

hello **Healthy**

CELEBRATING THE HEALING POWER OF HUMANKINDNESS • SUMMER 2019

'A better version of myself'

Dignity Health leader shares small steps to being physically, emotionally, and spiritually strong

Keeping families close and supported

Bakersfield Ronald McDonald House celebrates 10 years

CityServe's heart for a healthier community

Local churches help people in need





Fun and free!

Mercy and Memorial Hospitals offer free yoga and Zumba classes. Visit dignityhealth.org/bakersfield/classes.



Follow in her footsteps

If you want to make healthy lifestyle changes, consider five that worked for Donna Winkley:

1. Start with small changes.
2. Put forth your best effort.
3. Move more and drink water.
4. Set goals and celebrate them.
5. Have fun!

'A better version of myself'

One woman's journey to health and wellness

In 2014, Donna Winkley was a different version of who she is today.

She didn't exercise, and she didn't eat nutritious foods. She weighed nearly 200 pounds, which, at 5 feet 7 inches tall, put her health at risk. As she thought about the future, a sense of urgency began to set in.

"I felt like an observer in my own life, and I wanted to participate," Winkley says. "It was almost like a light switch went off, and I committed to making a change."

Winkley, who is the regional director of special needs and community outreach for Dignity Health – Mercy and Memorial Hospitals, began a healthy lifestyle journey.

It started with little changes, like buying more produce and learning about nutrition. She started strength training two to three times a week and incorporated yoga into her fitness routine. Before she knew it, she'd lost 50 pounds. But the journey was just beginning.

Running for a reason

"After I'd lost 50 pounds, I got on a treadmill at the gym and thought to myself, what if I could run 1 mile?" Winkley says. "When I could run 1 mile, I thought, let me see if I can run 2 miles. Then what if I could run 3 miles?"

Winkley began competing in 5K and 10K races and then connected with a local running group. She's run a dozen half-marathons, completed an Ultra 50K race, and been on a relay triathlon team. Now, Winkley is training for the New York City Marathon. Her runs are purpose-filled, as she dedicates her miles to those who can't run and fundraises for philanthropic causes that she cares about.



Winkley has lost a total of 65 pounds. She has more energy, and she makes a choice to feel good about herself every day. What's more, she knows the journey she continues is making her physically, emotionally, and spiritually stronger.

Find your way to a better, healthier life

When diet and exercise don't work, weight loss surgery at Mercy Hospitals may be what you need.

The best way to get started is to attend one of our free seminars.

Visit us online at dignityhealth.org/bakersfield/weightloss or call 661.632.5117.



BAKERSFIELD RONALD MCDONALD HOUSE

Celebrating a decade of serving families and children

This June marks a very special milestone for the Bakersfield Ronald McDonald House (BRMH): 10 years of providing families a home away from home—for little or no cost—so they can be near their hospitalized child.

Since its opening in 2009, more than 5,000 guests have stayed at the BRMH on Dignity Health – Memorial Hospital's campus. Some guests live far away and stay overnight. Many others use our day services and turn to us for a quick nap, a shower, or a place to recharge.

"Families are stronger when they're together, and we help keep them close and supported at a difficult time," says Scarlett Sabin, the BRMH director since its start.

That proximity allows parents to be at their child's side during complicated treatments and to better communicate with their child's medical team.

"Our goal is also to give families a sense of normalcy when their world is turned upside-down," Sabin says. "Whatever families do in their house, we try to do in ours. We've even hosted baby showers when the invitations were already sent but a baby arrived prematurely and was hospitalized."

And BRMH is a place where deep bonds form. "Our staff and volunteers laugh with families, cry with families, and sometimes become a part of families while they're here," Sabin says.

What are her favorite memories? "The absolute best part of my job is when our families go home with their children," she says. "They have the gift of real normalcy then."

One family in particular stands out—their baby arrived prematurely and spent 126 consecutive days at the hospital before rallying enough to be discharged.

"The day we weren't needed was one of the happiest of my life," Sabin says.

Expanding to help more families

The Bakersfield Ronald McDonald House is expanding. When finished, it will:

- Have three more guest rooms, for a total of six.
- Have a napping room for nearby families who need to rest.
- Accommodate an estimated 500 more families yearly.

A heartfelt thanks to our volunteers

Volunteers make a tremendous difference in the lives of families at the Bakersfield Ronald McDonald House. Many cook and deliver meals. House volunteers nourish families in other ways, too, by listening, simply being there, and helping out in any way they can. Together, they donate over 10,000 hours of service yearly.

A home away from home

To learn how you can contribute to the Bakersfield Ronald McDonald House, call **661.327.4647, ext. 4290**.

CALL 

Hello humankindness®

We hope you enjoy this issue of *HelloHealthy*. Comments about the publication can be directed to the Marketing and Communications Department:

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Here's to a safe, healthy summer

There's a lot to love about summer. The days are longer, and school's out. So there's more time for family fun.

But summer is also when some injuries and illnesses are more common. Fortunately, they're largely preventable—if you're aware and prepared, says Nadeem Goraya, MD, a family medicine specialist at Dignity Health Medical Group – Bakersfield.



NADEEM GORAYA, MD, is a family medicine physician with Dignity Health Medical Group – Bakersfield. To learn more, please visit dhmf.org/bakersfield or call **661.654.0200**.



Keep cool

Hot weather can overwhelm the body's ability to cool itself through sweating. The result can be illnesses such as heat exhaustion or even heatstroke, a life-threatening emergency.

Many things can cause heat illness. "But one factor is inadequate hydration," Dr. Goraya says.

If you're going to be out in hot weather, drink up to twice as many fluids as you normally would, he suggests. A 50-50 solution of water and sports drink (such as Gatorade) can help replenish water and electrolytes. Avoid caffeinated drinks, which can make you lose fluids.

"Also, take a break and cool down when you need to," Dr. Goraya adds. And remember: Never leave a child alone in a car, he emphasizes. The car's interior temperature can quickly reach deadly levels.



Insist on helmets

Riding a bike is good exercise for grownups and kids. But it's dangerous if you or your child doesn't wear a helmet.

"An accident on your bike can be catastrophic," says Dr. Goraya. "You should really take that into account."

Helmets can significantly reduce the risk of serious head injuries, as well as injuries to the face.



Watch kids around water

Never take your eyes off little ones—not even for a moment—when near water.

"These types of accidents can happen in seconds," Dr. Goraya says.

Consider having young children wear a life jacket around pools or other bodies of water, even if they can swim, Dr. Goraya says.

And adults should remember: Alcohol and water don't mix. "That goes for boating, swimming, and other water sports," he notes.



Be sun-savvy

Over time, exposure to the sun's ultraviolet rays can increase the risk of skin cancer, including life-threatening melanoma.

To help protect your family's skin, get everyone to the shade during the hottest hours (usually from 10 a.m. to 2 p.m.). And slather on a sunscreen with a sun protection factor (SPF) of at least 30.

You'll need to reapply sunscreen every two hours—sooner if you or your kids swim or sweat. "A lot of people forget to do that," Dr. Goraya says.



Don't get bugged

Summertime is often when we encounter insects, including mosquitoes that sometimes spread diseases like West Nile. To help reduce the risk of being food for mosquitoes:

- Limit outdoor activities at dusk, when mosquitoes are more likely to bite.
- Remove standing water—where mosquitoes lay eggs—around your home.
- Use an insect repellent that contains DEET. You can safely use the repellent on children older than 2 months, but follow the label instructions carefully. For example, you'll want to first spray some on your hands. Then avoid the child's hands, eyes, and mouth when you apply it.



24/7 emergency care

Accidents and serious illnesses do happen. We're here for you no matter what. Mercy and Memorial's four emergency departments are open 24 hours a day, year-round. We provide expert care for adults and children, and we have the area's only ER just for kids at Memorial Hospital.

For emergencies that are not life-threatening, use our online scheduling tool to select an estimated arrival time online at dignityhealth.org/er.



Serving God by SERVING OTHERS

That's the mission of a local faith-based nonprofit organization that's bringing healing and hope to people in need in our community.

CityServe began in 2017 as a project of Canyon Hills Assembly of God Church. Its goal is to empower local churches to connect with people who are hurting in their neighborhoods and help see some of their physical needs met.

"We really believe that the local church is God's greatest resource, but so many churches in our community are under-resourced," says CityServe Community Development and Church Engagement Director Robin Robinson. "That's why we made it our goal to enable churches to meet the needs of the people in their communities."

Strength in numbers

In Bakersfield, more than 50 churches and 30 organizations have partnered with CityServe. The groups submit orders to the nonprofit, then pick up food and other supplies to be distributed to the neighborhoods they serve.

Dignity Health recently provided \$25,000 to CityServe to help with the transportation costs of getting donated goods to Bakersfield. In addition to funding, Dignity Health's Vice President of Marketing and Communications, Robin Mangarin-Scott, serves on the organization's executive board. Most of the nonprofit's donations come from big-box retailers like Costco. The items are sorted and stored at the charity's 165,000-square-foot "City Center" warehouse on F Street.

"There is strength in numbers," Robinson says. "When the local business community comes alongside nonprofit organizations like this, that's when we see transformation happen. Together, we can truly change the lives of families in need."



50 CHURCHES & 30 ORGANIZATIONS

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'My rock'

Evelyn Solis, of Bakersfield, never dreamed she would be someone "in need," but after escaping an abusive relationship, she and her seven children found themselves starting over with nothing.

"I just thought to myself, 'OK, it's just going to be tough from now on,'" Solis recalls.

At the same time, Crissy Cochran and her family were looking for a way to give back to the community and teach their children how to serve others.

"My biggest fear is that my kids would grow up and call themselves Christians and say that they love God but not know how to love God's people," Cochran says.

Through CityServe, the Cochran family has been able to supply Solis and her kids with groceries, a Christmas tree, and a new dining room table with enough space for them to sit together as a family. The two women say they've formed a deep bond through this experience.

"She's my rock. I prayed for her to come into my life," Solis says. "I know Crissy genuinely cares about me and my family—just like I care for her and her family."

Personal connections

"Evelyn teaches us so much," Cochran says. "We are learning how to reach out and help someone who we wouldn't have naturally been friends with. A vehicle like CityServe is great because it gives us a chance to help in ways we otherwise wouldn't be able to."

Building relationships is a central focus for CityServe.

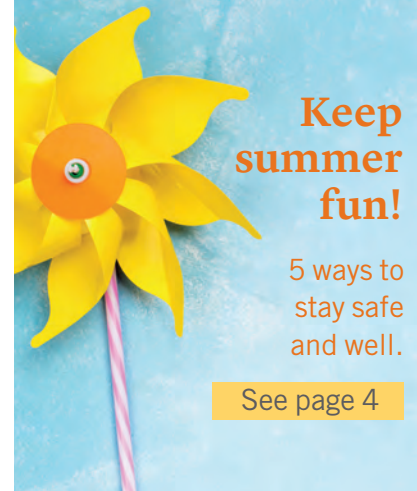
"Nothing is going to bring transformation without building relationships first," says Robinson. "You cannot speak into people's lives; you cannot come alongside them until you build a relationship."

"CityServe will equip you with the tools you need to help," says Cochran. "We just have to get up, get out, and be bold."



How you can reach out

Organizers say they would love for more local churches to come aboard, and volunteers are always needed. For more information on ways you can get involved, visit cityservebakersfield.com.



Stroke is the **No. 5** cause of death in the U.S., killing more than 140,000 people a year.

Stroke: Why it's an emergency

Someone in the U.S. has a stroke every 40 seconds. That's why the American Heart Association and Dignity Health, its Life Is Why Kern County sponsor, are encouraging people to learn the signs of a stroke and to act fast when they appear.

Each year, almost 800,000 people have a stroke. Knowing how to recognize a stroke emergency is key to getting lifesaving medical attention when every minute matters. Use the acronym F.A.S.T. to remember the most common signs of stroke:

Face drooping. Does one side of the face droop, or is it numb? Ask the person to smile. Is the person's smile uneven?

Arm weakness. Is one arm weak or numb? Ask the person to raise both arms. Does one arm drift downward?

Speech difficulty. Is speech slurred? Is the person unable to speak or hard to understand? Ask the person to repeat a simple sentence, like "The sky is blue."

Time to call 911. If someone shows any of these symptoms, even if the symptoms go away, call 911 and get to a hospital immediately. (Tip: Check the time so you'll know when the first symptoms appeared.)

How and why strokes happen


Stroke occurs when blood flow to the brain is interrupted. Without oxygen-rich blood, brain cells die. About 2 million brain cells die per minute during a stroke.

An *ischemic stroke* occurs when a clot or a mass blocks a blood vessel, cutting off blood flow to a part of the brain. A *hemorrhagic stroke* occurs when a weakened blood vessel ruptures, spilling blood into the brain. Like ischemic stroke, a major cause of hemorrhagic stroke is uncontrolled hypertension.

Are you at risk for stroke?

Take a quick online assessment to find out if you might be—and what you can do about it—at dignityhealth.org/bakersfield/stroke.

CLICK 

 **THE SARVANAND HEART AND BRAIN CENTER AT MEMORIAL HOSPITAL** is the premier facility located between Los Angeles and Fresno for the treatment of most heart and vascular conditions, including congenital heart defects, congestive heart failure, heart attack, and stroke. The Center has the area's only Bi-Plane Interventional Suite and Hybrid Cath Lab, and it is a certified Thrombectomy-Capable Stroke Center for the advanced treatment of stroke.

It is also home to the area's first Transcatheter Aortic Valve Replacement (TAVR) program.