



St. John's Regional Medical Center
St. John's Pleasant Valley Hospital

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1600 North Rose Avenue
Oxnard, CA 93030
805-988-2500

St. John's Pleasant Valley Hospital

2309 Antonio Avenue
Camarillo, CA 93010
805-389-5800

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Comunidad del St. John's al (805) 988-2865

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2003
Service
to Our Community

◎ *With caring and compassion,
we will improve the health and quality
of life of the people we serve.*

Service to Our Community

EVERY THREE YEARS, ST. JOHN'S REGIONAL MEDICAL Center and St. John's Pleasant Valley Hospital conduct a community needs assessment to determine what health-care needs remain unmet in our community. In 2003, we conducted such a survey. From the results, we have been able to identify the top unmet needs in the community. These findings will guide us in developing the programs, services, and assistance to meet those needs over the next three years.

St. John's is committed as a Catholic hospital to fulfill the mission that the Sisters of Mercy began—to care for the sick and vulnerable in our community. Toward that end, St. John's provides millions of dollars in charity care for the uninsured, underinsured, and vulnerable populations of our service area in the form of hospital services, educational programs, counseling, and health screenings. In keeping with the mission and values of the Sisters of Mercy, we continually strive to understand the emerging needs of a divergent population and adjust our plans accordingly.

THE 2003 COMMUNITY NEEDS ASSESSMENT IDENTIFIED THE FOLLOWING TOP FIVE UNMET NEEDS IN OUR AREA:

- Availability, access, and cost of health care services, with growing community concern for the numbers of uninsured and underinsured in Ventura County.
- Chronic disease management, prevention, and education, with emphasis on obesity, diabetes, heart disease, and cancer.

- Women's health services, including mammography, pap smears, perinatal access and education for low-income women, particularly women of Latino/Hispanic ethnicity.
- Adult and child immunizations.
- Mental health, including psychosocial support for vulnerable populations.

IN ADDITION, THE FOLLOWING FACTS WERE IDENTIFIED:

- Data indicates that the bulk of child bearing in our community continues to occur among women ages 20-29, with the rate of later age childbearing continuing to rise. Birth by ethnicity rose among Hispanics/Latinos and Asians, and declined among Caucasians and African-Americans.
- Heart disease remains the number one cause of death in Ventura County, followed by different forms of cancer.
- Compared to the 2000 survey, there is a significant decrease in the percentage of respondents who stated that their children were covered by any type of insurance, along with a significant decrease in the percentage who stated that they were covered by private insurance, MediCal, or the Healthy Families program.

These findings present an interesting picture of the health care issues in Ventura County. Taking all of this into consideration, St. John's has aligned our Community Benefits Plan to address the top five unmet health needs and to help all individuals in our community increase life expectancy and improve their quality of life.

CHW Values:

►► Dignity
Collaboration
Stewardship
Excellence
Justice ◀◀

▶ **Catholic Healthcare West** and its sponsoring congregations are committed to furthering the healing ministry of Jesus. Our mission is to: ■ deliver compassionate, high quality, affordable health services; ■ provide direct services to our sisters and brothers who are poor and disenfranchised and to advocate on their behalf; ■ partner with others in the community to improve the quality of life.

St. John's Oxnard / Camarillo

history

ST. JOHN'S PLEASANT VALLEY HOSPITAL – CAMARILLO

St. John's Pleasant Valley Hospital is nestled near the foothills of Camarillo on Antonio Avenue. It was founded in 1974 by a group of community leaders who believed that a hospital was needed in their community. In addition to its 81 acute-care beds, SJPVH has a 99 bed extended care unit and the only hyperbaric medicine unit in West Ventura County.



ST. JOHN'S REGIONAL MEDICAL CENTER, OXNARD

In 1911, community leaders approached Rev. John S. Laubacher out of concern that health care services were not available to meet the needs of the thousands of residents who had settled on the Oxnard plains. St. John's Regional Medical Center was established in 1912 by the Sisters of Mercy at the request of Rev. Laubacher. The hospital grew from a six-room wooden structure on ten acres of land to a 266 bed regional medical center on a 48-acre parcel in Northeast Oxnard. In addition, this campus has a 23 bed acute rehabilitation center. Today, St. John's Regional Medical Center is located at the corner of Rose Avenue and Gonzales Road, providing easy access from the 101 Freeway and from all the cities in Ventura County.

Community Outreach Programs

HEALTH MINISTRIES

There are two components to the Health Ministries Program: Basic Needs and Parish Health Ministries.

BASIC NEEDS— The Health Ministries Basic Needs program at St. John's makes many contributions to the community at no cost to the recipients. In 2003, 25,436 people were served through the basic needs program. Throughout the year, more than 10,000 community members were served hot meals. During the holidays, 325 families received Thanksgiving and Christmas baskets. Also in 2003, 512 people received aid for rent, lodging, and utilities. More than 3,000 persons were provided with clothing, shoes and items for the home from the Health Ministries clothes closet.

PARISH HEALTH MINISTRIES—Nineteen local parishes representing a variety of religious denominations participate in St. John's Parish Health Ministries program. The pro-

gram promotes individual, family and community health in body, mind, and spirit. Combined, the Parish Health Ministries and Basic Needs Programs more healthier communities through health screenings, education, basic needs and referrals.

HEALTH EDUCATION

St. John's provides a number of health education services to the community from birth through the senior years. Many of these services include health promotions, screenings (i.e., low-cost cholesterol screenings, blood pressure screenings and blood glucose screenings), support groups, educational programs and referrals with special emphasis on cardiac problems, senior citizens and women and children. A total of 21,282 persons benefited from these outreach services. More than 47,000 people received free or at cost wellness and prevention services last year. Approximately 27,000 women, children and seniors received free health screenings and educational programs during the same period through health fairs, seminars, wellness programs, public presentations and health information distributed throughout the community.

FLU IMMUNIZATIONS

St. John's Regional Medical Center, St. John's Pleasant Valley Hospital, Camarillo Health Care District and Ventura County Public Health co-sponsor flu immunization clinics at seven sites in Ventura County. In 2003, St. John's administered 2,200 flu shots.

CANCER PREVENTION AND EDUCATION PROGRAMS

St. John's provides comprehensive educational programs through The Cancer Center of Ventura County and collaborative efforts with oncologists on the medical staff. Some of the programs include Nutrition and Cancer, Color of Love Art Therapy, Reiki, reflexology, guided meditation, plus support groups for blood-related, breast, prostate and ovarian cancers. The Cancer Center has also developed a Breast Cancer Program, which emphasizes prevention, early detection, and education about treatment options.



DIABETES MELLITUS MANAGEMENT AND SCREENINGS

During the last year, St. John's provided Diabetes Mellitus self management programs and screenings to 4,088 people and served 83 women with a diagnosis of gestational diabetes. Given the high incidence of diabetes in our service area, St. John's implemented multi-level strategies for those at risk by offering free eye, foot and blood screenings, diabetes support groups, and seminars. A gestational diabetes CD-ROM program for women diagnosed with gestational diabetes was developed in collaboration with UCLA School of Public Health and Ventura County Public Health Services, and is provided through the Healthy Beginnings Program.

Family and Children's Services

HEALTHY BEGINNINGS

St. John's offers a prenatal program to help educate women about proper nutrition, childbirth, parenting skills, and the appropriate management of their pregnancies. The goal of the program is to deliver healthier babies, reducing the number of cesarean sections and babies with low birth weights. The program offers free pregnancy testing and comprehensive prenatal services, either free or below cost, to women who fall below the poverty line. St. John's also offers pregnancy education programs to teenagers in collaboration with the Oxnard Union High School district. In 2003, Healthy Beginnings served 223 pregnant adult women and 57 teens in collaboration with the Oxnard Union High School District.



Community Outreach Programs

BABY...ARE YOU READY?

To combat the high rate of teenage pregnancy, St. John's offers a teenage pregnancy program called Baby...Are You Ready? Teens gain awareness of the responsibilities of parenthood by caring for a computerized baby that cries and requires special care. Sixty-three students participated in the "Baby...Are you Ready?" program in 2003.

CHILDHOOD IMMUNIZATION

St. John's collaborates with other non-profit agencies, the County of Ventura and the state of California to help raise the childhood immunization rate, with the goal of immunizing 90% of the children in Ventura County by the year 2010. In 2003, St. John's administered 311 immunizations to children.

Senior Programs

SENIOR HEALTH CONNECTIONS

The Senior Health Connections program provides free or low cost services to seniors. About 200 seniors are enrolled in the walking program through St. John's. Additionally, St. John's provides blood pressure checks and blood



sugar checks six times per month at local senior centers. The 55 Alive Driving course is held monthly at St. John's. A Health Insurance Counseling and Advocacy Program (HICAP) representative is available once a month at St. John's to assist seniors with health insurance

information. A Senior Health Fair is offered at St. John's Pleasant Valley Hospital in the fall each year.

BEREAVEMENT PROGRAMS

St. John's offers weekly, ongoing bereavement programs for individuals who are grieving the loss of a loved one.



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Inspired by the vision of our founders and community partners and the dedication of our employees and physicians, we commit ourselves to enhancing the health and well being of the individuals, families and communities we serve by transforming our programs and services. We are attentive to the spiritual dimension of life. We are dedicated to providing acute, outpatient and related health care services.

Catholic Healthcare West improves the health of its patients and assists the communities it serves by demonstrating leadership through:

- Advocacy and care for those who are poor
- Stewardship of financial, human and environmental resources
- Superior clinical outcomes and service quality
- Health and healing in the broader community

