

OCTOBER 2023

# DIGNITY HEALTH CALIFORNIA HOSPITAL MEDICAL CENTER COMMUNITY HEALTH *in Action*



California Hospital Medical Center has been recognized in the recent US News & World Report Hospital rankings 2023-24 for our High Performing Procedures and Conditions distinctions: COPD, Congestive Heart Failure, Pneumonia and Stroke.

This great recognition demonstrates the clinical excellence and quality patient care provided by our physicians and clinical staff, it's amazing leadership, collaboration and dedication in serving our patients and community with the highest quality of care and excellence.

## HELLO AWARENESS

### October is Breast Cancer Awareness Month

Breast cancer is the most common kind of cancer in women. About 1 in 8 women born today in the United States will get breast cancer at some point.

The good news is the most can survive breast cancer if it's found and treated early. A mammogram - the screening test for breast cancer - can help find breast cancer early, when it's easier to treat.

Learn more and schedule your mammogram at the Los Angeles Center for Women's Health.

For more information and appointments, please call 213.877.5286  
<https://dignityhlth.org/3RKbdGq>



# HELLO PROGRAMS AND EVENTS

## Let's Talk Health : Elevating the Patient's Voice through Narrative Medicine

Learn about narrative Medicine and how it honors the stories of individuals living with cancer. It has sought to address the dehumanizing aspects of medicine, asserting that the patient's narrative is not only essential but central to effective health care. Learning how to be a careful observer or both beauty and sorrow in literature and art and then writing the experience can help individuals reflect on the stories that shape their journey.

Get connected to free, no cost psychosocial support and services to persons living with cancer.

Wednesday, October 18, 2023 at 12PM. Contact Barbara Gonzalez at [Barbara.Gonzalez@CommonSpirit.org](mailto:Barbara.Gonzalez@CommonSpirit.org).



## Emotional Well-being Support Group

Explore your inner self and develop positive life-coping strategies with the help and support of your peers.  
Spanish Sessions Only

**Time:** 9:00 AM - 11:00 PM

**Location:** California Hospital Medical Center

**Meeting Dates:**

November 1, 2023: *Grief, Loss, and Resilience.*

December 6, 2023: *Understanding Anxiety and Building Resilience*

January 3, 2024: *Understanding Anxiety and Building Resiliency*

For more information or to register, please contact Irma Radillo at [Irma.Radillo@CommonSpirit.org](mailto:Irma.Radillo@CommonSpirit.org) or 213.742.5838.



## Volunteer Opportunities at CHMC

Touch Lives  
Change Lives  
Volunteer for Life

Since 1887, the California Hospital Medical Center has provided high-quality, affordable health care to the City of Los Angeles. We are dedicated to making a difference in the health of our neighbors, visitors, family and friends. We invite volunteers who share our vision of service to the community. Become a part of this effort, and you will be amazed at the rewards that in store.



## Get Ahead of the Flu



The best time to get the flu vaccine is before it spreads and starts showing up in our hospitals and care centers. By getting your vaccine in October, you have time to build up your immunity before the flu season kicks in to high gear.

Now is the best time to protect yourself with the FLU vaccine. Go to the The Los Angeles County Health Services portal <https://dhs.lacounty.gov/our-locations/> to call and make an appointment for the flu shot today.

## 2023 Greater Los Angeles Heart & Stroke Walk Sunday, October 22, 2023

On Sunday, October 22, 2023, California Hospital Medical Center will be participating in the American Heart Association (AHA) Heart Walk at the Rose Bowl in Pasadena! For more information or to register click here [bit.ly/3rbUwJ3](https://bit.ly/3rbUwJ3). Every walker will receive a team t-shirt and enjoy our post walk tailgate. We hope to see you there!

## Join California Hospital Medical Center

### COFFEE WITH A COP



STARBUCKS  
GRAND & 11TH  
OCTOBER 12TH 10 AM - 12 PM

Join your neighbors, South Park BID and LAPD on October 12th from 10 AM - 12 PM to connect over coffee and a casual conversation about issues that matter most to you in our community.



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Starbucks  
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# HELLO HEALTHY HABITS

## Lazy Peach Cobbler



### Ingredients:

- 4 tablespoons butter, melted
- 1 (28-ounce) can peaches, undrained
- 3 cups sugar, divided
- 1 1/4 cups water, divided
- 1 heaping tablespoon cornstarch
- 1 1/2 cups self-rising flour
- 2 teaspoons vanilla
- 1 cup milk
- 1/2 teaspoons cinnamon
- vanilla ice cream, optional, to taste, for serving

### Directions:

- 1 -Preheat the oven to 350 degrees F.
- 2 -Pour the melted butter in a 9x13-inch baking dish, evenly coating the bottom and the sides.
- 3 -In a medium saucepan over medium heat, add the peaches and their juices.
- 4 -Add 1 cup of the sugar and 1/2 cup of the water to the peaches and bring to a simmer.
- 5 -In a small bowl, stir the cornstarch into the remaining water.
- 6 -Stir the cornstarch mixture into the peach mixture and simmer until the sauce thickens, about 3 minutes.
- 7 -Transfer the peach mixture from the heat and let it cool slightly.
- 8 -While the peach mixture cools, in a medium bowl, whisk the flour, the vanilla, 1 1/2 cups of the sugar, and the milk together.
- 9 -Pour the peach mixture into the prepared baking dish.
- 10 -Spoon the flour mixture over the peach mixture.
- 11 -In a small bowl, combine the cinnamon and the remaining sugar.
- 12 -Sprinkle the cinnamon-sugar over the cobbler.
- 13 -Bake the cobbler until the top is golden-brown, about 30 minutes.
- 14 -Serve topped with the vanilla ice cream.

# HELLO SUCCESS



## St. Vincent de Paul Parish Donation

A special thank you to St. Vincent de Paul for their continued dedication to serving our community. Every year for the past almost 20 years, St. Vincent de Paul has honored CHMC by donating a plethora of good to our hospital. This year, they provided three strollers for the first three babies born on September 27, 2023! Along with the strollers were gifts filled with diapers and more. We appreciate the generosity tremendously - Thank you St. Vincent.

California Hospital believes in supporting healthy living in ways that extend far beyond the walls of our hospital. Truly good health results from education, nutrition, and people working together to invest in their communities. Our comprehensive array of outreach services empower children and families to take charge of their health and the health of their communities.

### **Community Health Education**

We offer a number of classes to help you in your wellness journey. Programs include Heart H.E.L.P., Diabetes Empowerment Education Program, Youth Mental Health First Aid, Mind Matters, Navigating the Healthcare System. In addition, we provide one-time presentations on stress management, cholesterol, breast cancer, diabetes, cardiovascular health, and nutrition. Programs are offered in English and Spanish. Please contact Barbara Gonzalez for more information via email: [barbara.gonzalez@commonspirit.org](mailto:barbara.gonzalez@commonspirit.org).

### **Hope Street Margolis Family Center**

Hope Street supports families by addressing social determinants of health through a continuum of care that includes health screenings, mental health, literacy, early childhood education, early intervention, and youth and family services. For more information, please call 213.742.6385.

### **Para Su Salud**

Para Su Salud provides assistance navigating the application process for Medi-Cal, Covered California, and other health access programs. They can also help with annual redetermination renewals. For more information, please call 213.742.5537.

### **Welcome Baby**

You're having a baby! Welcome Baby is a free, voluntary home visiting program for all mothers who live within a five-mile radius of California Hospital Medical Center and give birth at our facility. Our goal is to help you and your baby get off to the right start by offering you support, information and resources on issues such as pregnancy, childbirth, breastfeeding, parenting, early child development, basic healthcare, nutrition, maternal depression, and improving home safety. For more information, please call 213.742.649.

### **Los Angeles Best Baby Network**

LA Best Babies Network brings together hospitals and community organizations in Los Angeles County, providing tools and training to make their home visiting programs succeed. With our coordination and technical support, these programs are changing lives during pregnancy and beyond.

## **CONNECT WITH US!**



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[@dignityhealthsocial](https://www.instagram.com/dignityhealthsocial)