New Outpatient Hematology/Oncology Services and Infusion Center Open at Center for Surgical and Specialty Care

If you, or a loved one, are facing a possible diagnosis of cancer or a blood disorder such as clotting, anemia, platelet conditions or iron metabolism issues, or have already been diagnosed with one of these diseases that require outpatient treatment, you want to receive immediate care from qualified specialists. You also want an environment that is comfortable and convenient, since care often requires repeated visits.

That is why the Center for Surgical and Specialty Care at Redlands Community Hospital is proud to announce the recent opening of our new Outpatient Hematology/Oncology Services and Infusion Center, located at 255 Terracina Blvd.

MEETING A NEED
Under the direction of Emad Ibrahim, M.D., these new services bring together experienced providers and staff who are specialists in hematology and oncology for consultations, examinations, diagnoses and treatment planning. Cancer treatment, including outpatient chemotherapy and immunotherapy, is also provided at this location. For patients who require outpatient radiation treatment or diagnostic radiology testing, such as MRI or CT scans, there is easy access to those services across the street at the Hospital. Laboratory work and bone marrow biopsies are also performed on site.

“The trend in cancer treatment is for the majority of patients to receive care on an outpatient basis, due to many advancements in medications and technology. Currently, approximately 95 percent of our cancer patients receive outpatient treatment,” explains Dr. Ibrahim, medical director of the new Hematology/Oncology Services and Infusion Center. “We are meeting a tremendous need to provide a variety of oncology and hematology services in an outpatient setting that is patient-friendly and staffed by a team that gets to know patients and family members.”

Patients may also have access to various clinical trials independently through Dr. Ibrahim.

“We typically have several open clinical trials and testing being conducted, such as for cancers of the prostate, breast or lungs,” says Dr. Ibrahim. “Patients who meet the criteria of a particular clinical trial may have access to innovative medications and other treatments that are still in development, thanks to our specialists who are involved with these studies. This may allow patients to receive a type of treatment that might not be available otherwise.”

CREATING COMFORT
For patients who require intravenous chemotherapy or other forms of infusion therapy, our Infusion Center is part of these services. The Infusion Center has been designed with attention to details that help make the treatment experience comfortable and nurturing. We understand that IV

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Our Hospital’s Growth Depends on Community Support

When I speak with patients and members of our community, I am pleased to hear that Redlands Community Hospital is part of their family memories and milestones.

Mothers and fathers tell me that their children and grandchildren were born at our hospital and thank me for our wonderful care and facilities. I meet parents and grandparents whose lives were saved by our hospital’s rapid intervention and advanced technology for potential crises such as stroke, heart disease, back injury or cancer. I see children who started out in our neonatal intensive care unit who today are healthy kids who enjoy playing sports at their schools.

Our mission is to be an integral part in the lives of our community members by helping them maintain and restore their health. Hearing personal stories from the people we serve brings me great joy and satisfaction. I know it gives a strong sense of purpose to our physicians, nurses, staff and volunteers.

YOU MAKE IT POSSIBLE

Yet as much as people consider Redlands Community Hospital an essential part of their lives, it is a two-way relationship. Our community is the foundation we rely on for support in terms of funds and time. Financial contributions are essential for the hospital to add new and expanded facilities, advanced technology and equipment, and more qualified staff to meet the needs of our skyrocketing population.

The participation and financial donations of our community helped us achieve new services that you will read about in this newsletter. Our new Hematology, Oncology and Infusion Center makes it easier for patients with cancer or blood disorders to be treated in a convenient, comfortable setting. Contributions from the community allow us to meet the needs of students who require speech-language and occupational therapy in an era where schools can no longer provide many of these specialized services.

PRIORITIZING OUR PARTNERSHIP

We realize that if Redlands Community Hospital were not here, there would be a huge gap in our community and in the health of generations of families. That is why it is imperative to keep the partnership between this hospital and our supporters a top priority.

As I look at the future of health care in general and Redlands Community Hospital specifically, I am excited by what is on the horizon. Watch for announcements about future plans for the hospital. There will be many opportunities for you to participate.
Expectant Moms Receive Faster, Specialized Care from On-Site OB-GYNs

If you’re expecting a baby, things may not go as you planned. Your baby may arrive earlier or later than the due date. You may need to go to the hospital when your obstetrician is not available. Or you may have a high-risk pregnancy and need emergency care for diabetes, high blood pressure, genetic conditions or more.

To ensure that every expectant mother who comes to our hospital receives consistent medical care by an experienced board-certified OB-GYN around the clock, Redlands Community Hospital has collaborated with OB Hospitalists Group. These carefully selected OB-GYNs are on site at Redlands Community Hospital to provide care during labor, delivery and obstetrics-oriented emergencies.

Much like your OB-GYN, an OB hospitalist will provide specialized care, including an unplanned C-section or treatment of dangerous complications, such as preeclampsia, or post-delivery complications, like hemorrhaging. The hospitalists also review test results, monitor fetal heart rate and communicate with other team members as needed.

IMPROVING CARE AND SAFETY
This partnership enhances patient care and safety and minimizes any delays in providing needed diagnosis and treatment. If your obstetrician arrives during your care, the hospitalist will assist your doctor to provide continuity and a seamless transition of care.

“These days, many pregnant women go through labor, delivery and recovery with the obstetrician on call rather than wait for a personal OB-GYN who may not be available at that moment,” explains Samir Hage, D.O., Department Chair, Maternal Child Services at Redlands Community Hospital.

“By having OB hospitalists working side by side as part of our team, our maternity patients can be examined and fully evaluated and appropriate intervention started quickly, whether they have the flu or started having contractions.”

CONSISTENT VALUES
Redlands Community Hospital selected this group because we share the same vision: Elevate the standard of women’s health care with a focus on quality patient care, safety and satisfaction.

Currently, OB Hospitalists are available 24 hours a day, five days a week, at Redlands Community Hospital. The plan is to expand the program so that OB hospitalists are on site seven days a week, 365 days a year.

“Our hope is that expectant mothers and their family members feel even more safe and secure knowing that Redlands Community Hospital has qualified OB hospitalists to see them at any hour, day or night,” says Dr. Hage.

FOR MORE INFORMATION ABOUT OUR MATERNITY SERVICES, call 909-335-5566.

Join Us for ‘Oh Baby Day’
We do more than care for generations.
We celebrate them on Oh Baby Day.
We invite you and your family to join us and be photographed to commemorate your child’s place of birth. Join us as we also celebrate the 30th anniversary of our Neonatal Intensive Care Unit (NICU).
Share precious memories and have your photo taken with others who were born at Redlands Community Hospital.
Saturday, June 3, 2017
11 a.m. to 2 p.m.
Redlands Community Hospital
Northeast Parking Lot
(Next to the Morey Mansion)
350 Terracina Blvd.
Redlands, CA 92373

‘Oh Baby Day’ provides fun for the entire family:
• arts and crafts
• food trucks
• entertainment

Please register online at www.redlandshospital.org to have your photo taken as a group during the time below that matches the year your baby was born.

You will receive a print as a memento for celebrating this special event with us.

<table>
<thead>
<tr>
<th>Baby Year</th>
<th>Photo Time</th>
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<tbody>
<tr>
<td>2013</td>
<td>11:30 p.m.</td>
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<tr>
<td>2014</td>
<td>12:30 p.m.</td>
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<tr>
<td>2015</td>
<td>1 p.m.</td>
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<tr>
<td>2016</td>
<td>1:30 p.m.</td>
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<tr>
<td>2017</td>
<td>1:45 p.m.</td>
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</tbody>
</table>

Please arrive on time. Photos will be taken promptly.

All are invited to attend a special program, which will begin at noon.

IF YOU WOULD LIKE MORE INFORMATION, please call 909-335-5574.

www.redlandshospital.org | Well Aware
Treatment for heart problems often continues after patients leave the hospital. Many patients participate in the comprehensive Cardiac Rehabilitation program at Redlands Community Hospital. This program of education and supervised exercise is designed to help patients who:

- Suffered a heart attack
- Had coronary artery bypass or valve repair replacement surgery
- Underwent angioplasty or coronary stenting
- Have stable angina or stable heart failure
- Received a heart transplant

"Cardiac rehabilitation has been the gold standard of treatment for heart patients for many years," says Michelle Bruny, R.N., B.S.N., CCRP, cardiac rehab coordinator at Redlands Community Hospital. “We evaluate patients referred to the program and design an individual treatment plan to reduce their risk for future cardiac events and maximize the quality and quantity of their lives.”

FROM CLASSROOM TO GYM

Patients typically attend an education session to learn about the modifiable heart disease risk factors, including high blood pressure, high cholesterol, obesity, diabetes and stress. They also learn how to improve their diet, manage stress and make other lifestyle changes to reduce their risk.

In addition, patients participate in one-hour exercise sessions three times a week in the cardiac rehab gym, where they use a treadmill, a NuStep cross trainer and arm weights to increase their strength and endurance.

“The program is based on exercise because physical activity is a natural way patients can reduce each of the modifiable risk factors for heart disease,” Bruny says.

REHAB OUTSIDE THE BOX

What sets the program at Redlands Community Hospital apart from many others is that staff members use alternative strategies along with conventional therapies to help improve patient outcomes. Bruny teaches patients how to use Thought Field Therapy (TFT) to reduce their stress and anxiety. During TFT, patients tap on certain acupressure points to ease specific stressors in their lives. She also encourages patients to use essential oils to help them sleep better at night and to ease any joint pain that makes exercising difficult.

“Some patients are scared because of the traumatic experience they’ve been through,” Bruny says. “Cardiac rehabilitation helps rebuild their health and their confidence. They learn what they can do and feel more comfortable exercising when they know nurses are there. Patients also get a lot out of being around other cardiac rehab patients. They talk about their experiences and what strategies work for them. More importantly, they learn they’re not alone.”

GOT A REFERRAL? CONTACT REDLANDS.

Patients need a referral from their doctor to participate in the program. Most patients attend between 18 and 36 cardiac rehabilitation sessions. Treatment is tailored to your needs at Redlands Community Hospital. Get started on the road to health by calling the Cardiac Rehabilitation program at 909-335-5617.
New Location Provides Easy Access to Rehab and Pre-Op Education

How is Redlands Community Hospital addressing patient wishes for easier access to some of our fastest-growing outpatient services? By moving these services right across the street.

The newly named Rehabilitation Services and Pre-Op Education is located at 245 Terracina Blvd., Suite 101. This accessible office is home to:

• Outpatient speech-language therapy
• Outpatient occupational therapy
• Preoperative nursing call center
• Spine and Joint Institute (SJI) preoperative education and orientation center

THERAPY SERVICES
Speech-language and occupational therapies are especially in demand for children. Area pediatricians refer many children to Redlands Community Hospital for services ranging from speech development to cognitive training.

“Moving our speech and occupational therapy to this quieter, smaller outpatient location can help pediatric patients feel more secure,” explains Karen Zirkle, P.T., CLT-LANA, director of the SJI/Physical Medicine Departments. “The hospital can overstimulate or intimidate children.”

Adult therapy patients also appreciate the more convenient access to this location. This is particularly important for patients dealing with mobility challenges due to stroke or neurological diseases and for the patients’ caregivers.

ENSURING SURGICAL SUCCESS
The new location also serves as the home to pre-op services staffed by registered nurses. Approximately 5,000 patients need to speak over the phone with our specially trained nurses in advance of their surgery. This conversation ensures all necessary lab tests are completed, and patients are educated about which medications, supplements and foods they need to stop before surgery.

Nurses can discuss any patient issues in person with anesthesiologists who are on site. Patients can also visit to have ECGs or lab work performed. The communication between pre-op nurses, patients and anesthesiologists is one reason that Redlands Community Hospital keeps rates of surgery-related sickness and infection well below the national benchmark levels for hospitals.

SJI preoperative education and orientation is a “one-stop shop” for patients scheduled for spine and joint procedures. The location provides convenience for patients to complete all pre-op testing and learn from physical therapists what to expect during and after their procedure. This communication and education helps SJI patients recover from surgery in the expected manner.

FOR MORE INFORMATION regarding these services, call 909-478-7975.
You may know the Auxiliary of Redlands Community Hospital as the group of incredibly helpful, friendly volunteers who escort you to a department in the hospital, give you a shuttle ride to your car or help you pick out a card in our gift shop.

The Auxiliary is all this but also much more. The volunteer Auxiliary also raises money each year for the Redlands Community Hospital Foundation, which in turn helps fund the purchase of medical equipment and assists with expansion of facilities and services.

GIFT SHOP GIVING
In 2016, the Auxiliary presented a check to the RCH Foundation for $65,000. This was one of the largest financial contributions in the Auxiliary’s successful philanthropic history. What makes this amount even more impressive is that it is the culmination of many smaller fundraising efforts, including proceeds from the hospital’s gift shop.

Many people do not realize that Auxiliary volunteers operate the gift shop. Every time a visitor, patient or staff member purchases merchandise such as a card, stuffed animal, candy, balloons, jewelry or toys from our gift shop, they are helping raise money for the Auxiliary fund. This becomes part of the annual contribution to the RCH Foundation.

“People like the hospital’s gift shop because they can find so many items that will lift a patient’s spirits or choose something unique for themselves or someone special,” explains David Caminiti, President of the RCH Auxiliary, who also volunteers at the hospital as a shuttle driver. “The gift shop carries a nice selection of gifts and fresh flowers for guests and patients. I hope people feel good knowing that every purchase is helping to raise money that the Auxiliary contributes to the RCH Foundation.”

A LABOR OF LOVE
One of the Auxiliary’s most anticipated fund-raisers is a drawing for a quilt designed and made by volunteers. Raffle tickets raise more than $2,000 annually. Auxiliary quilters meet at least twice a month throughout the year to work on the quilt. In fact, they work up to two years in advance and are now creating the 2018 quilt.

It is truly a labor of love for this talented group. Framed patches from each year’s quilt are displayed throughout the hospital. Last year, other fund-raising sources for the $65,000 contribution included events such as Auxiliary book fairs.

FOR INFORMATION on becoming an Auxiliary volunteer, call the Volunteer Services Office at 909-335-5526. You can support the RCH Foundation by visiting www.redlandshospital.org/foundation or calling 909-335-5540.
Ghormley Bequest to Support Art Program

In life, Kenneth Ghormley, M.D., was a man of many interests. A talented urologist at Redlands Community Hospital, he also was an art aficionado and an enthusiastic supporter of the hospital’s Art Program. With his passing in 2014 and the death of his wife, Gretchen, in 2016, his love for art and the hospital will live on through a $50,000 bequest announced in January.

“Dr. Ghormley was an active member of the Art Committee,” says committee Chairwoman Susan Sequira. “He helped carry paintings all over the hospital up until a couple months before he died.”

Dr. Ghormley’s interest in collecting original art was stimulated by his service as a charter member of the Redlands Art Association board of trustees, and he encouraged the display of good original art at his medical office and the hospital. Throughout their marriage, Gretchen encouraged her husband’s love of art.

According to Sequira, the bequest will establish an endowment, with proceeds used to purchase new art and maintain the hospital’s collection of paintings, visible throughout the campus.

“My parents’ hope was that all who entered the hospital could, for a moment, through the beautiful artwork provided by them and many other donors, escape their concerns and be comforted and transported,” says their son, Scott. “My father loved to view the paintings when he was visiting his patients at the hospital and was always looking for another painting that might be installed in the hospital’s corridors to provide a new element of beauty. Their bequest is made with love to help ensure that this tradition continues.”

Sequira expresses delight at that possibility. “We never expected anything like this—the Ghormleys’ generosity is more than we can fathom. The magnitude of the gift and his commitment to the Art Program are unprecedented, and in every sense Dr. Ghormley was a true philanthropist.”

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:
  - $25
  - $50
  - $100
  - $500
  - $1,000
  - Other $__________

Please charge my gift to:
- Visa
- MasterCard
- Discover
- AmExpress

Card # __________________________  Exp. Date _________
Signature __________________________________________

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

Name: ________________________________
Address: ____________________________________________
City: ___________________________ State: ___________ ZIP: ___________
Phone: (_________) __________________________
In Honor of: ________________________________

Your contribution will be greatly appreciated by the many lives it touches, both today and for years to come.
In its commitment to keep high-quality patient care at the forefront, Redlands Community Hospital Foundation (RCHF) recently presented the RCH Board of Directors with a $450,000 check to support upgrades for its Maternal Child Services programs and other hospital technology improvements.

The funds will support an upgraded infant security system that protects the safety and whereabouts of newborn babies. Accutech’s Cuddles Infant Security System is an enhancement over the hospital’s current technology, providing a flexible, self-adjusting soft bracelet with small, lightweight infant tag that improves security. The upgrade also minimizes interference from other electronic devices and reduces false alarms.

Redlands Community Hospital will also purchase a CuddleCot system. This is a crib-cooling device used to preserve the body of a baby who dies during or after birth, for grieving parents.

“The death of a baby upon or after birth is devastating and takes a long time to process,” says Lauren A. Spilsbury, M.S.N., R.N., vice-president of patient care services. “The CuddleCot allows the baby to remain in the crib or bed and family members to stay with the baby for as long as it takes to fully accept what has happened.”

The Howard OR mobile medication cart will also be purchased to document patient data electronically. The cart allows nurses and anesthesiologists to scan medications for accurate administration. It includes a long battery life for 12-hour shifts and a compact footprint for the operating room.

“It is extremely gratifying to be able to share the funds for these improvements with the hospital,” says Lynn Whitmer, RCHF board chairwoman. “We are thrilled to see that money put to use in tangible and important ways that will positively impact our patients.”

A portion of the gift will also be used to enhance audio equipment in the hospital’s Stan and Ellen Weisser Education Pavilion, where education programs are frequently held.

The check presentation closely followed the Foundation board’s January vote to fund the improvements to enhance the services offered to the community. A significant portion of the funds were made by a donor’s major pledge to support the hospital’s Maternal Child Services.