

Livingwell

Summer 2015

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Simi Valley Hospital

 **Adventist Health**





CELEBRATING 50 YEARS OF SERVICE TO OUR COMMUNITIES

A golden year for Simi Valley Hospital

Phase I of the Emergency Services and Hospital Expansion Project opened for business on April 1. The new structure adds 5,500 square feet to the existing Emergency Department and increases the number of patient beds from 10 to 20.

SIMI VALLEY HOSPITAL started with a vision a country doctor and a handful of forward-thinking residents had more than 50 years ago for their small towns of Simi and Santa Susana: They would create a special place of healing in the valley they called home.

Together, John Owsley Jones—the country doctor known affectionately as J.O.—and the community members presented a proposal to the Southern California Conference of Seventh-day Adventists in the early 1960s to build a health care facility in their community.

The conference took up their proposal, and plans went into play immediately to build a 32,000-square-foot hospital with 50 beds. The price tag for the new facility would reach \$850,000, with a community-sponsored fund-raising effort targeted to raise \$300,000 of the cost.

The new hospital might not have come to fruition without the help of Lorena Montgomery Paul, a local resident who was exceptionally

pleased with the care Dr. Jones provided to her mother and other family members. In honor of Dr. Jones' commitment to his patients, Mrs. Paul donated property valued at \$55,000 to help build the new hospital. Dr. Jones himself donated the land on which the main campus of Simi Valley Hospital currently stands.

The dream arises

On April 26, 1964, groundbreaking ceremonies for Simi Valley Community Hospital were held on the corner of Avenida Simi and Sycamore Drive, which remains the location of Simi Valley Hospital.

Less than 16 months later, on August 3, 1965, a ribbon-cutting ceremony marked the hospital's official opening. The first patient was admitted that day for a tonsillectomy. Eight days later, on August 11, the first baby was delivered at the hospital.

1964



◀ William H. Gosse, Simi Valley Hospital's first administrator, and Simi Valley Honorary Mayor Mrs. Lou Wright with a rendering of the new hospital at the ground-breaking ceremony in 1964.

1965



In 1967, the facility was renamed Simi Valley Adventist Hospital to emphasize its Christian heritage and to connect it more directly with its parent denomination.

An expansion project for the hospital's maternity unit in 1968 and 1969 prepared the organization for a population boom as new residents poured into the recently founded city of Simi Valley, which incorporated on October 10, 1969, and encompassed the former towns of Simi and Santa Susana.

Significant growth and a new name

The hospital continued growing into the 1970s, adding 95 beds in a variety of services and purchasing a former convalescent hospital adjacent to the main campus. In 1979, the hospital launched its Child Development Center, which continues to provide specialized therapy services for children with physical and cognitive challenges.

Of critical importance to the community was the 64,000-square-foot, three-story addition to the hospital's emergency, radiology, laboratory and surgery services in 1985. In 1987, the hospital dramatically increased its size and scope when it became a general partner in the Aspen Surgery Center, a full-service outpatient facility with three surgical suites and an extensive diagnostic imaging department.

The hospital purchased the facility in 1990, and today, the Aspen Outpatient Center continues to play a vital role in the health of our community. Among the facility's services was a mammography and breast health program, which changed its name in 1994 from Aspen Breast Center to Nancy Reagan Breast Center in honor of the former first lady, who is a breast cancer survivor.

Spurred by the important changes in the hospital's services over the previous decades, Simi Valley Adventist Hospital changed its name to Simi Valley Hospital & Health Care Services on March 4, 1992. The new name reflected the organization's steady growth in both the scope and volume of its inpatient and outpatient services. On February 24, 2003, the hospital streamlined its name to Simi Valley Hospital.

Campus-wide renewal

A little more than a decade ago—as its 40th anniversary approached—Simi Valley Hospital embarked on the most ambitious campus improvement project in its history, assisted by Adventist Health and generous donors in the community.

Leading off the \$120 million project was the construction of a four-story Patient Care Tower. When it opened in 2008, the \$75-million facility featured private-care rooms, a state-of-the-art Maternity Care Unit, the city's first-ever Neonatal Intensive Care Unit (NICU) and space to add more services in the future.

A little more than a decade ago—as its 40th anniversary approached—Simi Valley Hospital embarked on the most ambitious campus improvement project in its history, assisted by Adventist Health and generous donors in the community.

Among the new services that grew out of that facility was another first: Ventura County's first hybrid Cardiac Catheterization Laboratory. (See related story on page 4.) The unique quality of this facility is its ability to be converted quickly and immediately into a fully functional open-heart surgery suite whenever the situation warrants.

A new main lobby building followed the construction of the Patient Care Tower. Later, the hospital launched its \$41-million Emergency Services and Hospital Expansion Project—the first major expansion of Emergency Services since 1985, when patient volume was almost half of what it is today. The new facility opened in March of this year. (See related story on page 6.)

Going places

Someone familiar with Simi Valley Hospital's history recently called the hospital "brand new at 50." This is a spot-on observation as the hospital continues to develop into one of the premier health care facilities in the region.

Today, the 144-bed Simi Valley Hospital is a certified primary stroke center with the shortest ER wait times in the region. Last year, The Joint Commission conferred a Top Performer award for heart attack and pneumonia. Among its many nationally recognized programs are the Nancy Reagan Breast Center and Adventist Health/Home Care Services.

The one constant amidst a half-century of change is Simi Valley Hospital's tenacious commitment to the Adventist philosophy of health and wellness, providing whole-person care for the body, mind and spirit. It is this combination of high-quality, local medical services and compassionate care that the founders of Simi Valley Hospital would no doubt greet with approval.



Our 50th birthday bash

Mark your calendar for the Simi Valley Hospital 50th Anniversary Gala to be held on Saturday, September 26, in the Air Force One Pavilion of the Ronald Reagan Presidential Library and Museum. We'll celebrate our 50 years of health care service and the work we've done together to make our communities safer and healthier places to live. For more information or to learn about sponsorship opportunities, call the Simi Valley Hospital Foundation at **805-955-6670**.



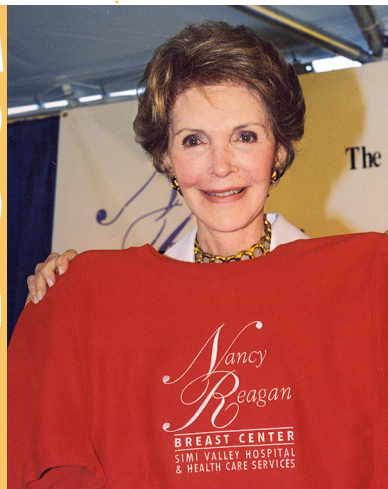
◀ A local newspaper reported the imminent opening of Simi Valley Community Hospital in August 1965.

1965



◀ Simi Valley Community Hospital celebrated with a ribbon-cutting ceremony on August 15, 1965.

1994



◀ Former first lady Nancy Reagan attended the grand opening of the Nancy Reagan Breast Center on July 7, 1994.



Minutes matter

NEW HYBRID CARDIAC CATHETERIZATION LAB IS A VENTURA COUNTY FIRST

SIMI VALLEY HOSPITAL has some very good news regarding care for heart attack patients: One of the most advanced cardiac catheterization labs in the county is now in operation at the hospital.

When a heart attack strikes, every minute matters. That's because the artery blockage that causes a heart attack deprives the heart muscle of life-giving oxygen. Without oxygen, muscle tissue dies.

In many cases, one of the best treatment options is to rush the patient directly to the cardiac catheterization lab for an emergency procedure that opens up blocked arteries. Cardiologists often follow that procedure—commonly known as angioplasty—with placement of a device called a stent that helps to keep the artery open.

One step better

Simi Valley Hospital's Cardiac Catheterization Laboratory has the capability for angioplasty and stent placement but takes heart attack care one important step further. There are times when an interventional cardiologist determines that, instead of angioplasty, immediate open-heart surgery is needed to help a heart attack patient. For most cardiac catheterization labs, that means the patient

has to be transferred to an operating room, taking valuable time from the treatment process.

The Cardiac Catheterization Lab at Simi Valley Hospital is Ventura County's first-ever hybrid lab, meaning it has the capability to be converted into a fully functional open-heart surgery suite at a moment's notice, eliminating the need to

transfer patients to a separate operating room.

Whenever the hybrid capabilities are required, the cardiologist and cardiovascular surgeon, along with the support team, seamlessly transition the patient from angioplasty to surgery, saving precious—and potentially lifesaving—minutes.



Simi Valley Hospital has the county's first-ever hybrid Cardiac Catheterization Laboratory, which can be immediately converted to a fully functioning open-heart surgery suite when needed.

A heart-saving choice

That strange sensation in her mouth and throat was probably just her acid reflux acting up, Karen McGinty told herself. But since she was getting ready to leave the next day on a trip back east to look at colleges with her son, she decided to have someone check it out.

The news McGinty got when she went to Simi Valley Hospital on March 25 was shocking: She had had a heart attack.

"I did have some chest pain, but it wasn't really strong—not what you would expect from a heart attack," McGinty said. "I just didn't feel good, and the feeling didn't go away."

In Simi Valley Hospital's Cardiac Catheterization Laboratory the next day, interventional cardiologist Shahrzad Shareghi, MD, discovered that a branch of one of McGinty's main arteries was 90 percent blocked. Dr. Shareghi performed angioplasty and then placed a stent to help the artery remain open.

McGinty, a former nurse at the hospital, said her entire experience was exceptional.

"The Cath Lab itself was very impressive, and my experience at the hospital from start to finish was wonderful," she said. "Everyone from the Emergency Department to the Cath Lab to ICU and Telemetry was very professional, very competent and very caring. I couldn't have had better care than what I received at the hospital. I felt very cared for."

Expecting a baby?

Simi Valley Hospital is here for you

THE NEWS that you're going to have a baby is filled with so many feelings and emotions: excitement, curiosity, nervousness, anticipation, exhaustion—and lots of joy. Although there are many things to think about in the months leading up to the big day, one of the most important decisions of all is where you'll go to deliver your baby.

The Maternity Care Unit at Simi Valley Hospital offers a close-to-home option in a comfortable and medically advanced environment designed especially for new moms and their babies. Spacious, 300-square-foot private patient suites in labor and post-partum care units feature oversized windows with beautiful views, flat-screen TVs and home-like décor. Comfortable sleeper chairs make an overnight stay easy for Dad or another support person.

The physicians of Simi Obstetrics and Gynecology, who provide obstetrics services for patients who give birth at Simi Valley Hospital, are intimately familiar with the needs and expectations of new moms—not just from a medical standpoint but from a personal perspective.

The very first baby born at Simi Valley Hospital arrived on August 11, 1965.

"Our OBs are all women who relate well with their patients," said Sharon Kellogg, director of Women's and Children's Services at Simi Valley Hospital. "So many of the new mothers I've talked with bring up the fact that they love their OB. There is a real bond of trust that

forms between the doctor and patient, and our OBs are incredibly committed to the comfort and welfare of both mom and baby."

Simi Valley Hospital is one of the first hospitals in Ventura County to pursue "Baby-Friendly" designation. The Baby-Friendly Hospital Initiative is a global program sponsored by the World Health Organization, UNICEF and the American Academy of Pediatrics.

With this designation in process, Simi Valley Hospital is providing all opportunities for mothers to bond with their babies immediately after delivery and is equipping them with the skills, confidence and knowledge they need to exclusively and successfully breastfeed their babies.

"Ultimately, we're providing the very best family-centered care here at Simi Valley Hospital," Kellogg said. "And it's our goal to ensure every mother receives a personalized birth experience that takes place in a safe, comfortable environment tailored to meet the bonding needs of her and her baby."

Specialized care for babies in need

Simi Valley Hospital is also home to a level 2 Neonatal Intensive Care Unit (NICU), where babies who are born prematurely or with special medical needs can receive the specialized care they need for a strong and healthy start in life. The NICU is led by neonatal physician specialists from UCLA and staffed by specially trained nurses and health care support professionals.

Simi Valley Hospital offers a variety of classes and groups to help new moms before, during and after their delivery experience, including childbirth and breast-feeding classes. See page 7 for a list of classes.

Do you have a baby on the way? See the outstanding facilities and beautiful patient rooms in Simi Valley Hospital's Maternity Care Unit for yourself. Call us at **805-416-1560** to register for a free maternity tour.





Erin Bakker, along with her husband and their daughters, returned to Simi Valley Hospital on April 15 to say thank you to the first responders (pictured) and Emergency Department team who saved her life when she had a stroke in March.

Quick response saves Simi Valley mom from life-threatening attack

WHEN ERIN BAKKER and her family returned to Simi Valley Hospital's Emergency Department on April 15, it was with grateful hearts. Unlike most people who come to the emergency room, they were not there to seek medical treatment—not this time, at least—but to say thank you for everyone's help during the scariest day of Bakker's life.

On March 6, the room Bakker was in started moving. Soon the 40-year-old mother of three felt faint. Before she knew it, she was slumped over, unable to talk or move.

Bakker was experiencing a stroke inside Grace Brethren Church where her husband, Jordan, is a pastor. A fire-fighter who was also there called for medical help, and Bakker was rushed to Simi Valley Hospital.

Bakker's care team—including Simi Valley neurologist Jeffrey Mora, MD, and the staff in the hospital's Emergency Department—went right to work to prevent as much damage as possible from the stroke. Thankfully, the prompt attention enabled Bakker to endure the ordeal without any severe side effects.

Gratitude and awareness

About 60 people attended the April 15 luncheon at the hospital, which was held not only for Bakker to say thank you but also to raise awareness within the community of the critical importance of identifying stroke symptoms and getting medical help as soon as possible.

Simi Valley Hospital is certified as a primary stroke center by The Joint Commission, the nation's leading independent health care quality certification organization. In addition, the hospital is a provider with the Ventura County EMS stroke network.



Representatives from the Simi Valley and Moorpark governments, along with Simi Valley Hospital leadership, medical staff, employees, donors and others, took part in the ceremonial ribbon-cutting on March 12 to officially open the expanded section of the Emergency Department and new surgical suite.

New emergency and surgery facilities debut

Simi Valley Hospital celebrated the completion of phase 1 of its Emergency Services and Hospital Expansion Project with a ribbon-cutting ceremony on March 12 for the recently completed new portion of the facility.

More than 200 people attended the event, including Simi Valley Mayor Bob Huber, Moorpark Mayor Janice Parvin and representatives of both city councils. Other special guests included Herbert Harder, MD, who was among the first physicians to practice at Simi Valley Hospital, and Kant Tucker, MD, and Irma Harriman, MD, the physician couple who donated \$1 million to the project and for whom the new Thakkar Family Emergency Pavilion is named.

The big reveal

After the ribbon-cutting ceremony for the building, guests were invited inside to get their first look at the beautiful new facility. Members of the Emergency Department team were on hand to point out the features of the facility and answer questions.

The Emergency Pavilion encompasses 5,000 square feet of new emergency care space, bringing the number of patient beds from 10 to 20. The top floor of the building is home to a new, state-of-the-art operating room, with additional space for two more operating rooms to be built in the future.

In the next phase of the project, which is now underway, the existing Emergency Department is being remodeled to match the design and functionality of the new part of the building. There are plans in the works for a community-wide celebration when all phases of the project have been completed.

Moorpark Chamber lauds Simi Valley Hospital for community service

Simi Valley Hospital has been named the 2014 Large Business of the Year by the Moorpark Chamber of Commerce. The hospital has been a Chamber member for 31 years.

The award was presented at the organization's 100th anniversary awards and installation dinner on January 24. Michelle Foster, president of the Simi Valley Hospital Foundation, accepted the award on behalf of the hospital.

Simi Valley Hospital is a rare second-time winner, having also received the award in 2011.

WHY I'M A SIMI VALLEY HOSPITAL FOUNDATION DONOR

My mother doesn't have a bronze statue in the lobby, but ...

By John Park, Vice President, Marketing, PDC Healthcare

STAPLES CENTER has a statue of Magic Johnson dribbling a basketball. With five championships, he clearly deserves his statue. It must feel good to be appreciated.

Toward Mother's Day, I was inspired. Fifty years of being an intensive care unit (ICU) nurse—with 30 at Simi Valley Hospital—should be worth a statue of my mom in the lobby. C'mon, Magic was only dishing assists; Mom was saving lives. I talked with Teryl MacDougall of the hospital's foundation. She convinced me that my idea of having a statue of my mom in a Laker's uniform dribbling a basketball may not be the best tribute. Instead, she created the Bella Park Medication Room in the ICU.

Mama Bella worked the night shift so she could be with her kids in the day. She would come home on time for the most part but would often have to stay longer to brief the next shift. She was regularly seen comforting one of her patient's family members at church the next Sunday. If that wasn't enough, she rubbed off on my sister and me. Grace was a candy striper who contributed more than 2,000 hours. I volunteered in the pharmacy, which helped me get into pharmacy school at USC. I currently serve on the hospital's foundation board.

Thanks, Mom, for all you've done—and for your inspiration!



To learn more about how to create a personal naming opportunity at Simi Valley Hospital, call **805-955-6673**.

Hats Off to Women 2015 sponsors

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*Anniversary sponsor (Hats Off to Women, Golf Classic and 50th Anniversary Gala)

Physician philanthropists honored

Jonathan Kurohara, MD, speaks in front of the Caduceus Society wall of honor, which was dedicated at Simi Valley Hospital on April 1. The wall recognizes charter members of the group, which provides an opportunity for members of the hospital's medical staff to contribute financially to the Simi Valley Hospital Foundation. Charter members include **Platinum level** | Arash Afari, MD; Moe Amadpour, MD; Andy Bourgeois, MD, FAAEM; Royal Dean, MD; George Dichter, MD; John Dingilian, MD; Harry Drummond III, MD; Craig Inouye, MD; Jonathan Kurohara, MD; Glenn Littell, MD, FCAP; Andrew E. Luckey III, MD; Lynn Meyering, MD; Jonathan Nasser, MD, FACP; Thanh T. Nguyen, DO; Joyce Norman, MD, FACEP; Nancy Sun, MD, FACEP; Henry Tang, DO; Alfred L. Yu, MD. **Gold level** | John F. Grauch V, MD. **Silver level** | Sara Capatanos, MD; Kwan Ho Chong, MD; Jerry A. Davidson, MD; Mitchell L. Solomon, MD. **Bronze level** | Kyo Yong Chu, MD; Martha Donovan, MD; Bassam Ghanem, MD; Masahiro Kushigemachi, MD; Dominic Muzsnai, MD, FAAFP; Bruce Nelson, MD; Thien-Dang Nguyen, MD; Alberto Odio, MD; Sam Slomowitz, MD; Julie Tran, MD.



Foundation

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.

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.

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

MATERNITY TOUR

FREE

- Tuesdays, June 30; July 14; Aug. 4; Sept. 8, 29
- Thursdays, June 18; July 2, 23; Aug. 6, 20; Sept. 17

Garden level of main building

PREPARED CHILDBIRTH

- Mondays, July 6, 13, 20, 27; Aug. 10, 17, 24, 31; Sept. 14, 21, 28, Oct. 5
- Wednesdays, July 8, 15, 22, 29; Aug. 12, 19, 26, Sept. 2; Sept. 23, 30, Oct. 7, 14

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

- Tuesdays, July 7, Sept. 1

6 p.m. to 7:30 p.m.

Cafe Conference Room | \$10 per couple

BREASTFEEDING CLASS

- Thursdays, June 25, July 30, Aug. 27, Sept. 24

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.

- Mondays, June 29, July 27, Aug. 31

- Wednesdays, June 24, July 29, Sept. 2

6 p.m. to 8 p.m.

Garden level of main building | \$10 per couple

SIBLING RELATIONS

FREE

- Tuesday, Aug. 25

6 p.m. to 7 p.m.

Cafe Conference Room

TWILIGHT INFANT/PARENT CLASS

- Mondays, Sept. 14 to Nov. 2

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.



SAVE the DATE

WEDNESDAY, AUGUST 26, 2015

Simi Valley Hospital Foundation
Adventist Health

20th Annual GOLF CLASSIC

MOORPARK COUNTRY CLUB
11800 CHAMPIONSHIP DRIVE
MOORPARK, CA 93021

FOR MORE INFORMATION OR FOR SPONSORSHIP OPPORTUNITIES, PLEASE CONTACT THE SIMI VALLEY HOSPITAL FOUNDATION
PHONE: (805) 416-8760



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.

Social media



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facebook.com/SimiValleyHospital.



Follow us on Twitter.
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Simi Valley Hospital



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A helping hand for cancer patients

RECEIVING A DIAGNOSIS of cancer is daunting enough, but the challenges mount as patients begin to work their way through an unfamiliar health care system. Oncology patients at Simi Valley Hospital now have two dedicated advocates with the expertise and experience to help them anticipate issues and work through any roadblocks they face in their journeys.

Oncology-certified registered nurses Patricia Knipper and Deirdre Dunbar launched Simi Valley Hospital's first-ever nurse navigator program in January. Patients are referred to the nurse navigators from the Nancy Reagan Breast Center and the main hospital.

For patients who are newly diagnosed, the nurse navigators start by helping them understand what the next several months of their lives will entail to remove some of the mystery and fear of the unknown.

From there, they help patients gain access to resources in the community, such as free wigs for patients who lose their hair, support groups and services, and practical help, such as transportation.

As their name implies, the nurse navigators also help patients make their way through their treatment journeys at the hospital.

"We help patients break down any barriers they encounter and facilitate timeliness in their plan of treatment," Dunbar said. "We help to minimize the time between biopsy and the beginning of treatment, identify where delays are happening and facilitate communication among health care providers to make sure patients are making their way through the system as efficiently as possible."

Smoothing the transition

As the treatment regimen comes to a close, the nurse navigators help patients prepare for the next step in their lives with the creation of a survivorship plan.

"It used to be that when a patient was done with treatment, that was it," Knipper said. "They were just sent out into the world. We have seen patients at that point almost afraid to finish treatment. It can be scary for them when they're no longer being seen regularly by physicians and nurses. This is often a time when patients become depressed because they no longer have that intense contact with caregivers anymore."

The survivorship plan contains a comprehensive review of all of the treatments and procedures the patient has undergone. Most important, it includes a telephone number the patient can call for follow-up help if there are any questions or additional needs.

Knipper and Dunbar are available to help anyone who is dealing with breast cancer. They may be reached at **805-955-8055**.



Simi Valley Hospital nurse navigators Patricia Knipper, RN, and Deirdre Dunbar, RN.

A lifesaving choice

When Jane* attended Simi Valley Hospital's Pampered in Pink event last fall, she was just looking to have a fun night out with other women. But her decision to go might have saved her life.

Prompted at the event by a Nancy Reagan Breast Center employee, Jane returned to the hospital for a mammogram, which revealed she had breast cancer.

"Who knows how long I may have waited to get a mammogram if I hadn't gone to this event," she said.

Now in treatment for her cancer, Jane has been helped along in her journey by Simi Valley Hospital's nurse navigators.

**not her real name*

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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