

THE SUMMER OF humankindness Page 1







PRESIDENTS MESSAGE

DEAR FRIENDS

n any community, collaboration between organizations can be the driving force behind the success of a heartfelt cause or initiative. That is why Dignity Health Mercy and Memorial Hospitals recently teamed up with American General Media in promoting the "Summer of humankindness" movement in Bakersfield. Read about the ways the Kindness Crew has been spreading humankindness throughout your neighborhood on page 4.

Dignity Health also reached out to the community this summer by partnering with Hoffman Hospice's Heart Art Camp at Mercy Hospital Downtown. The camp used creative activities and art programs to help children heal after losing a family member. The Heart Art Camp also provided additional support and counseling to those children having a more difficult time getting through the grieving process. More about this program can be found on page 12.

During this time of year, we know life can get busy for families as they prepare to go back to school and enjoy the final moments of summer by the pool, so we're providing some water safety tips to keep your children safe. Turn to page 7 to learn more about taking the Pool Safely pledge.

While Bakersfield is in need of relief from this heat, it's hard to believe that fall is right around the corner. Along with the changing of the season, Dignity Health Mercy and Memorial Hospitals continues to bring about positive changes throughout our three hospitals.

SINCERELY,

Jan Van Boening JON VAN BOENING

PRESIDENT AND CEO, MEMORIAL HOSPITAL SVP OPERATIONS, DIGNITY HEALTH CENTRAL CALIFORNIA BRUCE PETERS

PRESIDENT AND CEO
MERCY HOSPITAL DOWNTOWN
MERCY HOSPITAL SOUTHWEST

Hello humankindness



Touching Story Inspires Gift to Mercy Hospital Southwest

ehind every donation, chances are there is a story; a compelling story that drives a person to give their time, money, or skills to a cause. Recently, the William Howell Century Club, an annual men's giving group dedicated to raising money for the Friends of Mercy Foundation, made an important donation to Mercy Hospital Southwest because of one man's touching story.

That story was Mike Campbell's, a passionate William Howell Century Club member and supporter of the Friends of Mercy Foundation. This past year while the Club was considering potential Mercy Hospital projects for their yearly donation, including a portable X-ray unit, Mike told the group about his late wife who had passed away of cancer 18 years ago at Mercy Hospital Downtown. He expressed how much easier a portable X-ray would have made his wife's bedside care during her hospital stay. His story touched hearts, and the group voted to contribute \$97,000 for the portable X-ray unit.

"When he shared his experience with the group, I think that helped personalize what technology and equipment really does," said Stephanie Weber, vice president of philanthropy for the Friends of Mercy

Foundation. "That's what philanthropy is all about; humanizing this technology so you realize that it saves lives; it provides a higher quality of care."

Mike and his current wife, Pat Campbell, who serves as the chairman of the Friends of Mercy Foundation board, are both very passionate about Mercy Hospitals because of their past experiences that

"That's what philanthropy is all about; humanizing this technology so you realize that it saves lives; it provides a higher quality of care."

-Stephanie Weber, Vice President of Philanthropy, Friends of Mercy Foundation

connected them to its mission. In addition to Mike's loss, Pat also lost her late husband to cancer around 15 years ago. The long hours Mike and Pat spent beside their loved ones years ago, observing and working with the hospital staff, is what helped inspire their support.

"Mike and I have been married for 13 years now and we've both been on this

same journey, so we've kind of been doing this together," Pat said. "It has become a passion for us to try to get quality health care here in Bakersfield. It's very rewarding to make a difference in someone's life and know that what we do at the hospital may just make someone else's journey a little bit easier. The fact that we can do a lot of this together is definitely a gift."

The Friends of Mercy Foundation is incredibly grateful for the Campbell's ceaseless support that helped inspire this donation from the group. "The two of them are very involved and very generous to Mercy Hospitals, and really are advocates for the Foundation," Stephanie said. "They epitomize the connection with a hospital and the support that comes about because of that connection."

Additional fundraising is currently underway to purchase a portable X-ray unit for Mercy Hospital Downtown. The Friends of Mercy Foundation greatly appreciates the men who have donated their time and money to so many great causes through the William Howell Century Club.

For those interested in becoming part of this men's philanthropy group to further the quality of care for Mercy Hospitals, please call the Friends of Mercy Foundation at 661-663-6700.





"THE KINDNESS CREW" HITS THE STREETS

s humankindness infectious?
They say that a single act of kindness can produce dozens more; that if you want the world to be a kinder place, be kind and others will be too. As we practice our values in the pursuit of our daily mission at Dignity Health, those acts often have a ripple effect, spreading goodwill

partnered with American General Media (AGM), home to HOT 94.1, HITS 93.1, 96.9 La Caliente, 101.5 KGFM, 1180AM, and 96.1FM KERN Radio, to form the Kindness Crew and kick off gthe Summer of humankindness. AGM's popular radio personalities make up the Kindness Crew, and they've hit the streets to do some kind deeds

president of American General Media, and the AGM team brought Dignity Health's idea to life.
Rogers explained the collaboration by saying, "AGM and Dignity Health Mercy and Memorial Hospitals are both a part of the fabric that makes up Bakersfield.
Our organizations and people are a part of the community and



"We would all like to see this movement gain momentum to the point where it becomes 'The Lifestyle of humankindness' and we can continue well beyond the summer of 2015."

-Rogers Brandon, President, American General Media

well beyond the walls of Mercy and Memorial Hospitals to the communities at large. Consider what's happening this summer on the streets of Bakersfield through the efforts of Dignity Health, American General Media, and their Kindness Crew.

In June, Dignity Health

and recognize others for doing the same.

The Dignity Health marketing team, led by Robin Mangarin-Scott, director of strategic marketing for Dignity Health, approached AGM with the Summer of humankindness concept. Rogers Brandon, have been for decades – in the case of Mercy Hospitals for more than 100 years. It seemed like a natural fit for our radio stations to partner with Dignity Health and help spread their vision throughout the community this summer...to do some good and have some fun along the way."

The Summer of humankindness continued



Each of the five radio stations: top 40, hip-hop, adult contemporary, talk, and Spanish, asks listeners to nominate someone deserving of a little extra recognition for their good deeds, or to suggest a kind act for the Kindness Crew to do. The listeners are challenged to get involved; "Pay it forward, be kind and you might just be rewarded," Rogers said. With each station's top personalities involved, the positive impact in Bakersfield could

be significant. "We would all like to see this movement gain momentum to the point where it becomes 'The Lifestyle of humankindness' and we can continue well beyond the summer of 2015."

The Kindness Crew, along with folks from Dignity Health, kicked off the Summer of humankindness at the Bakersfield Ronald McDonald House. Listeners brought in donations to help support the "Home Away from Home,"

where families can go to take a break from the hospital environment when their children are hospitalized.

The Kindness Crew is getting around in a brand new Mercedes GLA250 SUV, courtesy of Mercedes Benz of Bakersfield, who performed their own act of kindness by donating the use of a vehicle for this cause. The SUV displays the bold Summer of humankindness messaging, making it easy to spot on the streets of Bakersfield.



CONTACT THE KINDNESS CREW

Would you like to see someone recognized by the Kindness Crew? Or perhaps you have an idea for an act of humankindness for your favorite radio personality? Let the Kindness Crew know at Kindness Crew Bakersfield.com.



hough the summer is winding down, temperatures are still reaching near triple digits in Kern County. While the pool may be a great way to stay cool, unfortunately, pool accidents can happen at any time, but they can be avoided if you are aware of the risks.

While you're enjoying the pool this summer, Dignity Health Mercy and Memorial Hospitals wants you to be aware of the hazards of drowning, and recommends taking the "Pool Safely" campaign pledge; you might just save a child's life.

KNOW THE RISKS:

According to the Consumer Product Safety Commission's 2013 Pool and Spa Submersion Report, a heartbreaking 85 percent of child fatalities under the age of five occurred in residential locations. The overwhelming majority of the reported deaths and injuries occurred in pools. These numbers are tragic, but they can be easily avoided when proper safety rules and equipment are put into place.

BE ALERT AND PREPARED

- Designate an adult to watch the children at all times when they are in or near a pool or spa.
- · Teach children basic water safety tips.
- Keep a phone nearby the pool in case of an emergency.
- If a child is missing, look in the pool or spa first.
- Avoid entrapments by keeping children away from pool drains, pipes, and other openings in the pool.
- Share safety instructions with family, friends, and neighbors.

PRACTICE WATER SAFETY

 Learn how to swim and teach your child how to swim.

- Learn how to perform CPR on children and adults.
- Understand the basics of life-saving techniques so you can assist during a pool emergency.

HAVE APPROPRIATE EQUIPMENT

- Install a four-foot tall fence around the perimeter of the pool and spa.
- · Use pool and gate alarms to alert you when a child goes near the water.
- Install compliant drain covers, and be aware if you're at a pool that doesn't have them.
- Be equipped with life-saving gear such as life rings and reaching poles.
- Invest in pool and spa safety covers for when the pool is not in use.

For more information about the "Pool Safely" campaign, visit poolsafely.gov and take the pledge to make sure your family stays safe.



The Catholic Health Association Honors Mercy & Memorial Hospitals' Department of Special Needs and Community Outreach

ne hundred years ago, the Catholic Health Association of the United States (CHA) was founded with a commitment to improve the health status of communities and create quality and compassionate health care that works for everyone.

Today, with more than 600 hospitals and 1,400 long-term care and other health facilities in all 50 states, the Catholic health ministry is the largest group of nonprofit health care providers in the nation.

This past June, CHA leaders and members met in Washington D.C. for the Catholic Health Assembly, an annual event that focuses on improving health care and access to care nationwide with an emphasis on the poor and underserved.

Each year, a highlight of the event is the awards ceremony that recognizes remarkable contributions to health care. Chosen from 27 worthy nominees, the annual Achievement Citation Award for bold, innovative programming that changes lives was given to the Department of Special Needs and Community Outreach at Dignity Health Mercy and Memorial Hospitals for its Beyond the Walls program.

Started in 1991 to serve low-income, uninsured and under-insured individuals, and other disenfranchised populations,

the Department of Special Needs and Community Outreach has grown from a staff of two and half to 36 full-time employees whose work is supplemented by more than 500 volunteer hours each month.

From day one, the driving force behind Beyond the Walls has been Debbie Hull, the regional director of the department. She came to Mercy Hospitals to begin the community benefit department after a career as an elementary school teacher to fulfill a desire to make a difference in the lives of people who are struggling with poverty.

"This job has been perfect for me; my years of teaching gave me a lot of organizational skills. My passion to help underserved communities, and working with very dedicated and compassionate employees, has helped us develop programs that have an impact on people's lives," Debbie said.

Impact is an appropriate word to use when describing Beyond The Walls' 45 diverse programs and services that make a meaningful difference in the lives of more than 118,000 people each year at zero cost to any of them.

Whether it's offering nutrition education or diabetes prevention, assisting with applications for Medicaid/

Covered California or homework clubs for disadvantaged kids, providing homemaker services to the housebound elderly or job training for parolees, or simply feeding the hungry, Beyond the Walls reaches across Kern County's 8,161 square miles to answer unfulfilled needs.

Debbie added that, even with the impressive number of programs and participants, there are many more still in need, especially in dealing with extremely high obesity rates found in Kern County. "There are so many rural areas where people don't have immediate access to health care," she said. "They really appreciate it when someone brings them a food basket and teaches them about

healthy food choices and nutrition."

With California's highest poverty rate, the daunting problems faced by the poor in Kern County present an immense challenge, but the passion embodied by Beyond The Walls' staffers and volunteers have proven a consistent match.

Luz Torres, coordinator for the Empowerment and Healthy Kids in

Healthy Homes programs, was thrilled to learn that the CHA Achievement Citation Award was given to Beyond The Walls, and was quick to pass word on to the volunteers she works with.

"The volunteers play such an important part," Luz said. "When we won the award, I made sure they understood that it was for the hard work we've been providing to the people in the community who really need it." While proud to have played a part in winning the award, she's quick to add that, "we don't do this for the acknowledgment, it's for the reaction we get from the people we help."



"My passion to help underserved communities, and working with very dedicated and compassionate employees, has helped us develop programs that have an impact on people's lives."

-Debbie Hull, Regional Director, Beyond the Walls

According to Debbie, acknowledgment should also be given to the Friends of Mercy Foundation, administration, and the boards of directors for having raised more than \$12 million over the past 24 years for outreach programs.

"I credit them for recognizing that this service we provide in the community is part of the Dignity Health mission, and that it's important to provide the best quality care for our patients and families that come into the hospital," Debbie explained. "But, just as important is our service to the community to help people improve the quality of their lives, to get basic needs—food, clothing, shelter—and to respond to those needs that rise in our community health assessments."

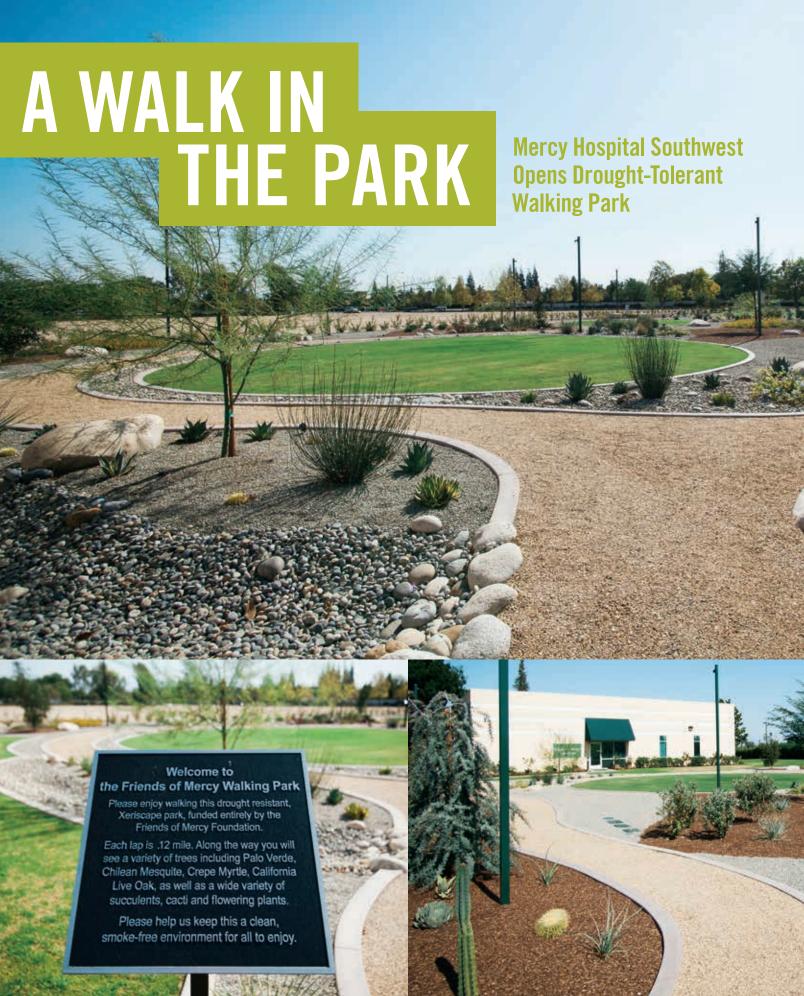
Debbie also noted that the 22 members who make up the Community Benefit Committee are another reason why Beyond the Walls has been able to grow while remaining effective. "The input and advice we get from these

community leaders are an important aspect of our program," she said. "We come together five times a vear to talk about our programs, goals for the year, where we're heading. Because they're involved with the community, they'll tell us when we're not reaching enough people, or if we're concentrating on the numbers as opposed to the quality."

Receiving the CHA Achievement Citation Award is certainly a milestone for Debbie and Beyond The Walls. But to her, the future is clear. "We will always be providing basic needs for the poor because the poor are always going to be here," she said. "When I spoke after getting the award, I told the audience that

the honor most especially belongs to the people we serve because they show us a hope and resilience that is inspiring."

"I hear my employees say this all the time: 'I walked away and I knew that I had helped them.' We see a need and we respond, hoping for the best outcome. And sometimes, we can actually see the difference we are making!"





n cities across the country, hospitals have become an essential part of their communities as they support and sustain residents through outreach, preventive services, and patient care. Dignity Health Mercy Hospital Southwest recently extended their reach to the Bakersfield community in a unique way, by adding the Friends of Mercy Walking Park located near the entrance to the emergency department.

The Friends of Mercy Walking Park is open to the entire community including residents in nearby neighborhoods, visitors to the hospital, mobile patients, family members of patients, physicians, staff, and neighboring medical and office-building residents. The park will especially benefit

patient's family members when they need respite from the long hours and stress associated with having a loved one in the hospital.

"We specifically built it on a corner that is very visible and are encouraging

designed and constructed the xeriscape park with drought-tolerant plants and drip irrigation, perfect for water efficient gardens. The drought-tolerant features in the garden will dramatically reduce the amount of water needed to maintain the park by an estimated 23,000 gallons per

The park was funded entirely by philanthropic support from both Mercy Hospital employees and individual donations to the Friends of Mercy Foundation. Mercy employees funded one-third of the cost of the park through the annual Spirit of Giving Club. The remaining donations came from individual donors, who also contributed to the park by purchasing natural granite benches for sitting areas. One bench

> in particular has been purchased in the honor of long-time Mercy Hospital Southwest employee, Nancy Iparraguirre, who recently passed away.



In the process of developing the Friends of Mercy Walking Park, Monji Enterprises was mindful of the drought by constructing a garden that is resistant to drought conditions.

employees who work in businesses near by, as well as the community at large, to come use it," said Stephanie Weber, vice president of philanthropy at the Friends of Mercy Foundation. "We see employees walking it all the time, and people from the community have come by and we see them taking pictures of the plants. We see people coming from the ER parking lot, and employees will sit at the benches and eat their lunch."

In the process of developing the Friends of Mercy Walking Park, Monji Enterprises was mindful of the drought by constructing a garden that is resistant to drought conditions. Monji Enterprises

"She was very beloved in the surgical department at Mercy Hospital Southwest," Stephanie said. "Physicians and employees who knew and loved Nancy recently contributed to the Friends of Mercy Foundation in her memory, and a bench with a plaque honoring her will be installed sometime this summer. It's just another example of how our employees are very philanthropic here."

Mercy Hospital Southwest is pleased to offer the Friends of Mercy Walking Park to the public in order to encourage and support health and wellness within the Bakersfield community.



ART FOR THE HEART

USING THE CREATIVE PROCESS TO HELP CHILDREN HEAL



he death of a loved one can be heartbreaking for everyone in the family; but it is the children who may be least equipped to understand and cope with the loss. But Hoffmann Hospice's annual Heart Art Camp is a place where children can begin the healing process after having lost a family member.

This year the Heart Art Camp was conducted in partnership with Dignity Health's Art For Healing program at the Art and Spirituality Center at Mercy Hospital Downtown. Donna Tirp, Art and Spirituality Center manager, was excited to host the camp. "Art For Healing was the perfect partner for the Heart Art Camp. Not only is our facility prepared for people to engage in all types of creative activities, but Dignity Health and Hoffmann Hospice are absolutely aligned in our approach to promote spiritual healing through the creative process."

Michael Pawloski, MSW, the director of the camp for Hoffmann Hospice, said, "This year we were thrilled to extend

and review its contents, celebrating the life of their loved one. It becomes an ongoing tool for healing long after the camp has ended.

One of the highlights of the camp was a surprise visit from "Maggie" — the newly adopted rescue dog from Marley's Mutts, who will serve as the resident pet therapy dog in the new Hoffman Hospice home.

The Heart Art Campers are sorted into groups by age, as children often feel safer sharing their feelings with their peers going through the same experience.



in grief counseling. During this camp, two children were overcome by their emotions and could not stay in the workshop. The children were urged to go into a special area, set aside for them away from the others, and the social workers then gave them special comfort and guidance.

During the last hour of the camp the children are joined by family members, who have an opportunity to see what the child has created, and hear from them about their process. It becomes a healing and unifying time for the whole family. The camp experience gives all members of the family a way to discuss the loss of their "special person" long after the camp has ended.

The Heart Art Camp will return to the Art and Spirituality Center next year, during the second week of June 2016.

To learn more about the Art and Spirituality Center, please visit dignityhealth.org/ Bakersfield

"Art For Healing was the perfect partner for the Heart Art Camp. Not only is our facility prepared for people to engage in all types of creative activities, but Dignity Health and Hoffmann Hospice are absolutely aligned in our approach to promoting spiritual healing through the creative process."

-Donna Tirp, Manager, Art & Spirituality Center at Mercy Hospital Downtown

the camp from three to four days, and the number of participants ballooned from seven to 16."

The nature of each child's loss varied; some lost a parent, others an aunt, uncle, grandparent, or even a brother or sister. "Many were suffering from trauma and have not been able to speak to others about what happened," Michael explained. "When a child loses someone special, confusion, fear, and guilt are often added to the grief mix."

These workshops included a broad spectrum of the arts including creative writing and journaling, poetry, watercolor, collage, mask-making, song-writing and singing, and the creation of memory boxes. The memory boxes are the size of a shoebox, and are painted, decorated, and filled with messages, letters, pictures, and other memorabilia about the child's "special person." They are encouraged to keep the memory box and whenever they are feeling sad about their loss, to open it

Michael explained, "When one child helps and comforts another child in their age group, both benefit from the shared healing."

One child in particular stands out—an 11-year-old boy who was attending camp for the second year in a row. He also attended the Hoffman grief support groups throughout the year. The boy was no stranger to the death of loved ones, having lost his father, grandfather, an aunt, and even pets during his short lifetime. In this camp he used his experience to become a leader and to help other children in their grieving process. He was able to personally focus on coming to terms with his aunt's untimely death, as well. "I have seen remarkable healing and maturing in this child. His mother and grandmother both have commented on the value of the camp and ongoing group support," Michael said.

In addition to the volunteer artists, musicians, writers, and helpful spirits, the camp has social workers, who are trained



HOFFMANN HOSPICE

offmann Hospice regularly hosts free grief support groups for adults and children, led by trained counselors. You need not have had a loved one on their service to attend.

All support groups are held at Hoffmann Hospice, 8501 Brimhall Rd., Building 100, Bakersfield, (661) 410-1010. Visit HoffmannHospice.org for more information about services and programs.



Mercy Hospitals' task force eliminates cases of ventilator-associated pneumonia

hen a patient's medical condition requires respiratory assistance, they are often placed on a ventilator to help make breathing easier. For instance, a ventilator is used during surgery when a patient is under general anesthesia, or during other times when a person is unable to breathe on his or her own due to a disease or medical condition. While ventilators help make the flow of oxygen to the lungs easier, they can also cause the lungs to be more susceptible to certain types of infection, such as pneumonia.

While their bodies are hard at work trying to restore and heal, they should not have the added worry of contracting ventilator-associated pneumonia (VAP), a somewhat common occurrence for long-term ventilator patients. Thanks to a Mercy Hospitals' multidisciplinary task force, this is no longer a concern for many of these patients.

Led by several Mercy Hospitals' department heads, the task force has been implementing new procedures to reduce VAP incidences, and the results have been astounding. Mercy Hospitals has gone without a case of VAP since December of 2011, and as a result, were recently honored with the 2015 Cost & Quality Award for Infection Control by Healthcare Business

Insights, a provider of research and best practices for hospitals and health systems.

Because VAP can be potentially fatal for the patient, Mercy Hospitals took action to discover the root of the problem. The multidisciplinary task force, made up of nurses, respiratory therapists, pharmacy technicians, dietary specialists,

chaplains, pallative care, social services, and physicians, began to identify which patients were contracting the infections and if there was a way to reduce their occurance. According to Randy Hunter, RRT-NPS, BSRC, MHA, manager of Respiratory Therapy Services at Mercy, the group discovered that instances of VAP were associated with patients intubated for longer than two weeks or certain types of post-operative patients.

Once patients at risk for developing VAP were identified, the task force researched and collaborated until they developed some best practices that reduced the incidence of VAP down to zero in the ICU at Mercy Hospital Downtown and Mercy Hospital Southwest. This new number of zero cases is down from the 27

they would have anticipated since 2011.

According to Anne Wolfersberger, RN, BSN, MHA, vice president/chief nursing officer at Mercy Hospitals, these new procedures were successful because everyone on the team was hands-on in figuring out the solution. "The successful eradication of VAP after initiation of the protocols brought about a sense of pride and ownership in everyone on our team. These procedures are now hard-wired here at Mercy Hospitals," Anne said.

Mercy Hospitals' success in reducing incidences of VAP has not gone unnoticed. The best practices developed by the task force in Bakersfield are being adopted throughout the Dignity Health system that spans California, Arizona, and Nevada. Because of the team's collaboration and hard work, patients at Mercy Hospital Downtown and Mercy Hospital Southwest can have peace of mind knowing they are receiving the highest quality of care.

Meet Memorial Hospital's New Medical Director for Cardio Thoracic Services

WELCOMING DR. ERIC PECK



ince its doors first opened in 1956, Dignity Health Memorial Hospital has delivered quality health care to the community with compassion and respect. Now, continuing with that long-standing tradition of providing excellent patient care, Eric Peck, MD, has been appointed Memorial Hospital's new medical director for Cardio Thoracic Services.

Born and raised a little more than 100 miles south of Bakersfield, Dr. Peck brings extensive experience to a department known for excellence in comprehensive When it comes to his professional life, Dr. Peck is excited about the opportunity to help the community learn more about the range and quality of cardiac and thoracic surgical procedures offered at Memorial Hospital. According to Dr. Peck, some patients have needlessly received care out of town because they weren't aware of what's available in Bakersfield.

"That's one of the most important things I want to do here; have patients know there's nothing wrong with taking control of their health care," Dr. Peck said. He went on to explain how he plans

"That's one of the most important things I want to do here, to have patients to know there's nothing wrong with taking control of their health care."

-Dr. Eric Peck, Medical Director for Cardio Thoracic Services

Memorial Hospital

cardiovascular care. "I grew up in Calabasas and my parents still live there," Dr. Peck said. "I went to San Diego for undergraduate work, then to medical school in Philadelphia, and to Baltimore for my residency at John Hopkins Hospital, where I stayed for about a decade," Dr. Peck said.

Consistently rated as the top overall hospital in the United States, John Hopkins tried earnestly to hold on to Dr. Peck, but the draw of family, and being directly involved with the care and interaction with patients, brought him to Memorial Hospital. "I was very fortunate to train at John Hopkins, but I wasn't sure if a true academic practice was what I wanted to do since I really enjoy the care and interaction with patients," Dr. Peck explained.

to ensure that Dignity Health is continuing with the most up-to-date management of patients.

Dr. Peck believes that such management extends beyond performing procedures in the operating room, "It includes the continuum of care after the patient leaves the hospital," he said.

He also enthusiastically embraces the spirit of *Hello humankindness*. "Especially when it comes to heart and lung surgery; that's the core of someone's being," Dr. Peck offers. "We want every patient to know that you will be treated like a member of our own family; in our eyes, you're our mom, dad, brother. You matter and we're not here to just perform a surgery. We're here to care for you...mind, body, and soul."

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Schedule your mammogram with the click of a mouse.

Online scheduling now available at the Women's Imaging Center at Mercy Hospital Southwest.

Schedule your mammogram online at: ChooseMercyMemorial.com



