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Loma Linda University Health

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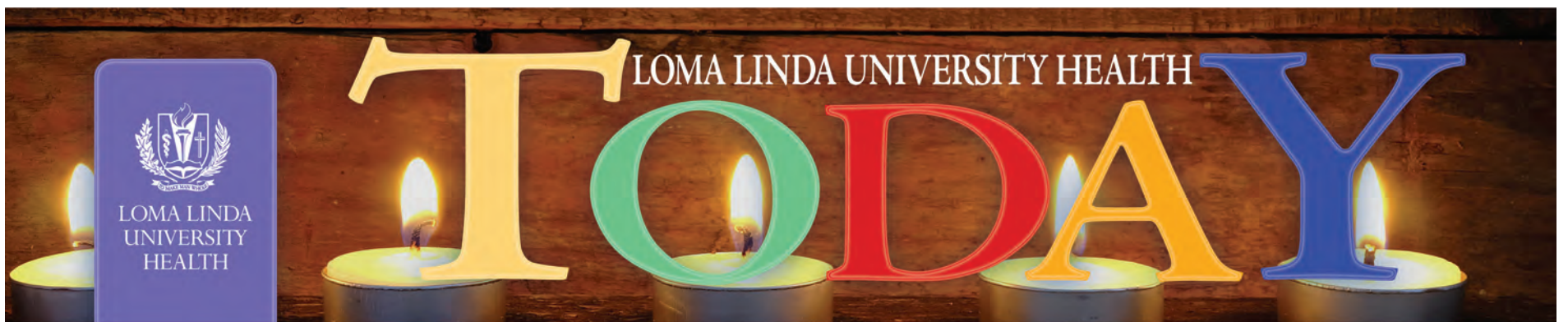


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Official news publication for Loma Linda University Health

December 2015

Volume 28, No. 12

Terrorist bullets shatter the peace of the holidays in San Bernardino and neighboring communities

By Larry Kidder

It was a departmental Christmas party, similar to hundreds of other parties that take place in organizations across Southern California and the rest of the nation during the month of December.

Staff members from the San Bernardino Department of Health—many of whom work closely with Loma Linda University Health in the arenas of education, health care, and research—were holding a party in one of the meeting rooms of the Inland Regional Center, located on Waterman Avenue in San Bernardino, a few miles north of Loma Linda. It was Wednesday, December 2, just before lunchtime.

Following some department business, the group dismissed for a break, with the plan to return for the annual Christmas party. At that moment, shortly after 11:00 a.m., their world changed as a health inspector-turned-terrorist and his wife opened fire on his own colleagues and friends, killing 14 and wounding 22.

First responders descended upon the scene, ready to “take a bullet” if needed to save lives. By day’s end, the two terrorists lay in a Redlands street where they had fallen in a hail of gunfire, their black SUV full of holes and missing all windows but the windshield.

In just a few hours, a nation’s feelings of safety and security had vanished, replaced by fear. Loma Linda University Health employees could not afford to wait for the tragedy to sink in. The emergency department readied itself for major casualties. The campus remained on heightened alert. In the midst of



Media trucks line Campus Street just outside Loma Linda University Health’s emergency department. When the news media learned that some of the 22 injured victims would be brought to Loma Linda University Medical Center, a number of reporters arrived on scene. Emergency department nurses held up sheets to protect the identities of the five victims who came to the Medical Center—two in critical condition.

everything, a Code Yellow was called because of a bomb threat.

Five patients came to Loma Linda University Medical Center that day—two in critical condition. In the days since, Medical Center staff have cared for them and protected their identities, much to the dismay of the swarms of media camped out on the street next to the emergency department.

In showings of support, Angelo’s Restaurant, a local Italian eatery, delivered food to emergency department staff

and then refused payment. An emergency room tech from Austin, Texas, paid for a pizza delivery the afternoon of the shootings. The following day, staff members from Boston’s Beth Israel Deaconess Medical Center—where Boston Marathon bombing victims were treated—also paid for pizza to help their West Coast counterparts.

An alumnus was among those injured during the shootings. Many of the faculty, staff, and students on the Loma Linda University Health campus personally know the dead and injured, and consider them colleagues in meeting the health care needs of San Bernardino and Riverside counties.

In the days following, the campus has taken time to grieve and reflect on the tragedy. Faculty, staff, and students from a myriad of faiths—including many Muslims—have mourned together and comforted each other. In this moment of heartbreak, community and camaraderie have flourished.

The December issue of Loma Linda University Health TODAY typically shares the holiday celebrations of a campus that has seen another calendar year pass by. Close-knit departments decorate their offices and waiting rooms, and gather for potlucks and gift exchanges. Community outreach events highlight the joyous occasion of Jesus’ birth and the spirit of giving.

But 2015 is different. Like so many history-changing events, the San Bernardino massacre will be forever linked to the 2015 holiday season.

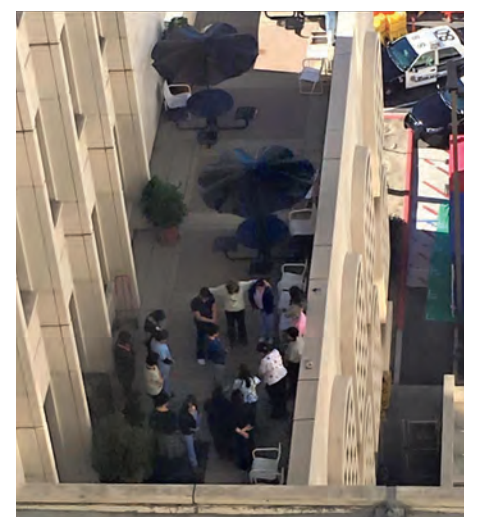
This issue is dedicated to the memory

of 14 victims, the recovery of 22 wounded, and the heroism of so many who answered the question posed to Jesus that led to His story of the Good Samaritan: “And who is my neighbor?” Luke 10:29. The iconic sculpture illustrating this story is located on the south campus mall and has become a symbol of whole person care at Loma Linda University Health.

Many of the stories in this special issue describe Wednesday, December 2, and the days since, seen through the eyes of members of the Loma Linda University Health community. Sharing is an important part of the healing process. And during this holiday, many will hold their loved ones a little closer.



Officer John Marshall, right, director of security at Loma Linda University Health, updates leaders of the organization on the latest information from law enforcement and other agencies. Listening in are, from left, Kerry Heinrich, JD, CEO of Loma Linda University Medical Center; Richard Hart, MD, DrPH, president of Loma Linda University Health; Chris Johnston, JD, (in back), associate general counsel; Kathleen Clem, MD, chair of emergency medicine; Trevor Wright, MHA, senior vice president of adult hospital services; an unidentified employee; and Terry Hansen, MPH, COO.



Employees gather for an impromptu prayer session on a rooftop as the horrific events of Wednesday, December 2, unfold. The photo was posted on Facebook.

Many Strengths. One Mission.

LOMA LINDA UNIVERSITY HEALTH : LOMA LINDA UNIVERSITY | SCHOOL OF ALLIED HEALTH PROFESSIONS | SCHOOL OF BEHAVIORAL HEALTH | SCHOOL OF DENTISTRY | SCHOOL OF MEDICINE | SCHOOL OF NURSING | SCHOOL OF PHARMACY | SCHOOL OF PUBLIC HEALTH | SCHOOL OF RELIGION | LOMA LINDA UNIVERSITY MEDICAL CENTER | UNIVERSITY HOSPITAL/ADULT SERVICES | LOMA LINDA UNIVERSITY CHILDREN’S HOSPITAL | LOMA LINDA UNIVERSITY MEDICAL CENTER EAST CAMPUS | LOMA LINDA UNIVERSITY BEHAVIORAL MEDICINE CENTER | LOMA LINDA UNIVERSITY SURGICAL HOSPITAL | LOMA LINDA UNIVERSITY MEDICAL CENTER—MURRIETA | HIGHLAND SPRINGS MEDICAL PLAZA

Loma Linda University Health family remembers victims

Following the tragic events of Wednesday, December 2, many at Loma Linda University Health felt the need to gather for expressions of mutual support and comfort. Hundreds gathered for a chapel service Friday, December 4, at noon in the Loma Linda University Church.

Photo below: Loma Linda University Health employees gather in mutual support and comfort. The congregation took part in a responsive reading.

Near right: Gerald Winslow, PhD, vice president for mission and culture, spoke to those gathered; the service was also streamed.

Far right: Richard Hart, MD, DrPH, president of Loma Linda University Health, provided words of comfort and inclusion.

Bottom near right: Terry Swenson, DMin, MDiv, Loma Linda University campus chaplain, addressed the LLUH community about the recent events.

Bottom far right: Jim Greek, DMin, chaplain director, Loma Linda University Medical Center, read a scriptural text.

By Nancy Yuen



Advancement team Christmas gathering reflects tragedy and hope

By James Ponder

Two days after the tragic San Bernardino shooting in which 14 people were killed and 22 injured, the Loma Linda University Health advancement team Christmas gathering convened at Riley's Farm in Oak Glen to reflect on the tragic events and seek strength and hope in faith and community. The event was held Friday, December 4, from 11:00 a.m. to 2:00 p.m.

The serendipitous appearance of the Bost Family Traditions band from Bisbee, Arizona, added joyful holiday music with reverential overtones to the occasion. The group, consisting of Jeff Bost on electric guitar and his daughters, Liberty, Yessie, and Felicity on fiddle, acoustic guitar and bass, have developed a national following for their traditional mix of bluegrass, gospel, and Americana roots music.

Heartfelt presentations by two

Loma Linda University Health chaplains—Francisco Cross, MS, and Terry Swenson, DMin, MDiv—helped attendees re-affirm their spiritual moorings in the wake of the crisis.

Cross shared personal reflections and faith perspectives on working with the five patients brought to Loma Linda University Medical Center after the shooting and Swenson told stories of his interventions with faculty, staff and students at Loma Linda University.

Afterward, Swenson led members of the team in a candlelighting ceremony and a moment of silence, encouraging them to be strong in their faith.

In between the spiritual and musical presentations, the group of more than 70 attendees enjoyed making candles, exploring the rustic grounds and farm store, and talking with other members of the team. The staff of Riley's Farm provided a delicious lunch and low-key atmosphere for the event. Members of



Chaplain Swenson led advancement team members in a candlelight vigil for victims of the San Bernardino shootings.

the advancement team donated clothing items to share with the senior residents of a local skilled nursing facility.

"We were so grateful that so many team members were able to attend this meaningful and moving ceremony,"

noted Rachelle Bussell, senior vice president for advancement. "In light of the recent tragic events that have marred our Inland Empire community, we felt it was important to redirect the focus to reflect the need for spiritual healing this year."

Media relations team inundated with inquiries

By Briana Pastorino

The media relations team at Loma Linda University Health is no stranger to high-profile events and situations that capture interest by the media.

They come in the form of phone calls, emails, and text messages—and after the shootings in San Bernardino, they were relentless.

With the exception of Baby Fae in 1984, the media outreach that occurred on the day of and days after the shootings was unprecedented for Loma Linda University Medical Center.

There were at least 100 inquiries that came in within the first hour of the

news of the shootings from all over the globe including Los Angeles, New York, Canada, England, and beyond.

Media crews lined the Campus Street sidewalk outside the emergency department once news of victims arriving at LLUMC went viral.

More concentrated the first two days, the crews dwindled and finally vacated the property by Saturday.

A press conference was held at the hospital the evening of the shootings, which garnered more than 400 media hits.

LLUMC CEO Kerry Heinrich gave a press conference on Thursday morning, December 3, which was highlighted in more than 300 news stories.

Since December 2, there have been



On Wednesday, December 2, media spent most of the day outside the LLUMC emergency department, awaiting word about the victims inside.

more than 1,600 news hits mentioning Loma Linda University Medical Center relative to the shooting. Major broadcast

news networks such as CNN, ABC World News, NBC Nightly News and
Continued next page

Faculty and students profess solidarity with victims of San Bernardino terrorist attack

By Heather Reifsnyder

Keenly feeling the shock and grief of the December 2 bloody gun rampage in San Bernardino were faculty and students of LLU's eight schools. The terrorist attack on a gathering of county officials left 14 dead and 22 injured.

Among those stricken by the event were individuals from the School of Public Health, as many of the shooting victims worked in that field. Helen Hopp Marshak, PhD, dean of the School of Public Health, remarked about this in a statement about the attack.

"We proudly stand with our colleagues, and show our support to them and their families," Marshak said. "We as public health students and professionals dedicate our lives to the health and safety of our communities.

"We will not stand for violence, and we are actively searching for tangible solutions. San Bernardino is a resilient city, and they are our neighbors," she

added. "Now, more than ever, public health matters."

Marcus Chapman, director of communications for the School of Public Health, says, "Our school is truly stunned. The sudden loss of lives feels like a dagger. But there is an extra twist of the knife knowing that many were public health professionals."

Other schools also professed their support and grief. Members of the School of Behavioral Health are trained to deal with the aftermath of traumatic events such as this senseless shooting, but it hits them as hard as anyone else.

"Our hearts and prayers are with all those affected by Wednesday's tragic events, within both our community and our school family. We are deeply grateful to law enforcement for their support and protection, to the medical professionals who continue to assist the injured, and to the countless others who have contributed so positively and compassionately during this difficult time," noted a school Facebook post.



Bowing in prayer for those affected by the terrorist attack are members of the schools of Allied Health Professions and Public Health. They offered this prayer during a brief gathering December 4 to express sympathy and promote healing for students, staff, and faculty.

Flag for Hope promotes unity, peace, and healing

By Susan Onuma

On Friday, December 11, in the lobby of Loma Linda University Children's Hospital, Loma Linda University Health hosted "Flag for Hope," a project designed to promote unity and peace among all Americans and the healing of the community.

Approximately 100 Loma Linda

University Health employees and Children's Hospital patients took part in the event, which was also covered by local media.

Scott Perryman, MBA, senior vice president and administrator of Loma Linda University Children's Hospital, said, "This flag signifies appreciation and gratitude for those individuals who serve in our communities such as teachers,

police, fire, doctors and nurses, and veterans from all branches of our military." He continued, "Hosting the 'Flag for Hope' was particularly poignant in light of the events that happened locally, just a couple of weeks ago."

The Flag for Hope team, led by artist and U.S. Army veteran Marcos Antonio and executive director Chris Cavedon, has traveled to more than 150 cities across the U.S. and roughly 300 to 400 locations. Each participant places his or her finger, palm, or in the case of a three-day old infant, footprint impression on the flag in red, white, or blue paint.

This epic mission was started at the

Indianapolis 500 on May 23, 2015. The project goal is to collect approximately 3,000 to 4,000 American hand and finger impressions on a giant canvas to create the flag of the United States of America.

Cavedon said, "The Flag for Hope symbolically represents thousands of Americans holding hands without conflict or hatred. We are all one country and one people. The Flag for Hope is not political, but rather, is about patriotism and coming together as a country."

Once completed, the Flag for Hope will be displayed in the Smithsonian as a piece of historical folk art.



From left, Scott Perryman, MBA, senior vice president and administrator of LLU Children's Hospital; Helen Staples-Evans, DNP, MS, chief nursing officer, LLUCH; Lyndon Edwards, MBA, MHS, senior vice president of Loma Linda University Health; and Terry Hansen, MPH, senior vice president of Loma Linda University Health, join a patient from LLU Children's Hospital in putting their fingerprints on the Flag for Hope on a stop at LLUCH as it makes its way across the country.

Media relations team inundated with inquiries ...

Continued from previous page
Today Show, the BBC, and CBS News were among those reaching out to the media relations team for information and interview requests in the days following the incident. Most, if not all, of the high-profile publications, including the Wall Street Journal, New York Times and the Associated Press, were all interested in Loma Linda, which had turned into a landmark beyond its status as a Blue Zone® as identified by Dan Buettner.

Loma Linda University Medical Center initially received five patients from the shootings that day. While four remain, the media continues to have a heavy interest—and a heavy heart—for

Loma Linda and the patients in our care. While respecting the media for having a job to do to keep their communities informed, the media relations team has a job to give a minimal amount of information to reporters in an effort to keep the privacy of our patients intact. Patients at LLUMC definitely have a story to share—but it is not ours to tell.

Students and staff are asked to refer all reporters or outside entities requesting information to the media relations team. All interviews and release of information regarding patients or the organization is coordinated through the office of public relations. They can be reached at 909-558-4111 or pr@llu.edu.

Second graders make Christmas cards for LLUMC emergency department

By James Ponder

The adorable students from Jenny Park's second grade class at Loma Linda Academy like to keep up on current events.

So when they learned about the tragic shooting in San Bernardino on December 2, the kids decided to make Christmas cards to thank the health care professionals of the Loma Linda University Medical Center emergency department for helping to heal the wounded.

To say that the cards were colorful, creative, and heartfelt would be an

understatement.

"Dear LLU Emergency Department," wrote one enthusiastic student. "God bless you. Love, Joshua."

In another card, a budding artist drew a snowman with a large carrot nose, dressed in a black and white tuxedo. "Bless you for your work," the card proclaimed. "God bless you!"

"Dear LLU Emergency Department," wrote Ethan, "Happy Holidays! It is December! When it is Christmas, you could open your prehets." Spelling may not be his greatest strength, but goodwill just might!

Continued on page 4



Second-graders at Loma Linda Academy provided major encouragement to members of Loma Linda University Health's emergency department. The cards were in appreciation of their efforts for San Bernardino shooting victims.

Food distribution event at Highland Springs Medical Plaza provides food supplies for local area families in need

By Susan Onuma

On Friday, November 20, Loma Linda University Health provided underserved families in the Beaumont, Banning, and Cherry Valley areas groceries at a food distribution event at the Highland Springs Medical Plaza.

Partnering with Redlands Community Hospital, Beaver Medical Group, San Geronio Memorial Hospital, and Side by Side Humanitarian Food Bank, holiday food and fresh produce—as well as staples, such as cereal, soup, and bread—were given to several hundred people who attended the event.

The lines started well before the 10 a.m. start time, and as Christmas music played in the background, the air was filled with anticipation and sounds of excited chatter.

Nearly 500 bags were filled and distributed at the event, and an additional 89 bags were provided to the foster care program in Beaumont. The remainder of the food was sent to the Set Free Pantry,

where 34 more bags were filled, awaiting pick up by families in need.

Lyndon Edwards, MBA, MHS, senior vice president, Loma Linda University Health, shared, “With the increasing amount of people receiving public assistance, I believe this event is important in our community. Those that have volunteered in prior years have shared how blessed they were by giving back and helping those in need.”

Approximately 90 volunteers served at this year’s event, with 20 to 30 of those being from various departments at Loma Linda University Health.

In the last four years, the number of families served at the food sharing event has steadily increased.

In 2011, the first year of the event, 300 families received food for the holiday. This year, the event has grown to accommodate over 500 families.

The Highland Springs Medical Plaza is a collaboration between Loma Linda University Health, Redlands Community Hospital, San Geronio Memorial Hospital, and Beaver Medical Group.



The lines started forming well before the start time of 10:00 a.m. on November 20. Several hundred individuals were served during the event with nearly 500 bags distributed. The remaining food was sent to the Set Free Pantry, where 34 more bags were filled. The food sharing event represents a collaborative effort between Loma Linda University Health, Redlands Community Hospital, San Geronio Memorial Hospital, and Beaver Medical Group. Approximately 90 volunteers participated.



Charity Navigator gives LLU coveted 4-star rating

By Heather Reifsnnyder

America’s premier charity evaluator—Charity Navigator—has given Loma Linda University its second consecutive four-star rating. Four stars means the highest ranking possible, indicating that LLU exceeds industry standards and outperforms most charities in its sector.

The president and CEO of Charity Navigator, Michael Thatcher, offered his kudos to Loma Linda University.

“I wish to congratulate Loma Linda University on achieving our coveted four-star rating for sound fiscal management and commitment to accountability and transparency,” he said in a letter to Richard Hart, MD, DrPH, president of Loma Linda University Health.

The rankings by Charity Navigator inform donors which charities are

worthy of supporting due to efficient, ethical and open operations.

Loma Linda University joins the mere 21 percent of charities that have received at least two consecutive four-star evaluations from Charity Navigator.

Thatcher explained, “This exceptional designation from Charity Navigator differentiates Loma Linda University from its peers and demonstrates to the public it is worthy of their trust.”

For the trust and generosity of its donors, Loma Linda University is deeply grateful, according to Rachelle Bussell, senior vice president for advancement at Loma Linda University Health.

“And we are pleased that Charity Navigator affirms our donors’ decision to invest in Loma Linda University as it trains tomorrow’s health care professionals with our signature viewpoint of whole person care,” Bussell says.



Second graders make Christmas cards for LLUMC emergency department . . .

Continued from page 3

A girl named Olivia addressed the issue of safety. “Dear Emergency Department LLU,” she wrote, reversing the order most of her colleagues followed, “thank you for saving our lives. And bless you! A Merry Christmas from Olivia.”

One boy decided to keep it short, but sweet. “Dear LLU Emergency Department, Thank you for all your hard work. Love, Jasden.”

One young writer decided to utilize the front and inside of her card to make sure she got her message across. “Merry Christmas,” she wrote on the front. “Elf on the shelf. Please write back.” Her

message on the inside was a bit more conventional. “Dear LLU Emergency Department,” it said, “Thank you for all your hard work. You are amazing! From Elli, Merry Christmas!”

Kathleen Clem, MD, chair of emergency medicine at Loma Linda University, was moved by the beauty and sincerity of the children’s cards.

“Especially at this time when our community is still dealing with the aftermath of the San Bernardino shooting, it was so encouraging to receive messages of hope coming from the youngest members of our community,” Clem observed. “It has truly touched all of our hearts!”



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Follow our **LIVE IT** online health show at liveitlomalinda.org.

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MANY STRENGTHS. ONE MISSION.



Big Hearts for Little Hearts Desert Guild sponsors first of three 'Lunch & Learn' cooking demonstrations

By Briana Pastorino

The Big Hearts for Little Hearts Desert Guild kicked off its 2015-2016 season with its first fundraising event benefiting Loma Linda University Children's Hospital. The first of three 'Lunch & Learn' cooking demonstrations took place at Ristorante Mamma Gina, Wednesday, November 11.

The sold-out event welcomed nearly 70 guests who were treated to a three-course lunch demonstration given by restaurant owner Piero Pierattoni and executive chef Tony Gonzalez. The duo wowed guests—and their taste buds—with homemade gnocchi, traditional Italian shrimp scampi and decadent tiramisu.

Prior to the cooking demonstration LLUCH's pediatric intensive care unit nurse manager and transport nurse Shana Fujimoto, RN, spoke to guests about the hospital's services and needs as it serves more than 2,000 kids from the Coachella Valley annually.

"The Desert Guild has made a huge impact at Loma Linda University Children's Hospital, and we can't do what we do as well as we do without their support," Fujimoto said.

One Coachella Valley resident who recently received care at LLUCH was a testament to that. Mackenzie Cosgrove,

18, was bitten by a rattlesnake twice on the same leg while on a hike with her family on Mother's Day (she was 17 at the time of the accident). After being airlifted to Desert Regional Medical Center, she was transported to LLUCH by the hospital's pediatric transport

team for specialized care that she could only get at a Level I trauma center.

"I remember being in a lot of pain," Cosgrove said. "I was made to feel very comfortable in the ambulance. Although there were a lot of unknowns, the transport team reassured me that

Loma Linda was the best."

Cosgrove received 36 units of anti venom and spent six days at LLUCH.

The teen expressed her appreciation to the Desert Guild for supporting LLUCH. "Thank you for supporting the hospital with the necessary resources that they needed to treat me and other patients."

At the conclusion of the event, Desert Guild president Terry Seigel thanked guests for attending, acknowledging that their participation benefits patients like Cosgrove at LLUCH.

"She is living proof of what we do," Seigel said. "It's the generosity of our members that allows the Guild to provide for the transport teams at Loma Linda University Children's Hospital."

The Desert Guild is committed to supporting the children at LLUCH by developing and supporting projects that address the critical needs of hospitalized children from the Coachella Valley and their families.

The next Lunch & Learn Cooking Demonstration is January 25 at the Hideaway Golf Club in La Quinta. Tickets are \$85 for members, and \$100 for non-members.

For information about the Big Hearts for Little Hearts Desert Guild, call 909-558-5384 or visit lluch.org/guilds.



Ristorante Mamma Gina's owner, Piero Pierattoni, shows off his homemade gnocchi after preparing for guests during the first of three 'Lunch & Learn' cooking demonstrations benefiting Loma Linda University Children's hospital.

Loma Linda University Health 5K Santa Fun Run brings joy to the season

By Nancy Yuen

There was a chill in the early morning air as Santas of all ages, from toddlers in strollers to seniors, gathered to participate in the first Loma Linda University Health 5K Santa Fun Run Sunday, December 13, 2015.

Each participant was given a Santa suit to wear during the 5K, and after fueling up with a healthy snack of apples, bananas and granola bars provided by

Clark's Nutrition, the 250 participants lined up at the starting line, creating a jolly sea of red and white.

Following a welcome by Jillian Payne, MBA, executive director, Loma Linda University Children's Hospital Foundation, Lioness, a group of five girls from Loma Linda University Church performed.

The fun run began when Kerry Heinrich, JD, CEO, Loma Linda University Medical Center, gave PossAbilities

member Davis Galluzzo the go-ahead to sound the horn, signaling the start of the race.

Loma Linda residents who happened to observe Santas running, walking and rolling along the 5K route waved their

greetings. Windows of Children's Hospital overlook Baron Road, delighting children who happened to glance out their windows during the race.

Reporters from local newspapers were present for the event, which provided the perfect opportunity for families to stay healthy together. A story about the fun run appeared in media outlets including the Redlands Daily Facts the next day.



Sunday, December 13, was the perfect morning for the first Loma Linda University Health Santa Fun Run. Here, the 250 participants await the horn which will signal the beginning of the 5K. The Santa Fun Run was presented by Loma Linda University Children's Hospital Foundation and Loma Linda University Health PossAbilities.



Kerry Heinrich, JD, CEO of Loma Linda University Medical Center (holding microphone), introduces Davis Galluzzo (seated), and gives the go-ahead to sound the horn. Also pictured are Pedro Payne, PhD, program director, PossAbilities (standing behind Heinrich), and Jillian Payne, MBA, executive director, Loma Linda University Children's Hospital Foundation.

LIFE ON THE LINE

A DOCUMENTARY SERIES FOR TELEVISION

From the hallways of the hospital, to the banks of the Amazon, watch new inspiring stories from Loma Linda University Health.

Narrated by
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WEDNESDAYS,
7:00 p.m.

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Watch the trailers at lifeontheline.tv

Patients get artistically creative at Art for Little Hearts event

By Briana Pastorino

Patients at Loma Linda University Children's Hospital (LLUCH) spent the morning expressing their creativity during Art for Little Hearts thanks to the Big Hearts for Little Hearts Riverside Guild.

Bobbie Powell, vice president of the Riverside Guild and former director of the Riverside Art Museum, gave patients a lesson in art Tuesday, November 3.

Powell presented the art of Frieda Kahlo, an early 20th century portrait artist, and encouraged the kids to be creative with colors, textures and shapes using various art tools such as stamps and tissue paper along with the usual crayons, glue and construction paper.

It was apparent that Kaden Wilkins, 6, from Joshua Tree, enjoyed the opportunity to color alongside his mom, Ashley. Kaden created a portrait of his own, and he also assisted his mom with choosing some of the final colors for her rendition of a Frieda Kahlo portrait.

The Riverside Guild was founded in 2010 to support hospitalized children at LLUCH and is committed to educating the public about the outstanding children's services provided by the hospital. The goal of the guild is to raise community awareness for the hospital and promote LLUCH as the best place to bring sick or injured children.

Nearly 10,000 children from the Riverside area are treated annually at LLUCH.



LLUCH patient Kaden Wilkins, 6, avidly colored his rendition of a Frieda Kahlo portrait during Art for Little Hearts on November 3.

K-FROG listeners raise almost \$320,000 for kids fighting cancer at LLUCH

By James Ponder

Members of the Inland Empire community rallied behind the 14th annual Stater Bros. Charities K-FROGGERS 4 Kids Radiothon in a big way this year, raising almost \$320,000 for kids fighting cancer at Loma Linda University Children's Hospital (LLUCH). The event was held at Bass Pro Shops in Rancho Cucamonga from 5:00 a.m. to 7:00 p.m. on Wednesday, December 2.

At the time the event came to an end, the total amount pledged came to slightly more than the \$314,000 shown in the photo to the left. However, online giving in the days following the radiothon raised that amount to just slightly below \$320,000.

According to Tiffany Hoekstra, event coordinator at LLUCH Foundation, K-FROG 95.1 FM selected the hematology/oncology unit as beneficiary of the annual event. Also known as Unit 4800, the floor is dedicated to the special needs of pediatric patients fighting cancer. Hoekstra noted that some K-FROG listeners donated in memory of the 14 people who lost their lives earlier in the day of the radiothon during the tragic shooting at Inland Regional Center in San Bernardino.

K-FROG on-air personalities kept the conversation flowing and the dollars coming in by interspersing their comments and requests for donations with recorded audio clips of LLUCH

patients and their families expressing appreciation to K-FROG's community supporters for helping Children's Hospital provide the care that means so much to them.

In one clip, Danielle Hills of Moreno Valley talked about how K-FROG donations had enabled the purchase of the hospital bed her daughter Brooklyn used during her stay on Unit 4800 at LLUCH. Speaking of people who donate to help children they will likely never see in person, Hills said, "That's love. That is love in the form of money."

In another clip, an 8-year-old boy named Dominic and his younger sister, Mia, told the story of their Uncle Zach, who had been a patient at Children's Hospital last year.

"We miss him," Mia exclaimed. "We're thinking about Uncle Zach," Dominic informed. "Maybe you're thinking about somebody else," Mia noted, before her brother came back on to suggest that listeners could donate in honor of their loved ones.

Karla Velasquez from Indio had difficulty restraining the tears as she told how her daughter, Olivia, had been treated for cancer on Unit 4800 and then had to be readmitted when the disease returned. She pointed out that the donations of K-FROG listeners not only benefit the children, but also help the families. "You have raised over \$5 million in 13 years," she noted, "and that has made a big difference for

Continued next page



Employees of K-FROG 95.1 FM, Stater Bros. Charities, and Loma Linda University Children's Hospital join community volunteers on Wednesday, December 2, to celebrate the successful culmination of the 14th annual Stater Bros. Charities K-FROGGERS 4 KIDS Radiothon, held at Bass Pro Shops in Rancho Cucamonga. Despite the \$314,000 amount seen in the photo, online giving the next several days boosted the amount to just slightly under \$320,000.

And the winner is ...



Jane Kroetz, MN, chief nursing officer for Loma Linda University Medical Center, doesn't always dress like this for work, but it's the holiday season. Kroetz took top prize in the "decorate someone at your table like a snowman" contest during the annual LLUMC department heads Christmas gathering.

Eighth Annual
Loma Linda University Health
WOMEN'S
Conference

Thursday, May 5, 2016
7:30 a.m. – 4:30 p.m.

Registration, continental breakfast and health screenings begin at 7:30 a.m.

Your special day includes:

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Be the *Artist* of Your Life

Quaid Harley Davidson Toy Run raises more than \$10,000 and brings thousands of toys for patients at Children's Hospital

By Briana Pastorino

Patients at Loma Linda University Children's Hospital (LLUCH) were greeted by a swarm of motorcycles on Sunday, December 13, as riders from all over Southern California participated in the 23rd annual Toy Run presented by Quaid Harley-Davidson.

In what was probably the biggest crowd in the 23-year history of the toy ride, there were nearly 700 bikes participating, raising more than \$10,000 for the hospital and bringing in a massive truckload of toys for patients.

"As much as our community is hurting right now, this shows the amount of love and generosity that does exist," said Jillian Payne, MBA, executive director, of the LLUCH Foundation, said to the participants during the event. "Every year we see this event grow, and we are so grateful for everything this group continues to do for the kids here."

Riders from bike crews across Southern California participated in the toy run, which started at Quaid Harley-Davidson in Loma Linda. Riders donated \$10 and a new, unwrapped toy

to participate. Proceeds from a barbecue lunch at the shop also benefited LLUCH. Participants caravanned from Quaid Harley-Davidson to the hospital, making a loud, enthusiastic entrance onto the property.

Patients were invited to sit on one of the bikes, and Zander Moncada did not hesitate to take advantage of the opportunity. The 11-year-old from San Jacinto confidently perched himself on the motorcycle, posing for photos. He said he likes motorcycles and was really enjoying the afternoon.

The Quaid brothers expressed their appreciation to the crowd as well as to the staff at the hospital for their dedication for the kids in the community.

"This place is special," said Gordon Quaid. "The work done here comes from the heart."

Photo on right: LLUCH patient, Zander Moncada, 11, from San Jacinto, climbed aboard one of the participating motorcycles of the 23rd annual Toy Run presented by Quaid Harley-Davidson on Sunday, December 13.



Loma Linda University Health takes part in Advocacy Day

By Nancy Yuen

Each year, the Adventist Health Policy Association (AHPA) organizes Advocacy Day in Washington D.C. Again this year representatives from Loma Linda University Health Institute for Health Policy and Leadership (IHPL) participated in this event.

According to Gerald Winslow, PhD, IHPL's founding director, Advocacy Day provides a useful opportunity to share policy priorities with many of our nation's key decision makers. "AHPA," he says, "is the united policy voice for the five Adventist healthcare systems in the U.S. Together, these five systems include over 80 hospitals and more than 400 affiliated healthcare institutions."

This year the institute's team

consisting of Winslow, Wonha Kim, MD, MPH, associate director, and Helen Jung, DrPH, MPH, senior health policy analyst, were among the 20 AHPA representatives who visited 40 congressional offices on Capitol Hill.

"Members of the group met with members of Congress and their staffers," says Winslow. "During each half-hour meeting, we were given their full attention."

"The meetings provided a unique opportunity to highlight expertise and information practiced every day at our faith-based health systems," he continues, "while creating relationships with significant policy makers."

While on Capitol Hill, Winslow, Kim and Jung presented key concepts from AHPA's new book, "Five Steps to Health

in America, A Health Policy Agenda for the Next President and Congress of the United States." They also answered questions about this detailed agenda.

"Five Steps to Health in America includes an approach to creating health policy that focuses on prevention," says Jung. "The content of the book, which the institute team worked together with AHPA to create, outlines the positive impact thoughtful planning, such as creating walkable cities, can make on population health."

The principles and ideas outlined in the book arise from the health legacy of the Seventh-day Adventist Church and include 75 recommendations to improve the physical, emotional and spiritual health of the American population.

According to Winslow, Loma Linda's contribution to Five Steps to Health in

America includes an emphasis on wholeness, which has been a part of Loma Linda University Health from its beginning in 1905.

According to Kim, "Advocacy Day provided a unique opportunity for AHPA members to share information and ideas that could positively influence the nation's health care policy."

"The message of whole person health was very well-received," says Winslow. "Congressional members recognized that wellness and lifestyle—not just medical interventions—are essential for healthy people and healthy communities."

This marks the second year that Advocacy Day has been held; Loma Linda University Health, Adventist Health System, Kettering Health Network, Adventist Health and Adventist HealthCare were all represented.

K-FROG listeners raise almost \$320,000 for kids fighting cancer at LLUCH

Continued from previous page
thousands of children on 4800. Thank you, K-FROGGERS, from a mom with a child going through cancer. It means the world to us!"

Krystal Conrad of Loma Linda shared how much the support of K-FROG listeners means to her family as her 6-year-old son, Noah, is currently undergoing therapy for kidney disease on unit 4800. "K-Froggers," she said, "you have no idea what you do for our children." After sharing the story of what it meant to her and Noah to be able to spend a night together watching a movie on special couches K-FROGGERS had donated, she said, "it took us away from the unit and it took us away from cancer. We felt like we were at home."

Reece Holzer, 16, of Lake Arrowhead, told of his recent experience as a patient at Children's Hospital where he was treated for a rare sarcoma in his left shoulder. "Lots of the kids have to be there for a long time," he noted. "The donations that you guys make are really

great and help the kids out. Not only do you make it easier for the kids, you make it easier for the parents. It gives them a way out so they don't focus on the bad. You can make a Merry Christmas for the kids on 4800."

As hosts Heather Froglear, Frogman Scott, and Kelli Green spun one new country hit after another, officials of Stater Bros. Charities, presenting sponsor of the radiothon for more than a decade, showed up with a \$200,000 check. The organization supports critical needs in the communities where Stater Bros. employees live and work and has long been a friend of LLUCH.

"We are so incredibly grateful to Stater Bros. Charities for their tremendous support of this wonderful radiothon," said Jillian Payne, MBA, executive director, LLUCH Foundation. "The K-FROG listeners really came through for our patients as well. Their support will provide hope and healing to children battling cancer through the holidays and all year long."



Gerald Winslow, PhD, right, and Wonha Kim, MD, MPH, left, from the Institute for Health Policy and Leadership met with Congressman Pete Aguilar, center, from the 31st District on Capitol Hill.

High school choir delights staff and patients with Christmas songs

Contributed report

The beautiful sound of youthful singing voices filled the lobby of the Faculty Medical Offices (FMO) midday Wednesday, December 9. Redlands Adventist Academy's choral ensemble, Kantorei, performed 11 Christmas songs to delighted Loma Linda University Health Care (LLUHC) staff and patients who crowded the FMO atrium.

As the choir sang, people peeked over the second and third floor balconies to watch the 28-member choir sing a cappella and keyboard-accompanied holiday songs, which included classics such as Jingle Bells, Joy to the World and Home for the Holidays.

"We hope you enjoyed the music," said choral director Darren Balleau after the concert. "I love working with kids this age because they have a lot of energy and excitement. I enjoy introducing them to the fun of music. It's why I do what I do."

Many in the audience enjoyed the holiday spirit the shared by the choir. "I'm so glad I had the chance to hear them perform," said LLUHC employee Molly Riter. "In the middle of all the busyness of the holiday season, I was able to stop and enjoy what I really love about this time of year. They made my day."

A couple LLUHC staff members have

a special connection with the Kantorei choir group. CEO David Wren, who introduced the choir prior to the performance, mentioned that his son is a choir member. After Wren spoke, prayer was

offered by Joy Iwakoshi, who is administrator for the department of pediatrics; Iwakoshi's son sings in the choir.

This was the first of Kantorei's four holiday concerts. The choir performs

10-12 concerts throughout the year. They have toured to San Diego, San Francisco, Sacramento and Portland, Oregon. Their songs include a variety of music both classical to modern, sacred and secular in an effort to spread the joy that music brings to their lives.

The event was presented by the Spiritual Life and Wholeness Committee.



Kantorei, a Redlands Adventist Academy choir, delighted guests and staff with a mini Christmas concert held in the lobby of the Faculty Medical Offices.

Jersey Mike's raises more than \$6,500 for LLUCH during month-long promotion

By Briana Pastorino

Representatives from Jersey Mike's paid a visit to Loma Linda University Children's Hospital (LLUCH) Monday, November 9, and they didn't come empty-handed.

Jersey Mike's executive marketing director, west coast, Jolene Leonard, along with some of her Jersey Mike's team members from a few Inland Empire stores presented a check to the hospital for \$6,571.

"This was a team effort—we don't do anything at Jersey Mike's alone," Leonard said. "We're looking forward to more connections with the hospital.

We want to be a part of the community because giving back is what Jersey Mike's is all about."

Jersey Mike's recently hosted their inaugural "Combos for Kids" fundraiser. Each Monday during the month of October, the 32 Inland Empire locations invited customers to purchase a combo meal, and \$1 from each meal was donated to LLUCH.

Hospital CEO, Kerry Heinrich, expressed his appreciation to Jersey Mike's for their support. "Partnerships with the community are unbelievably important," he said. "They help us to meet the needs of our patients and make a difference in their lives."



Representatives from Jersey Mike's presented a check for \$6,571 to Loma Linda University Children's Hospital.

Loma Linda Guild hits high notes with 'Carols in the Lobby'

By James Ponder

The Big Hearts for Little Hearts Loma Linda Guild's annual Carols in the Lobby program filled the hallways and foyers of the first floor of Loma Linda University Children's Hospital (LLUCH) with the hearty and enthusiastic sounds of Christmas the evening of Monday, December 13.

Although the guild has hosted the event for many years, the 2015 installment was the first time it was broadcast over Children's Hospital's internal audiovisual system to all patients, including those too sick to come downstairs to the festivities.

Guild member Lynn Sleeth, who served as the very enthusiastic mistress of ceremonies, welcomed guests and introduced Scott Perryman, MBA, senior vice president and administrator of LLUCH, who offered the invocation.

Following the prayer, Lioness, a group

of five adorable and talented girls from Loma Linda University Church, offered a spirited mix of contemporary and traditional Christmas carols and other Yuletide favorites. Gilda Roddy, associate pastor at the church, directed the group. Fifteen minutes into the presentation, her husband, Jordan, recited a snappy rendition of the evergreen favorite, "Twas the Night Before Christmas." The children's passionate and joyous vocalizations were a delight to see and hear.

Perennial favorites Kaitlin and Miranda Mattson returned to the event for the second year, accompanying themselves on guitar and ukelele, in a variety of Christmas folk songs and traditional carols. The sisters, granddaughters of the guild's own Carol Troesh, delighted the audience with the spontaneity and sincerity of their performance.

Allison Field, MD, an anesthesiologist at Loma Linda University Medical Center, played a selection of classical

Continued next page



Lioness, five adorable and talented girls from Loma Linda University Church, sang their hearts out during the Carols in the Lobby program at Loma Linda University Children's Hospital on December 13.

'No Shave Movember' raises more than \$12,000 for LLU Cancer Center

By Briana Pastorino

With the participation of over 150 men and women from Loma Linda University Health and the San Bernardino Police Department (SBPD), more than \$12,000 was raised for Loma Linda University Cancer Center during the month of November, or "No Shave Movember," the month-long initiative where participants forgo shaving in an effort to raise awareness about cancer prevention, diagnosis, and treatment.

An event was held to celebrate the conclusion of Movember at Loma Linda University Health Monday, November 30.

Loma Linda University Medical Center CEO, Kerry Heinrich, JD, expressed his appreciation to all those who participated. "We can not thank members of law enforcement enough for their dedication to serving this community," he said. "The commitment of the San Bernardino Police Department through this first-ever partnership is very special to us."

The partnership between the police department and Loma Linda University



Richard Hart, MD, DrPH, president, Loma Linda University Health, was the first to brave the shave at the conclusion event for Movember on Monday, November 30.

Health came to fruition after several SBPD employees expressed an interest in participating in Movember.

"It was important that our participation in a nationwide movement have meaning and purpose," said Jarrod Burguan, chief of police. "Loma Linda

was an obvious partner as the premier medical center in the region."

A four-person panel judged those individuals who let their beards and legs go unshaven during the month of November, and winners were recognized with a plaque for their participation. Winners

from the San Bernardino Police Department were:

- ♦ Hairiest Legs: Sgt. Vicky Cervantes
- ♦ Best Mustache: Det. Von Verbanic
- ♦ Ugliest Beard: Ofc. Clint Walton
- ♦ Whitest Beard: Capt. Paul Williams
- ♦ Best Beard: Ofc. Robert Leonidas Retamoza

Winners from Loma Linda University Health were:

- ♦ Terry Hansen
- ♦ Trevor Wright
- ♦ Kevin Lang
- ♦ Kerry Heinrich
- ♦ Lyndon Edwards

The judges were Vicky Ramirez, breast cancer survivor; LLU Cancer Center director, Dr. Mark Reeves; Mayor of San Bernardino, Carey Davis; and City of San Bernardino council member Benito J. Barrios.

Three local barbers were on hand at the event offering free shaves to those who wished to do away with their month-long growth of facial hair. Loma Linda University Health president Dr. Richard Hart was the first to brave the shave. While he allowed his beard to grow through the month, it had been at least 15 years since he'd been clean-shaven.

Updating employee emergency notification preferences

By Heather Reifsnyder

The past two weeks brought quite the turn of critical events to Loma Linda University Health. Three times, the campus emergency alert system, Send Word Now, was activated—once to notify employees and students of the active shooter in San Bernardino and twice to put the campus on alert of bomb threats, both of which turned out to be false after extensive searches were conducted.

While, thankfully, no harm came to employees or students, it is important that all individuals on campus receive emergency notifications according to the best ways to reach them.

The notifications can be delivered via email (work and personal addresses), landline phones and cell phones (via text, call, or both).

Employees can update preferences by logging into MyLLU, clicking "contacts" from the top menu, and then selecting "edit contacts." They can add to the ways

they'd like to be reached and check the "emergency" box to receive Send Word Now alerts.

While Loma Linda University Health makes every effort to prevent harm from coming to campus, it is important to be prepared for the worst while working toward the best.

"Loma Linda prepares for tragic events with routine drills and extensive planning," says Richard Hart, MD, DrPH, president.

"Whether it be an active shooter, chemical spill, explosion, multi-vehicle accident on the freeway or the 'big one' (earthquake), we do our best to have systems in place and to be ready."

Code YELLOW L L U M C. Please follow your bomb threat protocols. Please report anything suspicious to security xt 4 4 3 2 0

FROM: LLUAHSC Alert

Code Yellow: Bomb Threat, all facilities should follow their specific protocols. Report any suspicious activity or item to the Security Control at

School of Behavioral Health's first alumni banquet reunites graduates of many generations

By Heather Reifsnyder

Decibel levels soared with the merry sounds of alumni reuniting with their classmates as the evening began at "Then and Now," the School of Behavioral Health's first-annual alumni banquet, held October 22.

The evening's theme was a nod to the school's proud history and promising future, and the event drew about 250 alumni to the Centennial Complex locale, as well as a live online audience of alumni from across the U.S. and

around the globe.

As the alumni guests enjoyed their dinner, the "then" and "now" were expounded upon by speakers including Beverly Buckles, DSW, dean of the School of Behavioral Health; Susanne Montgomery, PhD, associate dean for research; 2004 and 2011 alumna Carlene

Continued on page 11

Photo on right: Alumni of the School of Behavioral Health enjoy talking with each other during the "Then and Now" banquet.



Loma Linda Guild hits high notes with 'Carols in the Lobby' ...

Continued from previous page

Christmas carols on the piano. Prior to attending Loma Linda University School of Medicine and becoming a physician, Field graduated from college with a degree in music.

Friends of Heralds of Hope, a group comprised of some, but not all, of the larger musical aggregation known as Heralds of Hope, offered a selection of vocal, harmonica, and piano solos by a variety of performers that added notes of warmth and goodwill to the spirit of the event.

The final musical presentation was a bright, upbeat performance by the Loma Linda Brass Quintet. Comprised entirely of health professionals—either physicians or dentists—the group filled the halls with melodies emanating from the French horn, baritone horn, euphonium, trumpet, and, during the final selection, a shiny copper flugelhorn.

As the event drew to a close, Jillian Payne, MBA, executive director of the LLUCH Foundation, came forward to thank members of the guild as well as all the performers for doing so much to

enrich the holidays. Then she offered a closing prayer.

In addition to music, guests were treated to a Santa booth where kids of all ages could have their picture taken with the jolly old elf as well as a large selection of books from which each child got to select one to keep, and trays of holiday cookies.

Also, during the musical program—which filled a full two hours—volunteers from Lifeway Christian Store in Redlands distributed a special teddy bear with "Jesus Loves Me" stitched on the

feet to each child in the audience.

Dixie Watkins, co-founder and president of the guild, expressed her gratitude after the event.

"We are delighted at the way this event turned out," Watkins noted. "The music was wonderful and everyone seemed to enjoy it. We were excited about the turnout—it was standing room only for much of the time—and that all of the patients in Children's Hospital were able to watch it on TV thanks to Ganim Hanna and his dedicated crew who broadcast it over the in-house audiovisual system."

Officers strategize for successful 2016 at annual guild board retreat

By James Ponder

Board members from the Big Hearts for Little Hearts guilds met to share ideas on how to support the patients of Loma Linda University Children's Hospital (LLUCH) at the annual guild board retreat, held Friday, November 6, at Redlands Country Club.

Guild Co-Founders Dixie Watkins and Eloise Habekost welcomed representatives from the Desert, Loma Linda, Riverside and Temecula guilds before introducing Lynn Steeth of the Loma Linda Guild, who offered the devotional. Steeth quoted author/theologian Philip Yancey before reciting a prayer from one of his books: "May people believe in Your reign of goodness because of how I live today."

Before Jillian Payne, MBA, executive director of the LLUCH Foundation, introduced the guild presidents, she praised the accelerated pace that has characterized their work this year. "All four guilds are on fire!" she exclaimed.

Terry Seigel, president of the Desert guild, presented an overview of several

events including the Hugs Help Healing teddy bear workshops, Glamour and Giving evening boutique, An Evening of Girlfriends fundraiser, and Tip-a-Fire-fighter lunch. She also introduced former Desert Guild co-founder Jane Woolley, MD, who is spearheading the Desert Guild's bid to establish an endowed chair in pediatric research at Loma Linda University School of Medicine. She announced that the group is very close to raising \$1 million in cash and planned giving funds toward that goal.

In her presentation, Dixie Watkins, president of the Loma Linda Guild, mentioned the Valentine's Party, Spring Read, Luke the Lion's Birthday, and Fall into Reading events. She reported that three Disney princesses recently visited the hospital in costume to delight the patients. She recalled the annual Dishes for Wishes cooking school hosted by Martha Green, the Tree of Hope, Gingerbread Village and Carols in the Lobby events. Watkins also cited the Membership Luncheon in January and the new guild website. She said this year's Dishes for Wishes enabled the

purchase of 10 mamaRoo infant seats as well as six "bili lights"—special therapy illumination to help the tiniest babies fight jaundice—and seven recliners for the neonatal intensive care unit (NICU).

In closing, she reflected on the first-ever Family Fitness Fair and 5k Run, held at the Burrage Mansion in Redlands. "This first event was so successful," Watkins noted, "that we decided to make it an annual affair. It will be held next year on April 10."

Riverside Guild President Barbara Robinson was unable to attend due to scheduling conflicts with work, so Payne summarized several Riverside Guild activities for her before introducing Bobbie Powell, former director of the Riverside Art Museum and current vice president of the Riverside Guild. Powell organizes and presents Art for Little Hearts classes for LLUCH patients six times a year. Working from a recognized art masterpiece, she shares the biography of its creator and provides the materials for patients to create their own artwork in the same style.

Payne also praised the chapter's



Dixie Watkins, left, and Eloise Habekost, co-founders of the Big Hearts for Little Hearts Guild, pose for a portrait at the 2015 annual guild board retreat, which was held Friday, November 6 at Redlands Country Club.

membership drive in February, calling its fifth annual fundraiser, Jazz in the Garden, a "very stellar event!"

Instead of a president, the Temecula Guild has two co-chairs, Michele Edisen and Theresa Bolton. Edisen could not be present, so Bolton recounted the chapter's

Continued next page

Award-winning documentary on Wil Alexander's lifelong quest to practice and teach whole person care to premiere

By Larry Kidder

When Wil Alexander, PhD, first came to Loma Linda University Health in mid-summer 1973, he already had a vision for whole person care—which he summarizes as taking the time to hear a patient's story.

In the new documentary, "A Different Kind of Light," Alexander shares his philosophy of patient care with a group of medical students and residents, as well as with the viewer.

The documentary has been entered in a number of U.S. and international film festivals and has already won some awards. It will premiere January 8, 2016, at Loma Linda University Church, 11125 Campus Street, in Loma Linda.

Alexander was asked by B. Lyn Behrens, MBBS, emeritus president of Loma Linda University Health, to found the Center for Spiritual Life and Wholeness in an effort to define whole person care and share it with Loma Linda University students.

In the documentary, Alexander takes students and residents on what he calls "Love Rounds," where the primary objective is to connect with patients on an emotional level.

This approach flies in the face of traditional medicine, which emphasizes an emotional detachment for caregivers.

In fact, when Alexander first came

to the campus, many questioned why a pastor would visit patients. Weren't there chaplains for that?

Alexander shared his ideas with a friend and colleague, Harvey Elder, MD, clinical professor of medicine and public health. The two rounded on patients without an official administrative OK.

Their first patient, a 37-year-old woman, had been repeatedly hospitalized for severe asthma. They struck up a conversation, unsure exactly how to proceed. Elder was inspired to ask, "Why do you think you have asthma?"

"I had an abortion when I was 19," she blurted out. The physician and pastor were surprised by her response, but pursued her story. They soon realized that she was carrying a heavy load of guilt for having an abortion and was convinced that her asthma was payback for her mistake.

By the end of the conversation, the woman was no longer wheezing. A few days later, she went home asthma-free.

"We knew we were on to something," Alexander remembers.

Carla Gober Park, PhD, RN, MPH, who currently serves as director of the Center for Spiritual Life and Wholeness, considers Alexander to be a lifelong mentor of hers.

"As we talked with students and residents who have accompanied Wil on rounds," she shares, "many of them said they didn't feel they could interact with

patients the way he does."

His easygoing and friendly bedside manner is disarming to patients and puts them at ease.

Under her leadership, a multidisciplinary group formed to identify and articulate the principles that Alexander effortlessly applies during his visits with patients. The group, with the help of the School of Medicine classes of 2014 and 2015, developed the CLEAR model to help students and residents learn the art

of connecting with their patients.

The acronym stands for: **Connect** through empathy; **Listen** carefully; **Explore** their physical, emotional, and spiritual stories, as well as their relational wellbeing, lifestyle, finances, environment, and culture; **Acknowledge** them as a patient/teacher and see through their eyes; and **Respond** with resource suggestions that will help them improve their lives.

Visit llu.edu/premiere for details.



Alexander is the subject of the documentary "A Different Kind of Light."


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MANY STRENGTHS. ONE MISSION.
A Seventh-day Adventist Organization



The Spirit of Christmas brings the holidays to life for families in need

By James Ponder

As they have for more than 25 years, a team of Christmas do-gooders led by Alane Allbee, BSN, a charge nurse on Unit 4200 at Loma Linda University Children's Hospital (LLUCH), delivered hundreds of Christmas presents to needy Inland Empire Children.

Called the Spirit of Christmas, the annual project engrosses Allbee and her friends and colleagues. When they aren't shopping for gifts, they're looking for off-season deals on wrapping paper, ribbon and other seasonal accoutrements to make the holidays brighter for underserved children.

This year, the team assembled at her Loma Linda home at 3:00 p.m. on Saturday afternoon to wrap presents. Then at 9:00 a.m. on Sunday, the group reconvened to load them into several automobiles and take them to four families representing the 11 needy children selected to receive this year's donations.

Led by Santa—ably played this year by Shane Roberts, a Unit 4200 nurse who not only grew a beard for the occasion, but actually had it dyed twice in preparation for the event—the 40-plus members of “Allbee's angels” took to the streets to deliver the goods.

With money donated by the volunteers as well as other donors who have heard about the project over the years, the team has purchased all kinds of goodies for the children.

“Our gifts included Bibles, winter jackets, socks, underwear, shoes, PJ's, slippers, shoes, clothing and toys,” Allbee shares. “We were able to purchase a Dell computer, 4 tablets, an X-Box One, a PlayStation 4, comforters,

blankets, sheets, bicycles, and toys. We also provided \$100.00 grocery cards to each family. Santa also blessed the children in the surrounding neighborhoods that came out to see what was going on. We had presents for them as well: gift bags with candy, McDonald's gift cards, and cards that said, ‘Jesus Loves You.’”

Allbee says her faith was tested and rewarded this year. “This year was amazing,” she reflects. “Our unit is very



Santa and some of his elves got together for a group photo on the lawn of Alane Allbee's home before heading out to deliver presents to four needy Inland Empire families for the 2015 Spirit of Christmas on Sunday, December 32.

small, and we stepped out in faith to provide presents for four chronically ill children and their families this year, pulling it together in just two weeks.

“I only had about \$400 left by the Tuesday before the event,” she continues, “and I still had to purchase slippers, winter jackets, and an X-box One. That morning as I was getting ready for work, I prayed that the Lord would bless these children with the remaining items that I needed to purchase. Then I went out and shopped in faith, purchasing every item that was still on my list. To my amazement, after I finished shopping, I got several texts regarding donations that were still coming in. As if that weren't enough, when I arrived home, there was a check for \$1,500! I was amazed, but not surprised at how God continues to bless His children.”

Allbee reports that she and her crew witnessed many tears of joy on the faces of the children's mothers, yet she insists that it really is more blessed to give than to receive.

“Words cannot describe the incredible feeling this brings to our hearts every year,” she concluded. “Even though we have given so much, they still have so little. We provide these families with a once-in-a-lifetime Christmas—a Christmas that these children have never had before and may never have again. There are no words to describe the joy of giving and knowing that all of us who participated are so dearly blessed!”

Officers strategize for successful 2016 at annual Guild Board Retreat . . .

Continued from previous page
achievements in its first year of life.

“One of our first big projects is launching the junior guilds,” Bolton shared. The program recruits high school student leaders to instill a love of philanthropy and community service. “Teaching philanthropy is very important,” Bolton said,

adding that the group raises money for bili blankets and Carolina recliners for the NICU. She said the guild recently partnered with a local author who will donate a portion of the proceeds from book sales to the guild. Bolton said a member purchased a giant Christmas tree to represent the guild at a Habitat for Humanity

program. “We are planning a spring community concert series and partnering with Apple computer to benefit our community,” she added. Bolton concluded by revisiting the junior guilds. “If we can take our healthy kids and help them help our sick kids, we can help them learn that they can change the world.”

Next, Payne introduced Mary Ann Xavier, chair of the LLUCH Foundation's board of directors, and said Xavier has graciously agreed to chair the board for 2016.

“She supports Children's Hospital in every way she can,” Payne exclaimed. “We are so grateful!”

Rachelle Bussell, CFRE, senior vice president for advancement at Loma Linda University Health, and Kerry Heinrich, JD, CEO of Loma Linda University Medical Center, presented a Vision 2020 campaign update.

“Every time I visit this group, I am

refreshed,” Bussell observed. “You give me energy!” She shared exciting news about the Vision 2020 campaign and said there are naming opportunities available in amounts ranging from \$10,000 to \$25 million.

Bussell announced groundbreaking dates for the new children's and adult hospitals next year. “On Sunday, May 22, we will have a special family event,” she noted, “followed on Tuesday, May 24, by the official groundbreaking ceremonies.”

Bussell and Heinrich said the buildings and grounds are being designed to promote a healing environment featuring an outdoor garden space with play spaces for children and a green oasis where concerts can be held amid plants and trees.

He said the goal is to make the entire facility—including the new LLUCH emergency department—visually interesting and kid-friendly.

School of Behavioral Health's first alumni banquet reunites graduates of many generations . . .

Continued from page 9
Fider, MS, PhD; and Ron Carter, PhD, university provost.

Additionally, President Richard Hart, MD, DrPH, of Loma Linda University Health, gave the keynote address, arguing the behavioral health professions are vital and primary in improving health and wholeness of individuals and communities.

“If we are going to have any impact on the community—and Loma Linda University Health is committed to doing so—it lies in your hands,” Hart said to the alumni

He then shared with them Loma Linda University Health's plans to reinvigorate the San Bernardino area with greater wellness, prosperity, and fulfillment through initiatives such as the forthcoming San Manuel Gateway

College to be located at the future Loma Linda University Health—San Bernardino. The facility, which will also include medical clinics, will open in 2016.

Improving lives cannot happen without relationships and support systems, Hart said. “The skills we're going to need are going to call on the best of all of you.”

Indeed, behavioral health graduates are already impacting the local area, according to Buckles, who recounted that an important local public health official told her, “Your graduates have changed the context of practice in the Inland Empire.”

Alumnus Aaron Bernard, MS, class of 2007, spoke about the gratitude he feels for being able to positively impact people's lives.

Move or Lose – Move or you will lose everything!

Seminar on exercise

Winter Wednesdays Seminars - Loma Linda University Church

The sitting disease.

Exercise and depression, obesity and metabolic syndrome. The exercise of the centenarians.



Jan 06/2016 – Ernie Medina, DrPH “The Sitting Disease – Move or you Lose!” Risks of staying sitting for long periods. Benefits of physical activity instead of exercise. Do we need a gym?



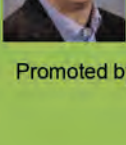
Jan 13/2016 – Hildemar Dos Santos, MD, DrPH “Exercise and Longevity – Move and you Live!” What is the exercise of the people who live the longer? Interview with a centenarian.



Jan 20/2016 – Hildemar Dos Santos, MD, DrPH “Exercise and Metabolic Syndrome – Move and you Lower it!” Essential prescription for insulin resistance. Cholesterol and hypertension - exercise is a prescription!



Jan 27/2016 – Eiman Alghmdy, PT, DrPH (s) “Exercise and obesity – Move and you Lose!” What are the more appropriate exercises for weight management? Does weight lifting help to lose weight?



Feb 03 /2016 – Adam Arechiga, PsyD, DrPH “Exercise and Depression – You Move you Loose!” Exercise as a prescription for depression and mental health. Exercise and mental performance.

Promoted by the LLUC, Drayson Center Preventive Care Clinic and the LLU SPH

Loma Linda University Church - 7:00 to 8:30 pm – Supper at 6:00

For registration call: 909-558-4570

A story about the terrorists next door: 433 steps from my home

Ryan Haas is an alumni and donor relations assistant in the department of advancement. His wife, Courtney, is a regular correspondent for Today. This is his first-person account.

By Ryan Haas

I close the door to my home. Sometimes I lock it. The decision normally depends on if I have the key in my pocket or not.

Today is different though. I lock my door and check the knob.

There are 16 stairs down from my second-level apartment; 16 stairs, 16 steps from my home.

Denali, our 8-month-old Weimaraner Collie mix, knows where to go, so I let her take the lead. She tugs lightly on her leash. She enjoys walks but doesn't like leaving home without my wife, Courtney, who was stuck at work in a meeting. We take turns lightly pulling each other to the end of the block and turn onto Pine

Avenue; 99 steps from my home.

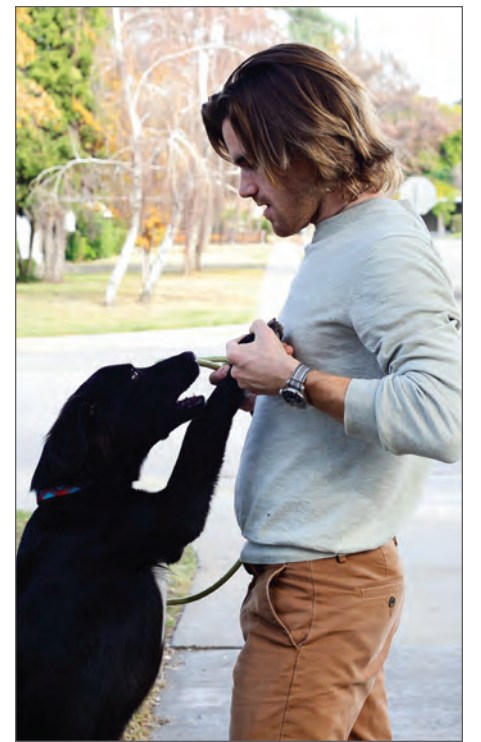
Pine Avenue is aptly named. Huge pine trees lift up slabs of sidewalk along the whole street. They defiantly spill over the small strip of grass that separates the sidewalk and the street. All the pine trees need is enough time to bust through the small allotments of earth that they have been planted in, smashing through concrete slowly enough to make an iceberg feel like a Ferrari. As we walk, Denali avoids these uplifted slabs of sidewalk that move and creek under her paws.

My neighborhood isn't normally this loud at 12:30. Today, helicopters hover noisily, like permanent fixtures in the sky. Ahead, the street is blocked off, and three officers stand in front of a yellow police line. One officer quickly approaches and informs me that I need to either turn back or turn left down Tamarisk Street; 433 steps from my home.

The whole block between Tamarisk and Center Street is a secure police area.

The couple responsible for [the December 2] horrible mass shooting lived there, 433 steps from the place I call home. I've made this same walk every day since we adopted Denali, at this same time. I know I could have walked past that black SUV yesterday. I stop my mind from thinking about what might have happened if we were there at the wrong time. Denali and I are literal steps from what has been described as a "pipe bomb factory" in my small, quiet, suburban neighborhood in Redlands, California. If I left Denali at the doorstep of that same apartment where that terrorist family lived, I have reasonable confidence that she could find her way home. A puppy, who still hasn't figured out how to eat or drink without choking, could find her way back home from a terrorist's house.

I nod at the stern-faced officer and turn to start heading back down Pine Avenue. Denali excitedly pulls at her leash. She knows that she's only 433 steps from home.



Denali, an 8-month-old Weimaraner Collie mix, is ready to go on her daily walk with her master, Ryan Haas. They were 433 steps from the apartment used by a terrorist couple to stage the brutal attack.

Chief of emergency medicine services is proud of response by emergency department

Kathleen Clem, MD, is chair and chief of service for the department of emergency medicine at Loma Linda University Health. This is a personal reflection.

By Kathleen Clem

It is with great sadness that I reflect on the mass shooting that took place in San Bernardino on December 2, 2015. As the Level 1 trauma center for San Bernardino, Loma Linda University Medical Center was responsible for the treatment of the sickest victims.

I received notice of the mass shooting and that we should expect 20 or more patients at 11:30 a.m. while I was at our regularly scheduled Wednesday morning resident lectures. We excused all the emergency medicine attending and resident physicians to report immediately to the emergency department (ED).

Loma Linda has regularly scheduled drills for events like this, and our team performed admirably. Within 15 minutes the ED was ready to treat up to 50 patients. This included setting up triage areas in the parking lot—complete

with tents, color-coded tarps, and equipment including computer access for communication and order entry. It was reassuring to see the well-trained personnel appear from all over the hospital, each ready to assume an assigned role. Our emergency nurses were excellent as well. The ED was full—even before the mass shooting—and yet we still provided care for all patients. Operating rooms were made ready, surgeons arrived from clinic, and we were able to concurrently manage all of the five patients Loma Linda received. We stabilized the victims as much as possible in the ED, and then transported those who needed an immediate operation to the operating room.

While taking care of multiple gunshot victims is not uncommon for the Loma Linda ED, this situation was complicated by the fact that we were aware that the shooters were still not apprehended when the victims arrived, that this was likely terror related. We also did not know if this was only the beginning of a series of events, and we were also facing a concurrent bomb threat. We also knew that the shooting involved county employees.

This event is not only horrific for the citizens of the county of San Bernardino, but nationally and internationally it is representative of the tragedies that are becoming more frequent as we deal with senseless massacres.

I am so proud of our Loma Linda ED team. We were prepared and we met the challenge. We grieve the loss of those who died and were not able to be transported. We wanted the opportunity to do more. Our lives will be impacted forever by these losses.



Kathleen Clem, MD

Angels over San Bernardino



This photo, captured by James Ponder, public relations editor and writer, was taken the day of the San Bernardino shootings as he was on his way to the Loma Linda University Health emergency department. With a little imagination, one can see angels in the clouds.



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Have a story you think is newsworthy? Send it to pr@llu.edu

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