

Keeping You In Touch

March 2025

A Publication of the Pomona Valley Hospital Medical Center Marketing Department

PVHMC Awarded Pulmonary Care Certification for Pneumonia Care from The Joint Commission for the First Time

Pomona Valley Hospital Medical Center (PVHMC) has earned the Joint Commission Gold Seal of Approval® for Pulmonary Care Certification by demonstrating continuous compliance with its performance standards for pneumonia care. The Gold Seal is a symbol of quality that reflects a health care organization's commitment to providing safe and quality patient care.

The certification recognizes health care organizations that provide clinical programs across the continuum of care for pulmonary disease. The certification evaluates how organizations use clinical outcomes and performance measures to identify opportunities to improve care, as well as to educate and prepare patients and their caregivers for discharge.

"We are incredibly proud to receive The Joint Commission's Gold Seal of Approval® for Pulmonary Care Certification," said Rakesh Sinha, MD, associate medical director of critical care and respiratory services at PVHMC. "Our goal is to improve outcomes by instituting guidelines-based therapy with a multidisciplinary approach. This certification reflects our commitment to following best practices and providing the highest standards in patient care."

PVHMC underwent a rigorous, unannounced onsite review on January 30, 2025. During the visit, a team of Joint Commission reviewers

evaluated compliance with related certification standards including program management, ensuring effective patient education and self-management, facilitating collaborative care across multidisciplinary teams, and optimizing patient outcomes.

Joint Commission standards are developed in consultation with health care experts and providers, measurement experts and patients. The reviewers also conducted onsite observations and interviews.

"Pulmonary Care Certification recognizes health care organizations committed to striving for excellence and fostering continuous improvement in patient safety and quality of care," says Ken Grubbs, DNP, MBA, RN, executive vice president of Accreditation and Certification Operations and chief nursing officer, The Joint Commission. "We commend Pomona Valley Hospital Medical Center for using The Joint Commission certification process to reduce variation in clinical processes and to strengthen its clinical program to drive safer, higher quality and more compassionate care for individuals served."





As winter is beginning to wind down, we're still experiencing a high level of flu cases regionally and nationally. Thank you to our Associates who have been caring for our patients experiencing the flu and other respiratory viruses that are circulating. If you haven't received your flu shot, it's not too late to protect yourself.

February is American Heart Health Month, an opportunity to talk about cardiovascular disease which affects nearly half of all Americans. Our Stead Heart & Vascular Center team hosted many educational activities to help improve awareness of cardiovascular conditions for our patients, community and our Associates. If you haven't had your annual health checkup, I encourage you to make your appointment and get your routine lab work done. Early detection of heart disease risks and prevention are key factors that are important in improving your health and reducing risks for heart attack and stroke.

I'm proud to share that PVHMC earned the Joint Commission Gold Seal of Approval® for Pulmonary Care Certification from The Joint Commission. The Gold Seal of Approval is a symbol of quality that reflects a health care organization's commitment to providing safe and quality patient care. This certification demonstrates our team's dedication to following best practices and providing the highest standards of patient care. Congratulations to our pulmonary team for earning this prestigious accreditation.

As we continue to monitor the Eaton and Palisades fire recovery and navigate the many policy changes that are impacting health organizations, it's important to prioritize mental health. An article I recently read shared great actionable tips such as limiting the amount of news you read to once a day, putting a limit on social media scrolling and taking walks to clear your mind and recharge.

Also, I would like to highlight the SupportLinc Employee Assistance Program that is available to our Associates. Through this program, Associates can access counseling, in the moment support, access to work-life benefits, and more.

Thank you to all our Associates for your exceptional work in serving the health needs of our community and for your commitment to excellence that makes PVHMC an award-winning facility.

PVHMC Receives Prestigious Baby-Friendly Designation for the Third Consecutive Time

Pomona Valley Hospital Medical Center (PVHMC) is proud to announce that it has achieved the highly prestigious international Baby-Friendly 5-year designation, for the third consecutive time, after a rigorous review process conducted by Baby-Friendly USA, the organization responsible for bestowing this certification in the United States.

This distinguished honor demonstrates that PVHMC is adhering to the highest standards of care for breastfeeding mothers and their babies. These standards are built on the Ten Steps to Successful Breastfeeding, a set of evidence-based practices recommended by the World Health Organization (WHO) and the United Nations Children's Fund (UNICEF) for optimal infant feeding support in the precious first days of a newborn's life.

The positive health effects of breastfeeding are well documented and widely recognized by health authorities throughout the world. For example, the Surgeon General's 2011 Call to Action to Support Breastfeeding stated that "Breast milk is uniquely suited to the human infant's nutritional needs and is a live substance with unparalleled immunological and anti-inflammatory properties that protect against a host of illnesses and diseases for both mothers and children."

From conversations prior to birth, to 24/7 access to a team of certified lactation consultants, to supporting mothers with education and empowerment, the tenets of Baby-Friendly designation are integrated at every touchpoint with maternity patients at PVHMC.

"Our Baby-Friendly redesignation is the culmination of a longstanding commitment across our organization to help families get off to a good start" said Richard E. Yochum, FACHE, President/CEO at PVHMC. "We are proud to offer an environment that supports best practices shown to increase breastfeeding exclusivity and duration and are dedicated to giving mothers who choose to breastfeed the best chance for success."

PVHMC joins a growing list of more than 20,000 Baby-Friendly hospitals and birth centers throughout the world, 530 of which are in the United States. These facilities provide an environment that supports breastfeeding while respecting every woman's right to make the best decision for herself and her family.



**Baby-
Friendly
USA**

Trusted Pediatric Care: A Family's Lifelong Journey with PVHMC

On Saturday, January 18, 2025, Adrian Lechuga, 13, began experiencing sudden pain in his rib area. The pain briefly subsided but returned Sunday, transforming to a deep pain near his belly button, leaving him unable to walk.

His parents brought him from their home in Chino Hills to the Emergency Department (ED) at Pomona Valley Hospital Medical Center (PVHMC) on Monday morning, where he was diagnosed with appendicitis. During his surgery that evening, it was discovered that his appendix had ruptured. Thankfully, Adrian's surgery was successful, and he was admitted to the pediatric inpatient care unit for recovery and observation for a few days.

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, at the age of three months, Adrian's sister Ariana was brought by ambulance to PVHMC's ED. She had a life-threatening blood sugar level of eight mg/dL (normal blood sugar levels are between 70 – 150 mg/dL). This was the first of many episodes that would require hospitalization at PVHMC over the next four years of Ariana's life. She continued to become ill with varying diagnoses and symptoms ranging from RSV, low blood glucose, fever, seizures, turning purple, etc. She was often admitted to our pediatric unit for 1-3 weeks at a time.

During one of Ariana's admissions, Alicia, Adrian's mother, recalls suddenly becoming a patient herself, when she went into labor, giving birth to her son Adrian in our maternity unit.

Ariana was eventually referred to and transferred 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.

Continued on next page.



Top left: The Lechuga Family (left to right): Adrian, Alicia, Eduardo and Ariana



Top middle: Ariana and Adrian in the pediatric unit's well-loved wagon during one of Ariana's admissions.



Top right: Ariana painting in the pediatric unit playroom.

Bottom right: Adrian as an admitted infant



"They always took care of us – the nursing staff and service have always been great," says Alicia, Adrian's mother.

With their familiarity with the pediatric unit, the family expected to be led to the second-floor pediatric unit. They were instead pleased to be welcomed into our new, expanded pediatric unit for Adrian's hospital stay, which provides an added level of medical care and comfort, with spacious family rooms, privacy and a recovery playroom.

"It is great to see the hospital evolving and keeping up with the needs of patients and their families," Alicia says. "We love the added privacy, comfort and the modern technology. Having a spacious family room and less noise relieves a little stress and makes it easier to have immediate family present."

Since Adrian was always there to support and comfort Ariana during her admissions, his appendicitis gave Ariana the opportunity to keep an eye on her little brother as he recovered. "I wanted to be at the hospital with him since he had grown up coming to all of my appointments and admissions," says Ariana.

From Alicia's own birth to the birth and medical care for her two children, the family has a long history of trust with PVHMC.

"Pomona Valley Hospital Medical Center 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."

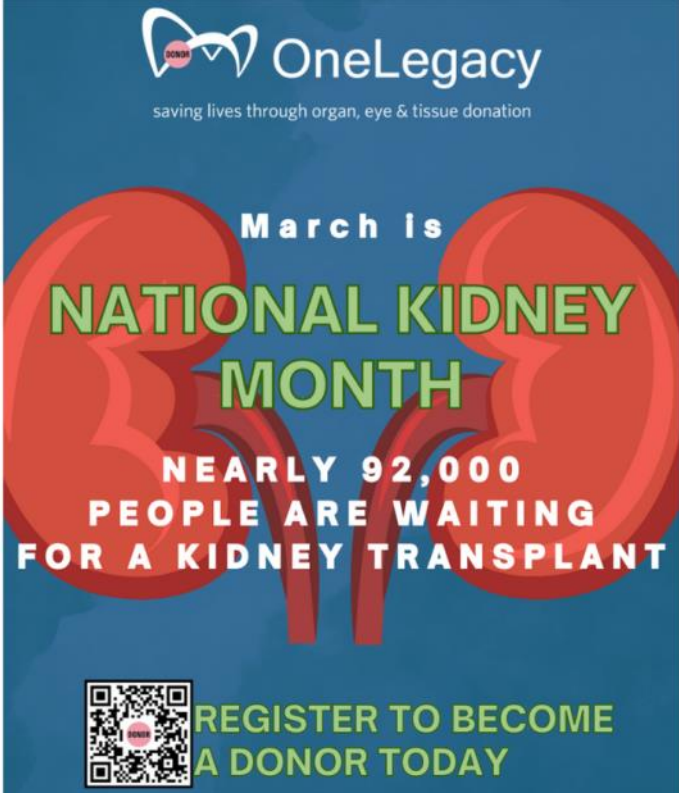
March is National Kidney Month

March is National Kidney Month, a time to raise awareness about kidney health and the importance of kidney donation. Each year, approximately 22,000 kidney transplants are performed, but the gap between those needing a transplant and available organs continues to grow.

HOW CAN YOU HELP?

Living kidney donation has become a viable option, allowing health individuals to donate one of their kidneys to those in need, saving lives and improving the quality of life for the recipients!

Learn more about becoming a donor, or register to become a donor, today.



The poster features the OneLegacy logo at the top, with the tagline "saving lives through organ, eye & tissue donation". Below this, the text "March is NATIONAL KIDNEY MONTH" is displayed in large, bold letters, with "NATIONAL KIDNEY MONTH" in green. In the center, two large, stylized red kidneys are shown. Overlaid on the kidneys is the text "NEARLY 92,000 PEOPLE ARE WAITING FOR A KIDNEY TRANSPLANT" in white. At the bottom left is a QR code, and at the bottom right is the text "REGISTER TO BECOME A DONOR TODAY" in green.

Colorectal Cancer - Preventable. Treatable. Beatable.

Colorectal cancer screening saves lives. It is one of only a few cancers that can be prevented through screening. Among cancers that affect both men and women, colorectal cancer is the second leading cause of cancer-related deaths in the United States. The risk of developing colorectal cancer increases with advancing age. More than 90 percent of cases occur in people aged 50 or older. Building awareness is an important part of helping to increase screening and decrease mortality rates.

Colorectal Cancer Stats and Facts:

- Each year, roughly 150,000 people in the US are diagnosed with colorectal cancer — and more than 50,000 lose their lives to it.
- Colorectal Cancer is the 4th most common cancer in the US among women and men combined
- 1 in 24 people will be diagnosed with colorectal cancer in their lifetime
- There are more than 1.5 million colorectal cancer survivors in the US
- Colorectal cancer could be the deadliest cancer by 2030 in people 20-49
- Rectal cancer is more common than colon cancer in young patients

Screening for colorectal cancer is the #1 way you can prevent colon cancer and rectal cancer. Colon cancer is highly treatable if caught early. That's why on-time screening is essential and lifesaving. A colonoscopy is considered the gold standard in colorectal colon screening. It allows the doctor to both examine the colon and rectum and remove polyps (growths that can turn into cancer) in the same procedure.

"Colorectal cancer screening rates have increased in the United States but remain below the goal of 80%. Screening can be performed with colonoscopy, stool testing and more recently using the Shield blood test. At this time, optical colonoscopy remains the most sensitive method to detect colon polyps, which are precursors to colon cancer," says Nischita Merla MD, Medical Director of Gastrointestinal (GI) Services.

Are you 40 years old or older? Have you scheduled your colonoscopy yet? If not, today's the day to get your health back in check. Talk to your doctor about screening today.

Sources: Society of Gastroenterology Nurses & Colorectal Cancer Alliance



March Is Colorectal Cancer Awareness Month

#Proud2BGI



GI NURSES &
ASSOCIATES WEEK

March 16-22, 2025

Wishing you a Happy GI Nurses and Associates Week!

Thank you for all you do, for your dedication, and passion in GI, and for your legacy of excellence. I hope you have a special week.

Jay Owens, MSN, RN, CNML, CMSRN, Nursing Director,
and Liz Thompson, MSN, RN, GI Nurse Manager

March 16-22, 2025, is the 12th annual celebration of GI Nurses and Associates. This annual celebration is a tribute to our hardworking heroes.



POMONA VALLEY HOSPITAL
MEDICAL CENTER

Expert care with a personal touch

National Nutrition Month



National Nutrition Month® is an annual campaign established in 1973 by the Academy of Nutrition and Dietetics. During the month of March, everyone is invited to learn about making informed food choices and developing healthful eating and physical activity habits.

This year's theme is "Food Connects Us." Food is a connecting factor for many of us. Food connects us to our cultures, our families and our friends. Sharing a meal is an opportunity to learn about its preparation, who made it and where the ingredients were sourced. Health, memories, traditions, seasons and access can all impact our relationship with food. While these factors influence the foods we eat, the foods we eat also affect our health.

Here are some tips for connecting with food:

- When purchasing food from a store, use a grocery list and pay attention to sales. When food is less processed, it's often more affordable.
- Learn about resources in your community that offer access to healthy foods, such as the Supplemental Nutrition Assistance Program (SNAP), Women Infants and Children (WIC), and food banks.
- Visit a farmers' market to ask about how your food was grown or raised or consider starting a home or community garden to get hands-on experience with the growing process.

Whether you have a health condition that requires you to eat a certain way, or you just want to make changes to how you eat, preparing your own meals makes it easier to control the ingredients and their amounts. It's also a chance for children and teenagers to interact with the food they eat and build healthy eating habits for life.

Build the Connection Across All Stages of Life.

While the amount of nutrients we need changes from the time we're infants until we're older adults, essential nutrients play a role across the lifecycle. For example:

- Consuming adequate calcium from a young age helps reduce the risk of osteoporosis, or weak bones, as we age.
- The B vitamin, folate (also known as folic acid), is important for metabolism and is of increased concern for anyone who may become pregnant as it can decrease certain health risks in newborns.
- While protein is often the focus of athletes, older adults also should pay extra attention to this nutrient as loss of muscle mass becomes a concern as we age.

For most people, choosing food instead of supplements is the best way to meet nutrient needs. Include fruits, vegetables, whole grains, lean protein foods and low-fat or fat-free dairy or fortified soy milk as the basis of your daily eating routine to get the nutrients you need.

We are excited to present a healthy option in the cafeteria every Friday in March. Be sure to check your PVHMC Announcement emails for the recipes.

March is National Nutrition Month & March 12 is Registered Dietitian Day

Thank you to our Registered Dietitians, Registered Dietetic Technicians and food and nutrition experts for their knowledge and commitment to helping our patients and community make unique, positive lifestyle changes.





Expert care with a personal touch

March is National Nutrition Month

Our Food and Nutrition Services department has created four delicious and healthy recipes in honor of National Nutrition Month.

These recipes will be served every Friday at Chef's Selections in our Cafeteria. If you would like to try these recipes at home, copies of the recipes will be available at Chef's Selection to take home.



March 7

Paella with
chicken, shrimp,
leeks and
tarragon

March 14

Zucchini
noodles with
avocado pesto
and shrimp

March 21

Mediterranean
chicken quinoa
bowl

March 28

Spaghetti squash
lasagna with
spinach



PULMONARY REHABILITATION WEEK!

March 9-15, 2025

Pulmonary Rehab Treats:

Chronic obstructive pulmonary disease (COPD) • Persistent asthma • Interstitial lung disease • Bronchiectasis • Pulmonary fibrosis • Lung transplant • Long COVID

Pulmonary Rehab Offers:

Individualized exercise programs to increase pulmonary fitness • Medically supervised exercise gym • Risk factor reduction and disease management education • Camaraderie and emotional support • Individual counseling sessions • Pulmonary wellness and aftercare program

Pulmonary Rehab Benefits:

Reduces and controls adverse respiratory symptoms • Improves strength and endurance • Improves independence with daily activities • Reduces complications and rehospitalizations

Our Pulmonary Rehabilitation team helps patients move more, breathe easier, live more freely and improve quality of life.

Inhale • Exhale • Be Well

Our dedicated Pulmonary Rehabilitation team helps patients move more, breathe easier, live more freely and improve quality of life.

Thank you ALL for your outstanding work with our Pulmonary Rehab and Long COVID Rehab Programs at OPP and La Verne!

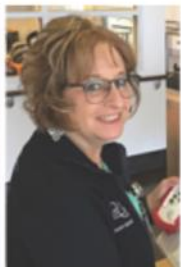
Gurbinder Sadana, MD — Medical Director
 Rakesh Sinha, MD — Pulmonary Disease Physician
 Tammy Magill, RCP, RRT — Specialty Program Coordinator
 Stacey Leath, PT, MS — Specialty Program Coordinator
 Shaun Meredith, DPT, CCS — Physical Therapist
 Jerry Harris, PTA & Justin Ogawa, PTA — PT Assistants
 Rich Baro — PT Aide
 Jessica Plata — Program Support



Dr. Sadana



Dr. Sinha, MD



Tammy



Shaun



Jerry



Justin



Rich



PATIENT SAFETY AWARENESS WEEK

March 9th-15th

HOSTED BY: QUALITY & RISK MANAGEMENT, & INFECTION PREVENTION

Monday 3/10 & Tuesday 3/11

Treats & Raffle Entry
Cafeteria 11:00am - 2:00pm

Wednesday 3/12 (Night Shift)

Treats & Raffle Entry - Unit Visits

Thursday 3/13

Star Awards - Pitzer Auditorium
Time: TBA

Friday 3/14

Raffle Winners Will Be Announced





POMONA VALLEY HOSPITAL MEDICAL CENTER

Save the Date

6th Annual **Cardiovascular** Symposium

INNOVATIONS
in Cardiovascular Care

FREE
In-person
Symposium

Saturday, April 19, 2025, 8:00 am - 12:00 pm

**PVHMC Pitzer Auditorium 1798 N. Garey Avenue,
Pomona, CA 91767**

Credit information to come.

Security Peacekeeper Training

On Tuesday, February 18, 2025, new Security in-house Peacekeeper Baton Instructors Supervisor Matt Tuthill and Supervisor Matt Watford certified their first class of Security Officers with the proper use of a defensive tool known as the Peacekeeper Baton. Officers are required to re-certify bi-yearly in accordance with their regulatory agency, the Bureau of Security and Investigative Services (BSIS).

What some might not know is that often times, just the fact that a Security Officer is seen on our campus carrying their defensive tools, along with their professional command presence, can de-escalate a situation.

As one Officer states, it is better to have it and not need it than to need it and not have it. Security Officers continuously train and go above and beyond to best serve our community and help our Associates feel safe.

As always, if you see something, say something.

The Security Department is available 24/7 and our dispatch may be reached by dialing ext. 1185 or using the outside line 909.865.9749.



Information Systems Team Participates in 'AI in Healthcare' Conference

Jimmy Phan, MSN, RN, NI-BC, CAPM, Clinical Informatics Analyst in Information Services, also holds the title of Treasurer and Social Media for the American Nursing Informatics Association (ANIA) chapter of Southern California. In late January, he had the chance to help host its 2025 Annual Conference: Artificial Intelligence in Healthcare. This sold-out event brought in industry leaders and healthcare-AI experts to talk about the latest advancements in the field of Nursing Informatics and how AI can be leveraged to improve patient outcomes.

The department's very own Melissa Vargas won the grand prize raffle, which helped ANIA SoCal contribute nearly \$600 to support pets and animals affected by the wildfires through the Pasadena Humane Society.



PVHMC Clinical Informatics Analysts from L-R: Jimmy Phan, MSN, RN, NI-BC, CAPM; Melissa Vargas, RN, NI-BC; Will Lau, RN.

NOTICE

ANNUAL TB SCREENING DUE

Departments listed are due for Annual TB Screening STARTING as early as March 1.

Please notify Associates in your department that TB Screening is a mandatory requirement for all Healthcare Workers and must be completed by month end, March 31, 2025. If your Associate decides to receive their TB testing outside of PVHMC, PLEASE remind them that they will still need to attach the TB Questionnaire to their outside results.

Associates may report to the OHS clinic (4th floor) during office hours:
Monday - Friday | 7:00 am - 4:00 pm

After-Hours/Night Shift/Weekends/Holidays: Contact the Nursing Administrative Supervisor on Duty.

THERE IS NO GRACE PERIOD FOR TB COMPLIANCE.

ALL ASSOCIATES IN THE DEPARTMENTS LISTED ARE DUE BY MONTH-END TO AVOID SUSPENSION FOR NON-COMPLIANCE.

DEPARTMENTS DUE IN MARCH:

6400	LDRP	8340	FNS PATIENT SERVICES
7078	SWEET SUCCESS	8342	FNS CATERING
7428	LDRP O.R.	8670	VOLUNTEERS
8320	FNS DIETARY	8770	FAMILY EDUCATION & RESOURCE CTR
8330	FNS DINING SERVICES		

Pomona Valley Hospital Medical Center's Trauma Center

PRESENTS:

Traumatic Brain Injury & Agitation Management Strategies

Register Via Symplr Learning
(myNetLearning)



► Virtual - Teams

Meeting ID: 279 294 723 745

Passcode: Aa6Yb6q8

1 CEU BRN Credit

Provider approved by the California
Board of Registered Nursing, Provider
Number #00112, for 1 contact hour.

Thursday, March 6, 2025

1:00 – 2:00 PM

PRESENTER:

David Patterson, MD,
Physical Medicine and
Rehabilitation, PVHMC.



All Associates are welcome to join.

Lecture Topics:

- Review the pathophysiology of traumatic brain injuries.
- Understand the management strategies for treatment of traumatic brain injury agitation in the acute care setting.

For more information, contact Lauren Gurrola, BSN, RN, TCRN, CCRN,
Trauma Program Manager, at ext. 4406, or Lauren.gurrola@pvhmc.org.



POMONA VALLEY HOSPITAL
MEDICAL CENTER

TRAUMA & ACUTE CARE SURGERY SERVICES

Expert care with a personal touch

www.pvhmc.org



Nursing Scholarship Opportunity

In Memory of Cherie Rudoll, RN

Pomona Valley Hospital Medical Center's (PVHMC) Foundation is offering scholarships to PVHMC Associates and Volunteers who are currently enrolled in or who have been accepted into an entry-level Nursing Program.

"Why I want to pursue a career in nursing"

If you meet the qualifications and requirements listed below, please attach your Scholarship Essay (*maximum 500 words*) to your application and submit it to Maria Brown at maria.brown@pvhmc.org.

All Applications are due by April 4, 2025, before 5 pm.

Questions?

Call Maria Brown at x7981 or Jessica Rivera at x4987

Qualifications needed to apply for the scholarship

Associate or Volunteer must:

- Be currently:
 - Enrolled in an **entry-level** Nursing Program
 - OR**
 - Accepted into an **entry-level** Nursing Program
- Not be a past recipient of the Cherie Rudoll Scholarship

Requirements needed to apply for the scholarship

- Meet the qualifications listed above
- Submit a scholarship application **and** a maximum 500-word essay on:

"Why I want to pursue a career in nursing"

The application and essay submission deadline is **April 04, 2025.**

***Applications are available at the office of
Jessica Rivera on the 4th Floor Room #A420 - Nursing Administration***



Cherie Rudoll, RN 2025 Scholarship Application

Applicant Name: _____

Cell Phone #: _____

Mailing Address: _____

Department: _____

Supervisor/Manager: _____

School Name: _____

About Cherie Rudoll, RN

The Cherie Rudoll Scholarship was established to honor Pomona Valley Hospital Medical Center's former Vice President of Nursing and Patient Care Services following her passing in January 2007.

Cherie was a visionary leader and a passionate nurse. She was committed to the development of the field of nursing and, specifically, to the continuous growth of PVHMC's nurses. She was dedicated to providing excellence and the utmost in customer service for the Hospital's patients. She was known to occasionally change her business attire for scrubs in order to remain at the forefront of what it was to be a bedside nurse.

In 1982, Cherie began her tenure at Pomona Valley Hospital Medical Center, first as a Director of Quality Resource Management and then as Administrative Director of The Robert and Beverly Lewis Family Cancer Care Center. In 2000 Cherie was promoted to Vice President of Nursing and Patient Care Services.

Additionally, Cherie knew the value of community nursing and was instrumental in establishing a *Parish Nurse Program* at Pilgrim Congregational Church in Pomona, and was also active in the local *End of Life Coalition* in the Pomona Valley.

In addition to her active professional career and community activities Cherie was a devoted wife, mother, daughter, sister, granddaughter and was a loyal friend to many. She was known for looking for and finding the positive things within each person, and for her kindness and generosity.

Cherie would be proud of and inspired by each of the applicants and their growing commitment to the field of nursing.



Donor Case Outcome



Case Scenario:

A 43-year-old was admitted in late January to the ICU 1. The healthcare team recognized that this patient should be referred for a consult with OneLegacy as he met the criteria for preserving the opportunity for donation. With the help of our healthcare heroes, the family was presented with the opportunity to give the gift of life through organ donation. The patient's generous gift was able to save and heal the lives of those in need through the donation of the following organs:

- Right Kidney (transplanted to someone in their 70's)
- Left Kidney (transplanted to someone in their 70's)
- Heart (transplanted to someone in their 60's)
- Liver (transplanted to someone in their 50's)

Case Scenario:

A 57-year-old was admitted in mid January to the ICU 3. The healthcare team recognized that this patient should be referred for a consult with OneLegacy as he met the criteria for preserving the opportunity for donation. With the help of our healthcare heroes, the family was presented with the opportunity to give the gift of life through organ donation. The patient's generous gift was able to save and heal the lives of those in need through the donation of the following organs:

- Pancreas (research)

Thanks to your hospital, lives were saved through donation. A big thank you to the Hospital staff, Unit Managers, the OR staff, and, of course, the RTs, RNs, Social Workers and Spiritual Care who helped with this case. It is only through the efforts and cooperation of professionals like you that we are able to provide these life-saving transplants.

We recognize the tremendous amount of time and energy that goes into making the hope of transplant a reality, and we appreciate your dedication to our mission.

For any questions or requests, please do not hesitate to contact:
 Stephanie Char, Program Manager, Hospital Partnerships, OneLegacy
 (213) 544-9511 / schar@onelegacy.org



Diabetes Nutrition Cooking Demonstration

Join us for a free, informative and hands-on cooking demonstration led by Jenjira Do, MPH, RDN, CNSC, Clinical Dietitian at Pomona Valley Hospital Medical Center, in celebration of National Nutrition Month.

This session open to all community members and focuses on nutritious, diabetes-friendly meals and is designed for anyone, whether you're newly diagnosed or looking to refine your cooking skills. Learn practical tips to manage your blood sugar levels while preparing delicious dishes that promote overall well-being.

Date and Time:

Tuesday, March 18, 2025 at 6:30 pm

Location:

Pitzer Auditorium (enter through the Main Lobby)
Pomona Valley Hospital Medical Center
1798 N. Garey Avenue, Pomona, CA 91767

Please RSVP by March 11, 2025.

For more information or to RSVP, please call our Diabetes Education Program at 909.865.9501 ext. 4020 or email Evelyn Scott, RN, Diabetes Program Coordinator, at evelyn.scott@pvhmc.org.





Coming Up for March 2025...

- **Physical Wellness:** It's Spring
- **Emotional Wellness:** Create a Relaxation Habit
- **Financial Wellness:** Morningstar Retirement Manager – How They Can Help
- **Easy Recipe:** Eggplant Pizza Rounds

Access upcoming events/postings on the **Wellness for Life** Intranet Page!



Take care of your loved ones

Name or update your retirement plan beneficiaries today!

Your beneficiary designation — not your will — has the final say about your retirement plan assets. Make sure your money goes where you intend and your loved ones are taken care of. Name a beneficiary for every retirement account you have, as the designation for one doesn't carry over to others.

How do you name beneficiaries?

It's fast and easy! Log in to your account at LincolnFinancial.com/Retirement and select **Beneficiaries** under **My info**. Scan the QR code to quickly take you there. Not registered online? Visit LincolnFinancial.com/Register and set up your account in just a few minutes.

Scan the QR code for a short **video** that walks you through the simple steps.



Need personal help?

Call **800-234-3500**, Monday through Friday, between 8:00 a.m. and 8:00 p.m. Eastern to speak with a customer service representative.

Visit
LincolnFinancial.com/Retirement



Watch video



PVHMC Dons Red for Heart Health Awareness





PVHMC Associates Celebrate Valentine's Day

On February 14, 2025, we hosted our annual Valentine's Day Party! Associates came together to enjoy tasty cupcakes and enter a sweet raffle!



2025 BLOOD DRIVE CALENDAR

Save the dates for our 2025 American Red Cross blood drives! Book your appointments at redcrossblood.org and enter our sponsor code: PVHMC. Stay tuned to PVHMC Announcements for updates on blood drive times and promotions from the Red Cross.

February



April



June



August



October



December



POMONA VALLEY HOSPITAL MEDICAL CENTER

STOP *the* Bleed CLASS



Learn how to save a life by recognizing and controlling life-threatening bleeding.
The number one cause of preventable death after an injury is bleeding.
A person can bleed to death in minutes.

This free one-hour course, hosted by Pomona Valley Hospital Medical Center's Trauma & Acute Care Surgery Services team, will teach you to recognize and control life-threatening bleeding in order to save a life. The class is open to those ages 14 years and older.

2025 Class Dates - Wednesdays

Classes are offered twice per day: 9 - 10 am & 5 - 6 pm

January 15	May 7	September 17
February 12	June 11	October 8
March 12	July 9	November 5
April 9	August 13	December 10

Location: Pomona Valley Hospital Medical Center Trauma Services Office
160 E. Artesia St., 3rd Floor Suite 310, Pomona, CA 91767

RSVP at [eventbrite.com](https://www.eventbrite.com) or email stopthebleed@pvhmc.org.

**Class space is limited.*

This class is offered at no cost by Pomona Valley Hospital Medical Center's Trauma & Acute Care Surgery Services Program.



Spring is in the Air

By Elizabeth Grainger, Palliative Care Chaplain



For many Christians, Ash Wednesday (March 5) begins the period of Lent. Lent is a period of preparation, ending on Easter Saturday (April 19) during which Christians are invited to focus on prayer, fasting, and charitable giving. Many people abstain from eating particular foods during this period, and “give up” specific practices, routines, foods, or drink. Lent is also a time to “add” spiritual practices that will draw a person closer to God. These practices include quiet spiritual contemplation, reading a daily devotional, observing the Stations of the Cross, or praying with a Lenten calendar.

The Islamic holy month of Ramadan (Mar 1-31) is the holiest time of the year for Muslims. The Ramadan fast involves abstaining from all food or drink from pre-dawn hours until after sunset and is one of the Five Pillars of Islam. There are some exceptions (pregnant or lactating women, those who are ill, etc.), but for the most part any adult who is healthy is expected to fast. Many Muslims welcome the month as a time of great spiritual reflection and opportunity to grow close with family and community members, while acknowledging that giving up food and water during daylight hours can be very challenging. The tradition is to eat a pre-dawn meal together before joining in prayer and then coming together again after sunset for iftar (breaking of the fast) by eating a few dates, followed by a communal meal. You can respectfully acknowledge the fast of a friend or colleague by saying “Ramadan Kareem,” (“Have a generous Ramadan”) or “Ramadan Mubarak” (“Blessed Ramadan”).

A reality of life is that as one person fasts, another feasts—and on March 18, Persians around the world celebrate the feast of Chaharshanbe Suri. The holiday is an Iranian festival of fire and takes place immediately preceding Nowruz/Persian New Year (March 20). Traditionally, people collect brushwood and build bonfires to light after sunset; southern California beaches have long hosted such gatherings. When the time is right, those celebrating jump over the flames. For some people, this ritual is a form of purification; for others, it is just a way to celebrate the end of one year and the

beginning of another. Nowruz is tied to the beginning of spring, and is celebrated with feasting and family gatherings. Those interested in celebrating and learning more may visit: <https://www.farhang.org/programs/nowruz>

Ramadan comes to a close with Eid al-Fitr (March 30-31). In the Muslim calendar, a month begins when the new moon is first visible in the sky, as determined by religious authorities. Eid al-Fitr marks the beginning of a new month and the close of the Ramadan fast; it is a cause for celebration for Muslims worldwide. According to Islamic tradition, the Prophet Mohammad declared there are only two official holidays: Eid al-Fitr and Eid al-Adha (Feast of the Sacrifice, occurring in June this year). There are many local traditions associated with this holiday, from decorating hands with henna designs, to giving children money and sweets. One commonality is that the day is a time to gather with friends and family, as well as to welcome strangers, for a feast of thanks.

May you and your family enjoy blessings of hope, peace, joy, and love this month and always.
To speak with a Chaplain (available Monday—Friday, 9am-5:30pm), please phone 909-469-9305.
To request support for a patient or family, enter a Spiritual Care Services referral in PowerChart.

March

Feb 28-March 2 Losar (Lunar New Year)—Tibetan Buddhism

1-31 Ramadan—Islam

5 Ash Wednesday—Christian

14 Purim—Judaism

Holi (Festival of Colors)—Hindu

14-16 Hola Mohalla (Spring Festival)—Sikh

18 Chaharshanbe Suri (Persian Fire Festival)

20 Spring Equinox (first day of spring)

Naw-Ruz/ Nowruz (Persian New Year)—Zoroastrian, Bahá'í, Isma'ili Shia

30 Eid al-Fitr (End of Ramadan Fast)—Islam

PVHMC IN THE COMMUNITY!



Heart Health Month 2025

The Stead Heart & Vascular Department represented Pomona Valley Hospital Medical Center at multiple events during American Heart Month in February! From teaching hands-only CPR to AED use to educating individuals of all ages about cardiovascular health, they truly demonstrated great care for the health of our community.



Awarded a proclamation by the City of Pomona Mayor & City Councilmembers

Cal Poly Pomona Student Health and Wellness Fair

Claremont Links Red Dress Luncheon

PVHMC Farmers Market

The Shoppes at Chino Hills, Heritage Farmers Market + Chino Valley Fire Department

Central Baptist Church Heart Health Presentation



Pomona Unified School District - Pathways to Career Success



PVHMC IN THE NEWS



Dr. Hrayr Basmajian offers perspectives to Becker's Healthcare Review on: "The skills every orthopedic surgeon should master in 2025"

February 21, 2025

[Read here.](#)

"How AI is transforming orthopedic operating room"

February 28, 2025

[Read here.](#)



BECKER'S
ORTHOPEDIC REVIEW

Dr. Muzna Atif spoke with KNX News on what everyone should know about measles and how to protect against it.

February 26, 2025

Listen to the clip [here](#).

What to Know About the Measles Outbreak



"It is a very highly contagious illness, so if you are in contact with a person who has measles and are unvaccinated or immunocompromised, the chances of contracting the illness are really high,"
Muzna Atif, MD, Medical Director of Inpatient Pediatrics, PVHMC.



POMONA VALLEY HOSPITAL MEDICAL CENTER

Need to talk about a situation that is bothering you?

You've cared for
our patients, now let
us care for you!

**The PVHMC C.A.R.E.S. Peer Support Team
was developed to address the emotional support
needs of Associates and providers at PVHMC.**

**The following are examples when Peer
Support might be needed (or beneficial):**

- Those experiencing loss or events that may impact their mental health, professional practice or job performance
- Workplace Violence incidents
- Unexpected injury or death to a patient, fellow Associate or visitor
- Feelings of hopelessness
- Loss or struggling with positive coping skills
- Any concerning event defined by you

**You can request or recommend
support for a fellow Associate
at any time by:**

- Notifying your direct supervisor/manager
- Submitting an event report through the electronic event reporting platform

PVHMC
Compassion
Accountability
Resolution
Embracing
Safety



Compassion | Accountability | Resolution
Embracing Safety

POMONA VALLEY HOSPITAL
MEDICAL CENTER

Expert care with a personal touch

Emergency Department

Trauma Bay Guidelines

Everyone has an integral role when it comes to treating a patient at Pomona Valley Hospital Medical Center.

In the event of a code trauma, it is crucial that only the essential responding personnel attend to the patient in the trauma bay area, as they are providing lifesaving treatment to the patient.

Those not actively involved in providing care to a trauma patient must **wait behind the blue line** that is marked and located on the floor outside of the Emergency Department (ED) Trauma Bay.

Security and medical staff personnel will work together to identify who may remain on scene during a trauma call in the Emergency Department so that proper space is maintained during patient trauma care.

No photos except for official law enforcement and security use.

Adhere to all PPE guidelines in the Emergency Department.

Create a safe and healing environment for patient care.

Maintain open pathways for ED personnel and First Responders in the Trauma Bay area.



"I am the Patient Experience" Winners!

These nurses were recognized by patients for providing outstanding care and customer service! THANK YOU for going above and beyond in living our Values!

**Customer Satisfaction. Honor and Respect. Accountability. New Ideas.
Growing Continuously. Excellence.**



**Michelle Minogue,
CNA - MEDSURG 5**



**Jessika Carrasca, GI
Coordinator - GI Lab**



**Anyssa Henrich, BSN,
RN - ICU3**

DO YOU WANT TO BE THE NEXT WINNER?

During Executive and Nursing Leadership rounding, Associates who are recognized by their patients for providing outstanding care and customer satisfaction will receive an "I am the Patient Experience" card. This card works in two ways: you can take this card to the cafeteria to redeem a free fountain drink and be entered into a raffle! Or, once a month a card is drawn to recognize an Associate who proudly demonstrates our Values! You can be next!



Shout-Outs and Celebrations!



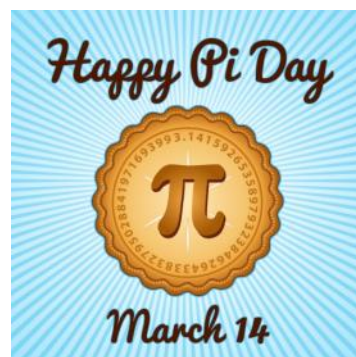
JOKES OF THE MONTH

Happy Birthday!
Catherine Dunbar - March 3
Health Information
Management Department

*By Michelle Walsh-Fernandez,
Director of Security*

Bad Irish puns are just how eye roll.

Why isn't a nose 12 inches long?
Because then it would be a foot.



The deadline for the April Newsletter is Thursday, March 20.
Please have your Manager/Supervisor OK your submission.
Send all submissions to amber.brenneisen@pvhmc.org.