

LivingWell

Spring 2017

*Serving Kings, Tulare, Fresno,
Madera and Kern counties*

OUR FAMILY BIRTH CENTER **TURNS 1!** ▶ 4



KICK TOBACCO TO THE
CURB IN 2017 ▶ **2**



? **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.”

Women: Safeguard your heart from an advanced risk of heart disease

By Susan Thomas Locke, MD,
board-certified internal medicine physician,
Adventist Health Physicians Network—Hanford

Heart disease affects not only men, but women as well.

Here are some known facts

Each year, 1 in 4 deaths among U.S. women is from heart disease.

Heart disease, stroke and other cardiovascular diseases kill more American women each year than the next three leading causes of death combined.

Women are less likely than men to survive a heart attack.

Several factors can increase your risk of heart disease. Among them are:

- Smoking.
- Having high blood pressure or abnormal cholesterol levels.
- Being overweight or having diabetes.

If early heart disease runs in your family or you're older than 55, your risk increases, too. The age-related rise in risk is later for women than it is for men. That's partly because estrogen gives premenopausal women some heart disease protection.

To understand your risk and ways to lower it, have a heart-to-heart with your doctor. You also can discuss other factors that may affect your heart, such as using birth control pills if you're older than 35 and a smoker.

Know the signs

Indications of heart disease and heart attack can be different for men and

women. A common symptom of heart disease in everyone is chest discomfort (angina). In women, however, angina is often a sharp, burning pain that may be felt in other areas, such as the back, neck or jaw. Symptoms in women also include nausea, heartburn, shortness of breath and the inability to do activities that are normal for them.

Pain in any of these areas also can be a sign of a heart attack. Shortness of breath or nausea are other heart attack warnings that women, in particular, may have. Don't ignore these signs. Call 911 right away if you have any of these symptoms. Even if symptoms disappear after a few minutes, seek medical help.

To learn more about heart disease, visit the American Heart Association website at heart.org.



Susan Thomas Locke, MD



CALL TODAY FOR AN APPOINTMENT.

Susan Thomas Locke, MD, cares for patients at the Lacey Medical Plaza, 1524 W. Lacey Blvd., Suite 103, Hanford. She can be reached at **844-846-8197**.

LivingWell

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93230, telephone 559-537-1530, website 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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Dr. Locke recently earned recognition for diabetes care by the National Committee for Quality Assurance (NCQA)—a national, private, nonprofit organization dedicated to improving health care quality.

Hanford's Family Birth Center nears its **1** year milestone

The Family Birth Center at Adventist Medical Center–Hanford is preparing to celebrate its first birthday!

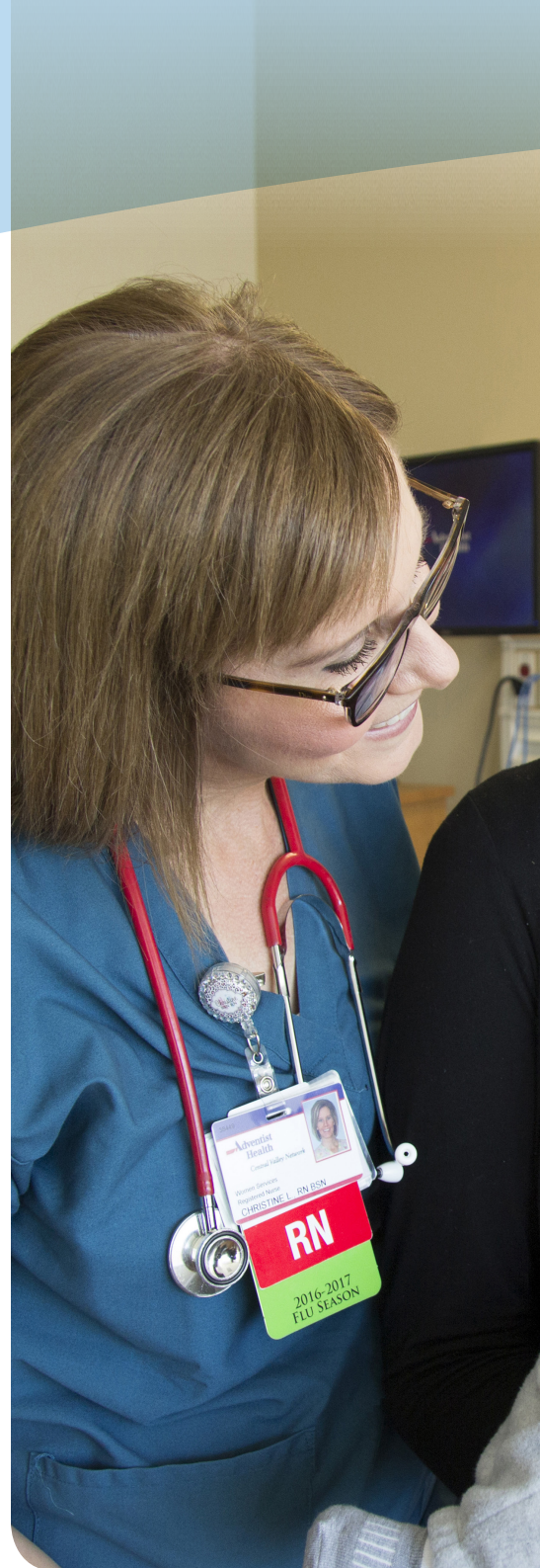
Since the doors opened on March 6, 2016, the staff has helped deliver more than 2,000 babies inside the large, state-of-the-art facility.

“The rooms are private, and it’s a very comfortable atmosphere,” says Kaila Wolfe of Hanford, who delivered her second child, Nathan, in September 2016.

“When you give birth, it should be someplace that’s nice and quiet so you can rest afterwards,” she says, “and it was very quiet here.”

Two months after giving birth, Wolfe’s mother wrote to the Family Birth Center, personally thanking one of the nurses.

“This RN made my daughter’s birth experience so wonderful,” wrote Laura Terrazas about Christine Leach, who’s been a nurse for 21 years. “She kept giving my daughter instructions and was super polite. She was also very warm and welcoming to me and the father.”



When the family reunited with Leach for a photo, Terrazas had tears in her eyes and thanked the center for employing such high-quality nurses.

“It was such a blessing to have Christine as my daughter’s nurse,” Terrazas says. “We’re going to plan all of our families’ babies around her schedule.”

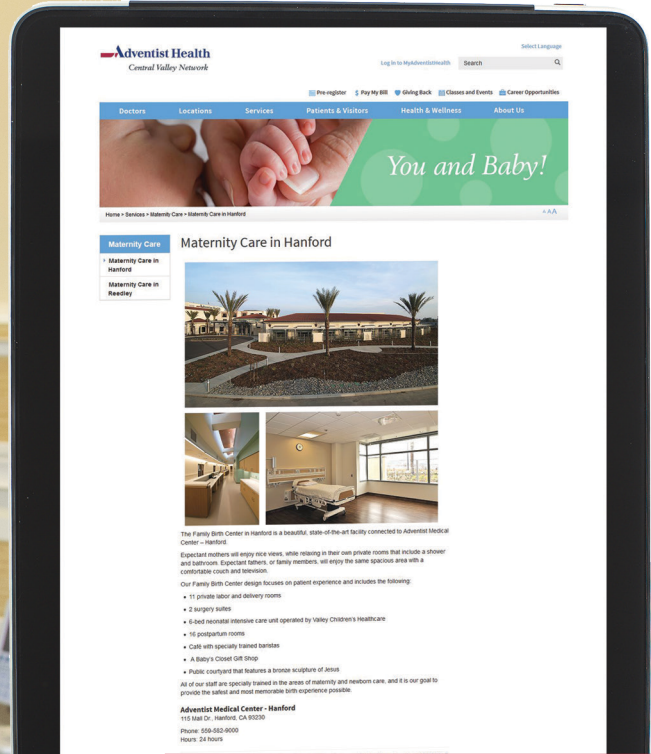
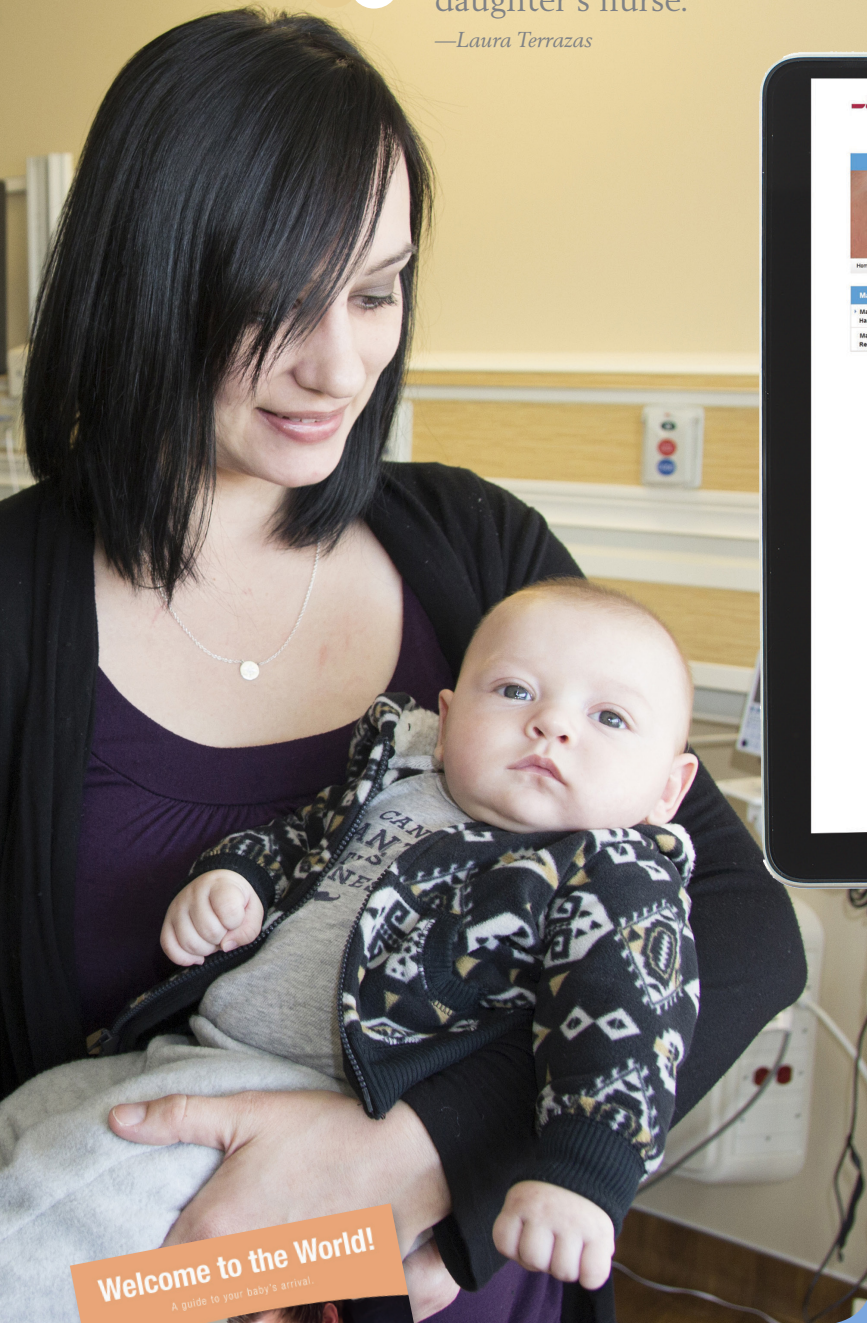


The staff has helped deliver more than **2,000** babies inside the large, state-of-the-art facility.



“It was such a blessing to have Christine as my daughter’s nurse.”

—Laura Terrazas



CHECK US OUT ONLINE!

To learn more about touring the Family Birth Center and to see photos of our private labor and delivery rooms, please visit **HanfordBirthCenter.com**.



To receive a **FREE BOOKLET** about services and support at the Family Birth Center, please send an email to ahcvinfo@ah.org or call 844-825-4747.

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 or use the form on the Adventist Health/Central Valley Network website at 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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TIPS AND VIDEOS, GO TO
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**.