

healthy living

FROM YOUR FRIENDS AT PIH HEALTH
WINTER 2015

Better Choices, Better Health

Education Program Improves Quality of Life

**New, Life-Saving
Lung Cancer Program**

The Community Gives Back





For more information on our Downey campus, please visit PIHHealth.org/Downey



Building for the Future

PIH Health Hospital - Downey Celebrates First Anniversary

PIH Health Hospital - Downey Just Keeps Getting Better

October 2014 commemorated some momentous dates for PIH Health. The Downey campus not only celebrated its one-year anniversary since becoming PIH Health Hospital - Downey, but also made notable advances towards the renovation of its campus. October also marked the adoption of eMD, PIH Health's electronic health record (EHR) system. Many different areas of the hospital have been refreshed, including the third and fourth floors and the main lobby.

And, the revitalization of the Labor, Delivery and Postpartum Department is underway. While this may sound like a lot—and it is—this is only the beginning for Downey. PIH Health is going full steam with continued improvements and expansion. “Two more significant advances have taken place,” notes Brian Smolskis, chief operating officer of PIH Health Hospital - Downey. Phase I of the voluntary seismic improvements project was recently completed, increasing the structural integrity of

the hospital building. “It’s a big step forward,” Brian said. The next step, will involve even more seismic work, and has already been approved for more recognizable improvements, such as changes to the interior, including a new registration area, a new conference room, a new gift shop and other interior enhancements.

“The community’s response has been very positive,” said Brian. “And we’ve received excellent feedback about the progress with the hospital.” Despite the large amount of renovations, patients can still expect to receive the high-quality care they are accustomed to at PIH Health in a welcoming environment during construction.

Later this year, a \$7 million expansion will begin in the Emergency Department, adding 5,000 square feet and 11 additional exam rooms, with expected completion in 2016.

The expansion is exciting, and the improvements keep PIH Health at the forefront of medical care. But the main focus still remains very much on the community in which it resides. PIH Health has purchased an additional building in Downey for medical offices, and will continue to grow in the area. “We will remain focused in our service area, which consists of 2.1 million people,” said Brian.

October 1, 2014 marked the one-year anniversary since the Downey campus became part of PIH Health.

More than 500 local community members came out to visit PIH Health Hospital - Downey to celebrate on Saturday, October 18. The festivities included family-friendly games and activities, in addition to health screenings, free flu shots and childhood vaccines.

On display were renderings of the Emergency Department expansion plans and the new lobby and registration area, as well as other impressive, recent hospital upgrades, and updates on exciting future construction projects. PIH Health plans to continue the Downey-based hospital's 90-plus year legacy of meeting the health needs of the community for many more decades to come. Thank you to all of the community members and employees who helped PIH Health celebrate this momentous event.



The newly renovated Emergency Department is expected to be completed in 2016.



From left to right: Former Mayor Fernando Vasquez, City of Downey; Council Member Mario A. Guerra, City of Downey; President and Chief Executive Officer James. R West, PIH Health; and Chief Operating Officer Brian Smolskis, PIH Health Hospital - Downey.



Did You Know?

PIH Health Foundation raised \$6.1 million to support PIH Health in fiscal year 2013–2014. Several areas of PIH Health received designated funding such as 3-D mammography (tomosynthesis) equipment, cancer care, Neonatal Intensive Care Unit (NICU) and nursing education. Every gift makes a tremendous impact on PIH Health – helping to support the mission and provide excellent healthcare to patients and the communities we serve.



To learn more about PIH Health's Legacy Society, please visit PIHHealth.org/LegacySociety



Amy Fitzgerald, Ron Cowan, Paula Cowan and Rich Atwood at the inaugural Circle of Excellence gathering.

Funding the Future

Annual Giving



PIH Health's Legacy Society Members Give Back

J.C. "Mac" McFarland has been a nearly lifelong resident of Whittier. "Carolyn and I plan to be here for the remainder of our time on this earth, so PIH Health seems a natural place to choose to share some of our good fortune," he says.

Mac and his wife, Carolyn, belong to PIH Health's Legacy Society—a membership group comprised of donors who have made plans in their estate to give to PIH Health, and whose contributions have helped build PIH Health into what it is today. Two of Mac and Carolyn's three children were born at PIH Health's Whittier campus, as were two of their grandchildren. Mac's father went through the hospice program with PIH Health, resulting in a dignified end to his full life. Since

his semi-retirement 17 years ago, Mac has become very active with the hospital as a volunteer director, serving on several boards and committees, including chairing the PIH Health Hospital - Whittier board and the PIH Health Physicians board.

"PIH Health has been a very important institution in our lives over the years, so once Carolyn and I decided we were in a position to do some charitable giving—during and after our lives—PIH Health was definitely at the top of the list of charities we wanted to support," says Mac.

PIH Health acknowledges the value in sharing with others, which is why the Legacy Society shows appreciation for its members with special recognition and an annual luncheon.

The 2nd Annual Legacy Society Luncheon was held on November 4 at the Friendly Hills Country Club, and gave special attention to its members. "We had an opportunity to mingle with other legacy members. It is a really nice group of people, and the talk by Daniel Saket MD, a PIH Health radiologist, was very informative."

PIH Health Legacy Society members are actively keeping PIH Health in their estate planning initiatives, and many more have given in the past, leaving their legacy to further PIH Health's success with improving the health of its local and regional community.

If you are interested in becoming a member, PIH Health also offers an estate-planning program with knowledgeable professionals that assist donors in crafting their estate plan to meet their individual wishes.

"PIH Health is fortunate to have so many dedicated supporters like Mac and Carolyn McFarland," says Amy Fitzgerald, executive director, PIH Health Foundation. "Donors such as the McFarlands and other Legacy Society members help to ensure the future of PIH Health."

For more information about joining PIH Health's Legacy Society, please call **562.698.0811 Ext. 81520**.



Rich Freschi, Mary Coates and Mac McFarland at the PIH Health Legacy Society Luncheon.



Circle of Excellence

PIH Health Foundation's Circle of Excellence recognizes the generous donors in our communities that consistently support PIH Health.

Their membership is through a minimum annual gift of \$1,000 that ensures the highest-quality healthcare for our communities.

Members are invited to insightful special events, intriguing behind-the-scenes tours led by physicians or hospital leadership and to informative medical briefings from PIH Health physicians to better understand new technologies and programs at PIH Health.

As a PIH Health Foundation Circle of Excellence member, you will be recognized in PIH Health's donor listings, and receive a special membership memento. But, above all else, you will have the satisfaction of knowing you're supporting the PIH Health mission and that is the most important reward of membership.

To join the Circle of Excellence or to learn more, please contact PIH Health Foundation at **562.698.0811 Ext. 81520**, or email CircleofExcellence@PIHHealth.org.





Find meeting dates, times and locations in Community Education schedule on page 23



Beyond the Treatments

Every three years, PIH Health conducts a Community Health Needs Assessment (CHNA) to identify the health needs of its primary service area cities. PIH Health's most recent CHNA's can be found at PIHHealth.org/CHNA.

Better Choices, Better Health® Program Creates Better Lives

When Ubaldo Sierra was diagnosed with cancer, he had no idea that such devastating news would ultimately turn him into a minor celebrity. At his daughter's insistence, Ubaldo sang karaoke at a National Cancer Survivors Day gathering and took photos with a Lucille Ball lookalike, which not only garnered him rounds of applause, but landed him on the front page of the *Whittier Daily News*, and the cover of *Coping with Cancer* magazine. "There's Rudy Giuliani, Kathy Bates and now me," Ubaldo joked.

Ubaldo has been diabetic for the last 22 years, and he also is a prostate cancer survivor, having undergone 36 treatments of radiation at PIH Health Hospital - Whittier.

But while PIH Health has stood by Ubaldo during his challenging health journey, it is PIH Health's Better Choices, Better Health education program that helps improve the overall quality of his life—from his self-confidence to his knowledge regarding health.

Better Choices, Better Health, developed by the Stanford University Patient Education Center, is a chronic disease, self-management education program that helps participants create and implement an action plan with realistic and attainable goals. "It's about being your own primary agent of change—to change your own health and to be responsible for your own health," explains Ricardo Lopez, supervisor of PIH Health's Community Education Department.

These classes offer a great deal of information about a variety of health-related topics, including diabetes. "I think a lot of people



Better Choices, Better Health Program

(Chronic Disease Self-Management Program)

The six-week program explores practical skills to manage chronic health conditions (e.g. diabetes, heart disease and obesity) and ways to create your own self-management action plan to improve quality of life. Family members, friends and caregivers of people with chronic conditions are encouraged to participate.

with diabetes don't consider that they need to be reading labels," says Ubaldo. "If all diabetics tried to learn something new, we could all live better lives."

Once someone has a chronic illness, it is typically for the rest of his or her life. This doesn't necessarily mean there should be a constant struggle. The action plan is carried out using problem-solving strategies, success tracking, and collaborative learning. "Becoming a self-manager is a process," says Ricardo, "and it's about living your best and healthiest life."

The free program is open to community members, their family members and caregivers. With his wife by his side in the Better Choices, Better Health sessions, Ubaldo admits he's noticed a boost in his confidence. "I'm now in control of my condition instead of my condition controlling me."

The below areas of focus and strategies were selected after carefully analyzing and prioritizing our communities' most significant health needs.

Areas of Focus

Our Strategies



Preventative Screenings and Immunizations



CARE FORCE ONE: FREE/LOW COST MOBILE HEALTH SERVICES

COMMUNITY HEALTH EDUCATION

Emphasis on colorectal cancer screening, mammograms, pap smears and vaccinations for flu and pneumonia.



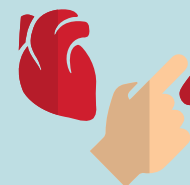
Childhood Obesity



COMMUNITY COLLABORATIVES PROMOTING HEALTHY EATING, ACTIVE LIVING

- Activate Whittier
- Healthy Downey
- Healthy Los Nietos

COMMUNITY HEALTH EDUCATION



Diabetes and Heart Disease



CHRONIC DISEASE SELF-MANAGEMENT PROGRAM

COMMUNITY HEALTH EDUCATION

DIABETES EDUCATION CENTER

WHITTIER FIRST DAY HEALTH AND WELLNESS CENTER



Health Insurance Coverage



HEALTH INSURANCE ENROLLMENT AND REFERRAL

If you or someone you know is interested in participating in the Better Choices, Better Health program, please contact PIH Health's Community Education Department:



562.698.0811 Ext. 81085