

# Livingwell

Winter 2014-2015

Stay well  
this winter

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A new way  
of healing  
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Now accepting  
Aetna members!

Simi Valley Hospital

 Adventist Health





## New look, same commitment

**Caroline Esparza,**  
Interim President and CEO



Welcome to the first issue of *Living Well*, **Simi Valley Hospital's** re-vamped and redesigned community magazine! Our new look reflects your desire to see not just news and information about Simi Valley Hospital and our services, but also articles and tips that help you live a life of health and wellness every day.

*Living Well* is one example of our ongoing commitment to stay in tune with the health needs of our community and to promote whole-person health—body, mind and spirit. Every day, we strive to fulfill that commitment.

Some of our efforts are highly visible, such as the construction of our Emergency Department addition (read more next to this column), the introduction of our new Healing Arts program (see page 4) and our participation in community events like the Free Clinic of Simi Valley's Community Health and Fitness Expo in October.

However, we also fulfill our commitment to whole-person health in less-visible, more personal ways. In every encounter with our patients and visitors, for example, it is our goal to provide high-quality, compassionate care.

As we prepare to celebrate our 50th anniversary in 2015, we want to extend our grateful thanks to our community. We continue to grow and improve for you, and we appreciate your support.

LIVING WELL is published as a community service for the friends and patrons of SIMI VALLEY HOSPITAL, 2975 N. Sycamore Drive, Simi Valley, CA 93065, telephone: **805-955-6000**, website: **SimiValleyHospital.com**.

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Information in LIVING WELL comes from a wide range of medical experts. If you have any concerns or questions about specific content that may affect your health, please contact your health care provider.

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## CHILDREN'S HEALTH

# When is it an emergency?

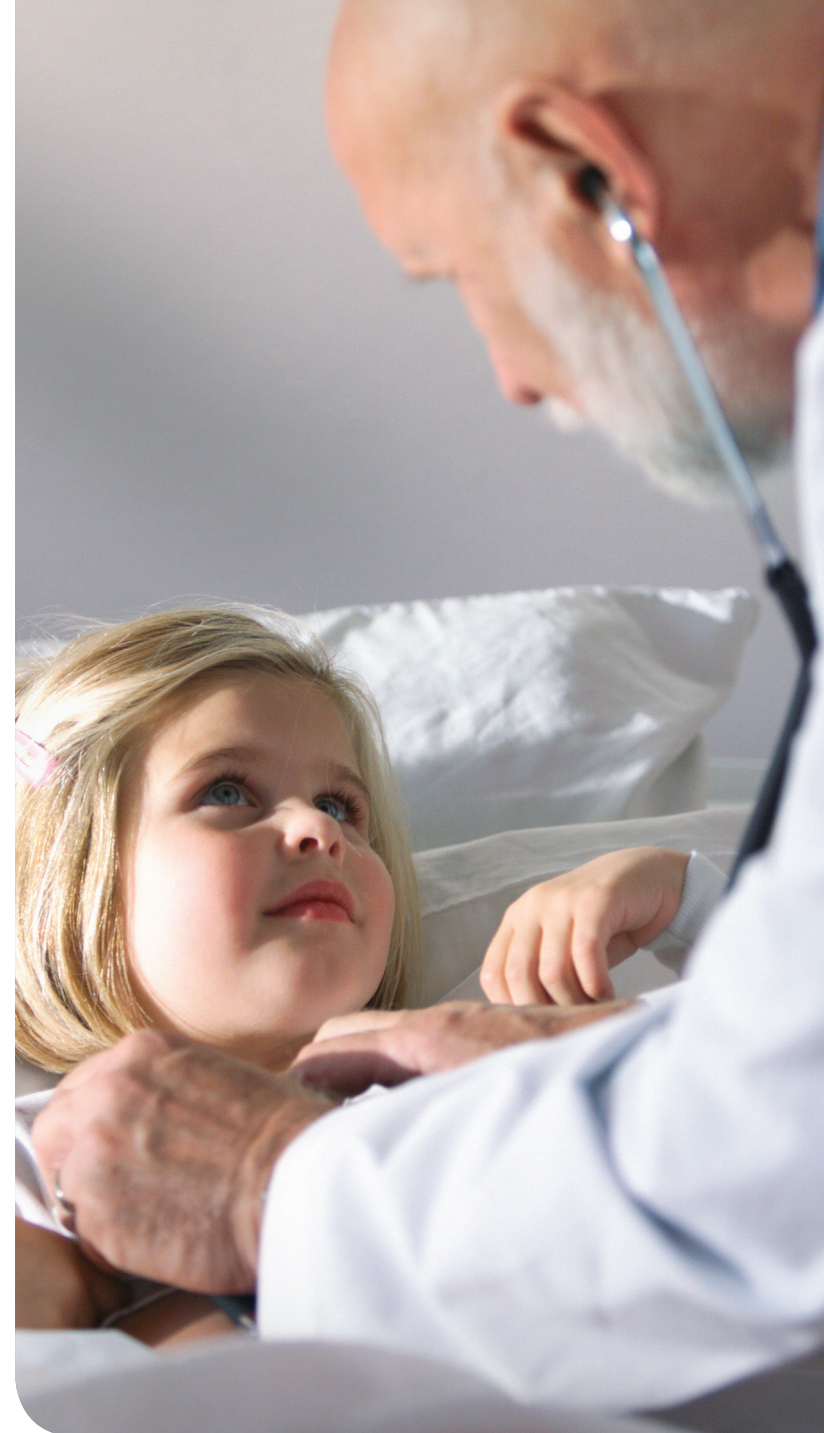
**IF YOUR CHILD** is badly injured or becomes seriously ill without warning, it is a medical emergency. Timely treatment can prevent a severe injury or illness from getting worse and permanently harming your child.

Signs of an emergency in a child include:

- Difficulty breathing or shortness of breath.
- Skin or lips that look blue, purple or gray.
- Strange or withdrawn behavior, or any significant change from normal behavior.
- Confusion, delirium, severe headache, unconsciousness or vomiting—especially following a head injury.
- Sudden or severe pain.
- Uncontrolled bleeding.
- Coughing up or vomiting blood.
- Severe or persistent vomiting or diarrhea.
- Excessive sleepiness.
- Neck stiffness or a rash with fever.
- Fever accompanied by changes in behavior.
- Decreasing responsiveness or alertness.
- Inability to walk steadily or stand up.

If your child shows any of these signs, call **911** right away.

Sources: American College of Emergency Physicians



# New facility prepares to premiere

Work on Simi Valley Hospital's Emergency Services and Hospital Expansion Project is nearing its final stage as the hospital prepares to open the \$41-million facility in early 2015.

By late October, the application of stucco on the building's exterior was finished and stonework was underway. The canopy over the ambulance entrance was nearly complete. Inside, 90 percent of the interior walls in the new emergency facility had drywall and were painted, and 75 percent of the ceiling grid was installed. Landscaping was scheduled to commence in mid-November.

The project includes the new Thakkar Family Emergency Pavilion, which will add more than 5,000 square feet to the existing Emergency Department space and increase the number of patient care

rooms from 10 to 22. In addition to the expanded emergency facilities, the building will house a new surgery suite, an equipment room and space to add more services in the future.



**Simi Valley Hospital's Emergency Services and Hospital Expansion Project is nearing completion.**



# Germ alert

**YOU CAN'T TELL** by looking, but germs are all around you.

They spread through the air when someone coughs or sneezes. They're on the doorknob that your feverish co-worker just touched. And they multiply on desks, kitchen counters and surfaces everywhere—some lingering for months.

Your body's immune system does its best to attack and destroy germs. But you can do your part too. Keep your immunizations up-to-date and follow these safeguards:

**Scrub up!** There's handwashing and then there's handwashing. Scrub yours the right way: vigorously and thoroughly with soap and water for at least 20 seconds. That's the time it takes to hum the "Happy Birthday" song twice.

**Tote a bug-free bag.** Reusable grocery bags are great for the environment. But they're also a potential breeding ground for harmful bacteria. To avoid getting sick, put meat, poultry and fish in different plastic bags before placing them in your reusable bag. And wash reusable bags frequently.

**Keep it clean.** In one study of 22 households, dish sponges harbored more germs than any other item. So every day, toss them in the dishwasher and use the drying cycle, or microwave damp sponges for one minute. Replace them often—and right away if they smell.

**Wipe it down.** Research shows that the average office desktop has 400 times more bacteria than the average toilet seat. So treat your desk as you do your kitchen table. Clean it thoroughly before eating from it—no exceptions.

**Don't let it spread.** Cross-contamination occurs when disease-causing bacteria spread from one food to another, often by way of a cutting board. So always use a clean cutting board. And use separate ones for raw meat, poultry, fish and ready-to-eat foods, such as fresh produce.

Sources: Academy of Nutrition and Dietetics; Association for Professionals in Infection Control and Epidemiology; National Institutes of Health



## Keep your kids healthy

Keeping germs under control is a great way to help keep your kids healthy, but it's also important to stay up-to-date with your immunizations.

If you don't have a pediatrician, call **805-955-8000** or look for one online by visiting **SimiValleyHospital.com**.







# The ART

# OF

MUSIC, VISUAL ART,  
OF WELLNESS CARE

A well-known saying goes “Music has charms to soothe the savage beast,” but music—and the arts in general—has an impact on a much broader audience than just the savage. A new program at Simi Valley Hospital uses the calming influence of the arts to provide a better experience for patients and their loved ones.

Scientific research, as well as a wealth of personal experiences, has proven that some types of music have a positive effect on heart rate, blood pressure, breathing and other vital functions—and, therefore, feelings of stress or anxiety.

“Studies have shown that when patients are in the hospital, there are things other than drugs that can alleviate stress, help them feel more comfortable and even decrease the need for pain medication,” said Ron Hyrchuk, director of Spiritual Care Services at Simi Valley Hospital.

If you're  
interested in  
lending your  
financial support  
to the Healing  
Arts program,  
please call the  
Simi Valley Hospital  
Foundation at  
**805-955-6670.**



# THE HEALING

MASSAGE AND MORE ADD A NEW ELEMENT  
AT SIMI VALLEY HOSPITAL

"Among those things are the healing arts: music, visual arts and other forms of art."

## Only the beginning

The first element of Simi Valley Hospital's new Healing Arts program was a player piano that was placed in the hospital's main lobby last year. The instrument was a gift from a community donor, provided through the Simi Valley Hospital Foundation.

Hyrchuk said the piano will be used on occasion for brief musical programs that entertain guests but also bring about a calming atmosphere.

"In all aspects of the Healing Arts program, we're looking for performances and displays that specifically facilitate healing," he said.

The hospital has also showcased the visual art of local residents, including a recent display of award-winning photographs from local high school

students. More artwork from the community is in the plan for future displays.

"We hope to have designated galleries in which we'll display artwork and maybe even have special events to open those displays," Hyrchuk said.

## More to come

The hospital and the Simi Valley Hospital Foundation are continuing to work together on the further development of

the Healing Arts program. As the program grows, Hyrchuk said, the team is looking at adding certified music therapists. With a doctor's order, these specially trained professionals visit inpatients to play soothing music, which has been proven to improve patients' vital signs.

In addition, Hyrchuk said, the team is looking at employing massage therapists who will give hand and foot massages to reduce anxiety and speed healing for patients waiting to go into surgery.



## Free for all

One of the most attractive features of Simi Valley Hospital's new Healing Arts program is that, thanks to the Simi Valley Hospital Foundation, all of the services offered to patients and visitors will be free of charge.

"This is part of the hospital's commitment to whole-person care, and the foundation is generously supporting us in this endeavor," said Ron Hyrchuk, the hospital's director of Spiritual Care Services. "We want to help our patients and their loved ones heal physically, emotionally and spiritually, and the Healing Arts program is an important part of that commitment."



◀ Sandy Werner, director of Human Resources at Simi Valley Hospital and an accomplished musician, plays the piano in the hospital's main lobby during a Simi Valley Hospital Foundation event on October 7. The piano, a gift from a generous community donor via the foundation, is a centerpiece of the hospital's new Healing Arts program. It was also the focus of an event on November 11 to commemorate the launch of the Healing Arts program.



## Breast cancer awareness in the spotlight

During Breast Cancer Awareness Month in October, Simi Valley Hospital hosted and participated in several events designed to celebrate cancer survivors, honor those who are now dealing with the disease, remember those who have lost their battle with cancer and keep the issue of breast cancer early detection, treatment and research at the forefront.

**Pink Ribbon Art Contest.** Open to area public, private and homeschool students, the contest's aim was to place a focus on breast cancer awareness and education through the visual arts. Prizes were awarded at Simi Valley Hospital's Pampered in Pink event on October 30. The art contest was co-sponsored with the Rotary Club of Simi Sunrise.

**Light the Town Pink.** Simi Valley Hospital encouraged local individuals and organizations to show their support for Breast Cancer Awareness Month by placing a pink light bulb in a light socket at their residence or business.

**Pampered in Pink.** Held at Simi Valley Hospital's Nancy Reagan Breast Center on October 30, guests were encouraged to celebrate while learning more about breast health. The event included tours of the Breast Center and adjacent Aspen Surgery Center, breast-health education, free massages and body scrub treatments, hors d'oeuvres and pink mocktails, and door prizes. The first 50 guests who arrived wearing pink also received a special gift.

**Power of Pink.** Once again this year, the Brighton store at the Simi Valley Town Center earmarked a portion of the sales of a limited-edition bracelet to be donated to the Nancy Reagan Breast Center as part of Brighton's nationwide Power of Pink campaign.



More than 110 people attended Simi Valley Hospital's Pampered in Pink event, sponsored by the Rotary Club of Simi Sunrise. Guests celebrated cancer survivors, supported those currently experiencing the disease and remembered those who have passed.



Simi Valley Hospital's new Wood Ranch Imaging Center officially opened on September 5.

## Red-ribbon day for new imaging center

Simi Valley Hospital leadership, physicians and staff, as well as Chamber of Commerce and other community and local government leaders, celebrated the official opening of the hospital's Wood Ranch Imaging Center on September 5 with a ribbon-cutting ceremony.

The facility, located at 124 Macaw Lane in Simi Valley, offers a convenient option for people who live or work in or around the Wood Ranch area of Simi Valley, as well as residents of Moorpark and Thousand Oaks. Services in the 1,800-square-foot center include computed tomography (CT) scanning and X-ray, as well as blood drawing and specimen collection and drop-off for lab tests.

The combination of services available means that many people will be able to complete all of their diagnostic testing in a single visit.

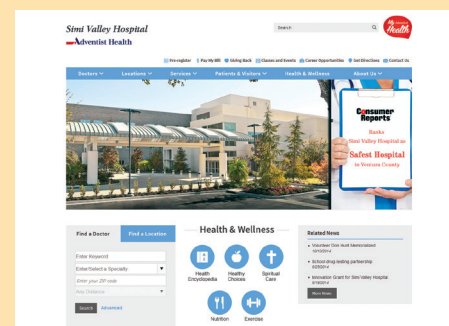
## Simi Valley Hospital gets a new look online

A brand-new Simi Valley Hospital website has debuted, featuring information to help the community access hospital resources, as well as providing articles and tips for living a life of health and wellness.

On the website, you can:

- Find a physician in any specialty and learn more about him or her.
- Get the latest Simi Valley Hospital news.
- Learn more about and register for health education classes and events.
- Search a comprehensive online health encyclopedia.
- Learn about all of the hospital's services.
- Access your personal health record through MyAdventistHealth.
- Pre-register for services and pay your bill online.
- And much more.

The address of the new site is [adventisthealth.org/simi-valley-hospital](http://adventisthealth.org/simi-valley-hospital). However, you may also reach the site with the former address, [SimiValleyHospital.com](http://SimiValleyHospital.com).





# Growing together

OUR HOSPITAL, OUR COMMUNITY

**AS SIMI VALLEY HOSPITAL** continues to grow and change for the benefit of our community, it is so encouraging to see the way our community reciprocates with such wonderful support for the hospital.

In August, our 19th annual Simi Valley Hospital Foundation Golf Classic raised approximately \$100,000 for the Emergency Services and Hospital Expansion Project, pushing the foundation's overall event-related fundraising total for the year to 15 percent above last year's mark.

Just last month, 30 physicians expressed their support for the hospital as charter members of our new Caduceus Society. (See related story below.) We're so grateful for their leadership in the launch of this exciting new annual giving program.

We're looking forward to 2015, which is the 50th anniversary of Simi Valley Hospital. One of the many places we'll be celebrating is at our annual Hats Off to Women event on Friday, April 17. (See the box at bottom right for more information on that event.) We're excited for the days ahead as our community continues to provide for the future of health care in Simi Valley through their generous support. Happy holidays to everyone!

## Philanthropic physicians

The Simi Valley Hospital Foundation has launched the Caduceus Society, an annual giving program for Simi Valley Hospital physicians.

"Through their annual dues to the Caduceus Society, physicians will have the opportunity to generously extend their personal and professional relationship with the hospital," said Michelle Foster, president of the Simi Valley Hospital Foundation.

Philanthropic support from the medical staff is crucial to the hospital's

success, said Simi Valley Hospital Foundation board member Jonathan Kurohara, MD.

"As physicians, we realize how vitally important it is to have quality programs, facilities and services," he said. "This is a great way to express our support for Simi Valley Hospital's mission to serve our community with high-quality, compassionate care."

Physicians who joined the Caduceus Society by November 1 became charter members of the group. They include:

Arash Afari  
Moe Amadpour  
Andy Bourgeois  
Sara Capatanos  
Kwan Ho Chong  
Kyo Yong Chu  
Jerry Davidson  
Royal Dean  
George Dichter  
John Dingilian

Martha Donovan  
Bassam Ghanem  
John Grauch  
Craig Inouye  
Jonathan Kurohara  
Masahiro Kushigemachi  
Glenn Littell  
Andrew Luckey  
Lynn Meyering  
Dominic Muzsnai

Jonathan Nasser  
Bruce Nelson  
Thanh Nguyen  
Joyce Norman  
Alberto Odio  
Sam Slomowitz  
Mitchell Solomon  
Nancy Sun  
Henry Tang  
Alfred Yu



Michelle Foster,  
Foundation  
President

# Calendar

## CPR

Simi Valley Hospital offers CPR for community residents, including infant CPR, adult/child CPR and health care provider basic life support. For more information, visit [SimiValleyHospital.com](http://SimiValleyHospital.com) and click on "Classes and Events" at the top of the page, call **805-955-6890** or email [SV\\_Education@ah.org](mailto:SV_Education@ah.org).

## SUPPORT GROUPS

FREE

### GRIEF SUPPORT

A safe place for people who are suffering the pain of losing a loved one, no matter how long ago the loss occurred. Groups are facilitated by Simi Valley Hospital's director of Spiritual Care Services. Call **805-955-6225** for meeting times and location.

### CANCER SUPPORT

The American Cancer Society offers a variety of support groups free of charge. For more information, call **805-644-4237, option 3**; call **800-227-2345**; or visit [cancer.org](http://cancer.org).

### BRAIN INJURY SUPPORT

Offered in conjunction with the National Stroke Association, this free support group at Simi Valley Hospital is for caregivers, families and survivors. Call Richard at **805-498-2632** for more information.

## CHILDBIRTH AND PARENTING

Registration is required for all classes. Unless otherwise indicated, call **805-955-6304** to register. Additional information is available at [SimiValleyHospital.com](http://SimiValleyHospital.com). Click on "Classes and Events" at the top of the page.

### MATERNITY TOUR

FREE

• Tuesdays, Jan. 6, 20; Feb. 10, 24; March 3, 24  
• Thursdays, Jan. 15; Feb. 19; March 5  
7 p.m. to 8 p.m.

Garden level of main building

### PREPARED CHILDBIRTH

• Mondays, Jan. 19, 26, Feb. 2, 9; March 2, 9, 16, 23  
• Wednesdays, Jan. 7, 14, 21, 28; Feb. 4, 11, 18, 25;  
March 4, 11, 18, 25  
6 p.m. to 8 p.m.

Garden level of main building | \$50 per couple;  
\$25 per couple for refresher course (weeks two and three); \$12 per couple for C-section class only (week three)

### PREPARING FOR YOUR FIRST BABY

• Monday, Jan. 12  
• Tuesday, March 10  
6 p.m. to 7:30 p.m.

Cafe Conference Room | \$10 per couple

### BREASTFEEDING CLASS

• Thursdays, Jan. 29, Feb. 26, March 26,  
6 p.m. to 8 p.m.  
Garden level of main building/\$35

### BREASTFEEDING SUPPORT GROUP

FREE

• Thursdays, 9 a.m. to 10 a.m.  
Women's Unit in Patient Care Tower

### BABY CARE BASICS

• Mondays, Feb. 9, March 23  
• Wednesdays, Jan. 28; Feb. 25; March 25  
6 p.m. to 8 p.m.  
Garden level of main building | \$10 per couple

### SIBLING RELATIONS

FREE

• Tuesday, Feb. 3, 6 p.m. to 7 p.m.  
Cafe Conference Room

### TWILIGHT INFANT/PARENT CLASS

• Mondays, Jan. 26 to March 16  
5:30 p.m. to 7:30 p.m.  
Child Development Center  
In this eight-week class, parents learn about child development and parenting while their children play alongside them under the supervision of child development specialists. Dinner is provided. Call **805-955-8120**.



Find class descriptions online at [SimiValleyHospital.com](http://SimiValleyHospital.com). Click on "Classes and Events" at the top of the page.

You're  
invited!



HATS OFF TO  
WOMEN

2015

April 17, 2015

California Lutheran University, Thousand Oaks

Simi Valley Hospital Foundation

Join us for a fun day of learning, laughing and celebrating fabulous women! Proceeds from the event benefit Simi Valley Hospital's Emergency Services and Hospital Expansion Project.

For tickets, call the Simi Valley Hospital Foundation at **805-955-6670**. Sponsorship opportunities are also available for this event.

# Foundation





## Do you have a success story you'd like to share?

We're collecting success stories to share on Facebook and within the pages of *Living Well*. If you have an inspirational story about your childbirth experience at Simi Valley Hospital, send us a direct message via Facebook or send an email to [Steve.Sojka@ah.org](mailto:Steve.Sojka@ah.org).

**Social media**



Like us on Facebook.  
[facebook.com/SimiValleyHospital](https://facebook.com/SimiValleyHospital)



Follow us on Twitter.  
[@simihospital](https://twitter.com/simihospital)

## Simi Valley Hospital

 **Adventist Health**

2975 N. Sycamore Drive  
Simi Valley, CA 93065

Nonprofit Org.  
U.S. Postage  
**PAID**  
Thousand Oaks, CA  
Permit No. 1172

# We deliver!

**WHEN IT'S TIME** to deliver your baby, we have just what you need the most: a warm, caring, family-focused birthing center—and the expertise and quality of care that can give you peace of mind.

### Your plan, our goal

Meeting your needs and making the birthing process a safe and family-centered experience are our priorities.

We strive to accommodate your personal wishes, encourage family involvement, and provide the best nursing care and support possible. In addition, it is our belief that every family is unique and deserves a birthing experience that embraces the needs of that particular family. That's why we:

- Encourage you to create and share your birth plan with your team of caregivers.
- Employ a medical staff that is caring, nurturing and highly skilled.
- Maintain a state-of-the-art facility—including a level 2 Neonatal Intensive Care Unit—to meet any special needs that arise for mom or baby.
- Include you in decisions during labor and delivery.
- Provide education and support before, during and after your birth experience.

### Here for you

Our staff works to encourage mother-baby bonding and ease the transition to parenting a newborn. The doctors and nurses are here to answer your questions and give you the tools you need to feel confident in your new role.

Our nurses and lactation consultants can help you establish a good feeding routine before you leave the hospital with your newborn. And our staff is available 24 hours a day to answer questions and provide support.

## Safety first: Taking your baby home

It's a momentous occasion, that first car ride home with your new baby. Make sure it is a safe event as well—be sure to have a car seat to protect your precious cargo.

It's wise to buy the car seat well ahead of your baby's due date. That way you can make sure it fits in your car and practice installing it. Follow the installation instructions carefully.

Remember, choose a rear-facing seat. All infants need to ride in the back seat in a rear-facing car seat. That is the safest place for your little one to be.

You can learn more about car seat safety by visiting the National Highway Traffic Safety Administration website at [nhtsa.gov](https://nhtsa.gov).



Arrange a tour and learn more. Call **805-955-6305**.

