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TODAY - October 21, 2013

Loma Linda University Health

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Latest installment of \$3 million gift from San Manuel enables Cancer Center to build biospecimen lab

By Larry Kidder

Oncologists at Loma Linda University Medical Center have been storing thousands of cancer tissue samples, donated by cancer patients, for the past three years.

Now they have a dedicated laboratory, housed in Chan Shun Pavilion, thanks to the second yearly installment of a generous gift of \$3 million from San Manuel Band of Mission Indians.

"These tissues would normally be discarded following surgery," explains Mark Reeves, MD, PhD, director of the LLU Cancer Center. "Patients give their written consent for their tissues to be saved and frozen in liquid nitrogen, preserving them for later examination."

The collection of tissue samples is nothing new. However, these samples were previously preserved in formaldehyde and other fluids. The nucleic materials—DNA and RNA in particular—were degraded and unstable. "We now have freezers full of

specimens frozen with liquid nitrogen," Dr. Reeves reports, "preserving the proteins and nucleic acids indefinitely."

The biospecimen laboratory is unique worldwide for three primary reasons. First, the laboratory represents a long-term institution-wide commitment. Many other biobanks exist, but most are connected to specific research. When the research concludes, the biobanks go away.

Second, careful standard operating procedures are followed for all tissue samples. Tumors and surrounding normal tissues are collected, brought to the biospecimen lab and labeled, taken to the pathologist to read, then immediately frozen in liquid nitrogen and returned to the biospecimen lab, where they are finally stored in nitrogen freezers.

Third, careful electronic records are maintained, linking the tissue to a patient whose future progress is followed and documented, increasing the predictability of success for other patients in the future and allowing oncologists to personalize treatment.

"Each tumor is unique," Dr. Reeves explains.



Saied Mirshahidi, PhD, research scientist in the biospecimen laboratory, readies a specimen and special kit for delivery to the pathologist (left photo), where the specimen will be read, then quickly frozen (right photo), limiting exposure and degradation of the tissue.



"For instance, colon cancer cells are different from cancer to cancer, from patient to patient."

In recognition of the tribe's generous gift, The Medical Oncology Center and Bio-

specimen Laboratory were renamed the San Manuel Band of Mission Indians Medical Oncology Center, and San Manuel Band of Mission Indians Biospecimen Laboratory.

Concrete pour moves Centennial overpass closer to completion

By James Ponder

The Centennial Overpass stepped off the drawing board and into its permanent new home on Stewart Street on Tuesday, September 17, when 220 cubic yards of concrete were poured into frames erected for the bridge and sidewalls.

According to Brad Johnson, department of construction and architectural services at Loma Linda University Health, the entire overpass is scheduled

for completion next summer.

"With the completion of the placement of concrete for the pedestrian bridge over Stewart Street, the general contractor's efforts are now focused on constructing the retaining walls on each side of the street," Mr. Johnson notes. "These walls will be cast-in-place concrete walls with architectural graphics featuring a globe and including the words 'To Make Man Whole,' and will also include cast-in-place concrete piles with steel reinforcing. The

pile walls will have steel cable tiebacks extending up to 100 feet into the surrounding earth, adjacent to Shryock and Evans Halls. The height of these walls will range from 3 to 15 feet tall."

The new overpass will accomplish at least four objectives.

First, it will increase safety for pedestrians who will no longer have to look out for motorists as they cross the street. Second, it will save time for pedestrians and motorists who will no longer have to wait for a green light. Third, both the overpass and the greenery planted on it will beautify and unify the campus. Fourth, it will allow for

the Centennial Pathway to continue beyond its current location.

There is a powerful Inland Empire angle in the story of concrete. According to Ian A. Smith, who began working at Colton Portland Cement Company in 1952, mining began at a limestone quarry on 700-foot-tall Mt. Slover in nearby Colton, in 1915. When limestone is ground into powder and mixed with aggregates and water to form a paste, it becomes concrete.

How much does the overpass weigh? A cubic yard of concrete weighs 4,050 pounds; 220 cubic yards yield 891,000 pounds. That's a lot of concrete.



The new Centennial Overpass appears in the middle of Stewart Street in this panoramic photograph by Darrell K. Petersen, instructor in pathology and human anatomy, LLU School of Medicine.

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 CARE | LOMA LINDA UNIVERSITY HEART & SURGICAL HOSPITAL | FACULTY
MEDICAL GROUP OF LOMA LINDA UNIVERSITY SCHOOL OF MEDICINE | FACULTY PHYSICIANS & SURGEONS OF LOMA LINDA UNIVERSITY SCHOOL OF MEDICINE

School of Dentistry alumnus appointed director of educational assessment

By Douglas Hackleman

Eun-Hwi (Euni) Cho, a 1993 graduate of the Loma Linda University School of Dentistry, has been appointed director of educational assessment and curriculum development for Loma Linda University School of Dentistry.

In her new role, Dr. Cho will represent the School on the University Assessment Committee, reporting assessment information between the School of Dentistry and the parent institution. Her primary responsibility will be to manage the assessment program at LLUSD and address both the WASC (2020) and CODA (2016) accreditations.

Upon graduating from Andrews University in 1988 with a bachelor of science degree in biomedical sciences, Dr. Cho took a year before beginning dentistry to serve as director of the cardiothoracic department at Oakwood Hospital in Dearborn, Michigan.

While in dental school, Dr. Cho funded her education by teaching piano, serving as

a bookkeeper for a local business, and working as a clerical assistant at LLU finance. She received her doctor of dental surgery in 1993.

She then served as an associate dentist for three years at the Redlands Dental Surgery Center before following her dream of helping to provide oral health care services to the underserved. From 1998 to 2002 she was dental director for Riverside-San Bernardino County Indian Health, Inc., where she was responsible for the operations of four dental clinics, two of which were built under her direction. She also conducted the first-ever (and successful) dental JCAHO accreditation for the corporation and implemented innovative community-based programs for the Indian community.

From there, Dr. Cho served as an associate dentist with the Sonoma County Indian Health Project in Santa Rosa, California, where she was charged with establishing a pediatric dental clinic in an existing medical center.

Dr. Cho then served as a consultant/provider for the First 5 grant in the service

of which she established relationships at San Bernardino County's Arrowhead Regional Medical Center where she equipped an operating room, trained staff, and performed surgeries for the First 5 grant patients. She has been since 2005 an associate dentist with the School of Dentistry in its department of oral and maxillofacial surgery as well as an attending dentist in the department of surgery at Arrowhead Regional Medical Center in Colton, California, where she maintains a private practice treating children in the operating room.

More recently (since 2010) she has been assistant professor for dental education services, involved in the School's public health dentistry course, and, since 2012, lecturer and clinical instructor for the Ryan White HIV/AIDS grant at the SAC Health System dental clinic.

Dr. Cho is married to Richard Cho, DDS, who graduated from the School of Dentistry in 1997. The couple reside in Loma Linda with their 14-year-old daughter and two sons (11 and 8), who attend



Dr. Euni Cho

Loma Linda Academy. On any given Sunday, the Chos can be found at a football field, basketball court, baseball diamond, or a volleyball gym watching their kids play. On any given Sabbath, you can find them at either the Calimesa Adventist Church or the Crosswalk Church. Dr. Cho still enjoys playing the piano, and turns to sudoku or the beach for relaxation.

Free party for community planned for Children's Hospital 20th anniversary

By James Ponder

The public is invited to join Loma Linda University Children's Hospital in celebrating 20 years as the Inland Empire's No. 1 children's hospital on Sunday, November 10, from 4:00 to 8:00 p.m. on the north lawn of the Loma Linda University campus.

According to Kelly Jackson, director of strategic alliances, LLUH advancement, the festivities are designed to commemorate the first 20 years of the hospital in style.

"We are honored to celebrate the 20th anniversary of Loma Linda University Children's Hospital," Ms. Jackson says, "and honor all the patients and families who have received treatment here, as well as the clinicians and staff who have dedicated their lives to taking care of kids."

The festivities include games for kids of all ages, food trucks offering a variety of vegetarian delicacies, a special showing of "Homeward Bound"—a movie that debuted in 1993, the year the hospital opened its doors—and a fireworks finale guaranteed to light up the skies. The movie will begin at 6:00 p.m.

"We're hoping for a big turnout," Ms. Jackson adds. "The weather's supposed to be fine, but we have an alternate destination ready to go in case it turns stormy."

At a special press conference, which will be held on Thursday, November 7, former patients will be reunited with the physicians and clinicians whose interventions saved their lives.

"Loma Linda University Children's Hospital has been a wonderful force for good in our community the last two decades," Ms. Jackson observes. "It just wouldn't be right to let this opportunity pass without taking time to reflect on what it means to the children of the Inland Empire and other parts of Southern California who depend on its lifesaving care."

Celebrating
20 Years
as the Inland Empire's
#1 Children's Hospital

Birthday Party Festivities
Sunday, November 10, 2013
4:00 - 8:00 pm | Movie at 6:00 pm

FREE Outdoor Family Movie
Bring blankets, chairs and a picnic
Food Trucks • Games
Firework Finale

Loma Linda University
Medical Center Lawn
11234 Anderson Street
Loma Linda, CA 92354

lomalindakids.org

LOMA LINDA UNIVERSITY
CHILDREN'S HOSPITAL

Nine-year-old patient appeals to radiothon listeners during first public outing in 10 months

By Briana Pastorino

The 12th annual Stater Bros. Charities K-Froggers for Kids Radiothon on September 11 and 12 was, to most, an opportunity to raise funds for Loma Linda University Children's Hospital.

But for 9-year-old Aubrey Gaines it was a chance to get out of the house and show everyone how important the fundraiser was to her and her friends on unit 4800—the pediatric hematology/oncology unit. This was Aubrey's first time out in an open, public place since her diagnosis.

Aubrey was diagnosed with acute lymphoblastic leukemia—cancer of the white blood cells—on December 6, 2012, and has been in and out of the hospital ever since.

She is currently on her fifth round of chemotherapy treatment.

"Needless to say she was thrilled to get out of the house," said Aubrey's mom, Krystle Garrison.

Ms. Garrison admits much of the past 10 months has been scarier for her than for her daughter, but she knows they "couldn't

be in a better place. Since day one the doctors and nurses at Loma Linda have

been wonderful," she says. "They always explained everything."



LLU Children's Hospital patient Aubrey Gaines, 9, encourages listeners to call in and donate during the 12th annual Stater Bros. Charities K-Froggers for Kids Radiothon on Wednesday, September 11, alongside K-FROG radio personality Doug E. Frog.

Aubrey and her mom drove out from their home in Beaumont to visit the K-FROG team and radiothon volunteers during the event at Bass Pro Shops in Rancho Cucamonga on September 11.

Aubrey was invited to go on the air with radio personality Doug E. Frog to encourage listeners to call in and donate to the hospital.

"It's important for our listeners to hear the patients who will benefit from the radiothon," said Harvey Wells, senior vice president and market manager at K-FROG. "Aubrey was such a sweetheart, and she even had a great radio voice."

The Stater Bros. Charities K-Froggers for Kids Radiothon raised \$296,058, which will go to support the pediatric hematology/oncology unit as well as other programs at LLU Children's Hospital.

"Thank you to K-FROG for hosting this incredible event, and to Stater Bros. Charities for its continued support," says Children's Hospital administrator Zareh Sarrafian, MBA.

"This is all for our patients—the true heroes," he continues. "To all of those who supported the radiothon, you are making a difference in the lives of children battling cancer at Loma Linda University Children's Hospital."

LLU researchers publish potential new remedy for neuropathic pain

By Herbert Atienza

Loma Linda University researchers will publish new findings in the journal *Neuroscience*. The NIH-funded study showed that chronic pain following spinal cord injury may be reduced by consuming a diet rich in omega-3 fatty acids.

One hundred and forty-one media outlets have reported the findings. The study can be viewed online at www.sciencedirect.com/science/article/pii/S0306452213007835.

The study's authors are Johnny D. Figueroa, PhD, postdoctoral research specialist, Center For Health Disparities and Molecular Medicine and the department of anatomy and human pathology; Kathia

Cordero, MD/PhD student, School of Medicine; Miguel Serrano-Illan, PhD student, School of Medicine; Audra Almeyda, MD student, School of Medicine; Keisha Baldeosingh, MD, Center For Health Disparities and Molecular Medicine; Frankis G. Almaguel, MD/PhD, Center For Health Disparities and Molecular Medicine and radiology resident; and Marino De Leon, PhD, professor of physiology, department of basic sciences, and director of the Center for Health Disparities and Molecular Medicine, School of Medicine, where the research was conducted.

"Chronic neuropathic pain is a serious condition affecting millions of people with type 2 diabetes and spinal cord injury. A key

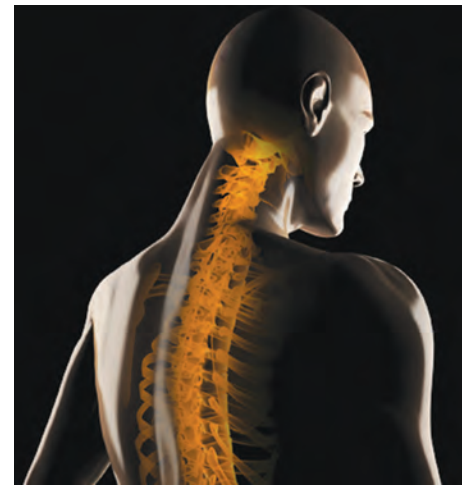
finding of this research is the identification of new promising targets for the development of new therapies," says Dr. De Leon, senior author and head of the study.

The study found that the pain threshold of rats with spinal cord injury increased as a result of a diet containing omega-3 fatty acids.

"One of the main complaints of patients after a spinal cord injury is pain," says Dr. Figueroa, the study's first author.

"We are looking at strategies to reduce the pain, and we are finding that diet can play an important role in pain management," he adds.

The study had rats with spinal cord injury. *Please turn to page 5*



Chronic neuropathic pain is a serious condition affecting millions.

Come Celebrate This Season of Giving

NOV. 16
2013
7:00 pm
Loma Linda
University Church

Thank *Sharing*
LIVE MUSIC
thanksharing.org

JOIN US FOR

- Inspirational Music
- A Reflection by Michael Knecht
- An opportunity to contribute to community food banks

For More Information

thanksharing.org
1-877-LLUMC-4U

Loma Linda University Church
11125 Campus Street
Loma Linda, CA 92354



LOMA LINDA
UNIVERSITY
HEALTH

The evening features an array of local musical groups and individuals

FREE ADMISSION with non-perishable food donation.

Wholeness and holiness in health: School of Religion hosts Ontario clergy at convocation

By Nancy Yuen

On October 2, 2013, individuals working together to create a healthier city filled the De Anza Community and Teen Center in Ontario. The event they were attending, "Wholeness and Holiness in Health: Ontario Clergy Convocation," was hosted by the LLU School of Religion.

During the all-day convocation, clergy members learned the history of the Adventist Church's teachings about health. Resources that make it possible for clergy to help members of their congregations live more healthful lives were also highlighted and made available.

"Faith-based organizations," says Johnny

Ramirez-Johnson, EdD, professor, LLU School of Religion, "are interested in adopting the health message developed at Loma Linda. In doing so, the health message that used to be parochial is becoming an integral part of the gospel that all Christianity shares."

Presenters included Jon Paulien, PhD, professor, School of Religion; Dr. Ramirez-Johnson; Dora Barilla, PhD, assistant vice president for strategy and innovation, Loma Linda University Health; and Karen S. Thompson, City of Ontario. Additional presenters included Kevin Mannoia, Azusa Pacific University; Tim Gillespie, DMin, faith and community health liaison, LLUH; Mary Chilee Okoko, director, ministry of life, dignity and justice, San Bernardino Catholic Diocese; Theodore Levterov, Ellen

G. White Estate LLU branch director; and faith-based organization fellows Courtney Ray and Laurelle C. Warner.

Dr. Ramirez-Johnson was awarded a

three-year, \$45,000 grant from the city of Ontario. The city is one of six in Southern California that each received \$1 million Kaiser Permanente grants to provide resources to specific areas within each city identified as Healthy Eating Active Living Zones (HEAL Zones).

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Family health fair to include 5K, health screenings, and fun

Contributed report

Looking for something fun to do with the whole family? Check out Loma Linda University Health's family health fair Sunday, October 27, at the Drayson Center from 9:00 a.m. to 1:00 p.m.

The fair will offer free flu shots and health screenings, food, games, and health exhibits. There will also be a chance to win a Disneyland family package for four with a two-night hotel stay.

Prior to the fair, at 8:00 a.m., there will be a free family 5K at that is designed for everyone from casual walkers to elite runners.

Pre-register online by 3:00 p.m. on October 24 at www.FHF5K.com/runner. Or register on the day of the event starting at 7:00 a.m. at the Drayson Center soccer field.

For more information regarding the event, call 1-877-LLUMC-4U.

The Drayson Center is located at 25040 Stewart Street, Loma Linda, 92354.



On October 2, 2013, individuals working together to create a healthier city filled the De Anza Community and Teen Center in Ontario. The event they were attending, "Wholeness and Holiness in Health: Ontario Clergy Convocation," was hosted by the LLU School of Religion.



Last year's fair

What's Your Plan?

MANY STRENGTHS.
ONE MISSION.

The Heritage Society honors those who have provided for the work of Loma Linda University, Medical Center and/or Children's Hospital through a planned gift such as a will, trust, gift annuity, charitable remainder trust, life insurance policy or retirement plan.

To join, visit hs.llulegacy.org or call the Office of Planned Giving to request a membership form.

For further information, please contact the **Office of Planned Giving:**
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Email legacy@llu.edu



"We are pleased to have created an endowed scholarship in Religion to help Loma Linda University students."

— David L. Taylor, PhD and Maxine J. Taylor, EdD



LOMA LINDA UNIVERSITY
HEALTH

Student-created assessment tool contributes to progress of mission hospitals

By Heather Reifsnnyder

To struggling or failing mission hospitals, joining the LLU-based nonprofit Adventist Health International (AHI) becomes a lifeline. Now the organization possesses a new tool to help these overseas facilities survive and thrive.

Assisting these Seventh-day Adventist hospitals and clinics first requires know-

ing the true picture of how they are doing. AHI's network consists of about 25 hospitals and 65 clinics in some 20 countries. Understanding them is where an assessment protocol initially developed in 2009 by LLU School of Public Health alumna Christi Carlton, MPH—and recently updated—becomes useful.

"The document prompts an evaluator to ask a myriad of questions that provide a

snapshot of everything from facility infrastructure, to accounting/record keeping, to staff morale and patient satisfaction," explains Elisa Brown, MBA, director of the master of business administration program in the School of Public Health, who modified the tool to cover more areas of management. Ms. Brown is also former director of finance at AHI-member Malamulo Hospital in Malawi.

The tool is being used to both keep track of Adventist Health International facilities and to evaluate potential facilities that request to join the AHI network. It has been used several times in the field so far. The stories of its first two uses illustrate how it is giving AHI leadership more information with which to better run health care missions.

It was used first at Heri Adventist Hospital in Tanzania to explore a possible partnership with AHI, and second in Rwanda to evaluate AHI-member Mugonero Adventist Hospital.

In both, MBA students from the School of Public Health helped make it happen, which is in line with Ms. Brown's vision for the MBA program to contribute to mission service.

At Heri, Jonathon Thorp, MD, MBA—now a 2012 School of Medicine and School of Public Health alumnus—conducted the evaluation in March of that year. Currently an internal medicine resident, Dr. Thorp explains that he and his wife are part of the Seventh-day Adventist Church's deferred mission appointee program, which will facilitate their future work as a physician couple in the developing world. Dr. Thorp explains that he added the MBA to his medical training because mission doctors

are often tasked with hospital administration as well.

He spent four weeks at Heri Hospital doing the assessment and fulfilling a medical elective. He says the evaluation tool gave him the framework he needed to gather all necessary information. While Heri did not end up joining AHI, Dr. Thorp says, "The tool saved a lot of time because the basics of what I needed to look for were already laid out."

The experience at Heri confirmed Dr. Thorp's desire to serve overseas. "It affirmed and reaffirmed many times over what I feel God is calling me to," he says. "I am thrilled to work in developing world settings in the future."

Last summer, the tool was used for the second time at Mugonero Hospital in Rwanda. Ms. Brown took along MBA student Allie Evans to help with the site visit. Ms. Evans, who has since graduated in June 2013, says the trip offered her her first exposure to global health care.

"Going to Rwanda was, not to sound cliché, the chance of a lifetime," Ms. Evans says. "To get the data, we spent almost four days on site observing and interviewing leadership. I learned about their challenges and the great things that they do over there."

Upon their return to California, Ms. Evans and Ms. Brown presented their findings to the administrative committee of Adventist Health International.

"The assessment tool was useful at Mugonero because representatives from Adventist Health International had not visited in a few years," Ms. Brown says. "It was helpful in reestablishing connections between AHI and the hospital administration."

Having MBA students use this assessment tool overseas is both a learning opportunity and an outlet for them to help others, she believes.

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Pathology residents present at professional society



The June meeting of the Los Angeles Society of Pathologists was devoted to presentations by residents from Loma Linda University Medical Center. Presenting case studies with in-depth discussion were (front row, from left) Bingbing Song, MD; Summer Blount, MD; Laura Denham, MD; and Ying Zhao, MD. In the back are (from left) Cyrus Oster, MD, and Jeff Cao, MD, LLU professor of pathology and human anatomy, who hosted the session.

Loma Linda University Church presents

TRUE NORTH

When character goes south, which way is north?

presented by Randy Roberts

Each day presents us with more evidence that we are "slouching towards Gomorrah" (as one writer put it). Politicians scheme, preachers fall, leaders fail, and ordinary Christians make decisions that reflect poorly on God. Simply put, character has gone south. Where, then, is *True North*? Of what does character consist? Join us as we consider some aspects of Christian character.

**9:00 & 11:45 AM SERVICES
LLUC SANCTUARY**

October 19: *A Question of Duty*
 October 26: *A Boost of Willpower*
 November 2: *A Matter of Honor*
 November 9: *A Sense of Integrity*
 November 16: *An Ounce of Courage*
 November 23: *A Touch of Kindness*

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Wholeness and holiness in health: School of Religion hosts Ontario clergy at convocation ...

Continued from page 4

With the funding, Dr. Ramirez-Johnson is conducting research that will answer the following: 1) how are faith-based organizations investing to promote health initiatives? and 2) how well do clergy understand the mental health needs in their congregations?

"I am excited," says Dr. Ramirez-Johnson, "about sharing the Loma Linda University Health values with faith-based organizations, continuing to build new bridges for promoting health in the Inland Empire. This initiative is housed at the School of Religion dean's office, for which I feel honored and fully supported; the school is reaching out beyond the confines of the ivory tower.

"I am honored to work with my team," he continues. "The research would not be possible without the assistance of two of our fellows: Pastor Ray is a psychologist and pastor who brings unique skills that help us build bridges with the clergy; Ms. Warner is a social worker who brings skills that are helping us write assessments of the

program, as well as teaching and organizing the enterprise.

"We feel equally blessed to be partnering with the department of social work at La Sierra University with a subcontract. Tapping into the energy of 27 social work students has multiplied our three-person team into 30."

As the grant's three-year duration progresses, Dr. Ramirez-Johnson is providing data and study results to Dr. Barilla's office.

The initiative is part of Kaiser Permanente's three-year, \$7 million HEAL program. In addition to LLU, the city of Ontario partnered with Ontario-Montclair School District, Chaffey Joint Union High School District, Reach Out, Kids Come First, Ontario-Montclair YMCA, and Pitzer College to implement strategies that address the initiative's three goals: decreased calorie consumption; increased consumption of healthful food and beverages (fruits, vegetables, and water); and increased physical activity.

LLU researchers publish potential new remedy for neuropathic pain ...

Continued from page 3

injury fed with control chow and chow enriched with omega-3 fatty acids for a total of 16 weeks.

The pain tests conducted on the animals showed that the group consuming the omega-3 fatty acids enriched diet exhibited significantly less pain.

Dr. De Leon says that "while clinical studies are needed to establish a func-

tional human equivalent for a diet rich in omega-3 acids, there are plenty of benefits in implementing a diet rich in omega-3 because of its anti-inflammatory and protective properties."

He said people can experience these benefits by consuming two servings of fish, preferably salmon, per week; walnuts and flaxseed oil; or, if necessary, through over-the-counter supplements.

LLUH employees step up their health efforts

By Larry Kidder

Increasing numbers of Loma Linda University Health employees have been taking part in the Step It Up program, offered through the Living Whole Employee Wellness Program.

"It's exciting to see LLUH employees becoming more active," says Olivia Moses, DrPH, program administrator of the Living Whole Employee Wellness Program.

"We've been introducing LLUH entities one at a time to the program," she explains. "In April, we had approximately 750 employees from Loma Linda University sign up for the program."

The Step It Up program is fairly straightforward. Teams of four employees are formed and compete for two months to take the most steps. Participants are provided with a personal pedometer—worth approximately \$50 retail—that interfaces with a website to track their progress.

Total individual and team steps are tallied and tracked in real time. Prizes are

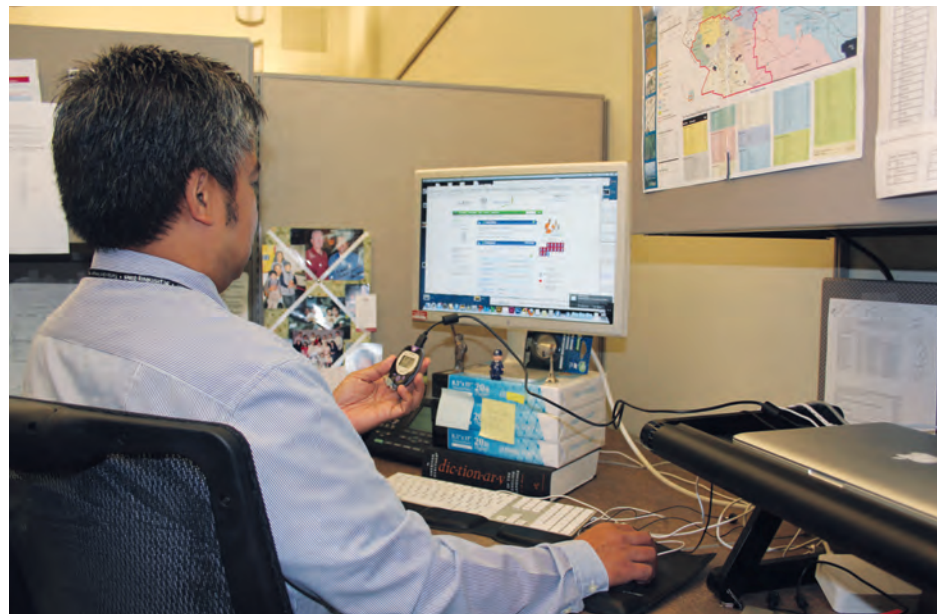
awarded during benefit fairs for the various LLUH entities.

Teams are encouraged to dream up creative names for their foursomes. As of 11:00 a.m. on Thursday, October 10, the top 10 teams were: Certain to be Hurtin', Flying Feet, Team One!, Witness the Fitness, 3 Ladies and a Boy, Team Turbo, The Walkie Talkies, Cupcakes Anonymous, The Pink Roadrunners, and 3 Girls and a Gent.

The latest LLUH entity to join Step It Up, LLU Health Care, has nearly 900 participants, Dr. Moses reports.

"It's not so much about the prizes or competition," Dr. Moses points out. "It's really about providing ways for employees to become more healthy and active."

She adds, "Everybody wins."



Herbert Atienza, a media relations writer in the department of public relations, uploads his steps from his pedometer and logs into the website. A personal page tracks his individual progress. He can also view a list of LLUH walking teams and see how his team stacks up against the competition.

Loma Linda University Health employee sees results with 'Say NOW' program

By Larry Kidder

The "Say NOW" program is working well for James Ponder, a writer in the Loma Linda University Health office of public relations. This is the second in a series of four articles chronicling his progress.

Say NOW, an acronym for Say No to Over Weight, was developed by Olivia Moses, DrPH, Living Whole Employee Wellness Program administrator for LLUH, and her team.

"Loma Linda University Health was founded on a strong health message," says Dr. Moses, "and the goal of the employee wellness program is to provide various opportunities and resources to help employees take better care of themselves."

Mr. Ponder signed up for the program back in April. He has completed the "Lean Choices" class, one of five that employees in the Say NOW program can choose from and, since the class finished, has continued to document his diet and exercise, using the

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Student-created assessment tool contributes to progress of mission hospitals ...



In Rwanda, Allie Evans, now a School of Public Health alumna, visits a health clinic run by Mugonero Hospital, which she helped survey with the new evaluation tool. With Ms. Evans is Sifa (Glory) Kabano, the nurse in charge of the clinic.

Continued from page 5

"Part of my vision for the program is to train health care leaders and administrators to serve in our Adventist hospitals, whether in San Bernardino, Malawi, or Ethiopia," Ms. Brown concludes.

The tool is being developed to become self-reporting for hospitals and has enabled the beginnings of an entire database for the management of mission hospitals. This is part of an ongoing effort to provide management resources and communication tools to the AHI facilities and management team.

This pleases the tool's creator, Ms. Carlton, who believes the idea came to her after praying for inspiration regarding her practicum project for her master's degree in global health.

"I noticed that there were loads of assessment tools for clinical settings such as those developed by the World Health Organization, the Joint Commission, and the U.S. Agency for International Development," she explains.

"There was, however, very little research related to assessment of faith-based facilities," she adds. "Most of the time, assessments were being conducted using evaluations meant for government facilities—which are run and funded very

differently from mission facilities."

After gathering every existing assessment tool she could find, Ms. Carlton also conducted interviews with missionaries and other individuals who had worked in international health facilities before writing the tool.

"I had wanted to be part of something that would help us manage our health missions better for several years before I started working on this particular project," she says.

A former student missionary who spent a year at another Adventist facility, Scheer Memorial Hospital in Nepal, Ms. Carlton notes, "It's easy to put in the hours when you have a personal vested interest."

"I find it very satisfying knowing that something I helped create is being used," she adds of the evaluation tool, which was pilot-tested at other hospitals in Sub-Saharan Africa before being used in its current form at Heri and Mugonero hospitals. One of those hospitals was AHI-member Malamulo Hospital in Malawi.

Ms. Carlton became even further acquainted with Malamulo Hospital during the past two years, which she spent serving as its logistics manager and special public health projects director. She returned to the U.S. in July.



An action packed film featuring the world's best skiers and snowboarders
7:00 p.m., Saturday Night, November 23, 2013
 Chan Auditorium, Loma Linda Elementary School

Advance Ticket Sales

Purchase tickets on-line at www.llusmaa.org
 LLU Student Affairs Office or Alumni Association, School of Medicine, LLU

Student Benefit brought to you by the Alumni Association, School of Medicine, LLU

'Live It' ads debut across nation

By Heather Valentine and Briana Pastorino

The next phase of the national branding campaign for Loma Linda University Health has begun with the launch of the "Live It" advertisements designed to raise awareness of LLUH and position the institution as the leader in health and wellness. This follows the campaign's first phase, which announced the new consolidated name of Loma Linda University Health.

Live It lets people know that the LLUH commitment to health and wellness extends beyond the workplace.

"The goal of Loma Linda University Health is to be the example for the way patients are cared for and students are taught," says Richard H. Hart, MD, DrPH, president, Loma Linda University Health, "all in an effort to help people live longer, healthier lives. To do this, Loma Linda University Health has launched Live It to let everyone know our dedication to well-

ness extends beyond our jobs, teaching, and research—it is how we live."

This message will be told through stories of patients, employees, students, volunteers, and others who exemplify the LLUH commitment to health and well-being. Advertisements in print, television, and radio, along with outdoor billboards, will share these stories.

Dr. Hart says, "Everything we do is based on changing lives for the better by sharing our knowledge and empowering our community. As we embark on this national campaign, we encourage not just our students, physicians, and employees to Live It, but everyone in the community as well."

The campaign is currently running in the Los Angeles, Orange County, and San Diego areas consistently; it is also rotating through national markets across the country. In October, Live It will be featured in Dallas; Orlando, Florida; Denver; Chicago; San Francisco; Seattle; Phoenix; Portland, Oregon; Nashville, Tennessee;

Boston, and Dayton, Ohio.

One of the first Live It ads features Dilys Brooks, associate chaplain for Loma Linda University, who not only works daily to

encourage the spiritual well-being of students and staff, but also inspires others as a friend, mother, and runner of long-distance races—all while living with a pacemaker.

Loma Linda University Health employee sees results with 'Say NOW' program ...

Continued from page 6

online weight-monitoring program at www.myfitnesspal.com.

"I'm happy to report that I've lost more than 30 pounds since I started Say NOW," Mr. Ponder details. "Once I reached 33 pounds, the easy phase suddenly came to an end."

He actually gained a pound-and-a-half one week. "At that point, all sorts of horrible ideas popped into my head," he remembers. "Had I lost my ability to lose weight? Did the cooler weather and onset of autumn trigger my inner weight regulator to bulk up? Or had I merely changed my eating and exercise patterns?"

After some soul-searching and consultation with Lorraine Abaro Thomas, his teacher with "Lean Choices," Mr. Ponder came to the realization that he had, in fact, somewhat relaxed his eating and exercise habits.

"Caitlin McKee, MS, a registered dietitian with the employee wellness program called to ask how things were going," Mr. Ponder recalls. "She wondered if I was continuing to log my daily food and exercise. I had to admit I had let that lapse."

He continues, "At her request, I started logging my progress again. When I did, I began to make subtle dietary changes. I got



serious about daily exercise again. By the end of the week, I had lost another pound. I felt like jumping up and down!" Ms. McKee also recommended that he add a healthy protein source to his diet to increase his protein intake. "I've increased my protein consumption to healthier levels," he shares.

Mr. Ponder's goal is to drop 60 pounds over the course of a year. "Right now I'm half-way there," he grins, "and the rewards have been amazing. My clothes fit better, I have lots more energy, and I'm sleeping better. Friends and family even tell me I look younger."

Say NOW is only one of a number of programs developed by Dr. Moses and her team to motivate employees to better care for themselves. "Everybody wins when employees are healthy," Dr. Moses suggests.

For more information about the Living Whole Employee Wellness Program at Loma Linda University Health, visit www.llu.edu/central/hrm/employee-wholeness.page.



Olivia Moses, DrPH, administrator of the Living Whole Employee Wellness Program, is seeing a growing number of LLUH employees become involved in various programs offered through the employee wellness program.

**INSPIRE
LIVE IT**

DILYS: RUNNER, CHEERLEADER, CHAPLAIN

Whether it's helping others through counseling or giving a friend that extra push on the last mile, Dilys believes no race is won without encouragement. She knows that being an example to others creates a support system that makes every goal achievable. Through her work at Loma Linda University Health, she's dedicated herself to caring for the mind, body and spirit — and it shows through her commitment to inspire others to do the same.

**MANY STRENGTHS.
ONE MISSION.
LLUHEALTH.ORG**

A Seventh-day Adventist Organization

**LOMA LINDA
UNIVERSITY
HEALTH**

One of the Live It campaign ads

Pharmacy residency match rate exceeds national average

By Stephen Vodhanel

Students from the School of Pharmacy class of 2013 achieved a high success rate in matching to residency programs throughout the nation.

A student survey shows that of 29 students from Loma Linda University School of Pharmacy class of 2013 who applied for residencies, 79 percent matched. In contrast, the national match rate for positions beginning in 2013 was 63.4 percent, according to the American Society of Health-System Pharmacists. While residencies are not required for pharmacists, they can enhance career opportunities.

The School of Pharmacy division of experiential education, under the leadership of Naomi Florea, PharmD, has dramatically

increased the student professional development program, which has led to obtaining residency positions, as well as other professional opportunities for PharmD students.

An example of a networking opportunity provided by the division of experiential education is a reception it will host at the Mission Inn in Riverside, California, for the class of 2014, with a specific focus on residencies. A Residency Showcase for LLU students will also be held in November at the Redlands Country Club. To date, more than 15 programs are registered in the showcase. Alumni are invited and often attend these events.

"The networking events are intended to bring together our students and alumni with representatives of residency programs

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Long-term supporter of LLU School of Medicine leaves colorful legacy

By James Ponder

To call Frank William Shearer, MD, a long-term supporter of Loma Linda University School of Medicine is a serious understatement: when he died this year at the age of 107, Dr. Frank, as he was called, had been big on the school since he graduated in the 1930s. During his life, he also blazed the trail for his three brothers, his son, his granddaughter, and numerous nieces and nephews to graduate from his alma mater.

Dr. Frank was an American original. Although the U.S. Census Bureau lists 53,364 centenarians in the United States, only one of them had his picture published waterskiing—at the age of 101, no less—in National Geographic. That one, of course, was Dr. Frank. The remarkable image even graced the front cover of the magazine's Turkish edition.

He stood out in other ways, too. Among them was the fact that he used no less than 10 different names throughout his lifetime.

Born Francis William Shearer on November 21, 1905, at Duck Lake in the Canadian province of Saskatchewan, he was initially called Willie. He might have been Frank, but his father—who was also Francis Shearer—had adopted that as his own name. But when Willie started school, everyone called him Bill.

The name served him well from grade school, which he attended on the Shearer Farm, through high school at Battleford Academy, and then from Canadian Union College and Pacific Union College to the College of Medical Evangelists, as Loma Linda University was then known. But

when he graduated with his MD degree in 1932, the man variously known as Frank, Willie, or Bill became simply Dr. Shearer.

At the conclusion of medical school, Dr. Shearer married Bernice Alice Deer, a Battleford classmate. The newlyweds had just 10 days to visit family members in Canada before taking off in their 1925 Ford for Seattle where Dr. Shearer took a one-year internship at Swedish Hospital. After that, the couple settled in Toppenish, Washington, where he opened a medical practice.

When World War II broke out, Dr. Shearer's career was growing along with his family. Raymond had been born during the Seattle internship, Marilene arrived a few years later in Toppenish, and Douglas joined the team in Carmel, California, while Dr. Shearer was serving the Army Air Corps in nearby Salinas. In the Army, Dr. Shearer added two new monikers to his growing collection—at first he was Captain Shearer, but a promotion in rank elevated him to major.

When the war ended, Major Shearer and his family joyfully returned to Toppenish, elated that the conflict was over. In Toppenish, he reverted to civilian nomenclature as Dr. Shearer. Many of his friends just called him Doc. Either that or Doc Shearer.

The postwar baby boom hit Toppenish in a big way and Dr. Shearer could hardly keep pace with the burgeoning demand for his services. Babies were arriving all hours of the day and night. His brothers, Bob and Ed, also Loma Linda graduates, moved to town and joined the practice. Which meant, of course, that there were now three Drs. Shearers. To avoid confusion, they decided to be known as Dr. Bob, Dr. Ed,

and Dr. Frank, respectively. Dr. Frank took the name change in stride. He thought it sounded better than Dr. Bill.

Life was good for the Shearer family in Toppenish. The bucolic Yakima Valley—which boasts four seasons, gorgeous natural scenery, and a Wild West heritage—was a great place to build a career and raise kids. But there was also a practical reason the family moved there during the Great Depression of the 1930s.

"Dad said he had seen many doctors who were unable to get paid in Seattle," Marilene shares, recalling her father's internship at Swedish Hospital. "He knew his family would never go hungry living in a farming community."

He was right. Doctors made house calls in those days, and Dr. Frank became very respected in the community for his courteous demeanor and generosity. He was frequently paid with chickens or produce for his services. "Those who could not afford medical care were never turned away," Marilene relates.

In his spare time, Dr. Frank enjoyed the active outdoor life of the Pacific Northwest. He was an avid fisherman, hooking steelhead, salmon, and trout, and an adept hunter who filled his home with big-game trophies, including a grizzly bear, caribou, Dall ram, mountain lion, and javelina.

In the 1950s, Dr. Frank bought an airplane so he, Marilene, and Ray could learn to fly. Later, Doug also got his wings. Ray and Doug became physicians and joined the family's practice as Dr. Ray and Dr. Doug. With four pilots in the family, it was hard to keep the Shearers out of the skies. They flew all over the Northwest as well as to Canada, California, and Alaska.

Dr. Frank loved boats as well as planes. In the late 1930s, he purchased a Chris Craft powerboat and took up waterskiing. His first skis were 12-foot upturned planks with a pair of shoes nailed to the tops. Later, he bought a Century ski boat, which he skied behind at the age of 100. He enjoyed boating in the San Juan Islands and once navigated a cabin cruiser through the Inside Passage to Alaska.

He also loved riding horses. After Marilene married Tim Foster, the couple moved to Tim's father's farm where they raised Hereford cattle. "Dad often helped with the cattle," Marilene shares, "gathering, sorting, moving, branding, and occasionally demonstrating a minor medical procedure. He was always fun to work with and never complained that it was too hot and dusty or cold and wet. Dad and Mom especially enjoyed riding after cattle in the mountain



Frank William Shearer, MD, became a captain in the U.S. Army Air Corps during World War II. Sometime later, he was promoted to major. Dr. Frank, as he was called, established a medical practice in Toppenish, Washington, where he raised a family and enjoyed an active outdoor life in the Pacific Northwest—hunting, fishing, boating, flying his own plane, and saddling up to play polo. The intrepid sportsman was still hitting the ball from the back of a horse at 104.

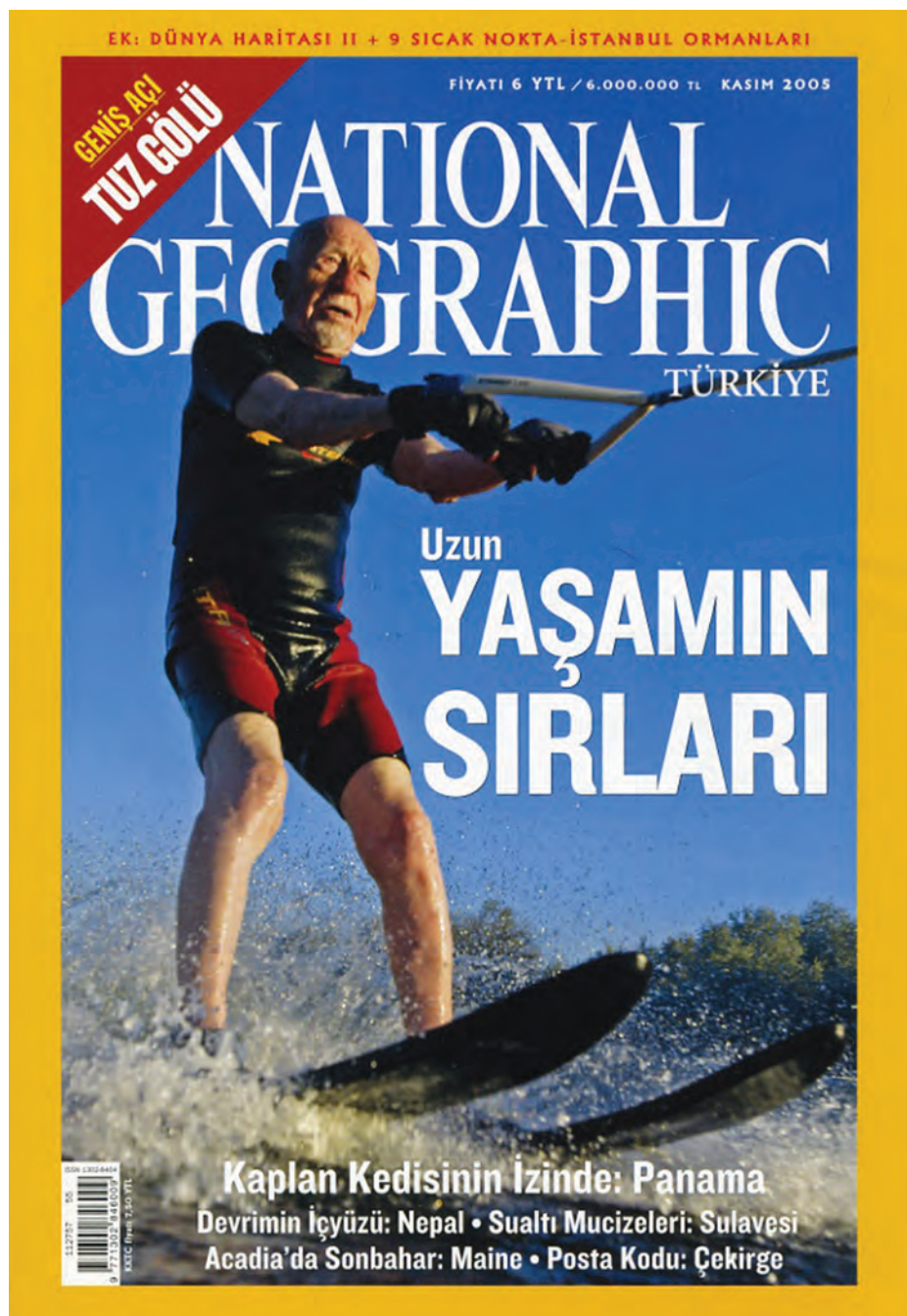
range in the summers. Dad was a natural horseman. He started playing polo in the mid-1930s and was an early member of the Toppenish Polo Club."

Dr. Frank and his mounted cohorts won the Northwest United States-Canadian Championship in 1939. The name "Doc Shearer" appeared on the official bulletin again when the team took the title a second time 30 years later in 1969. Dr. Frank wasn't there in name only—he fought hard and helped the team win. Even after retiring from full-time medical practice in 1976, he rode horses on a regular basis, and was still hitting the ball from the saddle at the age of 104.

Sadly, Bernice—his loving companion of 64 years—passed away in 1996. Four years later, Dr. Frank, who was a youthful 95, married Hellyn Jackson Brown, an 89-year-old retired nurse anesthetist. He had first worked with Hellyn in the 1940s, and they met again at church. The family welcomed Hellyn into their circle, and joined Dr. Frank in mourning her passing in February of this year.

In his later years, Dr. Frank began to think about giving back to the medical school that had laid the framework for his extraordinary career. He contacted the office of planned giving at Loma Linda University Health and set up a charitable gift

Please turn to page 9



Age was never an issue for Dr. Frank Shearer, depicted waterskiing at the age of 101 on the front cover of the Turkish edition of *National Geographic* in 2005. When he passed away at 107 earlier this year, the 1932 graduate of the LLU School of Medicine left a rich legacy of adventure and service.



That's Dr. Frank Shearer (right) with three of his colleagues from the Toppenish Polo Club in 1969, the year they won their second Northwest United States-Canadian Championship. The club had previously taken the title 30 years earlier in 1939. Throughout his life, Dr. Shearer was known by 10 different names. Most people called him Dr. Frank, but to his polo buddies, he was simply "Doc" or "Doc Shearer."

Community comes together for Believe Walk

By Nancy Yuen and Heather Reifsnyder

On Sunday, October 6, downtown Redlands filled with thousands of people who had gathered to participate in the 6th Annual Believe Walk event. Noticeable in the crowd were numerous people wearing blue shirts that said “Fighting Cancer Together”—representatives of the Loma Linda University Health family.

Sponsored by Stater Bros. Charities and Inland Women Fighting Cancer, this year’s event raised \$494,339 to help support cancer-fighting organizations in the region, such as Loma Linda University Cancer Center.

One of the walkers was Dawn Scott, a law student who received lifesaving treatment at Loma Linda University Cancer Center. Her husband, dog, and friends also walked.

“The Believe Walk was a great experience,” Ms. Scott says. “I was overwhelmed at how many people were there. My doctor, Maheswari Senthil, was one of the walkers.”

Christina Franks, an LLUH employee, noted on Facebook, “This was my first year and it was unbelievable. A moving experience. I walked for my husband’s aunt Connie. She is a survivor!”

In addition to the blue LLU Health shirts, Ms. Scott noticed other groups also wearing colorful shirts imprinted with statements about fighting cancer. She and her friends, for example, wore purple shirts with a statement she adopted during her cancer treatment: “Failure is not an option.”

“Most of the walkers had never met, but we are part of the same community, fighting cancer,” Ms. Scott says. “No one chooses it, but we were all a part of it, supporting each other. That was empowering; it’s what I loved about the event.”

“This small-town event has evolved into a community celebration,” says Jack

H. Brown, chair and CEO of Stater Bros. Supermarkets. “Everyone is affected by cancer at some point in their lives, and it’s amazing to see how our community, the Inland Empire, has stepped up to the plate to do something about it.”

“The level of community support for the Believe Walk has been amazing,” says Nancy Varner, co-founder of the Inland Women Fighting Cancer Committee. “It’s

exciting to see how all aspects of the community have come together for one cause, to fight cancer.”

At the end of the walk, participants celebrated at the Believe Bash located at the Redlands Bowl. Some 50 vendors, including the Loma Linda University Cancer Center, provided food and free items for the participants.

Since the Believe Walk began in 2008,

it has resulted in more than \$1.7 million donated to local cancer-fighting organizations. This year the Loma Linda University Cancer Center was able to construct a patient resource center in the new Loma Linda University Women’s Cancer and Surgical Oncology Center from funds raised by Stater Bros. Charities and Inland Women Fighting Cancer. The patient resource center offers additional support services to patients who may not be covered by medical insurance.



Clockwise from top left: Cheerleaders from local high schools encourage walkers along the route. Walkers from the Loma Linda University Health family represent the organization with their blue shirts, declaring the fight against cancer. Participants and supporters gather at the finish line.

For your health: flu shots available to Loma Linda University Health students, staff, and employees

Contributed report

Do you know the differences between the cold and the flu? Flu symptoms may include fever,

Long-term supporter of School of Medicine leaves colorful legacy ...

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annuity to benefit the LLU School of Medicine. He and Dr. Paul Shearer, his brother, donated the Shearer-Heidar Room at the Wong Kerlee International Conference Center as a memorial to their parents.

In reflecting on the importance of alumni giving, Todd Mekelburg, director of planned giving, underscores the value of Dr. Frank’s legacy.

“Loma Linda University Health recognizes the commitment people make when setting up estate gifts to benefit our organization,” Mr. Mekelburg observes. “We feel privileged and grateful to have supporters such as Dr. Shearer who believe in our mission and goals.”

For Dr. Frank, exploring the skies, rivers, mountains, and streams of his beloved Northwest was an integral part of the grand adventure of life. Leaving something to help others was a natural extension of the blessings he so thoroughly enjoyed.

headache, general aches and pains, fatigue, and weakness that can last up to three weeks. Other symptoms are sneezing and sore throat, chest discomfort and cough.

Colds differ from the flu in that fever and headache are rare, while extreme exhaustion never occurs. Aches and pains are occasional while a stuffy nose, sneezing and hacking cough, sore throat, and chest discomfort are common cold symptoms.

Flu can develop into a serious disease that may lead to hospitalization and even death. The flu virus can be spread beginning one day before symptoms appear and for five to seven days after becoming sick. Some people with the virus have no symptoms but can spread the flu to others.

According to *Safety Matters Newsletter*, the annual flu vaccination is the primary means of preventing influenza and its complications. The Centers for Disease Control estimates that only 40 percent of health care workers in the U.S. are vaccinated against influenza annually.

The issue is so critical that the U.S. Department of Health and Human Services’ “Action Plan to Prevent Healthcare Associated Infections” has established that 90 percent of health care workers receive the flu vaccine annually by 2020. In the state of California, there is a law requiring 100 percent of health care workers to either receive the flu vaccination or sign a declination.

While the timing of flu outbreaks is unpredictable, according to the Centers for Disease Control and Prevention, seasonal flu activity can begin in October and continue as late as May.

Flu shots are being offered in many of

the university’s schools for their students, faculty, and staff. Additional 2013-2014 seasonal flu shot availability includes:

Center for Health Promotion (CHP)

Flu shots are offered to students, staff, employees, and the public. Loma Linda University Health students, staff, and employees should bring their risk management card (CHP will bill risk management; no co-pay or fee will be charged).

According to Tami Jacques, clinic manager, LLU students may request their flu shot any time the clinic is open (8:00 a.m. to 12:00 p.m. and 1:00 to 5:00 p.m. Monday to Thursday, and 8:00 a.m. to 12:00 p.m. on Friday). Most schools are also scheduling

special clinics for their students.

All others should request their flu shot during International Travel Clinic hours (Wednesdays, 1:30 to 4:00 p.m.).

The Center for Health Promotion offers three types of flu shots: intramuscular, \$22; intradermal, \$35; and high-dose \$45. According to Mrs. Jacques, the high-dose flu shot is recommended for seniors age 65 and better.

The Center for Health Promotion is located on campus in Evans Hall, Suite 111 (24785 Stewart Street). For more information, call CHP at (909) 558-4594.

LLUH Family Health Fair

In addition, free flu shots are being offered at the LLUH family health fair on Sunday, October 27, 2013, from 9:00 a.m. to 1:00 p.m. For more information about the family health fair, call 1-877-llumc-4u.



Inaugural rehabilitation technology class in Haiti graduates

By Heather Reifsnyder

Loma Linda University's newest graduates have never set foot on campus. But it would be difficult to find a group of students more committed to living the values of Loma Linda University than these 16 Haitians, their faculty members say.

The students graduated September 15 with a university certificate in rehabilitation technology, giving them the skills to help the large disabled population in Haiti do more and live more independently. Their class is the first cohort of the program, which is taught by Loma Linda University School of Allied Health Professions at the campus of Universite Adventiste d'Haiti in Port-au-Prince.

The students called themselves the ICE group, says Everett Lohman, DSc, their program director and professor of physical therapy in the School of Allied Health Professions; ICE stands for integrity, compassion, and excellence. These are three of Loma Linda's core values.

"The quality of these students is incredible," Dr. Lohman says. "They graduated with all of the characteristics and skills we could have hoped for. When interviewing for potential students, we made sure their hearts aligned with our mission and vision."

The majority of the new graduates are already employed as rehab technicians and are proving to be well-regarded by referring physicians.

Graduation day was an emotional culmination for both students and those at LLU who created the degree. To the students, it capped off more than a year of work in the classroom and clinics—and often hardship. Graduate Edgard Bommier had to travel an hour and a half to come to classes. He is from the town of Léogâne, the destroyed epicenter of the 7.0 earthquake in 2010, where many people now live with amputations.

Why all the trouble? "My people need it," he said when he started the program in summer 2012. Today, he says, "These skills make me proud of myself. Loma Linda did a good work in me."

One of the graduation speakers, a Haitian businessman, demonstrated how the program has already paid off in his mother's life. She had a severe stroke, leaving her disabled on the right side of her body. Two students, Roosevelt Pierre-Louis and Jackson Poustin, worked with her on their own time in the evenings to help her recover.

Prior to the graduation ceremony, she was able to attend church and cook lunch for her family. Her son attributes her return to full function to the excellent rehabilitation she received and to the high caliber of training Loma Linda University gave the students.

Such a story brings to life why the program was created. To those at LLU who planned the degree, it is more than worth the two years of planning filled with stacks

of paperwork, over a dozen planning and oversight trips to Haiti, and tricky logistical maneuvering. Key in planning the degree were Ernie Schwab, PhD, associate dean for academic affairs, School of Allied Health Professions; Heather Thomas, PhD, former associate professor of occupational therapy, School of Allied Health Professions; Sondra Caposio, degree coordinator; and Ronald Carter, PhD, provost, Loma Linda University, in addition to Everett Lohman.

At times, it seemed the plan would fail. But none of that mattered the day of the ceremony, nor did sitting in a heat index of 135 degrees wearing full academic regalia.

"I never felt such a sense of accomplishment in my entire life," Dr. Lohman says. "It was hard fought for, but the outcome has been phenomenal."

The program's second cohort of students began their studies in April, a third will join them next spring.

The School of Allied Health Professions will continue to remain involved with graduates of the program through continuing education classes.

Pharmacy residency match rate exceeds national average ...



From left: Giang Nguyen, PharmD, resident program director for first-year students at Fountain Valley Regional Hospital, talks with School of Pharmacy students Michelle Tran, Man Minh Nguyen, and Keziah Ngoc-Huong.

Continued from page 7
and other thought leaders in the pharmacy profession from all over California, as well as the nation," says Dr. Florea. These networking events provide students with much-needed insight into the expectations, requirements, and advantages of various pharmacy opportunities."

Shady Mansy, PharmD, of the class of 2013, agrees. "Through these interactions, I was able to figure out which programs I wanted to apply to, and I was able to meet ahead of time people that I would later be interviewing with," he says.

"Because of the networking events that Dr. Florea led, I was able to obtain a residency that is highly sought after with Veterans Affairs in Las Vegas, Nevada."

Another 2013 graduation, Cathy Thach, PharmD, had a similar experience. "One of the networking events assembled by Dr. Florea's team enabled me to meet with a res-

idency director who was from an institution that I was interested in pursuing," she says.

"I had a one-on-one conversation with the director and was able to ask many questions comfortably. This was very helpful as I got the position and am currently very happy in it," said Dr. Thach.

For PharmD students not initially considering a residency, these events can teach them the value of a residency in enhancing their career opportunities.

Ryan Koca, PharmD, a clinical informatics pharmacist at Tenet Healthcare Corporation who previously did his residency at Loma Linda University Medical Center, states, "Residency was undoubtedly the best decision I could have made after completion of my PharmD program. There is a whole world of opportunities in the profession of pharmacy, and a residency program is the key to unlocking many doors."



Edgard Bommier receives his diploma from Craig Jackson, JD, MSW, dean of the Loma Linda University School of Allied Health Professions.

LLUHC renews contract to care for U.S. veterans

Contributed report

Loma Linda University Health Care (LLUHC) and the U.S. Department of Veterans Affairs (VA) signed a contract effective September 30 to continue the longstanding relationship with the Jerry L. Pettis Memorial Veterans Medical Center to provide primary care to more than 27,000 U.S. military veterans for another five years.

LLUHC provides care for the former members of the armed services at five community based outpatient clinics in Corona, Murrieta, Palm Desert, Rancho Cucamonga, and Victorville.

LLUHC first treated veterans at an outpatient clinic in Victorville in 1997 with

one doctor and one nurse.

The current five clinics employ 24 physicians in the general internal medicine department of Loma Linda University Faculty Medicine Group under the medical direction of Bevin Geslani, MD, and 95 nurses and support staff who provide primary care for the veterans.

The new contract involves a major change in the way care is delivered to former military personnel. A patient-aligned care team (PACT) will now focus on the complete care of each veteran. The team consists of a physician, registered nurse care manager, and licensed vocational nurse or medical assistant; the team follows up with the veterans to enhance their care.



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 September 2013.

Type of Crime	Number of Crimes	Place of Crime
Assaults/Battery	4	Medical Center; Behavioral Medicine Center (2); Lot C
Vehicle Burglary	2	Drayson Center; Security
Burglary	4	East Campus; Lot Q; Drayson Center; Off Campus
Attempted Auto Theft	1	Drayson Center
Aggravated Injury	1	Medical Center
Disorderly Conduct	1	Medical Center
Disturbing the Peace	4	Lot C; Medical Center (3)
Threats	2	LLUHSC Support Services (2)

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.

Adventist leader from East Central India Union Conference visits LLU Medical Center

By James Ponder

Elder Measapogu Wilson, DMin, MA, president of East Central India Union Conference of Seventh-day Adventists, toured Loma Linda University Medical Center on Wednesday, October 2, during his first visit to the United States. Elder Wilson is in this country to attend the



Elder Measapogu Wilson, DMin, MA, president of East Central India Union Conference of Seventh-day Adventists, toured Loma Linda University Medical Center on Wednesday, October 2.

denomination's annual council at its world headquarters in Silver Spring, Maryland.

"I've heard so much about the good things being done here at Loma Linda, about the healing touch," Elder Wilson observed. "I've had a desire to visit here for a long time. This is my first visit."

Mary Clement, tour coordinator for the department of public relations, learned

of Elder Wilson's visit the day before he arrived. She made arrangements to show him around many Medical Center locations including the "Come Unto Me" sculptural installation at the front entrance, the cardiology department, the surgical and medical oncology departments in the Schuman Pavilion, and the chaplain's office and chapel off the front lobby. Coincidentally, both Ms. Clement and Elder Wilson were celebrating their birthdays on the day of the tour. Elder Wilson pointed out that had Mahatma Gandhi lived, he would have turned 100 that same day.

In noting that the union conference he represents is one of the largest in the Adventist world, Elder Wilson pointed out that the 900,000 members of the Church in his union face severe difficulties.

"Some of the pastors of our 5,000 churches face threats and persecution," he shared. "But the Church is growing very fast in our region. Our biggest challenge is to get more dedicated pastors to care for the new members being added. Mine is a Hindu-Muslim country, and we face persecution from both sides."

He notes that the population of India is 1.3 billion and his region—his office is located in the city of Hyderabad in the state of Andhra Pradesh—currently boasts more

than 35 million residents.

The day after his visit to Loma Linda, Elder Wilson flew to Walla Walla, Washington, to attend a board meeting of an international ministry there.

"Global Outreach has 850 stipend-supported volunteers in India," he said.

Noting that someone sponsored his trip to the United States, Elder Wilson added, "This is a happy day for me. I will fly to Washington, D.C., for the annual council. I'm a member of the executive committee. I will be leaving to return home October 21."

On a humorous note, Elder Wilson said that the other Elder Wilson in Adventist circles—Elder Ted Wilson, president of the Seventh-day Adventist Church worldwide—refers to him as "the Indian Wilson."

In discussing the global mission of Loma Linda University Health, Elder Wilson said the institution has a great reputation throughout India.

"The quality of training, the inspiration—I've met people coming from here," he noted. "Their spirit has touched our lives."

He said he enrolled both his sons in a Christian medical college in India in hopes that they will continue the legacy of service Loma Linda exemplifies.

"My biggest impression of Loma Linda is the transformed lives this institution produces," he says, "as well as the quality care and the Adventist identity. I could see it at the door. I am very impressed."

Motorsports team donates \$12,500 to Children's Hospital

By James Ponder

The unit 4800 playroom at Loma Linda University Children's Hospital hosted several big names in the field of off-road racing as members of the Stronghold Motorsports Team stopped by on Tuesday, September 24, to deliver a \$12,500 check they raised to benefit the children of the Inland Empire.

Hotshot drivers R.J. Anderson, Brandon Bailey, and Madix Bailey signed autographs and talked shop with Children's Hospital patients at the event. R.J. Anderson is currently the third-ranked driver in the Lucas Oil Off Road Racing pro lite standings, Brandon Bailey is a pro 4 division driver, and 8-year-old sensation Madix Bailey is currently fourth in the Junior 1 kart division. He displays his support for children with health issues by proudly wearing the Loma Linda University Children's Hospital logo on his kart.

Several Loma Linda University Health officials—including Richard H. Hart, MD,

DrPH, president; Zareh Sarrafian, MBA, administrator of LLU Children's Hospital; and Rachele Bussell, CFRE, senior vice president for advancement—were on hand to personally thank the team.

Beverly Bailey, co-founder of Stronghold Motorsports in 2009 with her husband, Scott Bailey, presented the check to Dr. Hart.

"The Stronghold Motorsports Team is driven to excellence and success each and every day," Ms. Bailey observed. "We always know that our next victory is right around the upcoming curve. With this same determination and purpose, we are extremely proud to support Loma Linda University Children's Hospital with our contribution of \$12,500 to help fill gaps in health care coverage for children in our community."

In addition to R.J. Anderson, Brandon Bailey, and Madix Bailey, other team drivers include Scott and Beverly Bailey, Bryce Menzies, and Larry Job. The team is designed as a family friendly, professionally run off-road racing organization.



Stronghold Motorsports Team members and officers of Loma Linda University Health proudly display the \$12,500 check donated by the off-road racing organization to Loma Linda University Children's Hospital. (From left): Eric Ewing, MA, senior development officer, LLUH; Brandon Bailey, a pro 4 driver, Stronghold; Madix Bailey, a junior 1 kart driver, Stronghold; Beverly Bailey, co-founder and driver, Stronghold; Richard H. Hart, MD, DrPH, president, LLUH; Jen Cruikshank, MBA, chief patient care officer, LLU Children's Hospital; and Jill Payne, MBA, executive director, LLU Children's Hospital Foundation.

Loma Linda University MBA students describe internships as key to their success ...

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called a practicum, at one of about 50 locations across Southern California.

"A great strength of the program is the practicum opportunities," says Mr. Hernandez. "The opportunity to work with professional mentors and shadow their everyday work lives provided an in-depth view of the health care field."

The internship opportunities are widespread. There are many placements within the LLU Health organization—comprising six hospitals and dozens of outpatient clinics—as well as numerous external organizations, including Arrowhead Regional Medical Center, San Antonio Community Hospital, Veterans Affairs medical centers in Long Beach and Loma Linda, and the city of Pasadena Public Health Department.

Many student interns work directly with

top administrators at their chosen facilities.

Enrolling in the MBA proved the turning point of his life, according to graduate Patrick Scalzitti, who is now employed in a job he loves at Inland Empire Health Plan. He credits the classes and internship with helping him succeed in business.

"I learned lessons from my mentor that would have taken 10 years of experience to come to the same understanding on my own," he says of his internship at Arrowhead Regional Medical Center.

Yalissa Bermeo, another Arrowhead intern, chose the Loma Linda University MBA program after researching options across the country.

"Loma Linda University's MBA stood out to me for several reasons," she says. "Primarily, it was an MBA degree that focused specifically on health care administration with hands-on

experience throughout its program.

"It also displayed a strong emphasis on accounting and finance, two aspects that are vital for success with any health care organization," she continues. "Lastly, I would get full exposure to Loma Linda University Health's design for a healthy community, which is unmatched anywhere else."

These strengths of the degree well served Ms. Bermeo, who graduated in June and is now employed at The University of Chicago Medicine health system.

Another student, Hannah Kemick, was also accepted into MBA programs at University of Southern California and University of California, Irvine. A key reason she chose LLU was the strong internship program, she says. She did her internship at the Murrieta branch of Loma Linda University Medical Center.

"The practical experience we offer is vital to prepare students for strong careers," program director Elisa Brown, MBA, says. "Many students get hired before they finish the degree or very soon after because of the experience we build into their program."

Another emphasis of the MBA program is creating future leaders who build their careers around the desire to serve others, according to Ms. Brown.

This resonates with the kind of graduates Adventist Health System looks for in choosing residents such as Ms. Vo and Mr. Hernandez.

"We look for people who represent what we believe our organization stands for—an orientation toward service and a commitment to quality health care," says Mike Wood, director of leadership development at Adventist Health System. "One of the nice things about the Loma Linda MBA program is that the students are oftentimes the kind of people I see fitting in with our philosophy of service."

LLUH Board of Trustees approves Robert J. Marckini Chair in Proton Research

By James Ponder

Thanks to enthusiastic support from members of the Brotherhood of the Balloon (BOB), a support group for current and former proton therapy prostate cancer patients at Loma Linda University Medical Center and other proton centers across the world, the Board of Trustees of Loma Linda University Health recently endowed the Robert J. Marckini Chair to fund proton research at the James M. Slater, MD Proton Treatment and Research Center.

No one was more surprised than Mr. Marckini. As president and founder of BOB, he had flown to Loma Linda from his home in Massachusetts to celebrate the fact that the group had successfully raised the \$1.5 million needed to endow the new chair. But his jaw literally dropped when he heard Cincinnati real estate developer Chuck Kubicki announce that the new endowment had been named in his honor.

Mr. Marckini insists his reaction went far beyond surprise.

“Shocked might be a better way to describe how I felt,” he observes. “I was taken completely by surprise when notified that a chair was being named after me. This is one of the greatest of honors anyone can receive. I intend to do whatever I can to support the chair and grow the endowment so it can soon begin funding important proton research at Loma Linda.”

Mr. Marckini’s seemingly limitless contributions to the promotion of proton therapy can hardly be overstated. After watching his brother endure the unwanted side effects of prostate surgery many years ago, Mr. Marckini vowed to evaluate other treatment alternatives should he ever receive the same diagnosis.

In the year 2000, after learning that he did, in fact, have prostate cancer, Mr. Marckini wasted no time in researching his options.

“In the process of doing my due diligence, I discovered that proton therapy at Loma Linda offered an effective treatment without many of the side effects I observed in my brother and other patients I spoke with who

tried other treatment options,” he recalls.

He decided to give proton treatment at Loma Linda University Medical Center a try. He is very glad he did.

“Not only did Loma Linda destroy the cancer, but the Loma Linda program also helped me take control of my life,” Mr. Marckini says. “I learned about diet, nutrition, and how to take better care of myself. My wife and I also had a spiritual awakening when we came to Loma Linda. It may sound strange, but being diagnosed with prostate cancer was probably one of the best things that ever happened to me. Loma Linda just didn’t treat part of me; they treated all of me. It has been life changing.”

In December 2000, using the same professional development and organizational skills that had served him well as senior vice president of a Fortune 500 company, Mr. Marckini spearheaded the formation of BOB. The group rapidly outgrew expectations. Nearly 13 years later, it boasts more than 6,500 members in all 50 American states as well as 35 countries of the world.

In July 2007, Mr. Marckini’s book, *You Can Beat Prostate Cancer and You Don’t Need Surgery to Do It*, was published to immediate and widespread acclaim. Readers and reviewers hailed the book for its clear, commonsense approach to the options available to men facing prostate cancer as well as Mr. Marckini’s forthright honesty in sharing his own struggles with the disease.

Following the announcement that the new chair would be named for Mr. Marckini, Mr. Kubicki challenged his fellow BOB members to continue giving to the fund. To make sure they got the point, he offered a \$100,000 matching gift. Several of Mr. Kubicki’s colleagues pledged their support on the spot and others made commitments after the meeting. The combined gifts from Mr. Kubicki and the other BOB members raised the value of the Marckini endow-



Robert J. Marckini

ment for proton research by an additional \$200,000.

In speaking of Mr. Marckini’s contributions to proton treatment and research, Richard H. Hart, MD, DrPH, president of Loma Linda University Health, says his gift to the organization has been inestimable.

“Since his own treatment for prostate cancer at Loma Linda in 2000, Bob Marckini has been passionate about this place and what it has meant to him,” Dr. Hart observes.

In describing the work of the Brotherhood of the Balloon, Dr. Hart notes that it has “provided an incredible network of personal testimonies and sage advice for thousands of patients in this country and abroad who are facing their own cancer diagnoses.

“In more recent years, they have turned their energies to raising endowments to enhance the research efforts at Loma Linda and keep the James L. Slater, MD Proton Treatment & Research Center at the cutting edge of this popular treatment for both cancer and other diseases,” Dr. Hart concluded. “Bob’s legacy will now be memorialized in the Robert J. Marckini Chair.”

LLU MBA students describe internships as key to success

By Heather Reifsnnyder

A recent achievement of two MBA students from Loma Linda University School of Public Health points to the success of the program in producing leaders in the health care field.

Elizabeth Vo and Edwin Hernandez have just entered the leadership pipeline residency program at the nation’s largest not-for-profit Protestant health care pro-

vider—Adventist Health System. The new graduates are two of just six residents chosen nationwide.

“I wanted to become a leader in health care, so I chose Loma Linda’s MBA program because of its emphasis in this field,” Mr. Hernandez says.

Loma Linda University’s MBA program is the only one in the region that places each student in a health care internship, also

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New LLU graduates Edwin Hernandez and Elizabeth Vo were two of just six people nationwide recently chosen by Adventist Health System for its leadership pipeline residency program.

Calendar of events

Wednesday, October 23

Dishes for Wishes — Farm-to-table cooking class and gourmet dinner to raise funds to help the Big Hearts for Little Hearts Loma Linda Guild benefit the patients of Loma Linda University Children’s Hospital
4:30 p.m. — Shopping hour guests select from a variety of creative items offered by local vendors and guild supporters
5:30 p.m. — Culinary program
Information and reservations: Angie Temple at (909) 641-5750 or e-mail ANGTEMPLE@aol.com
National Orange Show Events Center, 689 South “E” Street, San Bernardino 92408

Sunday, October 27

Family Health Fair & 5k Run/Walk
8:00 a.m. — 5K (free; registration 7:00 a.m. or online by 3:00 p.m. Oct. 24)
9:00 a.m.–1:00 p.m. — Family Health Fair, Drayson Center, 25040 Stewart Street, Loma Linda 92354
<http://bit.ly/15BZM5P>

Sunday, November 10

LLU Children’s Hospital 20th anniversary community event
4:00–8:00 p.m. | Movie at 6:00 p.m.
Loma Linda University Medical Center lawn
www.lomalindakids.org

Thursday, November 14

Live Well, Age Well Summit
7:30 a.m. – 5:30 p.m.
National Orange Show Events Center, 689 South “E” Street, San Bernardino 92408
www.HealthyAgingConference.org



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