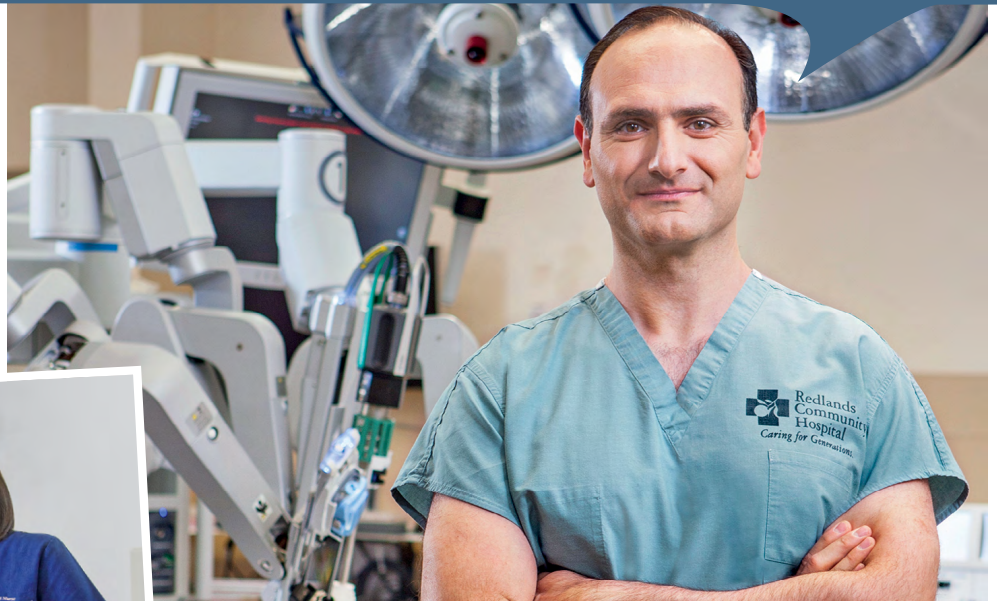


Redlands Community Hospital Rated One of the Nation's Best

Redlands Community Hospital has long created a culture of quality patient care made evident through our daily mission of restoring health and well-being to our patients. This means that we follow the most advanced medical techniques and technology, and adhere to the best practices available. In today's changing world of health care, outcomes have become a measurement tool to determine each hospital's performance. This gives patients the right to know how doctors and hospitals rank locally and nationally, allowing patients the opportunity to make informed choices about where to receive medical care.



“*Sum up Redlands care?
Exemplary! Extraordinary!*”

—Carole Beswick, community leader and former patient

Our performance has produced successful outcomes in key patient service areas, and we have received numerous accolades and recognition from several leading health care experts. You may have thought of Redlands as your local community hospital; however, our outcomes prove that we are much more than that!

EXCELLENCE REWARDED

Did you know that we are rated one of the best hospitals in the country? We were named one of America's 100 Best Hospitals™ by Healthgrades, the nation's leading source of hospital data. It also awarded Redlands the Distinguished Hospital Award for Clinical Excellence™.

We have risen to the ranks of the nation's elite hospitals, receiving more than 60 awards for excellence in general and in specialized surgery and care, joint replacement and orthopedic surgery, spine surgery, gynecological surgery, gastrointestinal care, and more. Our consistent performance has not only

NOT ALL HOSPITALS ARE THE SAME. Look inside to read our Quality Outcomes Report, showing what sets Redlands apart from the rest.

INSIDE

3 Hospice Care for Veterans

4 Color Yourself Healthy

6 Six Steps for Men's Health

10 New Moms and Breast-Feeding

11 Make a Gift, Receive Income

2014 REDLANDS COMMUNITY HOSPITAL BOARD OF DIRECTORS

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Public Relations:
909-335-5566

“We have always supported Redlands because our city deserves an excellent hospital. We were pleasantly surprised they have been rated one of the best in America.” —Joyce and Neal Waner



“I’m proud that Redlands is ranked alongside the nation’s most legendary hospitals.”

—Samir Hage, D.O.,
leading obstetrician and robotic surgeon

been acknowledged by the experts, but it has also placed us at the forefront nationally for overall clinical care, patient satisfaction, and patient safety.

COMMUNITY REACTION

Having a hospital with these ratings right in the Redlands community has sparked a variety of reactions ranging from pride to surprise to validation. Carole Beswick, former mayor of the city of Redlands and past patient of Redlands Community Hospital, admits that others were surprised by Redlands being named one of the best hospitals in the nation; however, she was not. “Redlands really stands out for the exceptional care and compassion they provide to every patient,” Ms. Beswick says. “I think those awards validate just how extraordinary the care is at Redlands.”

This is a sentiment shared among patients and echoed by the medical community as well.

Samir Hage, D.O., who is a leader in advanced robotic surgery, proudly states, “When people hear ‘community hospital’ with Redlands, ‘world-class hospital’ is what

they should think. We are constantly trying to exceed our best, day after day and year after year. The bar of excellence at Redlands is constantly being raised.”

WHAT THIS MEANS TO YOU

So what does having one of the country’s most distinguished hospitals located in the community mean to you and your family? It means excellent quality care and compassion to keep your family healthy, right in your neighborhood. It also provides peace of mind. After all, all patients want the best medical care they can get. Now you have confirmation that the medical care at Redlands Community Hospital is ranked alongside the nation’s most legendary hospitals!



Caring for Generations.

Be a Redlands Fan!



[www.facebook.com/
RedlandsCommunityHospital](http://www.facebook.com/RedlandsCommunityHospital)



www.twitter.com/RedlandsCH

Hospice Services that Meet Veterans' Needs

It may surprise you to learn that 25 percent of those who die every year in the U.S. are Veterans. Designed to enable hospice professionals to meet the unique needs and challenges of Veterans, the We Honor Veterans program emphasizes compassionate listening, respectful inquiry, and grateful acknowledgement.

We Honor Veterans is a program of the National Hospice and Palliative Care Organization, in collaboration with the Department of Veterans Affairs. It offers guidance and resources to organizations nationwide, including Redlands Community Hospital (RCH).

SERVING OUR VETERANS

RCH Hospice Services has achieved Partner Level One status in the We Honor Veterans program. "This is a significant achievement," says Gerry Smith, director of Home Health and Hospice Services. "The Partner Level One designation demonstrates Redlands' commitment to serving the Veterans in our community."

To earn this status, Redlands completed a number of measures demonstrating that it had provided Veteran-centric education for staff and volunteers and identified patients with military experience.

CONTINUING OUR EFFORTS

The We Honor Veterans program has a four-tier system for recognizing organizations that demonstrate a systematic commitment to improving hospice care for Veterans. RCH Hospice Services is currently working toward Partner Level Two status.

HELP OTHER VETERANS.

Hospice Services is currently seeking Veterans from all branches of service to donate their time in assisting other Veterans in our community. To volunteer or learn more, please call **909-335-5643** or visit www.wehonorveterans.org.

"The Partner Level One designation demonstrates Redlands' commitment to serving the Veterans in our community."

—Gerry Smith, director of Home Health and Hospice Services

To achieve Partner Level Two status, an organization must demonstrate that it has completed specific steps toward building its capacity to provide quality care for Veterans. "No other hospice care organization in the Inland Empire has achieved higher than Partner Level Two status," says Mr. Smith. "As part of our current efforts, the hospice team is actively recruiting Veteran volunteers to assist our Veteran hospice patients. In addition, we will reach out to Veterans through community events and other Veteran organizations."

Partner Level Three requires the development and strengthening of relationships with VA medical centers and other Veteran organizations. Partner Level Four focuses on increasing access to and improving quality of care for Veterans in the community.

Our team is honored to provide hospice care to the men and women who have served this country. The sacrifices they made and their commitment to the safety and security of this nation should not be forgotten. We are proud to serve them and their families now at the end of their life. This is the driving force behind our commitment to the We Honor Veterans program: service, community, and gratitude.



WHAT IS HOSPICE CARE?

Hospice services use a team approach to tailor care to the needs and wishes of patients and their families. Care may include pain management in addition to emotional and spiritual support. Learn more at www.redlandshospital.org/Services/Hospice.



WE HONOR VETERANS

Color Yourself Healthy

You can find a rainbow of colors in the produce section at your supermarket, and all that color provides big nutritional benefits.

When you shop, look for the most vividly colored fruits and vegetables. Colorful plant chemicals—such as carotenoids and flavonoids—contain antioxidants that can strengthen your immune system, protect your body's cells from disease-causing free radicals, and may prevent some types of cancer or heart disease. Different colors mean different types of antioxidants with different benefits.



The Reds

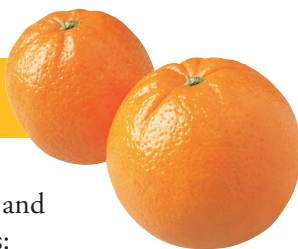
This hue is a sign of antioxidants that may reduce your risk for cancer and protect your heart. Consider these options:

- Pomegranates
- Radishes
- Raspberries
- Strawberries
- Red bell peppers
- Red grapes
- Tomatoes

The Oranges and Yellows

They're packed with carotenoids, such as beta-carotene and vitamin C. These nutrients promote heart health and vision and may reduce the risk for certain cancers. Look for these foods:

- Butternut squash
- Carrots
- Corn
- Grapefruit
- Oranges
- Peaches
- Sweet potatoes



The Greens

Green vegetables contain a slew of antioxidants. They're also a rich source of other health essentials, such as folate, minerals, and fiber.

Add these to your menu:

- Broccoli
- Brussels sprouts
- Collard greens
- Green bell peppers
- Kale
- Spinach
- Swiss chard

The Blues and Purples

These fruits and veggies offer many of the same benefits as the reds. Fill up on these choices:

- Beets
- Blackberries
- Blueberries
- Plums
- Purple grapes



Crunchy Chicken Salad

INGREDIENTS

- 2 cups chunked cooked chicken
- 1 small apple, diced with the peel on
- ½ cup grapes, cut in half
- ½ cup celery, chopped
- ¼ cup green pepper, chopped
- ¼ onion, peeled and chopped
- ½ cucumber, peeled and chopped
- ¼ cup plain yogurt

DIRECTIONS

Use leftover cooked chicken or cook enough chicken to make 2 cups of chicken pieces. Prepare chicken, fruit, and vegetables. Combine them all in a large bowl with the plain yogurt. Stir together. Serve on lettuce, crackers, or bread (not included in Nutrition Facts data).

NUTRITION FACTS

Serves five; serving size is ¾ cup.
Each serving provides: Calories 140, Total fat 4.5 g, Sodium 65 mg, Carbohydrates 9 g, Fiber 1 g, Protein 17 g.

Guess who is rated one of the best hospitals in America? According to experts, we are.



Healthgrades Distinguished Hospital Award for Clinical Excellence 2013
 Healthgrades America's 100 Best Hospitals for Orthopedic Surgery 2012 - 2014
 Healthgrades America's 100 Best Hospitals for Joint Replacement 2012 - 2014
 Healthgrades America's 100 Best Hospitals for Spine Surgery 2012 - 2013
 Healthgrades America's 100 Best Hospitals for Gastrointestinal Care 2013
 Healthgrades America's 100 Best Hospitals for General Surgery 2013
 Healthgrades Orthopedic Surgery Excellence Award 2012-2014
 Healthgrades Joint Replacement Excellence Award 2011 - 2014



Healthgrades Spine Surgery Excellence Award 2012 - 2013
 Healthgrades Neuroscience 5-Star Recipient for Treatment of Stroke 2011 - 2013
 Healthgrades Vascular 5-Star Recipient for Carotid Surgery 2011 - 2013
 Healthgrades Gastrointestinal Care Excellence Award 2013
 Healthgrades General Surgery Excellence Award 2013
 Healthgrades Gynecologic Surgery Excellence Award 2011 - 2013
 Healthgrades Top-10 Percentile Nationally for Gynecologic Surgery 2011 - 2012
 Healthgrades 5-Star Recipient for Gynecologic Surgery 2011 - 2012



HealthStream, Inc. "Excellence Through Insight Award for Overall Patient Satisfaction" 2012
 HealthStream, Inc. "90th Percentile Nationally for Employee Satisfaction" 2012
 HealthStream, Inc. "95th Percentile in Western Region for Employee Satisfaction" 2012



Hospital Consumer Assessment of Healthcare Providers and Systems Survey, 5-Star Rating ranked RCH "Substantially Above Competition" 2013



The Leapfrog Group "Grade A" for Hospital Safety 2013



Blue Distinction Center+ for Knee & Hip Replacement
 Blue Distinction Center+ for Spine Surgery



Becker's ranked RCH among "100 Hospitals with Great Women's Health Programs" 2013



Baby-Friendly USA designated RCH "A Baby-Friendly Facility"

To learn more about Redlands Community Hospital and how we are rated, visit us at www.redlandshospital.org.



350 Terracina Boulevard, Redlands, California 92373 ~ 909-335-5500 ~ www.redlandshospital.org
 Redlands Community Hospital is an independent, not-for-profit, stand-alone community hospital. [f](#) Follow us [t](#)

Guys, You Can Take Charge of Your Health!

For years, men's life expectancy has trailed behind that of women. While the gap has been closing recently, men are dying on average about five years sooner than women. Researchers say this difference is due in large part to men's tendencies toward accidental injuries and heart disease.

DIFFERENCE BETWEEN THE SEXES

In general, men participate in risky behaviors both on and off the job that put them in harm's way. In addition, more men than women smoke and drink, factors that contribute to many health problems.

According to the U.S. Department of Health and Human Services, men are also less likely to get medical care and to take advantage of preventive health measures such as physicals and screening tests. And even though the benefits of healthy habits are widely touted, men are increasingly overweight and obese.

6 WAYS TO LIVE BETTER

According to research reported in the *Journal of the American Medical Association*, men who take care of their health in midlife are more likely to live longer. Here are the most important things you can do:

- **Get screened.** Screening tests can detect diseases early, when they are easier to treat. There are tests for obesity, high cholesterol, hypertension, colorectal cancer, and diabetes. Ask your doctor which screening tests you need and when.
- **Don't smoke.** Tobacco damages the entire body.
- **Exercise.** Get at least 30 minutes of moderate physical activity most days of the week.
- **Eat a healthy diet.** Get all the nutrients your body needs by eating a wide variety of fruits, vegetables, whole grains, lean meats, and fat-free or low-fat dairy products.
- **Maintain a healthy weight.** Excess weight contributes to many health problems, including heart disease and diabetes.
- **Go easy on the alcohol.** Limit yourself to no more than two drinks a day.

GET STARTED! Consult with your doctor and take charge of your health! For a physician referral, please visit our website at www.redlandshospital.org.

Here Comes the Flu Again

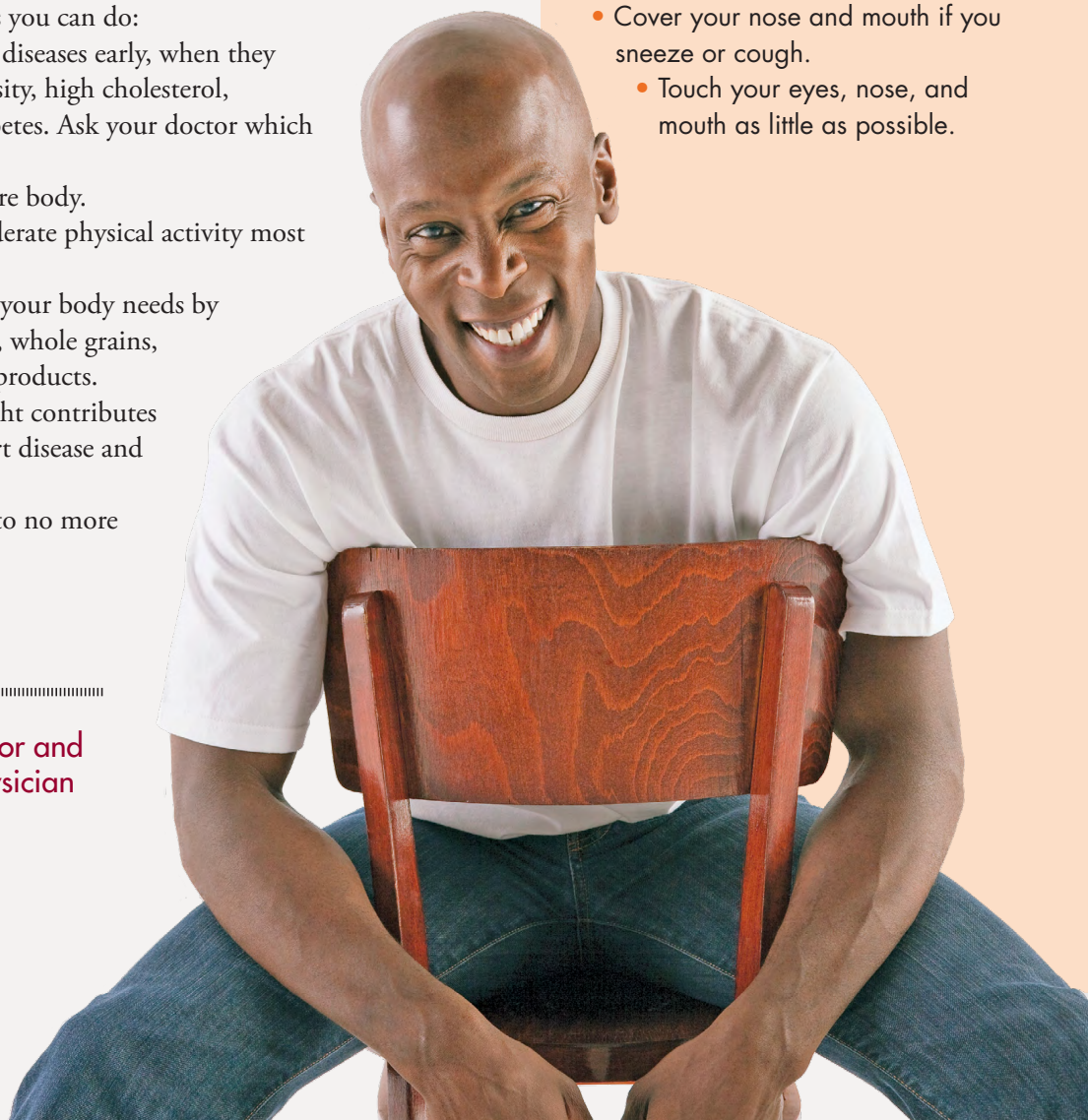
Up to 49,000 Americans die of influenza (flu) each year. But you can take steps to avoid becoming a statistic.

1 Talk with your doctor about flu vaccinations.

A shot is still the best defense against the flu, according to health experts. But you may want to consider trying out the nasal vaccine instead of the shot. The nasal spray is approved for healthy people ages 2 to 49 who aren't pregnant.

2 Follow these simple hygiene practices to help prevent the flu:

- Wash your hands frequently with soap and water.
- Cover your nose and mouth if you sneeze or cough.
 - Touch your eyes, nose, and mouth as little as possible.



QUALITY OUTCOMES REPORT 2014



Letter from the CEO

Why Quality Matters

Welcome to Redlands Community Hospital's Quality and Outcomes Report for 2014. The last several years have marked a new era for our hospital in terms of quality achievement and we are pleased to share in the following pages how we accomplished and sustained our success in patient care, surgical outcomes, safety and patient satisfaction.

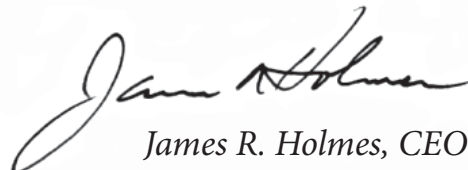
Ubiquitous terms like transparency, outcomes and patient satisfaction are now part of the core values and key benchmarks for hospitals, doctors and nurses.

We have created a unique culture among the staff members of RCH to operate as cohesive unit committed to putting our patients' needs first and foremost. We have implemented quality process improvement tools to maximize our efforts. The results of this team-building and quality training program have been impressive, particularly as we measure our efforts with other hospitals in our area as well as the nation.

We have been named one of the nation's most distinguished hospitals as well as one of the nation's top 100 hospitals in orthopedic surgery, joint replacement, spine surgery, gastrointestinal care and general surgery by Healthgrades, a national quality care ranking organization. In addition, we were named one of the safest hospitals in the nation by Leapfrog and we were recognized as having high patient satisfaction. Moreover, in December of 2013, we were also named one of the nation's top 100 hospitals for women's care by Becker's Hospital Review, a national trade organization.

While these accolades are very welcomed and appreciated, they are also a tool we use to measure our success and to continue to improve our performance. We will never be satisfied with our quality scores; perfect care is what we are trying to achieve.

Most of us do not think about the quality of care at a hospital. We assume the quality is great or our doctor would not have admitted us to this particular hospital. But not all hospitals are the same. In this age of consumerism and instant access to information, it is within our power to take a more active role in making better health care decisions for ourselves and our families. Acquiring the right knowledge so you can make better health care decisions is a great place to start, which is why we prepared this document for your review.



James R. Holmes, CEO

Introduction/Overview



Nationally Recognized Programs

As a premier healthcare facility in the area, Redlands Community Hospital offers a full range of inpatient and outpatient programs and specialty service lines, from maternal and child care to cancer, orthopedic and general surgery, emergency services and more.

The Women's Health Imaging Center at Redlands Community Hospital provides women with the best education and technology for early diagnosis and treatment of the most common conditions affecting women, particularly breast cancer.

Local board-certified orthopedic surgeons joined with Redlands Community Hospital to open the Spine & Joint Institute in 2012. The award-winning Institute is a multi-specialty center for patients who require orthopedic surgery, including hip or knee replacement or surgery of the spine or neck.

Breakthrough surgical technology has come to Redlands Community Hospital thanks to the addition of a second da Vinci surgical robotic system. The hospital purchased a second robotic

assisted device due to overwhelming demand from our surgeons and their patients. The second most recent unit features the most advanced robotic technology available today and the hospital has recently performed the first single-site, virtually scarless procedure in the County.

“Day after day – year after year – the bar of excellence at Redlands is constantly being raised.”

– Samir Hage, D.O.
Leading Obstetrician
and Surgeon

Our ER is a paramedic receiving facility and holds the designation of being a Neurovascular Stroke Receiving Center by Inland Counties Emergency Medical Agency. Redlands Community Hospital has been Certified as an Advanced Primary Stroke Center by the Joint Commission.



Introduction/Overview, continued

Nationally Recognized Programs

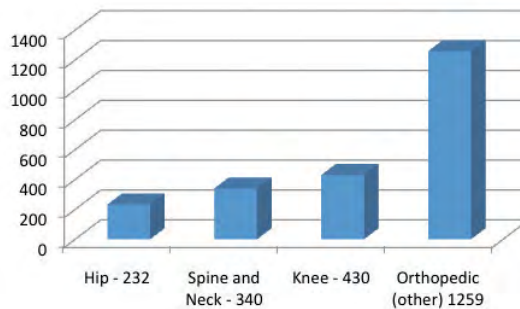


The Redlands Community Hospital Neonatal Intensive Care Unit (NICU) provides special care for premature babies or babies with other medical problems. A dedicated team of neonatologists, pediatricians, registered nurses, respiratory therapists, social workers and occupational therapists

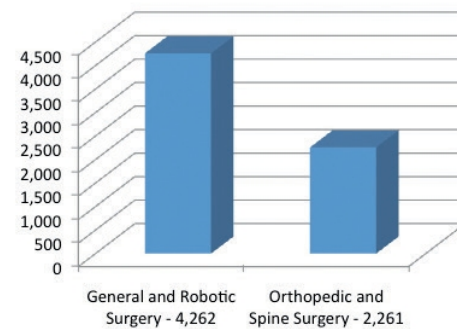
look over babies in the NICU until they are discharged home or transferred to the regular nursery.

In addition, the hospital also provides perinatal care, cancer care, critical care, radiology, stroke, mental health, emergency and hospice services.

Total Orthopedic Surgery (including Spine) 2,261 in 2013



Total General and Robotic and Orthopedic Surgery in 2013



■ Total General and Robotic and Orthopedic and Spine Surgeries - 6,523

Designated as a
Blue Distinction® Center+
 for Knee and Hip Replacement
 Spine Surgery



BlueCross BlueShield of California

An Independent Licensee of the Blue Cross and Blue Shield Association

Redlands Community Hospital has been named a Blue Distinction Center+ for Hip and Knee Replacement and Spine Surgery. The Blue Distinction Specialty Care Program is a national program that recognizes hospitals that demonstrate exceptional quality specialty care. This includes safe, effective and cost efficient care programs.

Clinical Outcomes

Healthgrades Quality Rankings



Redlands Community Hospital was named one of America's 100 Best Hospitals™ by Healthgrades, the nation's leading source of hospital data. It also received the Distinguished Hospital Award for Clinical Excellence™. Many of the hospital's services were honored with Healthgrades Excellence Awards™ and named among the top percentages of all U.S. hospitals.

“There are a lot bigger and more famous hospitals in the nation, but few are better.”

– Neal Waner, Joyce Waner
Community volunteers
and benefactors

For the third consecutive year, Healthgrades named Redlands Community Hospital one of America's Best 100 Hospitals™ for orthopedic and joint replacement surgery. It was also considered one of America's Best 100 Hospitals for Spine Surgery™ for two years in a row.

The hospital's stroke treatment, carotid surgery and gynecologic surgery programs each received a five-star rating.

- Healthgrades Distinguished Hospital Award for Clinical Excellence 2013
- Healthgrades America's 100 Best Hospitals for Orthopedic Surgery 2012 - 2014
- Healthgrades America's 100 Best Hospitals for Joint Replacement 2012 - 2014
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- Healthgrades Top-10 Percentile Nationally for Gynecologic Surgery 2011 - 2012
- Healthgrades 5-Star Recipient for Gynecologic Surgery 2011 - 2012

The Patient Experience

Healthstream

Redlands Community Hospital was recognized with an Excellent through Insight Award for Overall Patient Satisfaction by HealthStream, Inc., a leading independent consumer empowering organization that measures outcomes for hospitals.

“To sum up Redlands care? Exemplary! And extraordinary!”

– Carole Beswick
Community leader and former patient

Redlands Community Hospital was awarded this honor for its commitment to excellence in patient care. To qualify for an award, a hospital must have been a patient satisfaction-tracking client of HealthStream in 2012, scored in the 75th percentiles or higher, and surveyed a minimum of 100 patients. The hospital was chosen for receiving the highest ratings in its category and exceeding industry standards, demonstrating its commitment to patient satisfaction and their patient care experience.



Patient Safety

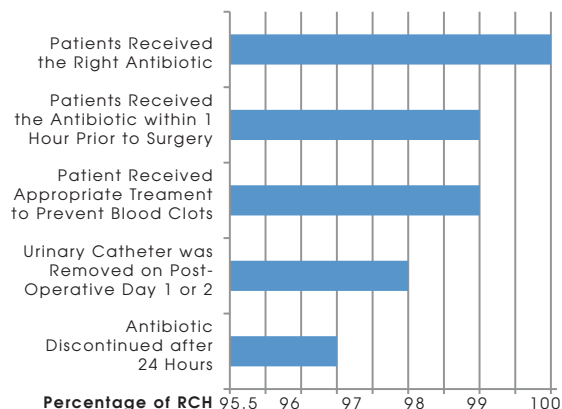
Leapfrog

Redlands Community Hospital received an “A” grade for patient safety from the latest Hospital Safety Scores reported by the Leapfrog Group. The Hospital Safety Score represents a hospital’s overall capacity to keep patients safe from infections, injuries, and medical or medication errors.

The Leapfrog grade is based on publicly available quality and safety measures in addition to the hospital’s leadership commitment to creating a safe environment for patients. Only a third of hospitals across the nation received an “A” grade.



2011-2012 Leapfrog Hospital Rating



Creating a Culture of Quality



Q&A with Dr. Samir Hage, Department Chair, Maternal Child Services

Q As a surgeon, what does quality care mean to you?

A Quality means that the patient's care and patient's experience are the primary focus of all team members of the surgical and hospital team. Quality also means that we follow the most advanced surgical techniques and technology to improve surgical outcomes – getting the patient better quickly so they can resume their normal activities.

Q How do you create a culture of quality at RCH?

A We start by having the right staff members, those who are dedicated to patient care and quality. We are fortunate at RCH to have long-time nurses, case managers and other team members who constantly work to improve their skills. For our medical staff, it means adhering to the best practices known today in their respected fields of specialty. We have many internal committees and training programs that consistently review and measure our performance and we strive every day to provide excellent care to each and every patient.

Q Is that unique for a community hospital?

A It is unique. RCH has a long standing history of being more than just a community hospital; it operates like a much larger facility in terms of its commitment to bringing in advanced surgical and patient care technology. As a non-profit community-led facility, it is amazing how members of the community play such an integral role in the hospital's success.

Q Why is there such a focus on outcomes today?

A As a surgeon, we have always focused on our outcomes – basically the results of our efforts to better the patient's health and wellbeing. But in today's changing world of health care, accountability and outcomes have become measurement tools to determine performance. Not all surgeons or hospitals are the same. Patients have the right to know how their doctor or their hospital of choice ranks among their local competitors as well as in the nation.

Resources



healthgrades®

www.healthgrades.com/quality/



www.leapfroggroup.org/

Designated as a
**Blue
Distinction®
Center+**
for Knee and Hip Replacement
Spine Surgery



www.bcbs.com/why-bcbs/blue-distinction/



www.healthstream.com/awards

HCAHPS
Hospital Consumer Assessment of
Healthcare Providers and Systems

www.hcahpsonline.org/



Good Old-Fashioned BBQ Celebration

The Spine & Joint Institute held its second anniversary celebration on July 12. Former patients, orthopedic physicians, and Spine & Joint Institute staff reunited to celebrate and give thanks. This unique collaboration between Redlands Community Hospital and local board certified orthopedic surgeons is a multispecialty center for patients requiring hip or knee replacement, or surgery of the spine or neck.



Are You At Risk for Arthritis?

Arthritis is the inflammation of one or more joints. Normally, cartilage cushions joints so that bones can glide next to one another smoothly. However, arthritis causes cartilage to break down, forcing bones to rub together. This causes pain, swelling, and inflammation.

If you have any of the arthritis risk factors listed below, talk with your doctor.

- I am age 65 or older.
- I do not engage in regular physical activity.
- I am a woman.
- I have a family history of arthritis.
- I am overweight or obese.

- I sustained a joint injury in the past.
- I overuse my joints by constantly engaging in certain activities or sports.
- I've had an infection in at least one of my joints.
- My job requires constant bending or squatting.
- I smoke.

Although there is no cure for arthritis, lifestyle changes and treatments can help ease symptoms and prevent more joint damage.



FAST FACTS

There are more than 100 different types of arthritis, including gout and rheumatoid arthritis. Roughly 50 million adults in the U.S. have been diagnosed with arthritis.

Classes & Events

Community-Based Outreach Programs and Services

AMPUTEES SUPPORT GROUP

For individuals who have had an extremity amputated; amputee programs and potluck snacks

Time: 2-4 p.m., third Sunday of each month

Location: Redlands Community Hospital, Weisser Pavilion

Call: Bill at 909-423-0562, Bert at 951-735-7963, Tom at 951-845-6543

GRIEF SUPPORT GROUP

Meet with others who are experiencing the very real and often profound physical, psychological, social, and spiritual effects of loss. Those who are grieving can expect to experience many difficult and painful emotions.

No obligation, no registration, and no fee are required.

Time: 10-11 a.m., second and fourth Tuesdays of each month

Location: Fraternal Order of Eagles 5200 West Ramsey, Banning

For more information about the Grief Support Group, please call Redlands Community Hospital's Hospice Department at 909-335-5643.

OUTPATIENT DIABETIC EDUCATION

A series of classes for patients with type 2 diabetes are available the first four Tuesdays of each month. These classes will provide skills for self-management of diabetes through lifestyle changes. Each week, there will be a specific topic that will be covered as well as time for additional questions and support. The classes will be led by our Inpatient Diabetic Educator, Janet Howard-Ducsay, R.N., B.S.N., C.D.E. *Classes are free and do not require a referral.*

Time: 1-3 p.m., first four Tuesdays of each month

Location: Redlands Community Hospital, 3800 Conference Room, Maternal Child Building

Call: 909-335-5501, ext. 6393

STROKE SUPPORT GROUP

The Stroke Survivors Support Group is for individuals who have survived a stroke and their caregivers. The group will provide educational programs, group therapy, rehabilitation, and self-help. The chance of meeting other stroke survivors or caregivers who understand what you are going through can help you in your journey to recovery.

Time: 10 a.m., first and third Mondays of each month

Location: Redlands Community Hospital, Conference Rooms 1 and 2, located in the hospital cafeteria, 350 Terracina Blvd., Redlands

For more information, please call Redlands Community Hospital Social Services Department at 909-335-5608.

MINISTER, REDLANDS CHURCH OF CHRIST

Chaplain, Hospice of Redlands Community Hospital

Time: 5:30-7 p.m., second and fourth Sundays of each month (except holidays)

Location: Redlands Church of Christ, 1000 Roosevelt Road, Redlands

Call: Steven G. Kay, 909-793-5670 or 909-856-5449

CELEBRATION OF SURVIVAL BREAST CANCER FASHION SHOW

The sixth annual fashion show celebrates breast cancer survivors modeling high-end fashions. Enjoy delicious food, entertainment, and fashion as they strut down the runway modeling some of the latest West Coast couture. Co-presented by the Women's Health Imaging Center and Terracina Surgical Arts.

Cost: Free

Friday: October 24

Starts: 6 p.m.

Location: 295 Terracina Blvd., Redlands

For more information, please call 909-798-9950.

Volunteering Opportunities:

VOLUNTEERS ARE ALWAYS NEEDED. You can serve in a wide variety of areas:

- Transitional Care Unit • Information Desk • Pastoral Care • Escorts
- Gift Shop • Hospice • Clerical Support • Care Representatives
- Shuttle Drivers ... and much more.

If you are interested in making a difference in our community and would enjoy becoming a RCH volunteer, please call 909-335-5526.



Perinatal Services Childbirth Education Classes

Call **909-793-6330** today to register, as preregistration is required for the classes. Please visit www.redlandshospital.org, click the "Programs & Services" tab, and select Perinatal Services to print a registration form. You may register via mail.

Classes are held at the Maternity/Surgery building in the third-floor conference room, located at Redlands Community Hospital, 350 Terracina Blvd., Redlands, CA. Please meet the class instructor there. Children are not permitted during class sessions.

Floor mats will be provided for childbirth classes. Please bring two pillows and a blanket for breathing and relaxation exercises.

MOTHER-BABY UNITS ORIENTATION TOUR

Cost: Free for mom plus one guest

Saturday: 1:30 or 3:30 p.m. tour
October 11, November 8, December 6

Friday: 3:30 p.m. tour
October 3, 10, 17, 31
November 7, 14, 21
December 5, 12, 19, 26

Orientation tour includes preregistration for your hospital stay. Please bring your insurance card with you to the tour.

CHILDBIRTH PREPARATION CLASS

Cost: \$100

Hours: 6-9 p.m.

Thursdays: (series of four classes)
September 25, October 2, 9, and 16
October 30, November 6, 13, and 20
December 4, 11, 18, and 26*

Fridays: (series of four classes)
September 26, October 3, 10, and 17
October 31, November 7, 14, and 21
December 5, 12, 19, and 26*

Includes Mother-Baby Units Orientation Tour.

(*December 26 will be a joint class due to the holidays)

CHILDBIRTH PREPARATION (WEEKEND CLASS)

Cost: \$100

Hours: 10 a.m.-5:30 p.m. for two days

Saturdays: (series of two classes)
October 18 and November 1,
November 15 and 22, December 13
and 20, December 27 and January 3
Includes Mother-Baby Units Orientation Tour.

BREAST-FEEDING BASICS (PRIOR TO DELIVERY)

Cost: \$25

Hours: 6-9 p.m.

Saturdays: October 11,
November 8,
December 6

CHILDBIRTH REFRESHER

Cost: \$35

Hours: 6-10 p.m. (one class)
October 2, 3, November 6, 7,
December 11, 12

Note: This is the second class from the Childbirth Preparation series listed in this column.



For more information on how to sign up for a childbirth education class or for additional dates not currently listed, please call **909-793-6330** or visit our website at www.redlandshospital.org/Services/Women-Services/Perinatal-Lactation/Childbirth-Education-Classes.

New Moms NEED SUPPORT to Make Breast-Feeding Last

From the child's name to the color of the nursery, expectant moms need to make a lot of choices. Perhaps the most important is whether to breast-feed.

According to a recent national report card on breast-feeding, about three in four mothers choose nursing, at least in the beginning. That's good news, since breast milk contains the perfect nutrition for babies. Breast-fed infants have a lower risk for allergies, infections, and other illnesses. They're also less likely to be overweight as children.

Along with a closer bond with baby, nursing offers moms the following perks:

- Easier weight loss
- Less risk for postpartum depression
- Less risk for breast and ovarian cancers

PREPARING FOR SUCCESS

The American Academy of Pediatrics and other medical groups recommend feeding your baby breast milk alone for six months and continuing to nurse for at least one year. But the number of babies still breast-feeding at these points has reached a plateau.

Experts say not all new moms get the support they need to keep nursing. The process can be physically challenging. Some women also struggle with postpartum depression, jealousy from their partners, or workplace challenges.

To make nursing work for you, start preparing during pregnancy. Ask your doctor for help. He or she may recommend a lactation counselor, a health professional with special experience helping women nurse.

NURSING FOR THE LONG HAUL

It's important to start breast-feeding as soon as possible after your baby's birth.

Your doctor or lactation counselor can show you the best ways to hold your newborn. Put your nipple as far back in your baby's mouth as you can to form a good latch.

In the beginning, you may need to breast-feed every two hours or so. After a few days or weeks, healthy babies will develop their own feeding schedule. Follow your infant's lead.

Besides getting you started, your doctor or lactation counselor can help if you have problems breast-feeding. Common issues include overfull or engorged breasts, pain, and infections.

And if you go back to work, you can empty your breasts by hand or use a pump so that your baby can drink your milk from a bottle.

**SIGN UP NOW
FOR OUR
BREAST-FEEDING
BASICS CLASS!**

Turn to page 9
for details.

SUPPORT FOR YOU AND YOUR BABY. After you deliver, a lactation nurse can help you with breast-feeding. Please call **909-793-6330** for information.



LETTER FROM THE FOUNDATION

Charitable Gift Annuities: Make a Gift, Receive Some Income

If you would like to make a donation to Redlands Community Hospital Foundation and are interested in supplementing your income during retirement, consider a charitable gift annuity.



Zachary Tucker
Foundation President

WHAT IS A CHARITABLE GIFT ANNUITY?

A. It's a contract with RCH Foundation in which:

- You agree to make an irrevocable donation to us
- RCH Foundation agrees to make fixed payments to you each year for your lifetime
- You can have the payments benefit others, too, such as your spouse

The portion of your gift that remains at your death helps back the mission of RCH Foundation to support patient-centered care delivered by the hospital.

WHAT ARE THE BENEFITS?

A. It's a gift that:

- Enables you to meet your charitable goals
- Provides you with tax-favored lifetime payments
- Offers immediate income tax savings (when you itemize)

If you are retired and depend on stock dividends for income, consider funding a gift annuity with those stocks. That way, you will still receive income from the assets that can be higher than what you may be receiving now.

WHAT PAYMENTS CAN I EXPECT?

A. The rate of payment is determined by the ages of those receiving payments at the time of the contribution—the older the recipients, the higher the rate. Payment rates are locked in for the duration of the gift annuity.

For a personal example or for more information about charitable gift annuities, call me at **909-335-5540** or your tax-planning professional.

2014 REDLANDS COMMUNITY HOSPITAL FOUNDATION BOARD OF DIRECTORS

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Please detach and mail with your donation

Your support of the Redlands Community Hospital Foundation helps make it possible for the hospital to save lives.

Yes, I would like to help with a donation in this amount:

- \$50 \$25 \$1,000
 \$100 \$500 Other \$ _____

Please charge my gift to:

- Visa MasterCard Discover AmExpress

Card # _____ Exp. Date _____

Signature _____

Name: _____

Address: _____

City: _____

State: _____ ZIP: _____

Phone: (_____) _____

In Honor of: _____

I would like more information regarding year-end giving, IRA donations, estate planning, or other planned giving.

Your contribution will be greatly appreciated by the many lives it touches, both today and for years to come.

Please make check payable to and return to:

Redlands Community Hospital Foundation, 350 Terracina Blvd., Redlands, CA 92373
Ph: 909-335-5540 Fax: 909-335-6497

10679M

3 Local Clubs Offer Fun, Fitness, and Fellowship

You probably remember the first time you rode a bike—that glorious feeling of mastering your balance and rushing full-speed ahead. But do you remember the last time?

If it's been too long, check out Ride Yourself Fit, a bicycle club for riders of all levels and abilities.

The club started in 2008, when Steven Wilson, M.D., a family medicine physician at Redlands Community Hospital, started inviting patients to join him for weekend bike rides. One of his longtime patients, Ron Mutter (above right), was among the first to take him up on the offer.

Mr. Mutter, 64, had been bicycling since college. "I just thought this would be a fun way to get out and meet some new people," he says. But he quickly saw wider

possibilities. Using his years of bicycling know-how combined with his experience as Public Works Director of the City of Redlands, he started mapping out various routes through the city and surrounding parks.

Today, the club is one of the largest biking clubs in the region, with nearly 450 members. It offers planned group rides ranging from 2-mile family outings on Sunday mornings to 60-mile treks.

"The motto of our club is Fun, Fitness, and Fellowship," Mr. Mutter says. "We welcome everyone, and we offer training and conditioning tips to beginners to encourage them to make cycling a part of their lifestyle.

"It's amazing to see how people blossom—they go from shorter rides to challenging 10- and



“We all share in the struggles and successes of becoming better riders.”

—Ron Mutter (above)

20-mile routes,” he adds. “We all have different backgrounds and fitness levels, but we all share in the struggles and successes of becoming better riders.”

Ride Yourself Fit has also spun off two other healthy lifestyle programs: Walk Yourself Fit, which offers Saturday guided walks from 1 to 5 miles, and Eat Yourself Fit, which is a series of presentations on how to grow, prepare, and eat more fruits and vegetables. The presentations are held at the Eat Yourself Fit demonstration garden at 1201 Brookside Avenue in Redlands.

