

# Health Matters

FALL 2014

St. Mary Named  
Best of the Desert

Preventing  
Childhood Obesity  
in the High Desert

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St. Joseph Health   
St. Mary



# Best of the Desert

## Award-Winning Care: St. Joseph Health, St. Mary Wins Best of the Desert

Thanks to the support of our community, St. Joseph Health, St. Mary was named 2014 best hospital by the *Daily Press* for the 7th consecutive year! This year, not only was the medical center deemed the “best,” but so was St. Mary High Desert Medical Group — a team of primary care and specialty physicians affiliated with the St. Joseph Health network.

“For more than five decades, St. Joseph Health, St. Mary has been proud to serve the High Desert communities in our pursuit of not only improving the health of the people in Apple Valley, Victorville, Hesperia and Adelanto, but

also helping them achieve a better quality of life,” said Alan Garrett, St. Mary CEO. “We are proud of the quality health care we provide, and while we were voted ‘best,’ we will never stop striving to be better.”

These awards are a testament to St. Mary’s commitment to clinical quality and outstanding care, and also serve as a vote of confidence supported by many of our community partners.

“There couldn’t be a better or more deserving hospital than St. Mary,” said Dave Greiner, president of Greiner Buick GMC and vice president of the Auto Park at Valley Center. As a member of the St. Mary

Foundation Board, Dave works to create partnerships throughout the Victor Valley to help raise money for the medical center and help support infrastructure needs to ensure the quality of health care is the best possible. “St. Mary fills a need in the High Desert for accessible health care for people of all income levels. Not only do they provide high-quality care, but their mission supports giving back to the community and assisting those in need. The *Daily Press* readers got it right by choosing a hospital that does so much for us.”

This award is also a demonstration of the excellent care provided by the physicians and staff. “St. Joseph Health, St. Mary

is a premier health care institution that employs many of our students when they graduate nursing school,” said Joseph Morris, CNS, GNP, PhD, director of Nursing and Allied Health at Victor Valley College. “Their environment is one that supports young professionals and encourages growth in the clinical field, while providing a place where nurses can deliver compassionate and quality health care to patients and their families.”

Nominations for “Best of the Desert” were solicited last December in the *Daily Press* printed newspaper and online. Once votes were tallied, the top



## Childhood Obesity Prevention Through Education

With an executive chef putting on classroom cooking demonstrations, an upcoming Health Summit, and a nutrition program that teaches parents how to regain control of the food their children eat, St. Joseph Health, St. Mary is on the front line of the fight against childhood obesity in the High Desert.

The movement toward healthier food is gaining momentum in the High Desert — a population at particularly high risk of diabetes and heart disease — through creative and innovative programs and attracting community partners.

St. Mary Registered Dietician Debra Rathbone conducted more than 700 nutrition counseling sessions with community members in 2013. The program she leads — Healthy for Life — has been so successful in combating childhood obesity it has become a model adopted by San Bernardino County’s Head Start programs.

“It is exciting to see some of the High Desert’s health habits trending positive, especially a greater awareness among families to lower their consumption of sugar and increase their intake of fruits and vegetables,” said Kevin Mahany, director of healthy communities.

St. Joseph Health, St. Mary Executive Chef Melvin Jones has taken what started as cooking demonstrations for staff into local classrooms showing hundreds of children how to eat healthy.

“One of the most rewarding things is to see the look on kids’ faces when they realize healthy food can be fun, easy to make and still taste great.” Melvin said. “It’s something they need to learn at an early age so we can stop unhealthy eating habits before they take hold and become much more difficult to reverse.”

St. Mary is also partnering with the City of Hesperia to host a region-wide Health Summit on Sept. 18, 2014. For more information call Kevin Mahany at (760) 242-2311 ext. 8120.

nominees in each category, which include businesses, people, places and things, were entered into the final voting stage, where readers then selected the “best.”

Special thanks to all readers who took the time to vote for St. Joseph Health, St. Mary, and for continuing to allow us to support the health care needs of you and your family. Meet some of our doctors and find the right one for you at [StMaryHighDesertMedicalGroup.org](http://StMaryHighDesertMedicalGroup.org), or learn more at [StMaryAppleValley.com](http://StMaryAppleValley.com).

## Foundation Gala Preview

“Operation St. Mary,” the theme of this year’s St. Joseph Health, St. Mary GALA will be raising funds for the surgery department. “Although we are making some changes,” said GALA chair Valerie Smith, “The night will still be filled with elegance and fun.” The event will take place Sept. 13, 2014 at The Hilton Garden Inn.

“Our emphasis is fundraising, messaging the good works of St. Mary, celebrating our Values in Action award winners, and our Spirit Award Winner” said Paul Kaminski, vice-president of the foundation. Reducing costs is evident as the event has been moved from the fairgrounds to the Hilton Garden Inn. “You have to bring everything in at the fairgrounds ... from the chairs to the lighting and that all costs money,” said Jackie Morgan, manager of annual giving, “The Hilton Garden Inn has pretty much everything there already. It is important for us to be a good steward of our resources.”

The Foundation identified the operating area of the hospital as an area of need — recognizing opportunities to upgrade equipment. “Better equipment, means better service, and happier patients,” said Lezli Roberts, director of special gifts, “everything here at St. Mary is about Perfect Care, making the patient experience better!”

The night is sure to be full of surprises capped off by “Night Shift” an incredible band from Citrus College. Please contact Jackie Morgan for more information at [jacqueline.morgan@stjoe.org](mailto:jacqueline.morgan@stjoe.org) or (760) 946-8167.



**Last year’s Spirit Award Winner Valerie Smith with CEO Alan Garrett and GALA Chairs Regina Weatherspoon-Bell and Jill Sandwick**



**KARI MCGUIRE | DIGNITY**

Kari McGuire has one of the toughest jobs in health care. As a palliative care nurse, she must educate and support families who are dealing with one of the most stressful times in their lives — coming to terms with losing a loved one who is nearing the end. The Dignity, Values in Action recipient greets her patients with a warm smile and kind words.

A resident of the High Desert for more than 22 years, the mother of three first came to St. Mary in 2006. Kari quickly gains the trust of her patients and their families and ensures the one thing that will never be lost throughout that bond is their dignity.

“Dignity is the one thing I value most, and it’s why I chose this field,” said Kari.

**“Kari has a quiet, gentle voice and spirit, and gains the trust of the families she works with,”** said Sheri Curtis, palliative care manager.

Described by her peers as someone who “truly possesses the gift of being present,” the bottom line for Kari is she gives St. Mary guests and patients the autonomy and freedom to do what they feel is right, while allowing their dignity to overcome their difficulty.

# Values In Action

Every year, hundreds of employees from St. Joseph Health, St. Mary are nominated by peers for exemplifying one or more of the values that have driven our quality of care and mission since 1956:

**Dignity, Service, Excellence, Justice, and Hospitality.**

We’re proud to introduce the 2014 Values In Action recipients, selected out of more than 470 nominations.



### TRACEY WALCZAK | SERVICE

With more than 6,840 hours logged, Tracey Walczak, the gift shop coordinator, was recognized for the value of “Service.” Tracey began volunteering at St. Mary as a way to help people. “I’m certainly not the type of person to sit around and do nothing,” Tracey said.

Her efforts have created a significant asset to the ministry, contributing nearly \$100,000 per year in retail profit.

She does not let anything get in the way of her service, including an ongoing battle with Lupus. “It’s almost just a natural response for me to go ahead and help where I need to,” Tracey said.

“It’s an honor to make people feel good,” Tracey said. “I think everyone is special so I always try to do a little extra to make people feel special.” When a woman came into the gift shop requesting help to get to the animal shelter to get her dog before it closed, Tracey comforted her until a bus ticket was arranged.

**“She is quiet but mighty, She is a true service leader in every aspect,”** says Director of Volunteer Services, Rebecca Miranda.

### DAVE BAKER | EXCELLENCE

If you’ve ever passed under the large unworldly sign welcoming you to Toon Town in Disneyland, then you’ve witnessed the great, detail-oriented work of Excellence, Values in Action recipient, Dave Baker. His attitude leaves little surprise that much of his work can be seen throughout the happiest place on earth. After a life of working with his hands, it was only a violent ski accident and a small twist of fate that lead him to the world of Information Technology, and eventually to St. Joseph Health, St. Mary.

In 2001 Dave broke his leg in eight places and had five surgeries over five months. Not sure he would be able to return to his work building sets and props, he retrained in the field of IT. **Dave brings joy and exuberance to solving the technology problems so many folks dread.** He delivers the same level of excellence on large, ministry-wide projects as he does fixing a simple computer issue in a single office.

Dave’s favorite thing about working at St. Mary is “the people.” That’s because Dave brings out the best in the people around him. “It is just so easy to be here and do this,” said Dave.

### DEBRA RATHBONE | JUSTICE

A St. Joseph Health, St. Mary co-minister for more than 13 years, Debra Rathbone has improved and extended the lives of countless families in the High Desert through nutrition education. The program she leads — Healthy for Life — has been so successful at combating childhood obesity it has become a model and adopted by San Bernardino County.

**“When I’m counseling people, a heart to heart will happen and I’ll connect with them and they’ll connect with me and that’s when beautiful things happen,”** said Debra.

Debra is St. Mary’s Justice, Values in Action recipient, and her dedication to improving the quality of life of High Desert residents, through nutrition, is unmatched — evidenced by the more than 700 counseling sessions she conducted in 2013.

Debra uses humor during her nutrition counseling. “I often hear families laughing through the door of her counseling sessions,” said Debra’s supervisor, Kevin Mahany. Her favorite thing about St. Mary is the wonderful people she works with every day.

### JOY SMITH | HOSPITALITY

Joy Smith has been a chaplain at St. Joseph Health, St. Mary for more than 25 years. Her name could not embody her role in the ministry any better. **She spreads joy throughout the hospital beginning with the prayer she relays every morning over the loud speaker, which she has done for more than 20 years.** She is St. Mary’s Values in Action recipient for Hospitality.

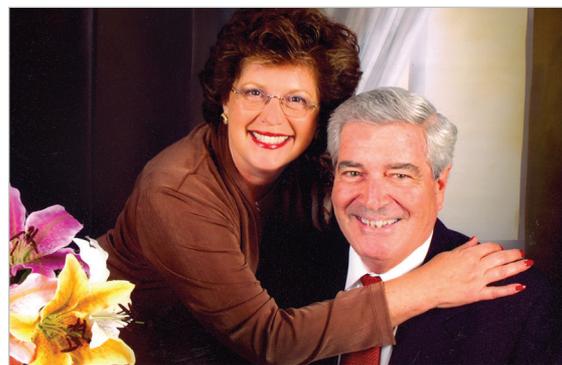
She describes her life as “so simple,” but to the lives she touches every day it is anything but. She was on the inaugural Ethics Committee, started the Eucharistic (volunteer) Ministers program, instituted the Morning Prayer recital, and has helped countless families and patients through tough times along the way.

She was completely surprised by her selection, but not a single other person that knows Joy was. Joy prefers a quote from Maya Angelou that seems to best reflect her life’s work: “I’ve learned that people will forget what you said, people will forget what you did, but people will never forget how you made them feel.”



◀ Logan says thank you in his own way. “If it hadn’t been for the quick response of the St. Mary emergency room staff and physicians, things might have turned out differently,” said Lindsay, mother of the two month old baby Logan. When Logan’s parents rushed him to the ER, he was already blue and they came very close to losing him. Today, two years later, Logan is a thriving and inquisitive little boy.

▼ Dr. Richard Jones received the Men Who Cook title sponsor award. Pictured from left: Mike Page, Dr. Richard Jones, Paul Kaminski and Angie Miller.



▲ Bruce and Linda Fay recently created a legacy gift for St. Mary. To make a gift contact [Paul.Kaminski@Stjoe.org](mailto:Paul.Kaminski@Stjoe.org) or call (760) 946-8103.



## Men Cook up a Storm

April’s Men Who Cook event proved yet again, that indeed men can cook. From pecan pie to smoked pork chops, and firehouse chili to taco soup, there was a little something for everyone. Along with the 20 cooks, including Apple Valley Mayor Art Bishop, and St. Joseph Health St. Mary President and CEO Alan Garrett, the night included silent and live auctions, along with a moving story about a “grateful patient,” whose life was saved at St. Mary.

The Third Annual Event, which raised close to \$39,000 for community programs, will be back next year even bigger and better. “We plan to make this a significant community building event,” said Manager of Annual Giving Jackie Morgan. “We hope to get all city managers involved next year and create some healthy competition.”

The Foundation would like to thank our sponsors, especially our Title Sponsor Jones and Jones Medical Associates, Inc. Our partners in the community support our community through their sponsorships! To become a cook or sponsor, please contact [Jacqueline.Morgan@Stjoe.org](mailto:Jacqueline.Morgan@Stjoe.org) or call (760) 946-8167.

## The Spirit of Giving

The St. Joseph Health, St. Mary Foundation would like to thank all sponsors and donors. Because of the dedication and love for the ministry, the Foundation exceeded its 2 million dollar goal. Monies raised help support our extensive community programs – programs with a direct impact on everyone in the High Desert. Along with community programs, funds raised support the purchase of new equipment and the completion of the new Victorville campus.

Through direct mail, major gifts, bequests, grants, and events, the Foundation raises money in a myriad of ways, money that allows St. Joseph Health, St. Mary to continue its good work. As health care shifts to prevention, donations allow this ministry to strive for the healthiest communities here in the High Desert, and as the only non-profit hospital our presence is vital.

“As budgets and reimbursements continue to shrink, philanthropy is becoming more important than ever,” said Vice-President of the Foundation Paul Kaminski, “as this community grows, it is essential that St. Joseph Health, St. Mary also continues to grow and is able to provide the best health care available.”

“Our focus is building relationships with our donors,” said Mike Page, director of special gifts, “once they see what this ministry means to the community, they tend to want to do more.”



## Awareness and Support Groups FALL 2014

### Prostate Cancer Survivors

First Tuesday of the month  
6 - 7 p.m.  
Facilitator: Samuel Lee, MD, Urology  
For more information and location, call (760) 242-2311 ext. 8201.

### Breast Cancer Awareness

Third Tuesday of the month  
6 - 7:30 p.m.  
For more information and location, call (760) 242-2311 ext. 8201.

### Cardiac Awareness

Fourth Tuesday of the month  
Noon - 1 p.m.  
St. Mary Senior Select Resource Center  
19333 Bear Valley Rd., Ste. 103, Apple Valley  
Cross Street is Apple Valley Rd.  
Facilitator: Cardiac Rehabilitation  
Department. For information, call (760) 242-2311 ext. 6056.

### Better Breathers (Respiratory)

Fourth Monday of the month  
11 a.m. - 1 p.m.  
Facilitators: St. Mary Respiratory Therapy;  
Co-Sponsored with Apria Healthcare  
For information and location, call (760) 242-2311 ext. 5331.

### Diabetes Support

Fourth Tuesday of the month  
6 - 7 p.m.  
Facilitators and Co-Sponsors:  
St. Mary Diabetes Education Center  
For more information and location, call (760) 946-8170.

### Stroke Support Group

Third Thursday of the month  
4 - 5:30 p.m.  
St. Mary Senior Select Resource Center  
19333 Bear Valley Rd., Ste. 103, Apple Valley  
Cross Street is Apple Valley Rd.  
Facilitator: St. Mary Rehabilitation Services.  
For more information, call (760) 242-2311 ext. 4650.

### Grief Recovery Outreach Program

12-week program to help people move beyond the pain caused by loss. Loss can be many things including the death of a loved one, divorce, financial changes or moving. The sessions are for two hours and there are morning and afternoon programs. Fee: \$30, which includes the book, *The Grief Recovery Handbook*. For more information, call (760) 242-2311, ext. 4232.

### ADMAM — Apoyo de Mujer a Mujer

St. Mary Senior Select Resource Center  
19333 Bear Valley Rd., Ste. 103, Apple Valley  
Support group for Spanish speaking women with cancer.  
Facilitator: Maria Garcia. For dates and more information, call (951) 961-7138.

### Mothers Offering Mothers Support (M.O.M.S.)

Every Wednesday (except holidays)  
10 a.m. - noon  
All mothers, moms-to-be, and babies under 6 months of age are welcome. For information and location, call (760) 946-4241.

### Multiple Sclerosis Support Group

First Thursday of each month  
10 a.m. - noon  
For people/caregivers/family of Multiple Sclerosis. Facilitator: Roseanne King. For more information, please email [rosebonevich@gmail.com](mailto:rosebonevich@gmail.com), or call (485) 630-7572.

### Look Good / Feel Better - Cancer Program for Women

Third Monday each month  
9:30 a.m. - noon  
Presenter: American Cancer Society  
To register, call (800) 227-2345.

## Regional Medicare Meetings ST. JOSEPH HEALTH

St. Mary Senior Select Resource Center, 19333 Bear Valley Rd., Suite 103, Apple Valley, CA 92308

### Understanding Medicare

Turning 65? Help eliminate the confusion and guesswork around Medicare by attending one of our no-cost education meetings. You'll learn about the different parts of Medicare, enrollment windows and timing. Make your reservation online at [stjhs.org/medicare](http://stjhs.org/medicare) or call (877) 833-6517. Hearing impairment, call: TTY (949) 381-4947.

2 p.m.	Thursday	September 4
10 a.m.	Tuesday	September 16
2 p.m.	Thursday	October 2
2 p.m.	Tuesday	November 18
10 a.m.	Tuesday	December 16

### Medicare Benefits

Covered by Medicare? Did you know from Oct. 15 through Dec. 7 you have the option of changing Medicare benefits? Join our informative, no pressure meeting where representatives from our partner health plans will discuss their benefits so you can determine the best plan for you. Make a reservation online at [stjhs.org/medicare](http://stjhs.org/medicare) or call (877) 833-6517. Hearing impairment, call: TTY (949) 381-4947.

2 p.m.	Wednesday	October 15	10 a.m.	Tuesday	November 11
10 a.m.	Saturday	October 18	2 p.m.	Thursday	November 13
6 p.m.	Tuesday	October 21	10 a.m.	Saturday	November 15
2 p.m.	Thursday	October 23	10 a.m.	Tuesday	November 18
6 p.m.	Tuesday	October 28	2 p.m.	Thursday	November 20
10 p.m.	Thursday	October 30	6 p.m.	Tuesday	November 25
10 a.m.	Saturday	November 1	10 a.m.	Tuesday	December 2
2 p.m.	Thursday	November 6	2 p.m.	Thursday	December 4

Medicare has neither reviewed nor endorsed this information. Sales persons will be present with information and applications at the Medicare Benefits meetings. For accommodation of persons with special needs at benefit sales meetings, please call (877) 833-6517. Hearing impairment, call TTY (949) 381-4947 (M-F, 8am-5pm).

A Ministry in the tradition of the Sisters of St. Joseph of Orange and Brothers of St. John of God



## Choosing the right doctor is one of your healthiest decisions.

If it's time to enroll in a health plan at your worksite, you're considering enrolling in the health care exchange (Covered California) this fall or a senior plan, we have great news. Becoming part of St. Joseph Health, St. Mary is as easy as one-two-three:

### 1. CHOOSE A DOCTOR

While some physicians practice independently, others are part of a medical group or affiliated network. The affiliated and medical group physicians of St. Joseph Health, St. Mary include:

- St. Mary High Desert Medical Group
- Premier Healthcare IPA

### 2. CHOOSE A HEALTH PLAN

Make sure your plan includes St. Joseph Health, St. Mary. Check our website at [StMaryNetwork.org](http://StMaryNetwork.org), where we're always updating our list of partnering health plans. But just for good measure, it's also best to double check with the health insurer to verify you're in the St. Joseph Health, St. Mary network.

### 3. CHOOSE A HOSPITAL

Make sure you select St. Joseph Health, St. Mary.

### NOT TIME TO ENROLL IN A NEW HEALTH PLAN? YOU CAN STILL SELECT US!

Members of an HMO plan are permitted to change their primary care physician (PCP) within their plan anytime throughout the year with an effective start date of the following month. Just follow these simple steps:

1. Contact the Member Services department listed on your health insurance card.
2. Provide the name of the St. Joseph Health, St. Mary primary care physician you have selected and specify you want to join St. Mary High Desert Medical Group or Premier Healthcare.
3. Confirm your selection with your health plan. Be sure to verify the group name St. Mary High Desert Medical Group or Premier Healthcare when you receive your new health plan identification card.

**NEED ADDITIONAL HELP SELECTING A PHYSICIAN? CALL US AT (877) 833-6517**