

Health Matters

SPRING/SUMMER 2015

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Kids Give Back



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St. Joseph Health 
St. Mary

Members of St. Joseph Health, St. Mary's Executive Leadership team pose with Apple Valley Fire Protection District's Chief Sid Hultquist in front of the van donated by the hospital that will become the Fire District's new mobile command center. From Left: Vice President CFO, Tracey Fernandez; Vice President of Medical Affairs, Dennis Haghghat; Vice President CNO, Marilyn Drone; Executive Director, John McKinney; Chief Hultquist; Vice President of Mission Integration, Judy Wagner; Vice President of Foundation, Paul Kaminski; Executive Vice President COO ,Kelly Linden.



New Apple Valley Fire Mobile Command

Donated by St. Joseph Health, St. Mary

One of St. Joseph Health, St. Mary's retired mobile medical vehicles has been rehabilitated and will serve as the new mobile command post and secondary emergency operations center (EOC) for the Apple Valley Fire Protection District.

The vehicle replaces a 1964 converted school bus/bookmobile, the AVFPD describes as grossly inadequate for its needs and has become too costly to keep mechanically operational.

"The fire district thanks St. Joseph Health, St. Mary for their generous donation. The use of this vehicle will greatly enhance the fire district's ability to manage major incidents and provide back up communications in the event of a disaster throughout the Town of Apple Valley and surrounding unincorporated County areas within the fire district," said Apple Valley Fire Protection District Chief Sid Hultquist. "The collaboration and relationship between

St. Joseph Health, St. Mary and the Fire District has always been outstanding: these types of partnerships are vital in providing outstanding, cost effective service to the community."

The fire district, the Apple Valley Unified School District and the Town of Apple Valley are part of a formal partnership to address disaster preparedness and response. The new mobile command post will be an integral part of the overall disaster plan that serves

more than 80,000 citizens and covers an area of more than 200 square miles.

"The spirit of the Sisters of St. Joseph of Orange has always been one of collaboration, partnering to fulfill a need," said Paul Kaminski, vice president of St. Joseph Health, St. Mary Foundation. "This is just one example of the many ways that St. Mary extends its mission into the high desert community."



“We have a healthy family now, and I want everyone to have a healthy family,” explained Cassandra Meeker, a sixth grader at Desert Knolls Elementary School. Cassandra and her sister Scarlett (kindergarten) collected donations from their neighbors, friends and family to gift to St. Mary. “Our mom was here for five days with a bad infection, and the doctors and nurses at St. Mary got my mom better, and that’s why we wanted to donate.” Cassandra insisted she wants to continue to raise money for St. Mary, much to the delight of Paul Kaminski VP of the Foundation, “This is not about the amount of money, it is about the spirit of giving that is the message here.”

Center

If interested in impacting the lives of St. Mary patients and making the High Desert a healthier community please contact us about a donation or volunteer opportunities. Please call (760) 946-8103.



St. Joseph Health, St. Mary Foundation recently received the largest stock donation in the history of the hospital.

The donation, which amounted to over \$519K will be used to support nursing education. Betty Lou, the donor, expressed a sincere interest in creating incentives for nurses to achieve higher education. Because of Betty Lou’s generosity, three areas of nursing education will be impacted: a virtual nursing library, a learning lab, and nursing scholarships.

Director of Clinical Excellence, Gloria Peak emphasized, “As a nurse who is just weeks away from obtaining my doctorate in nursing practice, I personally know the value and impact of education. I have become more confident of my ability to develop systems that promote the highest quality of life for all people in the community. I am grateful to work at a ministry that has supported me in my educational journey. I hope to mentor other nurses who would like to continue with their nursing education. It is our sincere hope that Betty Lou’s passion will inspire others to donate.”



(Left) Annena Enborg completed a successful three-month program at the Wound Center. (Above) Certified Hyperbaric Technician Chris Riojas, with an appreciative patient, Christine Gutierrez.

Mending Hard-to-Heal Wounds

A wound or sore that won't heal is more than just a nuisance. It can be painful and frightening, especially when your diagnosis isn't what you want to hear. Two Apple Valley women recently learned that with the help of St. Joseph Health, St. Mary for Wound Care and Hyperbaric Medicine, a chronic or non-healing wound doesn't need to end in amputation or a reduced quality of life — with the right staff, equipment and treatment plan — you can heal and return to doing the things you love.

SAVING LIMBS, SAVING LIVES

When Christine Gutierrez, 62, first visited the Wound Care center, she had recently experienced the trauma of a toe amputation after a non-healing diabetic foot ulcer caused irreparable damage to tissue and bone. Doctors told her she might lose some of her leg if the wound and remaining infection were unable to heal completely.

“At this point, I had little hope that my leg could be saved,” said Christine. “Doctors had recommended a below the knee amputation, and I was scared there was nothing I could do to fix it.”

The multidisciplinary staff and physicians at the Wound Care center developed a 28-week custom treatment plan for Christine that involved debridement (the medical removal of infected tissue), skin substitutes, negative pressure therapy and dozens of hyperbaric oxygen therapy treatments.

“St. Mary is the only specialized wound care clinic in the high desert with three hyperbaric oxygen chambers, allowing us to provide excellent wound care for our patients,” said Carrie Dixon, wound care director St. Joseph Health, St. Mary. “Hyperbaric treatments expose the body to 100 percent oxygen at a pressure that is

greater than you normally experience. Wounds need oxygen to heal properly, and exposing the wound to 100 percent oxygen can, in many cases, speed the healing process.”

After diligently following her treatment plan for three months, Christine was given the good news her wounds were healed and plans for amputation were no longer needed. “It meant the world to me that the people taking care of me at the Wound Care center showed so much compassion,” Christine said. “It seemed like they were feeling what I was feeling, and they would do everything in their power to make me better.”

Christine is now able to walk again and recently received even more good news: because her foot has healed, she was added as a candidate for a kidney transplant — often, this isn't possible when patients have chronic wounds.

“The Wound Care staff saved my life,” Christine said. “I'm currently receiving dialysis three times a week for four hours, and now that my foot has healed, my daughter is giving me the gift of a kidney that I may receive before the year is done. I never thought any of this was even possible.”

EARLY TREATMENT IS KEY

After having surgery for a septic hand and forearm, Anenna Enborg, 69, was concerned about her wound and barely able to wiggle her thumb. Antibiotics alone weren't enough to rid her arm of infection, and it wasn't until a staff member visited her in the recovery room that she heard about the services available at the Wound Center.

“I had no idea such specialized wound care was available,” said Anenna, who completed a successful three-month program of

Being able to heal allowed Christine Gutierrez (below) to become a candidate for a kidney transplant again.



skin substitutes and negative pressure therapy soon after her operation and is currently regaining strength in her hand and thumb. “Traumatic things happen in life, and it’s so much easier to recover when you’re given the right tools and support to heal.”

According to Dixon, if a wound hasn’t healed in 30 days, it’s essential to get treatment as soon as possible. “Sometimes people are referred too late in the healing process, and our treatments aren’t as effective as they could be if we would have seen them earlier,” she said. “It’s vital to come in as soon as you realize you have a non-healing wound so we can begin the process to get you on the mend.”

Dixon also said it’s ok for patients to ask their doctor for a referral to the center if they’re concerned about a wound, and patients can self-refer by calling (760) 242-2111.

For more information about St. Mary’s Wound Care Center, visit 16077 Kamana Rd. Apple Valley Rd. 92307

stmaryapplevalley.com/Our-Services/Wound-Care-and-Hyperbaric-Medicine



Nurse Advice Line

Members of St. Mary High Desert Medical Group can now utilize the benefits of our nurse advice line. We know you don’t just get sick between 8 a.m. and 5 p.m., so we’ve made experienced nurses available for you after hours, on weekends and holidays to ensure you always have guidance on how to stay healthy.

Our nurses welcome any health-related questions, whether it be on medications, aches and pains or simple advice on how to stay as healthy as possible.

“One call to the nurse advice line can help you determine your next step in after hours care,” said Lisa Ohlfest, vice president of St. Mary High Desert Medical Group. “Whether it’s taking a pain reliever or if you should go to our urgent care. The specially trained nurses can help you decide.”

The nurse advice line is just one more benefit to becoming a member of St. Mary High Desert Medical Group. The group includes the “Senior Select” membership benefits, more than 40 experienced physicians and specialists and access to the High Desert’s hospital of choice — St. Joseph Health, St. Mary.

“The nurse advice line’s registered nurses are there for you when you’re not sure how to treat a symptom,” said Sara Williams, RN-C, MSN, St. Joseph Health’s Director of Access to Care.

Exclusively for members of St. Mary High Desert Medical Group, the nurse advice line is open when your doctor’s office isn’t. You’ll only speak to the most experienced registered nurses who have been leaders in their field for at least five to 10 years. We ensure our nurses can accurately assess the patient — without seeing them — with symptom based guidelines that are approved by our medical director. They are up-to-date on any and all global illnesses and can help you with any health related question you may have.

To learn more and sign up with a St. Mary High Desert Medical Group physician call (760) 241-6666.

St. Joseph Health, St. Mary and The Sisters of St. Joseph Saved My Mother's Life

My mother, Virginia Mederios Granados, was a nurse at St. Joseph Health, St. Mary from 1978 to 1990. During that time, she worked in the Special Care Unit (ICU), Home Health Care, and was a Charge Nurse on the Medical Floor Unit. She retired from nursing in 1990.

In October 1991, my mother was diagnosed with stage four colorectal cancer, metastasized to the lymph nodes. Her prognosis was poor and no one expected her to live.

Because my mother was retired, insurance was difficult and her options were limited. Not only could she not choose her hospital, but the physicians were also selected for her. My mother was sure of two things; if she was going to survive, she must be treated at St. Mary's and Dr. Edwards must be her surgeon — neither of which was approved by her insurance. The nightmare of negotiating with the insurance company was about to begin.

For the next three months, I fought with the insurance company to no avail. I was told that even if the hospital allowed the surgery to be performed, Dr. Edwards was not part of the plan and they would not pay. In the meantime, my mother was getting sicker. My only option at that point was to plead with St. Mary's on my mother's behalf. I would have mortgaged my home and paid the doctor out of pocket, but I did not have enough to pay the hospital. Would they allow the physician to perform the surgery at St. Mary? After two weeks of phone calls, the miracle I had been praying for happened. "Bring your mother in," I was told, "let's get her well." Dr. Edwards performed the surgery in February 1992.

My mother, Virginia Mederios Granados, turned 77 on Oct. 6, 2014. She is active and has been cancer free for over twenty years. She and I both believe that had it not been for St. Mary's and the good people who work there, she would not be alive today.

Thank you, St. Mary's, for giving me my mother.

— Diane Clennan



Virginia Mederios Granados is active and has been cancer free for over twenty years. Had it not been for St. Mary's and the good people who work there, she would not be alive today.



(Above) The men who participated in the 2014 "Men Who Cook" event.

Cooking For a Cause

Calling all men who cook and those who just want to sample some delicious food. The 4th Annual Men Who Cook event is just around the corner.

"We've lowered the ticket price this year to \$25," said Jackie Morgan, director of the annual fund at St. Mary, "We want to really open this up to our community." Funds raised from this event will benefit the many good works of St. Mary. There will be opportunity drawings for gift baskets and food from approximately 40 local chefs.

St. Joseph Health, St. Mary invites you to this community building event

**Saturday, April 25, at 5:30 p.m.
Hilton Garden Inn**

If you'd like to participate please call Jackie Morgan at (760) 946-8167 or email Jacqueline.morgan@stjoe.org



Awareness and Support Groups SPRING/SUMMER 2015

Prostate Cancer Survivors

First Tuesday of the month
 6 – 7 p.m.
 Facilitator: Samuel Lee, MD, Urology
 For more information, call
 (760) 242-2311, ext. 5399.

Breast Cancer Awareness

Third Tuesday of the month
 6 – 7 p.m.
 For more information 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 Dept.
 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 Lincare
 For information 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 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 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. There is a \$30 fee, which includes the book, *The Grief Recovery Handbook*. For more information call (760) 242-2311 ext. 4232.

ADMAM – Apoyo de Mujer a Mujer

(Support group for Spanish speaking women with cancer)
 Facilitator: Maria Garcia
 St. Mary Senior Select Resource Center
 19333 Bear Valley Rd., Ste. 103
 Apple Valley
 Cross Street is Apple Valley Rd.
 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 six months of age are welcome
 For information call (760) 946-4241.

Foster Parent Orientation

Third Wednesday of every month
 5 and 6:30 p.m.
 Facilitator: Kelly McCall
 St. Joseph Health, St. Mary Administrative Support Building
 16071 Kasota Rd., Apple Valley, CA
 Avant-Garde, Foster Family Agency, Inc. is a premier foster agency with over 10 years of experience. With over 50,000 children waiting for good foster and adoptive homes, the need is tremendous. With love, dedication and patience, you can change not only a child's life, but yours forever. Please partner with us and together we can bring hope to a new generation. To register call Kelly McCall at (951) 735-5300 or email him at asw12@avant-gardeffa.org

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? Attend one of our no-cost, education meetings to learn about the different parts of Medicare, enrollment windows and timing. This class will help eliminate the confusion and guess work around Medicare. Make your reservation online at stjhs.org/medicare or call (877) 833-6517. Hearing impairment, call: TTY (949) 381-4947.

10 a.m.	Thursday	May 7
10 a.m.	Thursday	June 11
2 p.m.	Thursday	July 9
10 a.m.	Thursday	August 13
10 a.m.	Thursday	September 10

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. Make a reservation online at stjhs.org/medicare or call (877) 833-6517. Hearing impairment, call: TTY (949) 381-4947.

2 p.m.	Tuesday	May 19
2 p.m.	Tuesday	June 30
10 a.m.	Tuesday	July 21
2 p.m.	Monday	August 24
2 p.m.	Monday	September 21

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) 459-3627. Hearing impairment, call TTY (949) 381-4947 (Monday – Friday, 8 a.m. – 5 p.m.).

ST. JOSEPH HEALTH SYSTEM
3345 MICHELSON DRIVE
IRVINE, CA 92612

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HEALTH SYSTEM

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



because
YOU DON'T JUST
get sick
between the hours of
8 and 5

Offering after hours care, when you need it most.

It happens all the time — you or your child get sick in the middle of the night, but you don't know who to call or where to seek medical care.

At St. Mary High Desert Medical Group, we offer our patients access to specially trained registered nurses to provide advice on medical conditions after hours. We also offer a conveniently located urgent care center. We're there for our patients — whenever they need us.

Choose St. Mary High Desert Medical Group, and choose more for you and your family:

- Nurse Advice Line
- Urgent Care Center
- Full spectrum of primary care and specialty services.

Become a patient today by visiting StMaryHighDesertMedicalGroup.org or calling **(760) 241-6666**.

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