

WINTER 2014

## THE NEW ST. MARY VICTORVILLE HOSPITAL



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## EXERCISE: CHOOSE HAPPINESS



*It is common knowledge that exercise produces strong muscles and a healthier heart. But it can also make you happier. Exercise can make people feel better about themselves, less worried about problems and more in control of their lives. That's a good reason to choose well and exercise daily.*

### AT WORK

- Walk or bike to work
- Park far away to add more steps to the day
- Have a “walking meeting”
- Stretch at your desk
- Focus on posture to improve core strength

### AT HOME

- Mow the lawn or do other work around the yard
- Vacuum, mop or do other fast-paced housework
- Play tag with the kids
- Take the dog for a walk

### STAY SAFE. STAY HAPPY

Exercise is important. So is making sure to have a safe workout. Here's how:

- Warm up. Walk or stretch for five minutes.
- Get moving. Get the heart pumping with some cardio such as walking, jogging or swimming.
- Cool down. Slow down the heart rate with five minutes of walking or stretching.

*Each and every moment matters. Take one to find the right doctor for you at (877) 459-DOCS.*



340 BEDS  
for  
HIGH DESERT  
RESIDENTS

## THE NEW ST. MARY VICTORVILLE HOSPITAL

*Taking 100 acres of raw land and developing a medical center with trauma capabilities and fitted with modern technology is an amazing and detailed task. The site of the new St. Joseph Health, St. Mary Victorville hospital continues to be abuzz with activity that will not be letting up in 2014. The land on Amargosa Road between Bear Valley Road and Main Street is undergoing its own transformation long before any steel emerges to hold up the hospital walls as sewer, water and electricity lines are all established. While the initial infrastructure work seems to take a long time, the \$261 million medical center is on track to open in 2016. Once completed, the two St. Mary campuses will have 340 beds to care for High Desert residents.*

As the groundwork continues on the medical center, leaders and administrators are diligently examining the changes in the market, economy,

population and national health care to ensure the services, processes and equipment for the new hospital are on target with the needs of the community. Many of the plans for the Victorville medical center were originally proposed prior to the recession and the Affordable Care Act. Studying the impact of these events and how they will affect the High Desert's use of health care is key to ensuring the mission of St. Joseph Health, St. Mary and this new medical center — to improve the lives of the people in the communities it serves.

As St. Mary leaders determine the services needed for the new medical center, they are researching many new exciting models, including telemedicine and providing more avenues of community care that would provide the level of care patients need before and after they leave the medical center. Not only is St. Mary working to provide more great hospital care for its High Desert neighbors, but plans also include more efforts to keep residents healthy and reduce their need for hospital care.

*Friend us on Facebook and stay up to date on special events, health tips and more.*





Jennifer Holliday performs at the 22nd annual Gala. The funds raised from the gala will help the Foundation in its new two-year \$5 million campaign to support critical community health outreach and build the new medical center in Victorville.

# ST. MARY MEDICAL CENTER FOUNDATION KICKS OFF NEW TWO-YEAR \$5 MILLION CAMPAIGN

*St. Mary Medical Center Foundation is excited to announce the kick-off of its new two-year \$5 million campaign. The money raised from this important campaign will aid critical community outreach programs and help build the new medical center — St. Joseph Health, St. Mary Victorville. The campaign has many facets, including a fund raising campaign among St. Mary board members and employees who generously support the work of the medical center by donating their time and talents as well as their finances. We hope you will consider the important work St. Mary does in the community and be a part of our campaign — “The Center for Health and Wellness in the High Desert.”*

All that we do is to help drive the St. Mary mission, and this campaign is no exception. It is designed to help extend the healing ministry of Jesus in the tradition of the Sisters of St. Joseph of Orange by continually improving the health and quality of life of people in the High Desert. As the only non-profit hospital in the High Desert, St. Mary continues to rely on the good will and generosity of the community.

This campaign will support diabetes and cancer screenings for low-income and uninsured families through community clinics and the mobile health van. Funds raised will also support childhood obesity prevention, as well as support groups for people whose lives are challenged by breast cancer, prostate cancer, heart disease and diabetes, as well as those experiencing loss who need help with grief recovery.

Larger transformative gifts are also being sought to help build the Victorville medical center. These gifts come with the benefit of a commemorative naming opportunity. In a growing community that is underserved, the new Victorville medical center is a beacon of light on the horizon.

Our annual events will also help raise funds for these wonderful programs and the new medical center. In September, the Foundation celebrated its 22nd annual Gala with entertainment guest Jennifer Holliday. About 450 community members attended and supported the hospital by helping to raise approximately \$55,000 toward the new campaign.

*If you are interested in learning more about St. Mary and how you can be a part of its great work in the community, please call (760) 946-8841.*



## COMMUNITY HEALTH LAUDED FOR FIVE-STAR SERVICE AND PATIENT LOYALTY



For the second consecutive year, St. Joseph Health, St. Mary's Community Health Department gained the Loyalty and Endorsement Award, as well as the Five-Star Service Award, from patient survey vendor Avatar International. The awards are presented to those exceeding the 90th percentile in Avatar's data base for loyalty and service.

The Community Health Department includes the Healthy Beginnings Midwifery Service that provides quality prenatal services to High Desert women. The midwives, and staff focus on caring for the whole woman — body, mind and spirit — during her pregnancy, and offer numerous resources to better serve her family as well.

Jennifer Casady has received her prenatal care from the Healthy Beginnings midwives for three of her five pregnancies. "I really found great support here," she said as she expected her fifth baby, a girl, in 2013.

Jennifer found that each of her deliveries was different, but she always felt safe in the midwives care. Along with the great medical care she and her babies have received, Jennifer said she has received emotional support that has given her confidence to succeed in her role as a mother to her children.

"The midwives and staff make me feel honored and respected as a patient and a mother," Jennifer said.

Along with prenatal care, Community Health serves low-income and uninsured residents through St. Mary's mobile van. The Bright Futures Family Resource Center is also part of the Community Health Department, and it offers family counseling, education and referrals to other local resources to give High Desert families the support they need to ensure bright futures for parents and children.

For more information go to  
[stmaryapplevalley.com/midwives](http://stmaryapplevalley.com/midwives)



## CHOOSE WELL CHOOSE BREAKFAST

*Many people have heard that breakfast is the most important meal of the day, and it's not a myth.*

"A balanced breakfast with protein and fiber gives the body energy, keeps the stomach full longer and can even help control weight," said Theodora Rudd, MS, RD, St. Joseph Health, St. Mary. "People who skip breakfast tend to eat more later on or nibble on high-calorie snacks."

A morning meal can also help improve mood, concentration and the ability to problem-solve.

But many adults don't make breakfast a priority. They skip it or eat something filled with sugar and empty calories. For those who think breakfast is a cup of coffee and a doughnut in the break room, there are a lot of good reasons to rethink that habit.

For some new breakfast ideas, try mixing and matching traditional breakfast foods such as eggs and toast with foods usually reserved for lunch or dinner.

### HERE ARE SOME IDEAS:

- HALF OF A WHOLE-GRAIN BAGEL WITH A SLICE OF TURKEY
- A PIECE OF WHOLE-GRAIN TOAST WITH A THIN SLICE OF CHEESE
- LOW-FAT OR NON-FAT COTTAGE CHEESE AND A SMALL CAN OF UNSWEETENED FRUIT COCKTAIL
- A WHOLE WHEAT TORTILLA FILLED WITH LETTUCE, TOMATO AND FRESH AVOCADO

If pressed for time, pack whole-grain crackers, trail mix or a box of raisins to enjoy on the morning commute.

Just remember: Eating a good breakfast increases energy levels and gets the day off to a healthy start.

*Each and every moment matters. Take one to find the right doctor for you at (877) 459-DOCS.*

# VALUES IN ACTION EMPLOYEE AND PHYSICIAN AWARDS



Dr. Arvind Salwan



Megan Ahlstrom



Rickey Bertram



Lori Truelove



Jessica Kane

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*One of the highlights of the year at St. Joseph Health, St. Mary is the annual Values in Action Awards that recognize five individuals – employees, physicians or volunteers – for their outstanding contributions to the health care ministry and for their commitment to the core values of Dignity, Justice, Service, Excellence and Hospitality. St. Mary is proud to recognize the following individuals:*

## JUSTICE

More than three years ago Dr. Arvind Salwan began donating his time to see uninsured and low-income patients who would have otherwise gone without regular health care. Dr. Salwan is the St. Mary 2013 Values in Action recipient for Justice. Because of his dedication and compassion, hundreds of uninsured and underserved patients have had access to health care services that prevented devastating disabilities and enabled them to work and care for their families.

## SERVICE

Although Megan Ahlstrom became part of the St. Mary family just three years ago, she has had a tremendous impact on the medical center and community. Known as a nurse who goes out of her way to help patients and staff, Megan remains calm under fire and finds joy in serving others in their most troubled and painful times. Megan serves as an inspiration to us all and has been honored with the 2013 Values in Action Award for Service.

## EXCELLENCE

At home, Rickey Bertram is a husband and father who plays T-ball with his 5-year-old son. At St. Mary, where he has worked as a Clinical Lab Scientist for the past five years, Rickey Bertram has earned the respect of his coworkers throughout the health system for being a creative, tech-savvy problem-solver who has vastly improved processes. Not only is Rickey good with operating computers, he has a knack for creating functional systems tailored for their users, as well as helping the staff become comfortable and confident with them. St. Mary is proud to recognize Rickey with the 2013 Values in Action Award for Excellence.

## DIGNITY

Lori Truelove works as a nurse in St. Mary's Intensive Care Unit (ICU). Other nurses describe her as passionate about caring for patients, treating not only the physical needs of her patient but the spiritual needs necessary to sustain the human spirit. Lori was nominated for the Dignity award by a new ICU nurse who has witnessed Lori take the time to respect the dignity of each patient and family. St. Mary is proud to recognize Lori with the 2013 Values in Action Award for Dignity.

## HOSPITALITY

Jessica Kane is St. Mary's Hospitality Values in Action Award recipient. As a housekeeper, her quick actions and extra measure of interest in others have quite possibly saved lives at St. Mary, from a patient planning to take his own life, to a patient with dementia who cut her IV lines and risked falling. Since she started at St. Mary in June of 2011, she is recognized as someone who is kind, positive and always willing to help.

*Learn more about St. Mary at [stmaryapplievalley.com](http://stmaryapplievalley.com)*



## TWICE AS NICE: HEART-HEALTHY LIFESTYLE PREVENTS STROKES, TOO



A stroke is a “brain attack” in which the blood supply to the brain is interrupted by a blockage or break in the artery. In fact, the blockage of a brain attack is much like a heart attack. So it’s not surprising that the American Stroke Association recommends several ways to prevent a stroke that also reduce your likelihood of developing heart disease, including:

- **Treating high blood pressure:** Hypertension is the single greatest risk factor for stroke, and is estimated to play a role in 70 percent of strokes.
- **Controlling your cholesterol:** High total cholesterol, high LDL “bad” cholesterol, high triglycerides and low HDL “good” cholesterol are important risk factors for stroke.
- **Not smoking:** Cigarette smokers have a 50 percent higher likelihood of stroke than non-smokers.
- **Eating a diet rich in fruits and vegetables, and low in salt and saturated fats:** This may significantly lower the chance for a first blockage-type of stroke.
- **Exercising at least 30 minutes on most or all days:** Sedentary people are almost three times as likely to suffer a stroke than those who exercise regularly.
- **Maintaining a healthy weight:** Obesity increases the susceptibility of having a stroke by 50 to 100 percent.
- **Avoiding excessive alcohol consumption:** Regularly having more than two drinks per day almost doubles the vulnerability to stroke.
- **Managing other diseases:** Diabetes, carotid artery disease, peripheral artery disease, heart disease, transient ischemic attacks (“warning strokes”), sickle cell disease and certain blood disorders can all raise the risk of stroke, so work closely with your doctor to control other medical conditions.

Learn your risk today by taking the *Coronary Heart Disease Risk Assessment* at [stmaryapplevalley.com/heartHRA](http://stmaryapplevalley.com/heartHRA) and contacting your doctor to discuss the results.

## ST. MARY RECEIVES AMERICAN HEART ASSOCIATION’S GET WITH THE GUIDELINES® – STROKE GOLD PLUS QUALITY ACHIEVEMENT AWARD

*St. Joseph Health, St. Mary has received the Get With The Guidelines – Stroke Gold Plus Quality Achievement Award from the American Heart Association. The award recognizes St. Mary’s commitment and success in implementing a higher standard of care by ensuring that stroke patients receive treatment according to nationally accepted guidelines.*

This marks the second year that St. Mary has been recognized with a quality achievement award.

Get With The Guidelines–Stroke helps St. Mary’s staff develop and implement acute and secondary prevention guideline processes to improve patient care and outcomes. The program provides hospitals with a web-based patient management tool, best practice discharge protocols and standing orders, along with a robust registry and real-time benchmarking capabilities to track performance.

The quick and efficient use of guideline procedures can improve the quality of care for stroke patients, and may reduce disability and save lives.

“Recent studies show that patients treated in hospitals participating in the American Heart Association’s Get With The Guidelines – Stroke program receive a higher quality of care and may experience better outcomes,” said Lee H. Schwamm, MD, chair of the Get With The Guidelines National Steering Committee and director of the TeleStroke and Acute Stroke Services at Massachusetts General Hospital

in Boston, Mass. “St. Mary’s team is to be commended for their commitment to improving the care of their patients.”

Following Get With The Guidelines – Stroke treatment guidelines, patients are started on aggressive risk-reduction therapies including the use of medications such as tPA, antithrombotics and anticoagulation therapy, along with cholesterol-reducing drugs and smoking cessation counseling. These are all aimed at reducing death and disability, and improving the lives of stroke patients. Hospitals must adhere to these measures at a set level for a designated period of time to be eligible for the achievement awards.

“St. Mary is dedicated to making our care for stroke patients among the best in the country. The American Heart Association’s Get With The Guidelines – Stroke program helps us to accomplish this goal,” said Dennis Haghighat, MD chief medical officer at St. Mary. “This recognition demonstrates that we are on the right track, and we’re very proud of our team.”

According to the American Heart Association/American Stroke Association, stroke is one of the leading causes of death and serious, long-term disability in the United States. On average, someone suffers a stroke every 40 seconds, someone dies of a stroke every 4 minutes, and 795,000 people suffer a new or recurrent stroke each year.

This award demonstrates St. Mary’s commitment to quality care for stroke patients.

*Each and every moment matters. Take one to find the right doctor for you at (877) 459-DOCS.*

## CLASS LOCATIONS

**St. Joseph Health, St. Mary, Brothers Conference Room:** 18300 Highway 18, Apple Valley

**Senior Select Resource Center:** 19333 Bear Valley Road, Ste. 103, Apple Valley (cross street Apple Valley Rd.)

## AWARENESS AND SUPPORT GROUPS

### PROSTATE CANCER SURVIVORS

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

Facilitator: Samuel Lee, MD, Urology

Brothers Conference Room,

St. Joseph Health, St. Mary

For more information, call (760) 946-8189.

### BREAST CANCER AWARENESS

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

For more information and location, call (760) 946-8189.

### CARDIAC AWARENESS

**Fourth Tuesday of the month, noon – 1 p.m.**

Facilitator: Cardiac Rehabilitation Department

Senior Select Resource Center

For more information and/or directions,

call (760) 242-2311 ext. 6056.

### DIABETES SUPPORT GROUP

**Fourth Tuesday of the month, 6 – 7 p.m.**

Facilitator: St. Mary Diabetes Education Center

Brothers Conference Room,

St. Joseph Health, St. Mary

For more information, call (760) 946-8170.

### STROKE SUPPORT GROUP

**Third Thursday of the month, 4 – 5:30 p.m.**

Facilitator: St. Mary Rehabilitation Services

Senior Select Resource Center

For more information, call (760) 242-2311 ext. 4650.

### CHRONIC WOUNDS AND AMPUTATION SUPPORT GROUP

**Fourth Thursday of the month, noon – 1 p.m.**

Facilitator: St. Mary Center for Wound Care and

Hyperbaric Medicine

Senior Select Resource Center

For more information, call (760) 946-5915.

### GRIEF RECOVERY OUTREACH PROGRAM

**Call for dates, times and location**

Facilitator: St. Mary Spiritual Care Department

A 12-week program consisting of morning or afternoon sessions (two hours each) designed to help people move beyond the pain caused by loss. Loss can mean many things, including the death of a loved one, divorce, financial changes or moving. There is a \$30 fee, which includes the book, "The Grief Recovery Handbook."

For more information, call (760) 242-2311 ext. 5322.

## ADMAM – APOYO DE MUJER A MUJER

**Call for dates, times and location**

Facilitator: Maria Garcia,

St. Mary Imaging Department

Senior Select Resource Center

A support group for Spanish speaking women with cancer.

For more information call (951) 961-7138

## MEDICARE

### UNDERSTANDING MEDICARE

**Monday, Feb. 3, 10 a.m.**

**Friday, Feb. 21, 2 p.m.**

**Thursday, March 6, 2 p.m.**

**Wednesday, March 19, 2 p.m.**

**Thursday, April 3, 2 p.m.**

**Wednesday, April 16, 2 p.m.**

**St. Mary Senior Select Resource Center**

**19333 Bear Valley Rd., Suite 103**

**Apple Valley, 92308**

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

### MEDICARE BENEFITS

**Tuesday, Feb. 25, 10 a.m.**

**Monday, March 24, 10 a.m.**

**Tuesday, April 29, 10 a.m.**

**St. Mary Senior Select Resource Center**

**19333 Bear Valley Rd., Suite 103**

**Apple Valley, 92308**

Will you be retiring or no longer actively working in 2014? At this no-cost meeting you will be able to compare all 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, sign up online at [stjhs.org/medicare](http://stjhs.org/medicare) or call (877) 459-DOCS (3627). For those with a hearing impairment call: TTY (949) 381-4947.

## WHAT IS SENIOR SELECT?



Senior Select is an exclusive membership program created by St. Mary High Desert Medical Group, Premier Healthcare and St. Joseph Health, St. Mary for anyone 50 and better. Senior Select offers free and low-cost seminars, screenings and social events to High Desert residents. As a bonus benefit, members also receive special discounts from more than 60 merchants and service providers around the Victor Valley community. For a list of these special discounts, visit St. Joseph Health, St. Mary's website at [stmaryapplevalley.com](http://stmaryapplevalley.com) and search for Senior Select.

All of these benefits can be accessed through the Senior Select Resource Center located at 19333 Bear Valley Road, Suite 103, in Apple Valley, which is at the intersection of Bear Valley and Apple Valley roads. The center is open from 8 a.m. to 2 p.m. every Tuesday, Wednesday and Thursday. Special events are often held on Mondays and Fridays as well, so be sure to keep up with our calendars of events on a regular basis. Check out St. Mary's calendar at [stmaryapplevalley.com](http://stmaryapplevalley.com) or call (877) 459-DOCS for upcoming events. Some of the regular events include weekly senior strengthening exercise classes taught by a St. Mary physical therapist, as well as regular deaf signing classes, cooking demonstrations and opportunities to have lunch with a local doctor and get answers to medical questions.

Seniors who live in the surrounding communities will find this resource center to be a stimulating and friendly place to be – a place to make friends, receive useful information and enjoy activities. In other words, it's a "happening place" full of opportunity to build relationships and stay connected.



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## INTRODUCING ST. MARY HIGH DESERT MEDICAL GROUP



St. Joseph Heritage Healthcare is pleased to expand its services to the High Desert community through its affiliation with St. Mary High Desert Medical Group. This new group, composed of the former High Desert Primary Care Medical Group (HDPC) and St. Mary Specialty Clinic, includes primary care providers and numerous specialty physicians ready to care for High Desert residents. St. Joseph Health, St. Mary will play a large role in this new partnership, as it will provide hospital services for patients of the new medical group.

St. Joseph Heritage Healthcare partnered with High Desert Primary Care in 2013. Over the past year, HDPC and the specialty clinic

began working together to solidify their processes and practices to bring efficient and coordinated care to High Desert patients.

The affiliation with St. Joseph Heritage Healthcare will allow patients to have access to the St. Joseph Health network, which includes award-winning hospitals, medical groups and independent physician associations nationally recognized for excellence.

St. Joseph Health is a well-regarded not-for-profit health system that includes St. Joseph Health, St. Mary. St. Mary is known for clinical excellence, including its programs focused on heart and vascular care, wound care and hyperbaric medicine, as well as community clinics. Read more about these great health care organizations at [StMaryHighDesertMedicalGroup.org](http://StMaryHighDesertMedicalGroup.org).