

# LivingWell

*Serving Selma, Reedley and  
other Central Valley communities*

Spring 2017

KICK  
TOBACCO  
TO THE  
**CURB**

▶ **2**

**HEART STRONG** ▶ **4**  
GIVING YOUR TICKER SOME TLC





**?** **KICK THE HABIT.** To learn more about Freedom From Smoking, call Rebecca Russell at **559-537-0083** or email **Rebecca.Russell@ah.org**.

## A taste of freedom from smoking



“This is an extraordinary program.”

— *William Leasure*



**Rebecca Russell,**  
MPH, RD



**Patrick Hoffman,**  
CRT

“It took a long time to get this addiction, and it’s going to take a long time to get rid of it,” says William Leasure, a 34-year-old Hanford resident who graduated from Adventist Health/Central Valley Network’s Freedom From Smoking program on Oct. 31, 2016.

Before discovering the program, Leasure had been addicted to cigarettes for 20 years. He began smoking when he was just 14 and had tried to quit at least five times. First he tried going cold turkey, then he tried the patch. But nothing seemed to calm his addiction.

Then, in September 2016, he heard about the Freedom From Smoking program—a seven-week course taught by Community Wellness Director Rebecca Russell and Certified Respiratory Therapist Patrick Hoffman, who guide and support smokers on their journey to quitting.

“This is an extraordinary program,” says Leasure. “It did a very good job of explaining the science of tobacco and didn’t make you feel as though you are

doomed if you cheat.”

Following the program, Leasure discovered senses he had never felt before.

“I never had a chance to develop a sense of smell because I smoked so much,” he says. “Now I can taste and breathe, and I’m enjoying the smell of flowers so much.”

The knowledge and experiences that Leasure gained from the courses helped him recruit other smokers, including his mom.

“I’ve noticed I’m impacting people around me, as well,” he says. “My mom cut down from 10 to five cigarettes a day. Between the two of us, we used to smoke one pack a day; now she buys a pack every three days. I want to get her in the program ASAP!”

As of Jan. 4, Leasure was happy to report that he hadn’t smoked for 91 days and was on day 31 without a patch.

“I’m like the little engine that could,” he says. “Every day is going to be a challenge, but I’m going to be like that little engine that could.”

# Selma ICU nearing completion



**Shailesh Shetty, MD**

The new intensive care unit (ICU) at Adventist Medical Center–Selma is expected to begin caring for patients in April.

“Having an intensive care unit in Selma is huge,” says Shailesh Shetty, MD, a board-certified cardiologist in Selma.

“The ICU is where our sickest patients are treated, and by having our very own in Selma, we won’t have to send them away to seek care. They’ll get to stay close to home, close to their families.”

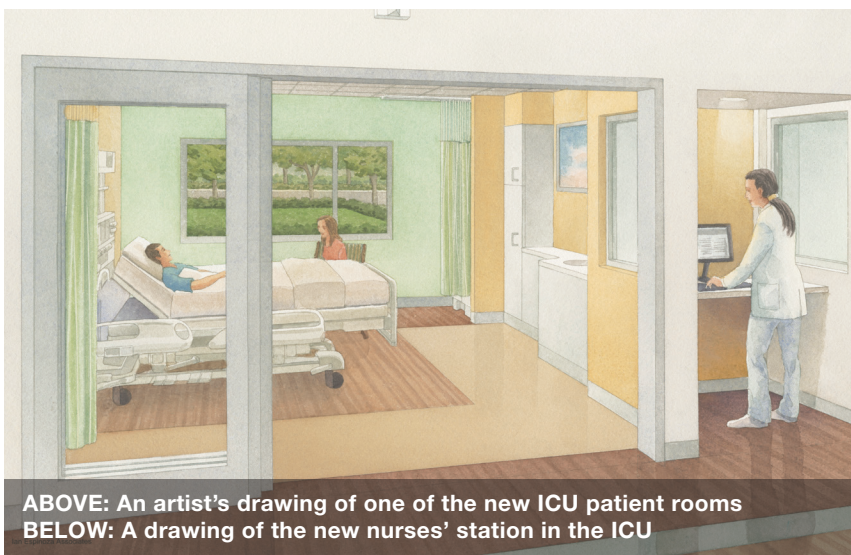
The Selma emergency department, which cares for more than 50,000 patients a year, currently transfers about 30 patients monthly to other hospitals for intensive care.

The new unit will be equipped

with six comfortable beds that have been tested and approved by community members. Our very own Adventist Health staff took recommendations and voted on the very best.

The next project to come in 2018 is a new cardiac catheterization lab for heart diagnostic and vascular procedures.

The hospital also is working toward expanding the emergency department to accommodate more patients.



**ABOVE:** An artist's drawing of one of the new ICU patient rooms  
**BELOW:** A drawing of the new nurses' station in the ICU



## Thanks to our generous donors

Adventist Medical Center–Selma's foundation has donated more than \$50,000 to the hospital's improvement project. Donors now support health care in Selma through the Central Valley Health Foundation, a 501(c)(3) nonprofit organization. For more information, call **559-537-0760** or send an email to [Debbie.Nardini@ah.org](mailto:Debbie.Nardini@ah.org).

## LivingWell

LIVINGWELL is published as a community service for the friends and patients of ADVENTIST HEALTH/CENTRAL VALLEY NETWORK, 470 N. Greenfield Ave., Suite 305, Hanford, CA 93230, telephone 559-537-1530, website [adventisthealth.org/central-valley](http://adventisthealth.org/central-valley). The nonprofit, faith-based network cares for patients at three hospitals and more than 80 other health care sites in Kings, Fresno, Tulare, Madera and Kern counties. Information in LIVINGWELL comes from a wide range of medical experts. If you have any concerns or questions about specific content that may affect your health, please contact your health care provider. Models may be used in photos and illustrations.

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“I love Selma Hospital. It’s full of ‘lifesaving’ people that saved my life for sure. Excellent job, Selma, giving the gift of life. Amen.” —A patient



# Give your heart

a little extra love  
in 4 ways



Luis Guzman,  
MD

by Luis Guzman, MD,  
board-certified family medicine physician,  
Adventist Health Physicians Network—  
Reedley and Selma

Along with the paper and chocolate hearts in February, there are also the live, beating hearts of more than 300 million Americans—many of whom will suffer from heart disease.

In the United States, heart disease is the leading cause of death for both men and women, but it can be prevented and controlled. Now is the best time to start taking better care of your heart.

## ♥ WEEK 1:

**Scrutinize labels.** Saturated and trans fats can clog arteries. Salt can raise blood pressure. Sugar can pack on pounds. To avoid these risks for heart disease, read nutrition labels when you're grocery shopping. Look for foods with unsaturated fats, omega-3 fatty acids, and low percentages of sodium and sugar.

Also, choose plenty of foods that come without nutrition labels, such as fresh fruits and vegetables. They are low in fat and sodium, and they contain fiber, which can help prevent high blood cholesterol.



### CALL TODAY TO MAKE AN APPOINTMENT.

Luis Guzman, MD, cares for patients at Adventist Health Physicians Network offices in Reedley and Selma. You can reach him at **844-366-6176** in Reedley and **844-557-1539** in Selma.

#### ♥ WEEK 2:

**Get moving.** Like all muscles, your heart needs exercise. This week—and every week—aim for at least 150 minutes of moderate-intensity aerobic activity, such as brisk walking. Share your heart-healthy habit with a loved one and invite them to join you for a walk.



#### ♥ WEEK 3:

**Know your numbers.** If you don't know your blood pressure and cholesterol numbers, make an appointment with your doctor to have them checked. Having high blood pressure or too much LDL cholesterol (the bad kind)—or not enough HDL cholesterol (the good kind)—in your blood can put you at risk for heart disease.

Being overweight also makes heart disease more likely. You probably know if you're carrying too many pounds. But if you aren't sure, it's another thing to discuss with your doctor. He or she can advise you on lifestyle changes to help you achieve heart-healthy numbers.

#### ♥ WEEK 4:

**Vow to quit.** Smoking harms the heart as well as the lungs. So if you light up, it's important to ditch the habit for good. Smoking also hurts your family and friends, because exposure to secondhand smoke can trigger heart problems. So quitting is an act of love—not only for your heart, but also for the hearts that surround you.

Sign up now!

### FREEDOM FROM SMOKING

Check out page 2 for more information about how Adventist Health can help you quit once and for all.

# Adventist Health receives top honors

Adventist Health has been honored with several awards and accreditations recently in the areas of patient care, employee safety and process excellence.



## Patient care

Adventist Medical Centers in Hanford, Reedley and Selma earned Joint Commission accreditation in 2016 following weeklong surveys that evaluated our patient care and safety practices.

The hospitals in Hanford and Selma also were rated in *U.S. News & World Report's* "Best Hospitals" for 2016–2017 as high-performing in chronic obstructive pulmonary disease and heart failure care.

In addition, the Joint Replacement Center at Adventist Medical Center–Hanford earned The Joint Commission's Gold Seal of Approval for Advanced Certification for Total Hip and Total Knee Replacement in 2016.

Healthgrades also named the Joint Replacement Center among the top 10 percent in the nation for 2017.



## Employee safety

The workers' compensation team at Adventist Health/Central Valley Network received a 2016 Theodore Roosevelt Outstanding Achievement Award from *Risk & Insurance* magazine.



*The team was recognized for best practices in workers' compensation and disability management, specifically in reducing needle sticks and improving ergonomics.*



## Process excellence

Adventist Health/Central Valley Network also won silver in the California Awards for Performance Excellence Eureka Awards.

The designation from the California Council for Excellence (CCE) highlights the non-profit organization for what the CCE describes as "outstanding commitment to sustainable excellence through innovation, continuous improvement and visionary leadership."

A team of CCE examiners evaluated the organization on seven areas: leadership, strategic planning, customer focus, knowledge management, workforce, processes and results.

The network is scheduled to receive the award at the CCE's annual statewide convention in March.



# Exceptional moments

In support of Adventist Health's mission to share God's love through healing, Adventist Health team members are focused on creating exceptional moments for their patients, family members and team. That focus often leads to notes and comments of gratitude.

Read on for some recent stories and comments!



Angie Keel gave up her lunch for a team member.

**To:** *Angie Keel, nutritional services associate, Adventist Medical Center–Hanford*

"I was excited to see ceviche on the cafeteria menu and was really looking forward to trying it. When I looked, however, the bowl was empty. I asked a kitchen staff member, Andrea Keel, if there was any more. She said she was sorry, but they didn't have any more to put out. Then suddenly she asked, 'You wanted ceviche?' I said yes. She said, 'Hold on one minute.' Then she went to the back and came back with a container that had her name on it. She had saved some for her own lunch and instead gave it to me. It touched my heart so much that someone would do such a thing. I really felt God's love flowing through her that day and felt honored that she would do something like that for me, someone she didn't even know. She treated me like family, and I will never forget that. In addition, I noticed that Andrea is always smiling, always positive and is very hard-working in the kitchen. I am just so proud of the kind of person and employee that she is. I hope Adventist Health knows how fortunate we are to have someone like her."

—Michele Shockley, LVN,  
Employee Health Department

**To:** *Adventist Medical Center–Selma*  
"Pre-op for colonoscopy: Kind and helpful people in every department. Smooth process with minimal wait times between lab, x-ray and the EKG. Clearly, someone has been working on customer service."  
—A patient

**To:** *Rick Albert, emergency RN, and Debbie Febres Hurley, admitting associate, Adventist Medical Center–Reedley*

"I live on the East Coast and was backpacking in a remote area in the Sierra when I fell ill and was taken to Adventist Medical Center–Reedley. I was by myself and had no family, friends or place to go after I was released. I was very scared because I didn't know what was wrong with me. Rick took good care of me, calming me....He also looked up a hotel for me. Debbie helped me get to the hotel and get food and water and my prescription. She even called me the next day at the hotel to check on me! What an amazing demonstration of kindness! Thank you for going above what is expected! You all made a scary event OK and took such good care of me."  
—A patient



Debbie Febres Hurley and Rick Albert were honored for going the extra mile for an ill hiker.

## Your comments

If you have feedback for our team, please feel free to send an email to [ahcvinfo@ah.org](mailto:ahcvinfo@ah.org) or use the form on the Adventist Health/Central Valley Network website at [ahcvfeedback.com](http://ahcvfeedback.com).



## GIFTS THAT SAVE LIVES

The Adventist Health/Central Valley Health Foundation now provides needed funds for health care services in Hanford, Reedley, Selma and throughout the Valley. To learn how you can make a difference, please call **559-537-0760** or send an email to **Debbie.Nardini@ah.org**.



If you do not wish to receive Adventist Health mailings such as this, please call **559-537-1530** or send an email to **ahcvinfo@ah.org**.

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# Living Well Events

[ADVENTISTHEALTH.ORG/CENTRAL-VALLEY](http://ADVENTISTHEALTH.ORG/CENTRAL-VALLEY)



**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 undergoing treatment for cancer.

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

### Better Breathers' Club **FREE**

For people with COPD and other lung diseases and their caregivers. Second Thursday of every month, 5:30 to 7 p.m., Central Valley Network Support Services, Conference Room 1, 450 N. Greenfield Ave., Hanford. Contact Rebecca Russell at **559-537-0083** or **Rebecca.Russell@ah.org**.

### Breastfeeding Classes **FREE**

Fourth Wednesday of every month, 7 to 9 p.m.; Conference Center, 115 Mall Drive, Hanford. Contact Rebecca Mathews at **559-537-1710**. *Registration required.*

### Childbirth Education

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

### Diabetes Support Group **FREE**

- Hanford: Call Julie Azevedo at **559-537-1001, ext. 20825**.
- Selma: Call Maria Casanova at **559-856-6090**. *Preregistration not required.*

### Freedom From Smoking **FREE**

Please call or email Rebecca Russell for the next scheduled clinic and upcoming class information. She can be reached at **559-537-0083** or **Rebecca.Russell@ah.org**.

### Grief Support Group **FREE**

Second Monday of every month. Contact Home Care and Hospice Chaplain Marleny Senn at **559-537-2860** or **Hilda.Senn@ah.org**.



### Annual Golf Classic benefiting Adventist Medical Center-Selma

Monday, May 22, at Kings River Country Club. Call the Central Valley Health Foundation at **559-537-0760**.