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TODAY - May 16, 2014

Loma Linda University Health

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LLUH delegation celebrates 20th anniversary of Sir Run Run Shaw Hospital in Hangzhou

By James Ponder

Fifty-six delegates from Loma Linda University Health attended the 20th anniversary of Sir Run Run Shaw Hospital (SRRSH) in Hangzhou, China, on April 29 and 30.

The milestone event underscores important international partnerships and showcases the philanthropic legacy of not only the man for whom the hospital is named, but also the countless individuals who contributed their energy and expertise to this groundbreaking Chinese health care enterprise.

In recalling the origins of the hospital, Richard H. Hart, MD, DrPH, president of Loma Linda University Health, stresses the importance of the founder's vision.

"When an octogenarian's memory of Adventist health care led to secret meetings between Chinese communist officials and Adventist church leaders," he observes, "a dream was born that has literally impacted health care throughout the entire country of China."

The meetings he refers to took place in the 1980s when the then-octogenarian Sir Run Run Shaw decided to tangibly express his gratitude for the compassionate care his mother had received at an Adventist hospital in Hong Kong decades earlier.

With financial backing from the legendary entertainment mogul and the Chinese government, as well as medical and admin-

istrative assistance from Loma Linda University, the hospital opened its doors in 1994 to introduce Western-style health care to China.

Because Sir Run Run Shaw passed away on January 7, 2014, his widow, Lady Mona Shaw, attended the event with a small entourage of friends and officers of The Sir Run Run Shaw Charitable Trust, The Shaw Foundation Hong Kong Limited, The Shaw Prize Foundation, and The Shaw Group of Companies.

SRRSH President Xiujun Cai, MD, hosted the two-day event, which included a tour of the recently opened Xiasha Campus Hospital, a meeting of the SRRSH board, a Journey to the Top celebration, a welcome dinner reception at the Intercontinental Hotel, the unveiling of a large commemorative statue of Sir Run Run Shaw, the 20th Anniversary Ceremony, and an overnight tour of Shaoxing.

Although the LLUH delegation represented by far the largest international group to attend the event, other overseas guests included officials of Cabrini Hospital-Malvern, in Malvern, Australia, and the Mayo Clinic, in Rochester, Minnesota.

LLUH historian Richard Schaefer says the LLUH/SRRSH collaboration continues to elevate the delivery of health care throughout China.

"Over the past 20 years, Sir Run Run Shaw Hospital has grown from 400 beds to



The unveiling of the Sir Run Run Shaw statue took center stage at the 20th anniversary of Sir Run Run Shaw Hospital in Hangzhou, China, on April 30. A 56-member delegation from Loma Linda University Health attended the event, which commemorated the landmark partnership between the two organizations.

more than 1,300," Schaefer reports. "It has reduced the length of stay by 50 percent, schedules 8,000 outpatient visits per day, and was the first public hospital in China to be accredited by Joint Commission International—a feat which has impacted hospital care throughout the nation. Over the past 20 years, the Chinese government has sent 12,000 officials, including hospital

administrators, to Hangzhou to observe and learn."

Hart notes that the partnership between the American and Chinese organizations has matured over the past two decades.

"When a group of Loma Linda alumni, faculty, and staff were invited to come and celebrate the 20th anniversary of the open-

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Eight Loma Linda University graduation ceremonies planned for May and June

By Larry Kidder

The 2013–2014 school year is quickly drawing to a close. Eight commencement ceremonies will take place on May 25 and June 15, sending approximately 1,300 graduates into the world to represent Loma Linda University as its newest alumni.

On Sunday, May 25, the commencement season will kick off with the School of Medicine at 8:30 a.m. on the south campus mall facing Coleman and Chan Shun Pavilions. The School of Pharmacy will follow at 1:30 p.m., and the final ceremony of the day will honor School of Dentistry graduates at 5:00 p.m.

The remaining five commencement cere-

monies will take place on Sunday, June 15, in Loma Linda University Drayson Center's Opsahl Gymnasium. The School of Behavioral Health and School of Religion graduates will receive their diplomas during the first ceremony of the day, beginning at 8:00 a.m. Nursing graduates will be honored beginning at 10:30 a.m. by the School of Nursing. At 1:00 p.m., School of Public Health graduates will be celebrated, followed by the School of Allied Health Professions physical therapy graduates at 3:30 p.m. and the rest of the school at 6:00 p.m.

Other special weekend events will include baccalaureate services at Loma Linda University Church for the schools of Dentistry and Pharmacy at 9:00 a.m. on Saturday, May 24, followed by the School of Medicine at 11:45 a.m. On Saturday, June 14, the baccalaureate service for the schools of Allied Health Professions and Public Health will take place at 9:00 a.m., followed by the schools of Nursing, Religion, and Behavioral Health at 11:45 a.m.

A vespers service on Friday, June 13, at 7:30 p.m. in the Loma Linda University Church will "Focus on Graduates" from the schools of Allied Health Professions, Nursing, Public Health, Behavioral

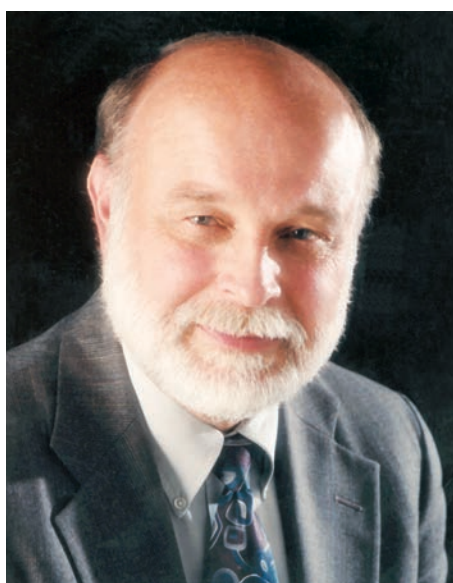
Health, and Religion, as well as the Faculty of Graduate Studies.

Richard Hart, MD, DrPH, president of Loma Linda University Health, will address 2014 graduates of the School of Medicine. Hart became Loma Linda University's 14th president on March 24, 2008. Prior to assuming this office, he served for seven years as LLU chancellor and before that as dean of the School of Public Health. He is an alumnus of the School of Medicine.

David Levy, MD, clinical professor of neurosurgery at University of California, San Diego School of Medicine, will share words of wisdom and advice with the 2014 graduates of both the Schools of Pharmacy and Dentistry. A highly respected neurovascular surgeon, Levy has practiced in San Diego since 1997, specializing in the treatment of aneurysms and other blood vessel diseases of the brain and spine.

Kathryn Icenhower, PhD, MSW, CEO of SHIELDS for Families, will speak to members of the graduating class for the Schools of Behavioral Health and Religion. Icenhower has worked in the substance abuse, child welfare, and family treatment arenas for more than 30 years, serving in both clinical and administrative positions. She remains at the forefront as an expert in substance abuse treatment and a national advocate for innovative, comprehensive, collaborative services

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Richard Hart, MD, DrPH



David Levy, MD

Many Strengths. One Mission.

LOMA LINDA UNIVERSITY HEALTH: LOMA LINDA UNIVERSITY | LOMA LINDA UNIVERSITY MEDICAL CENTER | LOMA LINDA UNIVERSITY CHILDREN'S HOSPITAL | LOMA LINDA UNIVERSITY BEHAVIORAL MEDICINE CENTER | LOMA LINDA UNIVERSITY MEDICAL CENTER - EAST CAMPUS | LOMA LINDA UNIVERSITY MEDICAL CENTER - MURRIETA | LOMA LINDA UNIVERSITY HEALTH SYSTEM | LOMA LINDA UNIVERSITY HEART & SURGICAL HOSPITAL | LOMA LINDA UNIVERSITY FACULTY MEDICAL GROUP

Order Sons of Italy lodges donate toward pediatric research at LLUH



Three representatives from four local lodges of the Order Sons of Italy organization were on campus to present a check for pediatric research at Loma Linda University Health. Presenting the check for \$1,012.50 is Joe LaBanca, second from right in the photo, a member of the Hacienda Lodge located in Whittier. On the receiving end is Robin Dawn Clark, MD, center, chief of pediatric genetics at Loma Linda University Children's Hospital (LLUCH). With them are, from left to right: Marco Zonni, also from the Hacienda Lodge; Subhadra Ramanathan, pediatric genetics counselor, LLUCH; and, right, Manny Finazzo, from the Joanne Coccia Lodge in Fontana. Not pictured is Dave Cerbone from the West End Lodge in Rancho Cucamonga, California. Members of the Sgt. John Basilone Lodge in Corona also contributed. The Sons of Italy, with 2,800 lodges in 48 states and the District of Columbia, as well as in Canada and Bermuda, are composed of more than 600,000 members in 650-plus chapters. The organization, founded in 1905 to help integrate Italian immigrants into the U.S. and Canada, now provides scholarships, funds medical research, preserves Italian-American culture, and supports disaster relief efforts through its Sons of Italy Foundation, which has donated more than \$108 million since 1959. *By Larry Kidder*

LLUH delegation celebrates 20th anniversary of SRRSH ...

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ing of Sir Run Run Shaw Hospital, they reignited friendships that had been forged over those years," he comments.

"While many aspects of this relationship are remarkable," he continues, "the personal friendships that developed between those who went to work in China and their counterparts are truly the heart of

this partnership. They provided expertise in nearly all areas of hospital operations, gently sharing suggestions, protocols, and strategies. Out of that crucible of cross-cultural exchanges, a modern hospital emerged that has gained international recognition and established a standard for China."

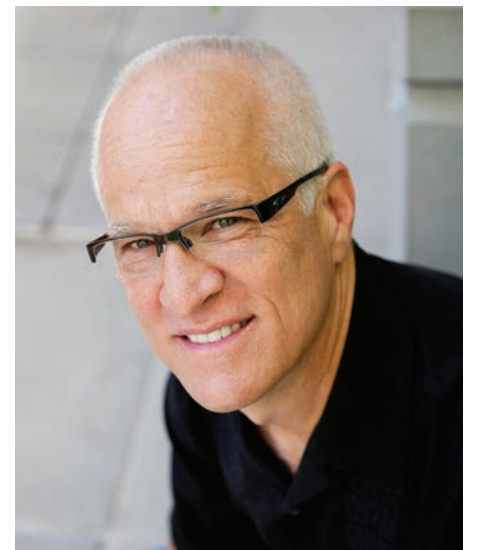
At the conclusion of the Journey to the
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Zheng Shu, MD; Lady Mona Shaw; and B. Lyn Behrens, MBBS, celebrate the unveiling of a commemorative statue of Sir Run Run Shaw, Lady Shaw's deceased husband, at the 20th anniversary celebrations at Sir Run Run Shaw Hospital in Hangzhou, China. Zheng Shu and Behrens are former deans of Zhejiang University School of Medicine and Loma Linda University School of Medicine, respectively. Behrens is also former president of Loma Linda University Adventist Health Sciences Center. Lady Shaw is chair of the Shaw Group of Companies.



Kathryn Icenhower, PhD, MSW



Terry Swenson, DMin, MDiv



Donna Petersen, MHS, ScD



Dora Barilla, DrPH, MPH

Eight Loma Linda University graduation ceremonies planned ...

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for challenged, at-risk communities.

Terry Swenson, DMin, MDiv, campus chaplain for Loma Linda University and associate professor of religion, will address the School of Nursing class of 2014. Swenson has worked with young people in pastoral settings for 30 years. In 1997, he joined the Loma Linda University family as campus chaplain, a post he has held ever since. Under his leadership, the campus chaplains office supports the spiritual growth of the LLU community through a variety of activities, including the weekly University@Worship—a chapel experience, SOMA Friday night vespers, the weekly Refresh Bible and Prayer Through Disciple groups, Pause weekly and quarterly prayer retreats, The Word devotional readings on the Internet, and a host of other campus activities.

Donna Petersen, ScD, MHS, will address 2014 graduates of the School of Public

Health. Peterson is dean of the College of Public Health at the University of South Florida, in Tampa. A prolific contributor to her profession, Petersen has authored numerous publications, book chapters, and an entire textbook on public health needs assessment. She is a frequent lecturer on topics related to maternal and child health, health care reform, and systems change and leadership.

Dora Barilla, DrPH, MPH, will speak to members of the School of Allied Health Profession's class of 2014. Barilla is assistant vice president for strategy and innovation, and associate director of the LLU Institute for Health Policy and Leadership. She has worked in health care for many years, promoting health reforms that are designed to improve health systems and health services in local communities. Barilla stresses the importance of understanding how health policies impact systems and improve health outcomes for individuals and communities.



Richard H. Hart, MD, DrPH, president of Loma Linda University Health, and Xiujun Cai, MD, president of Sir Run Run Shaw Hospital in Hangzhou, China, shake hands at the unveiling of a commemorative globe sculpture, which Hart presented to Cai at the 20th anniversary celebration of the Chinese hospital.

New research affirms proverb, 'A merry heart doeth good like a medicine'

By Herbert Atienza and Nancy Yuen

Experiencing joyful laughter reduces stress hormones, lowers blood pressure, and elevates a person's mood. Loma Linda University Health (LLUH) is a strong advocate for everyone to "Live It," and LLUH research continues to add to the known health benefits of mirthful laughter.

"Good Morning America" recently aired a segment highlighting results of an LLUH study showing that laughing for 20 minutes can help improve memory in healthy, older adults. "Learning ability and delayed recall become more challenging as we age," lead author Gurinder S. Bains, MD, shared. "Laughing with friends or watching 20 minutes of humor on TV, as I do daily, helps me cope with my daily stressors."

This news comes from the LLUH study, "The effect of humor on short-term memory in older adults: a new component for whole-person wellness." According to Lee Berk, DrPH, MPH, associate professor, LLU School of Allied Health Professions, and associate research professor, pathology and human anatomy, LLU School of Medicine, the act of laughing increases endorphins, sending dopamine to the brain. This provides a sense of pleasure and reward, and the immune system also functions better.

Laughter reduces stress, say the researchers, and as one's stress is lowered, memory improves. This has tremendous implications for older adults who may be experiencing age-associated memory deficiencies, since medical practitioners can now offer enjoyable and beneficial humor

therapies for these deficiencies.

A second LLUH study was presented in late April at the Experimental Biology 2014 conference in San Diego. As researchers measured subjects' brain-wave activity, they discovered that humor associated with mirthful laughter sustains high-amplitude gamma-band oscillations—gamma is the only frequency found in all parts of the brain.

"When there is mirthful laughter," continues Berk, "it's as if the brain gets a workout because the gamma wave band is in synch with multiple other areas of the brain that are in the same 30- to 40-hertz frequency. This allows for thinking more clearly and

having more integrative thoughts. This is of value to individuals who need or want to revisit, reorganize, or rearrange various aspects of their lives or experiences to make them feel whole or more focused."

Subsequent findings revealed that, while watching spiritual videos, subjects experienced significant levels of alpha brain wave bands, similar to those of a person at rest; and while watching distressful videos, subjects experienced flat brain wave bands across the board similar to those of people who feel detached, non-responsive, or would rather not be in the situation.

"Laughter may not only be good medicine for the health of your body, but may also be good medicine for your brain," Berk says. The world is listening, and major news outlets throughout the United States continue to relay the good news.

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Top celebration—a three-hour session in which SRRSH personnel and their mentors and colleagues from Loma Linda recounted significant details of their collaboration and the subsequent lifelong friendships they formed—Hart reflected that the meeting truly captured the soul of Loma Linda.

"The spirit of mission, of sharing what we know, of giving of ourselves to bless others, is truly what it's all about," he said.

Looking back on the ceremonies, Schaefer says he was very impressed with the close relationship between Zheng Shu, MD, the now-retired dean of Zhejiang University School of Medicine, and B. Lyn Behrens, MBBS, who was then dean of Loma Linda University School of Medicine. In recalling the 1987 visit by Zheng Shu and a number of other Chinese political and medical leaders, Schaefer notes that the two physicians shared a lot in common.

"It became apparent that both deans shared passion for the health and well-being of their patients," he observes. "Dr. Behrens was a practicing pediatrician and Dr. Zheng Shu was a practicing oncological surgeon. They were both committed to improving the quality of life for their patients. They were both committed to the vision of making something really big happen."

Behrens agrees. "We resonated from the very beginning," she notes, "and continue to do so through the years."

Hart wraps things up with a tribute to the men and women from SRRSH and LLUH who worked together to forge a new frontier of international health care cooperation.

"I want to thank all those who made this happen," he concludes, "and acknowledge the remarkable legacy they have established."



Lee Berk, DrPH, MPH, seated, associate professor, Loma Linda University (LLU) School of Allied Health Professions, and associate research professor, pathology and human anatomy, LLU School of Medicine, and Gurinder S. Bains, MD, have released new research findings that reveal health benefits that mirthful laughter brings.

What's Your Plan?

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— Dr. Ed and Mrs. Beverly Krick

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LOMA LINDA UNIVERSITY
HEALTH

'Grow Together' with Loma Linda University Health

By Taylor Khoe-Mupas and Briana Pastorino

The 3rd annual employee giving program, Grow Together, launched on April 1 to give employees an opportunity to support causes that make them passionate about working for Loma Linda University Health. All employees were encouraged to participate in payroll deductions—a simple option to provide loy-

al support—in any amount dedicated to an area of their choosing within LLUH.

"If every employee gave \$5 per pay period, more than \$1.7 million would be raised for the institution," says Taylor Khoe-Mupas, manager of annual giving in the office of philanthropy. "The April campaign provided positive results overall."

By the end of the campaign, there was a 19 percent increase in payroll deduction donors. An additional \$41,940 will

be contributed from the new employee sign ups/increases in payroll deductions in one year, and the overall projected annual total (existing and new employee donors) is more than \$233,000.

The Grow Together team spread the word about the program at employee forums and benefits fairs, department and staff meetings, and worships. Numerous stories were shared by employees on the Grow Together website. "Some give because Loma

Linda has helped them in some way in the past," Khoe-Mupas said, "while others give because they are grateful to be working for Loma Linda or because it's their personal mission to 'make the world a better place.'"

Several people were inspired by the videos and stories that were shared during the presentations. Khoe-Mupas continues, "Participating in Grow Together is a unique opportunity to not only support what you're

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Foot and ankle specialist joins orthopedic surgery department

By Larry Kidder

The orthopedic surgery department at Loma Linda University Health now has a foot and ankle specialist. Eric Gokcen, MD, recently completed a traveling fellowship, working with leading foot and ankle specialists around the U.S.

Now he has joined the orthopedic surgery team, taking on existing patients, as well as seeing new patients who are experiencing a wide range of foot and ankle ailments.

"Most of my patients have degenerative or sports-related problems," Gokcen explains. "Some of them are referred to me by other orthopedists in the region, since more complex cases usually end up at Loma Linda."

In contrast, Gokcen primarily served pediatric patients in his previous post. He worked in Africa for seven years—two in Kenya and five in Ethiopia—treating thousands of patients with club feet, as well as children with other deformities caused by burns, infections, or trauma. Prior to his time in Africa, he worked in private practice in the Philadelphia area.

"In the U.S., most infants born with club feet are treated successfully using braces or casts," Gokcen points out. "In developing countries, infants with club feet grow to the point where surgery is the only option for repair."

With the interest in global health at Loma Linda University Health, Gokcen's experience in Africa will be beneficial to the institution. "I plan to take residents on outreach trips to Africa," he discloses. "The experiences they receive in developing countries will add an extra dimension to their education."

Here in the U.S., Gokcen advises his residents, "The best surgeons know when not to operate." He adds, "There are lots of problems that can be treated non-surgically. In many cases, the solutions are quite simple."

One patient came to him complaining of a callus that had thickened and become uncomfortable. Gokcen removed the callus, then asked the patient to show him the shoes being worn at work. The man had bought a shoe insert that didn't extend the full length of the shoe. When Gokcen compared the insert with the callus, he found that the edges lined up perfectly and were causing it to form. He recommended an insert that went the full length of the shoe.

Other foot and ankle issues result from overuse or misuse. "I believe that people need to stay active," Gokcen suggests, "but they need to protect their feet and ankles in the process."

Some individuals may simply need to change the way they work out. Special exercises and/or orthotics—inserts and braces—can also make a world of difference.

However, there are cases where total ankle replacement is the only solution. "Lately, the foot and ankle specialty has taken on a greater role in our field," Gokcen details, "thanks to the proven success of

total ankle replacement."

For the past 10 years, specialists like Gokcen have had the option of total ankle replacement. Previously, the only option available to them was fusion—literally fusing the bones of the ankle together.

"Fusion relieves the pain for patients," Gokcen remembers, "but it reduces the



Orthopedic surgeon Eric Gokcen, MD, recently joined the orthopedic surgery department as its new foot and ankle specialist.

mobility of their ankles, often leading to arthritis in surrounding joints."

One patient needing ankle replacement enjoyed riding his Harley-Davidson motorcycle. "With fusion, the man would have had great difficulty shifting gears on his Harley," Gokcen reveals, "but with total ankle replacement, his foot was able to move normally, allowing him to shift comfortably."

Total ankle replacement has a proven record of success. "Over the past decade, ankle replacements have had a success rate

of more than 90 percent," he points out.

Gokcen and his wife, Corinne, share a commitment to CURE International, a Christian-based non-profit organization that builds and staffs children's hospitals in developing countries.

He serves on the CURE International medical advisory board, while Corinne currently raises funds, friends, and awareness for the organization.

The Gokcen family also includes two adult children, Erika and Curtis, who are both living in Southern California.



Gokcen, right, teaches and assists an orthopedic surgeon at a CURE International hospital located in Ethiopia.

Free Wellness Wednesday Webinars bring together experts and students in virtual classroom

By Larry Kidder

Employees, family members, and the community can now join a virtual wellness class with a real health and wellness expert on the last Wednesday of each month.

All they need to do is register and show up to class electronically via their computer at 6:00 p.m. on webinar days. The free webinars are interactive.

The first Wellness Wednesday Webi-

nar debuted on April 30. The next webinar is scheduled for May 28 at 6:00 p.m. To sign up, go to: ce.llu.edu or, if using a computer on campus, visit myllu.llu.edu/OWL or access O.W.L. through the VIP portal. Once you reach the Continuing Education portal, click "Search for Course" and, in the keyword search, type in "Wellness Wednesday." You will be guided through the rest of the sign-up process.

At the Continuing Education webpage, another option is to click on "Calendar" and

access the Wellness Wednesday Webinar that way.

Wellness Wednesday Webinars are limited to 100 participants for each class and are based on a first-come, first-served process.

The May 28 webinar will be presented by Kristen Osborn, MS, who will speak on the topic, "The Truth About Gluten-free Diets." Be sure to sign up for this free benefit, provided through Loma Linda University Health's Living Whole Employee Wellness Program.

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Campus buzz: LLU hosts Neuroscience Brain Bee

By Heather Reifsnnyder

Five of the brightest students from area high schools competed on campus April 6 in a Brain Bee to see who knew the most about neuroscience. An au-

dience of some 130 people cheered them on. The Brain Bee—an academic match for secondary students in which local bee competitions feed into national and international matches—is a program of the nonprofit Mankind for International Neu-

rosience Development, Inc. and sponsored by the Society for Neuroscience.

Brain Bees test students' knowledge of neuroscience topics such as intelligence, senses and sensations, emotions, neurophysiology, memory, neurological disorders,

sleep, and neuroanatomy.

The LLU School of Behavioral Health hosted the competition, which was organized by psychology students Courtney Ray, MA, MDiv; Pamela Lorenzo; and Nikita Mistry, MA, with the support of Rich Hartman, PhD, associate professor of experimental psychology and director of the behavioral neuroscience lab.

Ray, an advocate for educational outreach, had the idea to host a Brain Bee at Loma Linda University when she learned that the nearest one took place in Irvine.

George Elias from River Springs Charter School in Temecula took first place and won a trip to the Society for Neuroscience annual conference in Washington, D.C., this November.

Second place was awarded to Nathan Vong of Grand Terrace High School, while

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Courtney Ray, the brain behind bringing the bee to campus, addresses the crowd of about 130 who came to cheer on the competitors as they matched their knowledge of neuroscience against each other.

Balance is the key to 'Living It'

By Briana Pastorino

Miyuki Isogai is a physical therapist at Loma Linda University Health, a profession that can be challenging and stressful. But for Isogai, staying balanced allows her to keep a clear mind and a positive attitude.

So how does she keep it together? She teaches Tai Chi, an internal Chinese martial art that focuses on meditation and breathing used for defense training and health benefits. However, Isogai doesn't teach as a profes-

sion—she does it for free on campus during her lunch break. She also integrates her Tai Chi expertise into her patients' treatment.

"Tai Chi helps my patients relax with exercise and teaches them how to relax their minds," she says. "It helps them refine their muscle skills with strength and endurance."

Isogai admits she sees vast improvement in her patients when they utilize the techniques she has taught them. "It also improves their attitudes and outlook."

Isogai learned Tai Chi from a former

LLUH employee, now retired, who worked in the cafeteria.

In addition to her work as a physical therapist and Tai Chi instructor, Isogai exercises regularly and eats a healthy diet.

At Loma Linda University Health, students, employees, and patients are encouraged to not just know about the organization's emphasis on wholeness, but to live it out each and every day.

To accomplish this, Isogai offers one piece of advice: "Take small steps every day. You don't have to do so many things at once. Accumulate the types of exercise you do and increase that little by little."

How will you "Live It?"



Larry Rutebuka, PharmD

LLUSP alumnus to precept pharmacy students at new neighborhood market pharmacy

By Stephen Vodhanel

Larry Rutebuka, PharmD, president of the class of 2010, plans to use his position as manager of the new Walmart Neighborhood Market pharmacy in Loma Linda to provide on-the-job experience for LLU pharmacy students in training.

Recently appointed assistant clinical professor in the LLU School of Pharmacy's department of pharmacy practice, Rutebuka is committed to the education of pharmacy students. He plans to precept—or educationally supervise—LLU pharmacy students at the Loma Linda Walmart Neighborhood Market, slated to open the end of June.

In his new leadership role, Rutebuka looks to create a pharmacy in line with the culture of Walmart's Neighborhood Markets, offering personalized service tailored to the needs of the community.

After working for four years in the profession, Rutebuka also has plenty of advice for pharmacy students.

"Begin building relationships early and make these relationships as genuine as you can," he says. "Attend all conferences, and seek out recruiters and current pharmacists throughout the many events and conventions you attend. I would never have imagined it, but my current position was dependent upon relationships that I built while in school."

The School of Pharmacy congratulates Rutebuka for his accomplishments in the pharmacy profession.

**BALANCE
LIVE IT**

MIYUKI: MEDITATION EXPERT, TAI CHI ENTHUSIAST, PHYSICAL THERAPIST

Miyuki does more than help her patients regain their strength through exercise. With her friendly smile and love of tai chi, she's also committed to helping her patients and coworkers find inner balance, something she believes is key to wellness. Like Loma Linda University Health, Miyuki's commitment to the mind, body and soul goes beyond medicine—it's her way of life.

MANY STRENGTHS. ONE MISSION.

LOMA LINDA
UNIVERSITY
HEALTH

A Seventh-day Adventist Organization

High school teachers discover options for their students' futures

By Heather Reifsnnyder

Loma Linda University plays an active role to support local elementary and high school efforts toward preparing children and teens for the possibility of a career in the health professions. A dozen secondary school educators spent a half-day at Loma Linda University on April 23 to learn about programs and degrees that benefit both teachers and students.

The day also allowed the teachers—who are connected by similar pursuits yet rarely have the opportunity to meet—to network and brainstorm with each other. Organized by the Institute for Community Partnerships, this is an annual meeting for teachers from schools that include a health academy or are affiliated with the national student organization Health Occupations Students of America—or HOSA.

When surveyed, 73 percent of the educators said they rarely get to interact with other health academy/HOSA teachers, and 18 percent answered never. One of the day's

sessions allowed them to discuss best practices in health career education.

In addition to connecting educators of like-minded purpose, many of whom are from schools newly offering a health focus, the meeting included presentations about outreach programs at LLU to benefit student and teacher.

Gateway to the Health Professions is a summer program for high school students from low-income or minority backgrounds designed to be a pipeline bringing more young people into health careers.

EXSEED, another summer program, is for K-12 teachers seeking to better their ability to teach science, technology, engineering, and math (STEM) courses.

"It is exciting to share our resources and then have the teachers turn around and include them in their curriculum for the year," says Tina Pruna, MPH, director of Community-Academic Partners in Service at LLU.

"It is also exciting to see students attend one of our pipeline programs

because they heard about it from their teachers," she adds.

Programs and degrees their students may one day pursue were discussed in presentations by the School of Allied Health Professions and the School of Nursing.

"Half of the teachers who attended the meeting do not have a background in health care," Pruna says. "They mentioned that learning about the numerous health careers available was eye-opening and would help

them be better resources for their students."

The teachers also toured the health geoinformatics laboratory and were given free one-year access to the interactive mapping software ArcGIS, student edition.

One of the most popular sessions of the day was a presentation by Roger Hadley, MD, dean of the School of Medicine, about the character and quality of students at Loma Linda University.

The teachers in attendance came from schools in Fontana, Upland, Redlands, Grand Terrace, Colton, San Bernardino, and Riverside.

Head-shaving event raises funds for childhood cancer research

By Heather Reifsnnyder

More than a dozen people shaved their heads at a recent fundraiser on campus for childhood cancer research.

"These 14 people shaved their heads in a show of solidarity with pediatric cancer patients, especially those who have lost their hair from chemotherapy," says Andrew Crofton, a PhD student in anatomy and president of the basic sciences student council, School of Medicine. The council put on the fundraiser in conjunction with the department of basic sciences and LLU Cancer Center.

The March 31 event raised more than \$3,000 for St. Baldrick's Foundation, a volunteer-driven charity that funds promising research on curing pediatric cancers.

About 80 people attended the event, which was organized by Olivia Francis, PhD student in anatomy, School of Medicine; and Shannalee Martinez, MD/PhD student in microbiology and molecular genetics, School of Medicine. Both are doing research in the school's Center for Health Disparities and Molecular Medicine.

The foundation has previously funded a research project at Loma Linda University that studies a high-risk form of pediatric leukemia prevalent in Hispanic and Native American children, led by principal investigator Kimberly Payne, PhD, associate

professor, School of Medicine; director of translational research for the basic sciences department and the Cancer Center; and member of the Center for Health Disparities and Molecular Medicine.

"Childhood cancer research is dramatically underfunded nationwide," says Crofton, "so supporting events like this one is important for increasing innovative research aimed at developing effective therapies and/or cures for childhood cancers."



School of Medicine PhD student Brandon Dixon shows his support for childhood cancer research in a tangible way.



Secondary teachers from area high schools take in a presentation by Roger Hadley, MD, dean of the School of Medicine, about the personal character of LLU students.

Campus buzz: LLU hosts Neuroscience Brain Bee ...

Continued from page 5

Roshand Yancey of Jurupa Hills School in Fontana took third place.

The event also included a keynote address and breakout presentations on neuroscience topics.

Hartman gave the keynote, titled "How and Why I Became a Neuroscientist." He shared what kind of work his lab does before getting into the bigger purpose of the talk—showing that careers in the sciences are attainable.

"Since most of the participants came from underserved communities, I pointed out that neuroscientists—and scientists in general—come from all walks of life, and that a career in science is definitely within their reach and certainly within their mental grasp," Hartman explains.

"These kids probably know more about neuroscience than I did after four years of college," says an impressed Hartman, who hopes the event will become an annual occurrence at LLU.

Recent department of psychology graduate Melissa Dulcich-Garcia, PhD, moderated the competition. Psychology students John Bellone, MA; Shina Halavi; and David Rosenblatt, MA, led breakout sessions, respectively, on:

- "Who Needs Neuropsych?"— Disease research and patient care
- "Your Brain on TBI" — The possible dangers to the brain from full contact sports, and
- "Making the Grade" — What it takes to make it as a doctoral student.

Denise Bellinger, PhD, associate research professor, LLU School of Medicine, judged the students' answers along with guest judge O.C. White, MD, from the County of Los Angeles Department of Mental Health; he also presented the breakout session "Limitless Exposed" about the dangers of taking performance-enhancing drugs to get ahead in studies.

Awards and achievements

The Council for Support and Advancement of Education (CASE) District VII honored Taylor Khoe-Mupas, manager of annual giving, with a bronze award for the Students for International Mission Service fall infographic direct mail piece. "We received a large number of entries this year, and your institution's excellent achievement stood out among the best," wrote Nancy Treser-Osgood, CASE VII chair, in a letter announcing Khoe-Mupas' win.

"MBA Healthcare Management," an online guide dedicated to the occupation and education of health care management professionals, has ranked the School of Public Health No. 4 among the "Top 25 Master's in Public Health Degree Programs with the Highest Acceptance Rates." According to the website, these programs "are some of the best master's in public health degree programs and they happen to have some of the highest acceptance rates in the country." Says Troy Mark, editor, "We embrace the idea of getting a high-quality degree. At the same time, we realize the importance of a program's accessibility to the interested student population."

Lauren M. Simon, MD, MPH, has been named the May 2014 Family Physician of the Month by the 8,700-member California Academy of Family Physicians. Simon is an associate professor of family medicine and assistant director of the family medicine residency program at LLU. According to Mark Dressner, MD, president of the academy, "This award recognizes leaders who advance the field of family medicine and serve as outstanding examples in the field. From training the next generation of primary care physicians to serving as a volunteer physician for local high school and university sports teams, Dr. Simon dedicates her work to serving the community. At the same time, her efforts to grow and strengthen the family physician community through medical education, legislative advocacy, and leadership make her a true family medicine champion."

Faculty and staff members are invited to submit news items on achievements such as awards, presentations, and publications. Please e-mail the information to Larry Kidder at lkidder@llu.edu.

Ten-year-old donates \$300 in birthday money to Loma Linda University Children's Hospital during 29th annual Children's Day

By Briana Pastorino

Ruby Segura drove out with her mom to Loma Linda University Children's Hospital (LLUCH) from their Cathedral City home on Wednesday, May 7. They did not go for any sort of treatment or to visit a patient, but Ruby, 10, wanted to donate her birthday money to the kids at the hospital.

"Her sibling was treated at Loma Linda

for epilepsy," said Ruby's mom, Yvette. "Rather than have a party or gifts, Ruby decided on her own to give the money that would have been spent on her birthday to the hospital."

Ruby donated \$300 to the hospital designating half to go to the pediatric oncology unit and half to toys for the Child Life playrooms. Ruby and her mom delivered the money to LLUCH during the 29th annual Children's Day, presented by Farmer Boys.

After making her donation, she was able to enjoy the various health and safety attractions designed specifically for kids.

"Loma Linda University Children's Hospital is grateful for Ruby's selfless contribution

to the kids in our care," attests Dinah Evans, director of Child Life Services. "Children's Day is just one of the many ways we try to give back to our community and teach these kids how to be safe in their environment. We're very pleased to bring a smile to their faces and make this day all about them."

Nearly 700 kids from the Inland Empire community attended Children's Day and took part in activities such as the teddy bear clinic, fire safety and prevention demonstrations, and ambulance tours.



Loma Linda University Health volunteer Chrissy Martens applies a finger cast onto the finger of 10-year-old Ruby Segura from Cathedral City during the 29th annual Children's Day at LLUCH.



Through a unique "loop" paired kidney exchange between Loma Linda University Medical Center and UCLA Medical Center, mismatched kidney donor/recipient pairs found matching counterparts. In the photo, the four, from left to right—Haing Yun, Nichole Hurtado-Silva, Yvonne Hurtado, and Ivan Vasquez—met for the first time at the second annual "Gift of Life" Living Donor Award ceremony, hosted by Loma Linda University Medical Center Transplantation Institute on April 30.

'Grow Together' with Loma Linda University Health ...

Continued from page 4

passionate about, but to do so alongside hundreds of your colleagues."

Employees who have not yet joined Grow Together may still do so any time through-

out the year. Download a payroll deduction form online at www.llugrow.org. For more information you can e-mail your questions to growtogether@llu.edu or call the office of philanthropy at 909-558-5358.

By Herbert Atienza

Four Southern California residents who share an improbable bond of kidney donation met for the first

Four people involved in kidney donation 'loop' meet for first time at LLUH event

time on Thursday, April 30, during an inspiring event hosted by Loma Linda University Health to honor living kidney donors.

Ivan Vasquez, 31, of Los Angeles, wanted to donate one of his kidneys to Haing Yun, 67, of Rancho Cucamonga, a patient at Loma Linda University Medical Center whom he considered to be "like a second mother." Unfortunately, they did not match for organ donation purposes.

Meanwhile, Nichole Hurtado-Silva, 40, of Bakersfield, wanted to donate a kidney to her cousin, Yvonne Hurtado, 38, of Ventura, a patient at UCLA Medical Center. But they, too, were incompatible for organ donation.

In a unique "loop-paired kidney exchange" program overseen by medical teams from Loma Linda University Medical Center and UCLA Medical Center, the four found matching kidney donors and recipients between them. Through the kidney exchange, Vasquez donated a kidney to Hurtado, and Hurtado-Silva donated a kidney to Yun.

All are now doing well, and met for the first time at the second annual "Gift of Life" Living Donor Award ceremony, hosted by Loma Linda University Medical Center Transplantation Institute. The four were presented before more than 140 people, including other 2013 kidney donor/recipient pairs, at the gathering held in Riverside, where the living kidney donors were honored with awards.

"Our living kidney donors are the true heroes, because their selfless act has resulted in saving the life of another person," said Dr. Pedro Baron, kidney transplant surgeon at Loma Linda University Medical Center. He said a vast majority of patients succumb to their illness while waiting to receive an organ transplant.

According to Organ Procurement and
Continued on page 8

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Community Health & Wellness Fair at Highland Springs brings out area residents

By Larry Kidder

Hundreds of residents from Beaumont, Banning, and surrounding communities were on hand for the annual Community Health & Wellness Fair at Highland Springs Medical Plaza, held on Sunday, May 4.

Residents received health screenings at

more than a dozen booths. Local vendors displayed their wares, services, and food. Clowns created balloon animals and painted the faces of children and the young at heart. Fire trucks and ambulances were available for close-up inspection and photo opportunities. A California Highway Patrol officer explained the importance of car seats for children. A petting zoo and several animal

adoption agencies provided entertainment of the furry kind.

The event began with fanfare. A color guard, composed of local veterans, started things off, followed by a rendition of the National Anthem and recitation of the Pledge of Allegiance.

Jesse Mock, MA, CEO of Highland Springs Medical Plaza, introduced speakers

and events during the opening ceremony.

Brenda Knight, mayor of Beaumont, welcomed the community, followed by remarks by Debbie Franklin, Banning mayor, and Art Welch, Banning mayor pro tem and district representative for state representative Mike Morrell.

Presentations during the morning included a concert by San Geronio Middle School Jazz Band, healthy cooking demonstrations by Loma Linda University Health dietitians, a fitness demonstration by Zumba Fitness, and a children's puppet show by El Sol.



A Redlands Community Hospital volunteer encourages a fair attendee to exhale every last bit of air, measuring her pulmonary function.



A fair-goer sits quietly as her face becomes a work of art.



Jesse Mock, MA, right, Highland Springs Medical Plaza CEO, welcomes, from left to right, Art Welch, Banning mayor pro tem; Debbie Franklin, Banning mayor; and Brenda Knight, mayor of Beaumont.

LLU Printing Services now offers embroidering and engraving

By Nancy Blaire

The industrial orchestra of printing presses, copiers, and technicians at work has been joined by the sounds of needles, thread, and laser engraving.

Known for its excellence in creating a breadth of finished printed products, Loma Linda University Printing Services recently added two new service lines to its busi-

ness, increasing customer options. Custom embroidery and laser engraving were formally made available for customer orders in mid-April.

"Our team has been so excited to expand our services," says Jennifer Rowland, manager of LLU Printing Services. "Our goal is to continue to build relationships with our current and new customers, and to provide excellent service and quality products."

With these new services, Loma Linda University Printing Services has expanded its focus to production of embroidered and engraved promotional and personalized items. Situated conveniently on the Loma Linda University Health campus, both on- and off-campus community customers will be able to order custom-embroidered and laser-engraved items for

Continued on page 10



Loma Linda University Printing Services designer Martin Zaragoza adjusts one of the embroidery machines.

Four people involved in kidney donation loop meet ...

Continued from page 7

Transplantation Network (OPTN), more than 107,000 patients are currently waiting for a kidney transplant.

Ivan Vasquez had known Haing Yun as a co-worker at a clothing company in Los Angeles, and they have formed a bond. "She cooked food for me and brought food for us to share," he said. He said Yun started becoming sick, and confided that she was planning to leave California because of the long wait for a kidney transplant. He told her she did not need to move because he was willing to donate his kidney.

"It's an amazing feeling knowing that you made a difference in someone else's life," Vasquez said. Yun said, "we were close before, but we're even closer now."

Yvonne Hurtado had been on dialysis for 10 years and her chances of receiving a kidney transplant were diminishing.

Her cousin, Nichole Hurtado-Silva, has six children, was about to be married, and planning to relocate shortly from Ventura to Bakersfield, where she was going to start a new job. But she could not bear the thought of her cousin's health further deteriorating without her taking action.

"I feel I was just an instrument used by God to save a life," Nichole Hurtado-Silva said. Yvonne Hurtado expressed gratefulness to her cousin and her donor "for giving me a chance at life."

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LOMA LINDA
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HEALTH

School of Nursing shares expertise in international practice

By Heather Reifsnnyder

The theme of the Western Institute of Nursing's 47th annual conference in April aligned with LLU School of Nursing's commitment to serving a global community. This alignment made the conference—themed "Taking It Global: Research, Practice, and Education in Nursing"—a

strong venue in which the school shared its international expertise through symposia, podium presentations, and posters.

The School of Nursing has been building a stronger presence at this conference for the past few years, and this year, more than a dozen of the school's faculty and eight students traveled to Seattle to present findings.

The school hosted two symposia, one

devoted to its professors sharing their experience and insight in doing international research, and the other relating to the school's off-campus work in other countries.

In the first, for example, Professor Elizabeth Johnston-Taylor, PhD, summarized lessons learned during her research with the indigenous Maori peoples in New Zealand, noting that for research with different cultures to be successful, "Perhaps the most pivotal requirements for such an endeavor

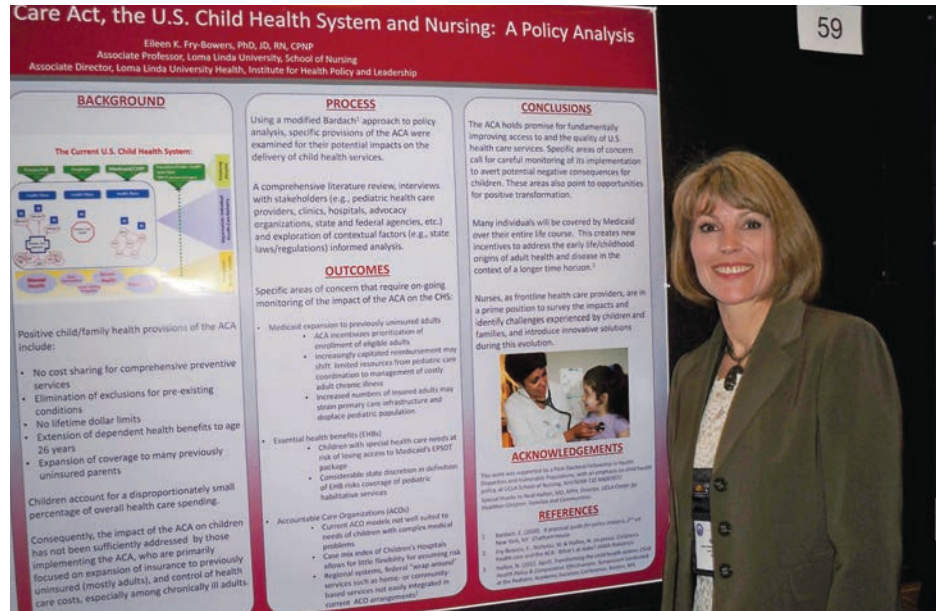
are personal characteristics—such as open-heartedness, sincerity, patience, respect, and willingness to learn—and engagement with co-researchers representing that culture."

In the second symposium, faculty members presented insights discovered through the School of Nursing's international off-campus degrees, service-learning trips, and conferences. For example, reflecting on a service-learning trip in which she took LLU undergraduate students to Botswana, Professor Dolores Wright, PhD, shared how

Continued on page 10



Doctor of nursing practice student Morry Anotta, left, presents her research poster at the conference. Iris Mamier, PhD, at right, is her faculty mentor for the project, which focused on raising awareness of HIV and its prevention in the rural community of Kumi, Ethiopia.



Associate Professor Eileen Fry-Bowers, PhD, JD, presents her analysis of the potential impacts of the Affordable Care Act on child health services.

Christopher and his speech therapist

By Larry Kidder

His face immediately lights up when he sees her coming into his hospital room at Loma Linda University Children's Hospital (LLUCH). She represents fun and friendship to him. While it looks like play, she is actually teaching him important communication skills that will help him tell those who care for him what he really needs and wants.

His name is Christopher Velasquez Jr. He's 2 years old with an abundance of dark brown hair, smiling eyes, and a zest for life. His home for the past three months has been unit 5800—the pediatric cardiac intensive care unit for children with severe heart problems.

Melissa Heine, a student clinician and his speech-language pathologist, pulls out an Apple iPad with a game called "Peek-a-boo Fridge." Christopher reaches for the tablet and puts it on his lap. Melissa encourages him to "Knock, knock." As he knocks on the screen, a door opens and a picture of a vegetable, fruit, or other type of food appears. The goal is to identify the

food item with a sign and/or word.

At the age of 2, Christopher's vocabulary is limited to about a dozen words. He knows Mama, Dada, and other words typical for his age. Melissa is also teaching him sign language as one more way to communicate.

May is Better Hearing and Speech Month, when the American Speech-Language-Hearing Association raises awareness about communication disorders and recognizes the life-altering treatments speech-language pathologists provide.

Christopher and patients like him are typically referred by their physicians, who request a communication consult with a speech-language pathologist. After evaluating Christopher's communication skills, the speech-language pathology department at Loma Linda University Medical Center (LLUMC) assigned Melissa to help him. The department is responsible for both adult and pediatric patients.

Melissa visits Christopher once a day. His world is a pediatric bed with protective rails and a "roof," keeping him safe and secure. He is able to sit in a high chair to eat snacks; however, his primary nutrition



Christopher, 2, works with his speech therapist, Melissa, playing games to help him learn new words and signs. May is Hearing and Speech Month, celebrating the work of people like Melissa, who facilitate communication for adult and pediatric patients.

is provided through an IV line, along with medication to help keep his heart pumping. Christopher's heart is enlarged—a condition known as hypertrophic cardiomyopathy with restrictive physiology. The enlarged heart muscles make his heart the size of a 3-and-a-half-year-old's. He is on the waiting list for a new heart.

His father, Christopher Velasquez Sr.—or Chris—spends as much time as he can by his son's bedside, which usually ends up being about five hours a day. He works evenings for UPS (United Parcel Service) to keep the family going. Veronica, Christopher's mother, is unable to be with him as much as she would like. She is due to deliver little brother Noah any day. Angelica, age 11, is the big sister.

"It's difficult waiting," says Chris. "We don't know when they'll call us to say they have a heart for Christopher." He adds, "It makes me sad to think another child has to pass away so that my son can have a new heart."

Over the three months that Christopher has been at LLUCH, his medical and family caregivers have been careful to keep him healthy so he'll be ready the moment a heart becomes available. The family, whose home is in nearby Pomona, is staying at the

Ronald McDonald House, located less than a mile away, allowing them to be closer to Christopher.

Chris remembers the day it all started. He was serving in the Marine Corps at the time, stationed in San Diego. Christopher was receiving a routine four-month check-up when the doctor heard a heart murmur. A second opinion led to more tests, including an echocardiogram that revealed an enlarged heart.

Specialists around the country, including Washington, D.C., Atlanta, and Boston, weighed in on the diagnosis, reviewing Christopher's growing medical files.

All of the worry, however, melts away when Melissa arrives for Christopher's daily session, accompanied by her attending, Gary Lucas, MS, a senior speech pathologist at LLUMC. "Melissa is one of the top students in our program," Lucas attests.

Christopher gives Melissa a fist bump. They launch into a session with him laughing, signing, and saying new words he is learning. "His speech therapy is a highlight of his day," Chris acknowledges.

All too soon, the session is over. The protective rails to his bed are raised and Christopher becomes quiet. His dad, Chris, sits in the chair next to his bed, waiting.



Christopher "Chris" Velasquez Sr. shares a special moment with his son, Christopher Jr., who has been diagnosed with hypertrophic cardiomyopathy and is awaiting a new heart.

Big Hearts for Little Hearts Loma Linda Guild hosts its first fashion show, 'Carolyn's Closet,' raising \$10,000 for LLUCH

By Briana Pastorino

The Big Hearts for Little Hearts Loma Linda Guild hosted its first fashion show benefiting Loma Linda University Children's Hospital (LLUCH) on Wednesday, May 7. The event, "Carolyn's Closet: an Evening of Fashion and Music," took place in the rotunda of the Centennial Complex at Loma Linda University Health and welcomed nearly 250 guests.

The inaugural event raised approximately \$10,000 for LLUCH, which will go toward the purchase of fetal monitors and rocking chairs for the pediatric emergency department.

"The goal of this event was to support the medical miracles so many children desperately need," says event coordinator Leigh Anderson. "The Loma Linda Guild is appreciative of all the wonderful supporters of our amazing Children's Hospital. Many little souls will be blessed thanks to their generosity!"

Jillian Payne, executive director of the LLUCH Foundation, also expressed her

gratitude to those who made the evening a success.

"What a beautiful, fun and fashionable way to support our children in the hospital. The vision of the Loma Linda Guild for this event was grand and it absolutely matched the implementation of the evening. It is such a blessing to have the incredible Big Hearts for Little Hearts Loma Linda Guild leading the way in advocacy and community involvement for our kids. They really know how to bring people together to make things happen."

The fashion show was designed to showcase the latest styles for two groups: teenagers and their moms. Students from local high schools modeled fashions from Le Roy's Shoes & Clothing, and Inland Empire women, including Guild members and LLUH staff, modeled designs from Chico's.

In addition to the fashion show, guests were treated to music by the Loma Linda Brass Quintet as they arrived and shopped the boutiques, and Redlands East Valley High School choral ensemble performed a Disney medley during intermission.



Community member Adriana Plaza Cutler models looks from the "9 to 5abulous" line, now available at Chico's.

Loma Linda Farmer's Market and recipes from LLUH Living Whole Wellness Program provide a fun way to 'Live It'

By Nancy Yuen

It's 5:00 p.m. and, as you're on your way home after work, you notice the Farmer's Market in front of the Loma Linda University Health (LLUH) Welcome Center.

Instead of fighting traffic, you take a few minutes to stroll through the market. As you browse, you mingle with LLU students and members of the community. Stopping by several booths, you're curious to see what locally grown fruits and vegetables are available.

You select ripe, juicy oranges and a basket of strawberries to make a fruit salad, and purchase asparagus and onions.

At home, you access the LLUH Living Whole Wellness Program recipe archive and browse through tasty, low-calorie recipes created by dietitians, each with less

than 10 grams of fat, and fewer than 50 milligrams of cholesterol.

A recipe for pasta primavera looks and sounds delicious. You have all of the ingredients, and though the recipe doesn't call for asparagus, it will be a creative addition. You don't realize until you begin gathering the ingredients that the recipe is vegan and neither does your family. There are no leftovers.

Every Tuesday, the Loma Linda Farmer's Market opens at 5:00 p.m. It was created to be a place where Loma Linda University Health employees, students, and volunteers and the community can "Live It," meeting family and friends, and enjoying healthy, farm-fresh food.

Note: The LLUH Living Whole Wellness Program recipe archive can be accessed at <http://bit.ly/1jkX8bY>.



Fresh asparagus, a perfect addition to homemade pasta primavera, is now available at the Loma Linda Farmer's Market.

LLU Printing Services now offers embroidering and engraving ...

Continued from page 8

business or personal use.

"At Printing Services, we're always examining the print value chain and adapting to our evolving industry," explains Jeremy Hubbard, director of business innovation for the Loma Linda University Foundation. "As we look beyond traditional print, I'm proud to offer these new services. Our customers deserve the very best, and that's what we're committed to providing."

From clinical apparel to hats, athletics to outerwear, Loma Linda University Printing Services is able to embroider logos, business designs, personal names, and more. Customers can also rely on the

store to customize technology, clinical, office, and home accessories and gifts with laser engraving.

Loma Linda University Printing Services provides the city of Loma Linda and surrounding communities with printing, copy, graphic design, promotional items, and other related services.

An established part of local commerce, the store was honored as the Loma Linda Chamber of Commerce 2013 Business of the Year, and it regularly sponsors local fundraising events and organizations.

Watch a Printing Services embroidery machine create the Loma Linda University logo at <https://vimeo.com/94469635>.

School of Nursing shares expertise in international practice ...

Continued from page 9

the experience helped her pupils understand the need for cultural sensitivity as well as the practice of nursing in a place with few resources.

"They developed appreciation for nursing's foundation in caring and realized that one does not require high technology to be a caring nurse," Wright noted in her paper. "The students expanded their skill set and gained confidence while working in the village clinics. They learned about themselves and how they changed through the experience. Several of the students stated that they had a clearer direction for their career path after this service-learning experience."

Also during the conference, doctoral students Amal Alaskar, Morry Anotta, Raquel Branom, Gudrun Klim, India Medley, Cherie Pefanco, Julie Pusztai, Lynette Sandiford, and Helen Staples-Evans presented posters, as did undergraduate student Viri Fuentes.

"This is an excellent conference for students to present at, because it gives them an opportunity to network with nurse researchers and other students," says Betty Winslow, PhD, professor and research director, LLU School of Nursing, "and it strengthens their commitment to building

the science of nursing."

Other School of Nursing faculty members who presented during the symposia, in podium lectures, or via posters were Winslow; Eileen Fry-Bowers, PhD, JD, associate professor; Kari Firestone, MS, assistant professor; Fayette Nguyen Truax, MS, assistant professor; Elizabeth Bossert, PhD, associate dean; Patricia Jones, PhD, professor; Eric Molina, MSNA, assistant professor; Lisa Roberts, DrPH, MSN, director of FNP and AGNP programs; Vanessa Jones-Oyefeso, DrPH, assistant professor; and Alycia Bristol, MS, assistant professor.

School of Nursing alumna Ahlam Jadalla, PhD, also presented. She is an assistant professor in the school of nursing at California State University, Long Beach.

Though not in attendance, several faculty members from other schools were research co-authors: Susanne Montgomery, PhD, MPH, director of interdisciplinary studies, School of Behavioral Health; Naomi Modeste, DrPH, professor, School of Public Health; Curtis Fox, PhD, chair, counseling and family sciences, School of Behavioral Health; and Helen Hopp Marshak, PhD, associate dean, School of Public Health.

Executive director of perioperative services retires in style

By Larry Kidder

It wasn't so much the fact that Pat Crudup was retiring after 41 years of service to Loma Linda University Health (LLUH). In an organization with close to 14,000 employees, there are bound to be many retirements.

What made this different was the send-off, organized and funded by two close friends and colleagues—Jeanne Messinger, MN, executive director of patient care at LLUMC, and Connie Cunningham, executive director of LLUMC emergency services.

"We wanted to surprise her," Jeannie admits. "And we wanted to send her into retirement with style."

So they planned a walk down memory lane for Pat—or rather a ride down memory lane in a pristine antique Packard limousine. Mid-morning on Friday, May 9, the limousine arrived and the chauffeur rolled out the red carpet.

"Pat had said more than once that she would enjoy riding in a limo sometime," Connie remembers. "Our limousine arrived with Martinelli sparkling cider on ice, with two goblets ready for a toast."

Memory lane started in front of LLUMC, where members of the operating room staff mingled with friends and administrators. Ruthita Fike, MA, CEO of LLUMC, was on hand to present a bouquet of roses to Pat. The secret was successfully preserved up until Pat walked through the

front doors of the hospital and was greeted by applause, friends, and photographers.

Pat posed in front of the Packard with her staff, administrators, and friends. Then she climbed into the limousine. Marc Dailey, MBA, MS, who will take over from Pat as executive director, joined her in the Packard as they set off for the next stop.

Across Barton Road, the Packard pulled up to Faculty Medical Offices Outpatient Surgery Center, where colleagues and friends were once again waiting. After photographs with staff members there, they headed for Loma Linda University Medical Center East Campus. More operating room staffers were waiting to greet Pat there.

The final stop along memory lane took place at Loma Linda University Heart & Surgical Hospital. Again, co-workers and administrators shared memories, gathered for photos, and wished Pat a happy retirement.

Lyndon Edwards, MBA, MHS, vice president for LLUMC East Campus and LLU Heart & Surgical Hospital, hopped a ride in the Packard between the two hospitals and back again. "How can anyone ever top this?" he asked.

"Perhaps a horse-drawn carriage," Jeanne laughs. "We actually looked into that, but when we saw the Packard, the choice was obvious."

In a memorandum to all department heads, Jill Pollock, MS, MFT, administrator for LLU Behavioral Medicine Center

and interim administrator for LLUMC, writes, "Pat, we thank you for everything you have given over 41 years; you will be missed. We wish you much good health and

God's blessings in the years to come."

Pat will now turn her attention to spending more time with grandchildren Ava and Adam, and a third little one on the way.



Ruthita Fike, MA, CEO of Loma Linda University Medical Center, presents Pat Crudup with roses, then turns her attention toward the cream-colored Packard parked in front of the LLUMC entrance, which will serve as Pat's ride down memory lane on her last day of work.



Standing in front of the antique Packard limousine with Loma Linda University Medical Center in the background are, from left to right, the chauffeur, Connie Cunningham, Pat Crudup, Jeanne Messinger, and Marc Dailey.

Treating the mind at Loma Linda University Health ...

Continued from page 12

For adults, she points out, 5 to 7 percent have a serious mental illness. "According to the Substance Abuse and Mental Health Services Administration—SAMHSA—an estimated 17.1 million adults have experienced at least one major depressive episode during the past year, and only 65.1 percent reported receiving treatment."

She adds, "Suicide is the second leading cause of death among 25- to 34-year-olds. More than 50 million American adults suffer from mental or addictive disorders, and fewer than a third receive professional help."

And then there are the 13.8 million people 18 years and older who are problem drinkers. Even more sobering—one in five young people between 14 and 17 years old, approximately three million teenagers have serious drinking problems.

"For every person with an alcohol problem, an estimated four people are directly affected," Pollock details, "which means that approximately 67.2 million family members are touched by alcohol abuse."

With the emphasis on wholeness at Loma Linda University Health, the mind plays a central role in caring for the whole person. The roles of the BMC and Loma Linda University Behavioral Health Institute add a major dimension to caring for humankind.

"We may feel uncomfortable talking about mental illness or chemical dependency," Pol-

lock suggests. "We're comfortable talking about heart disease or diabetes, yet we place a stigma on mental illness."

She offers, "At the BMC, we meet people where they are, with no stigma attached. They have been courageous just to make the call or walk through our front door. We want to provide a safe place for hope and healing to take place."

The BMC continues to care for children, adults, and seniors who are dealing with anxiety; depression; eating disorders; physical, sexual, or emotional abuse; suicidal thoughts and self-harm; addictions; chronic pain and medication dependency; and other emotional and behavioral health problems through both inpatient and outpatient programs.

The LLU Behavioral Health Institute (BHI) has successfully brought mental health professionals across Loma Linda University Health into one central location, providing greater convenience for patients and creating an environment where collaboration and the sharing of ideas can easily take place.

Disciplines brought together by BHI include counseling and family sciences, psychiatry, psychology, psychiatric social work, and psychiatric nursing.

"We have so many resources between the BMC and BHI," Pollock reflects. "We are all about hope for our patients of all ages and their families."



Reportable Crimes

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

Type of Crime	Number of Crimes	Place of Crime
Burglary Motor Vehicle	6	Lot Q (2); Lot DC (2); Lot O; East Campus
Burglary	2	Campus Engineering (2)
Auto Theft	9	North Parking Structure; Lot C; Lot O; Lot A (4); Lot DP, FMO
Aggravated Injury	2	MC; BMC
Petty Theft	1	Emergency Room
Threats	4	Meridian Complex; Drayson; LLUAHSC Support Services; FMO
Battery	2	Medical Center (2)
Fire in Progress	1	FMO

You can assist the 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.

'MasterWorks' Concert on the campus mall draws close to 1,000 from community

By Larry Kidder

It's close to becoming an annual tradition at Loma Linda University Health. For the second year in a row, faculty, staff, and the community gathered for an afternoon of great symphonic music, accompanied by blue sky and cool breezes.

Titled "MasterWorks," the afternoon concert on Sunday, May 4, featured works by Russians Pyotr (Peter) Ilyich Tchaikovsky and Sergei Rachmaninoff, performed by the San Bernardino Symphony Orchestra.

Under the direction of Frank Fetta, the orchestra shared the same music from its final ticketed performance the night before. The free Sunday afternoon concert drew an audience of close to 1,000, sitting in chairs or on blankets under awnings.

Tchaikovsky's Symphony No. 5 has been compared to Ludwig van Beethoven's fifth

symphony, largely because both move from tragedy to triumph. The opening theme is heard in each of the four movements—beginning in the minor key and concluding in a major key. A memorable horn solo in the second "Andante Cantabile" is a recognizable theme even to the untrained ear.

Sergei Rachmaninoff is among the best-known performer-composers in musical history. His unusually large hands and dexterity allowed him to compose some of the most challenging works in piano literature. Arguably, his Piano Concerto No. 3 is the most difficult piano concerto ever written.

Nationally and internationally acclaimed piano soloist Norman Krieger joined the San Bernardino Symphony Orchestra for the third concerto by Rachmaninoff, affectionately known in music circles as the "Rach 3" (pronounced rock).

Buffered at times by cool afternoon

breezes, the orchestra moved its audience with expertise and inspiration, supporting the "Live It" theme of living a whole life, such as by adding music and

relaxation to one's life.

The Master Works performance was dedicated to the memory of Nancy (Woods) Bricard and Duke Hill. Sponsors included San Manuel Band of Mission Indians, The James Irvine Foundation, Ann & Gordon Getty Foundation, Art Works, and the San Bernardino Symphony Guild.



World-renowned pianist Norman Krieger performs Rachmaninoff's Piano Concerto No. 3—affectionately known to pianists as the "Rach 3"—arguably the most challenging piano concerto ever written.

Treating the mind at Loma Linda University Health

By Larry Kidder

May is Mental Health Month across the U.S.—an opportunity to look at the problems of mental health in the country, what is being done about them, and what more can be done.

"Among children," says Jill Pollock, MS, MFT, administrator of Loma Linda

University Behavioral Medicine Center (BMC), "one in five has a diagnosable mental, emotional, or behavioral disorder, and as many as one in ten suffer from a serious mental illness."

She continues, "What's alarming is the next part: an estimated 70 percent don't receive treatment."

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The Old Spaghetti Factory's Tip-A-Firefighter raises more than \$9,000 for LLUCH

By Briana Pastorino

The Old Spaghetti Factory (OSF) restaurants in Rancho Mirage and Redlands hosted Tip-A-Firefighter in April, raising over \$9,000 for Loma Linda University Children's Hospital (LLUCH).

"Loma Linda University Children's Hospital is very thankful for The Old Spaghetti Factory in Rancho Mirage and Redlands for hosting this fundraiser," said Jillian Payne, executive director, LLUCH Foundation. "This event was a great way for the community to come together for some great food and fun while raising much-needed funds for the children in our care."

OSF in Rancho Mirage hosted the event for the first time on April 16. Local firefighters and fire cadets from the desert area served restaurant patrons during lunch and dinner.

"The Old Spaghetti Factory is honored

to have had the opportunity to be a part of the Tip-A-Firefighter fundraiser," said restaurant general manager of the Rancho Mirage location, Juana Orona. "It was an important community event for a wonderful cause."

The Redlands location hosted the event for the third year in a row on April 22. Local firefighters from Loma Linda Fire Department, Redlands Fire Department, Colton Fire Department, and San Bernardino County Fire Department were on hand serving lunch and dinner.

"We were excited to partner once again with local firefighters to contribute to a great cause," said Lily Wong, general manager, The Old Spaghetti Factory Redlands. "We look forward to hosting it for years to come."

All tips collected by the firefighters and fire cadets at both locations were donated to Children's Hospital.



Five young concert-goers sport their "Live It" glasses, among the giveaway items during the concert.



Kaitlin Spangler, a server at The Old Spaghetti Factory in Redlands, and firefighter/paramedic Chris Harrison serve up dinner during the third annual "Tip-A-Firefighter."



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