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Pro surfer and shark attack survivor Bethany Hamilton speaks at PossAbilities luncheon and fundraiser

By Briana Pastorino

Bethany Hamilton spoke to a crowd of approximately 280 people at the PossAbilities Sports Luncheon Wednesday, October 14, at Loma Linda University Health.

Hamilton, 25, shared her personal story of triumph, challenge and “soul surfing” during the fundraising event, which raised over \$125,000 for PossAbilities, the free community outreach program. PossAbilities offers disabled individuals who were born with or have suffered a permanent physical injury a sense of community and a healthy social network as well as various

resources and opportunities they might not otherwise have.

On October 31, 2003, Hamilton’s left arm was bitten off by a 14-foot tiger shark while surfing in Kauai. Although she initially thought her career was over, she returned to the water just over a month after the attack.

“I was overcome with feelings of triumph and joy,” she said, adding that she thought that maybe she’d be able to encourage others through her experience.

She continued, “Anyone can go through traumatic times, but my life is a testimony to others that we can

overcome challenges in life.”

Hamilton’s words resonated with the crowd—especially those U.S. Paralympic Team hopefuls from PossAbilities on the Road to Rio. The four athletes vying for a spot on the 2016 Paralympic Team in Rio de Janeiro will directly benefit from the funds raised at the sports luncheon. They are:

- Greg Crouse, paracanoeist
- Andre Barbieri, paratriathlete
- Delmon Dunston, paracyclist
- Nicholas Gleissner, paracyclist

Also benefiting from the fundraiser was Zimri Solis, a PossAbilities member who at age 10 was diagnosed with meningococcal meningitis—a rare infection that causes the membrane covering the brain and spinal cord to become inflamed. To save his life, doctors had to amputate one of his legs and both hands. Now 33, Solis’ goal is to one day be a Paralympic triathlete.

During the luncheon, participants were encouraged to “dash for cash” to raise funds for a new prosthetic leg Solis has needed for some time. With a goal of raising \$5,000, attendees were excited to play and support Solis. Thanks to the generosity of the crowd, \$16,000 was raised.

Also recognized during the event was adult trauma nurse coordinator Michael May, who has been a member of the Loma Linda University Health family since 1985. He was honored with the Humanitarian Award for his service and dedication to the healing of others.



Pro surfer Bethany Hamilton survived a shark attack while surfing near her home in Kauai, Hawaii. In the process, she lost her left arm but overcame her disability to continue a professional surfing career. She addressed those attending the October 14 Road to Rio PossAbilities luncheon and fundraiser.

“Through his spirit he shows love, through his kindness he shows compassion, and he is truly an Earth angel,” said Cotie Williams, manager, community outreach and patient experience, Loma Linda University Medical Center East Campus.

For more information about PossAbilities and the Road to Rio program, visit TeamPossAbilities.org.



Hamilton stayed by following the PossAbilities Sports Luncheon to meet with fans and athletes, including PossAbilities members Greg Crouse (left), Andre Barbieri (center), and Zimri Solis.

Murray Brandstater honored by donor through special gift

By Briana Pastorino

The physical medicine and rehabilitation center at Loma Linda University Medical Center has been renamed to honor Murray Brandstater, MBBS, PhD, chair, physical medicine and rehabilitation (PM&R).

A dedication ceremony was recently held, revealing the new name, The Brandstater Ambulatory Rehabilitation Center, which is located at Loma Linda University Medical Center East Campus.

Also the founder of PM&R, Brandstater modestly expressed his appreciation of the naming honor to an intimate crowd of family, friends and colleagues. “This is an incredible honor,” he said.

Brandstater also shared some of the history of the center saying, “The name on the building is one thing, but what you don’t see are all my fingerprints around the building.”

Brandstater came to Loma Linda University Health in 1983, established the department of physical medicine and

rehabilitation at the School of Medicine, and served as chair for 30 years. Under his leadership, the in- and out-patient rehabilitation programs were established.

“He is a respected faculty member,

researcher, and international leader in his field,” said Richard Hart, MD, DrPH, president, Loma Linda University Health.

The naming dedication was in light of a recent generous gift from an

anonymous donor toward Vision 2020: The Campaign for a Whole Tomorrow, which resulted in special recognition for three Loma Linda University Health physicians, two of whom were recognized last month.

Rachelle Bussell, senior vice president of advancement, Loma Linda University Health, said, “Dr. Brandstater is being recognized not just for the care that he provides, but for who he is as a person and how he provides that care in such a personal way.”

The donor wished not to be recognized, but rather draw attention to the professionals who exemplify the qualities he or she values. In addition to Brandstater, Leonard Bailey, MD, and H. Roger Hadley, MD, were also recognized.

Hadley had the honor of presenting Brandstater with a “Healing Hands” pin. Hadley informed the audience that the Healing Hands program is one that allows Loma Linda University Health patients an opportunity to write a note or say something to the institution that

Continued on page 2



Roger Hadley, MD, presents Murray Brandstater, MD, with a Healing Hands pin during a dedication ceremony Tuesday, September 22.

Many Strengths. One Mission.

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Perryman named administrator for Loma Linda University Children's Hospital

By Jiggs Gallagher

Scott Perryman, MBA, has been named senior vice president/administrator of Loma Linda University Children's Hospital.

The new executive took over on September 30, according to Kerry Heinrich, CEO of Loma Linda University Medical Center.

Perryman comes to Loma Linda from Dallas, Texas, where he was senior vice president for operations and strategic planning at Texas Scottish Rite Hospital for Children. Beginning in

November 2011, he was responsible for the hospital's strategic plan, business development and operations.

"We're eager to welcome Scott to this new position, created by the separate licensure of our Children's Hospital last November," says Terry Hansen, chief operating officer of LLUMC. "He will bring extraordinary talent and accomplishment to our management team."

Among his successes at the Dallas facility were developing operational and financial improvement, and leading successful turnarounds of provider organizations.

Perryman's prior positions include senior vice president for hospital finance at Community Hospital Corporation of Plano, Texas; senior vice president of Argyle Solutions of Irving, Texas; assistant executive director, Scott and White Health System, Temple, Texas; and director of finance, Duke University Health System, Durham, North Carolina.

Perryman holds an MBA degree from Baylor University, Waco, Texas; and a BBA in marketing/management from the University of Texas at Arlington.

He and his wife, Angie, have three children.



Scott Perryman, MBA

Chinnock appointed Children's Hospital chief medical officer

By Jiggs Gallagher

Richard E. Chinnock, MD, MHCM, has been named chief medical officer of Loma Linda University Children's Hospital. His new position became official on August 25, 2015.

Chinnock has served as physician-in-chief at the hospital since August 2003, and has been affiliated with LLUCH since 1989.

The new position reflects his duties under the separate California state licensure that went into effect in November 2014, separating the hospital from the adult hospital's license.

As physician-in-chief, Chinnock has been the primary liaison between the

LLU School of Medicine, the pediatric service, and Children's Hospital administration. He has been chief quality officer, engaging in strategic planning and creating systems of pediatric care.

Prior to that appointment, Chinnock served Children's Hospital as pediatric residency director, overseeing the academic program for postgraduate training in pediatrics from 1991 to 2003. He has simultaneously served as director of the pediatric heart transplant program (1990-present) and professor and chair of pediatrics for the School of Medicine (2003-present).

Chinnock has been associated with LLU Children's Hospital from its creation in 1993.

He holds a master's degree in health

care management from the Harvard University School of Public Health, and received his MD degree from the Loma Linda University School of Medicine. He did his residency in pediatrics at the U.S. Naval Hospital in San Diego, California.

Chinnock sits on many boards and has affiliations with dozens of organizations. Among them are the Children's Specialty Care Coalition of which he was vice president in 2012.

"I'm pleased to welcome Richard to this new position in our new Children's Hospital administrative structure," says Kerry Heinrich, CEO of Loma Linda University Medical Center. "He will continue to bring innovation and strength to our medical staff and operations."



Richard Chinnock, MD, MHCM

Becker named director of Loma Linda University Health office of public relations

By Jiggs Gallagher

Larry Becker, a public relations professional with extensive institutional experience, has been named public relations director of Loma Linda University Health. He joined the organization on October 19.

Becker comes to Loma Linda University Health from La Sierra University in Riverside, California, where he has served as executive director for University Relations for 13 years.

He will supervise a staff of writers, editors, and photographers in addition to other staff who make up the office of

public relations, which is a part of the office of public affairs department under the department of advancement.

"I'm pleased to welcome Larry to the team," says Garrett Caldwell, newly appointed executive director of public affairs at Loma Linda University Health. "His long experience in educational and denominational public relations will bring expertise and growth to our efforts to communicate with many audiences in the wider world."

Becker served for eight years at the Review and Herald Publishing Association in Hagerstown, Maryland. As vice president for periodicals, he supervised

a team of 45 editors, marketers, designers, and support staff. He also edited Vibrant Life magazine, the Seventh-day Adventist Church's national health publication, for eight years.

He has been a board member of the La Sierra Area Business Council, a division of the Greater Riverside Chambers of Commerce, for 10 years, including two years as board president.

"I'm looking forward to becoming part of the talented group of professionals that strategically tell Loma Linda University Health's story," says Becker. "The stories we tell and the places we share them will be key to Loma Linda's future successes, particularly as we work to achieve the goals of Vision 2020. This will be a great experience."

Becker holds a bachelor of arts degree



Larry Becker

in journalism and public relations from La Sierra University. He and his wife, Mary K., have been married for 37 years. They have one adult son, Adam.

Murray Brandstater honored by donor through special gift ...

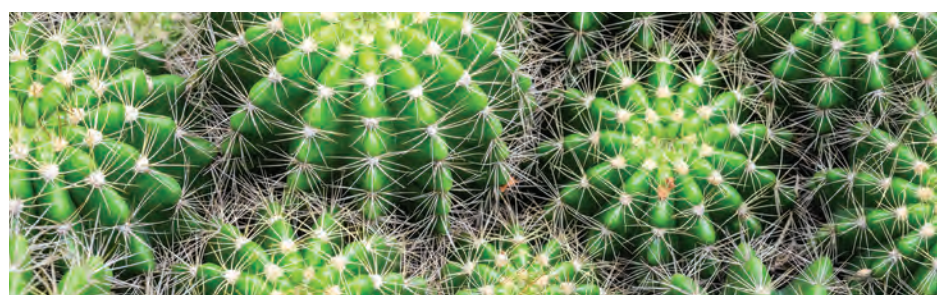
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impressed them while they were receiving care. This program gives those who have been recognized a special Healing Hands pin.

"Dr. Brandstater has always had a wonderful rapport with all of his patients," Hadley said. "He was recognized by a patient who chooses to be anonymous."

The anonymous gift will go toward

the \$360 million capital campaign, Vision 2020, which is part of the construction of the new adult hospital and expanded Children's Hospital. Beyond the Vision 2020 philanthropic campaign, additional funding for health care will come from state grants, bond financing, and cash flow from operations. Vision 2020 will also strengthen the future of education and research at Loma Linda University Health.



Murray Brandstater shares the dedication with his family, standing here in front of the newly named Rehabilitation Center.

ENT professors teach vocal and choral students to protect their voices

By Larry Kidder

Singers can easily damage their voices if they aren't careful. It doesn't matter if they're a world-renowned soloist or a member of a junior high choir: the consequences of singing the wrong way can ruin their voices—sometimes permanently.

"Singers require specialized treatment for their voice problems," explains Thomas Murry, PhD, professor of speech pathology in otolaryngology head and neck surgery, Loma Linda University Health, "much like super athletes require specialized treatment for their orthopedic problems."

Murry and his colleague, Brianna Crawley, MD, an ear, nose, and throat (ENT) surgeon at Loma Linda University Health, regularly share their knowledge of the human voice with young singers, as well as give tips on how to recognize problems or avoid them in the first place.

Members of three choirs at Clement Middle School in Redlands, California,

heard Murry speak about understanding and protecting their voices September 22. More than 60 sixth, seventh, and eighth graders listened as he explained ways to recognize and avoid common problems experienced by singers.

On this particular day, Crawley, who planned to join Murry for the presentation at Clement, was involved in a surgery case that went longer than expected. Murry and Crawley, both specialists in caring for people with voice disorders, gave a similar presentation the day before to voice majors at the University of Redlands.

Their research into voice disorders has been widely recognized, and they have been asked to present their findings at upcoming conferences in Santa Clara, California; Pittsburgh, Pennsylvania; and Paris, France.

Murry shared illustrations of the vocal cords, more accurately known as vocal folds, explaining the structures, how they work, and showing some of the problems that can develop from misuse.

John Gann, director of instrumental

and vocal music at Clement, worked with Murry and Crawley to arrange for the presentation. Gann directs beginning and advanced choirs and bands, as

well as a string orchestra, for approximately 1,000 students at the school.

"Around 20 percent of our students are involved in our music program," says Gann. "We're so fortunate to have such strong support." Following the presentation, students were given opportunity to ask questions.



Thomas Murry, PhD, speaks with members of the Clement Middle School choirs about ways to protect their voices from some of the more common problems experienced by singers.

Internal medicine residency program celebrates 50 years

Contributed report

The department of internal medicine celebrated 50 years of its residency program on September 26 with a gala in the Centennial Complex.

Proceeds from the evening benefited the Roy V. Jutzy Resident Education Fund to assist residents who desire to serve globally and in underserved communities.

Guests enjoyed hearing reflections on the department's past, present, and future from Richard H. Hart, MD, DrPH, president of Loma Linda University Health; Doug Hegstad, MD; Harvey Elder, MD; Samuel Baz, MD;

and Roger Scheult, MD.

Each speaker recognized Roy Jutzy, MD, for his contributions to the department and thanked him for establishing the fund to assist current residents.

Guests received a bound book, edited by Raymond Herber, MD, detailing the history of the department of internal medicine, and also viewed a film highlighting the work of the attending physicians and residents of the department.

The gala celebration was sponsored by BMW of Riverside, Loma Linda University School of Medicine Alumni Association, Beaver Medical Group, and an anonymous donor.



A 50th anniversary gala for the internal medicine residency at Loma Linda University Health was held September 26 in the Centennial Complex.

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5K WALK/RUN
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Loma Linda University Health awarded \$1.4 million grant for San Bernardino Campus

By Jiggs Gallagher

The United States Commerce Department has awarded Loma Linda University Health more than \$1.4 million in a grant for construction and infrastructure investments for the Loma Linda University Health—San Bernardino Campus.

The grant will be facilitated by the U.S. Economic Development Administration (EDA).

“Loma Linda University Health is a

top medical facility and plays an important role in our regional economy, so to see federal funds going toward such an important economic driver for the Inland Empire is great news,” says U.S. Representative Pete Aguilar (California District 31) of Redlands, who helped secure the grant.

He adds, “It will allow us to invest in our workforce, improve local infrastructure, and create new jobs.”

Richard H. Hart, MD, DrPH, president of Loma Linda University Health,

says the grant will be instrumental in building the new facility in downtown San Bernardino, which is scheduled to be completed in spring of 2016.

“We are tremendously grateful to Rep. Aguilar’s efforts and to the Commerce Department for this support of our initiative to bring health care and education to those in need in the San Bernardino area,” Hart states.

The grant for Loma Linda University Health is for \$1,437,132 and will create new jobs in San Bernardino.

The new San Manuel Gateway College will offer local high school students and recent graduates the opportunity to train immediately for entry-level jobs in the health care industry, which is the fastest growing sector of the Inland Empire economy.

In addition to the San Manuel Gateway College, which takes its name from the San Manuel Band of Mission Indians who made a \$10 million gift toward its construction, LLUH—San Bernardino will house the expanded Social Action Community (SAC) Health System—already the largest provider of Medi-Cal services in San Bernardino, as well as a vegetarian restaurant.

Corky’s Cookies raises \$10,000 for pediatric cancer treatment at LLU Children’s Hospital

By Briana Pastorino

Corky’s Homestyle Kitchen and Bakery made a special delivery to Loma Linda University Children’s Hospital (LLUCH) for patients battling cancer.

On Thursday, October 15, a check for \$10,000 was presented to the hospital, which was raised during the month of September—also Pediatric Cancer Awareness Month.

The restaurant hosted its second annual “Corky’s Cookies 4 Cancer” fundraiser selling gold-ribbon cookies

at their six locations.

For each gold-ribbon cookie sold, Corky’s donated \$1 to LLUCH, and an additional 25 cents was donated from each of their regular cookies sold.

“We are very proud to partner for a worthwhile endeavor,” says Corky’s director of operations, Jeff Chavez, “and we’re honored to be part of just a small difference for the courageous children and their families.”

On hand for the check presentation were LLUCH patients Isabella Marquez, 7, from Moreno Valley, and Andrea Castaneda, 14, from Rialto.



LLUCH patients Andrea Castaneda, 14 (left), and Isabella Marquez, 7, accepted a \$10,000 check on behalf of the hospital from Corky’s. Also in the photo, from left, are: Tiffany Hoekstra and Jillian Payne from LLUCH Foundation, Jeff Chavez from Corky’s, and Rod Landon from KCAL 96.7 FM.

Teddy bears, superheroes, and princesses cheer patients at Children’s Hospital

By Briana Pastorino

It was a Monday full of teddy bears, superheroes and princesses at Loma Linda University Children’s Hospital (LLUCH), thanks to the generosity of the Big Hearts for Little Hearts Desert Guild.

The Coachella Valley-based organization hosted its last Hugs Help Healing Workshop of the year for the patients at Children’s Hospital.

Patients were invited to the hospital’s Stater Bros. Activity Center Monday, October 5, where members of the Desert Guild guided them through a private Build-A-Bear workshop.

Patients also had an opportunity to meet and take pictures with a real superhero, princess, and life-size teddy bear.

Through the Desert Guild, approximately 500 teddy bears from Build-A-Bear Workshop have been donated over the year, along with outfits.

“The Desert Guild looks forward to coming out to the hospital every opportunity we get,” says Desert Guild president Terry Seigel.

She continues, “This is an opportunity for us to interact with and put smiles on the faces of the precious children we are working for.”



LLUCH patient, Raylene, 4, from San Bernardino, hugs her princess bear and smiles with Desert Guild president Terry Seigel during the Hugs Help Healing Workshop Monday, October 5.

The Desert Guild was founded in 2002 with a continuing mission to raise funds to ensure critical medical care for the children of the Coachella Valley.

Children’s Hospital patients become superheroes for a day, thanks to Foundation Board

By Briana Pastorino

Patients at Loma Linda University Children’s Hospital (LLUCH) let their super powers shine,

thanks to the LLUCH Foundation Board. Board members rallied together to create a patient diversionary experience unlike any other. In- and outpatients became superheroes for the day on

Spirit of Children hosts Fall Festival for patients at Children’s Hospital

By Briana Pastorino

Patients at Loma Linda University Children’s Hospital (LLUCH) got into the fall season thanks to Spirit of Children. Representatives from Inland Empire Spirit Stores came out to



LLUCH patient Kelly Gaona, 8, shows off her new costume and mask, which she made with the help of Spirit Store employee Reese Raven during the annual Fall Festival October 14.

the hospital and put on their annual Fall Festival for patients and their families Wednesday, October 14.

Patients received goodie bags, costumes, superhero T-shirts, and costume accessories. They were also entertained with guessing games and crafts such as mask making, coloring, and making bookmarks.

LLUCH patient, Kelly Gaona, 8, from Desert Hot Springs, made a mask to match the batgirl costume she picked out. A Spirit store employee from the Riverside location, Reese Raven, lent a helping hand with the making of Kelly’s mask.

In addition to the Fall Festival, Spirit Stores are currently hosting their annual “Spirit of Children” in-store fundraiser in all of their Southern California locations through the fall 2015 season.

Spirit Store customers are encouraged to donate funds to support their local children’s hospital, which will directly support the child life program at the hospitals. Child life specialists work to minimize fears and stress experienced by children, adolescents, and families during hospitalization, and they develop age-appropriate activities for patients ranging in age from birth to young adult.

Over the past five years, Spirit of the Children has successfully raised and donated over \$188,000 to LLUCH and more than \$536,600 to children’s hospitals in Southern California.

Friday, October 2.

Boys and girls were welcomed in the hospital’s Stater Bros Activity Center

with table full of superhero accessories—cap, sunglasses, and masks—followed

Continued next page

University's Annual Convocation kicks off the academic year

By Jiggs Gallagher

Every seat in the Loma Linda University Church was filled October 7 for the 2015 Annual Convocation, which launches the academic year at Loma Linda University. New and returning students enjoyed the panoply of regalia and the expressions of spiritual emphasis that set the tone for the hour-long service.

Following the procession of more than 140 faculty and administrators to the platform and wings, Richard H. Hart, MD, DrPH, president of Loma Linda University Health, spoke on "Planned Spirituality?" a message which raised the question of how to instill spiritual growth in a student body made up of many faith traditions.

"The important thing to know is that we recognize every student, regardless of background, as equal in the sight of God,"

said Hart. He then focused on the idea of developing a culture of service, including local and worldwide engagement in providing healing for those in need.

He cited many graduates of Loma Linda University who are current missionaries in nations across Central America, Africa, and Asia, who are living out a culture of service. "In doing so," he added, "they would say they have found great satisfaction in their lives and careers by serving the needs of others."

Faculty, staff, and student representatives then read statements of commitment for the coming school year, and Kerry Heinrich, CEO of the Loma Linda University Medical Center, read a blessing for the student body.

Provost Ronald Carter, PhD, reminded the students that the next time they would see their professors in academic regalia would be at graduation.



Loma Linda University faculty, dressed in full academic regalia, line up outside Loma Linda University Church in preparation for the annual convocation ceremony's opening processional.

Speech language pathology students help remove communication boundaries for children in China

By Courtney Haas

Four years ago, the Loma Linda University School of Allied Health Profession's communication sciences

and disorders (CMSD) department established what is now a very successful mission opportunity for their students not only to experience service, but also to have the ability to share their clinically learned

skills in the speech language pathology program in a setting where they can leave a lasting impression.

In this case, that place was the Children's Hospital of Zhejiang University School of Medicine (ZUCH) located in Hangzhou, China.

The field of speech language pathology is still considered a new specialty in China. Members of the profession have been in China about 20 years, and there are fewer than 1,200 speech pathologists practicing today. To put it in perspective, that is about one speech pathologist for every 1.3 million individuals.

Terry Douglas, PhD, associate professor and department chair of CMSD, and Janine Benner, assistant professor and assistant clinical coordinator, have spearheaded this mission initiative over the years.

After completing the fourth successful visit to ZUCH in September of 2015, they can see that their work is having a lasting effect on the lives of those they connect with in China, as well as leaving an educational and professional mark in the lives of the students and staff members who participate in these trips.

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Advancement team assists local Helping Hands Pantry



Three of the 50 volunteers from A-Team (advancement team) work at sorting donated food and other items on Friday, October 9, at Helping Hands Pantry, a non-profit on Artesia Street near Loma Linda. The group enjoyed pizza from Costco for lunch, then got busy with sorting materials to create baskets of food, toiletries, clothing, children's toys, and many other donated goods for needy area residents. One big job was going through giant bins of oranges and other citrus, sorting the good from the bad, and making up small plastic bags of the fruit. *By Jiggs Gallagher*



Members of the CMSD team gather with their newfound friends at the Children's Hospital of Zhejiang University School of Medicine.

Superheroes for a day ...

Continued from previous page
by a photo opportunity with LLUCH mascot Luke the Lion.

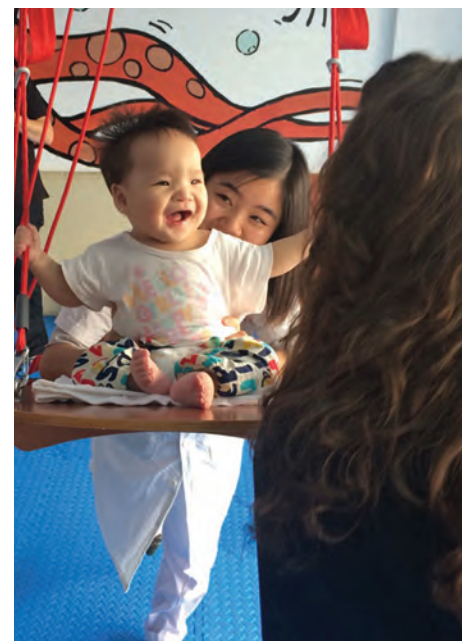
Additionally, several tables were strewn with crafts and activities for the kids to make their own superhero shields, masks, pictures, and more.

One young superhero, Brooklyn Uribes, 6, from Yucaipa, enjoyed making a shield to match her cape and mask after meeting Luke the Lion. Her mom, Brittany Lamb, also joined in on the fun.

"It's events like this that we hope will allow these little superheroes to feel their best," says Mary Ann Xavier, chair, LLUCH Foundation Board, "and help them feel stronger in whatever battle they are fighting."



Brooklyn Uribes, 6, gives a superhero high-five to Luke the Lion, LLU Children's Hospital mascot.



A toddler enjoys a ride on a swing in one of the treatment and activity areas for children.

Adult and Children's Hospital CNOs welcome nurse managers



As part of the restructuring for both Loma Linda University Medical Center's adult hospital and Children's Hospital, a new level of nurse manager has been created. This change in management comes at a time when Loma Linda University Health is focusing even more on patient satisfaction, staff satisfaction, quality patient outcomes, and financial strength. The welcome and orientation for close to 50 new nurse managers took place on Wednesday, September 30, at the Wong Kerlee International Conference Center's Peterson Room. Chief nursing officers (CNOs) Janet Kroetz, MN (Adult Hospital), and Helen Staples-Evans, MS (Children's Hospital), welcomed the new nurse managers and provided them with an orientation for their new responsibilities. Approximately 20 nursing directors were also on hand to assist in the orientation process. In the photo above, the new nurse managers (standing) are joined by the nursing directors and administrators (seated). *By Larry Kidder*

Speech language pathology students help remove communication boundaries for children in China ...

Continued from page 5

This year, the trip consisted of a 13-member team made up of professors, practicing professionals and CMSD graduate students. While there, they provided training, workshops, lectures, clinical services, and accent modification—all focused on topics varying from assessment and treatment of child language disorders to the growing issue of autism spectrum disorders. During the trip Professor Benner and the graduate students also provided training and workshops for special education school staff and parents.

Catherine Rowell, a member of the 2015 speech language pathology team shared that what she valued most about

the experience and speech pathology in general is the people she is blessed to work with.

"The resilience and bravery that sick kids and their caregivers exhibit has always blown me away and made me more aware of how I handle myself during hardship," Rowell says. "As I worked at the old campus hospital at ZUCH, I was deeply aware that communication disorders are still somewhat mysterious there. ... And yet, despite that, the parents and hospital staff were so excited, so willing to try whatever may work for each individual child while being open to new suggestions."

"One of our primary concerns was the lasting impact," Douglas comments. "We



A member of the team from Loma Linda interacts with a little boy.

don't want to just go and leave and everything goes back to the way it was. That is why we go to train them so that they can take the situation, assess the issue and address it even after we are gone."

With this in mind, the team does not go to China empty handed. They take materials, supplies and ideas. They go to provide innovative ideas for the hospital staff so that they can personally address various problems, such as autism. This disorder is a growing concern in China, just like in the United States but with the strict one-child per family policy enforced, it makes it much more difficult for parents to know how to deal with this type of disorder.

"One of my passions is not only helping children, but also educating and sharing information with the families because they spend the majority of their day with the child," Benner reveals. "Being able to show families how to connect and communicate with their child is one of the most wonderful and rewarding parts of our trips to ZUCH."

Benner joined the trip three years ago when Douglas realized that dealing with these types of disorders in the children's hospital was where their work would be the most beneficial. Benner's main area of interest is autism spectrum disorders, and ZUCH has shown great interest in the assessment and treatment of these. Through this relationship and partnership with LLU and ZUCH, Benner, along with the graduate students have developed training and workshops to assist doctors, therapists, teachers and families in learning about these disorders and many others. Benner went on to share that during her three years of working with this trip she

has seen how even little details to us can make a huge difference there.

"One child I met with was resistant to interact with anyone," Benner continues. "I asked the mother if I could hold and play with him and when I tried to sit on the floor, everyone tried to stop me. It just wasn't a part of that culture. But after I assured them that it would be ok, they saw that the child interacted with me and was engaging me on his own. Now to reflect that, they have installed mats on all of the floors in their new rehab departments treatment rooms, as well as tables and chairs so that the doctors, therapists and families can all interact at the child's level."

These seemingly small details to us can be anything from showing the parents how to engage their child by playing on the floor with them, to having the hospital walls painted in calming color pallets to decrease anxiety. It is these types of changes and advancements that make these trips worth it.

"The need for special training is growing, especially with more and more autism kids," Zhang 'Annie' Weifang, vice president for facility at ZUCH states. "The speech therapy group from LLU has developed a mature system from academic to clinic and then applied to clinic again for better treatment. ... We are highly touched by the standardized protocol and treatment, humanistic care for the patients and family and this is what we should learn and do better in the future for our patients."

Because of responses and impacts left like these, this type of trip is invaluable to the educational growth of young professionals.

A Fresh Look for Thanksgiving
BEAUTY EVENT

LOMA LINDA UNIVERSITY
HEALTH SYSTEM

A Fresh Look for Thanksgiving
BEAUTY EVENT

TUESDAY, NOVEMBER 10
4:30 - 6:30 P.M.

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LOMA LINDA UNIVERSITY
HEALTH SYSTEM

Rain fails to deter the faithful from expressing their devotion at 2015 Believe Walk

By James Ponder

Despite the weather, the faithful turned out in force on Sunday, October 4, to show their support for the eighth annual Believe Walk in downtown Redlands.

Contrary to predictions that the day's gloomy forecast would drastically diminish attendance, event sponsors Stater Bros. Charities and Inland Women Fighting Cancer were delighted when droves of people started turning up in foul weather gear to show their support for members of the Inland Empire community battling the deadly and nefarious disease.

The thing that makes Believe Walk such a joyful, ebullient occasion is the way the community comes together in solidarity with individuals diagnosed with cancer, as well as the organizations, physicians, and other care providers who support them. The esprit de corps for this crowd is the shared awareness that cancer is an unfair, ignoble enemy and that people who fight it, either personally or professionally, are heroes worthy

of widespread respect and admiration.

Since pink is the official color of breast cancer awareness, pink ribbons, shirts, pants, socks, shoes, and other items of clothing were abundantly represented in the crowd, along with purple and other pastel colors. The names of cancer-fighting teams and photos of individual cancer patients and survivors were also widely dispersed among the throng.

Not all participants were human, however. Dogs of every breed, size, and description turned out for the walk—many sporting the colors of the day and other distinguishing gear to mark their identities as cancer-fighting superhero canines.

Dark clouds amassed overhead during the opening ceremonies. Ten or 15 minutes after the start of the walk, they cut loose, drenching participants, bystanders, vendors, and reporters in a strong, if intermittent, rain.

By the time Adam Lunt of San Bernardino crossed the finish line ahead of everyone else, a large, fast-moving torrent of water filled the gutter on the left side of the street to overflowing. But moments

later, blue sky appeared and the rain stopped, only to return in fits and spurts at various times throughout the day.

Since the event, which coincides with October's designation as Breast Cancer Awareness Month, is an inclusive community affair and not a competitive race, no records are kept of times or positions. But Lunt clearly beat the others by a

Continued from page 8

State leaders discuss workers' compensation in California



Loma Linda University occupational medicine faculty and guests gather for a photo following the presentations by Baker and Das. They include, from left to right, Akbar Sharip, MD, MPH program director; Paul Kim, MD, MPH; Lori Kammerer; Haitham Juma, MD, MPH; Bernyce Peplowski, DO, MS; Christine Baker, MS; Roger Woodruff, MD, department chair of family medicine and interim chair for preventive medicine; Rupali Das, MD, MPH; Amin Shiblak, California Occupational and Safety Health Administration (Cal-OSHA) San Bernardino Director; and Andrew Guo, MD, MPH, director of occupational medicine at the VA Medical Center-Loma Linda.

By Larry Kidder

Two top leaders in State government spoke to those attending grand rounds for the occupational medicine residency program. The presentations took place on Tuesday, September 22, at Loma Linda University Medical Center—East Campus.

Christine Baker, MS, director of California Department of Industrial Relations, and Rupali Das, MD, MPH, executive medical director for the

California Division of Workers' Compensation, gave their perspectives on the "Workers' Compensation System in California."

Three areas of emphasis emerged from their respective presentations. Executive medical director Das pointed out that the workers' compensation system has tended to function independently from the rest of the medical field.

She suggested that the physicians involved in workers' compensation cases should work more closely with other physicians in caring for individuals. Plans of care should be better coordinated, regardless of whether the injury or disease is work-related or not.

A second area of emphasis suggested that workers' compensation decisions are much more evidence-based than in the past. Director Baker pointed out that judges who rule on such cases are provided with far more evidence upon which to base their decisions. The protocols and guidelines are also far more specific.


Both speakers emphasized disease and injury prevention as major ways to impact the number of workers' compensation cases. They suggested that companies focus on better ergonomics, as well as reducing the risk of injury by studying ways to increase safety. They also recognized Loma Linda University Health's emphasis on wholeness as an important tool in keeping workers healthy and productive.

The September 22 grand rounds event was sponsored by Loma Linda University department of occupational medicine program.

Baker and Das were accompanied by Bernyce Peplowski, MD, and legislative advocate Lori Kammerer. Peplowski is adjunct faculty in occupational medicine at Loma Linda University Health, and a nationally renowned expert in occupational medicine and workers' compensation.



Inclement weather could not deter a dedicated crowd of runners, walkers, cancer survivors, caregivers, and community members who came together on Sunday, October 4, for the eighth annual Believe Walk.




Physician Aid in Dying?


DECISIONS AT THE END OF LIFE


Wednesday, November 18, 2015
12:00 - 1:00 P.M.
A-Level Amphitheater

This spotlight will present key information about the recently adopted California law permitting physicians to aid terminally ill patients who choose to end their lives.


Presenters:


Gerald Winslow, PhD


Gina Mohr, MD



Philip Gold, MD

For additional information, please call 909-558-7022 or campus ext. 87022



You may register at myllu.llu.edu/owl

*The views expressed are those of the speakers and not necessarily those of LLUH Institute for Health Policy & Leadership, or its staff.



SPOTLIGHT ON HEALTH POLICY
Sponsored by: Institute for Health Policy and Leadership and Center for Christian Bioethics

High-altitude research helps scientists unlock secrets of oxygen deprivation during pregnancy

By James Ponder

Thanks to the haze of two distant wildfires, the view from White Mountain Research Center is dull and uninspiring this afternoon.

At an altitude of 12,470 feet above sea level in the Owens Valley, the center occupies a sloping plain beneath the summit of the 30th highest mountain in the United States, which rises behind it to a commanding 14,252 feet.

The center itself, which is operated by the University of California, is a ramshackle complex of Quonset hut dormitories, an astronomical observatory, a large sheep corral, several nondescript sheds, and a plethora of propane tanks. Together, it recalls the set of the long-running MASH television series minus the jeeps.

David Wolf, DVM, PhD, director of the animal care facility at Loma Linda University School of Medicine, Patrick Bush, office manager, and Greg Nelson, PhD, professor of basic sciences and radiation medicine, have come to the mountain this afternoon to complete a series of inspections and videotapes for government regulators.

I'm here for a different reason. I seek to gain a better understanding of why a 20-year animal research project at this remote outpost is important to human health.

The Loma Linda researcher most often associated with White Mountain is Lawrence D. Longo, MD, emeritus director and founder of the Center for Perinatal Biology at Loma Linda University School of Medicine.

As a physician-scientist who specializes in understanding pregnancy and fetal health, Longo has long been interested in the effects of sustained hypoxia, or oxygen deprivation, during pregnancy. He insists that understanding the mechanisms of how fetuses develop into newborns and mature into adults is extremely important. The National Institutes of Health and similar organizations seem to agree: since 1995, they have funded his studies to the tune of more than \$26 million.

"In addition to the scientific knowledge per se," Longo insists, "such understanding is critical in formulating potential therapies and advances to diminish or eliminate disease and optimize well-being in life."

Although the high-altitude study is only 20 years old, it has been intensely productive. Brenda Kreutzer, a project manager with Longo's group, points out that the team has published 206 articles in peer-reviewed journals during that time—more than 10 per year—and nearly countless research abstracts. In addition, she says they have presented their findings at approximately 200 national and international scientific meetings. The unrelenting goal of Longo's investigations has been to improve the lives and health of mothers and infants.

When he calls hypoxia "one of the most common insults to the pregnant mother and her fetus," Longo triggers a memory. I remember learning that babies born at Leadville, Colorado, at an altitude exceeding 10,000 feet, typically weigh about a pound less



The real heroes of high-altitude research might be the sheep who provide essential data for a better understanding of how high-altitude living affects pregnant mothers and their unborn children. Another contender for the title is Lawrence D. Longo, MD, emeritus director for the Center for Perinatal Biology. Longo, who recently turned 89, has been working with sheep at White Mountain Research Center since 1995.

than those born in Denver. But does hypoxia produce other less-visible outcomes as well?

Longo has found that it does. While long-term hypoxia is associated with an increased risk of pre-eclampsia in pregnant women, it is even harder on unborn children, often resulting in fetal growth restriction, cerebral palsy, and other neurodevelopmental disorders as well as bronchopulmonary dysplasia, enterocolitis, and even death.

"Much of my research has concentrated on the circulation to the fetal and newborn brain," he reports. In using sheep as an experimental model, Longo discovered that during the course of normal development, "the cerebral blood vessels undergo significant changes in structure and function of their several components: endothelium, smooth muscle media, and surrounding adventitia. In response to the stress of the chronic hypoxia, the cerebral blood vessels also undergo profound and often unexpected and counterintuitive changes."

The sheep in question huddle together in their high-walled pen when I approach with the camera. They seem nervous, banding together even tighter when I try to allay their fears by talking softly. Bush reports that a mountain lion

that recently visited the center showed absolutely no interest in the sheep, but I can only imagine how spooked they must have been by the predator.

Longo divides his work with the sheep into three stages: early, recent, and more recent. "Our early work studied high altitude-induced marked alterations in overall cardiovascular function at both the organ and cellular levels for both the pregnant mother and fetus," he continues.

In recent studies, he found high-altitude depression of nerve-blood vessel receptors and their subtypes as well as altered signaling by associated proteins in the cell membrane, cellular enzymes, and other signaling proteins that affect cerebrovascular contractility.

While words like that don't often arise in everyday conversation, they alert physicians to the fact that prolonged hypoxia produces significant challenges during pregnancy.

"Even more recently," Longo goes on, "with both developmental maturation and long-term hypoxia, we have demonstrated significant alterations in gene regulation, epigenetic-regulated gene expression, and intracellular metabolism. Currently, we are exploring the role of genes involved in hypoxic-induced changes, and by

Continued next page



An unidentified animal care attendant talks with David Wolf, DVM, PhD (center) and Greg Nelson, PhD (right), at the White Mountain Research Center. Wolf, who serves as director of the animal care facility at Loma Linda University School of Medicine, and Nelson, a professor of basic sciences and radiation medicine, spent the afternoon performing a series of inspections for government regulatory agencies.

Rain fails to deter the faithful at 2015 Believe Walk ...

Continued from page 7

matter of minutes, not seconds. When asked how he outran them by such a wide margin, Lunt casually replied that none of the other participants had been able to maintain the pace he established at the beginning.

Dressed in seafoam green T-shirts, a team of 29 participants representing Loma Linda University Cancer Center gathered a few minutes before the start of the race for a group photo.

The Cancer Center also sponsored a booth in the vendor commons behind the Redlands Bowl where participants

and supporters congregated after the walk to learn about cancer-fighting resources in the community.

Judy Chatigny, MSN, executive director of the Cancer Center, had some poignant advice for event planners.

"Never underestimate the determination and enthusiasm of people working together to ease the suffering caused by cancer for patients in the Inland Empire," Chatigny said, adding that despite the significant threat of rain, more than 12,000 participants filled downtown Redlands for the event.



A grand total of 29 employees of Loma Linda University Health turned out to represent the Loma Linda University Cancer Center at the eighth annual Believe Walk in Redlands on Sunday, October 4. The event was held despite threats of rain, which later drenched participants. It did nothing, however, to dampen their enthusiasm for the heroic men and women fighting cancer in the Inland Empire.

Loma Linda University research study reveals brain health benefits from eating dark chocolate

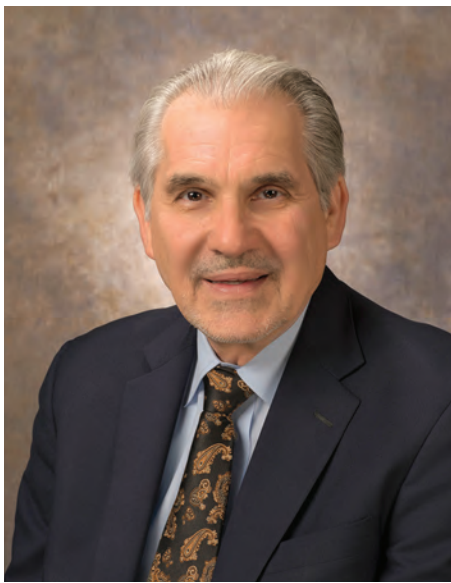
By Susan Onuma

ALoma Linda University research team, led by Lee Berk, DrPH, MPH, has confirmed brain health benefits from the consumption of dark chocolate (cacao).

Initial studies have shown that absorbed cacao flavonoids are associated with brain frequencies and regions affiliated with learning and memory.

Shared properties of nerves and these cacao flavonoids sequence the appearance of nerve-altering and protective proteins that promote nerve cell growth, increased brain function and brain communication, blood flow improvement, and vasodilation of blood vessels in the brain and sensory systems.

Cacao or dark chocolate is a major source of flavonoids, powerful



Lee Berk, DrPH, MPH

antioxidant and anti-inflammatory components with known properties shown to be beneficial to cardiovascular health.

“Our research team has for the first time shown that there is a connection of neuroelectric activities that initiate the mechanisms of cacao’s beneficial effects on brain reasoning and intellect, synchronization, memory, recall, mood and behavior,” says Berk.

Berk feels that neuroelectric activity and modulatory control from acute and chronic action from cacao flavonoids, on brain state, will require future extensive investigation sensing that it is the wave of the future for assessing effects on brain state modulation by healthy chocolate.

“We are tremendously excited about what these findings potentially mean for brain health,” states Berk. “Cacao can regulate various levels of sensory awareness and evenly increases power spectral density (uV2) of different electroencephalographic (EEG) frequencies. The most profound finding is that EEG gamma wave band frequency (30–41 Hz)—associated with the brain’s highest level of mental processing, enhanced memory and recall, and brain physiological benefits of ‘binding’ (highest levels of nerve cell synchronization/communication)—is the frequency that is most meaningfully increased above all other brain frequencies (delta, theta, alpha, beta) in response to eating cacao (approximately 70 percent cacao concentration),” Berk continues.

Berk says, in addition, this study provides unbiased scientific evidence that (EEG) gamma wave band frequency can be “turned on/enhanced” by different cacao sensory awareness tasks ranging



Loma Linda University researcher Lee Berk, DrPH, MPH, has found that consumption of dark chocolate impacts brain health.

from prior conditioned experiences, visualization, olfaction/smelling, and most importantly, acute cacao consumption—for potential brain, behavioral, and physiological benefits. Most significant to an ever-increasing aging population, these findings provide evidence for the potential protective and health brain benefits in individuals with age-related declining memory and recall issues. Berk further adds that these brain benefits could potentially be applied to younger populations for enhancement of cognitive processing as part of a healthy dietary regimen.

New studies are in progress by Berk’s research team at Loma Linda University

Health to investigate further and elaborate the mechanisms in the findings.

A more comprehensive review of these new brain health research results was presented by Berk at Neuroscience 2015, the Annual Meeting of the Society for Neuroscience (SFN).

The conference, dedicated to developments in research of the brain and nervous system and the application of new scientific knowledge in the field of neuroscience in order to develop improved brain wellness, preventive and disease treatments and cures, was held at Chicago’s McCormick Place October 17–21.

Seeds of Hope event raises \$132,000 for mental health in the Inland Empire

By James Ponder

The eighth annual Seeds of Hope fundraising dinner, which was held on Wednesday, October 7, raised more than \$132,000 to benefit the programs and services offered by Loma Linda University Behavioral Medicine Center (BMC).

Speaker after speaker made it clear that the real beneficiaries of the event are the men and women of the Inland Empire who rely on the BMC to help

them overcome the reality and stigma of mental illness, addiction, and dependency disorders.

Former San Bernardino Mayor and Superior Court Judge The Honorable Patrick J. Morris illustrated his talk about the important role the BMC plays in the community with numerous humorous anecdotes. Perhaps the funniest of all was a set of alternate lyrics he wrote to a familiar American folk song, “Tis a gift to be sober,” Morris led the audience in singing, “to be alcohol-free, a

natural high is where we want to be. And when we find ourselves in that place just right, twill be in a life of love and delight.”

Morris mentioned that the judicial community is very much aware that places like the BMC do a lot more good for society than prisons, and predicted

that in the near future, our judicial system will put far fewer numbers of people behind bars and far greater numbers in rehabilitation and recovery programs.

Edward Field, MBA, vice president and administrator of the BMC, thanked guests for attending before launching into the heart of his remarks.

“For the past 25 years,” Field said, “the
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High-altitude research helps scientists unlock secrets of oxygen deprivation during pregnancy . . .

Continued from previous page
knockdown of specific genes demonstrating their significant role.”

Longo hastens to share the credit. “The three other LLU faculty members who have collaborated most closely in these high-altitude studies are Charles A. Ducsay, PhD, on the fetal adrenal and some of its hormones; William J. Pearce, PhD, on the cerebral vasculature; and Lubo Zhang, PhD, on the circulation to the uterus.” Since Longo just celebrated his 89th birthday, he recently appointed Zhang to take over the leadership role on the studies.

Longo continues in the rarified language of science informing that other studies focus on the placenta and pulmonary vessels and that, in addition

to sheep, some of those investigations involve mice, rats, and cell culture.

But what do the findings really mean? Do they translate directly to lifesaving treatments for thousands of mothers and their babies born in alpine environments around the world? Given the conservative, legality-encrusted context of scientific disclosure in the 21st century and his own penchant for humility, Longo will not say that they do.

But the gleam in his eye suggests that Longo knows the studies have contributed to improving the lives of pregnant mothers and their offspring. Modesty notwithstanding, he is quite satisfied with what he has accomplished up here in the rarified atmosphere of White Mountain.



As the members of her family look on, Lorena Ontiveros, third from left, shares what it was like to go through the therapeutic process at Loma Linda University Behavioral Medicine Center (BMC) after her youngest daughter, Marcela (second from left), became increasingly sullen and withdrawn. Lorena shared that at one point, the situation in her family felt so helpless that she thought divorce was the only answer. But after Marcela said she would probably commit suicide if her parents separated, Lorena reconsidered and decided to make the commitment to work out their issues instead. Today, she is glad she did. “There’s always a light at the end of the tunnel,” Lorena told the audience at the 8th annual Seeds of Hope fundraising event, “and the BMC was it. God put the BMC in our path.”

Seeds of Hope event raises \$132,000 for mental health in the Inland Empire . . .

Continued from page 9
National Alliance on Mental Illness, has joined the nation in recognizing the first full week of October as Mental Health Awareness Week. One of the main themes is the fight against stigma. Most of us recognize that the stigma of mental illness and addiction is real and at times it is right in front of us, next to us, weaving in and out of our community, but sometimes we don't see it."

After noting that the stigma surrounding mental health and addiction seems to be impenetrable at times, he pointed out that the statistics on mental health are staggering:

- One in four people will have a diagnosable mental illness in their lifetime
- Approximately one in five men and one in 12 women develop alcohol dependence during their lifetime
- There is a suicide every four minutes
- Suicide is the third leading cause of death for ages 15 to 24.

"Although these stats are shocking," Field observed, "I am thankful tonight that there is help. There is hope for all living with mental illness and addiction. The BMC provides this help through caring individuals who offer highly structured and therapeutic programs. Due to your generosity over the past seven years, we have been able to provide 221 scholarships that have given those who have had no or limited access to insurance the chance to get healthy and into recovery."

Perhaps the most dramatic presentation of the evening was a video and group interview that highlighted the story of Inland Empire teen Marcela Ontiveros.

Although known as a happy, well-adjusted child in a loving family environment, Marcela began to be increasingly sullen and withdrawn as she entered her teens.

Finally, someone suggested she might benefit from treatment at the BMC

and her parents, Alfonso and Lorena, insisted she get help.

"I was really nervous and reluctant to go," Marcela shared. "I remember sitting in the seat furthest away from Glenn, hoping I could just go through the program unnoticed."

The man Marcela referenced is Glenn C. W. Scott Jr, LCSW, program manager for outpatient youth services at the BMC. Glenn's sense of humor put her at ease.

Her parents were similarly uncomfortable. "I was nervous," Alfonso admitted. "I didn't know what to expect." "I remember praying that this was the right path to follow," Lorena shared.

"The moment Glenn started cracking jokes," Marcela continued, "was when I started to feel a bit more comfortable."

But rather than getting better, issues initially got much worse as the Ontiveros family confronted the reality of their problems.

"The toughest day at the BMC was when I had to talk about how I was in front of everyone," Marcela said. "I had gotten into a fight with my dad the previous day and I told Glenn that my father hit me, and my dad just sat there denying everything and I ended up crying in front of everyone because I was upset that he was lying. Everyone saw me cry and I felt vulnerable and embarrassed."

For his part, Alfonso was scared. "I was afraid that she would tell the whole world what a horrible father she had when he got angry," he explained.

Lorena had decided the only way out was through divorce. She was stunned, however, when Marcela told her she would probably kill herself if her parents ended their marriage. "I knew that was a sign to stay," Lorena remarked.

The decision to work on their issues with the skilled help of the BMC staff was the best one the Ontiveros family ever made. In the months and weeks that followed, they learned to talk out their differences rather than retreat into


dysfunctional communication patterns. Over time, love, mutual respect and individual dignity returned to each member of the family. They remain very grateful

for the help they received at the BMC.

At the end of the presentation, the five members of the family joined their


Continued next page

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Calimesa Community Concerts • 30th Season

October 14

The Story That Must Be Told:
Whole Person Care at its Best

Carla Gober-Park, PhD, MS, MPH
Director, Center for Spiritual Life and Wholeness

December 2

They Loved Your Resume, Then They Saw Your Tweets! . . . Social Media

Margie Arnett, MS
Assistant Professor
Educational Services
School of Dentistry

January 27

A Drug Called Exercise: Why You Should Take and Prescribe It

Robert Sallis, MD
Family Medicine Physician
Co-Director, Sports Medicine
Fellowship Training Program
Kaiser Permanente

March 9

Personal Finance: Decisions Now to Build Wealth Later

Larry Chinnock, EdD, PT, MBA
Associate Chair
Physical Therapy Department
School of Allied Health Professions

May 4

Reclaim Your Life from your Busy Schedule

Ara Anspikian, MD
Department of Psychiatry
Behavioral Health Institute

November 4

Addictions America Applauds: Work, Technology, Perfectionism

Ricardo Whyte, MD
Medical Director
Chemical Dependency Unit
Behavioral Medicine Center

January 13

The Nepal Earthquake: A Call to Action

Scott Nelson, MD
Orthopedic Surgeon
Loma Linda University Health

February 10

Nurturing the Spiritual: Getting to Know Jesus

Kendra Halowiak-Valentine, PhD
Associate Professor
New Testament Studies
La Sierra University

March 30

Play: Wit
Featuring:
Kenneth Wright, PhD
Brady Greer

May 18

Life After Graduation: Stories from LLU Alumni Who are Thriving!

Ron Carter, PhD
Provost & Panel Moderator

The Wil Alexander


WHOLENESS SERIES

2015-2016

November 11

The Naked Truth About Sexual Wholeness

Randy Speyer, PhD, LMFT
Pastor for Care & Counseling
Loma Linda University Church




Dr. Wil Alexander, PhD
School of Medicine
Loma Linda University

Since 2003, the Wil Alexander Wholeness series has been offering workshops on subjects related to professional development, personal enrichment, spiritual values, and public awareness. Students, faculty, staff, family, and friends are welcome to attend this free event.


The series is named for Dr. Wil Alexander, founder of the Center for Spiritual Life & Wholeness.

Workshops are held in the Damazo Amphitheater, Centennial Complex on specified Wednesdays from 5-5:50 pm


Email meals@llu.edu by noon on the Monday prior to the workshop to reserve a complimentary meal offered after the workshop.




Carla Gober-Park
October 14




Ricardo Whyte
November 4




Randy Speyer
November 11




Margie Arnett
December 2




Scott Nelson
January 13




Robert Sallis
January 27




Kendra Halowiak-Valentine
February 10




Larry Chinnock
March 9




Play: Wit
March 30



Ara Anspikian
May 4



Ron Carter
May 18



LOMA LINDA UNIVERSITY

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Spotlight on Health Policy to discuss the topic 'Physician aid in dying? Decisions at the end of life'

By Nancy Yuen

California recently passed legislation allowing terminally ill, mentally competent, adult residents of California to request, obtain, and self-administer "aid-in-dying medications."

This act, which legalizes physician-assisted suicide, will be the focus of a Spotlight on Health Policy presentation, which will be held November 18, 12:00 noon, in the Loma Linda University Medical Center A-level Amphitheater. The grand rounds is co-sponsored by the Loma Linda University Institute for

Health Policy and Leadership and the Center for Christian Bioethics.

The grand rounds will begin with an explanation of the act, followed by presentations exploring arguments for and against physician-assisted suicide (see *ad on page 7*). With Gerald Winslow, PhD, moderating, Philip Gold, MD, who specializes in pulmonary medicine, and Gina Mohr, MD, who specializes in family medicine and palliative care, will present supportive and opposing viewpoints. Winslow is director of the Loma Linda University Institute for Health Policy and Leadership.

According to Winslow, the law's implications within health care reach beyond physicians. Health care providers, including pharmacists, will participate in the discussion as attendees discuss the significance of the law for clinical practice, expressing their own beliefs about participating in the choice of those patients opting for aid in dying.

When the law takes effect in 2016, California will join four other states that permit physicians to aid terminally ill adult patients who choose to end their lives.

The presentations will reflect the speakers' own views and not those of Loma Linda University Health or the Institute of Health Policy and Leadership. There is no cost for Loma Linda University Health faculty, students,

staff, and the community to attend the grand rounds.

Note: In 1992, the General Conference of Seventh-day Adventists approved "A Statement of Consensus on Care for the Dying." The statement, which expresses a number of biblically based principles, includes the following normative guidance: "While Christian love may lead to the withholding or withdrawing of medical interventions that only increase suffering or prolong dying, Seventh-day Adventists do not practice 'mercy killing' or assist in suicide (Genesis 9:5-6; Exodus 20:13; 23:7). They are opposed to active euthanasia, the intentional taking of the life of a suffering or dying person."¹

¹ General Conference of Seventh-day Adventists Executive Committee. Annual Council Session. Silver Spring, Maryland. October 9, 1992.

Nineteenth annual HALL scholarship banquet honors 26 student recipients

By Larry Kidder

Twenty-six students were awarded the Armando C. Hernandez MD, Scholarship during the 19th annual Hispanic Alumni of Loma Linda (HALL) scholarship banquet, held October 18 at Wong Kerlee International Conference Center on the campus of Loma Linda University Health.

The schools of Medicine, Dentistry, Allied Health, Religion, Pharmacy, Public Health, Behavioral Health, and the Faculty of Graduate Studies were represented among the recipients.

Physician assistant Yasmin Chene, PhD, was honored during the evening with the Community Award. Chene serves on the faculty of the physician assistant program for Loma Linda University School of Allied Health Professions.

The keynote address was given by Ofelia Alvarez-Willis, MD, who serves as a staff physician at the VA Loma Linda Healthcare System.



Ofelia Alvarez-Willis, MD, gave the keynote address at the HALL event.

Tenth annual A Walk to Remember draws record participation ...

Continued from page 12

reflection for the families and their loved ones. Just before the walk began, the Keller family released the first dove. A flock of doves joined the first, circling above the families before disappearing in the late afternoon sunlight.

More than 2,100 people participated in the memorial walk, many wearing T-shirts displaying the infants' names.

This year, 250 people, including parents who have lost an infant and Loma Linda University Health students and staff, served as volunteers before and during the event. These dedicated volunteers helped keep the event moving smoothly.

"The death of a baby is a unique loss," says McHargue. "The loving, compassionate care provided to families experiencing the loss of a baby continues and as we honor and validate the lives of many precious infants, their families share their genuine gratitude, thanking us for

remembering their baby. The response to the event highlights the tremendous need for public awareness of the enormous private pain felt by families who have lost newborns or infants. The event is a place for remembering and healing."

McHargue's deeply felt compassion arises from her own story. "I experienced my own loss of a baby through miscarriage 19 years ago," she says. "I grieved silently because there wasn't much support available at that time. Once I became a nurse, I knew that somehow I would use my training and my experience with grief to help other women know they don't have to grieve alone. I do what I do because of the precious baby I was privileged to carry for 13 weeks. Her life continues to give me empathy and compassion for others who grieve."

You can visit lluh.org/AWTR to view photos of this year's event and for the most up-to-date information about next year's Walk to Remember.



Julie Cieslak, bereavement coordinator for the Total Care Birth Center at Loma Linda University Children's Hospital (left), and Leandra McHargue, Loma Linda University Children's Hospital bereavement coordinator for the neonatal intensive care unit, receive flowers from Kristi and Brent Sprague (at podium), as the first Kylie Compassion Award is presented. The recipient, Sharleen Lampkin (pictured on screen), is a nurse who showed special empathy and kindness.

Seeds of Hope raises \$132,000 for mental health in the Inland Empire ...

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therapist on stage for a short discussion.

"What message would you like to send home with our guests this evening?" Glenn asked.

"That it is OK to ask for help," Marcela replied.

"Don't be afraid of seeking help," Alfonso added. "Even if you feel you have been a horrible father, maybe you lost control, maybe you feel guilty for doing or saying the wrong things, or maybe you feel bad for not taking action sooner. Don't be afraid to seek help. It's time to start over and start putting all those bad things and thoughts in the past."

Lorena told the group that her prayers had been answered. "Don't be afraid," she said. "There's always a light at the end of the tunnel and the BMC was it. God put the BMC in our path."

After the Ontiveros family, Mike and Alejandra Morley shared their story of recovery from drug and alcohol addiction and codependency.

"At the seven-year clean and sober mark," Mike shared, "I met my beautiful wife Alejandra, an amazing woman of God!" He concluded by noting that despite years of addiction, he now lives a life full of joy and blessing. "I have a deep, personal relationship with God today, thanks to the BMC."

Alejandra turned to the BMC for help after her son from a previous marriage

developed addictions of his own.

"Before the BMC," she shared, "I didn't know I had a problem. I didn't do any drugs or alcohol and I had a successful career in education." She went on to explain, however, that she was simmering in anger, sadness, depression, anxiety, guilt, and shame prior to treatment.

"At first, I firmly denied I was codependent," Alejandra continued, "since I didn't like the sound of the word and I didn't have any mental health issues. But it only took one session of me listening to others introduce themselves and their consequences of being a codependent to humbly accept that I was codependent, too, and that many of my son's struggles had a lot to do with our family dynamics."

"At the BMC, I found freedom," she stated. "Freedom to forgive myself for not knowing what I didn't know, and hope, that beautiful hope for my son, our daughters, and our family."

"My hope is that every broken and hurting family in the Inland Empire gets to know the name Loma Linda University Behavioral Medicine Center and that they are able to experience the family process at the BMC," Alejandra concluded. "My prayer is that so much money is raised tonight that no one is ever turned away for a lack of health insurance."

Tenth annual A Walk to Remember draws record participation

By Nancy Yuen

When children lose a parent, they are called orphans. When spouses lose a partner, they are called a widow. But when parents lose their child, there isn't a word to describe them.

Leandra McHargue, RN, BSN, Loma Linda University Children's Hospital bereavement coordinator for the neonatal intensive care unit, quoted these words, spoken by Ronald Reagan, during the Tenth Annual Walk to Remember, held Sunday, October 11. More than 2,100 people attended the event, which was held at Loma Linda University Church and Wong Kerlee International Conference Center. In 1988, President Reagan declared October as Pregnancy and Infant Loss Awareness Month. During October, memorial services are held throughout the country.

"Ten years ago, when we started the walk, I had no idea that it would grow

to this magnitude," McHargue says. "At Loma Linda University Children's Hospital, A Walk to Remember has become more than an event. It has become a sacred place where families come year after year to remember and celebrate the lives of their babies, gone too soon, and to connect with other families who understand this journey. It has become a place of support, reflection, and healing."

During the program Joyce Ekong, director, patient care, Total Care Birth Center, thanked a group of volunteers who share a passion for helping families who have experienced the loss of an infant. The audience applauded as the volunteers, who were seated together, stood to be recognized.

"These dedicated volunteers," says Julie Cieslak, bereavement coordinator for the Total Care Birth Center at Loma Linda University Children's Hospital. "make it possible for Loma Linda University Health to provide grieving families with special objects to



Following the program, more than 2,100 people completed the memorial walk. Here, they begin the walk while a bagpiper plays "Amazing Grace."

Wound Care and Hyperbaric Medicine Center in Murrieta receives accreditation

By Shirley Niell

Loma Linda University Medical Center–Murrieta recently announced that its Wound Care and Hyperbaric Medicine Center received national accreditation with the Undersea and Hyperbaric Medical Society (UHMS), a nonprofit international organization that serves as a primary source of scientific information for divers and hyperbaric medicine physiology.

The accreditation program is voluntary and requires detailed data regarding the center's hyperbaric medicine quality, safety, patient outcomes, policies, and procedures.

UHMS experts then complete an onsite survey to examine staffing, training, equipment installation, operation and maintenance, facility and patient safety, and standards of care.

"Of the approximately 1,000 wound centers in the United States, fewer than 180 of those hyperbaric programs have achieved UHMS accreditation. Obtaining this recognition by UHMS demonstrates our focus on patient/clinician safety and quality care," says Tracy Bock, service line administrator.

The Wound Care and Hyperbaric Medicine Center is located in the Professional Office Building, adjacent to Loma Linda University Medical

Center–Murrieta, in suite 410. The center is under the medical directorship of Yoshinobu Mifune, MD, who is board-certified in undersea and hyperbaric medicine, wound care, and family medicine. His excellent outcomes and patient satisfaction have been ranked among the top in the nation over the years.

Hyperbaric oxygen (HBO) therapy is a medical treatment prescribed by a doctor to enhance the body's natural healing process. During hyperbaric oxygen therapy, a patient breathes 100 percent pure oxygen while inside a pressurized chamber.

The air pressure inside a hyperbaric oxygen chamber is about two and a half times greater than the normal pressure in the atmosphere.

This "hyperbaric" (or high pressure) dose of oxygen helps the blood carry more oxygen to organs and connective tissues to promote wound healing.

HBO therapy also activates the white blood cells to fight infection. Patients with diabetic ulcers, poor circulation, peripheral artery disease, traumatic injury, and other chronic non-healing wounds have been shown to benefit from HBO therapy.

For information about the Wound Care and Hyperbaric Medicine Center at Loma Linda University Medical Center–Murrieta, call 951-290-4061 or visit www.llumcmurrieta.org.



LLUMC–Murrieta Wound Care and Hyperbaric Medicine Center

remember their infant. They make and donate hand-sewn infant gowns, blankets, and handmade wooden keepsake boxes that are given to 150-to-175 families each year whose babies were cared for in the Total Care Birth Center or NICU. They create beautiful mementos that are handcrafted and cannot be purchased. We invited the volunteers to sit as a group so that the many families in attendance could see them and understand, 'these are some of the people who care about you.'"

During the program, each baby was recognized, and as his or her name appeared on the screens above the stage, the family walked to the front of the church. The mothers embraced McHargue and Cieslak, and were given a candle and a children's book, "The Invisible String."

This year, the first Kylie Compassion Award was presented.

Kristi and Brent Sprague of

Highland have a special connection with Loma Linda University Children's Hospital and A Walk to Remember. Kristi's first daughter, Kylie, was stillborn in 2005, and the following year she and her husband participated in the inaugural A Walk to Remember. The Spragues presented a bouquet of flowers to Cieslak and McHargue before presenting the Kylie Compassion Award to Lampkin, a nurse who showed special empathy and kindness.

Then, Nick and Daleena Cardenas, Latoya Richardson, and Brent and Kristi Sprague shared their experiences losing an infant in a video, "Our Grief Journey."

After the program, families gathered on the lawn in front of the University Church. As they gathered, a bagpiper, walked toward the families from the Wong Kerlee International Conference Center playing Amazing Grace. The stirring music provided time for

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