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Loma Linda University Health

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Recommended Citation

Loma Linda University Health, "TODAY - December 22, 2014" (2014). *TODAY*.
<https://scholarsrepository.llu.edu/today/17>

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Loma Linda University Health–San Bernardino launches with \$10 million San Manuel gift

By Jiggs Gallagher

Groundbreaking ceremonies were held Wednesday, December 10, for Loma Linda University Health–San Bernardino, a new health care and educational initiative in downtown San Bernardino.

The groundbreaking event took place at 250 South G Street, where the center will be built between San Manuel Stadium and the 215 freeway.

Richard H. Hart, MD, DrPH, president of Loma Linda University Health, said at the groundbreaking that the project will help support the San Bernardino economy and promote health and wholeness in the community for years to come.

“Studies of the infrastructure of San Bernardino have found that there are two large unmet needs in this community,” Hart explained. “The first is a lack of skilled workers. The second is a lack of quality health care. Our new project will help address both of those sectors of the economy by providing career education and health care for area residents as well as creating employment opportunities.”

The project involves three distinct, yet related components. The first is an educational center to be known as San Manuel Gateway College. Funded in part by a generous gift of \$10 million from the San Manuel Band of Mission Indians, it will provide a variety of six- to twelve-month certificate training programs to prepare high school graduates for a number of rewarding career options in the health care field.

Ken Ramirez, secretary of the San Manuel Business Committee, spoke movingly about how Loma Linda physicians



Officials break ground for the Loma Linda University Health–San Bernardino project. Pictured left to right are: Ted N.C. Wilson, PhD, MDiv, MPH, president, General Conference of Seventh-day Adventists; Nancy Young, MHES, president and CEO, SAC Health System; Patrick J. Morris, JD, former mayor, City of San Bernardino; Dale Marsden, EdD, superintendent, San Bernardino City Unified School District; Tommy Ramos, education committee member, San Manuel Band of Mission Indians; Ken Ramirez, tribal secretary, San Manuel Band of Mission Indians; Richard H. Hart, MD, DrPH, president, Loma Linda University Health; Pete Aguilar, congressman-elect, California 31st District; R. Carey Davis, MBA, mayor, City of San Bernardino; and Lowell Cooper, MDiv, MPH, vice president, General Conference of Seventh-day Adventists and chair, Board of Trustees, Loma Linda University Adventist Health Sciences Center.

and nurses cared for needy tribal members in the early 20th century at low or no cost when no one else would do so. He said members have long memories and are grateful for the compassion shown to them. He added that now that they have the resources to make the valley community a better place, they are happy to help

with their generous contribution.

The second element of the new facility will be an expanded multi-specialty medical clinic to be operated by Social Action Community (SAC) Health System, currently located at 1455 East Third Street in San Bernardino. The third is a vegetarian restaurant designed to showcase the longevity-enhancing benefits

of a plant-based diet.

Bradley P. Gilbert, MD, CEO of Inland Empire Health Plan (IEHP), noted that the expanded SAC Health System clinic will become a critical component of the IEHP delivery system with the increased primary care and specialty services it will provide to IEHP members. He said, “Given the large growth in our membership which will reach one million members soon, we need high quality, accessible services such as will be delivered at the expanded SAC Health System clinic.”

SAC Health System, which was started by Loma Linda University Health students in the 1960s, has grown to become a major provider of health services in San Bernardino. The new location will not only offer considerably more space than the old one affords, but will offer expanded health care options for downtown residents. With a full complement of primary behavioral health, clinical, dental, health education, laboratory, pharmacy, urgent care, and women’s health services, the clinic will feature world-class health care provided by Loma Linda University Health faculty, residents, and students.

“SAC is the second-largest teaching community health center in the nation,” notes Nancy Young, MHES, president and CEO of SAC Health System. “Research shows that physicians trained in a community health center are three times as likely to stay working in community health

Continued on page 2

New dean will lead LLU School of Nursing beginning January 1

By Heather Reifsnyder

President Richard Hart, MD, DrPH, of Loma Linda University Health announced during a special luncheon at West Hall on December 15 that the Board of Trustees had named Elizabeth (Becky) Bossert, PhD, as the new dean for the School of Nursing. Her tenure will become effective January 1, 2015.

Bossert replaces longtime Dean Marilyn Herrmann, PhD, who has led the School of Nursing in that position since 2006. Hart also announced that Trustees named Herrmann emeritus dean for the School of Nursing—a “well-deserved honor,” he said.

“Dr. Herrmann has provided extremely valuable leadership to this school and nurtured it,” Hart said, noting that without question the school holds a premier place not only in the Seventh-day Adventist

Continued on page 3



Both Richard Hart, MD, DrPH, left, president of Loma Linda University Health, and Ron Carter, PhD, right, provost of Loma Linda University, praised the qualifications of new School of Nursing dean Becky Bossert, PhD, center, at the December 15 luncheon announcing her appointment.

Many Strengths. One Mission.

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Children's Hospital celebrates separate licensure

By Jiggs Gallagher

Loma Linda University Children's Hospital (LLUCH) staff and administration celebrated the organization's recently completed separate licensure, which became official on Friday, November 21.

"That was a big day," said Kerry Heinrich, JD, CEO of Loma Linda University Medical Center, which includes LLUCH. He spoke at a celebration of the accomplishment on December 11, which featured a Dr. Seuss theme. "We ran into walls in getting this done, but we kept on going," he added.

"The process was unbelievable; I can't

thank our staff enough," he told the group. "Everyone contributed to this major effort, and it will pay off handsomely for Children's Hospital, and for our patients and their families in the future. This is God's work, and we thank Him for seeing us through."

Other LLUCH administrators who spoke at the event included Richard Chinnock, MD, medical director; Helen Staples-Evans, chief nursing officer; Kevin Lang, chief financial officer; Terry Hansen, chief operating officer; Sondra Leno, assistant vice president for finance; and Brianna Miller, project manager for the licensure change.



A Loma Linda University Children's Hospital staff member seems unfazed by The Cat in the Hat and the Grinch on either side. The two Dr. Seuss characters were on hand for licensure celebrations on December 11 and 12.

Loma Linda University Children's Hospital (LLUCH) leaders wanted to thank the many Loma Linda University Health employees and staff who made separate licensure not only a possibility but a reality. On hand to share their thanks were, clockwise from top left, Kerry Heinrich, JD, chief executive officer; Richard Chinnock, MD, medical director; Helen Staples-Evans, MS, DNP, chief nursing officer; Sondra Leno, assistant vice president for finance; Terry Hansen, MPH, chief operating officer; and Kevin Lang, chief finance officer.

Save the date: Zipcar is coming to the campus of Loma Linda University Health

By Nancy Yuen

Plan now to attend the launch of Zipcar, a service that is coming to the Loma Linda University Health campus in January 2015. Zipcar members have the use of a car by the hour or day on a self-serve basis, reserving cars online or using a mobile device.

According to Juan Carlos Belliard, PhD, assistant vice president, community partnerships and diversity, many Loma Linda University Health students and staff will

no longer need to purchase a car when they move to Loma Linda.

This service will allow greater freedom for students to engage with the local community without the burden of car ownership. It will also help improve street congestion, and will help make the campus more bike- and pedestrian-friendly.

The service will be available to Loma Linda University Health students, faculty, staff, volunteers and the community. The launch will take place January 7 at 12:00 noon in front of Magan Hall.



Zipcar will be coming to Loma Linda University Health in January. The company has opened on many university campuses in the United States.

Loma Linda University Health—San Bernardino launches with \$10 million San Manuel gift ...

Continued from page 1 throughout their careers."

Hart said Loma Linda University Health—San Bernardino is designed as a LEED-certified architectural showpiece intended to beautify the downtown area with trees and gardens that promote healing and a sense of community. The LEED acronym stands for Leadership in Energy and Environmental Design and indicates that the center will be environmentally responsible and will use resources wisely in accordance with the highest industry standards for green buildings.

The new center represents a unique partnership of local organizations eager to create a revolutionary educational opportunity in the region. The City of San Bernardino, the County of San Bernardino, the San Bernardino Community College District, the San Bernardino City Unified School District, several non-profit organizations, and SAC Health System are partnering with



Pat Morris, JD, past mayor of San Bernardino, shares with those attending the December 10 groundbreaking ceremony the impact he foresees for the new San Manuel Gateway College and expanded SAC Health System clinical services to help with the health and education of nearby communities.

the San Manuel Band of Mission Indians and Loma Linda University Health in this comprehensive project.

San Bernardino Mayor R. Carey Davis, MBA, said the new center will symbolize the city's economic development to local residents as well as our surrounding communities and visitors who will view the new architectural display from the 215 freeway.

"This represents a great opportunity to revitalize our downtown area," Davis observed. "It will also begin to change the image of San Bernardino as a result of the building that is going on. It will show that economic activity is returning. We see the collaboration and partnership as one that is very important to the rebirth of our downtown."

The program concluded with Ramirez and other tribal elders performing a bird song and a spiritual blessing for the new building project.

World Seventh-day Adventist President Ted N.C. Wilson, PhD, MDiv, MPH, a member of the Loma Linda University Health Board of Trustees, and LLUH Boards Chair Lowell Cooper both spoke during the program.



Stater Bros. Charities K-FROG Radiothon raises more than \$275,000 to help kids at Loma Linda University Children's Hospital who are battling cancer. Gathering for a group photo above are volunteers who answered phones, along with the K-FROG and Stater Bros. Charities teams.

Nursing research at LLUMC ends the year on positive note

By James Ponder

Nursing researchers at Loma Linda University Medical Center (LLUMC) are ending 2014 on a high note, according to Patti Radovich, PhD, director of nursing research.

"This year we've really gotten our clinical nursing staff engaged in both research and evidence-based practice," Radovich says. "This has led to improvements in how we create a patient-centered environment as well as enhancements in patient outcomes."

In support of her claim, Radovich cites four evidence-based practice team projects and three research studies conducted by LLUMC nursing researchers, as well as three additional projects conducted by graduate nursing students.

"The evidence-based practice teams were formed in the third quarter of 2014," she observes, "as part of an organization-wide program to engage the nursing staff and increase the amount and quality of

evidence-based nursing practice utilized by our staff as they care for our patients in various settings. Each team has been reviewing the literature related to their evidence-based practice question and is in the process of developing protocols. The implementation phase will occur in the first and second quarters of 2015."

The first of the four team projects explores causes and treatment of intermittent explosive disorder in children who are patients at a behavioral medical center. Nurses Deviyanti Mangunsong, Sheena Martin, Tony Dharmaraj, Alsia Donson, Marlen Guerrero, Terri Weir, and Jennifer Amori collaborated on the project at Loma Linda University Behavioral Medicine Center. It is designed to identify best practices for interventions in the pediatric population undergoing treatment at an inpatient behavioral medical center.

For the second team project, nurses from medical/surgical oncology units 9200 and 9300—Kimberly Amato, Elvira Bagaporo,

Radiothon raises more than \$275,000 to battle pediatric cancer

By Calvin Naito

Stater Bros. Charities and K-FROG radio joined with Loma Linda University Children's Hospital (LLUCH) for a radiothon on December 3 and 4, running from 5:00 a.m. to 7:00 p.m. each day, which raised more than \$275,000 to support children battling cancer.

The 13th annual Stater Bros. Charities K-Froggers for Kids Radiothon was transmitted on K-FROG 95.1 FM in Riverside, San Bernardino, Los Angeles, and Orange counties; 92.9 FM in the Temecula Valley; and streamed live online at www.kfrog.com.

Stater Bros. Charities was the sole presenting sponsor of the radiothon.

Funds from the radiothon will support pediatric cancer patients and programs at the Children's Hospital.

The radiothon was broadcast live from Bass Pro Shops in Rancho Cucamonga.

Throughout the radiothon, K-FROG staff members gave special on-air recognition to generous donors, who called in their contributions during the two days, as well as donating online.

"We are so incredibly grateful to Stater Bros. Charities for tremendous support of this wonderful radiothon," says Jillian Payne, executive director of LLU Children's Hospital Foundation.

"K-FROG listeners really came through for our patients battling cancer," she continues. "Their support will provide hope and healing to children battling cancer through the holidays and all year long."

Cumulatively, over the past 13 years, the annual radiothons have raised nearly \$5 million for LLUCH.



Patti Radovich, PhD, director of nursing research

Yvette Hernandez, Carrol Schuessler, Karla Wells, Beban Quijada, Lady Teves, Charis McCoy, Monica Paredes, Amy Paluzzi, Carol Nielsen, Sara Allen, and Brittney McCollum—are reviewing a number of best practices for the prevention of catheter-associated urinary tract infections (CAUTI). The staff will examine best practices for reducing the development of CAUTI in the adult care population. CAUTI infections have been associated

with increased morbidity, mortality, health-care costs, and length of stay.

The third team project explored ways to reduce the time patients on a medical intensive care unit are required to go without feeding during times of diagnostic testing. Unit 4700 researchers Allison Bell, Matt Medina, Sherry Lee, and Fernando Fierro found that maintaining nutrition is key to the prevention of complications such as pressure ulcers, as well as optimizing resilience and recovery.

In the fourth and final team project of 2014, researchers from units 7100 and 7200 joined forces with colleagues in the cardiology clinic to study the effectiveness of the Teach-Back methodology in heart failure patients. In this project, the team—consisting of Joyce Ekong, Sandra Lay, Susan Johnson, Nancy Moody, and Denise Peterson, NP—will engage staff in best practices across the continuum of care enabling patients to have a greater understanding and encouragement in their self care. This inclusion of patients as active participants in their own care will hopefully reduce hospital readmissions in this population.

In the first research study, Michelle Rhiner, GNP-BC, a researcher from LLUMC advanced practice and palliative care service, investigated medical students' *Continued on page 5*

New dean to lead School of Nursing ♦♦♦

Continued from page 1

educational network, but also nationwide.

Bossert rose to the top of a field of candidates from both within and outside of Loma Linda University Health, Hart said.

Bossert is currently associate dean for academic affairs and graduate programs at LLU School of Nursing. She has taught at the School of Nursing since 1978 and has a number of years of experience in research,

including two National Institutes of Health grants that were awarded to the research team. She has published in numerous refereed journals, has served as reviewer for the Journal of Pediatric Nursing, the Journal of Nursing Scholarship, the Journal of the Specialists in Pediatric Nursing, and Pediatric Nursing, and has presented at national and international conferences, among many other professional activities.

She is an alumna of Pacific Union College (AS), Walla Walla College (BS), and LLU School of Nursing, where she received a master's of science in 1977 with a focus on maternal-child nursing and nursing education, before going on to receive her DNS with a focus on clinical research from the University of California at San Francisco in 1990. (UCSF recently converted this research-focused degree to the PhD designation.)

Also speaking at the event was Ronald Carter, PhD, provost of Loma Linda University. Calling the School of Nursing a "cornerstone of our medical enterprise," he noted his appreciation of working with Herrmann over the years, and he added, "The selection of Becky for this position has brought a lot of personal joy to me."

Looking to Bossert, he said, "I know you'll be very successful." Carter also said,

"Becky is no stranger to administration. She has helped us in so many central committees. She has been the assistant chair of the university academic affairs committee. We've worked together on a number of research projects. She's worn many hats."

Bossert said, "We have a good School of Nursing, and we'll move forward in the way that Marilyn has led us during these past years. And again I want to thank her."

Presenting bouquets of red and white flowers along with kind words to Bossert and Herrmann was Kathie Ingram, DNP, assistant professor of nursing and chair of the School of Nursing faculty affairs committee.

To Herrmann, she said, "We will truly miss you. We know your style, we know your ways, and we're going to miss all of that. And we're very happy to hear about your emeritus appointment."

Marilyn Herrmann joined the faculty of Loma Linda University School of Nursing in 1980, becoming assistant dean for undergraduate programs in 1989, and then associate dean for undergraduate programs in 1992. Since 2006, when she became dean, the School of Nursing has seen a significant increase in enrollment, added two new degrees, undergone a sizeable physical expansion, and been successfully reviewed by several accrediting bodies.



Kathie Ingram, DNP, chair of the School of Nursing faculty affairs committee, presented flowers of welcome to Becky Bossert, PhD, the school's new dean, during a December 15 luncheon celebrating Bossert's appointment.

Seeds of Hope event raises \$91,000 in support of services provided by Loma Linda University Behavioral Medicine Center

By Nancy Yuen

As guests of this year's Seeds of Hope event arrived at the historic Mitten Building in Redlands, they entered a gallery of paintings, drawings, and three-dimensional art pieces created by patients during various stages of treatment at the Loma Linda University Health Behavioral Medicine Center (BMC).

The stark color and design of artwork

pieces created by individuals early in the treatment process evoked intense feelings—fear, anger, and uncertainty. Also displayed were pieces of art created by children and adults later in the treatment process that expressed feelings of hope, joy, openness, and peace.

After experiencing the art exhibit, attendees entered the banquet hall where Jill Pollock, MS, MFT, administrator of the BMC, spoke about the transformational

difference mental health services make in the lives of individuals, families, and communities.

A highlight of the evening was the story of Stephanie Castaneda, a former patient of both the Redlands and Murrieta BMC who had lived with severe depression since high school. Castaneda was referred to the BMC when she began to experience suicidal thoughts after her depression and anxiety had worsened due to pressure at work. It was

at that time she was hospitalized for three days at the BMC before transitioning to the Partial Hospitalization Program (PHP) at BMC–Murrieta. Patients enrolled in the PHP program meet five days a week, six hours a day, to focus on anxiety, depression, dual diagnosis, as well as stabilization and assistance with daily living skills.

"When I lose my sense of humor," Castaneda shared, "I'm no good to anyone. I

Continued next page

Annual Spiritual Life and Wholeness Conference to provide inspiration and present developments in whole-person care

By Nancy Yuen

Loma Linda University Health leaders, practitioners, faculty, staff and students are invited to explore developments in the teaching and practice of whole person care during the seventh annual Spiritual Life and Wholeness Conference January 16 and 17.

The conference will take place in the Chen Fong Conference Center, Centennial Complex. The community is welcome to attend the conference, which is sponsored by the Center for Spiritual Life and Wholeness. The conference has been designed to explore practical ways of integrating spirituality in the health care setting.

The keynote speaker is Thomas Hutchinson, MB, BCh, BAO, director, McGill University programs in whole-person care and editor of the book "Whole Person Care."

Featured speakers also include Gregory Fricchione, MD, director of the psychiatry and medicine divisions and of the international psychiatry division, Massachusetts General Hospital, and Hedy S. Wald, PhD, clinical associate professor of family medicine, Warren Alpert Medical School, Brown University. During the two-day event, 20 additional speakers from numerous entities throughout Loma Linda University Health will share developments on campus in the area of whole-person care.

"This year's conference," explains Carla Gober-Park, PhD, MS, MPH, director, Center for Spiritual Life and Wholeness, "will examine whole-person care from a holistic, 360-degree perspective, highlighting and actively strategizing whole-person care across our campus."

An optional third day (Sunday) will feature a reflective writing workshop led by Wald, who oversees reflective writing curriculum in family medicine at Brown University. This \$35 workshop will include didactic and interactive learning, exploring the concept of fostering reflection in health care education and practice, formal analytic frameworks to enhance the educational value of feedback to students' reflective writing, and development of a reflective, collaborative practitioner.

According to Kris Lozano, center manager, the Spiritual Life and Wholeness Conference began in 2008 and was originally called the Spiritual Care Workshop.

"From the very beginning," she says, "the goal of the conference was to mentor primarily Loma Linda University Health employees, faculty, and students for the purposes of carrying out whole-person care on the campus, but it is extended to others. Through the years many community members have joined us because of their interest in topics such as spirituality, forgiveness, wisdom in health care, and whole-person care."

A highlight of the 2015 conference will be an innovative film-based illness narrative

that explores one man, one diagnosis, and one story over time. Participants will also have the opportunity to hear about a new documentary film on the history of whole-person care and interact with the film director.

According to Gober-Park, the conference has always been offered at no charge for Loma Linda University Health employees and students on the campus, with many referring to it as a "Sabbath gift."

"It is a time and place where the entire campus joins together in worship," she says, "and to collaboratively develop various aspects of whole-person care for the campus, as well as for the wider community through publishing, education, clinical care, and research."

She continues, "Through this conference, people on the campus come together to celebrate the work they have been doing

all year. They are also equipped for further work and encouraged to move what they have done into publication. Finally, it is a time to be inspired."

Please register for the conference at llu.edu/wholepersoncareconference by January 9, 2015. The event is complimentary to Loma Linda University Health employees and students, and is \$40 for guests and members of the community.

Friday, January 16 (5:30 – 8:30 pm)

Saturday, January 17
10:30 am – 6:00 pm (9:00 – 10:00 am LLUC*)

Chen Fong Conference Center
Centennial Complex, 4th Floor
24760 Stewart St., Loma Linda, CA 92350

Lunch included on Saturday

FREE for Loma Linda University Health Employees and Students

\$40 for Guests (community members)

WHAT TO EXPECT

This conference will explore new developments in whole person care from concept to practice. Also highlighted will be an innovative film-based illness narrative that explores one man, one diagnosis, one story over time. Participants will also have the opportunity to hear about a new documentary film on the history of whole person care and interact with the film director.

WHO SHOULD ATTEND

All leaders, practitioners, faculty, staff and students interested in the teaching and practice of whole person care. Campus and community.

FEATURED SPEAKERS



Tom A. Hutchinson
MB, BCh, BAO



Gregory L.
Fricchione, MD



Hedy S. Wald, PhD

PRESENTATIONS BY:

Adam Arachiga, PsyD, DrPH | Aly Benitez, MA | Brenda Boyd, PhD, RT (R)(M) | Rebecca Chung, MD | Donn Gaeds, DrPH | Tim Gillespie, PhD | Army Hayton, MD | William Jih, MD | Alfred Kambaki, MDiv | Fred Kasischke, Dmin | Kathy McMillan, MA, RN | Doyle Nick, DDS, MS | Grace Oai, MD | Randy Stinnett, PsyD | Nancy Testerman, MS, RN | Lance Tyler, DMin, BCC, AAPC | Justin Van Allen, MBA | David Ward, MD | Ardis Wazdzatskey, MA | Roger Woodruff, MD

OPTIONAL EVENT

Sunday, January 18 from 10:00 am-12:00 pm (\$35 fee).
Reflective Writing Workshop by Hedy S. Wald, PhD

*LLUC - Loma Linda University Church

Register at llu.edu/wholepersoncareconference

For more information, call 909-558-7786 or email KLozano@llu.edu



LOMA LINDA UNIVERSITY
HEALTH



Guests attending the 2014 Seeds of Hope dinner first entered a gallery of paintings, drawings, and three-dimensional art pieces created by patients during various stages of treatment.



During the Seeds of Hope dinner, Stephanie Castaneda, who received care at Loma Linda University Health Behavioral Medicine Center in both Redlands and Murrieta, shared the story of her journey to wholeness.

Seeds of Hope event raises \$91,000 in support of services provided by LLU Behavioral Medicine Center ...

Continued from previous page
had lost the ability to function; I'd lost the twinkle in my eye." While receiving treatment, she began to feel safe, and trusted her time with patients and staff. "The staff at both Redlands and Murrieta are dedicated, caring, and good at what they do."

"I am in a better mental state today," Castaneda shared, "and am stronger than I ever was or thought I could be. I'm living totally in recovery. I am getting to the point where I can look to the future and think about the possibility of what I can do."

One of her goals is moving closer to her daughter and grandchildren in Portland, Oregon. "I never used to think of the future," she said. "In the past, I just tried to get through each day. But today I have the will to live. Knowing this gives me the freedom to

live my life, to be free and to be happy."

Pollock is passionate about doing everything she can to ensure that individuals and families in crisis are able to benefit from programs that are offered. "Stephanie Castaneda is one of many individuals who have been given a new chance at life as a result of the care they received at the BMC," she said. "We are thankful for the opportunity to be a place of healing and hope in our community, and to have this chance to share with others about how the lives of entire families can be transformed."

During the evening event, Pollock shared that in 2014, staff at the BMC provided for almost 27,000 days of inpatient treatment, more than 34,000 visits to outpatient programs, and 192 scholarships (over the past six years). In her closing

remarks she thanked guests for their support and noted that "There is no health without mental health."

The Seeds of Hope banquet is an annual fundraising event to raise funds for the BMC, helping to reduce stigma and discrimination and provide education and hope for recovery for individuals and family members living with mental illness and/or substance abuse issues.

Nursing research at LLUMC ends the year on positive note ...

Continued from page 3
knowledge and understanding of palliative care. This small sample of LLUMC medical students revealed that, while students are knowledgeable about pain management and patient comfort, there were opportunities for increased education in communication and provision of end-of-life care. It also provided a better understanding of why a palliative care rotation elective is often

ignored, and that the benefits of taking the rotation appear to have fulfilled the reasons for its creation and the expectation for future practice.

In the second study, Kathy McMillan, MA; Elizabeth Taylor Johnston, PhD; and Patty Pothier, PhD, of LLU School of Nursing, joined members of the massage therapy team at LLUMC in evaluating the

Continued on page 6

SOLD OUT

Loma Linda University Health
WOMEN'S Conference

Friday, January 16, 2015
Ontario Convention Center
7:30 am – 4:30 pm

Ready. Set.
Go Green. Think Lean.

LOMA LINDA UNIVERSITY
HEALTH

1-877-LLUMC-4U | LLUHWomensConference.org

Adopt-a-Missionary 'giving to a giver' project brings Christmas cheer to 15 missionary families serving overseas

By Courtney Beckwith Haas

This year, the second annual Adopt-a-Missionary Christmas project is connecting 15 missionary families with various groups and individuals in the Loma Linda community. Christmas cheer is being spread throughout the world in the form of large flat-rate postal boxes.

Loma Linda University Global Health Institute (GHI), in collaboration with Students for International Mission Service (SIMS), organized the project for the first time in 2013. The project received so much support that they decided to continue it this year.

The missionaries include Loma Linda University alumni, global service award-ees (GSAs), deferred mission appointees (DMAs), and Adventist Health International (AHI) long-term volunteers who are working overseas at Loma Linda University Health strategic interest sites as dentists, hospital administrators, nurses, public health educators, and more.

Rainey Davis, OT student, class of 2016, decided to sponsor one of the missionary families with the help of her own family back home in Washington state. After serving as a student missionary, Davis reflected on the fact that it meant a lot to her knowing that people still cared about her even though she was far away.

"I just remember it was so nice to get something that reminded me of home," Davis says. "Even if I couldn't use the gifts myself, I knew that I could give them to

someone else in my village, and they would appreciate it."

Angeli Yutuc, program manager of international service at GHI, coordinated the project and mentioned that this year, even more than last, the collaboration across campus has been inspiring. In addition to individual sponsors, Loma Linda University Health departments and groups of students chose to adopt many of the mission families. When the boxes were filled, these sponsors were still asking how they could continue to give more.

Jackie Aitchison, an employee in risk management, sponsored four boxes with her department and said the only complaint was that the boxes were too small.

"Several of us came into work and realized we had completely filled the boxes with presents for the children before we were even done shopping for the entire families," Aitchison remarks. "So we are actually sending an additional box to one of our sites."

"It's nice to see the campus come together and support our international projects and volunteers," Yutuc shares. "It gives them a little glimpse of the people serving abroad that our office is connected with on a daily basis, and it certainly helps our volunteers to feel valued and remembered during the holiday season when they are not necessarily able to be with family or go home for the holidays."

To learn more about the project for next year, please visit lluglobal.com/adopt or contact Angeli Yutuc at 909-558-4876 or ayutuc@llu.edu.



SAHP employee Karen Westphal drops off package after she and her husband filled it with Christmas goodies for their adopted missionary.

Nursing research at LLUMC ends the year on positive note ...

Continued from page 5

effects of massage therapy and spiritual care on acute care medical/surgical patients. Data from the study is currently being analyzed.

The third study, conducted by Jane Pfeiffer, PhD a researcher from LLU School of Nursing doctoral program, looked at ways nurses create a healing environment for their patients. This qualitative research study examined strategies nurses use to create a healing environment for their patients as they strive to provide whole-person care.

Radovich explains that "nurses perceive strategies to create a healing environment based on that which creates a partnership with patients, whether that's the nurse-patient relationship, alterations of the physical environment, or discovering meaningful avenues for healing. Working together with the patient was understood to result in best patient outcomes."

In the fourth and final study, Juli Nagashima, a nursing student at Western Governors University, centered in Santa Ana, examined the effect of simulation-based team training on the perceived confidence levels of obstetrical nurses.

Thirty-four nurses took part in this pilot study. A majority of those (60 percent) had participated in simulation training up to three times, while a 28 percent minority had participated four or more times. Respondents indicated that simulation training allowed them to make mistakes without causing patient harm, and that simulation training was an effective way to introduce teamwork behaviors and principles in an emergency situation. The majority felt that physicians and nurses used effective collaboration and communication during simulation, and that they learned the importance of teamwork in an obstetric emergency.

In the first of the three projects by graduate nursing students, Robin Pueschel, DNP, explored the effect of music therapy on patients undergoing total knee replacement at LLUMC-East Campus. In this pilot study, listening to music was shown to significantly reduce pain in the intervention group over time following knee replacement. Additionally, at the end of the fourth ambulation on postoperative day two, the mean pain scores were seen to decrease for the intervention group and increase for the control group. Moreover, the intervention participants took part in their own treatment by utilizing music listening in a multimodal approach to pain management, and indicated that the intervention was successful in helping them

to feel calmer and more comfortable, distracting them from pain, and helping them manage pain after surgery.

In the second project, a study of what happens when sedation is interrupted in mechanically ventilated patients in an intensive care unit, Susan Markovich, Karen Lawson, Samantha Gambles, Ihab Dorotta, MD, and David Bland, MD, found that implementation of a sedation-interruption protocol for patients on mechanical ventilation in an intensive care unit provided a systematic approach to sedation and improved the process of weaning patients from mechanical ventilation.

The third research study, which was initiated by Darlene J. Gonzalez, a nursing researcher at LLUMC-Murrieta, evaluated factors affecting a patient's readmission for a diagnosis of congestive heart failure (CHF).

Among patients she surveyed, Gonzalez found that they overwhelmingly agreed that the education received at the time of their discharge was hard to understand. They also indicated that stress and anxiety prevented them from comprehending the information provided. This pilot study highlighted the need for improvements in the timing and repetition of patient education for recovering CHF patients in order to improve their understanding and participation in the management of their condition.

Radovich says nursing researchers will not want to miss the upcoming 16th annual Nursing Research and Evidence-Based Practice Conference, which will be held May 7, 2015, in Wong Kerlee International Conference Center. Keynote speakers will include Tracy Layne, DNP, CCRN, professional development specialist in the Critical Care Center for Learning & Innovation at Scripps Health, and Dana Rutledge, PhD, professor of nursing at California State University Fullerton. Layne will discuss her DNP capstone project on delirium, and Rutledge will share the results of a recent study that examined hospital staff nurse perceptions of their competency to care for psychiatric patients.

Radovich believes the net effect of the projects, studies, and conference will be better care for patients at Loma Linda University Medical Center, as well as countless other hospitals and clinics around the globe.

"As we move forward into 2015, this engagement of our staff will lead to increased awareness of patient needs to help nurses be more conscious of the impact of their practice of nursing on patients' lives," she concludes.

Loma Linda University trains Riverside County teachers about childhood asthma

Contributed report

More than 200 Riverside County educators recently spent 30 minutes at an in-service training experiencing what it might be like to have an asthma attack.

Every teacher in the room was given a coffee stirrer and asked to try breathing through it in order to help them feel what their asthmatic students experience during an attack. Loma Linda University Health staff from the School of Public Health and Medical Center taught the program.

"I never imagined that it was so hard to breathe," said one participant. "I never knew what the asthmatic kids in my class go through."

Staff from the Loma Linda University School of Public Health asthma program

—a First 5 Riverside-funded program with a focus on increasing awareness of asthma and its management—were teaching a group of Riverside County educators on childhood asthma: its prevalence in Riverside County schools, the vulnerability of asthmatic children, and what to do when students suffer an attack.

Some teachers were only too familiar with the experience. "I have asthma, and it's like drowning," said one.

Lisa Schifano, development specialist for the Riverside County office of education, organized the training, designed to get teachers up to speed on new programs and initiatives funded by state and federal grants—including the Loma Linda University asthma program.

Loma Linda University's program was

Continued next page



Loma Linda University staff and pediatric residents demonstrate breathing devices at a recent asthma training for Riverside County educators. From left to right are Marco Pasco-Rubio, senior research assistant, School of Public Health; and medical residents Kyle Willsey, Yara Matta, Kimberly Tan, and Alauna Hersch.

Teddy bear hugs help heal LLU Children's Hospital patients

By Heather Reifsnnyder

Teddy bears, those faithful childhood friends, help kids through scary and sad times with squeezable softness. A stuffed bear may be just what a child in the hospital needs to cope with new surroundings and tough treatments.

Patients at Loma Linda University Children's Hospital have received more than 350 bears over the past year thanks to the hospital's Desert Guild of Big Hearts for Little Hearts.

The program is called Hugs Help Healing Workshop and was born out of a middle-of-the-night revelation by guild member Nancy Volk as she was planning the guild's annual luncheon in 2013. Rather than decorate with something like flowers, she wanted to use something that could be given to pediatric patients after the event.

It came to her one night: use Build-A-Bear teddy bears as centerpieces for the luncheon. From there, it became an annual

program in which workshops are held at the hospital for kids to come down from their rooms to select and dress a bear.

"The workshops are the most rewarding thing I've ever participated in," Volk says.

What are the workshops like? Little eyes light up as they select a bear and clothing. Volk says some kids immediately know which bear is theirs, while others take time to consider just who their new friend will be.

"Watching them hug their bears as they head back up to their rooms, and knowing that I had a small part, along with the desert guild members, in bringing a little bit of happiness to their hospital stay is priceless," Volk says.

Guild Manager Josh Zahid says, "Due to the amazing efforts of Nancy and the desert guild, this extraordinary patient diversionary event provides soft, cuddly comfort for our children."

For more information regarding the Desert Guild of Big Hearts for Little Hearts, please call 760-413-4469.



From left to right, Desert Guild members Nancy Volk, Sherry Cherlin, and Brenda Kaplan made the most recent Hugs Help Healing Workshop on September 22, 2014, a success.

Big Hearts for Little Hearts Loma Linda Guild celebrates holidays at LLU Children's Hospital

By James Ponder

Members of the Big Hearts for Little Hearts Loma Linda Guild celebrated the holidays with two big events designed to brighten the season for patients of Loma Linda University Children's Hospital.

The first took place on Tuesday, December 2, when Santa and Mrs. Claus

set up shop in the lobby to help children decorate the gingerbread houses that collectively comprise the gingerbread village. The kids picked from a colorful variety of holiday candies, frosting, and other decorations to make their houses look just the way they wanted. Parents and caregivers—members of the hospital's child life department, parents, grandparents, or guild volunteers—lent a hand when requested,

but mostly it was the children who applied the rainbow-hued fixturs to the outside of the houses.

Once a child finished the task, Santa or one of his elves placed it on the hillside of holiday homes in the village. Children also enjoyed the opportunity to sit on Santa's lap, have their picture taken with him, and tell him what they wanted for Christmas.

The occasion also served as the unveiling of the Tree of Hope project, an annual tradition in which individuals purchase beautiful angel sculptures to hang from the colorful Yule trees in the lobby. Proceeds from the Tree of Hope help the guild fund a

number of projects that benefit patients and their family members throughout the year.

The second event kicked off on Monday, December 15, when members of the guild distributed gifts and toys to hospitalized patients before taking a grand tour of the neonatal intensive care unit (NICU) with Adrian Lavery, MD, a neonatologist and associate program director for the neonatology fellowship at LLU Children's Hospital.

Lavery took the guild members to a number of locations inside the NICU and shared stories of how their generosity in years past was continuing to benefit vulnerable patients today. He said that the dedicated pharmacy the guild established on the unit means that patients who need medications on a stat, or emergency, basis

Continued on page 8

Loma Linda University trains Riverside County teachers about childhood asthma ...

Continued from previous page

conceived as a comprehensive intervention for childhood asthma—with parent and teacher trainings, educational puppet shows and plays, and environmental assessments at preschools, day-care centers, and Head Start sites to help make them asthma-friendly. The LLU asthma program is under the supervision of Rhonda Spencer-Hwang, DrPH, assistant professor, School of Public Health Center for Community Resilience.

At the training, Loma Linda University Health staff, including a group of pediatric resident physicians, held up inhalers and nebulizers used to treat children during an asthma attack and demonstrated how to administer asthma medication, which parents provide for their children and keep on hand at the school in case of an attack. Schools store the medications, note how much is left in an inhaler, keep track of expiration dates, and make sure everything is correctly labeled.

Riverside County office of education development specialist Renee Kapsner said the training helped educators understand the dangers and prevalence of asthma in their schools. "The response from staff evaluations was positive, and we see the need to hear that information on an ongoing basis."

The group at the training was divided into six teams made up of the teachers, Loma Linda University staff, and medical residents. Each team read out the asthma attack scenario and practiced the provided action plan. Staff on each team acted as "crash test dummies," letting teachers put on the masks, assemble the breathing equipment, and apply the techniques. However, safety dictated that no actual medication was administered.

The simulation began with volunteers from each team responding to a child's asthma attack. Using the action plan demonstrated earlier, the educator followed the instructions and explained how to proceed. In the scenario, the child initially responded to the treatment, but then suddenly got worse. A brief discussion ensued in which the audience was asked, by show of hands, whether 9-1-1 should be called, or if the child should be given a second dose. Depending on the audience's decision, the correct answer was given and the logic behind the answer explained.

In the scenario provided, the "child" was given a second dose; however, the correct response would differ on a case-by-case basis. All of this took place in approximately two minutes, the maximum amount of time that a child can normally be without oxygen before risking brain damage. (For adults, the window is three minutes.)

Participants were enthusiastic about the training. "The program [provides] the teachers with the skills necessary to identify asthma attacks," one said.

At the same time, the Loma Linda program tries to lessen teachers' fears of administering a child's critical asthma medication.

"Often, people fear what they don't understand, and this is especially true when it comes to a child having an asthma attack at school," says Marco Pasco-Rubio, health educator with the Loma Linda University asthma program, and senior research assistant, School of Public Health Center for Community Resilience.

"So this is a great opportunity to increase knowledge and awareness about asthma, and at the same time to address those fears."



Two LLU Children's Hospital patients enjoy the task of creating gingerbread houses to display in the hospital lobby, with the help of family members. Big Hearts for Little Hearts Guild members have been helping children create the gingerbread village for close to two decades.

School of Dentistry trio offers continuing education in China

By Doug Hackleman

Since the 2009 establishment of a professional education program in dental assisting at Sir Run Run Shaw Hospital in Hangzhou, China, Loma Linda University School of Dentistry clinic faculty members have provided continuing education (CE) courses to the hospital's dental staff, dental assisting students, and dentists from the surrounding community.

The most recent CE offerings at Sir Run Run Shaw Hospital were held November 13 and 14 during the hospital's Academic Week. Kenneth Abramovitch, DDS, MS, professor and director, radiologic and imaging services, Loma Linda University School of Dentistry, presented an all-day

course on "dental imaging in a digital environment."

Les Arnett, DDS, MS, professor, department of periodontics, LLU School of Dentistry, presented a half-day course on "periodontitis as a risk factor for systemic diseases."

Arnett's wife, Linda, a dental hygienist, reviewed advances in dental hygiene in the United States with the dental assistants—a group who, with the mentoring of LLU School of Dentistry faculty, have been trained in dental hygiene procedures to fill the need for this dental service, since dental hygiene is not an established health care category in China. In addition, Linda Arnett planned a special craft night for the dental assistant/hygienists' enjoyment.



Pictured, from left to right, are Andy Lieping Sheng, DDS, assistant director of the dental clinic at Sir Run Run Shaw Hospital; Kenneth Abramovitch, DDS, MS, professor and director, radiologic and imaging services, LLU School of Dentistry; Linda Arnett; Les Arnett DDS, MS, professor, department of periodontics, LLU School of Dentistry; and Larry Liqun Wu, DDS, director of the dental clinic, Sir Run Run Shaw Hospital.

Dentistry student receives award for humanitarian values

By Doug Hackleman

Loma Linda University School of Dentistry student Jason Joo was honored with the Academy of Dentistry International (ADI) Terry Tanaka Student Humanitarian Award at the annual awards banquet, October 8, in San Antonio, Texas. The award is given to the North American senior dental student who best exemplifies the humanitarian values and service to others for which ADI is known.

This is the third consecutive year that a student from LLU School of Dentistry has been selected for the Tanaka Award—Jason follows Mathew Enns last year, and Jason Mashni in 2012—and the sixth Loma Linda student chosen since the prestigious award was introduced in 2002.

The award was presented by Terry

Tanaka, DDS, clinical professor, department of graduate prosthodontics, University of Southern California School of Dentistry, the dentist whose name it bears. Tanaka said that "to be able to read all the activities and accomplishments of these young students as they serve others in need is ... to know that

altruism and humanitarian service are alive and well in our 'Future Dentists.'" He proceeded to review some of the activities that led to the 2014 awardee's selection:

This year's winner is Jason Joo from Loma Linda University where they

have established a culture of helping the underserved for many years. This has allowed Jason many opportunities to participate in international field mission trips to countries like Nicaragua, Honduras, Guatemala, and Brazil, as well as local service-learning

Continued next page

Big Hearts for Little Hearts Loma Linda Guild ...

Continued from page 7

do not have to wait while a caregiver goes to the main pharmacy in the hospital basement to obtain them. He showed them patient care rooms where wooden rocking chairs the guild purchased enable parents and nurses the opportunity to hold vulnerable babies and bond with them. Lavery also stopped in front of the NICU family room, which guild funds furnished. He described how parents of babies that are about to be discharged home use the room to make sure the parent is fully skilled in providing the kind of specialized care a child needs.

At several points throughout the tour, he reiterated his appreciation to the guild members for their continued support of vulnerable babies, newborns, and infants.

Later that evening, members of the guild gathered in the lobby of Children's Hospital for the annual "Carols in the Lobby" program, which featured a wide variety of holiday musical entertainment, delicious refreshments, colorful art projects, and plenty of games and toys for the kids.

"We wanted to make sure the kids know they're loved," notes Dixie Watkins, president of the guild. "Not only at Christmas, but throughout the year."

Individuals interested in joining the guild or learning more about its activities are invited to visit lomalindahealth.org/childrens-hospital/about-us/foundation/guild.page or contact Josh Zahid at JNZahid@llu.edu.

What's Your Plan?

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— Emily Hammond*

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HEALTH

Thanksgiving food distribution event draws large crowd at Highland Springs Medical Plaza

By James Ponder

A crowd estimated at between 1,800 to 2,400 people attended a Thanksgiving food distribution event at Highland Springs Medical Plaza in Beaumont on Friday, November 21.

According to Molly Riter Mireles, marketing manager for Loma Linda University Health, the event was a jointly sponsored project of Loma Linda University Health, Redlands Community Hospital, San Geronio Memorial Hospital, and Beaver Medical Group working together with Side by Side Humanitarian Food Bank and Disaster Relief of Beaumont.

Mireles noted that there were a number of walk-ins in addition to the more than 600 families who pre-registered for the event online, and noted that people started lining up for the free food program at 7:30 a.m. even though the event didn't officially start until 10:00 a.m. She also said that in addition to fresh produce and special holiday foods, the event offered staples

such as cereal, soup, and bread to members of the community.

"We've done this event the Friday before Thanksgiving for four years in a row now," says Jesse Mock, MA, vice president and administrative liaison for Loma Linda University Health. "It is our privilege to serve the community throughout the year but especially during the Thanksgiving season."

Maria Garcia, project manager for Loma Linda University Medical Center at Highland Springs Medical Plaza, lives in the Beaumont area. "With the increasing number of people receiving public assistance, I believe this event is important to our community," Garcia notes. "Those who have volunteered in prior years have shared how blessed they were by giving back and helping those in need."

In the past four years, the number of families served has steadily increased. In 2011, the first year of the event, 300 families received food for the holiday.

The event has grown to accommodate 600 families this year.

"We are delighted to be able to serve the underserved people of our community in this way," Mireles observed.

Highland Springs Medical Plaza, a

collaborative project between Loma Linda University Health, Redlands Community Hospital, San Geronio Memorial Hospital, and Beaver Medical Group, is located at 81 South Highland Springs Avenue in Beaumont. For more information about Highland Springs Medical Plaza, visit www.highlandsspringsmedicalplaza.org.



During the November 21 Thanksgiving food distribution event at Highland Springs Medical Plaza, Banning Mayor Debbie Franklin, third from left, huddled with, from left to right: Amanda Koleszar, administrative assistant; Maria Garcia, project manager for Loma Linda University Medical Center at Highland Springs Medical Plaza; and Molly Riter Mireles, marketing manager for Loma Linda University Health.

Dentistry students receives award for humanitarian values ...

Continued from previous page

venues. The LLU School of Dentistry even has a weekly "Compassion Clinic" where students help to provide services and dental care on a weekly basis to the local homeless and disadvantaged. I have known several of their faculty advisors—Drs. Peter Shaw, Tom Rogers, and Mark Carpenter—since they were volunteers in San Diego County over 30 years ago.

Jason had already been on more than 56 days of international field mission trips before he even entered dental school.

By that time, he was organizing other dental students to go on these trips, plus planning the logistical support and recruiting more faculty to come along too.

His ability to get a local hospital to start an educational program for oral health prevention is also a major accomplishment.

In dental school, he has spent at least 37 days organizing, traveling, and working on international field mission trips; another seven months flying to other mission [venues] in Coachella Valley, California (with the "Flying Doctors"); and volunteering weekly at the [New Hope] Free Dental Clinic, exemplary of the caliber of young individuals that ADI has recruited for this award.

Jason was clearly the winner this year, even though many of the other candidates had very impressive resumes, and had participated in many local and international projects to help the underserved.

If these candidates represent the future of dentistry, we can all look forward to a bright and optimistic future for our profession and for all mankind.

Congratulations and thank you, Jason; and a special thank you to your mother and father, Mr. and Mrs. Joo, for teaching you to care about those less fortunate and to do something about it. In this world, "talk is cheap." As Robert Fulghum said in his book, "I don't want to know what you feel or believe about the poor and less fortunate; I want to know what you will do about it."

Jason was surprised and humbled by the Terry Tanaka Award. He responded:



Terry Tanaka, DDS, presented the Humanitarian Award to Jason Joo, fourth-year dental student at Loma Linda University.

It is a blessing to be at an institution that provides these opportunities to its students. So many people and groups have been supportive of me, so I would like to share this award with them. First, I hope that in these efforts, God is glorified in all that we do. I'd also like to thank my parents and family, who have been very supportive of me.

They never once said, "No," when I asked if I could go on a mission trip, and for that I am thankful. I'm also thankful for the many churches that have given me the opportunity to serve on these mission trips. It is always encouraging to be a part of a common goal that people all over the world devote their lives to.

I'm also thankful for my mentors, Dr. Mark Carpenter and Dr. Tom Rogers, both of whom instilled a heart of service in me. I'd also like to thank my good friend and classmate, Michael Cho, who served with me on all of our mission trips while in dental school, and who helped me organize our class Honduras project.

The Academy of Dentistry International is the international honor society for dentists dedicated to sharing knowledge in order to serve the dental health needs and to improve the quality of life for people worldwide.



Some of the estimated 1,800 to 2,400 people who attended a Thanksgiving food distribution event at Highland Springs Medical Plaza on Friday, November 21, line up to receive their share of holiday bounty.

School of Dentistry alumnus elected to State Assembly

By Doug Hackleman

Loma Linda University School of Dentistry alumnus Jim Wood, DDS, was elected in November 2014 to represent California's 2nd Assembly District, which comprises all of Del Norte, Trinity, Humboldt, and Mendocino counties, plus northern and coastal Sonoma County, including the northern half of Santa Rosa.

Wood has lived in Northern California since 1987, where he opened his family dental practice, one of four in Cloverdale. While practicing there, he became involved with the Redwood Empire Dental Society, for which he served as president (2000–2001).

Appointed to the California Dental Association Council on Legislation (now the Government Affairs Council) in 1998, he served for six years, including two years as council chair (2003–2004). He also served three years as a California Dental Association trustee (2003–2006).

Wood was elected to the Healdsburg City Council in 2006 and served two terms as its mayor.

According to CDA News, in addition to his family practice, Wood also has become a

nationally recognized leader in forensic dentistry, serving as a member of the emergency response teams following the September 11 terrorist attack in New York and Hurricane Katrina in New Orleans.

Wood and his wife, Jane, have one son, Alex, who is 18.



Jim Wood, DDS, is sworn in.

Symposium underscores research vitality at Loma Linda University Health

By James Ponder

Two things became apparent at the second Loma Linda University Health research symposium, held October 30 in Wong Kerlee International Conference Center.

The first was that research is alive and well on campus. The second was that the organization is deeply committed to bridging the gap between laboratory findings and translational applications.

Titled "Into the Future: LLU Research," the symposium highlighted projects currently underway, as well as plans for new core research envisioned as part of the Vision 2020 campaign.

Anthony J. Zuccarelli, PhD, assistant vice president for research affairs, set the tone for the one-day event: "In this second symposium, we will turn toward the future to consider how to effectively nurture exploration and discovery at Loma Linda."

Richard H. Hart, MD, DrPH, president of Loma Linda University Health, addressed the group by live-conference video to share findings of a three-month research consultation by the CannonDesign firm.

"We need a broader infrastructure with more visibility for research," Hart said, announcing plans to construct a research pavilion, the Center for Health Discovery, at the site currently occupied by Risley Hall. The 90,000-square-foot structure will feature state-of-the-art laboratories with clinical trials facilities, a center dedicated to biomedical research data, a bio-repository and genomics center, and a wholeness center, designed to create wellness solutions in partnership with industry and community.

"We believe investing in research will bring benefits for the future," he concluded.

Penelope Duerksen-Hughes, PhD, associate dean for basic science and translational research, joined Zuccarelli onstage for a presentation titled, "Research Strengths, Past to Present."

"Several significant strengths have emerged from this analysis," Duerksen-Hughes observed, citing longevity, perinatal and neonatal health, regenerative medicine, infectious disease, cancer, neuroscience and neuropathology, and health disparities. She said cross-disciplinary research collaborations—such as one recently formed between

the School of Medicine (SM) and School of Public Health (SPH) to explore genetic and biochemical mechanisms that connect healthful behaviors to healthy outcomes—will play increasingly important roles in the future. "Diet can influence which genes are turned on or off in such a way as to either accelerate or decelerate aging," she noted.

Involving the community in research was the subject of a panel comprised of Heather Javaherian-Dysinger, OTD, director of the doctor of occupational therapy program; Susanne Montgomery, PhD, director of the Center for Health Research; and Brian Oshiro, MD, adjunct associate professor, SPH and SM. The trio discussed how working with the community can enhance opportunities for research, improve the quality of research and teaching, and open doors for additional research funding.

"The mid-morning panel was aimed at raising awareness of the role of research for all university faculty regardless of their roles and responsibilities," Javaherian-Dysinger reported. "As faculty members strive to meet the mission of the university, community-based research is the perfect match for student learning, addressing health disparities and transforming practice." She also noted that a renaissance in research has created a shift to studies that are meaningful to communities and actively engage them in projects that promote community health.

With an official attendee count of 125, the noon lecture by David R. Williams, PhD, MPH, was the best-attended presentation of the day. Williams, the Florence and Laura Norman Professor of Public Health at Harvard School of Public Health and professor of African and African American studies and sociology at Harvard University, is one of the nation's leading authorities on the impact of ethnic and economic status on health and lifetime achievement. Williams discussed how health research can help Loma Linda University Health emerge as a leader in the field of health disparities.

Williams buttressed his comments with no less than 114 tables, graphs, and charts that painted a clear picture of how racism creates stress that negatively impacts the health and longevity of minorities. "High levels of discrimination produce more stress," he said, producing slide after slide documenting the lasting and adverse adult

health outcomes caused by discriminatory incidents in childhood.

In one slide, he presented the findings of parallel studies by researchers A.J. Reynolds and P. Muennig on a study of preschool children in Ypsilanti, Michigan, which found that by the time they reached 40, former preschoolers who had participated in the High/Scope Perry Preschool project were more likely to have done much better in life than their control group peers as measured by graduation from high school, economic security, and criminal arrest records. The study found that for every dollar invested in the project there was a \$17 return to society.

In another slide, he presented the findings of a 1998 study by Robert J. Sampson and William Julius Wilson on racial differences in residential environments, which found that "the worst urban context in which whites reside is considerably better than the average context of black communities."

In his conclusion, Williams outlined the scope of the research challenge facing the United States. "We need," he said, "a more integrated science to better elucidate: how do psychosocial, physical, chemical factors combine with genetics to affect health risks?"

Next, four distinguished faculty members discussed "Invention, Discovery, and Reality." The panelists—David J. Baylink, MD, professor of biochemistry, orthopedic surgery, and oral surgery, and distinguished professor of medicine; Wolff M. Kirsch, MD, director of the Neurosurgery Center for Research, Training, and Education; Reinhard W. Schulte, MD, PhD, associate professor in the department of radiation research; and Brian S. Bull, MD, residency director and professor in the department of pathology and human anatomy—offered a thoughtful look at the processes that have led to some of their greatest innovations.

Bull demonstrated a miniature cannon he created for his grandson with help from Gerald R. Winslow, PhD, vice president for mission and culture at Loma Linda University Health, an avid woodworker. Pointing it at the ceiling, Bull launched a small projectile that ricocheted from ceiling to floor. While the health benefits of cannon creation might not be obvious, Bull said it reveals the two main steps involved in research—identifying a problem and creating a solution.

Kirsch shared the story of how inspiration came to him in a restaurant one night.

"It was born out of desperation," he recalls. "We were losing patients to suturing techniques that damaged arteries and led to thrombosis and other complications."

Kirsch grabbed a napkin and scribbled a picture of a suture clamp based on the powerful mandibles of soldier ants used in Africa to lock skin wounds together. His wife was impressed and Kirsch went on to develop his invention—known to science as the non-penetrating, arcuate-legged, titanium clip—into a life-saving device that has been used in countless thousands of surgical procedures. It has been especially useful in bypass procedures for brain revascularizations.

Kirsch concluded with practical advice for researchers and inventors.

"Don't be afraid of being laughed at," he said. "You should be more worried that after you do invent something amazing, people will think someone else did it. And make sure you get someone to give you a lot of money for your project because the corporations will make a large profit from your ideas."

Baylink offered some down-to-earth ideas of his own. "If you want to come up with research breakthroughs, it helps if you're hyperactive, or maybe even a bit crazy," he said. "It also helps to hang around curious people, who may be crazy, too."

Like Kirsch, Baylink is in his eighth decade of life and shows no signs of slowing down. He had a few other idea-generating suggestions to offer.

"Make a lot of mistakes," he shared. "Don't be afraid to share your inventive ideas, even if you plan to patent them. And finally, ride your bike. Good ideas come on a bicycle."

To close out the session, Schulte discussed "the road to invention and discovery the translational way." He opened by sharing the story of Isidor I. Rabi, the Nobel laureate who discovered nuclear magnetic resonance.

When asked why he had become a scientist, Rabi had an interesting reply.

"My mother made me a scientist without ever intending it," Rabi observed. "Every other Jewish mother in Brooklyn would ask her child after school, 'So, did you learn anything today?' But not my mother; she always asked me a different question. 'Izzy,' she would say, 'did you ask a good question today?' That difference—asking good questions—made me become a scientist."

After the panel discussion, Mark Whitely of CannonDesign, discussed "Research Trends in the U.S." and specifically mentioned strategic opportunities for leveraging those capabilities into greater research productivity on campus. His presentation featured a number of graphics on trends in research and development, biomedical data storage, and integrated approaches for maximizing the interdisciplinary effectiveness of research.

The final presentation featured Christiane Schubert, PhD, assistant professor in social work; Kimberly Payne, PhD, director of translational research and assistant professor in pathology and human anatomy; and H. Bryant Nguyen, MD, MS, attending physician in the emergency department and associate professor—all from Loma Linda University School of Medicine. Titled "Engaging Patients in Research—a Team Approach from Design to Outcome," the panel focused on the need to tap patients and their family members as resources in effective research projects.

At the end of the day, Zuccarelli was pleased. "We got excellent feedback from participants and attendees both," he observed. "We look forward to integrating some of the ideas learned at the symposium into the design of future research projects and activities on campus."



Clockwise, from top left: Harvard University Professor David Williams, PhD, MPH, gave the keynote address for the day-long symposium. Anthony Zuccarelli, PhD, assistant vice president for research affairs, Loma Linda University Health, organized the symposium to "turn toward the future to consider how to effectively nurture exploration and discovery at Loma Linda." Heather Javaherian-Dysinger, OTD, director of the doctor of occupational therapy program, talked about involving the community in research. David Baylink, MD, third from left, professor of biochemistry, orthopedic surgery, and oral surgery, discussed "Invention, Discovery, and Reality" with colleagues, from left to right, Brian Bull, MD, former School of Medicine dean; Wolff Kirsch, MD, director of the LLU Neurosurgery Center for Research, Training, and Education; and Reinhard Schulte, MD, PhD, associate professor in the department of radiation research, Loma Linda University Medical Center.

Why Harvey and Lanell Price included LLU Children's Hospital in their estate planning

By James Ponder

Their mutual love for children motivates Harvey and Lanell Price of Waco, Texas, to remember Loma Linda University Children's Hospital (LLUCH) and Children's Medical Center of Dallas, Texas, in their will.

The Prices stipulated that each hospital receive 20 percent of the value of their estate, which will result in an estimated \$400,000 gift to each organization.

"Both Lanell and I feel very strongly that children born at-risk, or behind the eight ball, need an infusion of funds to give them a head start in life," Harvey explains.

After noting that he and Lanell have both been personally and professionally involved with children in a medical setting, Harvey points out that the couple has a personal

reason for championing the compassionate care of children: Lanell was molested by the directors of a now-defunct orphanage from the age of 7 until she finally escaped at age 15 in June 1955.

In explaining why they selected LLUCH, Harvey points out that he is both a graduate of the AA degree program in respiratory care at LLU School of Allied Health Professions and a former employee of Loma Linda University Medical Center.

The couple met their first day of high school in Waco, Texas, a few months after Lanell escaped from the orphanage. They became good friends, eating lunch and hanging out together at every opportunity.

They were so close that, at one point, it seemed likely to others that they would one day marry. However, life took them in very different directions, and the two lost

contact with each other almost immediately after graduation.

Five decades later, they reunited when Harvey, who had been president of the graduating class at the high school they attended, was unable to attend the 50th anniversary reunion due to the fact that he needed to stay home and care for his wife, who was in an advanced stage of Alzheimer's disease.

A few weeks later, he received a spiral notebook with biographies of his classmates, and was delighted to learn that Lanell was still living in a town about 100 miles from the place they grew up.

Harvey initiated a friendship with Lanell by mail, email, and telephone, and discovered that they still shared many interests in common. He and Lanell were married on May 23, 2013, after the

passing of both their spouses.

Today, the Prices are thankful to God for the life they enjoy together, and grateful to Loma Linda University Children's Hospital and Children's Medical Center of Dallas for caring for children.



Lanell and Harvey Price recently named Loma Linda University Children's Hospital and Children's Medical Center of Dallas, Texas, as recipients of 20 percent of their estate. The couple estimates that will translate to approximately \$400,000 for each organization. Love for children motivated the generous gift.

Santa goes high-tech to deliver holiday cheer at Loma Linda University Children's Hospital

By James Ponder

The other day, Santa got around to parts of Loma Linda University Children's Hospital he normally isn't authorized to enter.

Visitors who aren't scrubbed in and wearing special infection control clothing are not permitted to visit patients on the isolation units, but thanks to his friends at Cisco Systems, Santa delivered presents in style on Wednesday, December 10.

Here's how it worked: Santa sat down in the 1832 conference room while his elves and assistants (child life specialists who are authorized to enter the isolation units) took a portable electronic device to individual patient rooms. As a result, Santa and the patients were able to converse by video chat.

"What do you want for Christmas?" Santa asked each patient. "What's your favorite color?" His helpers then delivered a present to each patient, doing their best to accommodate the wishes expressed.

"Seeing Santa on the screen really brightened the patients' day," says Dinah Evans, MS, manager of the child life department. "The kids really enjoyed his visit."

She adds that 2014 marks the third year Cisco Systems has sponsored the video Santa to bring a bit of holiday cheer to the youthful patients of LLU Children's Hospital.



Santa came to town via technology for LLU Children's Hospital patients.

Faculty notes

Mitchell Goldstein, MD, associate professor of pediatrics, Loma Linda University School of Medicine, has recently co-authored and co-edited a book titled "Practical Predictive Analytics and Decisioning Systems for Medicine: Informatics Accuracy and Cost-Effectiveness for Healthcare Administration and Delivery Including Medical Research," published October 7, 2014. Goldstein, who has been a neonatologist at Loma Linda University Health since 2006, has experience in editing numerous publications.

Charles Goodacre, DDS, MSD, professor of restorative dentistry, Loma Linda University School of Dentistry, received the Dan Gordon Lifetime Achievement Award from the American College of Prosthodontists (ACP) at its Annual Awards & President's Dinner during the ACP's 44th Annual Session, November 5-8, 2014, in New Orleans. Goodacre is past president of the ACP, former chair of the department of prosthodontics at Indiana University, and immediate past dean of the LLU School of Dentistry.

William M. Hooker, PhD, former LLU School of Dentistry associate dean for student affairs (1994-2008), received the Gale Kloeffer Award for his outstanding service to the California Dental Association's Well-Being Program during the association's annual meetings in San Francisco, September 4-6, 2014. The Gale Kloeffer Award was established in 1995 to recognize volunteers who have demonstrated

outstanding service to the CDA Well-Being Program. Across the state, regional Well-Being committees submit nominations, and the CDA Well-Being Committee selects the ultimate recipient.

Abel Torres, MD, JD, chair and professor of dermatology, and professor of basic sciences, LLU School of Medicine, and associate professor, LLU School of Public Health, has been elected president of the American Academy of Dermatology. In addition, Torres will hold this same position for the American Academy of Dermatology Association. He will be installed as president-elect in March 2015 and will hold the office of president for one year beginning in March 2016. Currently, Torres is a member of the academy's board of directors and is treasurer for the American Society for Dermatologic Surgery, where he is also a board member. He has also served as a board member of the American College of Mohs Surgery and Cutaneous Oncology.

Jackie Williams-Reade, PhD, assistant professor in counseling and family sciences and director of medical family therapy, LLU School of Behavioral Health, was invited to contribute to the recently published new text "Medical Family Therapy: Advanced Applications." Williams-Reade invited two students, Bobbi-Ann Gordon and Wendy Wray, to participate in this book chapter, which is dedicated to applying program evaluation concepts to the field of medical family therapy.

School of Medicine physicians share CMA award

Continued from page 12
of organized medicine in California," he reports. "This was made possible by the four nominees for the Dev A. GnanaDev, MD, Membership Award."

The award is named after Dev A.

GnanaDev, MD, the former CMA President who currently serves on the Medical Board of California and is medical director at Arrowhead Regional Medical Center, and associate professor of surgery at LLU School of Medicine.

Reportable Crimes

The Crime Awareness and Campus Security Act of 1990 requires colleges and universities across the United States to publish interim reports on-campus crime activities. Listed below are the crimes reported for Loma Linda University Health for the month of November 2014.

Type of Crime	Number of Crimes	Place of Crime
Burglary motor vehicle	2	Security; South Parking Structure
Motor vehicle recovery	1	Nichol Hall
Auto theft	2	Lot X; Kate Lindsay Hall
Threats	2	ReLive Thrift; Medical Center
Trespassing	1	Cancer Research Institute
Disturbing the Peace	1	Lot A
Unauthorized Entry	1	Loma Linda Inn
Vandalism	1	Centennial Complex
Battery	1	Medical Center

You can assist the Loma Linda University Health department of security in maintaining a safe and secure environment by notifying security immediately at extension 9-1-1 if you see or know about a crime taking place.

Four School of Medicine physicians share California Medical Association award

By James Ponder

On behalf of three other Loma Linda University School of Medicine (LLUSM) physicians, Montri Daniel Wongworawat, MD, president of San Bernardino County Medical Society (SBCMS) and an orthopedic surgeon at Loma Linda University Medical Center, accepted the Dev A. GnanaDev, MD, Membership Award from the California Medical Association (CMA) at that organization's December 5 meeting in San Diego.

James W. Peterson, executive director of the San Bernardino County Medical Society, nominated Wongworawat along with Roger Hadley, MD, Ricardo Peverini, MD, and Raymond Herber, MD, for their tireless and successful efforts in creating and promoting an initiative to recruit Loma Linda University School of Medicine (LLUSM) physicians for membership in the CMA.

In citing the century-long partnership between LLUSM and both the CMA and SBCMS, Peterson noted that a total of 21

LLUSM physicians have served as president of SBCMS. However, he also drew attention to the fact that in recent years,

membership began to decline to the point that in 2012, just 75 LLUSM physicians belonged to the local medical society.



Montri Daniel Wongworawat, MD, president of San Bernardino County Medical Society (SBCMS) and an orthopedic surgeon at Loma Linda University Medical Center, accepted the Dev A. GnanaDev, MD, Membership Award from the California Medical Association (CMA) at that organization's December 5 meeting in San Diego.

"Dr. Raymond Herber, retired LLUSM physician and long-time CMA/SBCMS member, initiated the increase in membership concept and began the dialogue with Roger Hadley, CEO of Loma Linda University Faculty Medical Group and dean of LLUSM," Peterson wrote in his letter to the CMA Committee on Nominations. "It was Dr. Herber's opinion that it was a 'morale necessity' for LLUSM physicians to be members in organized medicine."

After noting that a series of meetings in 2012 between Hadley, Peverini, and Wongworawat led to a plan for soliciting more LLUSM physicians for membership in SBCMS and CMA, Peterson observed that Wongworawat "worked tirelessly in promoting the initiative to his colleagues at LLUSM, personally communicating with most of the physicians via phone calls and following up through emails articulating the need for their support."

The hard work paid off. Peterson notes that today, LLUSM has 457 active members, the most of any academic institution in California. "These physicians are joined by 543 resident members and 520 medical student members, making LLUSM one of the largest and most supportive institutions

Continued on page 11

General counsel receives Roger Williams Award

By Nancy Yuen

This year, the Church State Council commemorated 50 years of advocacy for religious freedom. The council is the oldest religious liberty advocacy organization in the southwestern United States.

During a celebration of its 50th anniversary, the council honored several people who have made notable contributions to religious freedom in the 21st century. In addition, the council commemorated the 50th anniversary of the Civil Rights Act of 1964, the provisions of which the council has vigorously enforced on behalf of those suffering religious discrimination in employment. The council provides free legal services to persons of any faith who experience religious discrimination.

Kent Hansen, JD, general counsel, Loma Linda University Adventist Health Sciences Center, was honored with the Roger Williams Award for defending the separation of church and state. Hansen is managing partner of the Corona, California, law firm of Clayson, Mann, Yeager and Hansen.

"Freedom to express and exercise one's religious beliefs and the tolerance necessary to

protect that freedom are fundamental to the health of the American ideal," says Hansen. "It was my childhood dream to someday defend the religious freedoms of individuals and faith-based organizations. I am grateful to God for the opportunities and successes that I've had in living that dream."

Also receiving an award was Hon. Mariko Yamada, California Assembly member, 4th district (2008–2014), who received the James Madison Award for Legislative Leadership for authoring the 2012 bill AB 1964, the California Workplace Religious Freedom Act.

Additionally, Professor Alan E. Brownstein, U.C. Davis School of Law, received the Liberty Magazine Award for academic achievement contributing to religious freedom.

Mariko Yoshihara, JD, legislative affairs director of the California Employment Lawyers Association, received the Sojourner Truth Award for her efforts in support of the California Workplace Religious Freedom Act.

Kwasi Opuku-Boateng received the Liberty Bell Award for his years of perseverance in the landmark case of *Opuku-Boateng v. State of California*,

establishing a strong precedent in favor of religious accommodation in the workplace.

Alan J. Reinach, JD, received a Freedom's Ring Award from the North American Religious Liberty Association, commemorating 15 years of broadcasting his nationally and internationally syndicated weekly radio program.

Founded April 24, 1964, the Church State Council is a nonprofit educational, advocacy, and legal services ministry of the Pacific Union Conference of Seventh-day Adventists, serving the five-state region of California, Arizona, Nevada, Utah, and Hawaii.

Committed to the principle of freedom of thought and belief as a gift of God, the council upholds the principles of liberty of conscience and religion, and the separation of church and state.

It protects the rights of people of all faiths to accommodation for their religious beliefs and practices in the workplace, and believes that this freedom extends not only to acts of worship but to the expression of faith through charity and service. The council works vigorously to protect and defend the rights of individuals, religious associations, charities, and ministries.



Kent Hansen, JD, general counsel, Loma Linda University Adventist Health Sciences Center, receives the Roger Williams Award for defending the separation of church and state from Ricardo B. Graham, DMin, president of the Pacific Union Conference of Seventh-day Adventists, during the Church State Council celebration of 50 years of advocacy for religious freedom. *Photo by DebbieThompsonPhotography.com*



Volume 27, No. 12 | Monday, December 22, 2014

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