

Livingwell

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and strong

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Simi Valley Hospital

 Adventist Health



For the CHILDREN

SIMI VALLEY HOSPITAL'S CHILD DEVELOPMENT CENTER GETS A NEW HOME TO CONTINUE LEGACY OF CARE



"Our physical therapist was a ray of sunshine for us. She was kind, patient, understanding and supportive, and she really cares about her clients."

“Our occupational therapist is amazing! She is so patient and thorough with my daughter. She explains what she is working on and gives me tips to work with her at home.”



SIMI VALLEY HOSPITAL'S Child Development Center (CDC) is coming full-circle, in a sense, as it prepares to move into its new facility on the hospital's North Campus: It was in the same location that the CDC started in 1979—but the growth the program has experienced over the past 36 years has been astounding.

- At its beginning, the CDC provided services for seven children. Today, more than 700 children receive care each week. Every month, an average of 60 new patients enter the program.
- The first CDC staff roster had just four employees, who provided services three mornings a week. Currently, more than 50 employees offer a wide array of services from 8 a.m. to 6 p.m. every weekday, along with special programs in the evenings and other services outside of the facility.
- The space for the first facility comprised barely 500 square feet. The new CDC has 15,000 square feet that, among other features, contains two large gyms and three medium-sized gyms so that various types of therapies with children of different ages can happen without scheduling conflict.

“We're so excited to be relocating into this beautiful, updated facility,” said Robin Millar, director of adult/pediatric therapies at Simi Valley Hospital and one of the founders of the CDC. “It's so open, with lots of sunlight and more space, which allows for new opportunities for program development for our families.”

The new building also comes with \$25,000 worth of new equipment, Millar added.

Giving them what they need

From the start, the CDC has focused on a dynamic approach to providing therapies for its young patients.

“This has been an ever-evolving program that expands to meet the needs of our community with new technologies and the best practices of programs from all over the country,” Millar said. “We know there's not just one way to approach every child, so we refine and change what we do as new approaches demonstrate successes for our children.”

That philosophy drives the development of programs and services at the CDC. For instance, the center recently started a program that uses particular equipment, exercises and activities to help children with motor disorders gain skills and confidence in movement.

Another program—an expansion of an existing therapy—will help to encourage kids to be more independent in the activities of daily living. Among the options will be a group cooking class that will help older children use kitchen tools, plan a menu, make a tuna sandwich and so forth.

“As we reflect on this season of giving, those of us in Simi Valley Hospital's Child Development Center are so grateful for 36 years of support from our community, our physicians and our wonderful CDC families we have the privilege of serving,” Millar said. “Truly, we count it an honor and a blessing to be a part of their lives.”



“Language is something we don't think about and take for granted. But it really has to be taught *and* learned. The Hanen course teaches you an easy, straightforward, effective way to teach your children.”

Services for every need

Simi Valley Hospital's Child Development Center (CDC) has a wide variety of options to meet the needs of their young patients, including individual and group services. Individual therapy options for children include:

- Occupational therapy
- Physical therapy
- Speech-language therapy
- Early intervention (a program that combines multiple therapies for children ages birth to three years)
- Visits at home, school, the park and community classes like Gymboree or dance.

Group services for children include:

- Social skills group, which teaches children to interact successfully with their peers.
- Speech groups, to facilitate communication skills.

There are also two group classes for parents. One, called the Hanen Program, helps parents become the primary language facilitator for their children. The other, the Twilight Infant/Parent Class (see page 7), is designed to support working parents of children ages two and under with parenting skills.

For more information about CDC services, go to SimiValleyHospital.com, hover over “Services” and click on “Child Development Center.”



How Lifeline works

- 1.** Lifeline program manager Don Novell installs a communicator in the subscriber's home, which works with an existing telephone to provide direct, two-way connection to Lifeline.
- 2.** Each subscriber has a choice of two types of wearable help buttons: one that straps around the wrist like a watch or one worn as a pendant around the neck. There is also a third type of device that works with Lifeline's AutoAlert option. This device automatically places a call for help if it detects a fall.
- 3.** When the subscriber pushes the help button or AutoAlert detects a fall, a live person in the Lifeline Help Center speaks to the subscriber through the communicator attached to the phone line, assesses the situation and sends the appropriate help. If the subscriber is unable to speak or is too far from the communicator, the help center associate automatically sends someone to the home to follow up.

Safe at home

LIFELINE PROGRAM PROVIDES A CONSTANT CONNECTION TO EMERGENCY SERVICES

EVERY TIME Don Novell sits down to talk with someone about Simi Valley Hospital's Lifeline Emergency Response Program, his focus is on building trust and confidence. Novell manages the Lifeline service, which provides 24/7 response and support whenever a program member has an emergency medical issue at home.

"Lifeline is all about making it possible for people to continue living safely in their own homes," Novell said. "Both the member and his or her loved ones have the peace of mind of knowing that help is always available at a moment's notice."

The personal touch

Unlike other programs, in-home, personal service is a commitment Novell makes to every subscriber. This begins with the initial contact, which in 70 percent of cases comes from a family member.

"My first priority is to make sure Lifeline is a correct fit for the potential client," Novell said. "For instance, if a person physically wouldn't be able to push the call

button, an upgraded unit with an AutoAlert button might be a better choice. On the opposite end of the spectrum, if the subscriber is out of the home a lot, then our Lifeline home unit might not be the best choice."

Novell also personally installs the Lifeline equipment in the subscriber's home, makes sure he or she understands how it works, and even takes the subscriber through a simulation of how to use the equipment.

A reassuring friend

"Throughout the process, I strive to build trust and rapport with every subscriber," he said. "I want the person to feel comfortable and confident in using this service."

Novell said a recent experience illustrates why he makes such effort to personalize the experience for every client.

"As I was leaving the home after doing an install, I overheard the daughter saying to her mother, 'I am so excited about this, and I'm so happy you're going to have this kind of protection.' That's exactly how we want our subscribers and their loved ones to feel," he said.

Could you or a loved one benefit from the Lifeline Program? Call **805-955-6954** or go to **SimiValleyHospital.com** and click on "Lifeline Program" at the bottom left of the page.



SIMI VALLEY HOSPITAL OFFERS RELIEF FOR NECK AND BACK PAIN CLOSE TO HOME

ONE OF THE MOST COMMON MEDICAL ISSUES—affecting millions of Americans of all ages and walks of life—is neck and back pain. Depending on its severity, this type of pain can range from mildly annoying to debilitating, robbing a person of the ability to work, move around and enjoy life.

Simi Valley Hospital has launched a new spine surgery program to help people with neck and back pain get the medical care they need close to home. The program focuses on issues related to the cervical spine, thoracic spine and lumbar spine, as well as scoliosis and deformity surgery.

Among the procedures available are ALIF (anterior lumbar interbody fusion) and XLIF (extreme lateral interbody fusion) for spinal fusion, anterior cervical discectomy, lumbar microdiscectomy, cervical and lumbar disc replacement, posterior cervical and lumbar laminectomy, and cervical vertebral corpectomy.

A kinder cut

“One of the newer approaches that have revolutionized back and neck surgery is minimally invasive surgery,” said Simi Valley spine surgeon Alen Nourian, MD. “With this type of surgery, incisions are much smaller, and there is less blood loss, less tissue damage, faster recovery and a shorter hospital stay. In many cases, patients are able to walk out of the hospital within a day of surgery and resume their normal activities much sooner than was possible in the past.”

Dr. Nourian emphasized that people who are living with a long-term back or neck issue should not hesitate to talk with their primary care physician about treatment.

“Back and neck pain should not be a problem you just have to live with,” he said. “There are many options to get relief. Your doctor can help you decide which is best for you.”

When do I need to call a doctor?

With neck or back pain, it’s sometimes hard to decide whether to treat it at home or seek medical help.

Typically, if you take an anti-inflammatory medication like Motrin (as long as your stomach can tolerate it), you should see improvement within 1½ to 2 weeks. Contrary to popular belief, you should not stay in bed for more than one day; it’s important to remain active during this time.

Simi Valley spine surgeon Alen Nourian, MD, suggests making an appointment to see your doctor if any of these situations occur:

- The pain doesn’t go away within two weeks.
- The pain gets worse instead of better.
- You experience pain in your arms and/or legs that gets worse.
- You find yourself losing control of your bowels or bladder.

If you lose all control of your bowels or bladder, skip the doctor and go straight to the emergency room.

Find relief from back and neck pain. Go to SimiValleyHospital.com, hover over “Services,” and click on “Spine Services” to learn more about how Simi Valley Hospital can help.



Simi Valley Hospital celebrates 50 years with gala event

HUNDREDS OF GUESTS gathered in the spectacular Air Force One Pavilion at the Ronald Reagan Presidential Library and Museum on September 26 to celebrate Simi Valley Hospital's 50th anniversary. In addition to commemorating a half-century of service to the community, the event raised funds for the hospital's ongoing construction projects.

A highlight of the evening was a moving testimonial by Jordan Bakker, a Simi Valley resident and lead pastor at Grace Brethren Church. Last March, the Simi Valley Hospital team saved the life of Bakker's wife, Erin, after she experienced a stroke.

"Seeing her today, no one would ever know that she could have easily not been with us on that night seven months ago," he told guests at the event.

Thanks to the quick action of friends, first responders and the physicians, nurses and other staff at Simi Valley Hospital, the mother of three young children is now back to her active lifestyle.

"Being part of this community, it has been a blessing to have Simi Valley Hospital as our primary care hospital," Jordan Bakker said.

Simi Valley Hospital has been commemorating its golden anniversary throughout 2015. After a groundbreaking ceremony for the new hospital on April 26, 1964, Simi Valley Community Hospital (as it was originally named) opened its doors on August 3, 1965.

Showing our team spirit

Simi Valley Hospital expresses its community pride with major financial support for one of the area's most popular events—the city championship football game between the Simi Valley High School Pioneers and the Royal High School Highlanders.

Last year, the hospital entered into a 10-year agreement with the Simi Valley Unified School District to be the title sponsor for the annual matchup. The sponsorship provides \$40,000 over the next decade for baseline concussion testing for all student athletes at the two schools.

The testing, conducted by medical professionals, measures and records several physical and cognitive parameters for each athlete, which greatly aids in diagnosis and treatment if the athlete ever suffers a concussion. This activity enables students to play more safely and provides peace of mind for family members, coaches and others concerned with the health of the students.



- Amanda McPherson Foundation
- American Cancer Society
- American Heart Association
- Area Christians Taking Initiative on Needs (ACTION)
- Boys & Girls Club of Moorpark
- Boys & Girls Club of Simi Valley
- Brain Injury Center of Ventura County
- California Lutheran University
- Cancer Support Community
- Every 15 Minutes
- For the Troops

- Moorpark Chamber of Commerce
- Moorpark Education Foundation
- Moorpark High School Baseball
- Newbury Park Adventist Academy
- Rancho Simi Recreation and Park District
- Rotary Club of Moorpark
- Rotary Club of Moorpark Noontime
- Rotary Club of Simi Sunrise
- Rotary Club of Simi Sunset
- Rotary Club of Simi Valley
- Royal High School
- Seventh-day Adventist Church
- Simi Valley Alliance for the Arts
- Simi Valley Chamber of Commerce
- Simi Valley Community Foundation
- Simi Valley Council on Aging
- Simi Valley Cultural Arts Center Foundation
- Simi Valley Education Foundation
- Simi Valley Historical Society
- Simi Valley Kiwanis Club
- Simi Valley Police Foundation
- Simi Valley Unified School District
- Soaring Spirits International
- Special Olympics
- The Samaritan Center

A focus on community

Simi Valley Hospital is committed to working in partnership with our community.

As a result, we participate in local organizations in a variety of ways, including through financial support for activities and initiatives. Some of the groups we have provided donations and sponsorships to in 2015 are listed at left.

Your generosity changes lives

During this season, perhaps more than at any other time of the year, our minds turn toward giving.


Gifts are about gratitude from the giver to the receiver—but it also works the other way around. More than 2,000 people support the work of Simi Valley Hospital through their gifts to the Simi Valley Hospital Foundation. As the recipient of such generosity, we have a tremendous amount of gratitude for those who invest in their community in this way.

One of our most important values as an organization is community involvement—to be not just a static location where people come to us but an active and integral presence all around our community. It is this commitment that drives our mission at Simi Valley Hospital.

Along with providing the best possible medical care for our patients, we're committed to creating a healthier community for everyone. Our legacy as a Seventh-day Adventist facility underlies our emphasis on wellness.

If you're already a Simi Valley Hospital Foundation donor, we want to say thank you for your support. We simply could not continue to grow and develop without your generosity. If you're not yet a donor, we invite you to invest in the health of our community through a gift to the foundation.

Our warmest wishes for a holiday season filled with love and laughter!

-  **Three ways to give to the Simi Valley Hospital Foundation:**
- 1. Return your gift in the envelope included in this magazine.**
 - 2. Go online to SimiValleyHospital.com, hover over "About Us," then click on "Donate Now."**
 - 3. Call us at 805-955-6670.**

WHY I'M A SIMI VALLEY HOSPITAL FOUNDATION DONOR

Every community needs a good hospital

Growing up in the 1930s, I would occasionally drive with my family through what is now Simi Valley. The area was unincorporated and sparsely populated.

Los Angeles Avenue was the one road in and out of the valley, so for decades, medical help required a drive either east or west—to Los Angeles or Ventura. As the population grew, it was obvious that, in order to make Simi Valley a true community, a hospital was required as an essential part of meeting the needs of the citizens.

When the group that started Simi Valley Hospital showed they were willing to raise the funds for their cause, we were among many people who donated financially to the effort, and we continued in the years that followed.

We felt it was mandatory for us to invest in this important effort for our community to better serve the east end of Ventura County with convenient, safe and reliable medical help when needed and to be assured of a well-trained, competent medical staff. We also appreciated the fact that Simi Valley Hospital served not just Simi but the entire eastern part of the county.

I want to commend Simi Valley Hospital for the tremendous support it receives from its own staff members. Some of the largest gifts have come from physicians, which clearly demonstrates their allegiance to the community and puts Simi Valley Hospital head and shoulders above many others.

Please join me in making a gift to the Simi Valley Hospital Foundation. You are providing needed support for this important addition to your community, not only for yourself but for everyone in need.



Michelle Foster,
Foundation
President



Mary
Schwabauer

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 and click on "Classes and Events" near the top of the page, call **805-955-6890** or email 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.

STROKE 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.

HEART ATTACK SURVIVORS' SUPPORT

This free group is open to anyone in the community who has ever experienced a heart attack. It is facilitated by a heart attack survivor. For more information, call **805-955-6225**.

CANCER SUPPORT

The American Cancer Society offers a variety of support groups free of charge. For more information, call **800-227-2345** or visit cancer.org.

LOOK GOOD...FEEL BETTER

A free program for people with cancer. Learn more at cancer.org; search "look good." Reservations required: **800-227-2345**.

- Monday, Feb. 1
4 p.m. to 6 p.m.
Nancy Reagan Breast Center
Simi Valley Hospital

CHILDBIRTH AND PARENTING

Registration is required for all classes. Unless otherwise indicated, call **805-955-6304** to register, or register online at SimiValleyHospital.com. Click on "Classes and Events" near the top of the page.

PREPARED CHILDBIRTH

- Monday, Jan. 4, 11, 18, 25 | Feb. 22, 29, March 7, 14
- Wednesday, Jan. 6, 13, 20, 27 | Feb. 3, 10, 17, 24

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)

BREASTFEEDING CLASS

- Thursday, Dec. 17, Jan. 28, Feb. 25, March 31

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

Prepared Childbirth participants: This class is included in your series.

- Monday, Dec. 21, Jan. 25, March 14
- Wednesday, Jan. 27, Feb. 24

6 p.m. to 8 p.m.

Garden level of main building | \$10 per couple

SIBLING RELATIONS

FREE

- Tuesday, Feb. 2
6 p.m. to 7 p.m.

Cafe Conference Room

TWILIGHT INFANT/PARENT CLASS

FREE

- Monday, Jan. 11 to Feb. 29; March 7 to April 25

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. Click on "Classes and Events" near the top of the page.

MATERNITY TOUR

FREE

Learn more about the process of having your baby at Simi Valley Hospital and get a preview of the services we offer for expecting and new moms. You'll also get a firsthand look at our spacious and beautiful maternity suites, nursery and other facilities. To register for this free tour, call **805-955-6304** or register online at SimiValleyHospital.com. Click on "Classes and Events" near the top of the page.

- Tuesdays, Dec. 22; Jan. 5, 26; Feb. 9; March 8, 29
 - Thursdays, Feb. 4, 18; March 3
- 7 p.m. to 8 p.m.
Garden level of main building

Help for speech and swallowing

Simi Valley Hospital offers assistance in an outpatient setting for adults struggling with swallowing, speaking, voice and cognitive disorders, and related challenges. Our licensed speech-language therapists employ technology and technique to help people regain abilities lost due to stroke, Parkinson's disease, head and neck cancer, dementia, dysphagia, misuse/over-use of the voice, and other conditions.

Simi Valley Hospital



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For more information, go to SimiValleyHospital.com, hover over "Services" then click on "Outpatient Speech-Language Therapy."

Aware and in charge

NEW PROGRAM HELPS PATIENTS STAY OUT OF THE HOSPITAL

PEOPLE WHO are diagnosed with congestive heart failure (CHF) or chronic obstructive pulmonary disease (COPD) have a life-changing array of responsibilities suddenly thrust upon them: new medications, new routines, new ways of eating and much more.

As part of an initiative by parent company Adventist Health, Simi Valley Hospital's Home Health Services has launched a program to help these patients adjust to their new lifestyle, learn to manage their symptoms and—most important—avoid having to go back to the hospital.

In the zone

The Readmission Prevention Program works like this: The day after newly diagnosed CHF or COPD patients are discharged from the hospital, a home health nurse visits them, bringing along a blood pressure cuff, a bathroom scale and a pill organizer. The nurse teaches patients how to use those items to assist in managing their condition, in part by

detecting sometimes subtle changes. In the case of CHF, these changes include sudden weight gain, swelling and shortness of breath.

Patients report their results based on three "zones"—the green zone, which means their symptoms are under control; the yellow zone, which indicates they need to call their home health nurse or a physician; and the red zone, the sign of a life-threatening change in their health that requires a 911 call for immediate emergency care.

- GREEN**
Symptoms are under control.
- YELLOW**
Patient needs to call their home health nurse or a physician.
- RED**
Sign of a life-threatening change in patient's health that requires a 911 call for immediate emergency care.

Hospital staff are also educating caregivers—including local physicians—about the zones so they can respond appropriately when a patient uses those terms.

"We're not going to be with individual patients for a long time—maybe just a month or two—so we want to teach them to manage their symptoms on a daily basis and get to a physician in a timely manner if and when it becomes necessary," said Eileen Tondreau, director of Simi Valley

Hospital's Home Care Services.

Making the call

The patient training also includes how to effectively interact with physicians' offices.

"After a CHF or COPD patient is discharged, we want them to see their physician within seven days," Tondreau said. "However, in some cases, if a patient calls the office and just says,

'I want to make an appointment,' they might be given an appointment for three weeks later. We teach them to be specific, saying something like 'I was hospitalized for congestive heart failure and need to follow up with my doctor within seven days.' That's a skill they can use to better communicate with their caregivers in all situations."

Learn more about Simi Valley Hospital's award-winning Home Health Services: Call **805-955-8190**.



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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