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Loma Linda University Health Kicks Off Vision 2020 Campaign, Announcing \$100 Million Gift

By Jiggs Gallagher

The billboards, TV and radio ads, bus shelter posters — for a month, everywhere one turned, the message was “Vision 2020 Revealed: July 15, 10:00 a.m.”

And so it was, in grand fashion. The announcement to more than 2,000 people assembled on the lawn of Loma Linda University Health launched the public phase of what will be a nearly six-year campaign to transform the campus of the health sciences university and medical complex.

The surprise element of the morning was the unveiling of a gift of \$100 million by Dennis and Carol Troesh of Riverside. He is the founder of Robertson's Ready Mix, Southern California's leading producer of ready-mixed concrete and construction aggregates.

The Inland Empire couple chose to make the lead donation in what will be a philanthropic drive to raise \$350 million for construction of a new Loma Linda University (LLU) Children's Hospital tower. Other monies from Vision 2020 will go toward building a freestanding research facility and establishing scholarship aid to train a new generation of health professionals.

"So many people make their money in the Inland Empire and then take it with them to Newport Beach or to Los Angeles," said Dennis Troesh as he and his wife were acknowledged for their generous gift. He added, "I don't want to be one of those people."



Richard Hart, MD, DrPH (speaking), introduces a Loma Linda University Children's Hospital patient, Paisley, in whom Dennis and Carol Troesh (left of Hart) had expressed a personal interest after hearing her story. Paisley, in her mother's arms, was one of 100 children who came forward during the ceremony and each represented \$1 million of the \$100 million gift the Troeshes pledged toward the Vision 2020 campaign.

Carol Troesh said their daughter was a graduate of Loma Linda University's School of Nursing, and that several of their 12 grandchildren had been born at the medical

center. Dennis Troesh added that his mother had come from Orange County to be treated for a heart condition because of the outstanding reputation of the cardiac program.

“We’re so grateful that neither of us has had to have life-saving treatment here,” Carol Troesh said, “but we know that it’s here if we

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Research and Ideas to Help Improve Lives

By Heather Reifsnyder

Innovation happens when bright minds come together in a spirit of inquiry and wonder — ideas and theories are explored and refined, leading to breakthroughs and revelations. A new \$70-million structure at Loma Linda University Health will become the new home for this kind of collaboration and discovery in research and wholeness as part of Vision 2020.

This facility housing discovery, research and the Wholeness Institute will be the interdisciplinary hub of the study and promotion of wholeness for the Inland Empire and beyond. Loma Linda University Health is redefining health to include not only physical wellness, but also mental well-being, spiritual fulfillment, and positive relationships in healthy communities. It is in a state of wholeness where humans are most empowered to realize their potential, explore and create.

The center will house expert researchers of diverse disciplines — from molecular biologists to psychologists, nutritionists to physicians — in a space where a conversation in the hallway could result in new questions to explore, innovative perspectives on an old problem, or a reconfigured team joining

together in a common purpose. This kind of synergy may lead to dramatic new treatment methods and cures for diseases.

In addition to creating this interdisciplinary environment, Loma Linda University

Health will connect all the steps of research, from making a scientific breakthrough to translating it into medical applicability to testing for clinical effectiveness.

New directions in research will be

developed and current ones bolstered, leading to discoveries that will help children and adults better survive injuries, beat diseases such as cancer and prevent illness.

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The \$70 million building will bring together researchers from many disciplines to collaborate in studying and applying wholeness principles. The Wholeness Institute will also be headquartered in the center.

Many Strengths. One Mission.

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

LLUH: Preparing for a Whole Tomorrow

By Heather Reifsnyder

Loma Linda University Health is taking a monumental step forward to a more comprehensive strategy for health in the Inland Empire and beyond. A redefined vision of health care will be practiced in a new hospital complex scheduled to open by January 2020, where wholeness of body, mind and spirit will be the goal for each child and adult treated there.

Patients will receive whole-person care on the forward edge of medical advances in this state-of-the-art facility, which will house both a children's hospital tower and an adult tower rising from a shared base of emergency services, surgical suites, and imaging.

Keeping pace with the needs of residents in the fast-growing Inland Empire, space for patient care and clinician training will expand by almost half over today's facilities, ensuring the best possible care for children and adults long into the future.

But more than space, the new hospitals will offer a true place for healing through compassionate, whole-person care. Their design will be based on the knowledge that the ambiance and atmosphere of a hospital have profound impact upon patients and their providers.

Patients and families will feel this care as soon as they arrive at the facility. They will be welcomed into a lobby with a healing atmosphere, including natural lighting, gentle acoustics, spaces for quiet reflection and conversation, and concierge services.

To help quell the fear of being in a hospital, soothing and well-marked passages will take patients to the adult and children's towers, where the rooms will be created to allow a sense of tranquility.

Many patients will feel the support of their loved ones in private rooms large enough to accommodate family members. Adding to feelings of comfort, the space will be designed to minimize noise and lights from monitoring equipment, creating a more homelike environment.

The healing atmosphere will extend to green zones, both indoors and out, that will allow for quiet reflection and offer the benefit

of nature's restorative effects. Tranquil interior spaces—beautifully decorated and naturally lit—will serve as soothing alternative settings for prayer, meditation, and private conversations. These spaces, situated throughout the hospital, will provide suitable options for sensitive and sometimes difficult conversations with patients, family, chaplains, and other confidants in a confidential and supportive environment.

The surrounding grounds will also support patients and families, where they will find healing gardens, orange trees, art and a nature trail. The beauty of nature will restore guests who need to relax, community members who want to stay fit and patients who will benefit from the fresh outdoors.

Patients who need emergency and surgical care can rest assured they will be treated at the only Level-1 trauma center for a region equal to 26 percent of California's land mass. Children and adults will each have their own emergency

department, and an entire floor will be devoted to surgery. This surgical floor will house 11 dedicated operating rooms that will feature the latest airflow, light, sound and temperature controls. Finishes and room design will help minimize infection control concerns.

This bold new hospital complex will also facilitate Loma Linda University Health's role as the educator of tomorrow's world-class health care professionals. With more than 4,700 students, 750 residents, and 850 physicians, Loma Linda University Health is the leader in preparing health care professionals for the Inland Empire and around the world. The organization is one of only 119 leading academic health sciences centers in the United States, and it has the country's only faith-based school of medicine.

The education, care and research that take place in this transformative new space will advance groundbreaking developments in medicine, in wholeness and in the provision

University Hospital/Adult Services Total Beds: 276

- 96 intensive care beds
- 180 medical-surgical beds

Children's Hospital Total Beds: 359

Includes a large percentage of private rooms

- 100 neonatal intensive care beds, making this one of the largest neonatal intensive care units (NICUs) in the U.S.
- 115 pediatric intensive care beds
- 96 medical-surgical beds
- 48 beds for the TotalCare Birth Center

of unparalleled care for children, individuals and families. All of this will be supported and facilitated by Vision 2020, the Campaign for a Whole Tomorrow.



An artist's rendering above illustrates the major changes that will take place in the coming years. The new buildings will need to open in 2020 to meet increased seismic regulations that will go into effect that year.

Loma Linda University Health Kicks Off Vision 2020 Campaign, Announcing \$100 Million Gift ...

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need it, and we want it to be here for all of our communities whenever they need help in the future."

Their \$100 million pledge to build a new Children's Hospital tower is the largest amount ever given to health care in the Inland Empire region of Southern California.

"This is the Lord's Day," Carol Troesh said, looking out over the assembled crowd under tented awnings in the warm sun. "God is the one who gave us the ability to earn this money. We are happy to return it to His use in this place." Her husband added, "We humbly thank you for allowing us to be part of this wonderful work."

Richard H. Hart, MD, DrPH, president of Loma Linda University Health, welcomed the announcement of Vision 2020 by saying it would establish "a new paradigm of education and health care, both locally and throughout the world. It will combine high-tech with high-touch, allowing us to redefine what it means to be healthy."

Hart mentioned the upcoming establishment of a new downtown San Bernardino campus for Loma Linda University Health, reaching out to a community that desperately needs a new approach to the kind of wholeness-based care — including body, mind and spirit — that LLUH can offer.

In addition to the adult and Children's

Hospital towers, there will be a new building housing research facilities to search for breakthroughs in treatment and care. A distinctive portion of that building will house a new Wholeness Institute focused on helping people live integrated, healthy lives, and allowing them to prevent disease and lengthen their life spans.

Rachelle Bussell, senior vice president for advancement, gave additional details about the campaign. She said it will be a \$1.2 billion endeavor, bringing several streams of funding together to create an "unprecedented and bold" effort.

The \$350 million to be raised from private philanthropy represents a figure that is six times larger than any previous fundraising target at LLUH, and will be the largest amount ever raised for a project by any entity of the worldwide Seventh-day Adventist Church. LLUH is part of the 18-million-plus member denomination.

Other funding included in the \$1.2 billion will be \$175 million in California State funds for Children's Hospital, additional federal funding and some borrowed monies.

"We are pleased to announce that, with today's gift from the Troeshes, we have commitments of \$149 million toward the philanthropy portion of our goal," Bussell said. Her words were greeted with a standing ovation from the audience.

A parade of children, ages 3 to 12, many of whom were present or former patients at the Children's Hospital, marched down the center aisle, each holding a balloon as they were accompanied by parents and caregivers. Some children were in wheelchairs.

"These 100 precious children represent one million dollars each, totaling the pledge made by the Troesh family today," said President Hart as the happy children crowded the platform. One small girl presented a gift to Carol Troesh in appreciation, to applause from the onlookers.

Leonard Bailey, MD, chief of cardiovascular surgery at Children's Hospital, spoke movingly in support of the program and of his own challenging experience in becoming a physician. He is internationally renowned as founder of the pediatric heart transplant program at Loma Linda, which has saved hundreds of children's lives over the past 30 years.

Hart said that the administration anticipates breaking ground on the new buildings in about one and a half years, perhaps in early 2016. He said the new construction, much of which will take place immediately to the east (in front) of the existing clover-leaf towers and Children's Hospital, will dramatically change the character of the campus.

"The emergency department entrance will move from Campus Street to Barton Road,"

he said. And a second multi-story parking garage, in addition to one just erected last year, will be added to allow greater patient and employee parking.

Speaking to the news media immediately after the program, Hart acknowledged that the building program will result in construction hiring in the region, and that when the new facilities and programs are underway, there will be additional hiring at LLUH.

"Our region is poised to become a 'medical mecca,'" he said in answer to a reporter's question. "With Loma Linda's leadership, and the presence of two nearby county hospitals, the new University of California Riverside medical school, and other fine area hospitals, we are positioning ourselves to care for the additional 200,000 to 300,000 people who are Medi-Cal eligible under the Affordable Care Act."

Several speakers appealed to like-minded donors in the large audience, and those watching by satellite and live streaming video online around the world, to consider what their role could be in supporting Vision 2020 in coming months and years.

Roger Hadley, MD, dean of the School of Medicine, said via video that one of the founders of Loma Linda came to the site in 1905, saying, "This is the very place" where people can become physically, mentally and spiritually whole.

He anticipated an even greater celebration in the year 2020, when the new facilities are opened and the campaign to leave a legacy for the future is concluded.

A Context of Wholeness

By Larry Kidder

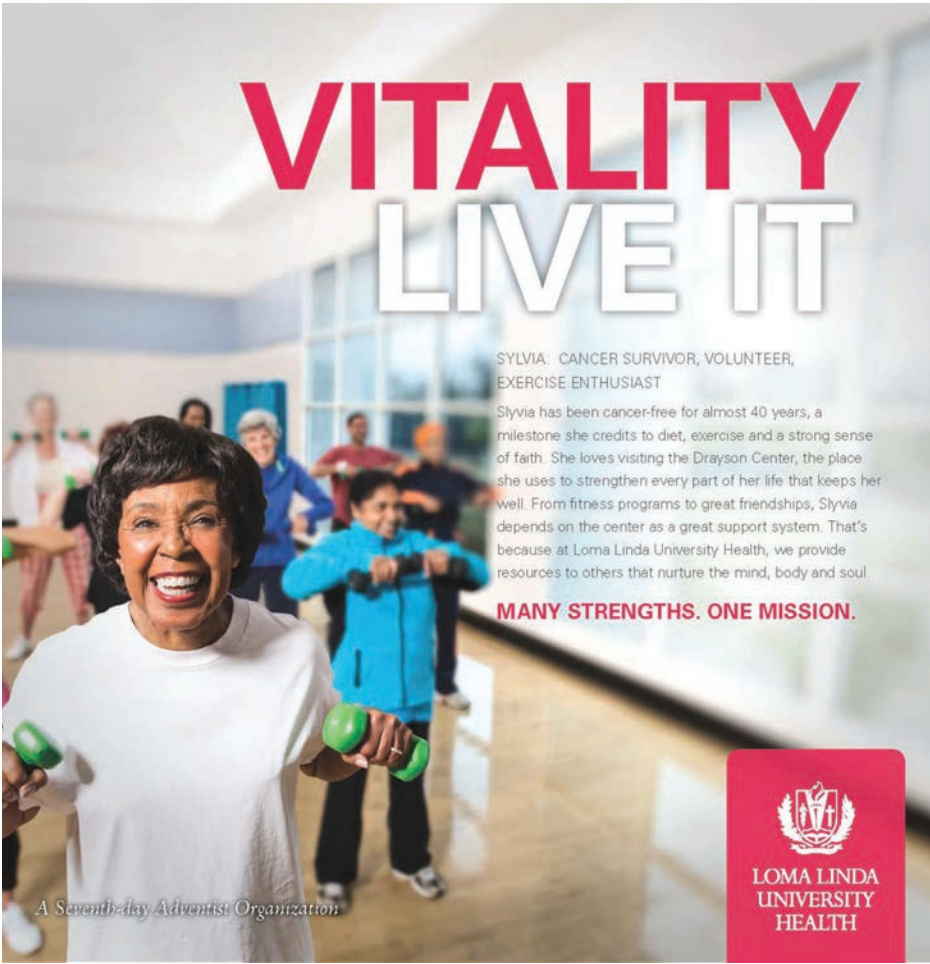
Few century-old organizations can say that their mission has largely remained unchanged for their entire history. When Loma Linda University Health (LLUH) was founded in 1905, its focus was to train health-care workers in health principles far ahead of the times, then apply those principles to help people find or regain their health.

Loma Linda University, the educational arm of LLUH, began by training nurses, then physicians, nutritionists and a growing list of professionals and researchers. Loma Linda Sanitarium and Hospital, the health

care arm, served patients from near and far, bringing them to a place of rest, rejuvenation and renewal of health.

Today, more than 100 years later, the employees at Loma Linda University Health may have grown from a handful to nearly 15,000 strong, but their mission is the same — now in the context of the 21st century.

The world is increasingly interested in the principles of good health and disease prevention — principles that LLUH has espoused since its beginning. There are better ways to live that both improve the quantity and quality of life, as well as one's reality and hope for health and wellness, peace and connection.



Sylvia Bennett, a member of LLU Drayson Center’s Senior Wellness Program, was featured in Loma Linda University Health’s “Live It” campaign as an example of a community member who lives the principles of wholeness. More than 1,200 seniors are members at Drayson. The center offers a free membership to seniors who are 80 years or older, and more than 200 enjoy that benefit.

Growing lifestyle-related health concerns in both the developed and developing world suggest that LLUH has plenty of work to do.

The U.S. Centers for Disease Control (CDC), headquartered in Atlanta, share a number of sobering statistics on their website. For instance, in 2012, approximately half of all adults in the United States — about 117 million people — had one or more chronic health conditions, defined as those caused by or impacted by lifestyle. One in four was diagnosed with two or more chronic conditions.

The Institute of Medicine reported in 2012 that seven out of ten deaths among Americans were caused by often-preventable conditions that include heart disease, stroke, diabetes, injuries, and some forms of cancer.

In light of these realities, LLUH has created the Wholeness Initiative as a strategic priority. Campus-wide efforts to define and coordinate plans and programs will be channeled through the LLUH Wholeness Institute, a consortium of scientists, educators, practitioners and leaders across the organization who will collaborate to find creative, concerted ways to make wholeness relevant in the lives of those served. Funds from the Vision 2020 campaign will help support this initiative.

Leading the Wholeness Institute and serving as chief wholeness officer for LLUH is Daniel Fontoura, MBA. “This idea of wholeness was our founding message — our strategy — one hundred years ago,” Fontoura attests. “In light of current social trends and health care reform, this is a phenomenal time to rethink how we address the health and wellness needs of those around us through wellness research, practice and education.”

He continues, “We want to be a resource for our students, alumni, the community and our world about how to live life in a way that leads to hope and healing, health and wellness, in every dimension of life.”

The LLUH wholeness message begins at home with employees, students and their families. Through a campaign known as “Live It,” launched in 2013, employees who apply the principles of health and wholeness are featured in ads and articles. The Live It campaign also reaches into the community, celebrating LLUH staff, faculty and

students who weave wholeness principles into their personal and professional lives, and encourage others to do the same.

The Living Whole Employee Wellness Program approaches wholeness through classes and activities designed to improve the mind, body and spirit. Nutrition courses show employees how to better prepare meals and choose better options at restaurants and other eateries. Living Whole meals at LLUH cafeterias are available for employees and visitors, applying the principles of healthy nutrition.

Pedometers are provided to employees, and walking contests encourage participation and friendly competition. Walking maps illustrate measured walking routes and suggest calories burned. Disease-focused education targets specific chronic problems, such as diabetes and obesity, that are linked to poor lifestyle habits. Solutions are suggested — including diet, exercise, meditation and community support — that may reduce or reverse the symptoms of chronic diseases.

A recent initiative to improve employee health asked employees to participate in personal health screenings, performed by a third party. Results were shared with employees, as well as targeted suggestions and coaching for improving personal health.

A prime example of the organization’s reach into the community is the Senior Wellness Program at Loma Linda University’s Drayson Center. The program has been in existence for close to a decade and nearly 1,200 seniors are members.

Drayson Center leadership found that the center, the fitness and recreational hub for the campus, was largely unused during the daytime hours, when most students, employees and their families were at school or work. A choice was made to open the facility to seniors in the community during the hours of 7:00 a.m. to 3:00 p.m. weekdays and all day Sunday. Seniors enjoy full use of the facility. A full-time senior coordinator organizes a wide array of fitness classes and social activities for the senior population.

“Healthy seniors are good for our community,” comments Donald Sease, MBA, director of Drayson Center. “Our goal is to keep them healthy and independent.”

Seniors 80 years and older receive a

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Research and Ideas to Help Improve Lives ...

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One of Loma Linda University Health’s most fruitful lines of inquiry is a longitudinal, multi-decade study establishing some of the first scientific connections between diet and lifestyle with longevity. Researchers will continue to analyze questions such as what foods prevent disease and whether faith contributes to good health.

This new facility will create greater eligibility for research funding, which will be further bolstered as the Vision 2020 campaign helps establish new research chairs

and endowments, fund new laboratories, offer more student scholarships and provide robust faculty development opportunities.

The center will also be the heart of wholeness activities and initiatives at Loma Linda University Health. The new Wholeness Institute will be located there and serve as a brain trust, exploring all aspects of what it means to live a whole life across all dimensions of the human experience.

The institute will be the campus destination for those wanting to learn about wholeness and disease prevention. Visitors from all over

the world will be able to meet with experts, study in the resource library, attend lectures or retreats and participate in wellness services such as cooking demonstrations. Furthermore, researchers at the institute will publish books and other resources on topics from nutrition to spiritual wellness.

The Wholeness Institute will also embolden Loma Linda University Health’s clinicians, students, alumni, and global partners with the knowledge to take the message of wholeness to every part of the world.

A new executive health program will

also be located in the Wholeness Institute, helping ensure that area leaders operate at peak well-being as they set an example for and guide their employees and the community. Loma Linda University Health will analyze the results and effectiveness of this program, creating a model for health in corporate America.

The building housing discovery, research and the Wholeness Institute will help create a whole tomorrow as part of LLUH’s strategy to improve the health of local communities and of the world.



The children — many former Children’s Hospital patients — were center stage during the ceremony, carrying balloons and sporting white lab coats as they came down the center aisle. A hundred children marched, each representing \$1 million of the \$100 million lead gift by Dennis and Carol Troesh.



Richard Hart, MD, DrPH, president of Loma Linda University Health (LLUH), announces the official start of the Vision 2020 campaign on Tuesday, July 15, during the morning's ceremony. Looking on are, from left to right, Lowell Cooper, MA, MPH, chair of the LLUH Boards of Trustees and general vice president of the Seventh-day Adventist Church, headquartered in Silver Spring, Maryland; Ronald Carter, PhD, provost of Loma Linda University; and Jere and Marian Chrispens, co-chairs of the Vision 2020 campaign steering committee. Vision 2020 currently has \$149 million in pledges.



An evening banquet on July 15 honored major donors and leaders involved in the Vision 2020 campaign (bottom photo). For the banquet, the east portion of the outdoor canopy was transformed. Gathering for a photo opportunity just before taking their seats at the banquet were (top left photo, left to right) Bob Marckini; Allie, Paul, and Nevalee O'Neill; and Mary and Chuck Kubicki. From the heliport, the banquet area is bathed in color (top right photo).



Search lights illuminate the evening sky on Tuesday, July 15, showing the footprints of the new buildings that will result from Vision 2020.



Following the official Vision 2020 kickoff, Richard Hart, MD, DrPH, president of Loma Linda University Health, makes himself available for questions from more than a dozen members of the media. Press members unable to attend the event, including a writer from the Los Angeles Times newspaper, were able to tune into a live stream of the entire event via their computers. Others were able to pick up the story from the Associated Press. The news conference was held in the foyer of Loma Linda University Church.

A Context of Wholeness ...

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complimentary membership. More than 200 members are in the 80-plus group. Promoting wholeness in the communities surrounding Loma Linda has taken many forms.

Students and faculty have brought nutrition and fitness into the classrooms, sharing the principles of wholeness with elementary and high-school-age young people. Community classes have been provided at places like Drayson Center and Social Action Community (SAC) Health System clinics.

Loma Linda University Health is poised to join the wellness and disease prevention conversation on a regional, national and international level in the next few years.

As the LLUH Wholeness Institute articulates its message of wholeness, coordinates and consolidates activities and initiatives across the organization's educational and health care campuses, and packages the wholeness message in forms that will reach populations all over the

world, the organization hopes to be part of the conversation in a meaningful way.

And, with a longstanding record of local and global outreach, LLUH has the passion and experience to implement innovative, transformative solutions to address the wide array of physical, spiritual, behavioral and relational health issues in today's society.

A lot has changed over a century. Carriages have become modern cars with every system run by a computer. Satellites and WI-FI have replaced fragile telegraph lines. Travel to the next state in the early 1900s now equates to a trip to Europe or Australia.

The world is forever changing, but the mission of LLUH remains the same: "Faithful to our mission to continue the teaching and healing ministry of Jesus Christ, [and] fulfilling our vision [of] transforming lives through education, health care, and research through our shared values," this organization will continue its efforts "to make man whole" in the local community, region, nation and the world.



Richard Chinnock, MD, MHCM, right, professor and chair of pediatrics, and physician-in-chief of Loma Linda University Children's Hospital, and Rachelle Bussell, CFRE, senior vice president for advancement, LLUH, field questions about the impact Vision 2020 will have on children in the Inland Empire and beyond. Below are additional press conference photos.



Training Tomorrow’s Health Professionals to Impact the World

By James Ponder

Don’t look now, but Loma Linda University Health is quietly revolutionizing the practice of health care by introducing a vital, yet often missing dimension of human health and healing into the education of tomorrow’s health professionals.

“We call it wholeness,” says Carla Gober, PhD, director of the Center for Spiritual Life and Wholeness, “and we’re very intentional about it.”

Gober explains that the Loma Linda wholeness revolution means tomorrow’s health care professionals will actively care for all dimensions of human well-being.

“Too much of health care focuses on only one or two factors,” she observes. “But wholeness includes them all, with the spiritual dimension being the one that connects all the others.”

Although it derives from the healing ministry of Jesus Christ, wholeness is not simply a religiously informed idea. Gober points out that while most Americans consider spirituality and faith as important elements of healing, contemporary health care largely ignores them.

“That’s not the case at Loma Linda,” she insists. “We’ve been talking about wholeness for more than a hundred years, but recently we have become much more intentional about defining what it means.”

To a patient who just received a diagnosis of cancer or is about to enter the operating room for major surgery, a physician’s offer to pray for healing can make a huge difference.

“We integrate wholeness into the basic curriculum at our eight professional schools,” Gober notes. “We purposefully educate students to be compassionate, to connect, to listen, to communicate and to care about all aspects of patients’ lives.”

“They need to know we are interested in them as people, not just as patients with a disease or medical condition,” notes H. Roger Hadley, MD, dean of Loma Linda University School of Medicine. “People heal better in an atmosphere of trust and acceptance. The majority of patients feel a sense of relief when their doctor asks about inner spiritual resources that help them cope with life-threatening situations. We shouldn’t be afraid to ask if they have a faith or belief system that adds meaning and stability to their lives. Too many doctors either don’t know how to initiate the conversation, or are afraid to try.”

Henry H. Lamberton, PsyD, associate dean for student affairs, expands on the idea.

“Wholeness recognizes that none of these dimensions exists in isolation,” he observes. “Anything that impacts the health and well-being of one aspect of life affects the others.”

Hadley cites a 2007 article in *Archives of Surgery*, in which a staggering 94 percent of American hospital patients said it would be appropriate for their physician

to ask about spiritual beliefs should they become gravely ill.

“Most medical schools will not overtly address the importance of spirituality in patient care,” Hadley adds, “but we embrace it. Indeed, ours may be the only health sciences school that starts each student year with a worship service.”

Lamberton adds that patients must always be free to decide whether they want to discuss spirituality, and notes that some do not. He adds that while wholeness implies connection, it does not necessarily equate to balance.

“Wholeness involves connection with God, with our selves, our family and community, and our environment,” he says. “Thinking of wholeness this way means that one can be physically ill or disabled and still be whole. Our lives may not always be balanced, but we can seek to be connected, to avoid having divided selves and divisive relationships.”

As students begin the first year of medical school, two practical exercises help them grasp how illness influences a person’s life.

In the first, they are assigned to write an illness narrative about their own experience of illness or to interview a family member or friend about theirs.

“They evaluate factors that precipitated the illness,” Lamberton notes. “They document how the patient became aware of it, what they thought and felt, and how easy or difficult it was for them to access care. It helps students develop an understanding of how personal and cultural factors influence the way individuals cope with illness.”

The second project is a patient visit report. After spending their first two weeks of school visiting patients, the neophytes introduce themselves as medical students, and ask patients to be their teachers. The task develops critical listening and empathy skills.

Students also take courses in biomedical ethics, integrative care, and the theology of suffering in order to learn to sensitively address spirituality, and gain insight into how different faith traditions and cultures understand illness and health.

“While our students come from a variety of faith traditions, what they share is the belief that faith is a guiding principle in their lives,” Lamberton states. “They also believe spirituality can play a significant role in the healing process. They choose Loma Linda because they value our emphasis on faith and wholeness and whole-person care.”

Gober, Hadley and Lamberton are encouraged by the receptivity students from other health sciences universities often show to the concepts of wholeness and spirituality.

“Recently, one of our students was asked to instruct his colleagues from another medical school on spiritual care,” Hadley reports. “Although those students had not

been trained in the subject, they recognized its vital importance to whole-person care and were eager to learn.”

The burgeoning field of health disparities is another arena in which Loma Linda is expected to have a great impact on the future. Marino De Leon, PhD, director of the Center for Health Disparities and Molecular Medicine, says Loma Linda is working hard to improve access to medical care for all Americans.

“Powerful socioeconomic forces like poverty, racism and low educational status are prominent determinants driving health inequalities in our society,” De Leon observes. “But every human being is a son or daughter of God and should be given the opportunity to live a healthy, full life.”

“This is a high goal,” he adds, “but it can be achieved by targeting our research and educational programs to build healthy communities, expand educational opportunities for disadvantaged groups, and promote spiritual and service-learning initiatives to help each person reach his or her full potential.”

But does it work? Do Loma Linda graduates actually embrace wholeness as a way of life and promote it to their patients?

Audra Wisham, MD, thinks so. Currently in her first year of postgraduate residency training in emergency medicine, Wisham felt the difference from the start.

“From the moment I walked onto the campus of Loma Linda University as a freshman medical student,” she reports, “I have been enveloped by wholeness.”

While she credits classes on spirituality and on maintaining health and balance, and clinical rotations focused on whole-person care with enriching her medical education, Wisham says her teachers took things to a whole other level.

“I experienced wholeness through the genuine interest that faculty have shown in getting to know me as a person,” she says, “to share my dreams and do all in their power to help me succeed. I feel so blessed to have trained at an institution that truly takes patient care a step further to address more than just the diagnosis, but rather the whole person.”

While Hadley acknowledges that 145 colleges and universities in the United States offer the doctor of medicine degree, Loma Linda stands out because of wholeness.

“It is very significant, it is central to our mission,” the dean concludes, “that students of Loma Linda University School of Medicine believe God is real and that spirituality is an important part of the practice of healing as well as their daily lives. That’s what makes this place unique; that’s what wholeness is all about.” Vision 2020 will help ensure this outcome.



The joy of making new friends is evident on the faces of everyone in this photo, taken during a service learning trip to Malawi. Many Loma Linda University students are involved with such experiences, and most come back with a new appreciation for serving others through their professions.



This panoramic photo of the Vision 2020 reveal gives a sense of the crowd of faculty, staff, students and community members who were on hand to celebrate the kickoff of the campaign. The announcement of a single \$100 million gift resulted in a resounding standing ovation.

Continuing the Quest to Help People Live Healthier and Longer

By Nancy Yuen

At Loma Linda University Health (LLUH), efforts to extend human longevity and improve quality of life are intensifying. World-renowned researchers are building on previous groundbreaking LLUH work, creating treatments and simple lifestyle changes that have the potential to prevent disease and heal injuries.

A respected researcher at the university, Penelope Duerksen-Hughes, PhD, has begun research on controlling epigenetic tags that attach to human chromosomes. These tags serve as on/off switches that can halt or prevent chronic, debilitating disease processes like diabetes. Duerksen-Hughes is associate dean for basic sciences and translational research at Loma Linda University's School of Medicine.

"DNA provides instructions for building all parts of the body," she says. "But there is more to the story. DNA is wrapped around proteins (histones), and both are covered with chemical tags. The top layer, the epigenome, shapes the structure of the set of chromosomes, allowing some of them to be active while others are not." The DNA code never changes, while the epigenome does.

"In a perfect world, everyone would be born healthy and would grow up healthy," she says, "but we live in an imperfect world. Some health concerns happen fast, such as those caused by a car accident, while others develop more slowly, the result of diet and exercise habits.

"Every time a person takes a deep, calming breath, goes for a brisk walk in the evening or decides to eat a juicy fresh peach, changes in body chemistry can occur," she says. "Some of these changes can be sensed almost immediately. For example, just think about how you feel after you exercise. And especially if repeated over time, these actions may ultimately cause our tiny but vital epigenetic tags to respond. The epigenome then adjusts expression of genes in response. Over time, choices and circumstances — wholeness — can shape our overall health."

As her research progresses, Duerksen-Hughes is collaborating with Adventist Health Study researchers. "Because of the Adventist health studies," she says, "we have accumulated more of this type of data than anywhere else. We now have the ability to contact any of those individuals to collect further data, asking a person to come in for a simple blood test, for example. This makes future exploration possible."

Future findings have the potential to

help people feel better, avoid disease and live longer. Vision 2020 is propelling and enabling the organization's relentless quest to save lives and discover new treatments. The physicians, researchers and students are encouraged to do more than seek answers — they continue to invent the questions.

Health care at this outstanding campus extends beyond the treatment of disease to include the physical, mental, cultural and spiritual aspects of the whole person. This commitment to wholeness is driving research in diet and lifestyle.

In 1905, the year of Loma Linda University Health's first incarnation, life expectancy in the United States was 50 years for women and 47 for men. Just over 100 years later, the city of Loma Linda was named one of five Blue Zones™; it remains the only place in North America with this distinction.

Dan Buettner coined the term Blue Zone™ to refer to areas where people live longer and more vibrantly than most of the rest of Earth's people. Partnering with the National Geographic Society and the National Institute on Aging, he brought teams of scientists to study the Blue Zones™. Buettner revealed their findings in a book, "The Blue Zones: Lessons for Living Longer from People Who've Lived the Longest."

The chapter highlighting Loma Linda includes observations from university faculty who are experts on epidemiological studies examining the longevity and health of members of the Seventh-day Adventist Church. LLUH is a Seventh-day Adventist institution.

Two Adventist seniors were profiled: Marge Jetton, 103 at the time, who was volunteering at several organizations and

a regular freeway driver; the second, Ellsworth Wareham, who is a vegan and was a practicing heart surgeon into his mid-90s.

"I think it's important for an individual to have some security and peace in his life," Wareham said. "And I get that from believing in a loving, caring God. And so if He's in charge of my life, why should I sit around and worry? He takes care of the universe. He can certainly take care of me, so I don't worry."

Buettner's book highlights the benefits to belonging to a faith-based community and the Adventist Church's emphasis on health. He also notes the practice of Sabbath-keeping, which he called "finding a sanctuary in time."

Scientists at Loma Linda have been studying Adventists for more than 50 years. The result? Growing evidence that good lifestyle choices lead to increased longevity. According to Gary Fraser MD, PhD, director of the Adventist Health Study (AHS) and professor at the university's schools of Medicine and Public Health, the study "is one of the largest long-term, multi-decadal studies currently underway examining the interface between dietary patterns and various types of disease processes."

In 2011, LLUH received its 10th major award — a five-year, \$5 million NIH National Cancer Institute grant to allow AHS-2 to continue its intensive study of the relationship between dietary habits and the incidence of cancer in various populations of Seventh-day Adventists.

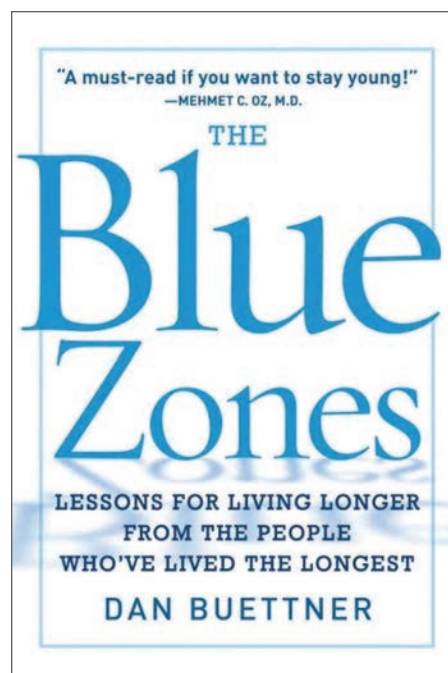
Begun in 1974, the study is obtaining long-term (longitudinal) data, bearing on the dietary and lifestyle habits and health outcomes of more than 96,000 Adventists living in the United States and Canada.

A later follow-up study found that vegetarians experienced 12 percent fewer deaths during the six-year course of the investigation than their peers who ate meat. In addition, the Adventist Health Studies revealed that vegetarians are slimmer, on average, than meat eaters.

A separate study, "Walnuts and Healthy Aging," evaluates walnut consumption and brain, eye and cognitive function among adults ages 63 to 79.

Information regarding the Adventist Health Studies is available at www.llu.edu/public-health/health/index.page.

Information on the walnut study may be found at www.WAHAAstudy.org.



Dan Buettner's book, "The Blue Zones: Lessons for Living Longer from the People Who've Lived the Longest," focuses on five locales where residents live longer on average than anywhere else in the world. Loma Linda, California is listed among the five and is the only location in North America — and the only city that is part of one of the largest and busiest metropolitan regions in the world.



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