

Health Matters

WINTER 2015

February is full
of Heart Healthy
Activities

See How
St. Joseph Health,
St. Mary benefits
our communities

Gala Raises Funds
for Operating
Rooms

Community Member
Gives Legacy Gift
to Foundation

See Awareness and
Support Groups in
our Communities

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St. Joseph Health 
St. Mary



Heart Month Activities

National Wear Red Day, February 6, 2015

First, the bad news: heart disease has been the leading cause of death in women since 1908. Almost every minute, a woman in the United States dies from heart disease and a woman suffers a heart attack every 90 seconds in the United States. The good news, there are steps you can take to lower your risk for heart disease including eating healthy, staying active, being smoke-free, and getting regular check-ups. Unfortunately, studies show that heart disease is more likely to be treated accurately in men than women.

To raise awareness and educate our community, St. Joseph Health, St. Mary has a full slate of activities for Heart Month in February 2015. National Wear Red Day, February 6 (the first Friday in

February), will kick off a hospital and town wide campaign. A Heart Art Contest conducted at area schools including whimsical, educational, and beautiful art will be judged on February 21 during a day-long educational event. Following the contest a number of the images may be chosen and framed for display. Also on February 21 will be a free heart screening, heart healthy cooking demonstration and children's coloring activities.

Physician Educational Lectures for adults will include presentations on Sudden Cardiac Death and Women and Heart Disease. Last, but not least, there will be an EMS talk titled, "What do to do when you have called 911."

St. Joseph Health, St. Mary staff wear their hearts on their sleeves, donning a sea of red apparel in honor of National Wear Red Day and Heart Health month during the 2014 celebrations.



St. Mary is offering a free personalized test and report that predicts your risk of major chronic diseases including stroke, diabetes, heart disease, lung cancer and more. You must pre-register by calling 1-866-636-4445. Use code TCIN.

SOME WARNING SIGNS OF HEART PROBLEMS INCLUDE:

- CHEST DISCOMFORT that can feel like uncomfortable pressure or squeezing, fullness or pain.
- DISCOMFORT OR PAIN in one or both arms, back, neck, jaw or stomach.
- SHORTNESS OF BREATH.
- OTHER SIGNS may include breaking out in a cold sweat, nausea and lightheadedness.
- WOMEN'S most common heart attack symptom is chest pain or discomfort. But women are more likely to experience some of the other common symptoms, particularly: shortness of breath, nausea/vomiting, back or jaw pain
- UNCERTAINTY IS NORMAL. Some heart attacks are sudden and intense, but most heart attacks start slowly, with mild pain or discomfort. Often people affected aren't sure what's wrong and wait too long before getting help. DON'T DELAY. CALL 9-1-1.

Please Join Us

More to Do During Heart Month

St. Joseph Health, St. Mary values it's partnerships with our High Desert Communities and organizations, striving to collaboratively create a healthier environment for our dear neighbors. Join us in spreading the word about heart health this February. Or like us on Facebook to keep up-to-date on initiatives and events that can improve health for us all.

For more ways to participate in Heart Month check out the opportunities below offered by Health Apple Valley:

60 MINUTES TO HEART HEALTH

February 14, 9 – 10 a.m.

Free

Commit 60 minutes to your heart health with a walk around beautiful Civic Center Park, which offers two walking paths. Pick your path and start walking. Walking is a form of aerobic exercise and is one of the easiest ways to increase your physical activity and improve your health. Join us on the amphitheater stage at 9 a.m. for stretching and energizing music. Earn a bead for each lap walked – the person with the most beads at the end of the hour will win a prize!

VAN-TASTIC

February 21, 9 – 10 a.m.

Free

Celebrate National Heart month with your friendly Apple Valley Recreation Staff. Activities include parachutes, dancing, running, ball play and so much more. Physical play has several benefits including building strong and healthy bodies, fighting obesity and developing motor skills.

HEART GAMES

February 28, 8:30 a.m. – noon

\$10

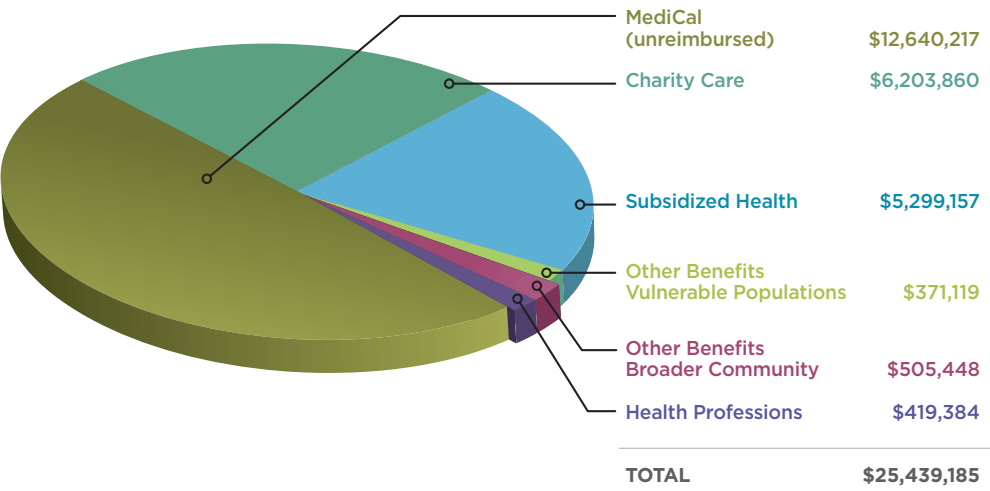
This is Apple Valley's premier, family friendly heart event. Start forming teams now for this wacky fitness competition. Teams of 3 – 5 will compete in ten heart healthy activities throughout Civic Center Park to win bonus points and prizes. For more information call Lena Quinonez at **(760) 240-7000 ext. 7883**.



Community Benefit Increases as Health Reform Expands the Need for Patient Care

For fiscal year 2014 the hospital is reporting \$25,439,185 in total community benefit provided to 124,021 persons with services provided at the hospital, through community health clinics or by hospital outreach at schools and in the community. The largest increases were in programs subsidizing the cost of providing care, providing donation to partners meeting needs and supporting health careers with nursing and high school students.

In FY14 the mobile program increased cancer screenings by 15% with another 49% of diabetic patients completing required screenings for care. The hospital and partners enrolled 2,228 uninsured persons in Covered California.



The hospital’s Bright Futures Mobile Van expands access to care and provided 8,633 patient encounters in the communities of Adelanto, Apple Valley, Hesperia and Victorville with services providing primary care, cancer detection and diabetes screenings.

Community Partners

ADELANTO

Adelanto Chamber of Commerce • Adelanto Head Start Program • Adelanto Elementary School District • City of Adelanto • Boys & Girls Club • Christ the Good Shepherd Church • Molina Healthcare • Westside Park Community Clinic • Healthy Adelanto • ACRC • High Desert Outreach Center

APPLE VALLEY

Apple Valley Chamber of Commerce • Apple Valley Head Start Program • Town of Apple Valley Parks and Recreation Department • Apple Valley Police Activities League • Apple Valley Unified School District • Paul Swick Family Center • Yucca Loma Elementary School • Lewis Center for Educational Research • Catholic Charities • Choice Medical Group • Optimist Club • High Desert Valley Pediatrics • Our Lady of the Desert • Phillip Brown, MD • A Dietitian’s Exchange, LLC • Town of Apple Valley • United Way Desert Communities • Anytime Fitness • Chuck Hanson Cycling Foundation • Apple Valley Fire District • Apple Valley Ranchos • Healthy Apple Valley • RUSH Soccer • WalMart

BARSTOW

Barstow Community Hospital • Desert Manna Homeless and Food Programs

HESPERIA

Arvind Salwan, MD • Aparna Sharma, MD • City of Hesperia • Healthy Hesperia • Hesperia Head Start Program • Hesperia Recreation and Park District • Hesperia Unified School District • Joshua Circle Elementary School • La Salle Medical Associates • High Desert Primary Care Medical Group • Victor Valley Christian Church • Community Health Action Network • Holy Family Catholic Church • Squash4Friends • Victor Valley Transit Authority • St. Mary High Desert Medical Group

LUCERNE VALLEY

Lucerne Valley Unified School District

PHELAN

Academy for Grassroots Organizations • Phelan Senior Center • Phelan Chamber of Commerce

VICTORVILLE

A Better Way Domestic Violence Program • Ahkil Sharma, MD • Choice Medical Group • City of Victorville • Desert Valley Hospital • HBT Events • Healthy Victorville • High Desert Farmer’s Market • High Desert Hispanic Chamber of Commerce • Family Assistance Program • Institute for Public Strategies • Lord’s Table • Optimist Club • Sr. Optimists • St. Joan of Arc • St. John of God Health Services • Victor Elementary School District • Sixth Street Prep • Victor Valley College • Victor Valley Community Hospital • Victor Valley Community Services Dental Program • Victor Valley Union High School District • Silverado High School • Victor Valley Community Services Council • Samaritan’s Helping Hands • Victor Valley Transit Authority • Victor Valley African American Chamber • Victorville Chamber of Commerce • Victor Valley Homeless Shelter

SAN BERNARDINO COUNTY

Alliance for Education • American Heart Association • Arrowhead Regional Medical Center • Community Clinic Association of San Bernardino County • Roman Catholic Diocese of San Bernardino • 1st District Supervisor Robert Lovingood • First 5 San Bernardino • Hospital Association of Southern California • Inland Behavioral Health Services • Inland Empire Health Plan (IEHP) • Kaiser Permanente • Loma Linda University Medical Center • Mojave Desert Air Quality Management District • San Bernardino County Children’s Health Initiative • San Bernardino County Department of Public Health — Healthy Communities • San Bernardino County Sheriff’s Department • San Bernardino County Superintendent of Schools • Hospital Association of Southern California and Community Action Partnership

MAJOR FUNDING PARTNERS

California Endowment • First 5 San Bernardino • Generous residents of the High Desert • Kaiser Permanente • San Bernardino County • San Bernardino County Department of Public Health — Healthy Communities • Sisters of St. Joseph of Orange • Soroptimists • St. Joseph Health System Foundation • State of California Project Lean • Walmart



A St. Mary mobile medical unit is donated to Lastonnac Clinic to be used as a health clinic serving the poor. Apple Valley Fire Department will turn a hospital medical unit into a mobile emergency operations center responding to fires and natural disasters.

Hospital Donations Assist Partners to Serve the Community

In FY14 the hospital donated three retired vehicles to community partners. A recently retired medical van is now being used as a health clinic serving the poor in Fontana. Additionally, the hospital donated a second retired medical unit to Apple Valley Fire District that will see service as a mobile Emergency Operations Center. Also, a retired passenger van was donated to Victor Valley Community Services Council in hopes of expanding this agencies work providing transportation to seniors and the disabled.



Hospital Continues Healthy City Campaigns

St. Mary continues Healthy City campaigns with local communities and San Bernardino County Public Health

In FY14 the hospital continued five Healthy City campaigns with the support of the local communities of Adelanto, Apple Valley, Hesperia, Snowline Communities and Victorville. The work of each campaign is to address chronic conditions that prevent residents from achieving optimal health. Each city campaign includes the hospital's child obesity program conducted in partnership with local schools.



St. Mary is expanding its health programs with local health programs and high schools. In FY14 the hospital provided a learning environment for 463 students who conducted a total of 38,432 clinical hours.

St. Mary Develops the High Desert's Next Generation of Health Care Professionals

In FY14 St. Mary increased its reporting of clinical support provided to local nursing and allied health programs. Additionally, local high school and college nursing programs are using St. Mary programs to develop the High Desert's next generation of health care professional. The hospital's expertise in community health is also being assisted by public health students at Loma Linda and Azusa Pacific University. The hospital's health career partnerships include:

- 1. Azusa Pacific University
- 2. Everest College
- 3. Loma Linda University
- 4. Mohave College
- 5. Victor Valley College
- 6. Apple Valley and Hesperia School Districts
- 7. Loma Linda University and Randall Lewis Health Policy Fellowship



Left: Loyal St. Mary supporters raise their paddles in financial support of updating St. Mary operating rooms. Right: St. Mary CEO Alaln Garrett and Vice President of Fund Development Paul Kaminski pose with Glee Heikes, who was honored at the Gala with the Spirit Award for her philanthropic contributions.

Bob Wyatt (center) makes a transformational gift. From left: Michael Page, Alan Garrett, Amanda Ferrari, Sr. Christine Schleich and Paul Kaminski.

2014 Gala: One for the record books

The 2014 Gala, Operation: St. Mary is one for the record books, generating over \$178,000 for three operating tables. “The community loves this hospital, and wants the best for it,” pointed out Vice-President of Fund Development Paul Kaminski.

The sold-out event was a departure from the traditional event at the Fairgrounds to the Hilton Garden Inn. “Expenses were just too high,” said Valerie Smith, Gala Chair, “It was time for a change, and the community responded favorably.”

The event, which netted more than any other Gala in history, focused solely on raising money for the operating rooms. With the event theme being visible from operating room staff greeting guests, to the exact equipment being purchased present, to table decorations, reminders of the purpose of the night were everywhere.

“We were able to reduce expenses by \$130,000 this year,” reported Jackie Morgan, manager of the annual fund, “That reduction went directly into an increase in revenue, which translates directly to more new needed equipment for the hospital.”

The event, which featured an incredible live band called “Night Shift” from Citrus College, not only had the highest revenue in history, but the lowest cost as well. “Being good stewards of the financial gifts of our donors is important to us,” reinforced Lezli Roberts, director of special gifts.

Glee Heikes, a loyal supporter of St. Mary was awarded The Spirit Award for her commitment to the St. Mary ministry and to the High Desert community. Values in Action award winners were also recognized; Kari McGuire for Dignity, Tracey Walczak for Service, Dave Baker for Excellence, Debbie Rathbone for Justice, and Joy Smith for Hospitality.

St. Joseph Health, St. Mary Foundation would like to send out a big “Thank you” to all 77 of our sponsors and all 405 of our attendees, especially our presenting sponsors HBE and the St. Mary Medical Center – Staff.

Mark your calendars for the next Gala scheduled for September 19, 2015.

Bob Wyatt Planned Gift

St. Joseph Health, St. Mary would like to recognize Bob Wyatt for his recent Legacy gift. “I felt that this gift would benefit all concerned,” says Wyatt, “St. Mary is an integral part of the community, and I wanted to support that.”

Mr. Wyatt, a member of the St. Joseph Health, St. Mary President’s Cabinet, enjoys meeting the staff and learning more about the many services St. Mary provides, especially in community outreach.

His recent hospital tour made him aware of the advanced imaging equipment St. Mary has along with the ability to perform robotic surgery.

Legacy gifts, a planned future donation to a charity, given through a will or other form of designation such as trust or annuity, ensure that St. Mary will be in the community for years to come. “That is something I wanted to support,” Wyatt smiles.

If you are interested in making a Legacy gift, please contact the St. Joseph Health, St. Mary Foundation at **(760) 946-8103** or visit our website at **stmarylegacygift.org**. You may also email Lezli Roberts at **Lezli.Roberts@stjoe.org**, or email Mike Page at **Michael.Page@stjoe.org**.



Awareness and Support Groups WINTER 2015

ADMAM — Apoyo de Mujer a Mujer

Call for dates and times.

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 more information, call (951) 961-7138.

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 and location,

call (760) 242-2311, ext. 5331.

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.

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.

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.

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.

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,

or call (485) 630-7572.

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.

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.

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) 459-3627.

Hearing impairment, call: TTY (949) 381-4947.

2 p.m.	Tuesday	January 13
2 p.m.	Tuesday	February 10
10 a.m.	Thursday	March 5
6 p.m.	Thursday	April 2

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) 459-3627. Hearing impairment, call: TTY (949) 381-4947.

10 a.m.	Thursday	January 22
10 a.m.	Monday	February 23
2 p.m.	Tuesday	March 17
10 a.m.	Tuesday	April 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.).



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, and you're considering enrolling in the health care exchange (Covered California) 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**, 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.