

SJH

SUMMER 2011

M A G A Z I N E

In This Issue of St. John's Health:

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*My leg was in a cast all last summer.
This year, my little league team is undefeated.
I will run. I will slide. I will play
- because my spirit is strong.*

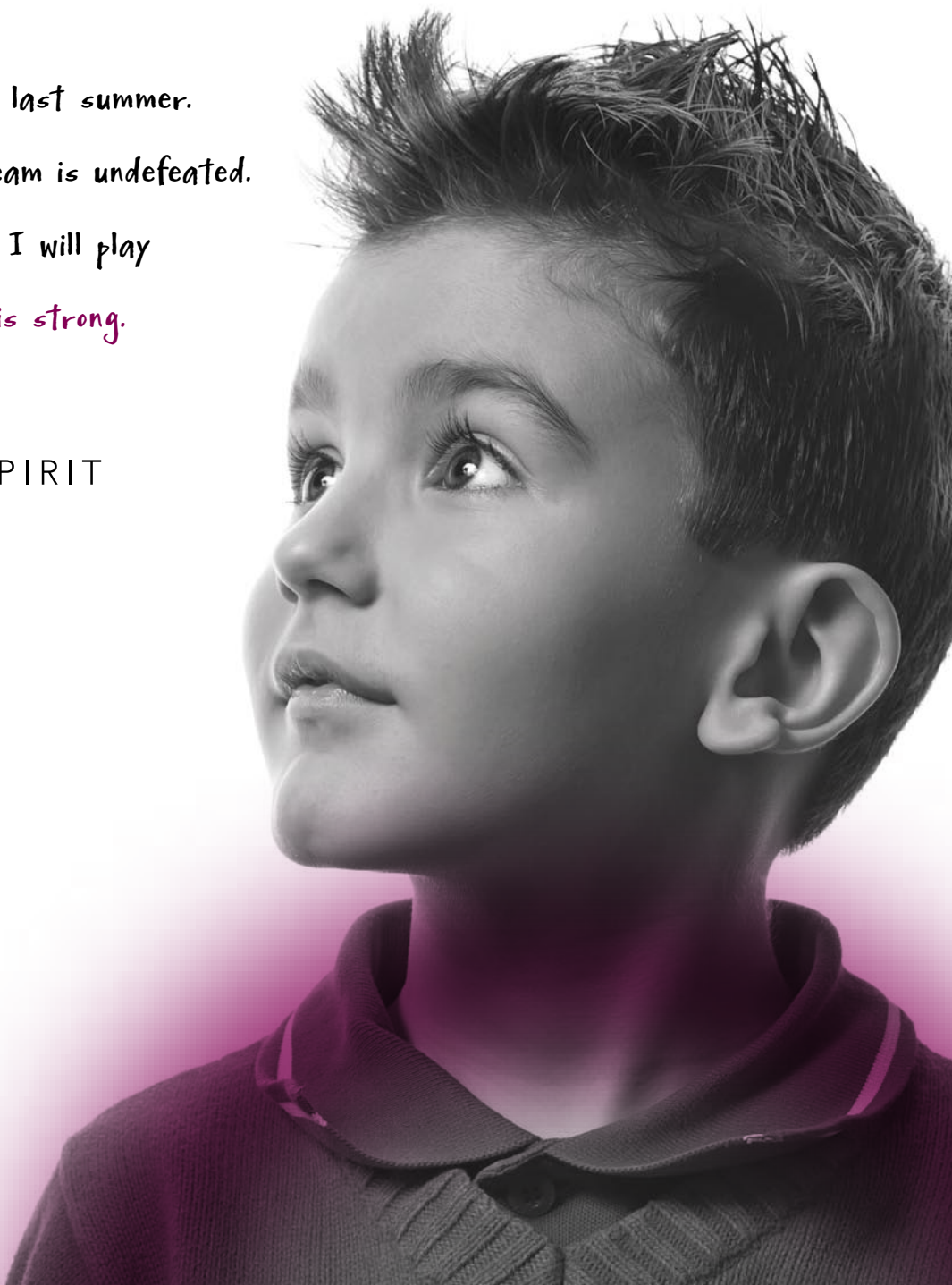
HUMAN  SPIRIT



St. John's Hospitals

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Laurie Eberst

Focus on Wellness and Healing

Dear Reader,
 Summer is a time for family and outdoor fun. It is also a time to keep safety and wellness in mind, especially when participating in sports and fitness activities. In this issue of *St. John's Health*, we focus

on ways to keep you and your family safe and healthy during the summer months and throughout the year.

Read our tips for choosing the right activity for your lifestyle, fitness goals, and body type, and learn why it's important to choose an activity you'll enjoy. Explore our Classes and Programs section, and see how we can help you and your loved ones live well. Learn how St. John's heart experts perform the latest procedures to save and change lives. Also learn how we help heart patients get back to their lives through our cardiac rehabilitation program, where patients receive the individualized care they need.

Our commitment to healing and wellness goes beyond our hospital walls. Read about how St. John's Service to Our Community program provided more than \$52 million in community benefit during fiscal year 2010. Through this vital program, St. John's continues to meet the healthcare needs of Ventura County families who would not otherwise have access to key health services. We do this because at the heart of our mission is the call to help those in need and improve the quality of life in the communities we serve.

Wishing you good health,

Laurie Eberst
 President and CEO
 for St. John's Regional Medical Center and
 CHW Senior Vice President of Operations
 for the Ventura Service Area

Welcoming Our New Chief Nursing Officers



Gudrun Moll, R.N., began as chief nursing officer of St. John's Regional Medical Center (SJRMC) in April 2011. Moll is responsible for the leadership of nursing and clinical departments at St. John's in Oxnard, overseeing a staff of almost 600 nurses. Moll reports to Laurie Eberst, president and CEO for SJRMC and senior vice president of operations for the Ventura Service Area.

"Gudrun's leadership experience and clinical expertise will be instrumental in advancing our mission of healing and providing excellent care to our patients and their families," notes Eberst. "She exemplifies a level of excellence that makes her a perfect fit for our St. John's family."

Moll comes to St. John's from Alvarado Hospital in San Diego, where she served as chief nursing officer. She holds a master of business degree in administration from Heriot-Watt University in Edinburgh, U.K., a master of science degree in nursing from the University of Phoenix, and a bachelor of science degree in health studies from Charter Oak State College in Newington, Connecticut.



Raye Burkhardt, R.N., joined St. John's as chief nursing officer of St. John's Pleasant Valley Hospital (SJPVH) in January 2011. Burkhardt is responsible for the leadership of nursing and clinical departments at St. John's in Camarillo, overseeing a staff of almost 200 nurses. Burkhardt reports to SJPVH President and CEO John Bibby.

"Raye is a strong, experienced leader whose focus on quality care and compassionate service will help ensure that our patients and their families continue to receive excellent care, close to home," says Bibby.

Burkhardt comes to St. John's from George L. Mee Memorial Hospital in King City, California, where she served as chief nursing officer and vice president. Burkhardt holds a bachelor of science degree in nursing from California State University, Dominguez Hills, as well as a master of science degree in nursing from the University of Phoenix in Tempe, Arizona.

Both Burkhardt and Moll oversee patient care initiatives focused on enhancing patient experiences and satisfaction, as well as promoting a culture of healing and compassion at St. John's.

WHICH SPORT IS BEST FOR YOU?

Helpful tips for finding the activity that suits you best

As the weather warms, thoughts turn to getting active again—maybe taking up a new sport. But which choice is best for you? To find your perfect match, it's important to take your specific personality and goals into account. Before you jump in, here are some questions to ask yourself.

Do you need some “me time,” or would you prefer to socialize while you sweat?

If you'd like to go solo, consider an activity like running or cycling. For some company, consider a team sport.

What is your budget?

Research the cost of the clothing and gear you'll need for any sport you're considering. Some sports—like skiing, kayaking, and horseback riding—require expensive equipment. And don't forget to add in any training costs.

Do you like to be mentally engaged, or would you rather give your mind a rest?

Many team sports—like basketball, soccer, and fencing—give your brain a workout as well, as you must constantly be thinking about your next move. Even some solo sports, like mountain biking or rock climbing, force you to focus closely

on your environment. If you'd rather let your mind wander, consider an activity like swimming or calisthenics.

What is your body type?

It's important to choose an activity you'll enjoy, but keep in mind that your body type may determine which sports will come to you most naturally. Ectomorphs—who have a small build with narrow hips, waist, ankles, and wrists—excel at endurance sports like long-distance running. Endomorphs, who are curvier and have short limbs, are best at sports that require more strength than stamina, such as weight lifting. Mesomorphs, who are evenly proportioned, tend to do well at interactive team sports like football and rugby.

If you haven't exercised for some time or you have any health concerns, talk to your doctor before you start. Then, get out there, get fit, and have some fun!



John Bibby

Setting New Standards in Quality Care

Dear Reader,
At St. John's Pleasant Valley Hospital (SJPVH), excellent service and patient satisfaction are among our top priorities. It is our goal to provide care for the whole person, which includes spiritual and physical care. By promoting a culture that focuses on the notion that every encounter with a patient is sacred and unique, and therefore significantly impacts a patient's life and experience, we can ensure that each patient receives the complete care he or she needs.

As part of our efforts to continue to offer premier

healthcare services in the communities we serve, I am pleased to announce that over the next few years, SJPVH will be upgraded to include a new general acute-care area with private patient rooms and new surgical suites. Additionally, we recently expanded our diagnostic imaging capabilities throughout the hospital and added more inspirational landscaping to our building exteriors.

At SJPVH—your community hospital—we are proud to provide quality care to the residents of Ventura County. We have a lot to look forward to as

we advance our mission, and we thank you for your continued support of our hospital. We also thank our physicians, nurses, and staff members for their dedication and commitment, which allow us to raise the bar in our pursuit of excellence.

Sincerely,

John Bibby
President and CEO
St. John's Pleasant
Valley Hospital



Heart of the Matter

LEADING THE WAY IN CARDIOVASCULAR CARE

Your heart pumps oxygen-rich blood to every organ in your body, so keeping it healthy is a top priority. While St. John's has long been a leading-edge cardiac facility, the hospital continues to adopt exciting new treatments for age-old heart conditions. "We have a new CEO, Laurie Eberst, and she's very interested in and supportive of cardiovascular care," says Richard Declusin, M.D., a cardiovascular surgeon affiliated with St. John's. In fact, the entire team—from cardiologists to heart surgeons to electrophysiologists—continually seeks out ways to elevate care so patients can get back to enjoying their lives as quickly as possible.

Heart Attack: When Every Moment Counts

When someone has a heart attack, the heart is deprived of needed oxygen, so quick treatment is crucial. As the clock starts ticking, St. John's cath lab team swings into action—before the patient arrives. "The ambulance usually calls the ER ahead of time, and then the ER physician calls the interventionalist [a physician who performs interventional or minimally invasive procedures] on call and the cath lab team, so everybody's ready," says Alejandro Garcia, M.D., an interventional cardiologist at St. John's.

Upon the patient's arrival, an evaluation is done in the ER. "The triage nurse is specially trained to recognize symptoms so he or she can alert the doctors and take the EKG quickly," says Christopher Loh, M.D., a cardiologist. If a heart attack is confirmed, the patient is rushed to the cath lab so the obstructed artery can be opened, often with balloon angioplasty, in which a balloon-tipped catheter is inserted into the artery to hold it open and restore blood flow.

"If we confirm the patient is having a heart attack, we open an artery [using angioplasty]," Dr. Garcia says. "The national standard to open an artery—called door-to-balloon time—is within 90 minutes of arrival. Our time is around 60 minutes." By responding so quickly, the St. John's team is able to minimize damage to the heart muscle. To raise the level of care, St. John's unveiled a brand-new hybrid cath lab in May equipped with state-of-the-art technology that allows the team to perform both surgical and catheter-based procedures.

In addition to standard angioplasty, the cath lab team offers thrombolytic (clot-busting) treatment. The cath lab team also does aspirative thrombectomy, sucking out the clot that occludes the artery via a catheter. In some cases, crushing a clot can produce mini-clots that go further down, so this technique causes less damage to the heart muscle.

Regardless of the technique used, the team provides coordinated and high-quality care. "The heart attack

CARDIAC CARE

team—nurses, techs, emergency room physicians, cardiologists, cardiovascular surgeons—has built a strong collaborative process that saves lives,” says Joe Nunes, senior director of St. John’s Cardiovascular Services.

Getting Your Heart Back on Track

While heart attacks are certainly frightening, congestive heart failure, in which the heart is unable to pump enough blood to the body’s other organs, is the most frequent cause of hospitalization. St. John’s fully integrates treatment—including coordinating with a visiting nurse or social worker—so patients get the quality care they need.

Meanwhile, St. John’s has a skilled team of electrophysiologists who can treat abnormal heart rhythms (arrhythmia) with a pacemaker or other implantable devices. “A pacemaker is a silent miracle,” Dr. Loh says. “A lot of patients would not have lived if they hadn’t gotten their pacemaker.”

When Surgery Is the Solution

As baby boomers enter their golden years, cardiologists are seeing more structural heart problems, such as leaky valves. “When patients who need heart surgery come to St. John’s, they’re in the best place in the county,” says Bruce Toporoff, M.D., a cardiothoracic surgeon at St. John’s. “We’re on the cutting edge of surgical techniques.”

St. John’s offers minimally invasive valve surgery, for example, to repair damaged mitral or aortic valves. This procedure, performed through tiny incisions beneath the breast, avoids the need to break the ribs, as in the conventional procedure. Patients have less pain associated with surgery, return to work and physical activity faster, and have less chance of infection.

The hospital is also a leader in performing thoracic aortic stent grafts to repair tears in the aorta. “The standard procedure is long and difficult, so we had to turn down a lot of older patients who couldn’t tolerate it,” Dr. Toporoff says. “Now, we’re able to take care of these patients with a less invasive approach, with excellent results.”

Meanwhile, nearly all St. John’s patients who need coronary artery bypass surgery receive “off-pump” bypass surgery, also called “beating-heart” surgery. “In higher-risk patients, off-pump bypass surgery is less risky than doing it using the heart-lung machine,” says Dr. Declusin. “It’s a much more challenging procedure, but we’ve been doing it here for 15 years.”

While St. John’s already offers many state-of-the-art treatments, the hospital is looking for opportunities to embrace even more innovative options for patients. As Dr. Declusin says, “CEO Laurie Eberst is working with us to get involved in genetic testing and many other developments coming down the pipeline.”

CALL US FOR EXPERT HEART CARE

If you or a loved one needs expert heart care, call 1-877-SJ-DOC-4U (1-877-753-6248), and ask for a cardiologist on staff at St. John’s.



THE ROAD TO RECOVERY

St. John's comprehensive rehabilitation services help patients get back on their feet after heart surgery



After a heart attack or heart surgery, the road to recovery begins. It's natural to feel a bit weak, but it's important to get moving and begin strengthening your heart as soon as your doctor gives you the go-ahead.

No one should embark on that journey alone. At St. John's Regional Medical Center in Oxnard and St. John's Pleasant Valley Hospital in Camarillo, patients can regain their health

safely thanks to St. John's Cardiovascular Rehabilitation Services' friendly and supportive environment, under the guidance of skilled and experienced cardiac rehabilitation experts.

"We do anything in medicine for three reasons—to help relieve symptoms, increase lifespan, and prevent problems from happening in the future—and cardiac rehab contributes to all three goals," says Khamaj Davé, M.D., medical

director of Cardiac Rehabilitation Services at St. John's. "It's like having a personal trainer to walk you through the recovery process, making sure you're not pushing yourself too much or too little."

A Customized Program

How does the program work? First, the patient's physician provides a "prescription" for cardiac rehab. A cardiac rehab nurse also thoroughly reviews the patient's medical

history—including surgeries, medications, and medical conditions—to assess each person's needs.

“The physical therapist assesses and establishes the individualized exercise plan based on the patient's medical history. Any limiting factors such as back pain, weakness, or arthritis are taken into account and monitored on an ongoing basis,” says Donna Albertson, a physical therapist and coordinator of Cardiac Rehabilitation Services at St. John's.

Then, the team creates a physical therapy program designed especially for the patient that incorporates strength training, aerobic exercise, stretching, and balance. The program, which usually consists of 36 sessions, includes a range of exercises that utilize treadmills, recumbent and upright bikes, free weights, and resistance bands.

“Patients increase their activity gradually while the staff monitors their rhythm heart rate and blood pressure,” Dr. Davé says. Patients also receive instructions for exercising

at home and are given information about proper nutrition and lifestyle. The program is available to anyone in need of cardiac rehabilitation.

A Team Approach

The team includes licensed physical therapists who are trained in cardiac rehab, as well as nurses certified in advanced cardiac life support. “The staff members are very dedicated and compassionate, and they really go beyond the call of duty in terms of educating patients, following up on issues, calling doctors, and sometimes even extending hours,” Dr. Davé says.

Meanwhile, patients get a boost of motivation when they see other heart patients making progress. Participants encourage each other and often develop friendships that go beyond the rehab setting.

The mixture of rehabilitation and support typically garners wonderful results. “We had a woman come in who had been through surgery and got tired after three or four minutes on the treadmill, so we did interval

training to let her rest in between,” Albertson says. “Now, she's walking on the treadmill for 50 to 60 minutes and can do everything she wants to do, including social activities and traveling. And one man came in with a walker and a caregiver, and after three months, he no longer needed the walker and caregiver, and was giving me healthy recipes.”

“I've had patients who haven't been able to stick to some of the medications or recommended lifestyle changes, and then I've sent them to cardiac rehab, and it's been amazing,” says Dr. Davé. “I think they've improved more from cardiac rehab than from any medical therapy or procedure that I could have done on them.”

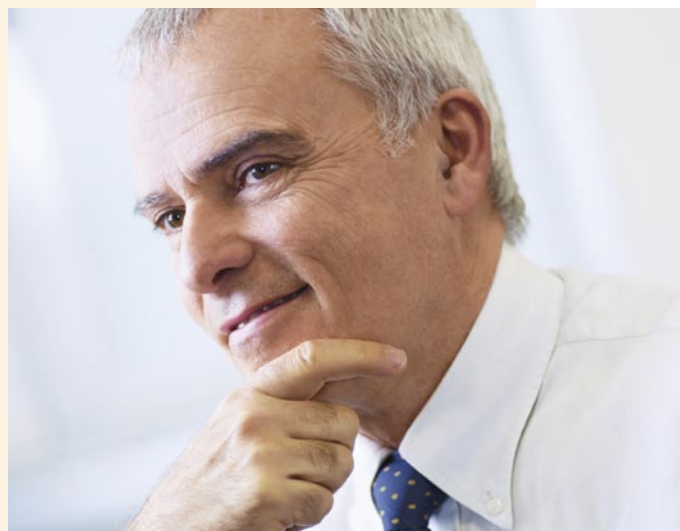
It's those results that keep patients motivated long after they finish the program. “If they go through the whole course of treatment here, they tend to stick with it, and that's the goal,” Albertson says. “This is a commitment to health—for life.”

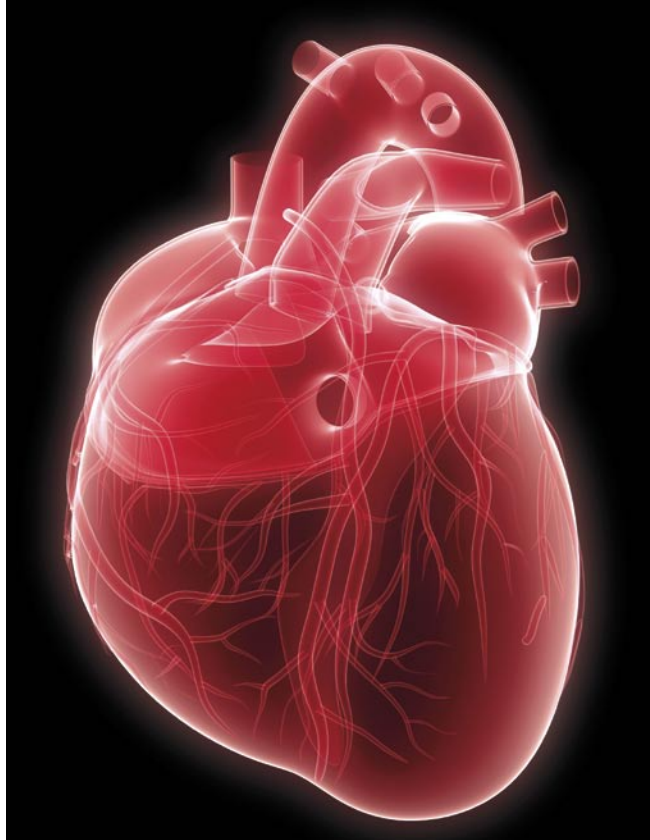
IS CARDIAC REHAB FOR YOU?

You can benefit from cardiovascular rehabilitation if you

- have had a myocardial infarction (heart attack)
- have had heart surgery, including an angioplasty, bypass surgery, or valve surgery
- have heart disease with stable angina (heart pain)
- have had pulmonary problems

Call (805) 988-7265 in Oxnard or (805) 389-5940 in Camarillo for more information.





RESTORING THE HEART'S RHYTHM

St. John's introduces high-tech upgrades for better care

We take our steady heartbeat for granted. But when there is a problem with the heart's electrical wiring, it can cause the heart to beat too fast or too slowly. That can result in light-headedness and dizziness, and if left untreated, sometimes can lead to cardiac arrest. In decades past, heart rhythm problems had to be treated with potent anti-arrhythmic medications, which have side effects and require long-term therapy. But today, cardiac electrophysiology (EP) techniques—such as device implantation and ablation procedures—can cure patients.

Not every hospital offers a full range of electrophysiology services, but St. John's Regional Medical Center has made it a priority. To that end, St. John's offers three catheterization (cath) / EP labs, and recently gave one of these labs a state-of-the-art upgrade. Patients began being treated in the new lab at the end of May.

St. John's is bringing in up-to-the-minute radiologic equipment for visualization purposes, including the latest 3-D electrophysiology mapping system available for diagnosis and treatment of rhythm disorders. "It has the ability to [help physicians] do both radiofrequency and cryogenic procedures so we can both burn and freeze these arrhythmic pathways [electrical pathways in the heart that have lost their rhythm]—and that's advantageous," says Ishu Rao, M.D., a cardiac electrophysiologist at St. John's, because it can restore the heart's normal beat.

"We completely redesigned one of our cath labs, from the ground up," says David Schmidt, M.D., medical

director of Cardiology and Cardiac Cath Lab Services at St. John's. "The entire room was designed to be user-friendly for the patient and is a relaxing, nature-themed environment, so the patient can have his or her procedures done in a beautiful setting."

"We're adding an additional "hybrid" room that will accommodate a number of lifesaving procedures, including EP procedures," adds Joe Nunes, senior director of Cardiovascular Services at St. John's. "Having a third EP room available equipped with advanced technology and staffed with experienced and talented specialists will allow us to continue to provide the best care possible to our patients—right here in Ventura County."

While the equipment will be the best available, St. John's patients also are treated by a highly skilled staff. "The equipment by itself just sits there if we don't have the personnel who know how to use it effectively and to take care of these very complicated heart conditions," explains Dr. Rao. St. John's has committed some of its top staff members to this program, and the entire EP team—doctors, nurses, and technicians—has undergone specialized training.

"We all work very well together, using a patient-focused approach," says Dr. Schmidt. "From my experience, our staff really understands how to treat patients with compassion, dignity, and high quality."

There's a large need for cardiac electrophysiology care, and that need continues to grow as baby boomers age, which is why St. John's has made its EP program a top priority. If you need a heart specialist, please visit us at www.stjohnshealth.org/heart, or call 1-877-SJ-DOC-4U.

SERVICE TO OUR COMMUNITY

A summary of St. John's innovative community benefit efforts for 2009–2010

Many families in our community struggle on a daily basis to meet their basic needs. Paying bills, buying food or clothing, and meeting routine health needs often presents unique challenges. Fortunately, St. John's health and community outreach programs offer families the help they need, delivered with compassion and hope. In many cases, the results are both life changing and lifesaving. James's story is one such example.

James* arrived by ambulance at St. John's emergency department (ED) after suffering a massive heart attack. Thankfully, due to the prompt and excellent treatment he received at St. John's, he is now on the road to recovery. But when James was ready to be discharged from the hospital, he had no clothes because they had been cut off during his ambulance ride. The staff at St. John's gave him the clothing he needed before he left. James expressed his gratitude for the compassionate, comprehensive care he received, as well as the dignity with which he was treated while at St. John's. "I was so happy, relieved, and humbled by the compassion of the staff at St. John's," he says.

As a gesture of his appreciation, James stopped by St. John's just before Thanksgiving to drop off two large bags of clothes. "I feel lucky to even be here today to offer some clothing assistance," he says. James continues to make strides toward improving his health and continues to focus on wellness and prevention.

Developing Our Community Benefit Report and Plan

In fiscal year 2010, St. John's conducted its triennial Community Needs Assessment for the Ventura County area served by its two hospitals. Additionally, a standardized framework in evaluating existing programs, needs, and services was used in the planning and implementation of future community benefit services. The framework allows St. John's to focus our community benefit strategy and make efficient and appropriate use of our limited charitable resources. In all, St. John's is pleased to report that our hospitals provided \$52,787,827 in total un-sponsored community benefit during fiscal year 2010.

What Are Our Community's Needs?

The aid we provide is a direct response to what our community tells us it most needs. In 2009–2010, the community reported these needs:

- Availability of, access to, and cost of healthcare services, with growing concern for the number of uninsured and underinsured in Ventura County
- Chronic disease management, prevention, and education, with emphasis on obesity, diabetes, HIV/AIDS, heart disease, and cancer
- Women's health services, including perinatal access and education for low-income women (particularly Latina women), mammography, and Pap smears

- Adult and child immunizations (ages zero to two; hepatitis A and B; flu and pneumonia vaccinations)
- Children's and teens' health and wellness, with concern for obesity, smoking, dental health, alcohol use, teen suicide, teen pregnancy, asthma, and environmental safety issues

Reaching Out With Compassion

The following is a sample of St. John's many educational and healthcare programs that provided community benefit in fiscal year 2010.

Diabetes initiative: St. John's hospitals' first community benefit priority continues to be the enhancement of our diabetes initiative, which began in 2008. St. John's has developed a multiyear plan to prevent and reduce the impact of diabetes mellitus in our community by working with community partners, including St. John's Healthcare League (formerly the Latino Healthcare League). The diabetes initiative provided a three-pronged approach: (1) provide physicians and healthcare providers with the latest standards of care for diabetes mellitus diagnosis and management; (2) expand and enhance obesity and diabetes prevention programs for youths; (3) provide education, support, case management, and access to treatment for underserved individuals who have been diagnosed with diabetes, with a goal of reducing hospital admissions for program participants by 5 percent in 2011. As a result of these

efforts, and through the advocacy of Congresswoman Lois Capps, St. John's was awarded \$383,187 in federal funds to expand preventive, educational, and case management diabetes efforts through September 2011.

Prenatal care and maternal/child health: St. John's Healthy Beginnings program, a Medi-Cal CPSP affiliate program that integrates nutrition, psychosocial counseling, health education, perinatal assessments, and interventions with basic obstetrical care, provides bilingual and bicultural prenatal healthcare services for low-income pregnant women and teens. In 2010, this Medi-Cal community service program enrolled and treated 289 pregnant women, decreasing the premature birth rate at St. John's by nearly 10 percent and increasing access to prenatal care by 20 percent.

Immunizations: St. John's free immunization program is an integral part of Ventura County's efforts to provide immunizations to under- and uninsured children. In 2010, Shots for Kids, an immunization program for children up to 18 years of age, exceeded the 90 percent immunization compliance rate recommended by the Centers for Disease Control and Prevention (CDC) by achieving a 94 percent compliance rating. Additionally, through generous grant funding, immunization services were expanded to include at-risk and low-income adults. A total of 1,786 immunizations were provided to children, adults, and seniors in 2010.

Obesity prevention: With concern for increased obesity rates in California and Ventura County, particularly among young people, St. John's developed a renewed focus to combat obesity and related complications,



poor nutrition, and a lack of adequate exercise. Through a combination of youth educational platforms and in collaboration with local community partners such as the Boys & Girls Clubs, Naval Base Ventura County, local schools, and parent support groups, more than 500 youths from underserved communities participated in classes, support groups, screenings, and fun and interactive educational forums in fiscal year 2010.

Senior Health Connection:

Developed to provide seniors with the tools they need to improve and maintain their health and well-being, this program has been an integral part of St. John's community outreach efforts for more than 22 years. The program consists of the Energizers Walking Program, English- and Spanish-language diabetes support groups, People with Arthritis Can Exercise (PACE) classes, other exercise classes, free immunization clinics, and chronic disease self-management classes. Partnerships with the Ventura County Area Agency on Aging and other community organizations also provide sustained services for the aging.

St. John's and the CHW Community Grants Program

Community benefit is also provided through the Catholic Healthcare West (CHW) Community Grants Program conducted annually by St. John's hospitals. The program

supports and enhances the advocacy, social justice, and healthier communities efforts of the hospitals and religious sponsors of CHW.

In fiscal year 2009–2010, St. John's awarded nearly \$146,000 in grant funding to the following organizations:

- Assistance League of Ventura County
- Boys & Girls Club of Camarillo
- Camarillo Hospice Corporation
- CAREGIVERS Volunteers Assisting the Elderly
- FOOD Share
- Livingston Memorial Visiting Nurse Association
- Mercy Housing California
- Rescue Mission Alliance
- The Salvation Army of Oxnard/Port Hueneme Community Center
- Servants of Mary, Ministers to the Sick
- Ventura County Medical Resource Foundation

CHW funding has provided medical support for organizations whose missions are to provide primary healthcare (medical, dental, mental health) services for youths, seniors, and those who are homeless, or at risk of becoming homeless, as well as support for people affected by cancer and HIV/AIDS, and their families.

—
**Name changed to protect participant's privacy.*

DEDICATED TO GIVING BACK

With a newly dedicated chapel, a new mobile clinic, and countless fundraising efforts, St. John's Healthcare Foundation is a tireless supporter of health and wellness in our community

Chapel Dedicated in Honor of Alda and George Kroll

In September 2010, St. John's Sisters of Mercy, friends, and staff joined George Kroll for the dedication and blessing of the newly remodeled chapel at St. John's Pleasant Valley Hospital in Camarillo.

We acknowledge the memory of George's wife, Alda, and honor George with this blessed gift. Our new chapel brings hope and light into the hearts of our patients and their families, and lifts the spirit of those who enter this special chapel.

Unforgettable Golf

The eighth annual Longest Day of Golf event in September 2010 began with an open driving range at Las Posas Country Club in Camarillo. The heavy hitters were out in force to golf for charity, and together they raised more than \$50,000!

Board members David Edsall and Martin Shum chaired the tournament. After the day of golf, an awards banquet and dinner were held at the clubhouse. The award for Most Holes Golfed went to Daren Herrick. The award for Top Fundraiser went to Joe Burdullis.

A Journey of Sharing: St. John's Launches Mobile Health Clinic

Through the fundraising efforts of the St. John's Healthcare League, we are pleased to have purchased a recreation vehicle (RV) to serve as our mobile health clinic. The mobile unit

gives St. John's hospitals the opportunity to provide direct community outreach and education, as well as various health screenings, including diabetes screenings and a cancer screening component geared toward specific types of cancer. The mobile health clinic is staffed by nurses and health educators.

The mobile unit's first stop was Christ the King Church in the Colonia district of Oxnard, where immunizations were administered to the poor and underserved. Once word spread that St. John's was providing free flu shots from an RV, the line along the sidewalk of Colonia's main street, Cooper Road, grew to more than 45 people in just a few minutes. The demand for services was so great that the clinic remained open three hours longer than originally planned. "This is one of the best afternoons and most rewarding

Join St. John's for the 2011 Longest Day of Golf Tournament in September

Swing in support of St. John's hospitals at the 2011 Longest Day of Golf Tournament, which will take place Monday, September 26, at Las Posas Country Club in Camarillo. Start time will be 8:30 a.m.

To register, or for information about sponsorship opportunities, call St. John's Healthcare Foundation at (805) 981-7308.

Longest Day of Golf Cochairs Martin Shum (right) and David Edsall (far right)



From left: Laurie Eberst, Sr. Suzanne Krawczyk, Dr. Richard Brand, Sr. Corita Burnham, Ellen Brand, John Bibby.



From left: John Bibby, Sr. Suzanne Krawczyk, Corinne Burdullis, Joe Burdullis, Sr. Corita Burnham, Laurie Eberst.



experiences I have had in a very long time,” said Edith Sanchez, R.N., who compared her efforts to the many medical missions to Mexico and Guatemala in which she has participated. “I am very proud to be associated with the outreach effort in St. John’s own backyard.”

The St. John’s Healthcare League serves as a fundraising arm of St. John’s Healthcare Foundation. Thank you to the St. John’s Healthcare

League and to the hundreds of people who, through the Gala San Juan fundraising event, made the purchase of the mobile health clinic possible.

Humanitarians Gift Society President’s Reception

More than 170 guests shared an evening of fine food and socializing in March 2011 at the Tower Club in Oxnard. Hospital leaders Laurie Eberst and John Bibby presented

their vision and hospital updates. We shared in celebration as the Sisters honored some special people who have made an incredible difference through their philanthropic activities in support of the hospitals. Corinne and Joe Burdullis and Dr. Richard and Ellen Brand received a special Spirit of Philanthropy award.

To become a member of St. John’s Humanitarians Gift Society and make a financial commitment that you will feel good about, call the Foundation at (805) 981-7308, or visit us online at www.supportstjohns.org.

Your Contributions Make a Difference

Visit us at www.supportstjohns.org to learn about the different ways in which you can contribute.

Funds raised through St. John’s Healthcare Foundation go directly back to the community in the form of medical equipment, patient and community programs, and services for St. John’s hospitals.

We never stop looking for ways to further our mission and sustain our healing ministry over the long term for the greatest number of people possible.



Chapel donors George and Alda Kroll



Brian Scalfaro, St. John's executive chef

A RAINBOW OF GOODNESS

A diet rich in colorful fruits and veggies helps promote long-term health

“There’s no substitute for fresh, locally grown produce,” says Brian Scalfaro, executive chef at St. John’s Regional Medical Center and St. John’s Pleasant Valley Hospital. “Not only do fresh fruits and veggies burst with delicious flavors, they also have many health benefits.”

Research shows that a regular diet of plant-based foods provides essential vitamins and minerals, promotes a healthy body weight, gives necessary fiber, and may prevent certain types of cancer and chronic diseases, including coronary heart disease and hypertension.

At St. John’s, good nutrition is a top priority. Chef Brian has introduced a cornucopia of fresh, locally sourced ingredients to our menus, and the farmers’ markets offered throughout our county make it easier than ever to incorporate nature’s goodness into your daily meals. *Bon appétit!*

Chef Brian’s Grilled Chicken With Roasted Pepper Salsa Served on a Bed of Angel Hair Pasta

Make Chef Brian’s delicious recipe at home! For more information about nutrition services at St. John’s, call (805) 988-2898. This recipe serves six.

Ingredients:

- 2 red bell peppers
- 1 yellow bell pepper
- 3 tablespoons finely shredded fresh basil
- 1 teaspoon fresh lemon juice
- ½ teaspoon fresh garlic, minced
- ¼ teaspoon kosher salt
- Black pepper (to taste)
- 1 pound angel hair pasta, uncooked
- 6 boneless, skinless chicken breasts
- 1 tablespoon extra-virgin olive oil



Directions:

Place peppers directly over flame, turning them often with a pair of tongs, until blackened on all sides. Transfer them to a bowl, and cover tightly with plastic wrap. Let cool. Cut peppers in half, and remove stems and seeds. Scrape off the blackened skin of the peppers. Cut the peppers into ¼-inch pieces.

To prepare the roasted red pepper salsa, toss the diced, roasted peppers with the basil, lemon juice, garlic, salt, and pepper in a small bowl.

Prepare pasta according to package directions. While pasta is cooking, heat your grill to medium-high heat. Season chicken breasts with salt and pepper, and grill on each side, until the internal temperature reaches 165 degrees or the juices run clear.

Drain the pasta, and lightly toss with oil. Place on a platter, top with chicken breasts. Coat breasts with roasted pepper salsa, and serve hot. Enjoy!



THE INTENSIVIST DIFFERENCE: A BETTER WAY TO HEAL

St. John's team of board-certified specialists provides critically ill patients with around-the-clock care

If you—or a loved one—find yourself in the intensive care unit with a life-threatening illness or injury, you'll need to get the best care every step of the way—whether it's noon or 3 a.m.

At St. John's, a team of six specially trained, board-certified critical care doctors provides around-the-clock coverage in the hospital's intensive care unit (ICU). "St. John's is the only hospital in Ventura County, and one of the few hospitals in the Los Angeles area, that has an intensivist program," says Rajan Bhatia, M.D., medical director of the Intensivist Program at St. John's. "It's been proven that patients do better if they're treated by a board-certified critical care physician in a timely manner."

What exactly is an intensivist? A board-certified intensivist receives specialized training that covers a full

range of medical emergencies. "After a physician does a residency—which is three years—he or she has two or three years of additional training in the intensive care unit," Dr. Bhatia explains. "Most of us go through medical ICUs, surgical ICUs, and neurosurgical ICUs so we're trained in every aspect of critical care." Whether a patient is having a stroke, is bleeding, or has experienced a traumatic injury, an intensivist can provide prompt, skilled care.

The Leapfrog Group—which evaluates hospitals' safety, quality, and efficiency—reports that ICUs in which intensivists manage or co-manage all patients have a 30 percent reduction in hospital mortality, and a 40 percent reduction in ICU mortality, compared to those hospitals in which intensivists manage or co-manage only some or none of the patients.

In many hospitals, physicians simply visit the ICU in the morning or afternoon and do their rounds, before returning to their regular practice. If an emergency arises, a nurse must call or page the doctor. Depending on the situation, the doctor may advise the ICU staff over the phone or may need to travel to the hospital, which takes valuable time.

At St. John's, though, intensivists are on staff and on-site. "If someone needs to go on a ventilator or needs an emergency procedure done, we're already there, so we can do it in a timely manner," Dr. Bhatia says. "The Leapfrog Group guidelines say that we should be at the bedside within 30 minutes, but here, we're usually at the bedside in less than five minutes. And the family can talk to us because we're right here. We're on top of patient care all the time, 24/7."

St. John's New Physicians

From August 1, 2010, to January 31, 2011

Need a Doctor?

Call St. John's Physician Referral Helpline at **1-877-SJ-DOC-4U (1-877-753-6248)** 24 hours a day, seven days a week. When it comes to excellent care, you do have a choice. We'll provide answers to your questions and help you choose from doctors affiliated with our hospitals. This is a free service.



Family Practice
Christabeth Boyd, M.D.



Cogent Hospitalist
Mounir El Fatmi, M.D.



Family Practice
Koji Kubo, M.D.



Podiatry
Andrew Langroudi, D.P.M.

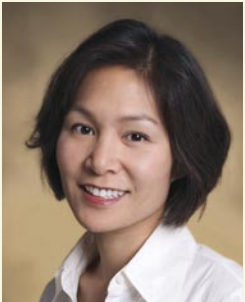
not pictured

Internal Medicine
Meghna Ailawadhi, M.D.

Internal Medicine
Oliver Caniga, M.D.

Critical Care
Ashraf Elsayegh, M.D.

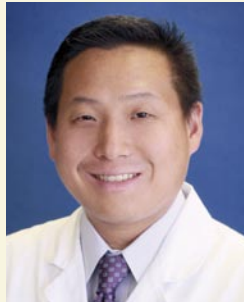
Internal Medicine
Geoffrey Graham, M.D.



Radiology
Winifred Leung, M.D.



Neonatology
Gail Levine, M.D.



Cardiology
John Pang, M.D.



Family Practice
Rosalie Patricio, M.D.

Critical Care
Hargobind Khurana, M.D.

Cogent Hospitalist
Richard Park, M.D.

Family Practice
Hideto Saito, M.D.

Cogent Hospitalist
Scott Smith, M.D.



Family Practice
Nabeel Saeed, M.D.



Obstetrics / Gynecology
Thuc Ta, M.D.



Family Practice
Joan Vicente, M.D.

MERCY.

A simple word we define
as impassioned healing.

That simple word –
gets us out of bed every morning.

100 years ago, our foundresses
instilled that culture in their work.

It was their calling then.
It is still, our calling today.

We're here for *beginnings*.

We're here for *family*.

We're here for *bumps, bruises and broken bones*.

We're here for the *diagnosis*. (And we know it's scary.)

We're here for *strength*.

We're here for *remission*.

We're here for *healthier and happier* communities.

We're here for the *golden years*.

And if it comes to it, we're here for the *end*.

HUMAN  SPIRIT

Our purpose is *health*. Our *spirit* is strong.

Classes and Programs

Browse this list to find a class or program to improve your health. **Summer 2011**

MATERNITY AND BIRTH CENTER PROGRAMS: BABIES FIRST

St. John's hospitals offer a full array of classes and services to prepare you for the birth of your baby and to help you cope with the challenges of being a new parent. If you are pregnant and eligible for Medi-Cal, call (805) 988-2619. For Spanish-language perinatal education services, call (805) 988-2619.

For detailed information, to register in a class, or to request an expectant parents class schedule, please call **(805) 988-2784**, unless otherwise noted below.

The following classes and services are offered at St. John's Regional Medical Center (SJRM) in Oxnard and St. John's Pleasant Valley Hospital (SJPVH) in Camarillo, unless otherwise indicated:

CHILDBIRTH PROGRAMS

Baby Weight Checks: Call (805) 988-2796 for an appointment.

Breastfeeding Class—

Getting Started: This class offers information and tips on preparing to breastfeed.

Breastfeeding Support Warm Line: Call (805) 988-2796.

Breast Pump Rental Program: Call (805) 988-2796.

Cesarean Birth Class

Childbirth Course: Topics in this six-week-long course include breathing, relaxation, and coping techniques; nutrition; fetal development; recovery; complications; interventions; Cesarean birth; medical options; and basic baby care.

Childbirth Refresher Course: Review of labor and delivery, including breathing, pushing, and relaxation techniques.

Lactation Consultation and/or Support Group: Having trouble breastfeeding and need a lactation consultant? Call (805) 988-2796 for an appointment.

Maternity Unit Tours: Available in English and Spanish.

Mom and Tot Class: For ages 12 months to 24 months.

Mommie and Me Support Group: For ages zero to six months and six to 12 months. Offered at SJRM only. Six-week series.

Sibling Class: For ages two years and older.

COMMUNITY EDUCATION EVENTS AND PROGRAMS

The following classes and services are offered at SJRM, unless otherwise indicated. For more information,

*registration for any of these programs, or Spanish-language health education services, call **(805) 988-2865**.*

Chronic Disease Self-Management Course: Improve your health with this six-week program for anyone living with a long-term health condition. Family members and caregivers are welcome.

Diabetes Horizon Program: Free program for people who have visited the hospital/emergency room as a result of diabetes or people with uncontrolled diabetes. This program offers screenings, tests, education, and support.

Eating Smart for Kids Class: This free nutrition class, for kids 10 to 15 years old, teaches healthy eating and exercise habits.

Eye and Foot Disease Screenings for People with Diabetes: Free dilated eye and foot screenings for people with diabetes. Call to schedule an appointment.

Free and Low-Cost Health Screenings: Available tests (by appointment only) include cholesterol, cholesterol/HDL ratio and triglycerides, body-fat analysis, blood pressure, blood sugar, hemoglobin (anemia screening), and hemoglobin A1c (for people with diabetes only).

Healthy Living with Diabetes Course: Call to register for this diabetes management workshop.

Shots for Kids and Adults: Free immunizations for children and low-cost immunizations for adults offered at SJRM and Camarillo Health Care District.

SPINE CENTER

*For more information about St. John's Regional Spine Center or to make a reservation, call **(805) 988-7077**.*

Neck and Back Pain Seminar: Offered at SJRM only. Attend this free seminar to learn about the causes of neck and back pain, arthritis, soreness, and morning stiffness, and what you can do about them. You'll hear about the latest treatments, including information about medications, nutrition, and fitness.

CANCER CENTER

*St. John's Cancer Center of Ventura County (CCVC) offers programs and services for cancer patients who are undergoing treatment or have already completed treatment. Classes are held at CCVC, 1700 N. Rose Ave., Ste. 145, unless otherwise indicated. There is no cost to attend, although donations are welcome. For more information, call **(805) 988-2641**.*



RESOURCES

Colon Cancer Support Group: Cosponsored by the American Cancer Society and The Wellness Community.

The Color of Love Group: Art expression group. No artistic ability required.

Exercise Is Wise—an After-Breast-Surgery Exercise Class: For women who have had a mastectomy, lumpectomy, or reconstructive surgery. Check with your physician before starting this program.

Latinas with Breast Cancer Support Group: Breast cancer support and education provided in Spanish.

Latino Support Group: Spanish-language support group for patients and their families. Cosponsored by The Wellness Community.

Look Good, Feel Better Class: Cosponsored by the American Cancer Society. Reservations required.

Lymphedema Education and Screening Clinic: Risk assessment and prevention information by a certified lymphedema specialist.

Nutrition Counseling: Individual sessions with a registered dietitian who is board-certified in oncology nutrition.

Prostate Cancer Support Group: For men with prostate cancer. Spouses and significant others are welcome. Cosponsored by the American Cancer Society.

Relaxation Therapy in the Reiki Tradition: One-hour sessions with trained volunteer practitioners.

Support Group for Women with Cancer: A weekly meeting cosponsored by The Wellness Community.

Yoga Classes: Gentle Yoga for Your Journey with Cancer, and Feeling Better and Stronger with Yoga.

The CCVC also offers cancer information and resources, including the Jennifer Diamond Library, as well as free wigs, hats, and scarves.

WEIGHT LOSS SURGERY SUPPORT GROUPS

For information about times and locations, call St. John's Center for Surgical Weight Loss at (805) 981-7305.

General Bariatric Support Group and Clothing Exchange

LAP-BAND® Support Group: For patients or prospective patients of laparoscopic adjustable gastric band placement.

The Winner's Circle Support Group: Deals with adjusting lifestyles and eating habits one year or more after weight loss surgery.

THERAPY CENTERS

For more information about St. John's Outpatient Therapy Centers or to register for classes, call (805) 988-2874.

On Point Balance Six-Week Class: Improve and maintain balance, strength, and flexibility, and reduce risk of falls.

Yoga Class: Increase strength, improve posture, decrease blood pressure, and reduce stress. Beginning/intermediate Iyengar style yoga.

SPIRITUAL CARE

For information about spiritual care services at St. John's or to register for the group below, call (805) 988-2891.

Bereavement Support Group: This group focuses on coping skills and healthy ways of expressing and understanding the grieving process.



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

Members of CHW
Catholic Healthcare West

1600 North Rose Ave.
Oxnard, CA 93030
(805) 988-2500

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Oxnard, CA

MERCY.

A simple word we define
as impassioned healing.

That simple word –
gets us out of bed every morning.
100 years ago, our foundresses
instilled that culture in their work.

It was their calling then.
It is still, our calling today.



YEARS 1912-2012

stjohnshealth.org/centennial