

scope

OFFICIAL MAGAZINE OF LOMA LINDA UNIVERSITY HEALTH



Local Impact

SERVING OUR COMMUNITY

with special annual report section



LOMA LINDA
UNIVERSITY
HEALTH

/ Opening Shot /



PARA-CYCLE RACERS and other participants begin a PossAbilities Triathlon, one of many events the organization holds for disabled members of the community. PossAbilities is a free community support group offered by Loma Linda University Health. Learn more about the organization on page 16.





Local Impact

LOMA LINDA UNIVERSITY HEALTH
EXISTS TO SERVE THE WORLD,
INCLUDING OUR OWN NEIGHBORS.

CHANGING LIVES WHERE
WE LIVE AND WORK.

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ON THE COVER: *Tevita Palaki, class of 2017, started a self-funded ministry to wash the feet of the homeless while attending the School of Allied Health Professions. Read more about his story on page 24. Photograph by Chet Williams.*

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**LOMA LINDA
UNIVERSITY
HEALTH**

Why we SERVE



Richard H. Hart, MD, DrPH
PRESIDENT,
LOMA LINDA UNIVERSITY HEALTH

THERE ARE FEW CULTURAL CONSTANTS at Loma Linda University Health as strong as community service. Whether done locally or globally, it has consumed our students, faculty and staff since our very beginnings. I am pleased to say that it is stronger today than it has ever been. This issue of *Scope* details just a few of the many stories occurring locally every day.

An obvious question is, “To what end?” Is a student washing the feet of a homeless man really making a difference in the world? Or are comforting words to a grieving child changing the trajectory of a life? I think that misses the most obvious point. Engaging with human need changes *us*.

In a certain sense, service is a selfish endeavor because the benefits return to us even more than those we serve. That is why service is, and needs to be, such a central part of the Loma Linda University Health experience.

Through the years I have watched with fascination the changes in service interests of our students and faculty. Some want a program they can drop into quickly, leaving complicated organizational details to others. Others want to own the whole idea, from conceptualization to implementation, worrying about everything from fundraising to legal requirements to recruitment of participants. Many student initiated efforts flourish for a few months or years, then gradually die out as the students graduate and move on. Others become institutionalized and gradually develop a life of their own, like our SAC Health System.

I used to worry about these variations and whether we should do more to encourage and support each project. But I have come to learn that trials and subsequent declines are just as important a learning process as ongoing successes. So we create space and provide encouragement to many passionate ideas, and then stand back, occasionally advise, and watch.

There are few greater challenges than how to effectively help others. It is an art that takes time and many trials to perfect. And when circumstances or people change, the challenges start all over again. It seems a natural human tendency to become

FACTS WE COULDN'T QUITE SQUEEZE INTO THE ANNUAL REPORT, *which starts on page 40*

condescending when working with “lower” socioeconomic groups — “Here, let me show you how to do it.” Being able to recognize the inherent talent, energy and potential in each individual and community, and then calling it out, is a real gift. That is what I hope we can infuse into our students for an effective lifetime of service.

Thoughtful leaders and educators today are recognizing that job satisfaction and career fulfillment is less related to income or social status than it is to finding meaning in what you are doing. Some work at a more mundane job and find their meaning in their off hours activities, while the truly fortunate find meaning in their regular employment. Admittedly, health professionals have an inherent advantage in this arena, as we both enter and continue careers that provide great opportunities for finding meaning.

Another descriptor now being talked about is *happiness*. This is thought to be the basic goal in life. How do you find happiness? Surely this is closely related to finding meaning, as these values transcend the usual criteria for success.

So this is the path we are on at Loma Linda University Health, both individually and collectively — connecting with human need, developing effective ways to serve, discovering real meaning in what we do and ultimately finding happiness. And in doing so we fulfill our organization’s motto: To make man whole.

PERCENTAGE OF SCHOOL OF NURSING UNDERGRADUATES WHO ARE FIRST-GENERATION COLLEGE ATTENDEES **41**

NUMBER OF AVOCADOS THE SCHOOL OF PUBLIC HEALTH WILL DISTRIBUTE TO PARTICIPANTS OF AN UPCOMING SIX-MONTH AVOCADO STUDY **24,000**

NUMBER OF LANGUAGES SPOKEN BY STUDENTS, STAFF AND FACULTY AT THE SCHOOL OF DENTISTRY **45**

NUMBER OF BALLOONS THE MEDICAL CENTER GIFT SHOP SOLD LAST YEAR **3,535**

NUMBER OF BABIES THE STORK DELIVERED TO LOMA LINDA UNIVERSITY CHILDREN’S HOSPITAL IN 2017 **3,058**

MINIMUM NUMBER OF PATIENTS THE LOMA LINDA UNIVERSITY MEDICAL CENTER – MURRIETA EMERGENCY DEPARTMENT HAS TREATED SINCE THE HOSPITAL OPENED IN 2011 **50,000**

MINIMUM NUMBER OF RACERS WHO HAVE PARTICIPATED IN THE BEHAVIORAL HEALTH STAND UP TO STIGMA 5K RUN OVER THE PAST TWO YEARS **1,000**

HOURS SCHOOL OF MEDICINE STUDENTS VOLUNTEERED LAST YEAR FOR THE HEALTHY NEIGHBORHOODS PROJECT MENTORING AT-RISK CHILDREN IN SAN BERNARDINO COUNTY **650**

NUMBER OF COUNTRIES SURGICAL HOSPITAL STAFF MEMBERS HAVE VISITED **45**

APPROXIMATE NUMBER OF CHOCOLATE BARS CONSUMED BY PARTICIPANTS IN THE SCHOOL OF ALLIED HEALTH PROFESSIONS CHOCOLATE STUDIES TO DATE **700**

MINUTES PER WEEK THE AVERAGE PATIENT RECEIVES IN PHYSICAL, OCCUPATIONAL OR SPEECH REHABILITATION THERAPY AT LOMA LINDA UNIVERSITY EAST CAMPUS HOSPITAL **900**

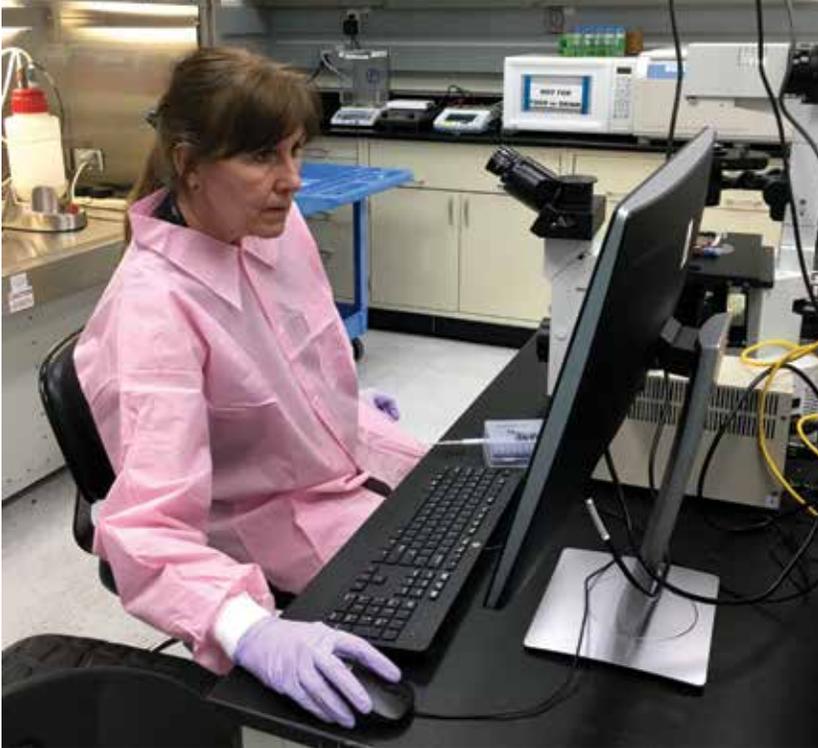
PERCENTAGE OF SCHOOL OF PHARMACY GRADUATES WHO WERE MATCHED WITH A RESIDENCY PROGRAM (ABOVE THE STATE AND NATIONAL AVERAGES) **70**

NUMBER OF STUDENTS WHO ENROLLED IN SCHOOL OF RELIGION COURSES DURING THE 2017-2018 SCHOOL YEAR **5,237**

NUMBER OF STUDENTS FROM THE SCHOOL OF BEHAVIORAL HEALTH WHO WENT ON MISSION TRIPS LAST YEAR **43**

PUBLISHED RESEARCH HIGHLIGHTS

PHOTO BY STEFANIE COUNTRYMAN/BIOSENSE TECHNOLOGIES



RESEARCHERS AT THE SCHOOL OF MEDICINE found that spaceflight and microgravity conditions may encourage cardiovascular progenitor cells to more readily differentiate into heart cells. These types of stem cells play an important role in the regeneration of heart tissue after injury and have therapeutic potential for patients suffering from heart disease. The study, “Spaceflight Activates Protein Kinase C Alpha Signaling and Modifies the Developmental Stage of Human Neonatal Cardiovascular Progenitor Cells,” was published June 15 in the journal *Stem Cells and Development*. Researchers found that cells cultured in simulated microgravity conditions on Earth and aboard the International Space Station showed increased expression of genes associated with the early stages of cardiac stem cell growth. These early developmental cells have therapeutic potential for developing biological pacemakers.

Loma Linda University Health researcher Mary Kearns-Jonker in the lab at the Kennedy Space Center in Cape Canaveral, Florida, in June 2017.

A STUDY BY SCHOOL OF BEHAVIORAL HEALTH

RESEARCHERS found that attention-deficit/hyperactivity disorder (ADHD) severity is associated with severity of video game addiction. The study, “Video game addiction, ADHD symptomatology, and video game reinforcement,” published June 6 in *The American Journal of Drug and Alcohol Abuse*, found that risk of addiction existed regardless of type of video game played or preferred most. The study was released in early June, within days of obsessive video game playing being recognized as an international public health concern. The World Health Organization added “gaming disorder” in its International Classification of Diseases, 11th edition, released on June 18.



PHOTO BY ISTOCKPHOTO



PHOTO BY ISTOCKPHOTO

CAN CHOCOLATE HELP children with autism behave better? Researchers at the School of Allied Health Professions found that children with Autism Spectrum Disorder who were given a high concentration of the antioxidant cacao showed significant improvement in social communication, reduction of unusual behaviors, and better self-regulation behaviors. Further robust randomized controlled trials are now necessary to elaborate the validity of these findings, researchers said. The study, “Antioxidants and Autism: Teachers’ Perceptions of Behavioral Changes,” was published in June in *Advances in Mind Body Medicine*.

RESEARCHERS FROM THE SCHOOL OF PHARMACY published a study in the March edition of *Neuropharmacology* on the use of methylphenidate — the most widely used drug for attention-deficit/hyperactivity disorder (ADHD). How the drug exerts its behavioral effects is not yet fully known. For the study, published as “Methylphenidate significantly alters the functional coupling between the

prefrontal cortex (PFC) and dopamine neurons in the ventral tegmental area,” the team simultaneously recorded activity of prefrontal cortex and dopamine neurons — brain areas involved in ADHD — and examined the drug’s effects on functional coupling between the two structures. The team found that methylphenidate significantly changed the functional coupling of the PFC and dopamine

neurons. This finding suggests that the drug not only works by increasing the levels of dopamine in the brain, but also through other mechanisms, such as changing the functional coupling of PFC and dopamine neurons, which might explain its therapeutic efficacy in patients with ADHD.

5 QUESTIONS WITH ADRIAN COTTON

THE NEWS MEDIA SPOTLIGHT MAY LOVE HIM, BUT DR. COTTON KEEPS HIMSELF GROUNDED AS EVERYBODY'S GO-TO PHYSICIAN.

BY GENESIS GONZALEZ

No one was more surprised than Adrian Cotton, MD, chief of medical operations at Loma Linda University Health, to be selected as a media spokesperson during last year's whirlwind flu season. The charismatic Cotton was seen throughout the community and around the country after appearing in numerous televised interviews on behalf of Loma Linda University Health for its work in treating a high-influx of flu patients. His interviews appeared on news outlets including CNN, ABC, NBC, KTLA and Good Morning America. As he recalls his fifteen minutes of fame, he still laughs at the thought of himself on camera.

"No one believes me, but I'm an incredibly shy person," Cotton says. The Loma Linda University School of Medicine alumnus as a college student never would have imagined himself one day in the spotlight, let alone a medical spokesperson. "I always imagined I was going to be a high school mathematics teacher," he says.

The thought of attending medical school happened on a whim while attending Andrews University in Michigan. A friend told Cotton he was applying to medical school and asked if he wanted to join him. He responded, "Why on earth would I want to apply to medical school?" Cotton's father, who was more excited at the idea of his son going to medical school, bought him an MCAT review book.

Cotton knew he wasn't going to be disappointed if he didn't get in. In fact, he only applied to Loma Linda University — nowhere else. To his surprise, he performed well on the MCAT exam and was accepted to Loma Linda University, graduating in the class of 1996. He went on to complete an internal medicine internship in Spokane, Washington, and returned to Loma Linda University Health for his residency.

The best part of his academic journey, he says, really began when he met his wife, Maggie, on a blind date during his third year in medical school. They married the day after graduation.

Looking back at his career as a physician, husband, father and now a primetime star, Cotton says he wouldn't change a thing. "I have the greatest job ever."

HOW DID YOU ENJOY YOUR EXPERIENCE ON CAMERA AS A LOMA LINDA UNIVERSITY HEALTH SPOKESPERSON?

It turned out to be an interesting experience for me. The opportunity to interact and meet with both local and national reporters was great. I'll be honest, I was so nervous at the beginning, but by the end it wasn't as painful. When the interviews were coming to an end, I was less nervous, and it was much easier to talk, which may be a bad thing because you start to babble. Overall, the experience is something I will never forget.





PHOTO BY CHET WILLIAMS

WERE ANY OF YOUR PATIENTS, FRIENDS OR FAMILY IMPRESSED BY YOUR ON-CAMERA PRESENCE?

No, many of my patients gave me a lot of grief. The day after an NPR radio interview aired, I received text messages from friends in Kansas, Wyoming, Florida, Washington and Montana who had heard me on the radio. I had no idea. For the last 16 years, I've commuted to work about 80-90 percent on a motorcycle or scooter. So, I never listen to the radio. People were texting me about how big of a deal this was to be on NPR. They interviewed me on a cellphone app and everyone said it sounded like I was in a studio. It was cool, but completely wild.

AFTER THE MEDIA STORM OF INTERVIEWS WAS OVER, DID YOU EXPERIENCE ADDITIONAL ATTENTION?

I was asked to speak in Redlands at Esri, a major company in geographic information system tracking, for a special panel discussion on the flu and how we were using the Esri flu map tracker during the interviews. It was interesting to speak with their employees as the topic continued to fascinate so many. I didn't think anyone would

find the topic of the flu interesting, but it caught on. Employees from various offices, including out-of-state, asked me questions during my talk. I also heard from the Loma Linda University Health Office of Public Relations that a major pharmaceutical company wanted to know if I was interested in possibly serving as a spokesperson for one of their products, but I declined.

DO YOU EVER SEE YOURSELF CHANGING CAREERS OR GOING INTO TELEVISION FULL TIME?

Absolutely not. I will continue to do what Loma Linda University Health would like me to do. Otherwise, I'm quite happy seeing my patients. I'm going to stick to what I know how to do.

WHAT ADVICE WOULD YOU GIVE ON PREPARING FOR THE COMING FLU SEASON?

Simple, get the flu shot and wash your hands — a lot. Be sure to stay away from people who are sick, and avoid going to emergency rooms unless absolutely necessary. It's easy to pick something up when you are around more people.

Education, healthcare

Loma Linda University Health's commitment to those
in need was a big, worthwhile investment

BY HEATHER REIFSNYDER



PHOTO BY JANELLE RINGER

Jessica Lopez receives her diploma from Arwyn Wild,
executive director of San Manuel Gateway College.

and *good living*
— three in one at thriving
San Bernardino campus

Should we? Could we? Would we? The answers would determine whether Loma Linda University Health opened a campus in neighboring San Bernardino.

Because the organization answered “yes,” young adults are changing their community and their own lives.

All that goes on at Loma Linda University Health – San Bernardino, which houses San Manuel Gateway College and SAC Health System, can be explained in technical terms, but plain language reveals the heart of the story. Next to the prosperous city of Loma Linda is the city of San Bernardino. Luck is harder to find there. So are jobs and healthcare. Almost one-third of the 230,000 residents live in severe poverty, with many more on public assistance, according to the U.S. Census Bureau.

So Loma Linda University Health opened its San Bernardino campus in 2016, staying true to its mission to continue the teaching and healing ministry of Jesus Christ. The building is a unique blend of teaching facilities, clinic and integrated training programs.

The building’s health clinics continue the work started by volunteer students from Loma Linda University in the 1960s to offer medical care to the disenfranchised and low-income.

In establishing the new campus, Loma Linda University Health sought to do more than just offer a clinic.

“By itself, healthcare doesn’t leverage a community out of poverty,” said Richard Hart, MD, DrPH, president of Loma Linda University Health. “We need people with job skills who can help to make that happen.”

That is why San Manuel Gateway College is the building’s other occupant. The college, made possible by a gift from the San Manuel Band of Mission Indians, offers various healthcare certificate programs, giving job-entry skills to high school graduates.

“It’s about our kids. It’s about providing a light at the end of the tunnel,” said Arwyn Wild, MA, executive director of San Manuel Gateway College.

The college also encompasses a community health worker training program, which allows adults more established in life to advocate for better health and healthcare access in their communities.

June 14 saw the college’s second commencement ceremony, a ceremony just as emotionally moving as the first in 2017. The class of 2018 included 17 medical assistant graduates, three pharmacy tech graduates, 20 community health workers and two clinical community health workers.

Jessica Lopez, age 20, graduated with her medical assistant certificate and is also armed with her determination to make a better life for herself and her 2-year-old daughter Zulee.



“This is my happy place,” Lopez says of San Manuel Gateway College. It is where she found a family who said she could go far. In contrast, some in her own family called her names and predicted she’d end up on the streets.

Lopez’s professor, and director of academic programs at the college, Dynnette Hart, MSN, DrPH, paints a more accurate picture. “It has been a blessing to work with Jessica,” she says. “She has a bright future ahead of her.”

Edilma Ramirez, a medical assistant graduate from the inaugural class of 2017, now works in the building for SAC Health System and says she loves her job.

“Giving back to my community in healthcare is amazing because when you try to help a patient and you know what they’re feeling, it’s a different experience,” Ramirez says. “That’s why I’m here, and that’s why I pursue healthcare, because I want to help a little girl or somebody who doesn’t feel love — to let them know that you have a purpose in life. Don’t let anybody stop you.”

The similar background with her patients that allows Ramirez to connect with them also benefits her fellow clinic workers.

“The San Manuel Gateway College students really teach me how to best serve the people of this community,” says medical

resident Jeffrey Cho, MD. “And they do that because they come from this community, and that’s something that I can’t learn from anybody else.”

This learning environment encompasses both horizontal and vertical integration, according to Jason Lohr, MD, interim CEO for SAC Health System. In the SACHS clinics at San Bernardino campus, attending physicians, medical residents, medical students, nurse practitioners, physician assistants, nurses and medical assistants — and students in other disciplines — work together and create a learning environment where hierarchy takes a backseat to mutual learning from all parties. The added element of horizontal integration further improves the learning and clinical environment by various specialty providers, from counselors to dietitians to pharmacists, all working in one place.

The spirit of common purpose harkens back to the students at Loma Linda University some 50 years ago who started what became the former Social Action Corps and is today’s SAC Health System.

A group of students focused their sights on providing healthcare to the uninsured, to those on the margins of society, in the local area. Inspired and guided by mentors including social worker Cynthia Cooley-Vest and Harvey Elder, MD,

the students began running evening clinics with only some free sample medications and a minimum of supplies. The movement was further buttressed through the years by people including Janice Crayk and by staffing and management support from Loma Linda University's new Department of Preventive Medicine, which formed in the 1980s.

Patient needs continued to grow, necessitating a larger facility. It wasn't an easy or short road, but finally in 1995 Social Action Corps opened for business in the former Norton Air Force Base facility in San Bernardino. Social Action Corps became the nonprofit Social Action Community Health System, headquartered at the Norton location, with two additional satellite clinics in the city.

In time, a growing community need drove conversations about expanding SAC Health System. Leaders recognized that San Bernardino residents needed more than healthcare. Also crucial was education leading to jobs.

"We recognized that a clinic is also a training laboratory, a place where we could provide young lives with mentoring, purpose and a meaningful future," says President Hart.

In making a decision to move forward with such a plan, Loma Linda University Health had to answer three questions: Should we? Could we? Would we?

"I am proud that Loma Linda University Health answered all these in the affirmative, despite many legitimate questions about cost, risk, purpose of a university, partnerships and more," Hart says. "During all my years at Loma Linda University Health, no other project has generated such community support and enthusiasm as this one."

Of the San Bernardino campus, Dale Marsden, EdD, superintendent of the San Bernardino City Unified School District, says, "This gives an example, when people walk into it, of what our young people can aspire to."



COMMUNITY HEALTH WORKERS EXTEND HEALTHCARE REACH BEYOND HOSPITALS

BY DONAJAYNE POTTS

Loma Linda University Medical Center and Loma Linda University Children's Hospital are now employing community health workers (CHWs) in an effort to broaden the organizations' scope of services and create links to strengthen community-based disease prevention and treatment.

Often called "promotores de salud," CHWs are trusted members of the community who build bridges between clinical care and local citizens. Their shared experience allows them to have a fundamental understanding of the culture, languages, challenges and health-related needs patients may face. CHWs help patients navigate the healthcare system, reduce patients' unnecessary hospitalizations, increase positive long-term population health outcomes and lower health care costs.

Silvia Ortega is the first of three clinic-based CHWs to be employed at Loma Linda University Health. She has accepted a full-time position at Loma Linda University Children's Hospital perinatal institute with a focus on the neonatal intensive care unit (NICU).

In December, Ortega was among 14 students that became the first clinic-based CHW graduates of San Manuel Gateway College. She is passionate about working within her community to help expectant mothers and families become healthier — physically, mentally and spiritually.

San Manuel Gateway College is the first of its kind in the United States. The college integrates training programs in health careers with clinical experience, allowing students to benefit from hands-on training

and mentoring by Loma Linda University Health faculty and students.

"The education I received at San Manuel Gateway College has allowed me to serve my community in ways I could have never anticipated," Ortega says.

During her practicum at the Loma Linda University Children's Hospital NICU, Ortega believes God used her family's own painful story of infant loss to help her be sensitive and nurturing to parents going through health issues with their own children. Ortega credits the pilot program for her ability to be a healthcare advisor and a support system to families. "It's something I wish our family had during a difficult time," she says.

Healthcare organizations like Loma Linda University Health are increasingly recognizing the need for CHWs as an integral part of complex healthcare teams. CHWs complement conventional medical care by helping to address a patient's basic health needs — allowing clinicians to focus more on clinical services.

The Promotores Academy at San Manuel Gateway College — a partnership between Loma Linda University Health and El Sol Neighborhood Education Center — has educational programs that train, certify and prepare CHWs to join the community workforce in population health management.

Enrolled students receive training in population health improvement strategies such as individual and community capacity building, health promotion, disease prevention, cultural mediation, advocacy and home visitation.

After completion of the basic CHW certificate program, graduates can receive specialty training as clinic-based, behavioral health and school-based CHWs. This pilot program provides a CHW with advanced knowledge and expertise to more effectively and competently assist the most at-risk patients and high-risk populations with much-needed support.

"Health barriers within a community are not always medical, but can have more to do with cultural, social or economic issues," says Lily Lee, DrPH, MPH, director of academic programs at San Manuel Gateway College Promotores Academy.

"Community health workers can help members of a community address these barriers — using a patient's individual strengths to help build and sustain capacity through health literacy, motivation and adherence to health plans," Lee says. CHWs have the ability to improve a patient's overall physical and mental health, whether it's a diabetic who can't access or afford healthy foods, an aged widower who is having difficulty getting his prescription filled or a pregnant teen with no emotional support.

"We believe that education and workforce development will be the most effective public health intervention in our region," says Juan Carlos Belliard, PhD, MPH, assistant vice president for the Institute of Community Partnerships, which seeks to make Loma Linda University Health's community engagement meaningful, coordinated and strategic. "We are committed as an institution and a community to putting our best efforts behind this upstream approach to whole person care."



Silvia Ortega is the first clinic-based community health worker to be employed at Loma Linda University Health.

PHOTO BY JANELLE RINGER



Why POSSABILITIES IS A GODSEND

for Pam Robinson, Christopher Sproule and 4,000 others

Program offers activities, events, resources and referrals for people with all kinds of disabilities

BY JAMES PONDER

Ask any of the 4,000-plus members of PossAbilities — the free community outreach program Loma Linda University Health created for people with disabilities — why they love it and you're likely to hear a variation on one of three basic themes.

For some, it's access to accurate medical information, a resource library and free community events. For others, it's a support group of friendly people with similar disabilities. For the athletically inclined, it's the opportunity to participate in adaptive sports or train for international competition.

Cotie Williams, program manager and beloved den mother to the PossAbilities family, says people whose lives have been turned upside-down by disability often don't know where to turn for help and support. "We reconnect them to

their families and communities, and support them emotionally, physically and spiritually," Williams says.

PossAbilities was founded in 2000 as a healthy social network for disabled individuals. The organization provides more than 60 services. All of them, including membership, are offered free of charge.

PossAbilities hosts numerous events and activities and serves as a library, resource center and referral agency for people with several types of disabilities. There are support groups for people with autism, head injury, spinal cord trauma, sickle cell disease and more. One group caters to Spanish-speaking parents of children with disabilities. There are also training clinics for people who want to learn to ride a handcycle

or run after losing a limb. The list goes on . . .

Long-time member Pam Robinson says that for her, at least, PossAbilities is all about compassion, inclusion, encouragement and support.

Robinson was 48 when she was diagnosed with multiple sclerosis in 2004. At first, the news seemed overwhelming. She feared becoming totally dependent on her husband, perhaps even bedridden. Before long, however, she realized that knowing the cause of her symptoms — depression, numbness of hands and feet, and difficulty concentrating — also brought relief. "It allows you to plan for your future," she says.

Fast-forward 14 years and Robinson, who joined PossAbilities 12 years ago, is anything but bedridden. Instead, the Redlands volunteer

is highly engaged in a very active life. She walks, exercises, and drives herself to several PossAbilities functions each month, where she gets down to the serious business of serving others.

"I stuff envelopes, help out at the pool party and picnic, make phone calls, assist at the monthly mixer, serve on the grants and scholarships committee, and volunteer at events like the Triathlon and the Redlands Bicycle Classic," she says. "Each December, my husband and I participate in the It's a Wrap Christmas Party for children. We love PossAbilities!"

For Christopher Sproule, who broke his back and ribs, and suffered spinal cord and lung injuries in a May 2003 accident, PossAbilities means a shot at winning a gold medal in

paracycling at the 2020 Paralympic Games in Tokyo, Japan.

"I believe I can do it," the 40-year-old firefighter from Las Vegas, Nevada, says. "PossAbilities already eliminated the biggest variable by making sure I have a bike that's fast enough to win."

Sproule refers to a specially upgraded Carbonbike RevoX racing handcycle, which he says costs almost \$20,000. Pedro Payne, PhD, PossAbilities program director, says Sproule was selected because of his serious commitment to self-discipline and training.

"Through the PossAbilities Sports Luncheon, we were able to secure a grant for him to purchase a handcycle that would permit him to reach the highest level of his sport," Payne said. "We are happy to have Chris as a part of our Paralympics training

program, and we look forward to sharing his journey to the Paralympic games in Tokyo."

Sproule has been actively training for the Paralympics since 2015 when he attended a talent identification day for disabled athletes, which the U.S. Olympic Committee's Team USA conducted at the Rose Bowl.

"I stunk at shotput, javelin, all those," Sproule said. "The last event of the day, they threw me on a bike, and I was the fastest guy they had seen all weekend. That led to another talent identification camp at Chula Vista, and again, I was the fastest guy."

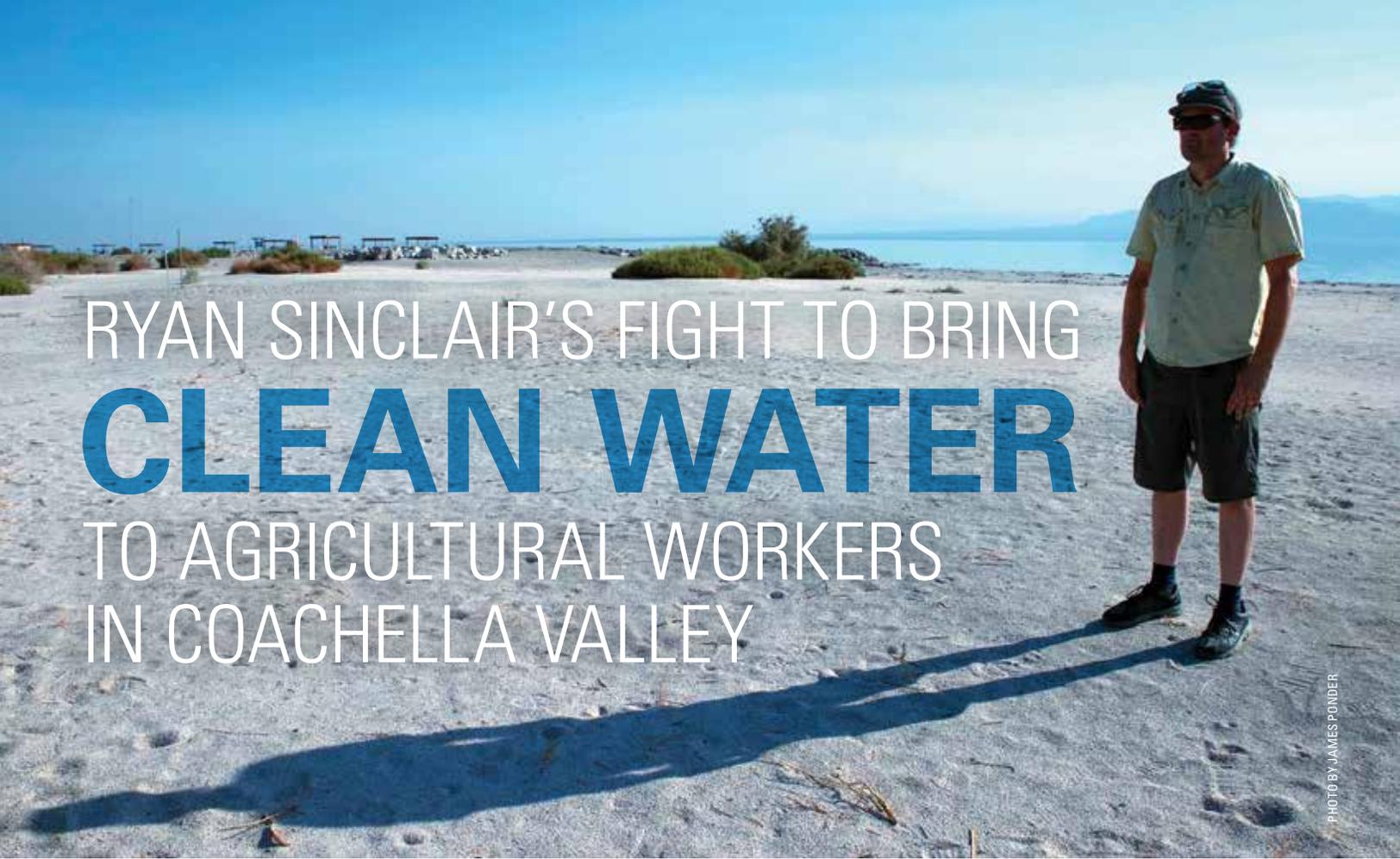
To maintain focus and build strength and coordination, Sproule sticks to a strident training regimen. He divides the calendar between training season and racing season. Training season means longer rides but at lower intensity. "I average 15 hours a week during training season," he says. "We go on

three- to five-hour rides at lower intensity. During racing season, the rides average 1.5 hours in length, but Sproule pushes himself much harder. "Mentally, you have to stay positive and confident," he says.

Sproule seemed that way when he thanked members of the sports luncheon planning committee in November 2017. After acknowledging the gift of the racing bike, he displayed the unflinching determination that makes him such a tough competitor. "All I ever wanted was an opportunity," he said. "You have given me that. Now it's on me, and I tend to be pretty successful."

For more information about PossAbilities, go online at <https://teampossabilities.org/>, check out PossAbilities at the LLUMC Facebook page or call 909-558-6384.





RYAN SINCLAIR'S FIGHT TO BRING **CLEAN WATER** TO AGRICULTURAL WORKERS IN COACHELLA VALLEY

PHOTO BY JAMES PONDER

BY JAMES PONDER

Flint, Michigan, may get more media attention, but an environmental microbiologist at Loma Linda University School of Public Health says a similar water crisis exists in Southern California's Eastern Coachella Valley.

Associate Professor Ryan Sinclair, PhD, MPH, says drinking water for the estimated 20,000 to 40,000 residents of farmworker communities in the area is unfit for human consumption.

In late 2011, Sinclair began partnering with local organizations on a campaign to tackle the water-contamination problem in the rural communities of Thermal, Mecca, Oasis and North Shore, where many residents live in aging trailer parks near farmlands and unregulated trash dumps.

Sinclair grew up in Desert Hot Springs, a city on the northeastern edge of the valley whose official website boasts of "award-winning municipal water."

The irony is not lost on Sinclair. "Growing up, I knew about those communities, but I was unaware of the problems with their water infrastructure," he says. "They do have water, but their well

water is often contaminated with arsenic, nitrates and bacteria."

For most of this decade, Sinclair has been traveling to the valley an average of three times a month to collect water-quality samples and bring them to his laboratory for testing. He then shares his findings with community health workers and activist organizations. "The data I provide on water contamination is useful to them," he says.

Sergio Carranza, director of Pueblo Unido Community Development Corporation, has been a strong ally in Sinclair's clean water campaign. Once Sinclair identifies contaminated water, Carranza and his associates install reverse osmosis filters in the affected trailers. Riverside County Environmental Health installs filters in communities not served by Carranza's organization.

"They only cost about \$200 each," Sinclair says, "but they do the job. Sergio installs them in the Polanco parks, small trailer parks with less than 13 trailers each. There are 40 Polanco parks in Eastern Coachella Valley."

In addition to Pueblo Unido, Sinclair works closely with organizations like Building Healthy Communities Eastern Coachella Valley and Comite Civico del Valle, Inc.

What would it cost to make the problem go away? "Millions but not billions of dollars," he says. "The gold standard would be to have clean drinking water plumbed to their homes from the water district."

An August 7, 2017, article in *High Country News* devoted several paragraphs to Sinclair's water-quality activism. Articles in other publications have described his work in the fields of air pollution, food safety, household hygiene and wastewater runoff.

Sinclair is also pleased that U.S. Congressman Raul Ruiz, MD, California State Assemblyman Eduardo Garcia and Riverside County Supervisor V. Manuel Perez are taking the water problem seriously and working for a permanent solution.

Until they find it, Sinclair will continue his thrice-monthly trips to help bring the Eastern Coachella Valley water crisis to an end.

PEOPLE OF IMPACT



Whether helping homeless youth or teaching families how to develop healthy living habits, numerous Loma Linda University Health staff give of their time to assist local people in need. Here are some of the ways in which they serve.

GOING ON 10 YEARS, COMMUNITY SOCCER LEAGUE PROMOTES HEALTHY LIVING IN INLAND EMPIRE

BY DONAJAYNE POTTS



The Goal 4 Health youth soccer league is an annual initiative of Community-Academic Partners in Service (CAPS) that has inspired entire families to include physical activity and incorporate healthy habits into their lives.

Each year the program draws more than 260 community participants. Before each soccer game and practice, healthy living activities are presented by Loma Linda University student volunteers. According to the program's director, the activities are always a hit among players and their families.

A presentation made by a group of respiratory therapy students, prior to a Thursday evening practice, may have prompted one child to ask her father to quit smoking. She said that after she saw the visual aid of a healthy, pink lung compared to a decayed, brown smoker's lung, she was going to talk to her father about quitting.

Sandra Bonola, a mother of five from Riverside, has participated in the Goal 4 Health community soccer league since its inception in 2008, both as a player and a coach.

Bonola said her first experience with Goal 4 Health years ago inspired her to lose more than 30 pounds and make efforts to control her diabetes. "I learned how to eat better, feel better and live better," she said. "I wanted my family to experience how great it felt to be healthier."

Since then, Goal 4 Health has become a family affair for the Bonolas. She said two of her sons joined the soccer league as players and went on to volunteer as referees in later years. Her two daughters have also participated in the soccer league.

"The best part about Goal 4 Health is that I get to exercise with my kids," Bonola said. "We discover healthy, life-changing habits together."



PHOTOS BY DONAJAYNE POTTS

PUBLIC HEALTH FACULTY MEMBER HELPS HOMELESS YOUTH IN REDLANDS

OFFERING SIMPLE ACTS OF CARE IS A BIG PART OF IMPROVING DESTRUCTIVE HABITS, HANDYSIDES SAYS

BY ANSEL OLIVER



PHOTO BY ANSEL OLIVER

Every week, Daniel Handysides, PhD, assistant professor at Loma Linda University School of Public Health, volunteers at a homeless youth shelter in Redlands, offering one-on-one counseling, health education lectures and an open ear to teenagers in need.

Roughly half of Redlands' 1,800 homeless youth walk through Youth Hope's doors each year for food, mental support and love.

Individual interactions with his mentees can range from a five-minute catch-up session to an hour of listening to someone talking about abuse they're suffering. Handysides frequently receives messages and texts from youth late at night who are struggling with their lives or rehab.

"We figure out where they are in their lives and see if we can tie them into resources, if they're ready, for drug rehabilitation or seeking treatment at the LLU Behavioral Medicine Center," he says.

Handysides says he lives his life to impact others, particularly youth, whom he believes have the greatest capacity to live, love and grow.

"A lot of behavior change is simply knowing that there is someone who cares," he says.

Driving his passion is Christ's calling to serve those society has cast out. At Youth Hope, that often means a homeless teenager

living under an Interstate 10 bridge and addicted to heroin.

Over the past eight years, Handysides has seen numerous youth break drug habits, go on to hold steady jobs, and attend college at schools including California State University at Long Beach and University of California at Berkeley.

But now, with his imminent move to another state while continuing to teach at LLU remotely, Handysides is wondering if a substitute could take his spot at Youth Hope.

How about you?

VISION SCREENING PROGRAM SHEDS LIGHT ON EARLY EYE HEALTH

CHILDREN IN RIVERSIDE AND SAN BERNARDINO COUNTIES RECEIVE FREE EYE SCREENINGS

BY GENESIS GONZALEZ

Loma Linda University Health Department of Ophthalmology has partnered with the Lions KidSight USA District 4-L5 (Clubs of San Bernardino and Riverside counties) to help identify and treat eye conditions in young children by providing free eye screenings.

Nearly 22,000 vision screenings were performed on children ages six months to six years since the initiative was launched in September

2015 through June of this year. Of that total, approximately 4,000 children were referred to optometrists in their geographic region, who accepted their insurance, for continued eye care.

The Loma Linda University George P. Cheng Vision Intervention Program is currently funded by the Cheng Family Foundation.

Volunteers from the Lions KidSight USA District 4-L5 Lions perform the vision screenings at various schools

throughout the Inland Empire using an infrared camera. The camera provides critical early detection of vision problems, including the misalignment of eyes or even a white pupil, which, although rare, may signify sight- or life-threatening conditions.

"We provide a high-quality program that is devoted to the well-being of every child screened," says Jennifer Dunbar, MD, associate director of the Loma Linda University Eye Institute. "Our volunteers

contribute 1,000 hours or more annually to visit local schools and educate children and their families on the value of early eye health."

Rob Manning, Immediate Past Council Chair for Lions Clubs in California, says, "Our goal is to visit as many schools as possible in the community and help as many children who are at risk for future eye problems."

Screenings are provided year-round.



Participants who serve in the Vision Screening Program.

PHOTO COURTESY OF VISION SCREENING PROGRAM



PHOTOS BY BRIANA PASTORINO

STUDENTS TEACH KIDS AND THEIR FAMILIES HOW TO MANAGE TYPE 1 DIABETES

MOUNTAIN RETREAT SERVES AS HAVEN FOR LEARNING AND CONNECTING

BY BRIANA PASTORINO

This summer — and every summer since 2013 — students from Loma Linda University School of Pharmacy dedicated several days of their summer break volunteering at Camp Conrad Chinnock.

A comprehensive educational program located in Angelus Oaks, California, Camp Conrad Chinnock provides training to kids with Type 1 diabetes and their families by teaching them how to manage their medication, eat properly and integrate physical activity into their lifestyle.

The camp is a safe haven for kids with diabetes, says Nancy Kawahara, PharmD, associate dean for professional affairs and community engagement at Loma Linda University School of Pharmacy.

In 2008, Kawahara's son was diagnosed with Type 1 diabetes — he was 11. That

year, his endocrinologist encouraged him to attend the camp, which he did every summer through high school.

"Camp Chinnock was a place where everyone understood him, and he cherished the time he had there," Kawahara said of her son's experience.

The summer of her son's junior year of high school, Kawahara dropped her son off at the teen camp while she, along with four students from the School of Pharmacy, spent six days at a session with younger children. Kawahara and the students participated in various recreational activities and educational sessions to help kids with insulin-dependent diabetes. One of those students was Christopher (CJ) Jacobson, PharmD, who is now on faculty at Loma Linda University.

"That experience led to a robust pharmacy program," Kawahara said. They now take 16-20 pharmacy students to camp every year. "It has been a blessing to the education of pharmacy students because they gain first-hand experience with what it is really like to live with a chronic disease," she said.

Several students from Loma Linda University School of Medicine also volunteer at the camp each year.

The camp was started in 1957 by Robert Chinnock, MD, a Loma Linda University Health pediatrician. His son, Richard Chinnock, MD and grandson Timothy Chinnock, MD, both pediatricians, continue to support and participate in the camp today.

HOW CAMP GOOD GRIEF HELPS KIDS LIKE ALINA RECOVER FROM TRAGIC LOSS

13-YEAR-OLD SAYS PROGRAM HELPED HER REGAIN BALANCE AFTER HER MOTHER WAS MURDERED

BY JAMES PONDER

Loma Linda University Children's Hospital offers two weekend camping programs per year to help children recover from devastating loss.

The first, Camp Good Grief, is for kids who lost a loved one to illness or accident. The second, the Special Victims Program (SVP), is for those who lost a parent or sibling to murder or suicide.

Both programs are held in the San Bernardino Mountains where, in an atmosphere of love

and acceptance, campers form friendships with each other and with trained volunteers who help them understand their grief. They also run, play and have fun in the great outdoors.

Thirteen-year-old Alina Ponce was two years, nine months old when she witnessed her mother murdered.

Alina attended SVP for the first time when she was almost 10. Initially, she felt uncomfortable, but when she saw other campers expressing their

feelings, she began to open up. "They were all so accepting," she says. "I learned I wasn't alone. I learned there were other people who felt the same way."

Dorothy Clark Brooks, MA, CCLS, bereavement and community education specialist at Children's Hospital, says a teen retreat was recently established for kids 14 to 19 who have previously attended Camp Good Grief or SVP. Brooks is pleased that so far, she has never had to turn away any applicants.

For her part, Alina hopes to become a junior counselor when she turns 15 or 16. In the meantime, she has a message for other children who have suffered the tragedy of losing someone they love. "You're not alone," she says. "It gets better. Go to Camp Good Grief!"

For more information, visit the Camp Good Grief website or call 1-800-825-KIDS.

EQUINE THERAPY PROGRAM ALLOWS STUDENTS TO HELP CHILDREN WITH UNIQUE THERAPY

DEVELOPING THERAPISTS GAIN HANDS-ON EXPERIENCE IN A PEDIATRIC SETTING

BY JANELLE RINGER

Heather Hebron, MSJ, created the Horses & Lambs program in coordination with the School of Allied Health Professions in 2016 to help children with unique therapy needs. The program allows children to ride miniature horses in an effort to help them practice gross and fine motor skills, postural control, range of motion, coordination and cognitive stimulation and interaction.

"We see a variety of children whose challenges range from autism and cerebral palsy to muscular dystrophy or Rett syndrome," Hebron says. "Therefore, each riding session is tailored to the child's specific need."

Horses & Lambs fills a gap in therapy in the region for children in need of such rehabilitation exercises. The program also serves as a unique service learning opportunity for interdisciplinary work among Loma Linda University occupational and physical therapy students, allowing them to gain hands-on experience in a pediatric setting.

Throughout a quarter, the School of Allied Health Professions occupational and physical therapy students make the trip to the horse ranch to work with the children. After riding horses, children spend time grooming and walking the horses,

which gives the students an opportunity to incorporate creative therapeutic exercises into grooming and walking a miniature horse.

"I wanted to offer them a good experience while also helping them heal," Hebron says. "I wanted to give the families a break from the everyday appointments and the children a break from another doctor's office."

As many of the children face challenging obstacles, it is a rewarding experience to see their faces light up and their worries fade away, Hebron says. "I hope that I can pass on the many blessings that I have received by having horses in my life to the children in the community."



STUDENTS, ALUMNI REACH HEARTS OF HOMELESS THROUGH FEET

BY JANELLE RINGER AND ANSEL OLIVER

As a Loma Linda University student, Tevita Palaki once skipped meals to financially support his budding ministry that now coordinates numerous volunteers to offer the homeless population in San Bernardino County the Christian act of footwashing.

United Feet, which Palaki launched as a sophomore in 2015, sends out volunteers up to four times a week to serve local homeless. Armed with buckets, soap and towels, volunteers serve homeless men and women at area churches and outreach events with a sacrament from New Testament accounts of Jesus washing the feet of His disciples. Volunteers wash the feet of homeless people interested in being served, provide them a pair of socks and offer to pray with them.

"You can look into their lives, where they've walked and help wash them clean," says Palaki, a 2017 graduate from Loma Linda University School of Allied Health Professions (SAHP) with a master's degree in orthotics and prosthetics. "Showing how Jesus lived is sometimes more impactful than saying it."

Students from a variety of academic programs at Loma Linda University now volunteer for the ministry, building relationships with the less fortunate in the community, listening to their stories and praying with them.

Participants are hoping to grow the ministry, which

serves a small portion of the homeless populations of nearly 60,000 people in Los Angeles and San Bernardino counties, according to county records. Palaki now works as an orthotic and prosthetic resident in nearby Ontario and continues to volunteer for the United Feet ministry in the evenings.

One evening, he and Al Ursales, an orthotics and prosthetics student and current United Feet director, set up chairs, water basins, with towels and socks nearby, in a room at a Redlands church hosting a community outreach program. Then they waited.

People trickled through over the next hour, including some repeats. As they sat, the footwashers would ask how they were. One woman answered "cold and tired," but then released a sigh of relief as her feet slipped into the basin of warm water.

There was a familiarity between the students and the people they were serving. "Our goal is extending the reach of Christ past walls and pews. The homeless community have become our congregation," Palaki says.

"It shows you the person behind the face, and it becomes easier to see the people for who God made them," says Audrey Bamford, a nutrition and dietetics student at the SAHP who regularly volunteers. "It's undoubtedly been a humbling experience."

The concept for United Feet formed when an LLU orthotics

and prosthetics professor invited his class to his home for dinner. At the end of the evening, only the professor, another student, and Palaki remained talking about their passions.

"I thought, 'What are their real needs? What basic needs are created by the struggles they go through each day?'" Palaki recalls. He turned to scripture, and an answer came: their feet. Many homeless people spend most of the day on their feet. Because of that, their feet are often dirty and sore.

"During that moment, we realized that true Christianity was washing the feet of someone who needs it. You have to empty yourself completely, so God can fill you with the Holy Spirit," Palaki says. "That belief is still the foundation of the ministry."

The next few months were slowed by obstacles and red tape. But instead of being discouraged, Palaki took out \$500 in student loans.

"I know, that sounds absurd, but I knew I couldn't wait for someone else to do this thing that I was called to do," he recalls.

The loan covered costs for a short time, but as it ran out, they still did not have funding for the supplies they needed. As volunteers joined, their reach spread further. But this just exhausted their finances more rapidly.

Then the money ran out — and along with it, the other volunteers. But Palaki couldn't extinguish the spark that drove him to show a tangible

expression of Jesus by following His ministry.

"I didn't know what else I could do, so I began fasting for lunch on Thursdays so I could use that meal's money to help the community I loved," Palaki says.

He remembers one day he cried because he could only afford enough materials for one volunteer to serve. Palaki knew he needed to fight to keep the ministry going.

Palaki spent two months serving in the ministry. "I was so tired, and I wanted to stop because I felt so alone. But God kept giving me just enough energy to keep it up. I had no idea at that time what God had planned."

Eventually past student volunteers began donating their own money, not willing to dissolve the connection they felt to this community. To date, students have donated more than \$3,000 worth of equipment.

Over that next year, students spent roughly 1,200 hours serving, with Palaki performing more than 350 of those hours himself.

"I knew when people started showing up with equipment to use and socks to give, God had worked on the other volunteers' hearts just like He had mine," Palaki says.

"This has taught us that when God gives you a passion, He will give you a way."

STUDENTS, ALUMNI
SERVE WITH
SACRAMENT FROM
LAST SUPPER



PHOTO BY JANELLE RINGER

THERAPIST FOUND KEY TO KEEPING CHILD ORGAN TRANSPLANT CANDIDATES HEALTHY — CHANGE THE FAMILY DYNAMICS

BY LARRY BECKER



PHOTO BY CHET WILLIAMS

Doctors at Loma Linda University Children’s Hospital were facing a frustrating problem back in 2006. LLU physicians and care teams were noticing that family and social stressors were limiting pediatric patients’ potential quality of life, with some children not even staying healthy enough to qualify for a vital organ transplant. Children’s Hospital physicians ultimately reached out to the Behavioral Medicine Center’s youth outpatient services department for help.

Daniel Tapanes, LMFT, DMFT, MedFT, a family therapist at the Behavioral Medicine Center and a doctoral student in the School of Behavioral Health, spent a year searching for ideas, but couldn’t find anything that really fit the need.

He had spent some time with diabetes and heart programs, seeing how children and families dealt with interwoven physical and behavioral issues, and how those experiences shaped them. He began piecing together ideas from different programs he thought had potential.

What Tapanes went on to develop is now known as the Mastering Each New Direction, or MEND, program. The first families were referrals from the Children’s Hospital. As these families began participating in the group, Tapanes saw certain concepts falling into place.

“When a family has a single member with a chronic illness, that person ends up with a lot of power,” Tapanes says. “Most family decisions need to be made in concert with the needs of the ill member. Rather than having direct relationships, the family relates with the illness. We realized that relationships needed to be readjusted within the family system.”

Sick children also had not reached developmental milestones and struggled with school attendance. At the same time, these children were very articulate from their regular dealings with

doctors and nurses. Though they appeared mature, in reality they struggled with emotional and social developmental processes.

“These patients have a lot of fear because of their uncertain futures,” Tapanes said. “They may live with the beliefs, ‘I won’t finish school; I won’t live long enough to graduate from high school or college; no one will love me; or I’ll never get married.’ Parents have the same type of reaction.”

These psychosocial issues eventually affect the child’s nervous system, creating many biological changes — lowered immune system, changed cognitive processes, interrupted sleep patterns, increased blood sugar levels, and other physical issues that resulted in some kids being removed from the Children’s Hospital transplant waiting list and others not seeing the full benefits of their current treatment protocols.

Researchers began examining the whole stress level umbrella to see if they could bring health improvements in the whole person through talk therapy.

What Tapanes found was that by easing the stress and lowering the physical reactions, children began thriving. The Behavioral Medicine Center soon realized that the MEND program would be a good addition to their services.

MEND is conducted as an intensive outpatient program — patients come for several hours per day for 24 sessions over a six- to eight-week period. The program also requires the child’s entire family to participate in the program.

“Parents of chronically ill children face unique parenting dilemmas,” Tapanes says. “There is a lot of guilt and shame. Research is pretty clear that depression levels in supporting family members are greater, while siblings of chronically ill kids tend to have behavioral difficulties themselves.”

INNOVATIVE MEND PROGRAM HELPS LOCAL KIDS ALTER MENTAL HEALTH FOR BETTER PHYSICAL WELL-BEING

In the Inland Empire, some 30 to 50 percent of children have some sort of chronic illness, says Brian Distelberg, PhD, MA, MEND program director and an associate professor in the School of Behavioral Health.

“Many children in this area don’t need MEND; their families are able to cope well,” Distelberg says. “But for many families the psychosocial factors are too daunting, and that’s where MEND is helpful. For these families we see the child’s and the family’s quality of life improve significantly through their participation in MEND.”

MEND therapists typically work with child participants at the beginning of the session day, assisting them on stress management and regulating their emotions. In that child peer group, MEND patients learn to manage the way they relate to other kids as peers. While this is happening, parents are meeting in peer groups of their own. Finally, in the last hour all of the families come together for multi-family therapy.

HELP FROM A SUPPORTER

While MEND began with about 16 patients, many more children were identified who would be helped through the program. Unfortunately, only one out of 13 children referred had coverage in those days, and funding was clearly an issue. Enter Ken Ramirez.

Ramirez is the Tribal Secretary for the San Manuel Band of Mission Indians in San Bernardino. The tribe first received services from Loma Linda University Health providers more than 100 years ago. Ramirez himself has been involved with Loma Linda University Health for more than 30 years, and has been key to the tribe’s support of a number of initiatives over the years.

Ramirez says he was looking for a new place to offer some support to Loma Linda University Health. During a tour of the Behavioral Medicine Center, he heard of a pilot program that did not have a donor supporter.

Ramirez spent time around the MEND program and in 2012 began making the

project a focus of his support. He found MEND and what the program did for children and their families hit home right away. Ramirez began providing scholarships to children so they could join the MEND process.

“Advocacy for kids is right up my alley,” Ramirez says. “Growing up in an impoverished community, mental health was a huge issue. This program is aimed at creating a healthy mind. I wanted to give these children a voice.”

Tapanes, who founded the program, says he is moved by Ramirez’s support.

“To be able to remove barriers for some of these kids to be in MEND, I can’t express my feelings with dry eyes,” Tapanes says. “I’ll never be able to thank him. These children have received transplants. Now their futures don’t have limits. That never would have happened without Ken.”

EXPANSION HELPS MORE PATIENTS

But Ramirez’s support has helped lift the MEND program in a broader way as well. Distelberg was overseeing research in the program, but was hampered by the fact that only commercial payers were reimbursing for MEND, leaving lower income families without access to the program.

“Ken’s support really helped drive up the number of patients in the studies and allowed lower income families access,” Distelberg says. “His money was really well invested.”

Distelberg conducted a cost benefit analysis with the more diverse economic patient census. He found that insurance typically pays as much as \$20,000 for a child’s healthcare in the year prior to the program and approximately \$5,000 the year after the program. The program only costs \$6,000, and that’s just in direct medical expenses.

“Factor in soft dollar savings like missed school, parents missing work for healthcare needs, and MEND delivers about an 80 percent savings,” Distelberg says.

Armed with those figures, MEND approached the Inland Empire Health Plan



Ken Ramirez,
Tribal Secretary
for the San
Manuel Band of
Mission Indians in
San Bernardino.

(IEHP), a large Medi-Cal and Medicare health plan in the region. They have now reached an agreement that any child who fits their criteria will receive support to enter the MEND program.

BEYOND SOUTHERN CALIFORNIA

MEND has attracted the notice of other healthcare providers across the country. Recently a foundation in Cook County, Illinois, reached an agreement to place MEND in three hospitals in that county. A MEND manual has been produced, and Tapanes and Distelberg will provide training onsite. After three months of initial training, the two men will continue to support the program’s implementation there. Plans include video review of Chicago sessions, and placing Loma Linda University-trained therapists in Chicago for varying lengths of time.

Today MEND therapists see about 45 patients per day, and space has become an issue.

“When more space is available the number will go to 60-65 overnight,” Distelberg said. “We look at our waiting list of kids right now, and know we can help these families.”

Many School of Behavioral Health students receive training or internships through the MEND program. Some of them join the MEND team after graduation.

“MEND is unique in its integrated approach, moving beyond the boundaries of behavioral health,” Distelberg says. “There is a lot of data that when you integrate mental and physical health, you get better outcomes.”

BIG HEARTS OFFER BIG SUPPORT

BY JAMES PONDER

GUILDS AND THEIR VOLUNTEERS HAVE DELIVERED COMPASSIONATE SUPPORT FOR INLAND EMPIRE'S CHILD PATIENTS

For nearly two decades, the Loma Linda University Children's Hospital Foundation's Big Hearts for Little Hearts Guilds have worked to make life better for patients.

Founded in 1999, the auxiliaries raise money to buy specialized medical equipment that isn't in the budget, create fun activities so hospitalized kids can forget their worries and make friends throughout the region.

Over the years, members have given out thousands of children's books and teddy bears to patients, hosted countless reading, art, birthday and Christmas parties for the kids, and made hundreds of friends for the hospital.

To date, the four guilds have collectively raised more than \$7.5 million for hospital and patient support. Founding member Dixie Watkins says, however, that fundraising is not their most important contribution.

One recent morning, Watkins showed visitors the Children's Hospital lobby where the Loma Linda Guild was hosting its annual birthday bash for Luke the Lion — the hospital's mascot. The friendly yellow lion flittered from table to table where children painted pictures or talked with their friends. He stopped frequently for hugs and high fives, and posed for pictures with smiling children. Before they left, each child selected a teddy bear and a book to keep.

"This is what it's all about," Watkins said, pointing out the transformation of parents worrying to parents watching their children having fun. "We feel we really do make a difference for these children."

In the mid-1990s, Reiner Roeske, then executive director of the Loma Linda University Children's Hospital Foundation, mentioned to Watkins that he felt the hospital needed a guild. Watkins pitched the idea to friends Nancy Varner and Eloise Habekost. At the time, Varner was chair of the hospital's foundation board, Watkins a member of the board, and Habekost was about to retire from teaching. The three friends researched best practices for guilds from



// Local Impact



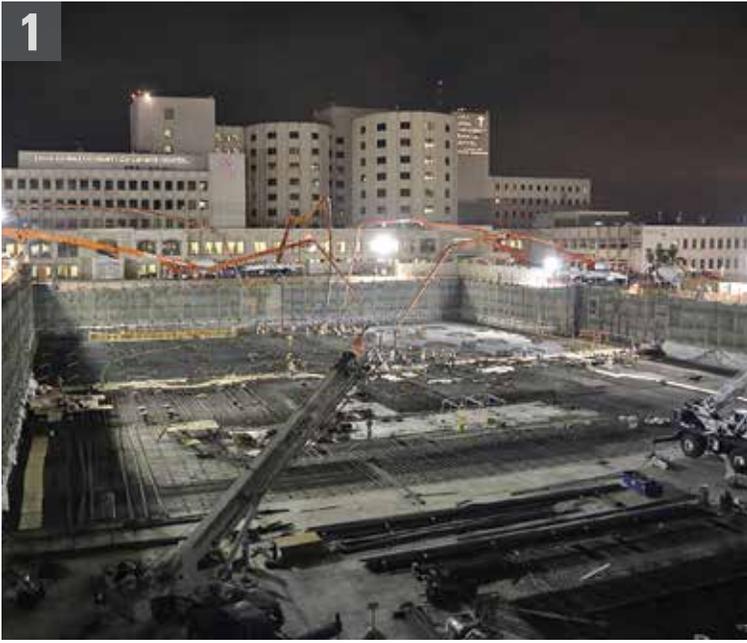
numerous children's hospitals, meeting with administrators, members and volunteers at hospitals throughout California.

Watkins and Varner announced the founding guild's formation during the 1999 Foundation Gala. That September, the organization sponsored its first membership tea and in October, its first cooking school. The three recruited everyone they knew and asked each to invite 10 of their closest friends.

The vision soon spread. The Big Hearts for Little Hearts Desert Guild opened in 2001. The Riverside Guild launched in 2010 and the Temecula Valley Guild in 2013. They share the same bylaws, but each guild maintains its own personality and culture, and designs its own fundraising events and patient activities.

Watkins, Varner and Habekost say they are most proud of the guilds' greatest contribution: events they host for hospitalized children. They say they are so grateful to each board member and compassionate volunteer who has worked over the years to help Children's Hospital patients.





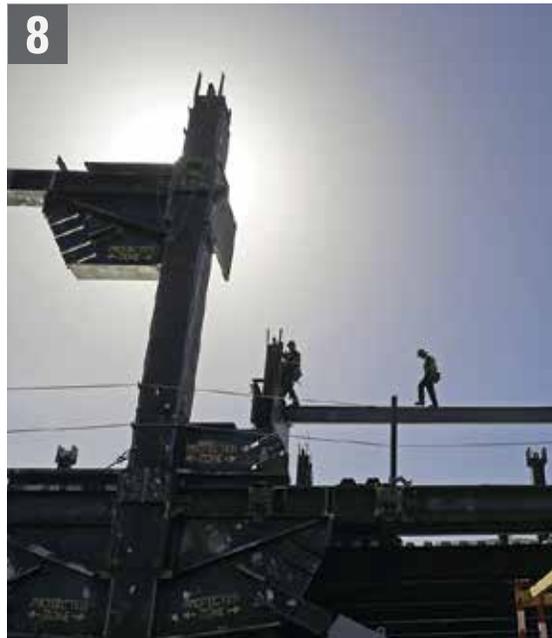
/ Vision 2020 /

DOCUMENTING THE BUILD

Construction of the new Medical Center and Children’s Hospital towers is on schedule, with the steel frame set for completion by the end of the year. Photographer Dennis E. Park has been chronicling the construction, which is part of Vision 2020 – The Campaign for a Whole Tomorrow. Here is a sampling of his work over the past year. To see more, visit docuvision2020.org. To see a rendering of the completed hospital towers and to learn more about Vision 2020, visit luhvision2020.org.



1. The first concrete foundation pour.
2. Dismantling the Liebherr LR-1300 lattice boom crane.
3. Sunset over the Medical Center and the construction pit.
4. Lowering the second double node spline beam.
5. The first bay to be populated with columns.
6. The columns are moving east.
7. Sparks fly off of a welders torch.
8. Walking a beam with one of the largest columns at the left.
9. The two booms seemingly salute.
10. Some of the last beams and girders to be hung over the large fifth floor hallway connecting the two hospitals.
11. Comparative height between the two structures — both at nine stories. The new Medical Center will reach 16 stories.





3



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5



6



7



10



11

COUPLE'S VISION AND SUPPORT LEADS TO OPENING OF CHILDREN'S CLINIC IN INDIO

WHEN JILL AND BARRY GOLDEN MOVED TO THE COACHELLA VALLEY, JILL DECIDED IT WAS IMPORTANT FOR HER TO BECOME IMMERSSED IN THE REGION'S LIFE AND CULTURE.

The Coachella Valley is home to nine desert communities filled with residents committed to giving back. There are more than 800 non-profit organizations with offices in the region.

"Everyone here has a charity that's close to their hearts," Jill said. "As friends, we support each other."

One day Lainie Weil, a Golden family friend who at the time was serving as president of the Big Hearts for Little Hearts Desert Guild, approached the couple, asking them to consider supporting Loma Linda University Children's Hospital. After hearing how the Guild raises funds and brings awareness to the health needs of community children, the Golden's agreed.

"Her charity had 'children' in the name, so it must be a good cause," Jill said. "We wrote a check to support her endeavors, and we moved on with our lives."

But soon Jill and Barry were touched by Loma Linda

University Children's Hospital in a life-changing way.

Shortly after their arrival in the Coachella Valley, Jill found hobbies. She bought a date farm, and, working alongside ranch hands, began to understand their hardships. One day an incident occurred that brought Loma Linda University Children's Hospital back into the Golden's lives.

"One of our ranch hands had a son who ended up in respiratory distress," Jill recalled. "I went with them to a local hospital." The boy was released after three days, but soon was forced to return to the emergency room. Doctors determined that the boy needed to be transferred to Loma Linda University Children's Hospital.

"I watched the Loma Linda University Health transport team in action," Jill said. "They integrated the current care, then carefully began the transport. The team worked with the local hospital to ease the family's concerns."

The boy spent a month, including the Thanksgiving holiday, in Children's Hospital's intensive care unit. Jill was a regular presence. She watched the caring actions of the staff and the administration. She also watched families come and go. Some of them took their children home. Some didn't.

"I began to realize how much care we need in the Coachella Valley for our children," Jill said. "Parents here work so hard to make ends meet. When they need Loma Linda University Health's services, they have to drive such a great distance. What we needed to do became apparent to both Barry and me, so we jumped on board with Loma Linda University Children's Hospital."

Jill and Barry came to feel that the Coachella Valley's children deserved the type of services Loma Linda University Children's Hospital offered, but locally.

"Fortunately for us, Loma Linda University Health heard the voices from the desert, looked at the population and said yes," Jill said. There are 130,000 children in the Coachella Valley, and Loma Linda University Children's Hospital treats some 18,000 of them each year. But many of them have to travel an hour and a half one way to Loma Linda.

"I'm a farmer in the East Valley," Jill said. "I've seen what language barriers and financial constraints can cause. Loma Linda University Health leaders fully immersed themselves in learning the culture and understanding the need firsthand. They swiftly assessed the situation and took action. You don't normally see that in a hospital administration.

I applaud Loma Linda University Health for that."

"I love Jill's sensitivity toward helping people. It's a great attribute to have," Barry said. "I watched Jill for a year and a half on her Loma Linda journey. I watched. Wrote checks. Watched some more. Wrote more checks." But soon Barry caught the vision Jill was seeing.

"It's great to know that a child who's really sick in Coachella can get to this clinic in five minutes," he said. "It's going to change thousands of lives."

Looking back, that initial donation made out of respect for a friend became a seed for what grew into an ongoing commitment to a cause.

During the 2017 holiday season, Jill and Barry rallied friends and colleagues to accompany them to the Children's Hospital for a Santa stroll. A number in the group put on Santa hats or elf suits and shared toys and gifts with the children and their parents.

"When we got into the car to come home, I looked at Jill and said, 'Let's make the commitment.' It's the best thing we've ever done in our lives. This is our gift."

The Golden's committed the lead gift to support the opening of the Loma Linda University Children's Health – Indio Clinic in the city's downtown. The clinic's

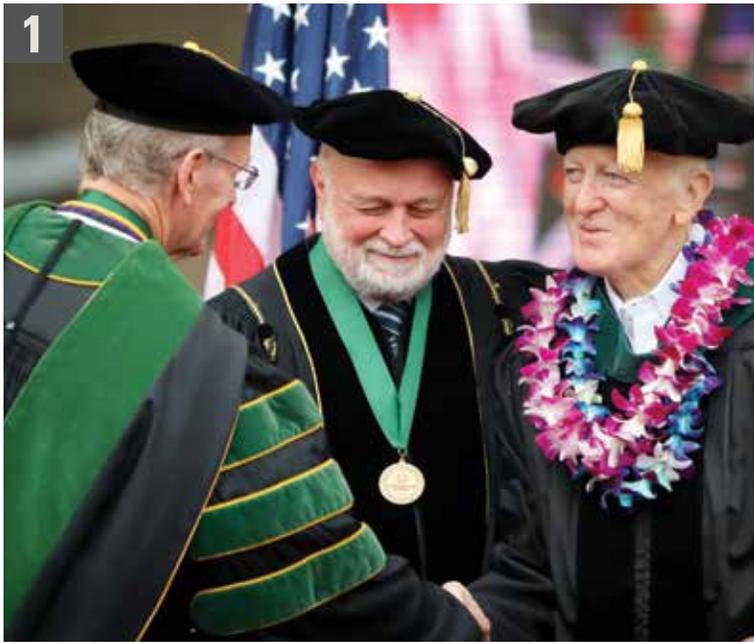
Jill and Barry Golden Pavilion was named in recognition of their generous gift. The facility is the largest pediatric clinic in the area. The Indio project advances Loma Linda University Health's commitment to healthier communities through its Vision 2020 – The Campaign for a Whole Tomorrow.

"My mission right now is to help families and kids," Barry said. "To see a facility like this one brings a great feeling of satisfaction. This clinic in Indio will grow, and bigger things will come after it. There are so many ways to help, whether you share your time at the Santa Stroll or Bunny Hop, participate in local Guild activities or write a check. All those ways are equally important, because you're supporting care for those deserving children. You're either on board or you're not. Right now, I'm on board, and Jill's on board. And it's a great feeling to know the right things are being done."

More information about the Loma Linda University Children's Health – Indio Clinic is available on the clinic's website at luch.org/indio.



PHOTO BY CHET WILLIAMS



/ Gallery /

COMMENCEMENT 2018





1. Dr. Leonard Bailey receives Loma Linda University Health's Lifetime Service Award from Roger Hadley, School of Medicine dean, and Richard Hart, Loma Linda University Health president. Bailey was honored for his groundbreaking work in the field of infant heart transplantation. His contributions to the field have led to worldwide recognition for the organization.
2. School of Medicine Dean Roger Hadley grabs a group selfie with a graduate and her family following the school's commencement service.
3. Vi and Tom Zapara receive honorary Doctor of Humanitarian Service degrees from Loma Linda University

for their decades of service and support for education, healthcare and evangelism initiatives of the Seventh-day Adventist Church.

4. President's Award winner Shawnee Daniel receives her degree during the School of Pharmacy commencement ceremony.
5. The newest graduates of the School of Pharmacy recite the Oath of a Pharmacist during the commencement ceremony on Sunday, May 27.
6. Loma Linda University School of Dentistry graduates were all smiles during the 2018 commencement procession.
7. Joseph Caruso, DDS, former interim dean of the School of Dentistry and longtime

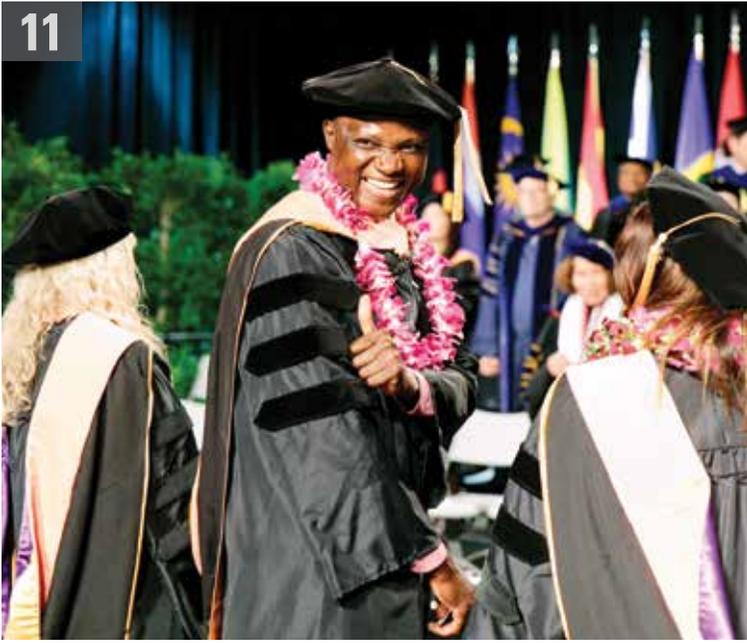
faculty member is honored with the University Alumnus of the Year award.

8. More than 180 graduates from the School of Dentistry celebrated in the 2018 commencement ceremony at Loma Linda University.
9. Families flooded the lawn to celebrate the accomplishment of their graduate, or in some cases, their graduates. The School of Allied Health Professions graduation included eight departments, many with multiple graduates from the same family.
10. Communication Sciences and Disorders students sign The Lord's Prayer during the School of Allied Health Professions' graduation benediction.



PHOTOS BY TAWNY ALIPOON, RACHEL LUNA AND DANIEL TAIPE

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- 11.** Danjuma Daniel, who received a DrPH degree in health policy and leadership later in the ceremony, greets a friend moments after marching into Drayson Center for the June 10 commencement service for the School of Public Health. In addition to his diploma, Daniel also received the Dean's Award, Doctoral, for his distinguished international service during his tenure at the school.
- 12.** New graduate Eiman Alghmdy (right) smiles for the camera with Helen Hopp Marshak, PhD, dean of Loma Linda University School of Public Health (left), moments after receiving her DrPH degree in preventive care.
- 13.** Ellen Kim Cho, DrPH, celebrates with a friend after graduating from the preventive care program at Loma Linda University

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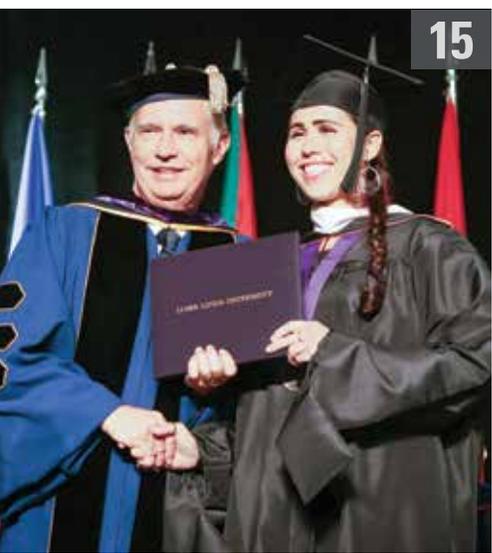
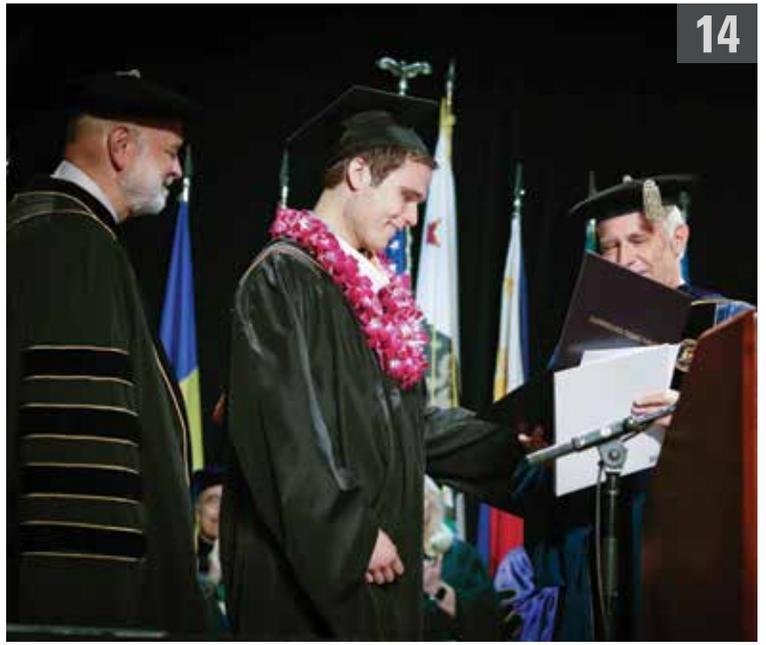
- School of Public Health on July 10. A total of 120 graduates, representing 25 nations, received their diplomas at the ceremony.
- 14.** Master of Arts in Bioethics graduate Adam Borecky receives the Dean's Award from Jon Paulien, PhD, dean of the School of Religion. Borecky is a dual-degree student from the School of Medicine.
- 15.** Amy Reese receives her diploma for the Master of Arts in Bioethics program from School of Religion Dean Jon Paulien, PhD. She is a dual-degree student from the School of Pharmacy.
- 16.** A School of Behavioral Health graduate celebrates her accomplishment as her name is called during commencement.
- 17.** A School of Nursing award-winning graduate, left, shares the excitement with a hug from Elizabeth Bossert, PhD, RN, dean of the school.
- 18.** A graduate from the School of Nursing makes a point to celebrate.
- 19.** Alyssa Vega has extra reason to celebrate: she is the School of Nursing's 10,000th graduate.
- 20.** San Manuel Gateway College's evening ceremony celebrated the achievements of 42 program graduates.
- 21.** Arwyn Wild, MA, executive director of the San Manuel Gateway College, presents certificate to community health worker graduate, Silvia Ortega.

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STREET DENTISTRY BRINGS ACCESS TO CARE

*Alumnus dental hygienist Travis Tramel founded
organization to treat under-served children*

By **ANSEL OLIVER**

“What did you say to my child?” asked the woman on the other end of the phone.

“Uh-oh,” thought Travis Tramel. It was 9 p.m., and the mother had called to say her child was acting differently since meeting him at school. Tramel squirmed and stammered.

She sensed his reticence. “No, it’s a good thing,” she insisted. She said her child now refuses to eat unhealthy packaged snacks and diligently brushes his teeth after every meal.

For Tramel, the mother’s story is a typical anecdote, one in which he or a team member of his mobile dental clinic has helped a child in California’s Inland Empire develop good dental hygiene habits — forgoing junk food and sodas, brushing regularly and not sharing a toothbrush with siblings.

Tramel, who graduated from the dental hygiene program at Loma Linda University School of Dentistry in 2000, says the story is yet another validation that he and his team are helping improve lives by attacking dental problems early for underserved children instead of children needing severe intervention later — which they may not get.

In 2015, Tramel founded Geri Smiles Mobile Dental Hygiene Practice, a Riverside-based mobile practice that brings teams of dental hygienists into schools, health fairs, homeless shelters and domestic violence support centers. A team of 2 to 4 hygienists will treat up to 100 elementary students in a day, offering them a screening, cleaning, and a referral to a partnering group if further work is needed.

Geri Smiles serves mostly Medi-Cal patients and currently works in five counties — San Bernardino, Riverside, Los Angeles, San Diego and Kern. Tramel says his team of nearly 20 employees is on track to serve some 13,000 patients in 2018.

“We’re trying to make a difference in a population that, overall, doesn’t know a lot about healthy living,” Tramel says. “I feel that if I get one person healthy, then I can help a generation.”

Tramel says service has always been in his blood. He watched his mother feed homeless people every weekend, even though the family was of modest means.

He grew up in Thomasville, Georgia, a small town just across the Georgia-

Florida border north of Tallahassee. At Oakwood University in Huntsville, Alabama, he earned a bachelor’s degree in biology before enrolling in Loma Linda University’s dental hygiene program.

Tramel graduated from Loma Linda University and set out to work in dental offices as a temp. Dental hygiene is a field composed of mostly women, and he found himself accepting numerous three-month gigs as expectant mothers took maternity leave. He temped for four years.

In 2004, he took a position with a national dental corporation, setting up dental hygiene programs in seven of its new dental offices in the Inland Empire over the next 11 years. He trained dental hygienists on the corporation’s processes and all aspects of hygiene and related health. Many of the more than 100 dental hygienists he trained would exclaim that he was teaching more about nutrition and cultural sensitivities than they had ever heard.

“That’s the Loma Linda University approach to teaching oral healthcare,” he says. “I don’t think other schools take advantage of opportunities to teach dental hygiene as a part of



PHOTO BY ANSEL OLIVER

wholistic living and different people's sociological background."

Along the way, Tramel noticed an increasing number of patient no-shows. Several months of polling patients revealed similar patterns within the Inland Empire population.

"With all the traffic commuting to Los Angeles, and the fact that dental offices usually keep bank hours, parents didn't want to take off several hours of work to bring their child in for a 15-minute cleaning," he says. "They would wait to come in until their child complained of severe pain in their mouth."

In 2015, he and a friend enrolled in the four-month dental hygiene alternative practice program at University of the Pacific. The program,

which licenses graduates to work with underserved populations, was largely tailored to serve the geriatric population, approximately 65 percent of whom lack dental insurance.

Tramel founded Geri Smiles to serve patients living at home or at care facilities. A year later he began to shift the organization's focus back toward helping children of parents who couldn't bring them to a dental appointment. It took a year of networking at community meetings to discover where the greatest needs were and how his team could serve the largest number of kids in need. The answer, he found, was in public schools. He and team members sometimes do weekend work at other community organizations.

He says other counties have recently contacted him to consult for them as they consider establishing similar program in their regions. This year he applied for a non-profit, tax-exempt organization, which will allow the newly created Geri Smiles Dental Health Foundation to apply for grants, accept donations, serve more children in the Inland Empire, as well as enable him to serve as a consultant to other counties.

Like his mother, Tramel says local service drives him.

"I didn't have to fly somewhere far away to help people," he says. "I knew we could help a lot of people in need right here."

MILESTONES, JULY 2017

Events:

LOMA LINDA UNIVERSITY HEALTH CELEBRATES CURRENT MEDICAL CENTER'S 50TH ANNIVERSARY



A building's impact on a community and on the world was the focus of a golden anniversary celebration of the Medical Center's current cloverleaf structure. Participants in the August 2017 event recalled the controversy leading to the decision to build a hospital in

Loma Linda. They also recalled the many clinical innovations that have been developed within the building, including proton therapy, coronary angiography, perinatal research, fetal heart monitoring and infant heart transplantation.

NEW DEAN TAKES OVER SCHOOL OF DENTISTRY LEADERSHIP



Robert Handysides, DDS, became the sixth dean in the School of Dentistry's history in January 2018. After his graduation from the School in 1993, Handysides spent six years in Canada, returning to the School in 1999. He has held a number of faculty and administrative positions in the intervening years.

CHILDREN'S HOSPITAL EARNS NATIONAL AWARD FOR QUALITY

Loma Linda University Children's Hospital earned its first-ever Top Children's Hospital rating during 2017 from the Leapfrog Group, a national organization that spearheads advances in quality and safety in the American healthcare industry. The Leapfrog Group rating affirms Loma Linda University Children's Hospital's historic dedication to our young patients and their families. LLUCH is the only children's hospital in the western United States to earn the coveted 2017 designation, and is one of only 10 of the roughly 350 children's hospitals in the U.S. honored this year.

HEALTH CARE SERVICES ENHANCED IN BEAUMONT-BANNING REGION



Loma Linda University Health significantly increased the variety of health care services available in the Beaumont-Banning

region. Beginning in October, residents of the desert communities found expanded primary care services, advanced imaging, outpatient surgery, and an urgent care center at the new Loma Linda University Health – Beaumont – Banning facility, the former Highland Springs Medical Plaza.

MEDICAL CENTER MARKS 50 YEARS OF LIFE-SAVING ORGAN TRANSPLANTS

When Louis Smith, MD, transplanted a kidney into patient Paul Anderson in April 1967, it was the first successful organ transplant procedure at Loma Linda University Health. Since that historic procedure, Loma Linda University Medical Center has been home to thousands of life-saving transplants. Global attention focused on Loma Linda in 1984, when Dr. Leonard Bailey implanted the heart of a baboon into a newborn known as Baby Fae. It was the beginning of Dr. Bailey's revolutionary infant heart transplant program.



JUNE 2018



LOMA LINDA UNIVERSITY CHILDREN'S HEALTH – INDIO BRINGS WORLD-CLASS HEALTHCARE TO COACHELLA VALLEY

Expanding its service area into the Coachella Valley to provide healthcare that is accessible and available to those who need it most, Loma Linda University Children's Health opened a large pediatric clinic in Indio in March 2018. The clinic will offer pediatric primary care, urgent care, telemedicine, dentistry and other specialties.

SILVER ANNIVERSARY CHILDREN'S HOSPITAL GALA RAISES MORE THAN \$2 MILLION



With the theme "Reflection," the 2018 Children's Hospital Foundation Gala celebrated 25 years of service and highlighted plans for the future.

More than 1,000 guests attended and raised an unprecedented \$2.35 million. Funds will benefit Vision 2020 – The Campaign for a Whole Tomorrow, which supports construction of the new Children's Hospital tower and Loma Linda University Children's Health – Indio, Jill and Barry Golden Pavilion.

SCHOOL OF NURSING CELEBRATES ITS 10,000TH GRADUATE



When first-generation college graduate Alyssa Vega marched across stage to receive her diploma from the School of Nursing during commencement June 10, she became the School of Nursing's milestone 10,000th graduate in addition to receiving her Bachelor of Science in Nursing degree. The class of 2018 comprised 210 students receiving bachelor's, master's or doctoral degrees. They are the 112th class to graduate from the School of Nursing, which, founded in 1905, is the oldest school at Loma Linda University.

SCHOOL OF PUBLIC HEALTH ASSISTING MONGOLIA WITH TOBACCO-CONTROL

Loma Linda University School of Public Health is intensifying its collaboration with Mongolian public health officials to halt the sale of tobacco to children and help smokers who want to quit. Plans include construction of a geographic information systems (GIS) lab to help track vendors selling tobacco to minors as well as a clinical trial of an herbal supplement formulated to offer an affordable way to help smokers kick the habit. The lab will enable researchers to better track non-compliance in the sales of tobacco.

LLUMC – MURRIETA EARNS NATIONAL ACCREDITATION FOR CANCER PROGRAM

LLUMC – Murrieta's multidisciplinary approach to treating cancer earned three years of accreditation by the Commission on Cancer of the American College of Surgeons. A multidisciplinary approach includes consultation among surgeons, medical and radiation oncologists, diagnostic radiologists, pathologists and other cancer specialists.

LEONARD BAILEY RECEIVES LIFETIME SERVICE AWARD

Loma Linda University honored Leonard Bailey, MD, with a Lifetime Service Award during its May commencement ceremony. Bailey, an iconic surgeon, was selected to recognize his four decades of leadership and research into infant heart transplantation. His lifesaving efforts have transformed Loma Linda University Children's Hospital into the world's leading pediatric heart transplant center.

Recognitions:

MEDICAL CENTER'S CHIEF OPERATING OFFICER HONORED BY NATIONAL HEALTH CARE PUBLICATION



Loma Linda University Medical Center's Chief Operating Officer Trevor Wright, MHA, was recognized as one of the 100 great leaders in healthcare for 2018 by Becker's Hospital Review, a leading publication highlighting business, legal

news and analysis for the hospital industry. Wright said he is deeply honored to have been nominated and selected for this list of healthcare leaders. "Loma Linda University Health continues to open doors to new advances in healthcare and by doing so, advances the quality of care offered to patients," he said.



BEHAVIORAL MEDICINE CENTER, SURGICAL HOSPITAL NAMED TOP HEALTHCARE WORKPLACES

Both the Loma Linda University Behavioral Medicine Center and the Surgical Hospital have been named top workplaces in healthcare by Modern Healthcare, the leading source of healthcare business news, research and data. The honor is based on an extensive employee survey completed by a random selection of several hundred employees at each hospital. The BMC award was announced in August 2017, while the Surgical Hospital honor was announced in May 2018.

SURGICAL HOSPITAL HONORED FOR SERVICE EXCELLENCE

Loma Linda University Surgical Hospital received three 2017 Excellence and Improvement Best Practice Awards in August 2017 from NRC Health. The Surgical Hospital received Patient-Centered Care Dimension Awards in three categories: continuity and transition, physical comfort and respect for patient preferences. Jonathan Jean-Marie, MHA, vice president/administrator of LLU Surgical Hospital, said that although 426 hospitals were eligible, only 30 hospitals from the United States and Canada received awards. LLU Surgical Hospital was the only organization to receive more than one award.

LOMA LINDA UNIVERSITY NAMED A 'GREAT COLLEGE TO WORK FOR'

Loma Linda University is a great college to work for according to The Chronicle of Higher Education's 10th annual report on The Academic Workplace released in July 2017. One of just 79 institutions to receive the honor, Loma Linda University was honored for confidence in senior leadership; job satisfaction; professional/career development programs; supervisor/department chair relationship; and work/life balance.

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Outpatient visits
July 2017 – June 2018:
1,800,939

Students
in Fall 2017:
4,451

LOMA LINDA UNIVERSITY HEALTH FINANCIAL SUMMARY JULY 2017 – JUNE 2018

| | |
|--|------------------------|
| We earned: | |
| From clinical activities | \$2,150,828,000 |
| From academic activities | \$329,437,319 |
| Total Net Revenue | \$2,480,265,319 |
| We spent: | |
| On clinical activities | \$1,902,568,000 |
| On academic activities | \$315,856,339 |
| Total Expenses | \$2,218,424,339 |
| Increase in restricted net assets from gifts and investment income | \$14,034,000 |
| Unrealized gain on investments | \$12,801,000 |
| Transfers and other adjustments | \$(16,714,896) |
| Increase in net assets | \$271,961,084 |

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VISION 2020 UPDATE

Loma Linda University Health's construction of a new adult hospital and new Children's Hospital tower marked some exciting milestones this summer. In mid-July, the first vertical steel beams for the new adult tower were secured in place. In late July, the first steel beams of the Children's Hospital were set in place. And in late August, the steel columns of the new adult tower surpassed the height of the existing Medical Center. Ultimately the new Children's Hospital tower will be nine stories, next to a 16-story new Medical Center for adults. The two new hospitals will share a common pedestal of five stories. Construction is on schedule, and the full steel frame of the building should be in place by the end of the year.

**\$302.64 MILLION TOTAL
RAISED FOR VISION 2020
THROUGH AUGUST 31, 2018.**



PHOTO BY ANSEL OLIVER



Rachelle Bussell, MA
Senior Vice President for Advancement

“Loma Linda University Health is so blessed to have such strong support for Vision 2020. It’s a testament not only to our mission and how we work to fulfill it, but also to how many people wish to join us in this mission to strengthen the health of our region and the world.

“Thank you so very much for your gifts, encouragement and prayers as we enter the final stage of achieving this vision that will transform lives here and abroad.”

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PHOTOS BY DANIEL TAIPE

CELEBRATE GOOD TIMES, COME ON!

“One thing I noticed about the commencement ceremonies,” said photographer Daniel Taipe, “is that families have supported the student all the way through school — all those ups and the downs — and it seems like the commencement ceremony is the

place where the families take over and express something like, ‘Now it’s our turn to really celebrate you.’ I even saw President [Richard] Hart laugh and enjoy seeing how families do that, whether the graduate wants all that type of celebration or not.”

Missi Rouhe, Alumna
Strategies: Gift in will



Powerful Strategies

FOR PEOPLE WHO CARE

Missi Rouhe is an alumna of the School of Nursing and School of Public Health. What she loves most about Loma Linda University Health is that the mission of continuing the healing ministry of Jesus Christ is incorporated in both the classroom and clinical setting.

She wanted to establish an endowment that would enhance both students and instructors. Missi called upon her family and classmates to get together and accomplish this goal. What brought them together was their desire to give others better learning opportunities. Together, they are making their mark and empowering the future for Loma Linda University Health.

Let us help you discover your Powerful Strategy.

Office of Planned Giving

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Loma Linda University Health **HOMECOMING**

Thursday, February 28 – Monday, March 4
2019

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