

hello **Healthy**

CELEBRATING THE HEALING POWER OF HUMANKINDNESS • SUMMER 2019

Racing for awareness

Stroke program
gets a big boost

Tyson to the rescue!

'Hero Boy' helps
save his mom
and baby sister



Nice to meet you!

Give a warm welcome to these new physicians in our community

David Gallardo, MD, has joined the Mercy UC Davis Cancer Center.



Dr. Gallardo, radiation oncologist

Raised in Whittier, Dr. Gallardo completed his medical training and residency at the David Geffen School of Medicine at UCLA. Before joining the Mercy UC Davis Cancer Center, he ran a private practice clinic near Visalia that specialized in brachytherapy (radioactive implant treatments) for prostate cancer. In Merced, he treats all types of cancer.

What drew Dr. Gallardo to the Mercy UC Davis Cancer Center was the opportunity to join a very experienced, skilled team that uses the latest radiation therapy equipment and that works closely together with other specialists for the benefit of patients.

"Mercy offers a comprehensive cancer center in the truest sense of the word," he says.

When he's not seeing patients, Dr. Gallardo enjoys reading historical nonfiction and classic literature. (He's currently reading Tolstoy's epic *War and Peace*.) Travel, especially to Italy, is another passion for Dr. Gallardo.

In many ways, being a cancer doctor is different from other specialties.

"People are at a very uncertain time once they have been diagnosed," Dr. Gallardo says. Being there to treat and support his patients is a role he approaches with genuine empathy.

"I want my patients to know I do care," he says.

Natasha Kyte, MD, is now practicing at Dignity Health Medical Group – Merced.



Dr. Kyte, internal medicine doctor

Even as a young girl growing up in the San Gabriel Valley, Dr. Kyte wanted to be a doctor. "I was a pretty precocious child," she says.

"And I wanted to get to know people."

As an internal medicine physician, or internist, getting to know her patients at the core of who they are and helping to restore them to whole-person health is what Dr. Kyte tries to do on a daily basis.

Dr. Kyte earned her medical degree from Southern Illinois University School of Medicine. She completed her residency at Danbury Hospital (a community-based program) in Connecticut. Before joining Dignity Health, she worked as a primary care physician in Modesto. One of the things that attracted her to Dignity Health Medical Group – Merced is their faith-based mission.

Dr. Kyte enjoys traveling and being active outdoors, including hiking. "It's good to have those peaceful moments of solace where you can reflect," she says.

For Dr. Kyte, the doctor-patient relationship is a journey.

"I try to learn about my patients and help them to maintain their health or achieve optimum health," she says. "I want them to be empowered to take care of their health."

Welcome



Learn more

about all of our physicians at
dignityhealth.org/ourdoctors.



Older, wiser, and much loved

Student ambassadors bring humankindness to seniors

We love this heartwarming story! Student leaders from Hoover Middle School have been volunteering to visit a beloved former staff member, Jim Eppler, and his new friends at Park Merced Assisted Living.

Mr. Eppler began working for the Merced City School district in 1970 and even returned as a volunteer after retiring in 2003. The students love brightening his day

and playing games with the other residents.

These students have been recognized as the latest *Hello humankindness* student ambassadors through Dignity Health – Mercy Medical Center’s partnership with the Merced City School District.



Spreading kindness

Learn more about these inspiring students at dignityhealth.org/Merced/studentambassadors.

Hello humankindness®

We hope you enjoy this issue of *HelloHealthy*. Comments about the publication can be directed to the Marketing and Communications Department:
DIGNITY HEALTH – MERCY MEDICAL CENTER
333 Mercy Ave., Merced, CA 95340

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Parents: Get ready for

SCHOOL

It will be here before you know it: the first day of a new school year. As summer begins to wind down and you start to stock up on school supplies, keep these tips in mind for helping your child have a healthy and happy time at school.



Buy the right backpack. This may be the most important of all school supplies. A backpack that is too heavy or isn't used correctly can injure muscles and joints. Be sure your child's backpack has the following features:

- Two wide, padded shoulder straps. Narrow straps can dig in and be painful. And backpacks with just one strap may look cool, but they won't distribute weight evenly.
- A padded back for comfort and protection from sharp objects inside the pack.
- A waist strap for added weight distribution.

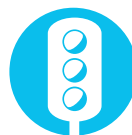
For some students with a lot to carry, a rolling backpack may be a good choice.



Pick a distraction-free homework spot. Depending on when your child tackles homework, that spot could be the kitchen table or a desk in their bedroom.

Agreeing to a time and place for homework can eliminate future conflicts, but only if you let your child have some say in the decision.

Some younger children might prefer that you sit with them while they do their homework. That's fine, but don't do their work for them. You can sit nearby, reading a book or magazine and keeping them company.



Review your child's street smarts. Whether your child is

taking the bus, walking, or biking to school, there are safety rules to follow. You may want to take your child on a practice run in advance. Point out any possible hazards and how to handle them.

If your child's biking to school, make sure they have a proper helmet—and make them promise to always wear it.

It's best for students to cross a street where a crossing guard is on duty. But if that's not possible, teach your child how to safely navigate a street. Tell your child to always make eye contact with a driver when crossing in front of a stopped car and to be especially careful around cars that are backing up or turning.

If your child is taking the bus, find a nearby, easily visible pick-up-and-drop-off spot. The more children who also wait there, the better. And make sure your child knows how to behave correctly on the bus.



Be alert for social stressors.

Does your child ever ask to bring friends home from school—or if they can go to a friend's house? If not, you might want to find out why. Your child might be having trouble making friends, and that can add to the stress of school.

If your child seems to spend a lot of time alone, talk to them. Ask if all this alone time is making them unhappy.

You also might want to talk to your child's teachers. Ask them how your child gets along with others.

You could see if your child would like to invite some friends to a structured activity on the weekend. Take the group to a ballgame or the zoo—something where the focus won't be on your child.

Talk to your child's doctor if you're worried about your child's social skills. You may need a referral to a therapist for some help.



Protect your kids from measles.

Find out how at
cdc.gov/measles.



Joanne
Spalding, MD

MEASLES VACCINE

Why your kids need it

This year's measles outbreak has been big news: The U.S. is experiencing the highest number of measles cases in decades.

Measles is highly contagious—and it can make kids seriously sick and, in rare cases, kill them. The disease can sweep through communities, especially in locations where people have opted not to vaccinate their children due to unfounded fears about the safety of the vaccine.

According to Joanne Spalding, MD, a family doctor at Dignity Health – Mercy Medical Center in Merced, the

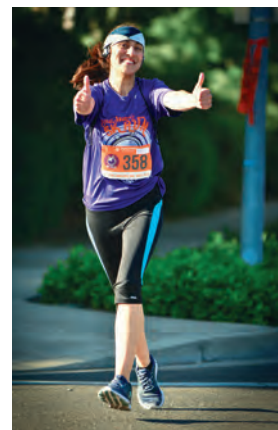
measles vaccine is safe and should not be skipped.

“Parents need to know that it benefits their child to be vaccinated and to prevent this illness,” she says.

For most children, the worst part about measles is the symptoms, which include a high fever, a cough, and a rash. But some children who get measles may develop pneumonia or a serious brain infection that can cause long-term brain damage.

If you have questions about the measles vaccine, ask your child's health care provider.

5K Stroke Awareness Run a runaway success



On May 4, 2019, over 600 participants laced up their sneakers for Mercy's 5K Stroke Awareness Run. This annual fundraising initiative netted an impressive \$22,778 in proceeds this year, all of which will benefit Mercy's stroke program.

Congratulations to all the individual medalists in this year's race, including Gillian Viers and Jason Garcia, who posted the best times for women and men,

respectively, across all age groups. Pearl Family Dentistry took home the award for the "Largest Team" for the third year in a row with 104 team members, while team We See Numb People took home the prize for "Best Team Costume" with their tooth fairy-themed outfits. Team QK 5Kers took home the award for the "Largest Fundraiser" after raising \$1,246. Runners, attendees, and their families all got to enjoy beautiful weather and a fun-filled day at Mercy's Family Festival following the race.

The Foundation would like to send out a hearty thank you to the sponsors of this year's race: The Volunteers of Mercy (\$2,500), Merced County Hispanic Chamber of Commerce (\$250), and Tru Chang Chiropractic, Inc. (\$250).

Special thanks to everyone who donated and came out to support this great cause! We can hardly wait to see you next year!



AHA Award recognizes Mercy Medical Center's commitment to quality stroke care

Get With The Guidelines®/Mission: Lifeline® puts the unparalleled expertise of the American Heart Association and American Stroke Association® to work for hospitals nationwide, helping ensure the care provided to patients is aligned with the latest research-driven guidelines based on the latest scientific evidence.

2019 Winners Circle

Male 12 and Under

1. Kaden Llamas 21:18.2
2. Elisha Espinosa 22:38.5
3. Johnathan Benevidez 24:49.8

Female 12 and Under

1. Isabella Rodriguez 23:14.5
2. Lena Llamas 24:17.7
3. Emily Martinez 25:42.8

Male 13 to 19

1. Giovanni Garcia 20:32.8

2. Edrian Figueroa 22:15.3

3. Tito Granados 24:47.6

Female 13 to 19

1. Ellie Hamm 29:27.0
2. Andrea Hernandez 29:37.4
3. Savana Carrillo 29:52.7

Male 20 to 39

1. Sylvain Masclin 20:24.9
2. Naoya Tajikowa 21:19.0
3. Matt Schaffner 22:33.6

Female 20 to 39

1. Cecilia Bedolla 23:53.4
2. Krista Saxon 24:00.0
3. Jessica Adinolfi 25:35.4

Male 40 to 59

1. Jason Garcia 19:58.5
2. Sevsio Arrate 21:33.4
3. Juan Hernandez 21:53.3

Female 40 to 59

1. Gillian Viers 22:27.7
2. Jungmee Kim 27:04.0
3. Elvira Mix 27:20.1

Male 60+

1. Francisco Miranda 28:54.6
2. Alfred Johnson 33:43.3
3. Lonnie Hendricks 36:24.1

Female 60+

1. Anna Nandipati 32:04.9
2. Ofie Cruz 32:35.5
3. Maria Oseguera 33:54.0

Strong and steady in the face of danger

Swift action by a young boy helps save the lives of his mother and sister



Some are calling him “Hero Boy.” He just calls himself Tyson.

Tyson and his 4-year-old brother, Mason, were getting ready for school on April 11. Mom Erin Gaeta was there, pregnant with her third child and nursing a bad headache. Suddenly Erin became confused. She couldn’t put one foot in front of the other, and her head pounded. Something terrible was happening to her.

“I couldn’t pick up my phone,” she recalls. So she told her Siri app to call her sister, Payton. “Something is really wrong with me” was about all Erin could say before falling to the ground.

Tyson takes over

That’s when Tyson snapped into action.

Only 8 years old, he grabbed the phone and began relaying information to his Aunt Payton, who was already speeding on her way to Erin’s house. A police officer started following her, sensing there was something wrong.

Meanwhile, Tyson continued reporting into the phone about his mother’s medical condition. “She’s twitching,” he said. “Something’s coming out of her mouth.”

Payton told him to turn Erin over on her side. He tried, but he couldn’t move her. Payton arrived at the house with the police officer, and they called 911.

Erin was in eclampsia, a life-threatening blood pressure spike that causes seizures. She doesn’t remember the paramedics arriving at her house. She doesn’t remember being taken to Dignity Health – Mercy Medical Center.

What she remembers is waking up in the hospital and realizing she wasn’t pregnant anymore. She had

undergone an emergency cesarean section. Daughter Scarlett was premature. But both Scarlett and Erin were fine.

A hero’s honors

Tyson never wavered when describing his mom’s symptoms to his Aunt Payton over the phone. The family isn’t surprised.

“He’s a very smart little boy,” Payton and Erin agree. He also has a heart problem himself, so the medical world isn’t quite as foreign to him as it might be to other children.

Does your child know what to do in an emergency? Teach yours about knowing when to call 911 and what to say, staying calm, and staying on the phone.

As far as Erin and others are concerned, Tyson’s fortitude saved two lives that day—those of his mom and his new sister. The Family Birth Center at Mercy Medical Center is honoring Tyson. And his school is giving him a certificate of heroism.

Erin feels extremely blessed for the swift action of all involved in her care and the safe delivery of her daughter—including the obstetrics and emergency departments at Mercy Medical Center and, of course, her son Tyson.

“I was afraid he’d be traumatized,” she says. “But this is turning out to be a positive thing for him. It’s good.”

Back to

SCHOOL

Help your child get a healthy start. **See page 4.**

For your health

Classes and events coming up



Register today! For questions about registration and other details, call **209.564.4384**.

CHILDBIRTH Stork Tour

Tuesdays, Aug. 13, Sept. 10
6 p.m.

Mercy Pavilion, third floor
classrooms C and D
Tour hospital before
delivering.

Childbirth Education

Wednesdays, Aug. 7, 14, 21,
28, Sept. 4, 11, 18, 25
6 to 9 p.m.

Mercy Pavilion, third floor
classrooms C and D

FITNESS Zumba

Every Monday and
Wednesday

5:30 to 6:30 p.m.
Merced Senior Center

Yoga

Every Tuesday and
Thursday

5:30 to 7 p.m.
Mercy Outpatient Center,
garden level, multipurpose
room

Total Joint Replacement Class

Every Monday
10 to 11:30 a.m.

Mercy Pavilion, third floor classroom B



SUPPORT GROUPS

Cancer Support Group (English & Spanish)

Second and fourth
Thursday of every month
4 to 5:30 p.m.

Mercy UC Davis Cancer
Center

COPD Support Group

Every Thursday
2:30 to 4 p.m.

Cardiac Pulmonary Center,
Mercy Outpatient Center

Stroke Support Group

Every second and fourth
Wednesday
11 a.m. to 12:30 p.m.

Mercy Pavilion, third floor
classroom B

Diabetes Support Group (English & Spanish)

Tuesdays, Aug. 6 and 20,
Sept. 10 and 24

Mercy Outpatient Center,
first floor

Breastfeeding Support



Every
Wednesday
10 a.m. to noon
Breastfeeding
Education
Center, Mercy
Outpatient
Center, first floor

Hello humankindness™ "Laughter is a sunbeam of
the soul." —Thomas Mann

Follow **@humankindness** on Twitter for more kindness inspiration.