

# Health Matters

SPRING/SUMMER 2014

## Medical Group Partnership

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Creating Communities of Excellence

St. Mary Foundation Spreads the Spirit of Giving

Give Big San Bernardino

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St. Joseph Health   
St. Mary



# Medical Group Partnership

In a partnership that will lead St. Joseph Health, St. Mary into the future and toward a new model of care, High Desert Primary Care has now joined forces with the physicians of St. Mary Specialty Clinic to become St. Mary High Desert Medical Group.

St. Mary High Desert Medical Group will allow patients within the High Desert community to have access to the St. Joseph Health network, which includes award-winning hospitals, medical groups and independent physician associations nationally recognized for excellence.

Niki Balginy will serve as vice president of administration for the High Desert Region and Ziad El-Hajjaoui, MD will serve as the medical director for St. Mary High Desert Medical Group. “This medical group represents the coming together of two dedicated groups focused on serving the needs of the High Desert community,” said Balginy. “The new name reflects the compassionate and outstanding care that has been a hallmark of the St. Mary name, as well as our strengthened relationship with the widely respected St. Joseph Health, St. Mary and its network of care.”

St. Joseph Health, St. Mary has been planning for years to extend its network of care to better manage the wellness of our local communities. Now that the Affordable Care Act (ACA) is a reality, it is even more important for St. Mary to seek out these strategic partnerships throughout the High Desert.

“Partnering with St. Mary High Desert Medical Group and committing to grow the organization will allow us to better take care of our community,” said Randy Bevilacqua, vice president of strategic services for St. Joseph Health, St. Mary. “This will lead us to new and innovative models of care and a new emphasis on prevention to better allocate and preserve scarce healthcare resources.”

This new partnership and name change will not affect the current state of physician-patient relationships, but instead provide a broader choice of services and physicians available to the community with the same excellence of care as St. Mary.

To find a doctor, classes, and events visit [StMaryHighDesertMedicalGroup.com](http://StMaryHighDesertMedicalGroup.com).

Pictured below are Stacey Custer, Frankie Espinoza, Oralia Metendeza, and Evin Nickels who work at the Apple Bear General Surgery Complex





# Living Well To Reach Age 100

**STAYING PHYSICALLY ACTIVE** Did you know that by age 75 only one in two women and one in three men get any physical activity at all? The loss of strength, endurance, and balance that keep many older adults housebound may not only be prevented, but even reversed.

Dr. Shima Hadidchi, family physician at St. Mary High Desert Medical Group says some of the problems that can be prevented, or improved, by regular exercise include arthritis, heart disease, diabetes, high blood pressure and stress.

**STAYING MENTALLY AND SOCIALLY ACTIVE** Staying socially connected has been shown to keep your mind and body active well into old age. In fact, the benefits of social connectedness are just as important as the benefits of staying physically fit. According to research done by the National Institute on Aging, symptoms of mental decline, such as loss of memory, are not necessarily a normal part of aging.

## LIFESTYLE TIPS FOR LIVING TO BE ONE HUNDRED

- Join a group. Try a group activity such as yoga or tai chi that combines exercise with balance and stretching.
- Exercise your mind. Challenge your mind by reading, taking a class, starting a new hobby, or learning a new skill.
- Make food interesting. Flavor your food with extra spices, herbs, or fresh lemon juice to stimulate your taste buds.
- Organize family get-togethers. Find friends and family members who will join you in social activities and stimulating conversation.
- Enjoy a variety of fruits and vegetables. Fill up your plate with many types and colors of fresh produce.

### St. Joseph Health, St. Mary was recognized for Excellence in Improving Pain Management by Skylight Healthcare Systems

“We are continuing to enhance our patients’ experience and meet their needs by interacting with them using the Skylight System over the TV,” said Rosa Ortega, Director of Women and Children’s Services.

Skylight provides an interactive television service throughout our hospital. Our staff, led by Ortega, and Patient Care Services Manager Mendy Hickey use this system to allow patients to interactively manage their pain.

“This award goes a long way in recognizing our staff that go above and beyond, every day to make the patient experience the best that it can be,” said Chief Nursing Officer Marilyn Drone. “Improving pain management ensures that our guests are the most comfortable they can be while they’re here.”

The system has led to increased efficiency, and higher patient satisfaction regarding pain management.

“Skylight has assembled a truly committed group of healthcare leaders and professionals that have a growing and valuable voice in the national movement to make the patient experience a vital strategy for healthcare organizations,” said Bridget Duffy, MD, Vocera Communications Chief Medical Officer. “I am both inspired by the innovators that Skylight has gathered and proud to be a part of a community that shares my vision for more patient-focused healthcare.”

# St. Mary Foundation Catch the



**Merle Swoope (center) honors her colleague - Delia Jabiness at a recent Foundation event - with Foundation Vice President Paul Kaminski.**

The St. Joseph Health, St. Mary Foundation supports all the efforts of St. Mary Medical Center from providing funds for healthy communities, to new state-of-the-art equipment and technologies, to completing the new Victorville Campus. As vested partners, we all want the best for our community, and that is the mission for which the Foundation was created.

All foundation fundraising is carried out in the spirit of the Sisters of St. Joseph of Orange, who continue to bring mission-focused health care to all those in need. Together with foundation staff, foundation board, trustees, executive management team, ministry staff, and our loyal donors, the road to creating a seamless delivery of health care will be paved here in the High Desert.

“St. Mary is the only non-profit hospital in the High Desert,” points out Paul Kaminski, vice-president of fund development. “We are a true community partner, not only providing care within our walls here at St. Mary, but through our involvement in the health and wellness of the communities we serve. I am not sure people realize just how much St. Mary contributes to the community.”

The foundation staff has established a myriad of ways to participate in the fundraising process. “We have our yearly events, such as the Gala and Men Who Cook, but we also have our annual fund, major gifts, grants and planned gifts as well,” points out



**Left: Alan Garrett, Paul Kaminski and Jackie Morgan making final preparations for Dr. Parmar's presentation at the President's Cabinet Luncheon. Right: Director of Special Gifts Lezli Roberts reviewing the menu with CEO Alan Garrett at Men Who Cook.**

# Spirit of Giving

Lezli Roberts, Director of Special Gifts. “We can accommodate the wishes of any of our donors.”

The foundation is currently in the midst of a two year campaign to raise five million dollars. “The monies that we raise will support our community wellness programs that benefit all High Desert residents, acquire state-of-the-art technology for patient care and complete the new St. Joseph Health, St. Mary Campus in Victorville,” said Michael Page, director of special gifts.

So far the Foundation is on track with about 27% toward the two year goal. “We are actually at 70% to this year’s goal,” said Susana Vasquez, data research and moves manager, “our community has really stepped up and supported this effort, and we still have a long way to go.”

The foundation also offers three giving societies, the 500 Club for annual donors of \$500 or more a year, The President’s Cabinet for donors of over \$1000, and the Legacy Society for donors who make a planned gift through bequests, trusts, stocks, or real estate.

Direct mail and our employee giving campaign are also crucial to the fundraising efforts of the foundation. “We have many donors who are regular contributors through the mail,” said Manager of Annual Giving Jackie Morgan, “we also launched a very successful employee giving campaign.”

**All fundraising helps the foundation to reach out to private foundations and corporations for grant funding. A private foundation is a non-governmental, non-profit organization having a principal fund usually that offers grants to non-profit and charitable organizations aligned with their own purposes. To qualify, St. Mary must meet defined criteria. “Grants are typically awarded on a competitive basis,” said Grant Program Manager Rosa Ramirez, “and St. Mary must compete with other non-profit organizations that have needs that are just as compelling as those in our own community. However, one of the ways, we stand out is in the measure of generosity from our donors. This has led to success in receiving grants from a number of private foundations and public grant-making sources.”**

## Recent Grants

### **San Manuel Band of Mission Indians Awards a \$7,000 grant to Support Diabetes Screening in the High Desert**

This grant from the San Manuel Band of Mission Indians enabled us to purchase portable testing equipment that measures HgA1C levels for early detection of diabetes. More than 200 High Desert residents will be screened this year.

### **Willmas Charitable Trust provides \$5,000 for Helping New Moms Receive the Support and Information they need to Breast Feed their Babies**

Breastfeeding Education and Support from a lactation specialist will help babies receive the best nutritional start in life and promote mother-baby bonding. Dads can also learn how they can help their babies get a healthy beginning.

### **First Five San Bernardino Commission Identifies St. Joseph, Health, St. Mary as a Key Partner in Preventing Childhood Obesity and Building a Healthy Community by Awarding an \$845,012 grant**

Over the next three years, the First Five San Bernardino Commission will award a total of \$845,012 to St. Mary to work on several key initiatives that will help our High Desert community improve the health of its residents. These include:

- Childhood Obesity Prevention in 7 High Desert area preschools
- Healthy Community Policy Development and advocacy in High Desert Cities including vending machine policies to limit sweetened beverages in city operated venues
- Promoting access to fresh produce through Farmer’s markets
- Breastfeeding Clinics to be established at three locations throughout the High Desert to help support women who chose to breastfeed. Two pump rental stations will also be established to aid mothers who must return to work, school or need to be separated from their child for part of the day.



# Creating Communities of Excellence

Eating right and exercising are essential to maintaining a healthy lifestyle and preventing serious health problems like obesity, Type 2 diabetes and heart disease. What if healthy foods and a safe place to work out aren't nearby, or accessible?

St. Joseph Health, St. Mary is leading a program called "Communities of Excellence" to ensure this isn't the case in the Victor Valley. By partnering with area officials, local schools and community volunteers, a plan is underway to change our communities so that everyone has access to fruits and vegetables and safe places to be active.

Communities of Excellence is a four-year program funded by a county grant called "CX3." It began in 2013 with an in-depth analysis of four local communities: Adelanto, Apple Valley, Hesperia and Victorville. The data compiled identified neighborhoods with the greatest barriers and environmental conditions that don't support healthy eating and physical activity — for example, neighborhoods that are isolated from grocery stores, are riddled with fast food chains or don't have a park located within walking distance.

Next was an examination of the neighborhoods of interest to better understand what is going on at the ground level. It involved looking at prices and quality of food in local stores; evaluating messages in and around stores; counting food banks, farmer's markets and community gardens; assessing the safety of streets

near shops and schools; and tallying how many fast food outlets are nearby.

"At the heart of this program is the concept that residents can change their communities to become healthier places to live," said Kevin Mahany, director of advocacy and healthy communities at St. Mary.

Over the next three years, each of the communities will set priorities based on data and then implement action plans with the help of local departments of public health. Some ideas raised include; bringing fresh produce to corner liquor stores, creating a mobile vending system selling healthy produce on the street or organizing a weekly carpool to a grocery store that isn't within walking distance.

In addition, St. Mary and other local organizations such as the Apple Valley Unified School District (AVUSD) are hosting regular meetings to better understand the communities' needs and help teach families to make healthy choices.

"Champions for Change provides a great opportunity for parents to learn about safety, nutrition and healthy living and pass along this knowledge to their children," said Valerie Smith, family center director, AVUSD. "It's been a great way to give residents and parents a voice, while strengthening communities and improving their health."

Communities of Excellence is part of a state-wide initiative called "Champions for Change,"



and just one of the many ways that St. Mary is striving to improve the health of residents in the High Desert, an area in which one in four adults are obese and 15.3 percent of the population is suffering from diabetes — almost double the California average.

To lower these rates and improve the health of our communities, St. Mary will continue to work with residents on the action plans.

"Our hope is that the work accomplished through Champions of Change will build upon our existing community efforts and help us reach our ultimate goal of reducing obesity and diabetes rates in the high desert," said Mahany. "Our commitment to the community is to help residents prevent serious health problems by giving them the tools and access they need to make healthy choices for themselves and their families."



## Awareness and Support Groups SPRING/SUMMER 2014

### Prostate Cancer Survivors

First Tuesday of the month  
6 – 7 p.m.

Facilitator: Samuel Lee, M.D., Urology  
For information and location,  
call (760) 946-8189.

### Breast Cancer Awareness

Third Tuesday of the month  
6 – 7 p.m.

For information and location,  
call (760) 946-4241.

### 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 information call  
(760) 242-2311, ext. 5399.

### 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 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. Hosted by National Multiple  
Sclerosis Society. Facilitated by Tammy  
Truitee, (909) 792-6518.

### 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.

## Senior Select Resource Center

### CALENDAR OF EVENTS

#### Lunch with the Doctor

Premier Healthcare IPA  
Second Wednesdays of the month  
12:30 p.m. – 2 p.m.  
May 14, June 11, July 9, August 13

#### Lunch with the Doctor

St. Mary High Desert Medical Group  
Fourth Wednesdays of the month  
12:30 p.m. – 2 p.m.  
April 23, May 28, June 25, July 23,  
August 27

#### Feisty and Fit Club

Every Friday 8:30 – 9 a.m.  
(Closed July 4th)

#### Dining in Style — Chef Malissa

(Sample Tasting Only)  
11:30 a.m. – 1 p.m.  
April 25, May 30, June 27

#### AARP Driver Safety

(Two Day Class)  
8:30 a.m. – 12:30 p.m. each day  
June 10, 12; August 12, 14

#### AARP Driver Safety Refresher Class

8:30 a.m. – 12:30 p.m.  
July 15

## Regional Medicare Meetings ST. JOSEPH HEALTH

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

### Understanding Medicare

Are you turning 65 this year? Attend one of our no-cost, education meetings to find out about the different parts of Medicare, especially enrollment windows and timing. Come and let us help eliminate the confusion and guess work around Medicare. To make a reservation, please go online at [www.stjhs.org/medicare](http://www.stjhs.org/medicare) or call (877) 459-3627. For those with a hearing impairment call: TTY (949) 381-4947.

Thursday, May 1, 6 p.m.  
Tuesday, May 20, 10 a.m.  
Thursday, June 5, 2 p.m.  
Tuesday, June 17, 2 p.m.

Thursday, July 3, 2 p.m.  
Tuesday, July 15, 2 p.m.  
Thursday, August 7, 6 p.m.  
Tuesday, August 19, 2 p.m.

### Medicare Benefits

Will you be retiring, no longer be actively working or would like to compare your employer plan with what Medicare has to offer? At this no-cost meeting you will be able to compare our partner health plans and their 2014 benefits side by side. For your convenience, sales representatives will be present with information and applications. To register, please sign up online at: [www.stjhs.org/medicare](http://www.stjhs.org/medicare) or call (877) 459-3627. For those with a hearing impairment only call: TTY (949) 381-4947.

Thursday, May 29, 2 p.m.  
Monday, June 23, 10 a.m.

Monday, July 28, 6 p.m.  
Monday, August 25, 10 a.m.

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3345 MICHELSON DRIVE  
IRVINE, CA 92612

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**Give Big**

# San Bernardino

With some of the lowest totals for charitable giving in the State, San Bernardino County has spearheaded an effort to highlight the great non-profit organizations throughout the county, and the important work that they do.

“Funding for local nonprofits is key to continuing their necessary work,” said First District Supervisor Robert Lovingood. “An Irvine Foundation study found that the Inland Empire receives \$16 in grants per person per year. But the statewide average is six times more — \$102. So I encourage everyone to contribute to the Give Big campaign.”

Give Big San Bernardino County is a 24-hour fundraising web-a-thon benefitting San Bernardino County nonprofit organizations, including the St. Joseph Health, St. Mary Foundation. Participating nonprofit organizations will receive training in the use of social media, marketing, and donor cultivation. The fundraising web-a-thon will begin at 7 a.m. on May 8, 2014 and continue until 8 a.m. on May 9, 2014.

The Community Foundation serving the counties of Riverside and San Bernardino, in coordination with the county of San Bernardino, will plan and implement the Give Big San Bernardino County campaign.

“Give Big is a great opportunity for non-profits in San Bernardino County to secure online and social media presence in this ever emerging electronic age,” said Paul Kaminski, vice president of Fund Development. “We at St. Mary are excited to be taking a leadership role in this effort, and look forward to promoting the good works of St. Joseph Health, St. Mary.”

Other successful Give Big campaigns have been held in Riverside County, Seattle and the State of Minnesota, which raised \$16 million. For more information on this important cause visit [www.StMaryAppleValley.Com](http://www.StMaryAppleValley.Com).