

# LivingWell

SERVING HANFORD, REEDLEY, SELMA AND OTHER CENTRAL VALLEY COMMUNITIES • SUMMER 2017



**2** New mission statement

**6** Stop the sneezing

**4** Take a hike  
No, really—come with us!





## LivingWell

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## Together in a new direction

**Adventist Health** has been an integral part of the communities we serve, providing faith-based whole-person care, for more than 100 years. As consumer expectations and the health care industry have evolved, so has our health system.

We are excited to announce a new brand direction that includes a new mission statement of “Living God’s love by inspiring health, wholeness and hope.”

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ness and hope.

“Our new mission statement broadens our focus from solely caring for the sick to helping communities be healthier,” says Andrea Kofl, President of the Central Valley Network, which includes medical centers in Hanford, Reedley and Selma and more than 50 other service locations in 22 Central Valley communities.

In addition to our expanded mission, Adventist Health is introducing a new visual identity that represents the spirituality and fresh optimism of our organization. The leaves in our new logo represent the tree of life that’s mentioned in the Bible. The spaces between the leaves form the shape of a cross (vertically) and a diagonal spark that is reflective of our calling to inspire others.



Our tagline — “Together inspired” — speaks to our coming together within Adventist Health and with the communities we serve. “We grow stronger as we work more closely together,” Kofl says. “These connections will help move all of us toward a healthier life.”

Adventist Health  
*California, Oregon, Washington and Hawaii*

5,000 medical staff physicians

23,600 employees

4,350 volunteers

19 hospitals

75+ communities

260+ clinics

# FREE transportation to appointments in 7 communities



**In support of** our brand promise to be “more coordinated, less complex,” we offer free transportation to and from Adventist Health/Community Care clinic visits in seven communities. The service was launched in 2014, after clinic staff and leaders noticed that patients were missing or canceling appointments due to transportation issues, hindering their ability to improve their health.

“We want to make health care easier,” says Derrick Gruen, Regional Vice President of Clinic Services.

In 2016, the shuttles provided 13,841 free round trips to 18 clinics and other services. The eight-passenger, wheelchair-accessible vans are operated by Central Valley Health Transport and serve addresses in Armona, Dinuba, Hanford, Lemoore, Orange Cove, Orsi and Reedley. The vans operate from 8 a.m. to 6 p.m., Monday through Friday.

Shuttle rides are arranged at the time the patient schedules a clinic appointment.



**MORE INFORMATION** about the clinics and shuttle service is available by calling toll-free **844-366-6176** or visiting **AHCommunityCare.com**.

## Care when you need it

**Healthcare professionals** at our clinics and hospitals are here to help you maintain wellness and live your best life. To make it even easier to see a doctor or healthcare provider, many of our locations have extended or weekend hours. Please visit **AHAfterHours.com** for details about their hours.

The offices below provide care for needs that are not emergencies. They are open during the day as well as on evenings or weekends. In an emergency, please dial 911 or go to your nearest emergency room. The median time to see a provider was 17 minutes in our emergency departments in Hanford, Reedley and Selma in 2016.



## Extended or weekend hours: AHAfterHours.com

### Coalinga

Community Care, 155 S. Fifth St., **559-935-4282**

### Corcoran

Community Care, 1212 Hanna Ave., **559-992-2800**

### Dinuba

Community Care–Dinuba, 1451 E. El Monte Way, **559-591-3342**  
Community Care–Dinuba Plaza, 444 E. El Monte Way, **559-591-4166**  
Community Care–Dinuba–West, 250 W. El Monte Way, **559-595-9890**

### Fowler

Community Care, 119 S. Sixth St., **559-834-1614**

### Hanford

Community Care, 1025 N. Douty St., **559-537-0250**  
Urgent Care, 1524 W. Lacey Blvd., Suite 101, **559-537-0305**

### Huron

Community Care, 16916 Fifth St., **559-945-9090**

### Kerman

Community Care, 1000 S. Madera Ave., **559-846-9370**

### Kingsburg

Community Care, 1251 Draper St., **559-897-6610**

### Lemoore

Community Care, 810 E. D St., **559-924-7711**  
Physicians Network, 784 N. Lemoore Ave., **559-924-5358**

### Madera Ranchos

Community Care, 11976 Road 37, **559-645-4191**

### Oakhurst

Community Care, 48677 Victoria Lane, **559-683-2711**

### Parlier

Community Care, 155 S. Newmark Ave., **559-646-1200**

### Reedley

Community Care–Reedley, 811 E. 11th St., **559-391-3120**  
Community Care–Reedley Children's Health, 1433 N. Acacia Ave., **559-391-3100**  
Community Care–Reedley Jefferson, 115 E. Washington, **559-391-3105**

### Riverdale

Community Care, 3567 Mt. Whitney Ave., **559-867-7200**

### Sanger

Community Care, 1939 Academy Ave., **559-875-6900**

### Selma

Community Care–Selma, 1041 Rose Ave., **559-856-6090**  
Community Care–Selma Central, 2141 High St., Suite E, **559-891-2611**



Denise, Asher, Sophia Eckstein, Chenoa and Hector take a victory photo after reaching the top of Dewey Point. At an elevation of 7,200 feet, Dewey Point boasts fantastic views looking down onto Yosemite Valley.

## Together inspired

*Stories of living God's love throughout the Central Valley*



**Alex Holdren**, a respiratory therapist at Adventist Health – Hanford, experienced a severe rapid heartbeat one day at work. He praised his co-workers in respiratory therapy and the emergency department for saving his life and comforting his wife through the entire ordeal.

“I am very aware of how close I was to not making it to see the next day,” says Holdren. “My family (wife and 18-month-old twins) are blessed to have me around because of my amazing Adventist family.”



# Inspiring health, wholeness and hope

**“My heart is beating fast.** The palms of my hands begin to sweat. I tell myself, just breathe. I slowly inhale and exhale. My body freezes in fear. Why did I propose this trip?”

When Sophia Eckstein, a lab assistant at Adventist Medical Center – Selma, finally reaches the top of Clouds Rest in Yosemite to join the group she led on the hike, she realizes why she trekked a grueling seven miles at an elevation of 1,775 feet.

“Standing up there, I felt a great sense of accomplishment and victory,” she says. “I want others to have hope that they can climb a mountain, whatever their mountain may be; to have health, so they can physically reach the top; and to experience wholeness from accomplishing their goals in life.”

In her free time, Eckstein enjoys organizing hiking trips and helping people enjoy the beauty that is in our backyard. She lives God’s love by inspiring health.

Eckstein recalls her most memorable hiking trip, when she led a family to Taft Point and Sentinel Dome. Sentinel Dome is 8,100 feet high and boasts a beautiful 360-degree view.

“There was this mother who decided to sit out the first hike, but she expressed that she desperately wanted to climb to the top of Sentinel Dome with her son,” says Eckstein. “She wanted to quit a couple of times, but I

encouraged her and told her how close we were to the end. When we reached the base of Sentinel Dome, she looked up and saw her son at the top waiting for her. She mustered up the strength to climb the rest of the way and gave her son a big hug when she reached the top. That moment was priceless!”

Eckstein says she’s hiked with people who struggle with their weight but find hiking to be a distraction from a regular workout. She’s hiked with people who are in their 80s and who zip past her up a hill. She’s even found that people who are facing depression can escape their mental prison and seek clarity in the presence of God’s beauty.

“Even Moses climbed to the top of a mountain to speak with God,” she says. “Hiking is for everyone; you should try it!”

“Hiking is for everyone; you should try it!”



## ECKSTEIN’S MEETUP GROUPS:

Hanford Let’s Get Out and Do Something and Fresno Family Adventures.

To choose an adventure near you, log on to [meetup.com](https://www.meetup.com).

**An employee** at Adventist Medical Center–Reedley overheard one of her co-workers playing his guitar by the bedside of a patient on a Sunday morning. “The sound of joy echoed through the halls and blessed the patient and staff nearby,” says the employee. “A special thanks to Justin Brummer for going the extra mile and sharing God’s grace with those around you.”



**A patient** was having a hard time dealing with grief after the death of his best friend. He was feeling anxious and depressed, and his blood pressure was high. Physician Assistant Hema Majeno asked what his faith was and if it would be OK to pray for him. He agreed, so Majeno and team members formed a prayer circle and prayed with the patient. Following the prayer, Majeno noticed there were tears pouring down the patient’s face, along with her team members’ faces. The patient said he felt like his chest was so much lighter and that crying was what he needed to do.



**Prevention is key,** but for those who have allergic rhinitis, relief may be found in over-the-counter antihistamines, nasal sprays, nasal saline washes and decongestants.

# Snuff out seasonal allergies

By Praveen Buddiga, MD, FAAAI  
Allergy/Immunology, Adventist Health/  
Community Care–Selma



Spring is here, and along with it comes allergies, commonly known as hay fever, for nearly 50 million Americans. Symptoms include sneezing, itchy eyes, a runny or congested nose, sinus pressure or headaches, inflamed skin (sometimes accompanied by hives and a cough), tightness in the chest, wheezing and asthma.

## Minimize your reactions

There are several things you can do to minimize your allergic reactions.

- Study the pollen patterns in your area and watch for pollen indexes in your local newspaper, on television and on websites like **pollen.com**.
- During pollen season, keep your car windows closed when you're driving. Instead, use your air conditioner, and set the airflow to "Recirculate."
- Keep your activities to a minimum in the morning. Most plants pollinate

between 5 and 10 a.m.

- Limit your outdoor gardening activities, and minimize exposure to freshly cut grass.
- If your pet is an indoor pet, do not allow it in your bedroom.

## Finding relief

Prevention is key, but for those who have allergic rhinitis, relief may be found in over-the-counter antihistamines, nasal sprays, nasal saline washes and decongestants.

If your symptoms do not improve with over-the-counter medications, your doctor can prescribe nonsedating antihistamines or a special kind of nasal spray.

If you discover that your allergy symptoms are worsening, please contact an allergist or family doctor for further evaluation, testing and treatment. There are therapies available, such as allergy injections that are approved by the U.S. Food and Drug Administration for allergic rhinitis, asthma and allergic conjunctivitis.



### MAKE AN APPOINTMENT.

Dr. Buddiga is a board-certified allergist at Adventist Health/Community Care – Selma, 1041 Rose Ave.; his phone number is **844-557-1539**.

COMING IN DECEMBER 2018

Valley Children's CEO Todd Suntrapak, left; Seth and Clark Melvin of Fowler; and Adventist Health Central California Region CEO Wayne Ferch, right, break ground on the new Fowler medical offices.



The Fowler medical offices, a joint venture between Adventist Health and Valley Children's Healthcare, will improve access to health care by offering:

- ✓ Adult family medicine
- ✓ Adult specialty
- ✓ Behavioral health
- ✓ Comprehensive perinatal services program
- ✓ Dental
- ✓ Imaging
- ✓ Lab
- ✓ Maternal fetal specialty
- ✓ Pediatrics
- ✓ Pediatric subspecialties
- ✓ Radiology
- ✓ Retail pharmacy

## New medical offices coming to Fowler

Adventist Health and Valley Children's Healthcare held a ground-breaking ceremony on March 24 to mark the beginning of construction on the \$35 million, state-of-the-art medical offices in Fowler.

The 46,000-square-foot center will be located near the intersection of 10th and Fresno streets, right off Highway 99 and Merced Avenue, in Fowler. It will feature 55 exam rooms, an outdoor courtyard in the lobby and a park.



## Gold for Workplace Wellness!

Adventist Health/Central Valley Network was recognized as one of the nation's healthiest companies in 2016 by the Wellness Council of America (WELCOA).


WELCOA—one of the nation's most respected resources for building high-performing, healthy workplaces—recognized the Central Valley Network with the Gold Well Workplace award

for developing comprehensive programs that are producing results for its employees.

To earn gold, organizations must meet WELCOA's seven benchmarks related to leadership, wellness team, data, plans, interventions, environment and outcomes.

Our network has a LivingWell committee dedicated to employee

wellness. Some of the programs that helped the Central Valley Network earn gold included Weight Watchers, wellness and Pilates classes at work and wellness challenges with prizes several times a year.

 To view our scorecard and learn more about the award, please visit [welcoa.org](http://welcoa.org).

*“For I know the plans I have for you,” declares the LORD, “plans to prosper you and not to harm you, plans to give you hope and a future.”*

—Jeremiah 29:11

Adventist Medical Center  
115 Mall Drive  
Hanford, CA 93230

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The Adventist Health/Central Valley Network is a nonprofit, faith-based organization operating three medical centers and more than 30 medical offices in Kings, Fresno, Tulare, Madera and Kern counties.



# LivingWell events



**WEB** FOR HEALTH TIPS AND VIDEOS, GO TO [AHCVLIVINGWELL.COM](http://AHCVLIVINGWELL.COM).

## A Time to Heal **FREE**

A 12-week program designed to help people after undergoing treatment for cancer.

- Hanford: 5:30–8 p.m., Conference Center, 115 Mall Drive, Hanford
  - Selma: 11:30 a.m.–1:30 p.m., Conference Room 2, 1141 Rose Ave., Selma
- Call Julce Belo or Laurie Schirling at **559-537-2300**. *Registration required.*

## Better Breathers' Club **FREE**

A program designed for people with COPD and other lung diseases and their caregivers.

Second Thursday of every month, 5:30–7 p.m., Conference Room 1, 450 N. Greenfield Ave., Hanford. Contact Rebecca Russell at **559-537-0083** or [rebecca.russell@ah.org](mailto:rebecca.russell@ah.org).

## Breastfeeding Classes **FREE**

Fourth Wednesday of every month, except December, 7–9 p.m., Conference Center, 115 Mall Drive, Hanford. Call Rebecca Mathews at **559-537-1710**.

*Registration required.*

## Childbirth Education Classes

A four-week series, including a session on breastfeeding. \$40 per couple. Initial class begins the first Wednesday of every month, except December, 7–9 p.m., Conference Center, 115 Mall Drive, Hanford. Call Rebecca Mathews at **559-537-1710**. *Registration required.*

## Diabetes Support Group **FREE**

Hanford or Selma: Contact Rebecca Russell at **559-537-0083** or [rebecca.russell@ah.org](mailto:rebecca.russell@ah.org).

## Freedom From Smoking **FREE**

For the next scheduled clinic and upcoming class information, please contact Rebecca Russell at **559-537-0083** or [rebecca.russell@ah.org](mailto:rebecca.russell@ah.org).

## Grief Support Group **FREE**

Second Monday of every month, 6–7:30 p.m., Experience Design Room, 450 N. Greenfield Ave., Hanford. Contact Home Care & Hospice Chaplain Marleny Senn at **559-537-2860** or [hilda.senn@ah.org](mailto:hilda.senn@ah.org).

**SAVE THE DATE!**

## Annual Charity Gala

### Thursday, Oct. 5

Join the Central Valley Health Foundation for an evening of fabulous food, live and silent auctions and an inspirational talk by former San Francisco Giants pitcher Dave Dravecky. Proceeds from the event will benefit Adventist Health/Breast Care Center. The Adventist Health/Central Valley Health Foundation provides needed funds for health care services in Hanford, Reedley and Selma and other towns throughout the Valley. To learn how you can make a difference, please call the Foundation office at **559-537-0760** or visit [CVHFoundation.com](http://CVHFoundation.com).