MD, Cardiovascular Disease Interventionalist.

This program was chaired by Harold D. Damuth, MD, Radiologist and retired physician R. Melvin Butler, MD. They work together to offer an informational program that will inform our retired physicians about the exciting things happening at the Hospital and to also recognize them for their many years of providing quality healthcare to the communities we serve.

RETIRED PHYSICIANS:

Melvin Butler, MD Leslie Coley, MD Bao Tran, MD David Choi, MD Paul Orr, MD Ligorio Calaycay, MD Norman Cadman, MD Lofty Hanna, MD Rufus Moore, MD Asdca Jayaweera, MD John Campbell, MD Gerald Goldman, MD Sudnakar Kona, MD Gerald Rude, MD James Meriwether, MD Jay Jablow, MD







People have a multitude of reasons for avoiding estate planning. The top three include:

- Feeling uncomfortable. Many of us avoid talking about our mortality and financial concerns, especially with our children. None of us want to think about dying but estate planning will give you peace of mind.
- 2. Complex family issues. Divorce, remarriage, children from another marriage and conflicts with children or other family members can all make estate planning difficult. But complex family issues make having a plan even more important because a plan can help in avoiding challenges and court proceedings.
- **3. Lack of time and the belief that estate planning is complicated.** A 'plan' can be as simple as a will and a durable power of attorney or as complex as a family trust. However, most plans are relatively simple and take little time to put in place.

— Risks —

When a person dies with no will or estate plan, those left behind face a potentially long settlement process administered by the courts. Disbursement can take up to a year or longer, even for modest estates, due to the probate process. And if you don't have a durable power of attorney or advance directive in place, your wishes may not be honored at the end of life or if you are incapacitated.

Estate Planning Essentials

- **Will** A will specifies who will receive your property upon your death and appoints a legal representative "Executor" to carry out your personal wishes.
- Power of Attorney This allows you to appoint another person to step in and manage your financial
 affairs if you ever become incapacitated.
- Medical directive, healthcare proxy, or living will Each document does different things but
 each one ensures that medical decisions are correctly made by the appropriate individuals and in
 conformance with your wishes, in case you are unable to make such decisions yourself.
- **Irrevocable trust** –This is a trust in which the beneficiary, not the creator, has control over the assets in the trust. Irrevocable trusts are a common strategy for tax-savings.
- Living Trust A revocable living trust allows assets to be designated to specific people and upon your
 death to be distributed quickly, without probate. A living trust offers more confidentiality and is
 generally hard to contest than a simple will.

When you begin your estate planning, please consider Pomona Valley Hospital Medical Center (PVHMC) Foundation as one of your beneficiaries. Legacy gifts provide vital resources that allow the Hospital to continue providing our community with advanced technology and the very best healthcare possible. And when you include us in your estate plans, please let us know so we can thank you personally for your generosity. •

If you have named PVHMC Foundation in your estate plans and have not informed us, please call Glenda Ferguson at 909.865.9659. Your name(s) will be added to our Hospital Donor Wall under the Circle of Friends section. Please allow us to recognize your kindness while you are still alive. If you haven't placed us in your estate plans and would like to, please contact us and we will be happy to assist you.

PRESIDENT'S SOCIETY

15TH ANNUAL

LUNCHEON

onors who contribute annual gifts of \$1,000 or more to Pomona Valley Hospital Medical Center (PVHMC) Foundation become members of the prestigious President's Society. The President's Society members (343—the largest number since the program began) were recognized for their generosity and ongoing commitment to PVHMC at the 15th annual President's Society Luncheon on December 8, 2017 at the Sheraton Fairplex Hotel in Pomona. More than 150 members were in attendance.

PVHMC President/CEO Richard E. Yochum, FACHE, greeted guests and personally thanked them for their support of the Hospital. During lunch, attendees learned how PVHMC is prepared to deal with a major emergency such as the recent mass-casualty event in Las Vegas, from speakers Daniel Bowers, Safety and Emergency Preparedness Officer for the City of Pomona, and Steven Storbakken, Director of Emergency Preparedness and Environmental Safety at PVHMC.

President's Society members are recognized by having their names placed on the PVHMC Foundation donor wall located in the main entrance of the Hospital, and listed in Foundation publications and the Hospital website. They also receive invitations as a distinguished guest to special events and luncheons.

"Members of the President's Society believe passionately in the Hospital and its mission to the community," Rich said. "The committed philanthropy of all of our generous donors ensures that we can continue to provide the outstanding medical care our community has relied on for 115 years."

For more information on how you can become a President's Society member, contact Glenda Ferguson, Director of Development, at glenda.ferguson@pvhmc.org or 909.865.9659.



Anne Doyle, Jan Paulson, RN and Gay Taylor

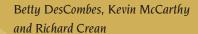




Elmer Pineda, MD, President of the Medical Staff and Kenneth Nakamoto, MD, VP of Medical Staff Affairs



Daniel Bowers, Richard Yochum, FACHE, President/CEO, M. Hellen Rodriguez, MD, Foundation Board Chair, Steven Storbakken, MBA, CHEP, CHSP, CHEM, CHPA, HACP, CHPP, Director of Emergency Preparedness and Richard Fass, Hospital Board Chairman





1930 & 1931 Los Angeles County Fair Queen

UCILE

PVHMC CELEBRATES MAJOR BENEFACTOR'S

103RD BIRTHDAY

n 1914, just 11 years after Pomona Valley Hospital Medical Center (PVHMC) opened its doors for the first time, Lucile (Lucy) Gates and Richard (Dick) Carr were born in Iowa, three days apart. Decades later, they and their family would go on to play significant roles in PVHMC history, while also making meaningful contributions to communities in the Pomona Valley.

On October 5, 2017, Lucy celebrated her 103rd birthday with the help of PVHMC President/CEO Richard E. Yochum, FACHE. His gift to Lucy was a beautiful arrangement of 100 red roses, plus three white ones.

"It's a beautiful honor that the Hospital celebrates mom and recognizes what my parents have done for the community," said Lucy's daughter, Dottie Rountree, a long-time PVHMC Foundation friend and donor who lives in Claremont.

Whether a fluke of fate or destiny, Lucy and Dick's families both moved to Pomona from Iowa. The pair graduated from Pomona High School, and when they met it was love at first sight. They married in 1938. As Dick built Carr Paper Company, a successful paper business, Lucy earned a master's degree in music and became an accomplished pianist who performed professionally. She was also celebrated as Queen of the Los Angeles County Fair. Dick received honors for his commitment to his industry, community, and philanthropic activities, and he held leadership positions on boards throughout the community – including PVHMC.

With Lucy by his side, Dick became a founding member of PVHMC Foundation in 1979, serving as Chairman of the Foundation in its early years. He also served numerous terms as President of the PVHMC Board of Directors. He and Lucy founded the PVHMC Foundation's President's Society, for donors who contribute annual gifts of \$1,000 or more. As Hospital

benefactors, Lucy and Dick contributed more than \$240,000 in annual gifts in support for The Robert and Beverly Lewis Family Cancer Care Center and the Stead Heart & Vascular Center Capital Campaigns.

The Hospital recognized Dick, who passed away in 2010, for his more than 40 years of dedicated service by naming the Hospital Board Room in his honor. It remains the Richard L. Carr Board Room and is located on the third floor of The Robert and Beverly Lewis Outpatient Pavilion

"What they did for the Hospital they did as a couple," said their daughter Dottie. "They were a team."

Today, their legacy lives on. Lucy delights not only in her children, Dottie, Barbara and Richard Carr, Jr., but in her nine grandchildren, 17 great grandchildren and three great-great grandchildren. The family connections to PVHMC continue to run deep.

Dottie's son-in-law, Edwin John Landherr, III, (known as John) currently serves on the PVHMC Board. Her father-in-law, Everett "Lynn" Rountree, was also a PVHMC Board member for many years. Her late husband, John, also served on the Hospital Board, as well as succeeding Dick as CEO of Carr Paper Company.

"When they gained success in their lives, it was their wish to give back to the community. They were both tremendous supporters of Pomona Valley Hospital Medical Center and many other organizations in their community. I am thrilled that the Hospital still honors them. It is such a beautiful tribute." ■

CARR

To discover how your legacy can make an impact for future generations, please contact Glenda Ferguson at glenda. ferguson@pvhmc.org or 909.865.9659.

DO YOU HAVE a Guardian Angel?

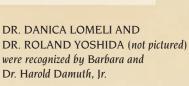
onor a special Doctor, Nurse, Volunteer or Hospital Associate who became your Guardian Angel by providing exceptional care or service. Make a charitable donation to PVHMC Foundation in their name and they will be recognized with a special presentation, commemorative certificate, letter from the President/CEO, and a Guardian Angel lapel pin and badge holder. All donations support PVHMC Foundation.

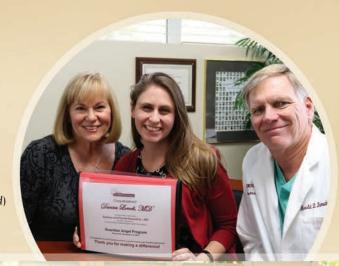
Visit pvhmc.org/foundation, use the attached envelope, or call the Foundation office at 909.865.9139.



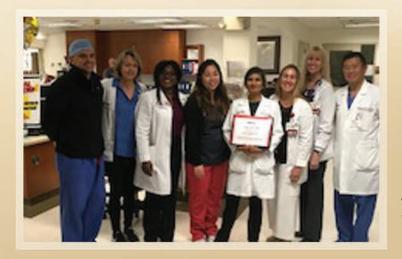


KATRINA WOOLFOLK was recognized by her Stroke Support Group members and presented by Karen Tse-Chang, RN and Glenda Ferguson, Director of Development









Pictured (l-r):
DR. SWARNA CHANDURI,
DR. DEVDAS WALI,
DR. LORI VANYO,
DR. PAUL REISCH AND
MICHELLE O'DWYER, RN
were recognized by Barbara
and Dr. Harold Damuth, Jr.
and presented by Richard E. Yochum,
FACHE, President/CEO

THE CARDIAC REHABILITATION TEAM was recognized by Dr. and Mrs. R. Keith Beeman





Associates of PVHMC and staff from Dr. Vijay's office celebrated the gift to the Hospital.



OUR GENEROUS DONORS



INDIVIDUAL MEMBERS DONORS OF \$1,000 OR MORE

Mr. and Mrs. Mike Alpert Mr. and Mrs. Anthony Amorelli Mrs. Barbara A. Anderson Mr. and Mrs. Robert Austin Mr. and Mrs. Charles W. Bader Mr. Gerardo Barragan

Dr. and Mrs. Hrayr G. Basmajian Dr. and Mrs. R. Keith Beeman Mr. and Mrs. Charles Beith Mr. and Mrs. Jonathan Berends Mr. and Mrs. Bernard A. Bernstein

Mr. Henry B. Boland Mrs. Ilene D. Bonilla Mrs. Barbara A. Brown Dr. and Mrs. Kenneth S. Brown Dr. and Mrs. R. Melvin Butler Dr. and Mrs. Norman L. Cadman Mr. and Mrs. Charles R. Callaway

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Mr. and Mrs. Gary Keasler

The Honorable Donald Kendrick and Mrs. Kendrick

Mr. Richard S. Kirkendall Dr. and Mrs. Michael Klein Mrs. Amal F. L. Kostandy

Mr. Sajjan Kumar and Dr. Pramila Agrawal

Dr. and Mrs. Keith T. Kusunis Mr. and Mrs. James R. Laird Mr. and Mrs. Jerald B. Laird Dr. James M. Lally Ms. Mary Lambert

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Ms. Erin Nelson

Mr. and Mrs. Michael A. G. Nelson Dr. and Mrs. Dennis H. Nicholson

The Honorable Thomas F. Nuss and Mrs. Nuss

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Mr. and Mrs. Michael J. Roquet Mr. and Mrs. Richard Rossman Mrs. Dorothy Rountree

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Mr. Maynard L. Sien
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Some classes are available at our Chino Hills location. Registration is required for most classes. Call 909.865.9858, e-mail ferc@pvhmc.org or register online at https://resources.pvhmc.org/ceii_web/class/default.asp.

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FOR PREGNANT WOMEN

Maternity Orientations | Free

- Every Wednesday and every other Monday at 7 pm and one Saturday per month at 9 am
- Orientaciones en español disponibles dos veces al mes (Por favor llame para más detalles)

Childbirth Preparation Classes | \$80

- Five-week series (Mondays, 6:30 9 pm)
- Weekend Express (one Saturday & Sunday or two consecutive Sundays, 9 am 2 pm)
- One-day class (Thursday or Friday, 6 9 pm or Saturday, 1 4 pm)

Cesarean Birth Preparation | **\$20** (Second Wednesday of every month, noon – 1:30 pm)

Baby Express | \$20 (basics of baby care)

Saturday class (once a month, 9 am – 12 pm)

Breastfeeding Class | **\$20** (one Thursday a month, 6:30 – 8:30 pm)

Pregnancy & Postpartum Stress Group | Free (Every first, third & fifth, when occuring, Wednesday, 12:30 – 2 pm. Now held at PVHMC in the Women's Center, 1798 N. Garey Avenue). This is an emotional support group for Pregnant and New Moms. Lunch and Childcare provided. Call Family Education Resource Center (FERC) at 909.865.9858 for more information.



FOR NEW MOTHERS

Safety Seat Checkup | **Free** (once a month – call for date and time)

Lactation Center | Free (Monday, Thursday & Friday, 9 am – noon; Tuesday & Wednesday, noon – 3:00 pm). Walk-ins welcome. You must arrive 30 minutes before closing. Breastfeeding information line 909.623.6455.

FOR DADS OR DADS-TO-BE

Boot Camp for New Dads | \$20 (one Saturday a month, 9 am – noon)

FOR CHILDREN

Big Brother Big Sister Class \mid \$10 (one Saturday a month, 10 - 11:30 am) **Safe Sitter Class** \mid \$40 (two-day class). Call for date and time.



FOR PROSPECTIVE PARENTS/FAMILY/FRIENDS

CPR | **\$20** (one Saturday a month, 9 am – noon – this is a non-certified class)

FOR WOMEN

Every Woman's Journey | Free (monthly, in Chino Hills and Claremont) This free program offers women timely topics on health and wellness. To be added to our mailing list, please call 909.865.9858.



keeping you well informed

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All programs are free and registration is not required (except for Look Good...Feel Better and for a wig fitting). Call 909.865.9907 for questions and to confirm meeting day/time.

FOR WOMEN

Women with Cancer (second Monday of each month, 6:00 pm)

Breast Prosthesis Display (second Monday of every other month, after Look Good...Feel Better Group, noon – 1:30 pm) **Look Good...Feel Better** in conjunction with the American Cancer Society, (second Monday of every other month, 10 am – noon). Pre-Registration is REQUIRED. Call 800.227.2345.

Wig Program (one free wig for women undergoing cancer therapy. Call 909.865.9907 to schedule an appointment)

FOR THOSE WITH CANCER AND THEIR LOVED ONES

Leukemia/Lymphoma/Myeloma Support Group (first Wednesday of each month at noon) **Pomona Valley Ostomy Association** (fourth Monday of each month, 7 - 8:30 pm) **When Cancer Enters Your Life** (first Thursday of each month, 6 - 7:30 pm)

OTHER SUPPORT SERVICES

Bereavement/Loss Support Group (every Wednesday, 7 – 8:30 pm)
Creative Journaling (second and fourth Wednesday of every month, 9:30 – 11 am)
Stretch & Yoga (every Monday at 3 pm, Wednesday at 11 am and Thursday at 5 pm, except the first Thursday of each month)
Patient/Community Library (open Monday – Friday, 8 am – 5 pm)

The Stead Heart and Vascular Center

Heart Smart Education Classes (every Tuesday, noon – 1 pm. Lunch provided) Educational topics focus on reducing the risk of having or repeating a cardiac event. The Heart to Heart support group is held the last Tuesday of the month. In conjunction with the Physical Therapy and Rehabilitation department. Reservations are required. Call 909.865.9831 for questions, reservations and to confirm meeting day/time.

Life After Stroke – New Beginnings (every second and fourth Thursday of the month, 10 – 11:30 am). This is an educational support group designed to enhance the quality of life and independence of those affected by a Stroke through self-help education, supportive discussions and community resources. Held at Pomona Valley Health Center in Claremont. For more information call 909.865.9823.

Life with Heart Failure – New Beginnings Having heart failure is a life-altering experience for the patient and their loved ones. Learn from others at this support group. Call 909.865.9983 for dates and times.

Orthopedics

Joint Replacement Preparation Class For those who are considering or are scheduled for a total hip or knee replacement surgery. In English (every Wednesday, 10 am – noon) and in Spanish (second Wednesday of every month, 3 – 5:00 pm) at the Robert & Beverly Lewis Outpatient Pavilion. For the English class, please call 909.630.7403 to register. For the Spanish class, please call 909.865.9858 to register.



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