

HOUSE CALLS

SPRING 2016



Grossman
Burn Center
Comes to
**Memorial
Hospital**



IN THIS ISSUE

4 Catherine McAuley Society-
Being a Light for 10 Years

6 Grossman Burn Center
Comes to Memorial Hospital

10 Empowering Our Youth,
Improving Our Community

12 Searching for Dr. Right-
Finding the Perfect Physician For You

14 Preventing Colorectal Cancer

15 5 Minutes To Health:
Your Spring Tips For Safe Gardening



Thanks to S.A. Camp Companies' \$1 million donation, (L to R) Dr. Peter Grossman, Jim Camp, Beverly Camp and Jon Van Boening celebrate the Grossman Burn Center's opening at Memorial Hospital.

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

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HouseCALLS is published by Dignity Health - Mercy & Memorial Hospitals to provide general health information. It is not intended to provide personal medical advice, which should be obtained directly from a healthcare provider.

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Neo-natal Intensive Care Unit
Lactation Support Center
Weight-loss Surgery Program



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Mercy Hospital Southwest



Celebrating 10 Years of Giving

Charter members that attended the November Catherine McAuley Society event.

Catherine McAuley Society Being a Light for 10 Years

Long before Dignity Health Mercy Hospitals came into existence, a woman named Catherine McAuley formed the Sisters of Mercy in Dublin, Ireland. Almost 200 years later, the Sisters of Mercy have become an international community of Roman Catholic women serving the needs of the poor, sick, and undereducated. A local group of philanthropic women may not call themselves the Sisters of Mercy, but they certainly carry on the legacy of Catherine McAuley in the Bakersfield community.



Now celebrating their 10th year, the Catherine McAuley Society, a women's giving group for Mercy Hospitals, is looking back at the projects they have been able to fund, while looking forward to the continued growth and giving potential of the future.

As the vice president of philanthropy at the Friends of Mercy Foundation and the original architect behind the Catherine McAuley Society, Stephanie Weber has watched the group grow from 54 to 144 members. "In the beginning, our focus group, which consisted of Sr. Judy Morasci, Pat Campbell, Sharon Bush, and Pat Griffin, was hoping we could establish the society with 25 women, which would have been terrific," said Stephanie, "so having 54 women that first year was really phenomenal."

The group has continued to grow with a remarkable retention rate, and is starting to see a younger generation of philanthropists join, including some of the daughters and granddaughters of the

charter members. They also have several local Sisters of Mercy who are considered honorary members.

Sharon Bush, one of the founding members, stated, “It’s an amazing group of women, just wonderful women who see that same vision that Catherine saw. We started out with our peers, and now we’re seeing younger members, which is so important to get the younger generation involved.”

Each year, the society carries on Catherine McAuley’s vision in a major way by donating a cumulative gift to Mercy Hospitals. With every member’s yearly \$1,000 donation, the group votes on three different projects to fund, whether it is new technology, educational programs, or even scholarships.

No matter what project the group collectively decides to fund, they always tie it back to Catherine McAuley’s legacy and the type of philanthropy she was involved in. The first year, the society funded nursing scholarships for 30 single parents, both men and women, to get them through a portion of their nursing programs. This gift aligned with Catherine’s ministry of providing excellence in teaching and education, and many of those nurses went on to work for Mercy Hospitals of Bakersfield. Other projects have included technology for the hospital, like a four dimensional EKG machine used to diagnose heart disease (commonly found in women), several high-tech mannequins for nurses and caregivers to use for training, and a high-tech artic cooler used to gauge temperature for people who have suffered cardiac arrest.

“We should be shining lamps giving light to all around us.”

—Catherine McAuley, *Founder of the Sisters of Mercy*

“We talk about Catherine’s ministry all the time, and the commitment to keep her legacy alive,” said Stephanie. “That was the purpose of naming the society Catherine McAuley. If we’re going to do this, we’re going to do it because it is a beautiful fit for women in philanthropy and a great way to keep her legacy going.”

The Catherine McAuley Society has already been celebrating 10 years of giving during their events throughout the year. At their kick-off in November, they honored each of the original charter members, by presenting them with lanterns inscribed with a famous Catherine quote, “We should be shining lamps giving light to all around us.”

In all, the group has raised an impressive \$1.3 million over the past 10 years, and Stephanie is continually encouraged and optimistic about the growth of the society and the meaningful experience it has become for so many women in Bakersfield. She is also grateful for the support from Mercy Hospitals, including Mercy Hospitals President and CEO Bruce Peters, who insists on attending nearly every meeting.

“We are incredibly fortunate at Mercy Hospitals to have the support of a wonderful group of women in the Catherine McAuley Society,” said Bruce. “They have, over the past 10 years, helped fund numerous projects and equipment for the hospitals that we would otherwise have a difficult time being able to fund, if at all. I absolutely love attending the meetings and am so energized and motivated by their enthusiasm.”

Stephanie encourages women interested in philanthropy to consider joining the Catherine McAuley Society to help continue Catherine’s ministry in the Bakersfield community. There is also a men’s philanthropy group for Mercy Hospitals called the William Howell Century Club.

If you are interested in becoming a member for the Catherine McAuley Society, or the William Howell Century Club, please contact the Friends of Mercy Foundation at (661) 663-6700. ■



Top - Catherine McAuley Society lantern, awarded to each original charter member. Middle - Several Catherine McAuley Society members at the ten year anniversary event.



Below - The focus group that developed the Catherine McAuley Society – from left, Sister Judy Morasci, Pat Campbell, Stephanie Weber, Sharon Bush.





General Health



Grossman Burn Center Comes to Memorial Hospital

“Most people think of burn injuries as happening from catastrophic events that they see on the news,” said Peter Grossman, M.D., president and medical director of The Grossman Burn Center. “But there are so many different ways in which we see a burn injury patient.”



The internationally recognized Grossman Burn Center will soon open a unit at Bakersfield Memorial Hospital to provide comprehensive burn care for patients of any age. “About 35 percent of all patients that come in are children,” said Dr. Grossman. “Of those, about 80 percent are toddlers, and of those 80 percent are scald burns. Their skin is very sensitive, so risk of injury is higher.”

“As the hospital president, it’s exciting for me to be able to continue the great work that Dr. Peter Grossman and his team have been doing to date, and even enhance it,” said Memorial Hospital President and Chief Executive Officer, Jon Van Boening. “We have pediatric and adult intensivists, available immediately to stabilize burn patients so the specialists can come in and do what they do.”

“What is so exciting about our relationship now is that we are opening the door to having more patients stay in the Bakersfield area.”

—Dr. Peter Grossman, *President & Medical Director, Grossman Burn Center*

“What Memorial Hospital provides is part of what we look for when developing a burn center; they offer the same comprehensive nature of what we have become proud of and what we want to continue to develop,” said Dr. Grossman, who shares Jon’s excitement about the new partnership. Since first setting his sights on opening one of his centers in our area, Dr. Grossman has considered Dignity Health the premier health care system in Kern County. “In particular, we feel that this community in Bakersfield, and Kern County in general, is deserving of the very best and all of the tools we have to offer.”

Founded more than 45 years ago by Dr. Grossman’s father, A. Richard Grossman, M.D., The Grossman Burn Center, headquartered in Los Angeles, has treated some of the most difficult and high-profile burn cases in the world. “In 1969, my father went to a small hospital in the San Fernando Valley and asked if he could have two dedicated beds and a few dedicated nurses to try and have consistent burn care, because in all of Los Angeles at that time, there was really only one burn facility at the county hospital,” said Dr. Grossman. “Well, they were kind enough to say, ‘Okay, let’s give it a try,’ and two burn beds ultimately became five, and five became 15, and 15 became 30, until it became one of the largest private burn centers west of the Mississippi.”

The Grossman Burn Center’s commitment to providing personalized, team-centered care aligns perfectly with Dignity Health’s mission. ▶

TOP: Pictured (left to right): Dr. Matt Young, Kurt Richards, Dr. Alexander Majidian, Jim Camp, Beverly Camp, Jon Van Boening, Dr. Peter H. Grossman, and Dr. Brian Evans at the press conference in March, held to announce the opening of the Grossman Burn Center at Memorial Hospital.

BOTTOM LEFT: A rendering of the new Grossman Burn Center facility at Memorial Hospital shows the space that will be dedicated to treating burn patients.

CENTER: Jon Van Boening, Memorial Hospital President and CEO, addresses the crowd during the press conference.

BOTTOM RIGHT: Memorial Hospital will soon be home to a premier comprehensive burn center, thanks to S. A. Camp Companies’ generous donation.

“Running a big organization like I do, you get to do a lot of things,” said Jon. “But nothing is more rewarding, nothing is more of a career-defining moment, than being able to stand with a program like this and add to what we’re already doing at Memorial Hospital, because it’s a perfect fit.”

The burn unit was made possible by a \$1 million donation from S.A. Camp Companies of Bakersfield. “It’s an honor and a privilege for us to be associated with Dignity Health and The Grossman Burn Center,” said Jim Camp, owner and chief executive officer of S.A. Camp Companies, whose family came from humble beginnings to achieve tremendous success.

“They never forgot what it was like to be poor,” said Camp of his parents and grandparents. “They never forgot what it was like to go without.” He credited them for teaching him, his siblings and his cousins the importance of sharing their blessings by giving back to their community. “Philanthropy is a very important part of what we do,” he said. Camp’s grandparents began the legacy that continues with the family’s recent contribution to The Grossman Burn Center—a legacy that will benefit generations of burn patients for years to come.

“We want to have our patients return to as close as possible to their pre-injury status—functionally, cosmetically and emotionally,” said Dr. Grossman. “And that takes a team approach. It takes a team with experience and knowing the best methods and the best policies and procedures.”


Dignity Health will play a major role in facilitating the collaboration essential to successfully treat burn patients. Offering advanced, plastic surgery-based medical treatments from expert surgeons, combined with

BURN CENTER WILL INCLUDE

- Dedicated Burn Surgeon
- 8-Bed Inpatient Burn Unit
- Acute Care & Intensive Care
- Catastrophic Burn Care
- Hyperbaric Oxygen Therapy
- Outpatient Ambulatory Clinic
- Pediatric & Adult Burn Care
- Plastic Surgery & Reconstruction
- Post-treatment Emotional Support
- Rehabilitation

dedicated care from psychologists and child life specialists to meet emotional needs, will lead to better outcomes for burn patients in Kern County.

“What is so exciting about our relationship now is that we are opening the door to having more patients stay in the Bakersfield area,” said Dr. Grossman. “With the collaborative facilities that we have within Memorial Hospital like the PICU, hyperbaric oxygen, and critical care physicians, we can all work together to treat not just small burns, but to treat every burn that comes here.” ■



“We feel that this community in Bakersfield, and Kern County in general, is deserving of the very best and all of the tools we have to offer.”

—Dr. Peter Grossman
President & Medical Director, The Grossman Burn Center



A Thank You To All The Volunteers of Dignity Health

We Salute All the Volunteers **Who Serve With Dignity**

These are the volunteers of Dignity Health. They give so much of themselves, yet expect nothing in return. Whether it's giving our patients a hand to pray with, a shoulder to cry on, or simply a welcoming smile, they make our hospitals better places to be.





Students Learn Importance of Service

Above - Team Dignity Health with Mercy Hospitals CEO Bruce Peters.
Right - Dream Builders celebrate another successful year.

Empowering our Youth, Improving our Community

Jim Burke's legacy lives on, thanks in part to the students and corporate sponsors of his life-changing Ford Dimension and Dream Builders programs. A past board member of Dignity Health Mercy Hospitals and third owner of Bakersfield's Ford dealership, Burke was known for his dedication to philanthropy and heart for mentoring youth. He founded the Jim Burke Education Foundation in the 1970s to connect Bakersfield's brightest high school students with the business community.



Today, Elizabeth Hay co-directs the program with Jim's daughter, Mikie Hay, continuing the family's legacy. "Students involved in our program are civic-minded team players," said Elizabeth. "They're typically college bound, but college prep is not what it's about. The main point is to teach students service over self."

Each year, the Jim Burke Education Foundation accepts around 200 applications for the Ford Dimension and Dream Builders programs, and interviews about half the applicants. The pool is cut by half a second time, and the finalists are invited to an ice cream social to interact with fellow applicants. Ultimately, 32 are selected, and the top 10 are set apart into the Ford Dimension Program, where they serve as ambassadors of Jim Burke Ford Lincoln.

“Every single student is amazing,” said Elizabeth. “Every single one is qualified. It’s really tough choosing.” Applicants must have a minimum 3.7 GPA and agree to make time in their schedules to participate in program activities. Applicants must also accept the responsibility of taking on leadership roles, helping their community, and interacting in a business environment.

“We send applications to 17 area high schools,” said Elizabeth. “In most cases, counselors decide who receives an application, but we also have situations where transfer students, unknown to the counselors, see our flier and ask if they can apply.”

“There’s no better way to learn than to actually do something, and these kids work on projects that make a real difference in our community.”

Jim Burke Education Foundation Helps Students Leave a Legacy

The 32 students are divided into four teams of eight under the guidance of corporate sponsors and their advisors. Dignity Health has served as a corporate sponsor since 2008. “It’s a great way to interact with the future leaders of our community,” said Bruce Peters, president and chief executive officer, Dignity Health Mercy Hospitals. “And it’s perfectly in line with our mission to reach out and make life better in our community.”

Team Dignity Health of 2014-2015 also left a legacy. The Kern Council of Governments adopted the team’s innovative water conservation program, and added the student-produced “Do the Water” video to the ongoing educational outreach efforts of the Kern County Water Agency’s Improvement District No. 4, which recently won the Regional Award of Merit in the Local Government category.

This year’s winner of the Dream Builder’s Best of Class Award also promises to leave a legacy. Sponsored by Bank of the Sierra, the winning team created a program to help end cyber-bullying. In collaboration with the Kern High School District, this team created a website, video, PSA, classroom activities, and a resource site to educate students, parents and the community. Not only will this program continue at its current site, but it also attracted the attention of other school administrators, who plan to introduce the program into their own curricula.

“As corporate sponsors, we are entrusted to bring to our future leaders some exposure to the real world that they might not otherwise get,” said Bruce. “The students learn the value of their own civic responsibility and take this experience with them. It’s not a textbook or teacher talking about some esoteric thing. It’s real. There’s no better way to learn than to actually do something, and these kids work on projects that make a real difference in our community.”

“Part of the program is giving the students contacts in the community



Other corporate sponsors include Aera Energy, Bank of the Sierra, and Bright House Networks. Each year, the four teams engage in service projects with the potential of leaving a legacy. “The students work on real projects with real results,” said Bruce. “It’s an amazing thing to see.”

Every year provides another opportunity to cite an example of a project with lasting impact. Dignity Health’s 2012-2013 team launched “Got the Dot,” a student film festival to raise awareness of organ and tissue donation. The following year, the festival was adopted by JJ’s Legacy, a local nonprofit organization committed to educating, inspiring and supporting Kern County residents, organ and tissue donors, and recipient families.

so that they will have a network to carry them into the future,” said Elizabeth.

“We’re proud to be a sponsor and are thrilled that we can help these kids achieve success,” said Bruce, who especially enjoys meeting the students and seeing their excitement and sense of purpose. “Our involvement may help their future career paths, and it’s part of our giving back to society.”

For more information on Ford Dimension and Dream Builders, contact Elizabeth or Mikie Hay at (661) 328-3691. ■



Searching for Dr. Right

Finding the perfect physician for you

At Dignity Health, we want our patients to find a doctor they feel comfortable discussing personal wellness considerations. The patient-physician relationship forms the very foundation of a healthy life.

3

Important factors in choosing a well qualified physician

Experience

Be sure the one you choose has experience in the specific area of care you need. Visit healthgrades.com/find-a-doctor and enter your health condition into the search field for a list of qualified physicians in your area who are trained in the medical procedures and treatments you require.

Patient Satisfaction

From ease of making appointments and efficiency of the check-in process to the doctor's instructions regarding medication and follow-up care, patient satisfaction survey results give you an overall picture of a physician's strengths and weaknesses. Look for a physician that has received high marks in the areas most important to you.

Hospital Quality

Highly rated hospitals, such as Mercy and Memorial Hospitals, enhance your physician's level of care by ensuring the utmost in patient safety and overall quality. Confirming that your doctor provides services in a high-quality hospital can lower your risks of complications and improve your overall patient experience.

No question is trivial. All are important.

Do not be afraid to ask your doctor embarrassing questions. Be as forthcoming as possible. Open and honest communication between you and your doctor is the best way to ensure you receive the care you need to get well and stay healthy.

Prepare several questions

in advance of your first appointment

- How long have you been in practice?
- Are you board certified?
- Which hospitals do you use?
- How long does it take to get a routine appointment?
- Does your office send appointment reminders?
- How long do patients typically wait once they arrive?
- Who covers for you when you are not available?



When arriving for an exam,
you should also consider
asking the following health-
related questions:

- Am I at a normal/healthy weight?
- Do I need to make any lifestyle changes?
- What screenings or tests do I need?
- Should I continue taking my current medications and/or supplements?
- (If you're experiencing any discomfort or pain) Are my symptoms normal?

To help find a Doctor go to:

www.dignityhealth.org/bakersfield/find-a-doctor

or visit: 

Preventing Colorectal Cancer

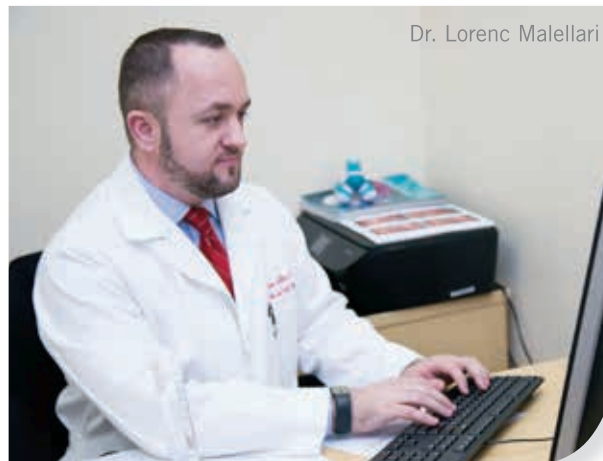
Colorectal cancer is not usually the topic of choice when you strike-up a conversation, but it is worth a discussion when you are 50 years of age or older. March was officially recognized as Colorectal Cancer Awareness Month, but it is always a good time to be made aware of the key factors of this specific type of disease. Colorectal cancer can be prevented through proactive and routine screenings.

With nearly 135,000 people diagnosed and approximately 50,000 losing their lives to the disease each year, colorectal cancers are one of the most common cancers diagnosed in the United States. According to the Centers for Disease Control Prevention, among cancers that affect both men and women, colorectal cancer is the third most common cancer. Thankfully, there are highly effective screening tests offered at Mercy and Memorial Hospitals that can detect the precancerous growth, also known as polyps, before it turns into cancer.

Dr. Lorenc Malellari, a Dignity Health affiliated physician, is a fellowship trained colon and rectal surgeon, and says, “The good news is that, if caught early, colorectal cancers are highly treatable with good prognosis. This makes screening for colorectal cancers that much more important.”

The most common colorectal cancer screening is the colonoscopy, however there are various types that are just as effective; including high-sensitivity FOBT (stool test), flexible sigmoidoscopy, and fecal occult blood testing (FOBT), or colonoscopy. Since this is a screening procedure to diagnose and prevent, is it covered by most health plans.

Recommended by the U.S. Preventive Services Task Force (USPSTIF), men and women between the ages 50-75 should have a colorectal cancer screening. To determine which test is right for you, speak with your doctor.



Dr. Lorenc Malellari

“Understand your risk of having colorectal cancer and make an informed decision.”

—Dr. Lorenc Malellari

Fellowship Trained Colon and Rectal Surgeon

The greatest risk for developing colorectal cancer is if it runs in your family history. This risk potential increases if a close relative has had colorectal growths detected or colorectal cancer. Screening for someone with this type of risk becomes crucial and your physician may decide that it is necessary to take a test before turning 50 years old.

“Understand your risk of having colorectal cancer and make an informed decision,” said Dr. Malellari. “The worst thing to do is to put your head in the sand and assume that since you’re not feeling anything wrong, you don’t need it.”

Fortunately, improving lifestyle changes can decrease risk factors such as obesity,

heavy alcohol use, smoking, and physical inactivity. Diet is also a way to limit the chances of developing colorectal cancers. Consuming a high amount of vegetables, fruits, whole grains and fiber have been found to lower the risk of developing these types of cancers.

Because symptoms aren’t always easy to identify as cancerous, screenings are extremely important. While these symptoms may be caused by something unrelated to colorectal cancers, be aware of irregular bowel movements, rectal bleeding, blood in your stool, or abdominal pain or cramping that doesn’t go away. Another symptom is feeling weak, fatigued and experience losing weight without a plausible cause. A medical professional can determine the cause of these symptoms.

We know the topic alone and vocalizing the symptoms may cause a little hesitation and maybe even blushing, but given the statistics of colorectal cancers in both woman and men, proactive screening tests could prevent losing a life. If everyone aged 50 years or older had regular screening tests, 60 percent succumbed to the disease could be prevented. The take home is to understand your risk of having colorectal cancer and to talk to your doctor about scheduling a screening.

Dignity Health, along with our partner Comprehensive Blood and Cancer Center, offer a number of screening and treatment options. To learn more or to find a doctor visit www.dignityhealth.org/bakersfield. ■



Five Minutes To Health:

Learn steps you can take in five minutes or less to be safe and healthy.

Your Spring Tips For Safe Gardening

Gardening can be a great way to enjoy physical activity, beautify the community, and go green. However, it is important to protect yourself and take precautions as you work and play in the sun around insects, chemicals, and lawn and garden equipment. Whether you are a beginner or expert, remember these health and safety tips, and enjoy the beauty and bounty gardening can bring:

Dress to protect

- Prevent exposure to harmful chemicals, insects, and the sun by wearing proper clothing and safety equipment.
- Use an insect repellent and sunscreen with sun protective factor (SPF) 15 or higher, and both ultraviolet A and B ray protection.
- Remember that the hours between 10 a.m. and 4 p.m. daylight savings time (9 a.m. to 3 p.m. standard time) are the most hazardous for UV exposure outdoors.
- Wear a hat with a wide rim to shade the face, head, ears, and neck.
- Wear a protective nose and mouth mask, or even sunglasses or protective eyewear, while doing yard work to help avoid the triggers that cause allergy and asthma complications.

Know your limits in the heat

- Even being out for short periods of time in high temperatures can cause serious health problems.
- Monitor your activities and time in the sun to lower your risk for heat-related illness.
- Schedule outdoor activities carefully, and pace yourself.



Stay hydrated

- If you're outside in hot weather for most of the day, you'll need to make an effort to drink more fluids.
- Avoid beverages with alcohol and drinks high in sugar, and stay away from caffeinated and carbonated beverages.
- Whatever your outdoor activity, have water on hand to decrease the chance of dehydration.

Get vaccinated

- Vaccinations can prevent many diseases and save lives.
- Remember that the bacteria that cause tetanus are found in soil and all adults should get a tetanus vaccination every 10 years.

Put safety first

- Be aware of possible hazards to prevent injury.
- Read all instructions and labels before using chemicals and operating equipment.
- Check equipment before each use.
- Limit distractions while using equipment.

Enjoy the benefits of physical activity

- Active people are less likely than inactive people to be obese or have high blood pressure, type 2 diabetes, heart disease, stroke, depression, colon or breast cancer, and premature death.
- Adults should get at least 2½ hours per week of moderate intensity physical activity.

Keep your yard clear

- Remove any items that may collect standing water, such as buckets, old tires, and toys. Mosquitoes can breed in them within days.
- Clearing trees and brush in your yard can reduce the likelihood that deer, rodents, and ticks will live there.

*Content provided by Centers for Disease Control and Prevention. ■



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