

scope

OFFICIAL MAGAZINE OF LOMA LINDA UNIVERSITY HEALTH



Children's Health

BUILDING HEALTHIER FUTURES



LOMA LINDA
UNIVERSITY
HEALTH

Opening Shot



ADVANCED PEDIATRIC CARE

“Here, the uncommon condition is what’s common,” says Richard Chinnock, MD, chief medical officer of Loma Linda University Children’s Hospital. “And that’s our purpose in this community — to provide a safe and healing place for the most challenging cases. Loma Linda University Health’s Department of Pediatrics today has more than 180 subspecialists. I could not be more proud of who they are and what they represent — great doctors who are committed both to providing superb care and teaching the next generation of caregivers.”



PHOTO BY DANIEL WAHLEN



Children's Health

PARTNERING WITH CHILDREN AND THEIR FAMILIES
TO HELP EACH CHILD LIVE MORE ABUNDANTLY.

SAVING LIVES AND
MAKING LIVES BETTER.

FEATURES

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**LOMA LINDA
UNIVERSITY
HEALTH**

A special kind of CARE



Richard H. Hart, MD, DrPH
PRESIDENT,
LOMA LINDA UNIVERSITY HEALTH

BOTH THE INNOCENCE AND DEPENDENCE

of children can soften even the most calloused heart. This is felt most keenly when a child is sick or wounded in some clear or even intangible way. Loma Linda University Health has been aggressive in developing children's services, both by traditional modes of care in our hospitals and clinics, but also in some of those hidden parts of society where children are ignored, abused or forgotten.

In this issue of Scope, we talk about the many and varied ways we seek to impact the lives of children — both locally and around the world.

When I was a medical student here in the 1960s, we had only a handful of pediatricians on faculty. Led by Dr. Robert Chinnock, they provided general pediatric services to the local population. But in the 1980s, the dream of Loma Linda University Health leaders David Hinshaw, Lyn Behrens and John Mace to develop a Children's Hospital came about, and children's health became a major focus for the organization. Now the Department of Pediatrics has grown to nearly 200 pediatricians and other specialists — our largest department by far, covering essentially all subspecialty disciplines. We recognize that children are not just small people, but need specialized care in as many areas as adults.

Another growing awareness has been an understanding of the hidden challenges of children. This is not just about the ugliest corners of our world where children are physically or sexually abused, but in many less obvious ways when we must do necessary health procedures on children that can be terrifying for them. The new discipline of child life specialist seeks to understand, intervene and mitigate these various interactions between children and their healthcare teams. The progress with communication disorders has also been immense, particularly in autism, where many parents do not know how to help.

While this edition of Scope features children, I must also mention the passing of some of our great pioneers, who impacted children around the world. In the past

LOMA LINDA UNIVERSITY CHILDREN'S HOSPITAL FAST FACTS

several months we have lost both Ellsworth Wareham and Joan Coggin, co-directors of our Overseas Heart Surgery Team. Their team surgically corrected heart defects, especially in children, in 14 countries and trained many other heart teams to continue these procedures.

Another huge loss recently was James Slater, the developer of hospital-based proton therapy, who left behind an incredible footprint of new technology now used in many countries.

In some ways, you will see that this issue could be described as having two themes. Much of what you'll read points forward, looking at the various ways we treat children of the region. But this issue begins with a look to our past and the legacy of three giants in our history. It's their legacies, along with many others, that allow us to look to the future with such confidence.

NUMBER OF BABIES THE STORK BROUGHT IN 2018 **3,022**

NUMBER OF INFANT AND PEDIATRIC HEART TRANSPLANTS PERFORMED SINCE 1985 **916**

MINIMUM NUMBER OF BABY BLANKETS DONATED TO THE NEONATAL INTENSIVE CARE UNIT IN 2018 **550**

MINIMUM NUMBER OF DOLLARS WALTER'S AUTOMOTIVE GROUP HAS DONATED TO CHILDREN'S HOSPITAL SINCE 1996 **4.6 million**

APPROXIMATE NUMBER OF LAW ENFORCEMENT PERSONNEL WHO PARTICIPATED IN THE 2018 COPS FOR KIDS FLY-IN DAY **200**

NUMBER OF STAR WARS CHARACTERS IN COSTUME AT THE 2018 COPS FOR KIDS FLY-IN DAY **15**

NUMBER OF APPEARANCES IN 2018 BY MASCOT LUKE THE LION **6**

NUMBER OF ATHLETE APPEARANCE VISITS IN 2018 **34**

NUMBER OF PAGEANT WINNER APPEARANCE VISITS IN 2018 **3**

NUMBER OF MEMBERS IN THE CHILDREN'S HOSPITAL GUILDS IN 2018 **544**

MINIMUM NUMBER OF DISHES WASHED AT THE GUILD'S "DISHES FOR WISHES" FUNDRAISER **2,500**

MINIMUM NUMBER OF GUILD VOLUNTEER HOURS IN 2018 **2,500**

NUMBER OF GINGERBREAD HOUSES DECORATED AT CHRISTMAS 2018 **165**

Loma Linda University Health lost three of its pioneering physicians during the final days of 2018. **Joan Coggin, MD**, died at age 90 on Nov. 29. **Ellsworth Wareham, MD**, died Dec. 15 at age 104. And **James M. Slater, MD**, died Dec. 26 at age 89.

Coggin and Wareham co-founded the Loma Linda University Overseas Heart Surgery Team in 1963. Established at a time when few hospitals performed open-heart surgery, the team was founded at the request of the John F. Kennedy administration to help build goodwill overseas. These two innovators went on to visit dozens of countries, performing more open-heart surgeries than any similar organization.

Slater founded what became the world's first hospital-based proton treatment facility, which has treated more than 18,000 cancer patients from across the nation and around the world since it opened in 1990.

Through their passion for helping others, their service established a legacy of healing around the world — a legacy Loma Linda University Health strives to live up to each day. We will miss them.

ELLSWORTH WAREHAM, 104, WAS 'BLUE ZONE' PIONEER AND CARDIOTHORACIC SURGEON

*Participated in operations at age 94, brought
open-heart surgery to many countries*

By **MARK KELLNER**

Ellsworth Wareham, MD, known at the end of his life as much for his vegan-supported longevity as his distinguished surgical career that included the first open-heart surgeries in many countries, died Dec. 15 at the age of 104.

An ebullient and active centenarian, Wareham — a 1942 surgical graduate of Loma Linda University, then known as the College of Medical Evangelists — gained global fame through numerous media outlets in his later years for being the epitome of a “Blue Zone” resident, someone who lives in one of the healthiest parts of the world.

According to a 2008 article in *National Geographic*, Wareham epitomized the Seventh-day Adventist lifestyle of a vegan diet, exercise and faith in God, all of which the physician cited as reasons for his longevity.

“I think it’s important for an individual to have some security and peace in his life,” Wareham told Dr. Mehmet Oz, at the time a contributor to Oprah Winfrey’s television program, in 2008. “And I get that from believing in a loving, caring God, you see. And so if He’s in charge of my life, why sit around and worry? I mean, He takes care of the universe, He can certainly take care of me, so I don’t worry.”

During his medical career, Wareham performed more than 12,000 operations and continued to assist and observe younger surgeons until he was in his mid 90s. At 100, he drove and continued to do his own gardening and lawn maintenance, and lived in the two-story house he and his wife of 68 years, Barbara, shared.

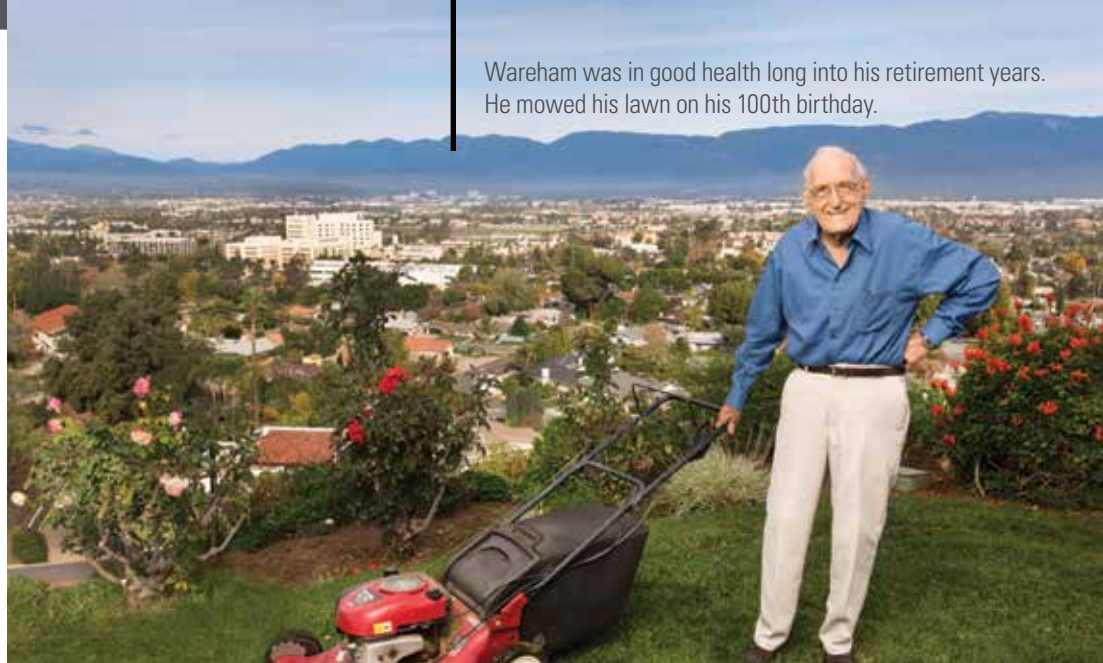
Perhaps his greatest medical accomplishment came in the early 1960s, when the American administration of President John F. Kennedy was trying to improve relations with many nations, including Pakistan. A visit there by then-Vice President Lyndon B. Johnson led to a young Pakistani girl being brought to White Memorial Medical Center in Los Angeles for open-heart surgery.

In turn, that led to an invitation from Johnson’s office to go to Karachi — also home to an Adventist hospital — and perform surgeries there.

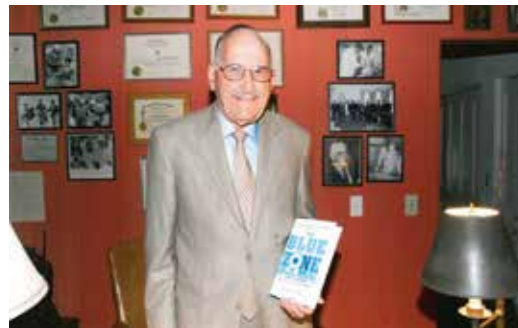
Speaking with Loma Linda University Health historian Richard Schaefer in 2002, Wareham recalled his answer to the vice president’s official request: “Well, if you pay our way, pay for shipping our equipment, we’ll go.” There were just six of us. We went. We took our heart-lung machine and all the supplies. [And we] got over there.”

At the time, Wareham recalled, Pakistani “Muslims didn’t want to give blood. They equated it with the same thing as sacrificial blood-letting. But we got military people from the U.S. embassy.... We took this machine and primed it with blood and used the same blood on the patient in the morning and in the afternoon if they were the same blood types. First time I’d ever heard that done. That’s the way we got started.”

The surgeries did much to enhance the image of the U.S. in those days, and the Loma Linda University Health surgeons, Schaefer noted, went on to do additional work in Asia before their return.



Wareham was in good health long into his retirement years. He mowed his lawn on his 100th birthday.



Such programs are now somewhat matter-of-fact around the globe, but during the 1960s and early 1970s, the procedures were considered new in many parts of the world. Wareham, assisted by cardiologist Joan Coggin, MD — who died in November — was a true goodwill ambassador for Loma Linda University Health, the Seventh-day Adventist Church and even the United States of America.

Wareham was also a mentor to surgeon Leonard Bailey, MD, who in 1985 performed the first infant heart transplant.

“His gentle spirit and humble demeanor belied a confidence and skill that changed heart surgery around the world,” said Richard Hart, MD, DrPH, president of Loma Linda University Health. “He left an indelible mark on many of us as young professionals at Loma Linda University Health that carries on to this day.”

Ellsworth Edwin Wareham was born Oct. 3, 1914, in the east Texas town of Avinger, a waystation en route to the Texas-Louisiana border. He was one of six children born to Dayton Wareham and Goldie Baldwin Wareham. Both parents were Seventh-day Adventists when Ellsworth was born.

Each of the Wareham children ended up in health-related work: three brothers became dentists, two sisters took nursing, with one also being a physical therapist.

The family’s early years, beginning when they relocated to Alberta, Canada, when Ellsworth was six years old, were difficult.

“We were a family of very limited means,” he recalled in the 2002 oral history interview. “We were a large family, farmers. At the time when I was a teenager, we were in the middle of the [Great] Depression. And the depression in Canada was a very

severe depression, particularly for farmers. Wheat sold for 30 cents a bushel. Oats and barley for 6 or 7 cents a bushel. These were our cash crops. Animals were worth little. It was a very difficult situation to have any plans for achieving an education of any degree. The people in our community ... none of my classmates ever got a college degree.”

Ellsworth persisted, spending a year at Adventist Church-owned Canadian Junior College, now Burman University, before spending a summer selling Adventist books door-to-door.

After his two years at the junior college, Wareham was “out of school for two years,” he recalled, during which time he had the prompting to go into medicine.

“It was when I was out of school that the definite conviction came upon me that I should take [up] medicine,” Wareham said. “I might say that

it was as strong as hunger. It wasn’t just a vague idea. There was no other option. It wasn’t whether I had the money or didn’t have the money or how I would accomplish it. I had to accomplish it, no matter what it took to do.”

During the latter part of World War II, he served as a surgeon on a ship near the Philippines.

Training in Los Angeles, New York City and Minneapolis followed as Wareham developed his skills in general surgery, thoracic (chest) surgery and, finally, cardiac surgery. During one of his surgical residencies, Wareham met Barbara, then a young nurse, whom he married in 1950. The Warehams had five children.

In 2014, Loma Linda University honored Wareham with a reception noting his 100th birthday, and the creation of the Ellsworth E. Wareham Global Service and Education Fund.

C. JOAN COGGIN, 90, HELPED TAKE OPEN-HEART SURGERY TEAM OVERSEAS

Co-founded team that operated for more than five decades

By **NANCY YUEN**

C. Joan Coggin, MD, the Loma Linda University Health cardiologist who in the 1960s co-founded the Loma Linda University Overseas Heart Surgery Team, which went on to perform more open-heart surgeries than any similar organization, died Nov. 29. She was 90.

In 1963, Coggin's influence extended across international borders when she and Ellsworth E. Wareham, MD, co-founded the overseas team, which was established at a time when few hospitals performed open-heart surgeries.

Coggin and Wareham pioneered use of the heart-lung machine in Southern California, operating one day a week at Los Angeles County General Hospital. Each week they packed a heart-lung machine and ancillary equipment needed for cardiac surgery into the trunk of Wareham's large car for the short drive from the White Memorial Medical Center to Los Angeles County Hospital.

It led them to wonder: if they could pack all the equipment in a vehicle and transport it to another hospital, why couldn't it be transported thousands of miles and make open-heart surgery available overseas?

In the coming months, she and Wareham refined their plans for the Overseas Heart Surgery Team until the U.S. State Department, on the recommendation of Vice President Lyndon Johnson, sponsored the team on its first trip — to Pakistan. From the moment she began working on the project, Coggin was convinced it would be successful. "I always believed in dreaming dreams and not being afraid of failure," she said.

Coggin participated as a team member on numerous missions to Europe, Asia and Africa. For more than 50 years the heart team initiated or upgraded open-heart surgery programs in countries including Chile, Greece, Hong Kong, India, Kenya, Malaysia, Myanmar, Nepal, North Korea, Pakistan, the People's Republic of China, Saudi Arabia, Taiwan, Thailand, Vietnam and Zimbabwe.

In the course of her international travel she met with heads of state from Pakistan, Greece, Saudi Arabia, Zimbabwe, Kenya, Vietnam and Nepal. At home, she met U.S. Presidents Lyndon Johnson and Richard Nixon.

An authority in the field of cardiology, Coggin held administrative and teaching positions at Loma Linda University Health and wrote and lectured extensively.

Her administrative and teaching capacities at Loma Linda University Health included serving as vice president for global outreach; special assistant to the president for international affairs; and associate dean for international programs and professor at the School of Medicine.

"Joan Coggin was an icon at Loma Linda University. Her passion for helping those in need and her dedication to teaching others how to enhance the level of care in their countries leave a legacy around the world," said Richard Hart, MD, DrPH, president of Loma Linda University Health. "She will also be remembered for her sense of humor, which many times even helped to ease tense political situations."

Charlotte Joan Coggin was born Aug. 6, 1928, in Washington, D.C. to Charles B. and Nanette Coggin. When she was an infant, the family moved to California so her father could attend the School of Medicine at the College of

Medical Evangelists (CME, now Loma Linda University).

Medicine and research were familiar topics in the Coggin home. Her father graduated from CME in 1935. A member of the Harveian Society of CME, Charles Coggin worked with society members to raise the consciousness at Loma Linda University about the importance of research at a time when many faculty members either couldn't see its value or felt they didn't have the time or funding to pursue it.

Joan Coggin was a toddler during the Great Depression when her father became editor of *Harveian Review*, a journal that featured articles and editorials describing the value of research.

She received her undergraduate degree from Columbia Union College, Takoma Park, Maryland, in 1948, and her MD degree from CME School of Medicine as a member of the class of 1953-A. In 1987, she earned a Master's of Public Health degree from Loma Linda University School of Public Health.

After completing medical school, Coggin pursued postgraduate training at Los



Angeles County General Hospital (1952-55), and a fellowship in cardiology at Children's Hospital of Los Angeles (1955-56). In 1958, she was board certified in pediatrics by the American Board of Pediatrics.

She wanted to become a pediatrician until she learned that most pediatric cardiology at the time was done by adult cardiologists. Of her decision to pursue cardiology she said, "One of the reasons I changed my mind was that oftentimes a child could be so sick one day, and the next day the child would be perfectly all right. What I like about cardiology is that you can figure out what the problem is. You have clues. You have the patient's history. If the heart makes a certain type of sound you

know immediately what the problem is."

Coggin began her career when women made up less than 5 percent of medical school graduates nationally. During more than 50 years, she built a cardiology practice and professional reputation that earned for her a place of distinction in American medical history. Of her decision to enter medicine, she stated, "I really didn't know any other life than that of a physician. I had my second birthday in Loma Linda when my father entered the School of Medicine. I grew up always wanting to become a physician."

The importance of medical research, which her father had impressed upon her as a child, was ingrained

in Coggin's career. She was principal author or coauthor of more than 50 scientific articles published in peer-reviewed publications.

"It just boggles the mind to think of the advances that medicine will make in the next 50 years, if time should last!" she marveled as she recalled discarding a teaching slide she had created titled "Cardiac Conditions for Which There Is No Treatment," when advances in medicine made it possible for all 12 of the listed conditions to be successfully treated.

On Feb. 24, 2004, Coggin's contributions to Loma Linda University Health were celebrated by friends and colleagues as she concluded a half-century of service as a teacher, administrator and

goodwill ambassador. The same year she was named professor emerita, Department of Medicine, School of Medicine, and Loma Linda University Health presented her with the Lifetime Achievement Award.

A consultant to the television and motion picture industries for medically oriented programs, she was once presented with the Golden Eagle Cine Award at the Venice Film Festival.

When asked what was most gratifying to her as a physician, she responded: "To see people who were incapacitated — whether young or old — and then seeing them well again. This is what makes medicine very rewarding."

JAMES M. SLATER, 89, PIONEER OF PROTON THERAPY, TRANSFORMED CANCER TREATMENT

Founded proton treatment center at Loma Linda University Medical Center

By **NANCY YUEN**

James M. Slater, MD, whose determination to improve the quality of life for patients undergoing cancer treatment inspired him to use proton therapy for patient care and to champion and oversee creation of the world's first hospital-based proton treatment center at Loma Linda University Health, died Dec. 26. He was 89.

The James M. Slater, MD Proton Treatment & Research Center — which opened in 1990 — has since treated more than 18,000 patients from around the world, including foreign royalty, celebrities, and even an NBC news reporter who in 2008

chronicled his own battle with cancer and search for treatments.

Proton radiation treatment, a precise and advanced form of radiation therapy available, allows physicians to deliver full or higher treatment dosages to destroy a tumor with minimal side effects to a person's surrounding healthy tissue or organs.

In 1986, the Loma Linda University and Loma Linda University Medical Center Boards of Trustees approved Slater's request to work with Fermi National Accelerator Laboratory (Fermilab) to begin planning the LLUMC Proton

Treatment Center, which would result in the construction of the most expensive piece of medical equipment that had ever been built. The issue was one of the most disputed items the board would ever deliberate.

In 1989, the year the first particle accelerator (synchrotron) components were shipped to the Loma Linda University Health campus from FermiLab, controversy about the new treatment raged, becoming the focus of a March 17 *Wall Street Journal* article, *Off the Beam? Proton Device to Fight Cancer Is a Boondoggle* — or a Breakthrough. The story, while acknowledging that the Food and Drug Administration had approved proton therapy as a cancer treatment, referred to the Loma Linda synchrotron as a “contraption.”

The debate took place at the national level not only because of the fear that proton treatment would be ineffective or that it would cause cancer patients to have false hope, but because in part, it was being funded with millions of dollars from the U.S. Congress and the U.S. Department of Energy.

When the Loma Linda University Medical Center Proton Treatment Center opened in 1990, it was the only place in the world to offer proton therapy for patient treatment and

research in a hospital setting. It would remain the only hospital-based treatment center of its kind in the United States until 2003. In 2007, it was renamed the James M. Slater, M.D. Proton Treatment and Research Center in his honor.

The realization of Slater's resolve to ease cancer patients' suffering was captured in *Beam of Hope: The Story of Proton Therapy at Loma Linda University Medical Center*, by Richard A. Schaefer. *The Wall Street Journal* in February of 2005, nearly 16 years after a previous article had harshly questioned proton therapy, published an article, *Proton-Beam Therapy for Cancer*, which listed quality-of-life issues among proton therapy's most important benefits. Patients in Massachusetts and Indiana were receiving proton therapy at facilities in their states and additional facilities were under construction in Texas and Florida.

Today there are approximately 25 proton therapy centers in operation, with another 11 centers under construction or in development, according to the National Association for Proton Therapy.

“Dr. Slater will be memorialized by his development of proton therapy, but I will remember him even



From left: Phil Livdahl, former deputy director of Fermilab; Congressman Jerry Lewis; Robert R. Wilson, founder of Fermilab; James M. Slater; and Daniel S. Goldin, director of NASA, tour the James M. Slater, MD Proton Treatment & Research Center circa 1990.



In 1994, officials from Loma Linda University Medical Center and NASA signed a Memorandum of Agreement to collaborate on the study of how positively charged particles in space affect astronauts. Seated from left: David Hinshaw, LLUMC president; Joan Vernikos, manager of NASA's Life Biomedical Research Program. Standing from left: Congressman Jerry Lewis, NASA Administrator Daniel S. Goldin and James M. Slater.



more as the consummate gentleman, always ready to listen and assist younger faculty and staff in pursuit of their dreams," said Richard Hart, MD, DrPH, president of Loma Linda University Health. "His gentle spirit and deference to others made him a natural leader on our campus."

James Munroe Slater was born in 1929 in Salt Lake City, Utah. His parents both attended the University of Utah, and his mother earned a degree in elementary education from the university in 1927.

Slater's earliest comprehension of the world of science came as a third-grader, according to Schaefer, historian for Loma Linda University Health. He was fascinated as he heard stories of scientists and inventors his teacher, Miss Emma Evans, read to the class every day. At 14, Slater worked with the U.S. Forest Service in Utah, earning the crew's respect as they observed his precision driving immense tractors. He later worked as a truck mechanic, vacuum cleaner repair shop owner and a miner.

Intrigued by the importance of physics in society, he applied

to the University of Utah, graduating in 1955 with a bachelor's degree in physics.

Slater then taught math in a junior high in Fontana, California. Medicine had always intrigued him, and when a neighbor suggested that he consider becoming a doctor, he applied to Loma Linda University School of Medicine.

Following graduation in 1963, he trained as a resident at both LDS Hospital in Utah and White Memorial Medical Center in Los Angeles. Further narrowing his interests, he moved to Texas where he completed a National Institutes of Health Fellowship at University of Texas MD Anderson Cancer Center. It was during his fellowship when his interest in heavy-charged particle therapy began.

Slater described the compassion he felt for his patients in a documentary, *The Convergence of Disciplines*. During his residency training in radiology, he said, "[It] was a shocking experience to see how ill we made our patients. During treatment they became very, very sick. Some of them had to stop treatment and recuperate for a week or so before they could

come back. This reduced their chance for a cure and caused misery for them as an individual and for their family."

Determined to find a place where he could make major changes he felt were needed in radiation medicine, Slater accepted the invitation to return to Loma Linda University Health in 1970.

There he pioneered computer-assisted radiotherapy planning, developing CT-based treatment. He introduced the first such system in 1971, earning him a first-place award from the European Association of Radiology in 1975 and an invitation to speak at the United Nations International Atomic Energy Agency in Vienna, Austria. In 1978, he received the first-place award from the American Society of Therapeutic Radiologists.

Determined to do even more to spare healthy tissue during cancer treatment, he began investigating proton radiation therapy, visiting accelerator companies around the world. As he shared what he needed and invited them to work with him he was surprised when they said no, telling him the complexity was

more than they were prepared to attempt.

Eventually Fermilab agreed to work with Slater, and in 1986 was granted permission by the overseeing boards at Loma Linda University Health to proceed.

Costs for the project skyrocketed, and Slater began working with U.S. Congressman Jerry Lewis and testified during a congressional hearing. Lewis said in the documentary, "We were requesting \$25 million. After the hearing, we went to the committee session with the Senate and got \$25 million. And it was a direct result of the presentation of Dr. Slater."

When it was complete, the center was a \$100-million, three-story facility. The equipment, including the accelerator and the proton guidance system, weighed 400 tons and produced up to 250 million electron volts of radiation.

Today, Slater's second-eldest son, Jerry D. Slater, MD, is chair of the Department of Radiation Medicine at Loma Linda University Health.



RADIATION ALTERNATIVE YIELDS BETTER QUALITY OF LIFE RESULTS FOR PATIENTS AFTER BREAST CANCER SURGERY

PATIENTS WITH EARLY STAGES OF BREAST cancer who undergo partial breast proton irradiation treatment after a lumpectomy have better quality of life post-treatment versus whole breast irradiation, a new study suggests.

Patients with early-stage breast cancer — stage zero to two — are typically treated with whole breast irradiation after removal of the cancerous tumor because there is a 30 to 40 percent chance the disease will return. But partial breast proton irradiation allows physicians to protect non-targeted breast tissue and other organs in close proximity.

The study, recently published in the *Cancer Medicine Journal*, demonstrated patients undergoing partial breast proton irradiation reported less fatigue, fewer restrictions in daily activities, less breast pain and better cosmetic results. Lead researcher David A. Bush, MD, a radiation oncologist at Loma Linda University

Health, said the results from the study allow physicians to now present another treatment option that places whole-person care at the forefront.

“Breast cancer patients can take comfort knowing they can receive an effective treatment that will minimize or eliminate long-term damage to vital organs and provide a better physical and emotional quality of life,” Bush said. “There is life after breast cancer, and patients should have access to the best possible quality of it.”

Loma Linda University Health researchers studied partial breast proton therapy (PBPT) and compared the long-term health and well-being outcomes to standard whole breast treatment in an effort to minimize unnecessary side-effects and allow patients to have optimal quality of life post radiation. PBPT uses

targeted proton radiation that pinpoints the specified area needing the treatment. Once it is located, the beam of radiation hits the target only, like a laser beam.

The alternative radiation treatment to partial breast proton irradiation is whole breast irradiation, where a radiation oncologist will use radiation on the entire breast, which can affect the treated breast as well as vital organs within close proximity to the breast — such as the heart, lungs or ribs — potentially yielding negative cosmetic and emotional effects causing a low quality of life.

Due to successful results, this treatment is now offered as an option to standard treatment at Loma Linda University Cancer Center. For more information, call the Loma Linda University Cancer Center at 1-800-776-8667.

MEDICINE AND RELIGION STUDENT LANDON SAYLER RECEIVES MAXWELL SCHOLARSHIP INAUGURAL AWARD



Landon Saylor, with his wife, Andrea.



The late Arther Graham Maxwell.

LANDON SAYLER, THE FIRST STUDENT to receive the Arthur Graham Maxwell Scholarship for Excellence in the Study of Religion, remembers being inspired by the ideas of the late Seventh-day Adventist theological statesman before he even knew Maxwell's name.

A professor of New Testament at Loma Linda University for 27 years, Maxwell was known for his writings and teachings on the loving and trustworthy nature of God. As a professor, Maxwell had a passion for educating future medical professionals studying at Loma Linda University to also have a greater understanding of the Bible and theology.

As the first recipient of the Maxwell Scholarship, Saylor had the same dream for himself.

"When I applied to the School of Medicine at Loma Linda University, I had dreams of someday in the future pursuing further training

in religion, but it was always a distant dream," he said. "Now the opportunity is directly before me and being offered freely."

Medicine will be Saylor's second career. The native of Canada holds a master's degree in education and has taught for a number of years. He also served in lay ministry at a church and a health food store aimed to reach a young, non-religious community in Canada.

Loma Linda University School of Religion offers two master's programs designed for students of other Loma Linda University schools in a dual degree. One is the Master of Arts in Bioethics. The other, which Saylor is pursuing in the 2018-2019 school year, is a recently revamped program called the Master of Arts in Religion and Society — designed for those seeking to serve the church and world in the 21st century in a variety of capacities.

Jon Paulien, PhD, the school's dean, notes that the school has a passion to maintain

the legacies of influential religion and ethics scholars in Loma Linda University's earlier days who helped establish what became the School of Religion. He said, "It is exciting, through this scholarship, to encourage medical and dental students to focus seriously on religion — maybe to create a new generation of Graham Maxwells."

The Maxwell Scholarship comes with a \$10,000 gift that will help Saylor afford the living expenses he has incurred after giving up his job and moving from Canada to California. Saylor also received a collection of Maxwell's books and audio recordings.

Asked how he would articulate the core of Maxwell's teachings, Saylor said, "The God of Scripture desires to reveal himself as a loving God to humanity, and you can see that woven through the entirety of the Bible.

"His message is absolutely still needed today," Saylor said.

SCHOOL OF PUBLIC HEALTH STUDENT'S SUMMER PRACTICUM HELPED NFL'S LOS ANGELES RAMS

SCHOOL OF PUBLIC HEALTH STUDENT

Jesse Gutierrez was ecstatic to learn his application to spend two summers as an intern with the Los Angeles Rams National Football League (NFL) franchise had been accepted.

For sports fan Gutierrez, getting paid to attend two Los Angeles Rams summer training camps while fulfilling the practicum requirements for his MPH degree at Loma Linda University School of Public Health was better than a dream come true.

Not only did the 29-year-old nutrition and dietetics student get to work with top NFL athletes during the 2017 and 2018 camps, but he also demonstrated that nutritional counseling makes a difference on the field. Gutierrez's day ran from 6 a.m. to as late as 9 p.m., talking with players as they arrived, took breaks, ate meals or pumped iron. His message? What you eat affects your performance.

The results substantiate the claim. Initially, there were 89 players on the roster, but when training camp ended three weeks later, there were only 53. Gutierrez was happy to learn that players who made the cut had received the most nutritional counseling. "While it is difficult seeing any athlete cut, it was encouraging to see the immediate results of the nutritional counseling," he said.

Gutierrez first became excited about sports nutrition after taking a class in the subject. When it came time to find a venue for his sports nutrition internship, he contacted local sports franchises like the Ontario Reign, Rancho Cucamonga Quakes and Inland Empire 66ers. His hopes were dashed when they all informed him that they didn't offer a nutrition internship. An online search, however, revealed that the Rams did.

The odds seemed daunting — dozens of talented students must surely be vying for the position — but Gutierrez knew he had to try, so he filled out the application, sent it in, and was called in for two interviews. A few days later, Gutierrez discovered a message from the Rams in his inbox. "Congratulations!" it said.

NFL players often develop an increased risk of high blood pressure and elevated heart rate five years after their football careers end, Gutierrez says. "My purpose was to educate them on how diet can have an immediate and long-term impact on their health and performance."

Brimming with enthusiasm, Gutierrez began to share his knowledge with the athletes.

"Players who eat beets right before a game," he told them, "have better muscle oxygenation and blood flow. Dehydrated players suffer increased muscle cramps and injuries, both of which are huge concerns in the NFL."

When the camps ended, several players told Gutierrez they played better when they followed his advice. That feedback influenced his plans for the future, leading him to want to turn sports nutrition into a career.

Gutierrez, meanwhile, is convinced his education paved the way for his success. "The things we are taught at Loma Linda University School of Public Health have potential to make a huge difference in people's lives," he said.



SCHOOL OF MEDICINE STUDENT SELECTED FOR NIH MEDICAL RESEARCH SCHOLARS PROGRAM

JONATHAN SACKETT, A FOURTH-YEAR medical student at Loma Linda University School of Medicine, will participate in the National Institutes of Health (NIH) Medical Research Scholars Program for the 2018-2019 academic year. Sackett is the first student at Loma Linda University to participate in the prestigious program held at NIH's campus in Bethesda, Maryland.

The year-long research program is open to medical, dental and veterinary students across the country interested in basic, clinical and translational research. This year the program accepted 37 students from a pool of 115 applicants.

"I wanted to be a part of this program prior to going to medical school," Sackett said. He previously worked at the NIH in their neurology department, where his passion for research grew. Sackett will focus his research on prostate cancer, specifically looking at how MRI imaging can help identify cancer prior to a biopsy.

"The goal is to increase the detection rate of prostate cancer and discern which cancers are more aggressive," Sackett said. According to Sackett, biopsies can occasionally miss cancer on their own, but using MRI guidance they do much better.

Marcelo Vazquez, MD, PhD, associate professor at Loma Linda University School of Medicine, has worked closely with Sackett through his educational journey and was not surprised to learn of his accomplishment.

"It is extremely rare to have the opportunity to enjoy the presence of a student with an unmatched intellectual brilliance, insatiable curiosity, artistic skills, passion for science and drive for success," Vazquez said.

"I want to have a positive impact on people and on science," Sackett said. He knows this opportunity will give him the guidance and mentorship to find the right fit in his healthcare career.

Sackett is originally from Kettering, Ohio. His father, who graduated with a master's



degree from Loma Linda University, works as a healthcare administrator, and his mother works as a nurse.

He will return to Loma Linda University in fall 2019 to complete his fourth year. Sackett said he is currently hoping to pursue a career in radiation oncology. "No matter where I end up, I will carry love for patient care and passion for research," Sackett said.

BEHAVIORAL MEDICINE CENTER EXPANDS SERVICES WITH NEW OUTPATIENT THERAPY SERVICES PROGRAM

LOMA LINDA UNIVERSITY BEHAVIORAL MEDICINE CENTER (BMC) has expanded its outpatient services with the addition of the BMC Outpatient Therapy Services program, which will offer care for the full spectrum of patient mental health needs.

This new program will provide additional therapy resources for the residents of the Inland Empire community, as well as allow the BMC to treat more patients suffering from a variety of mental and behavioral health challenges.

"This expansion addresses the lack of mental healthcare providers available and touches on the impact we are hoping to make by continuing to expand our services," said Edward Field, MBA, administrator of the Redlands-based Loma Linda University Behavioral Medicine Center.

The BMC Outpatient Therapy Services program will provide care for a variety of needs in the Inland Empire region, such as opiate addiction, anxiety, depression, suicide prevention and a host of other psychiatric and behavioral disorders.

The expansion of outpatient care offered has been warmly welcomed by members of the community and continues to support the BMC's commitment to providing whole person care to everyone it serves. "Our priority is to create greater access to care within our communities," said Melissa Pereau, MD, a medical director and psychiatrist at the BMC.

"This is a period in time when we see a call to arms, and we need to be able to continue building what we're doing to fight against mental illness."

Dragana Pitargue, LCSW, MBA, program director of the Loma Linda University BMC Outpatient Services, says her hope is to collaborate with other departments in the health system in order to help patients with the behavioral health aspect of their treatment. "It's extremely important to have an outpatient clinic for continuity of care, and our outpatient clinic is excited to partner with the Department of Psychiatry to provide a collaborative approach to treatment," Pitargue says.



SCHOOL OF PUBLIC HEALTH STUDY FINDS RAIL YARD PROXIMITY LINKED TO ASTHMA IN CHILDREN

A STUDY AT LOMA LINDA UNIVERSITY

School of Public Health found a link between freight rail yard pollution and asthma-related emergency room visits in children.

Loma Linda University School of Public Health researchers released the first study assessing all 18 major freight rail yards in California and found a link with freight rail yard pollution to asthma-related emergency room visits in children. The study was published in the Nov. 23 edition of *Preventive Medicine Reports*.

This large-scale rail yard study is a follow-up to the initial study of a rail yard located in San Bernardino, which was known as the ENRRICH Project and funded by the South Coast Air Quality Management District.

The new study's co-principal investigator, Rhonda Spencer-Hwang, DrPH, says the research team discovered a strong relationship between the likelihood of a child visiting a

hospital emergency room for an asthma-related condition and residential proximity to one of California's 18 major rail yards.

Many of those affected most by rail yard pollution are low-income, minority children between the ages of 0 to 4 years of age. Children are also at highest risk of permanent damage because their lungs are undergoing changes that affect respiratory health the rest of their lives, researchers said.

"We found that the youngest, most vulnerable children suffer the most," Spencer-Hwang said.

During the initial study, Spencer-Hwang, Susanne Montgomery, PhD, and the late Sam Soret, PhD, the study's other co-principal investigators, tested air quality at Ramona Alessandro Elementary School, less than 500 yards from a rail yard in San Bernardino. The worst pollution was found on the kindergarten playground.

"These little children are breathing in diesel pollution every day while they're outside playing and running," she said.

"Asthma is the leading cause for missed school days," Spencer-Hwang said. Outdoor pollutants increase absenteeism, resulting in lower academic scores and higher drop-out rates, which ultimately are associated with reduced employment opportunities in adulthood.

Spencer-Hwang said children living less than 10 miles from a freight rail yard were at significantly greater risk of using the emergency room for asthma than those living more than 10 miles away. Within a 10-mile radius from the rail yard, those living 5 to 10 miles away were also more likely to seek treatment than their peers who lived closer, within five miles of the rail yard.

GLOBAL HEALTHCARE CONFERENCE SHARES LEADERSHIP AND GOVERNANCE EDUCATION WITH INTERNATIONAL HEALTHCARE LEADERS

MORE THAN 300 SEVENTH-DAY

Adventist healthcare leaders from 44 countries attended the third Global Healthcare Conference, one of Loma Linda University Health's ongoing international initiatives that supports the development of the church's healthcare institutions in developing countries around the world.

Held October 18-21, 2018, in Loma Linda, the theme focused on leadership, governance and management issues faced by healthcare organizations globally. Conference attendees participated in a variety of

interactive plenary sessions and breakout workshops intended to increase their knowledge of the various roles and accountabilities for which healthcare institutional leaders are responsible.

"How do these organizations become more effective and purposeful in sharing the gospel of Christ with this world?" Richard H. Hart, MD, DrPH, Loma Linda University Health president, said in his opening keynote address. "Too often we get caught in the struggle for survival rather than with becoming what God intends for these hospitals and clinics to become. Our goal is to help all

of these institutions grow and become stronger."

The Seventh-day Adventist Church operates 175 hospitals and 450 clinics worldwide.

"I'm often asked why Loma Linda University Health chooses to support these international institutions," Hart said. "One answer is found through the many mothers, children and families whose lives are saved and made better every day at these hospitals. These institutions also provide employment, train health professionals and give visibility to the Adventist Church in many places around the world.

"There is also a significant impact on the Loma Linda University Health community" Hart added. "If we didn't take advantage of these opportunities to live out our dreams of compassion and caring for others, we would be the less for it."

The first Global Healthcare Conference took place in 2014. It is held every other year. Regional conferences take place during odd-numbered years, with previous events taking place in Honduras, the Dominican Republic, Cote d'Ivoire and Zambia.



FULFILLING **HIS** PLAN

MICHAEL HOGUE, NEW DEAN OF THE SCHOOL OF PHARMACY,
REVEALS HIS SERVICE IS AN 'ACT OF OBEDIENCE.'

BY BRIANA PASTORINO



After graduating high school in 1990 in Vienna, Illinois, Michael Hogue, PharmD, then 18, was unsure of the career path he wanted to pursue. The high school valedictorian was encouraged by his mother to take a job working as a store clerk with his cousin who owned a small pharmacy in the southern Illinois city of Metropolis.

Now the dean of Loma Linda University School of Pharmacy, Hogue attributes his cousin's mentorship for leading him into the profession that ultimately brought him to Loma Linda.

Hogue was amazed with the relationships his cousin was able to build with his patients and aspired to have the same type of human connection. "To have that kind of trust and be able to help people in such a way, it intrigued me," he says.

Hogue, who became the new dean in January, aims to bring that connectedness to faculty and current and future students at the School of Pharmacy, which is one of over 140 pharmacy schools in the U.S., only 25 of which are faith-based.

"I want to emphasize to the broad Christian community that Loma Linda University School of Pharmacy is here," Hogue said, "and broaden who it is we are talking to."

He most recently came from the McWhorter School of Pharmacy at Samford University College of Health Sciences in Birmingham, Alabama, where he served as associate dean.

Having lived the majority of his life in the South,

Hogue says it took a lot of family prayer and discussion with his wife and two daughters to ultimately take the leap of faith to plant roots in Southern California to serve at Loma Linda University. He says the decision he says was "an act of obedience" to God.

"We are convinced this is what the Lord wants us to do," Hogue says. "He has called us to be here. We're embracing it and we're excited about it."

Growing up in rural Vienna, in the southern tip of the state of Illinois, Hogue says he was very much raised a farmer. They lived on a gentleman's farm, meaning they didn't farm for profit but rather for leisure, and his uncle had a cattle farm nearby.

Hogue's mother was a deputy clerk for Johnson County, and his father was a brick mason who later worked as a corrections officer after the construction industry went downhill in the 1970s. His father also served as a Baptist deacon and instilled the values of the Christian faith in their home.

After high school, Hogue attended a small community college just eight miles from his home, adding that he may not have been able to afford college had it not been for the community college system. "Community college provided the entryway of what is possible in higher education," he says.

In 1992 he completed the pre-requisites necessary for pharmacy school, followed his cousin's mentorship and attended the McWhorter School of Pharmacy at Samford University — a private, Christian university in Birmingham.

In addition to being close to home, Hogue says he was drawn to the Christian environment. It was also where he met his wife, Heather, on the first day of school. Scheming to sit next to her on the second day, they became friends, and after three months, he mustered up the courage to finally ask her out. They married in May 1995 after they both received their Bachelor's of Science in pharmacy and moved on to complete their doctorates in pharmacy at Samford together.

In 1994, Hogue was elected as the national president of the American Pharmacists Association Academy of Student Pharmacists (APhA-ASP), which required a lot of travel — he traveled to 52 of the then 74 pharmacy schools over two years — and studied in his hotel room every night to keep up with classes. Back at Samford, remaining diligent and dedicated to her husband's success, Heather would fax the class notes to her husband's hotels while he traveled. "I would read and study the faxed notes, and if I had any questions I got on a telephone — not a cell phone mind you — and called her to discuss," Hogue recalls.

After earning his Doctorate of Pharmacy in 1996, Hogue went on to complete a residency in executive management with the American Pharmacists Association in Washington, DC. After a successful private practice career, he was recruited by Samford to the faculty, where he served in various roles at the McWhorter School of Pharmacy, including interim dean, professor, experiential program director, pharmacy practice department chair, and associate dean for the university's Center for Faith and Health.

Hogue says he is eager to carry on his service to God in his new role at Loma Linda University. Despite the uncertainties of such a major move, he and his family have had tremendous encouragement and support from their sphere of people.

"We have this ideal of what we think our path will be," Hogue says. "Sometimes we pursue it with all our effort and energy. And then the Lord suddenly says, 'Stop, I have something else planned for you.' We find ourselves having to take pause and listen to what the Lord's directions are, and sometimes that isn't the direction you maybe thought you were headed in."

"What a special thing it is to be able to come to that realization that God cares about me enough to have a plan for me, and this is His plan."

5 QUESTIONS WITH JENNIFER MCDONALD

PATIENT EXPERIENCE DIRECTOR HELPS LOMA LINDA UNIVERSITY HEALTH SPARKLE BRIGHT FOR PATIENTS AND EMPLOYEES.

BY GENESIS GONZALEZ

It's almost impossible to walk by Jennifer McDonald, executive director of patient experience at Loma Linda University Health, and not smile. Her kind spirit and bubbly personality radiate from one person to the next. Whether it's a wave hello, a warm hug or a friendly "how is your day going," McDonald is a passionate believer in sharing happiness.

"Anything I can do to help others be happy in their own skin and feel valued is what I do," McDonald says.

McDonald, best known as the "sparkle lady" at Loma Linda University Health, has always been inspired by how others feel. In her early 20s, she worked closely with elderly patients helping them find their happiness, even if it was just for the day. She spent 15 years in behavioral healthcare working with children, adolescents and adults to overcome life's challenges with positivity and respect.

McDonald combined her love for people and the drive to make happiness a constant through the CLEAR-CONNECT-GRETE model, which was developed with the Loma Linda University Health spiritual life council. This unique program gave her the tools to help physicians, staff and patients come together as a united front built on respect and compassion. Loma Linda University Health is currently experiencing some of the highest patient satisfaction in history.

"I believe in my heart that every person responds to compassion, care, respect and those who listen," McDonald says. "Employees come up to me and say I've made a difference, but it's not me. It's all of us that can make a difference."

HOW WOULD YOU DEFINE THE WORD "SPARKLE"?

I was searching for a word that exemplified how we as caregivers and staff make other people feel. It honestly just came to me. I quickly became the "sparkle lady." It's nice to be known as a positive force among colleagues, friends and patients.

WHAT IS THE KEY TO MAKING PATIENTS HAPPY?

It starts with our employees and developing trust. I like that Loma Linda University Health embraces hope, faith and fellowship, and our ability to sit and pray at the bedside. It's all about building relationships and connecting with the patient.

PHOTO BY CHET WILLIAMS



HOW DO YOU SEE OUR EMPLOYEES SPARKLE?

The way I see people sparkle is through love, hugs and the miracles of going above and beyond to save lives. The simple act of making sure our patients have everything they need is how we sparkle. “Sparkle” is a reminder to connect back to the mission and our purpose. It’s valuable to identify within ourselves the gifts we have and what we can give back. One person can make a huge difference, but imagine the impact we would have if we each focused on making a difference every day — now that is something special.

WHAT ADVICE WOULD YOU GIVE TO THOSE WHO DON’T WORK IN DIRECT PATIENT CARE TO HELP THEM SPARKLE?

It’s important to remember that everyone at Loma Linda University Health has a customer we serve. I would advise them to ask their customer how they can better serve as a resource and provide

the best support. I encourage every individual to think of something that makes them awesome and embrace it at work, home and with friends. Try to come up with more awesome attributes each day. I believe if you are an empty cup it’s hard to fill the spirit of others.

WHAT IS YOUR TOP GOAL OVER THE NEXT FIVE YEARS?

Our goal is to consistently exceed the expectations of our patients by providing the highest quality and safest care in a Christ-centered environment. The long-term goal is for every employee to say Loma Linda University Health is the best place to work, serve and practice. It’s so amazing that The Leapfrog Group named Children’s Hospital a Top Children’s Hospital again and our East Campus hospital was named a Top Teaching Hospital. These are significant recognitions.



LOMA LINDA UNIVERSITY CHILDREN'S HOSPITAL

has long been on the

FRONTIER OF TREATMENTS.

And its future is full of promise.

BY SCOTT PERRYMAN

For more than 25 years, Loma Linda University Children's Hospital has provided a whole child healing environment focused on patient safety, quality and sustainable growth to more than 125,000 children every year. When a family is enjoying good health, many of life's demands need to be juggled every day. However, when a child is sick, a family faces one issue — everything else pales in comparison. Here at Loma Linda University Children's Hospital, we exist to provide a spectrum of care from well-check visits to complex medical conditions and life-threatening injuries.

Our Children's Hospital is the only Level I Tertiary Hospital in the Inland Empire, and we serve the largest geographic region in the state of California — more than 1.2 million children! This growing need for pediatric services has enabled us to expand services to the Coachella Valley, Murrieta and beyond. Loma Linda University Children's Hospital and our surrounding clinics exist because, well, children are different. Children need healthcare that is customized for their unique needs, like playrooms filled with activities and child life specialists to prepare them for their stay. We believe that each doctor, nurse, child life sub-specialist and other members of the care team should treat parents as partners in whole child care.

Let me tell you about my friend Lexi, a former patient at our Children's Hospital who was saved by today's medical advances in cardiology. Lexi was an active, seemingly healthy child until an annual

physical exam revealed severe heart problems that would require a heart transplant. As she waited for a donor match, her heart failed and she was rushed to our hospital. Lexi was hooked up to multiple machines to keep her alive until her new heart could be found. Just six days after being admitted to the hospital, Lexi required emergency surgery and was given a 10 percent chance of survival.

Half a century ago, Lexi's story may have had a different, unfortunate ending. However, with tremendous growth in research, technology and a vastly increased understanding of childhood disease and conditions, thousands of children like Lexi are alive today. Lexi did survive that emergency surgery, and after spending 32 days in our hospital, she was gifted a new heart. Lexi is now 17 years old and has a bright future ahead of her — her parents are able to see her smile, hear her contagious laugh and watch her pursue her dreams with a new passion. More than 30 years ago, Dr. Leonard Bailey developed the techniques to successfully transplant healthy hearts into critically ill infants and children, right here in Loma Linda.

This past December, we had the honor of being recognized nationally as a Top Children's Hospital by The Leapfrog Group for a second straight year. This designation highlights our consistent commitment to patient safety and quality regarding infection rates, maternity care and our ability to prevent medication errors. We feel honored to be one of only 13 children's hospitals out of more than 220 across the country to receive





this Top Children's Hospital award. The trust that our patients and their families instill in our care teams has enabled further expansion and growth.

We've experienced tremendous growth over the past few years as we continue to expand our service area to provide care in underserved parts of our region. In the last year, we opened the doors to Loma Linda University Children's Health – Indio, a freestanding pediatric clinic that provides local access to healthcare for more than 130,000 children in the Coachella Valley. In addition to this growth, we partnered with our pediatric faculty to expand Loma Linda University Medical Center – Murrieta with a six-bed neonatal intensive care unit early last year. While the Indio and Murrieta locations offer close-to-home care for their patients, both also provide direct access to the resources and expertise at Loma Linda University Children's Hospital.

The amazing caregivers at our Children's Hospital have a tremendous impact locally and around the world, and our future is full of promise. A new children's tower is under construction adjacent to our current facility that will enhance the exceptional healthcare we provide every day.

The new tower — dedicated to service for mothers, babies and children of all ages — will feature all private rooms and bring our total number of licensed beds for children to 373. The children's emergency department, the neonatal intensive care unit and the total birthing center will all be expanded to serve even more patients. Every part of the new facility will add to the compassionate, whole child care that Loma Linda University Children's Hospital offers every day. When our new children's tower opens, the entire healthcare team will rededicate themselves to strive for the best outcomes so that children can move from healing to healthy and happy.

These opportunities for growth and expansion wouldn't be possible without this incredible community. We thank you for your continued support of the work we do to keep the mothers and children of the Inland Empire healing, healthy and happy.

—Scott Perryman, MBA,
is the senior vice president and
administrator for Loma Linda
University Children's Hospital.



FINDING PE

AFTER THE PAIN

THE BEHAVIORAL MEDICINE CENTER OFFERS AN ATMOSPHERE OF TRUST AND SUPPORT

BY JANELLE RINGER

Zakari Davis had one goal: to find peace. The 16-year-old adopted daughter of Janine Davis came to the Behavioral Medicine Center's youth partial hospitalization program at a time when she felt there was no point in continuing her life.

"I don't think I'd be here without the Behavioral Medicine Center," Zakari said. "I tried every therapist — I tried going everywhere to talk, and nobody could help me the way the behavioral health institute helped me."

Zakari's birth mother was in prison, leaving her and her six siblings up for adoption. This became an answered prayer for Janine Davis, who had prayed for a child. "She was my miracle," Janine said.

At the time of Zakari's adoption, Janine began seeing a man whom she decided to marry. Janine's new husband adopted Zakari during the marriage, but Janine quickly realized she did not know everything about Zakari's new father.

"I wish I could have known that deciding to include another person in our lives was going to send us into a whirlwind that ended up being a very abusive relationship," Janine said.

This abuse was not only directed at Janine. "There was constant screaming, yelling and fighting around the house," Zakari said. "He began to become very abusive towards my siblings and me." When the abuse affected the children, Janine separated and filed for divorce, agreeing to 50-50 custody. This was when Zakari's anxiety began.

"I felt the anger from my adoptive father," she said. Zakari's adoptive father didn't like that she preferred her adoptive mom more than him, Zakari said. "One day during a visitation I told him I didn't want to be with him anymore; I wanted to be home. He took me to the house after that and beat me for what felt like hours."

The trauma of this abuse had to be relived each time Zakari had to retell the story in court. "Not only was I

terrified of him, but reliving the experience over and over forced me to feel that pain again each time," she said.

After this, Janine sent Zakari to California to live with her aunt while Janine stayed in Florida. "With Zakari in a different state, I wouldn't have to worry about him finding her at daycare while I'm at work and things like that," Janine said. But the move was not easy on Zakari.

"I felt like she didn't want me," Zakari said. "I remember crying myself to sleep and hearing her on the phone saying that she was going to see me soon and just not believing her. I thought she was never going to come back."

When Janine did come to California, she realized Zakari had lost faith in her family and had not healed as well as Janine hoped. "One day at school, I saw my friend had been hit by her father. It triggered me, I called my mom and I said 'I need to go home now.'"

Zakari began to spiral, feeling herself pulling away from everything around her, she said. "After weeks of just lying in bed, I finally told my mom I needed help, or I couldn't survive much longer."



ACE

Janine began searching for someone to help Zakari. "I kept telling her you're not going to die — you've got this," Janine said. "I said 'Remember, you're my miracle,' and she would scream 'I'm not a miracle, I'm nothing! You see the miracle because it was your dream, but I see nothing!'"

Janine looked across the country for something, thinking if she couldn't find help, her daughter was going to die. One day, Janine called Loma Linda University Health, and the operator told her about the Behavioral Medicine Center's youth programs.

"Next thing I knew, we had an appointment, and for the first time in a long time, I felt hope for Zakari," Janine said.

Zakari recalls being afraid for her first appointment. "I didn't want to open up or befriend people," she said. "I didn't trust that they could bring me peace."

Zakari was diagnosed with anxiety, depression and post traumatic stress disorder triggered by her experiences. As she began to open up to the people at the center, she started to engage in coping mechanisms taught to reduce the side effects of her diagnoses. "I was taught things like cognitive mindfulness," she said.

There were classes for Janine as well, which taught her to let go of control. "It's scary, but I had to let her live her story," she said. "The Behavioral Medicine Center helped me realize that that's okay."

"When people are lost, or when they feel hopeless, we at the Behavioral Medicine Center want to be there," said Glenn Scott, LCSW, director of the youth partial hospital program at the Loma Linda University Behavioral Medicine Center. "When Zakari and Janine found us, they did not know that there was hope and that there were people who could help," he said.

"It's great not to feel alone anymore, and to be around people who understood that need for peace," Zakari said. "The behavioral health institute saved my life by helping me see my purpose and realize that I want to help others like me find the peace they deserve."



EXPANDING CHILDREN'S SERVICES

extends care to regional communities

BY BRIANA PASTORINO

Since first opening its doors in 1993, Loma Linda University Children's Hospital has evolved to be much more than a hospital. It is a trusted name and brand that takes care of the children living throughout the Inland Empire of Southern California.

Over the last 25 years, Children's Hospital has expanded health services to support the robust growth in the region — the population of Riverside County has nearly doubled, increasing more than 1 million people since 1993, according to the United States Census Bureau. Over 25 percent of those living in the county are children under the age of 18. To meet the needs of the expanding pediatric population, Loma Linda University Children's Health is now offering specialty care in the Coachella Valley and Southwest Riverside County communities.

Indio

Loma Linda University Children's Health – Indio, Jill and Barry Golden Pavilion opened its doors to the desert community in March 2018 to provide general pediatric care to kids in the Coachella Valley.

Richard Chinnock, MD, chief medical officer of Children's Hospital, says the families of patients who have certain chronic and more complex illnesses now have a clinic closer to home.

"The Indio clinic aims to provide relief to families who rely on the hospital for care," Chinnock says. "We are hopeful that the clinic will remove the burden of commuting for these families."

Over 17,000 pediatric in- and out-patient visits were made from the Coachella Valley to the Loma Linda campus in the decade leading up to the opening of the clinic.

By the end of 2018, the clinic, in partnership with SAC Health System, rolled out several pediatric subspecialties including dentistry, behavioral health, neurology and gastrointestinal.

Telehealth grants improved access for patients to see their doctors, and it's less wear and tear on the physician, Chinnock says. Physicians still meet in-person with new patients in Indio but will have follow up appointments and check-ups through video chats in the clinic alongside a nurse.

"This model allows our staff to still create connections and demonstrate the values of compassion all while meeting the needs of their patients," says Chinnock, who hopes to incorporate telemedicine into other areas of the Inland Empire.



PHOTOS BY CHET WILLIAMS



Murrieta

Even before Loma Linda University Medical Center – Murrieta opened its doors to the Southwest Riverside County community in 2011, Loma Linda University Children's Hospital knew there was a need to support and provide pediatric outpatient subspecialty services in the area. It was not much more than a year after the opening of the hospital that pediatric subspecialists began seeing patients wherever space was available in the professional office building at the Murrieta hospital.

"We needed to support the community and give the kids the care they needed closer to home," Chinnock says. Specialists would dedicate one day a month or every couple of weeks depending on the need.

However, as demand for subspecialists increased, Chinnock says they needed to expand and have a dedicated space to provide a more kid-friendly environment in Murrieta just for pediatric services. Renovations began on the bottom floor of the professional office

building, and in 2017 a dedicated pediatric outpatient subspecialty clinic opened to the community.

Soon after, in January 2018, Loma Linda University Medical Center – Murrieta opened its new six-bed neonatal intensive care unit (NICU) as part of a comprehensive plan to provide families and their newborns the care and comfort they need throughout the post-delivery process.

"Our goal, our vision and our dream has been to bring Loma Linda University Children's Health physicians and our pediatric expertise with the talented individuals we have in our Children's Hospital to this community," Chinnock says.

Pediatric outpatient subspecialties now available at the Murrieta clinic are neurology, gastroenterology, rheumatology, ENT, endocrinology, and urology.

Chinnock says Loma Linda University Children's Health will continue to expand to meet the needs of the community. "No matter where your child is on their health journey, we are here to keep them healing, healthy and happy."



Healing the Future

A community of multidisciplinary professionals works together to help at-risk, abused, neglected children in the Inland Empire and beyond

BY DONAJAYNE POTTS

The Loma Linda University Health Board of Trustees last year announced a new institute for childhood adversity, which will facilitate student education and research while addressing community needs in the area of child abuse and adverse childhood experiences.

The Resiliency Institute for Childhood Adversity, or “RICA,” is an expansion of the current Children’s Assessment Center in San Bernardino.

The center came about in an effort to reduce trauma to child victims and their families. Abused children previously referred to Child Protective Services often had to endure a number of interviews performed by multiple agencies involved in the investigation of the case. Many times, victimized children suffered unnecessary additional trauma because of the extended, repeated process.

In an effort to minimize that trauma, a task force was established by the local Children’s Network Policy Council in 1992. The task force was assigned to explore the possibility of creating a quality comprehensive program to provide forensic interviews and evidentiary medical exams in a single child-friendly location in San Bernardino County to assist in the evaluation of child abuse allegations.

And so the Children’s Assessment Center of San Bernardino was established in 1996 as a public/private partnership between San Bernardino County and Loma Linda University Children’s Hospital. Clare Sheridan-Matney, MD, a pediatrician at Loma Linda University Health, had particular concern about these children and provided leadership for the Children’s Assessment Center. When she retired recently, Amy Young-Snodgrass, MD, took up the mantle and now directs the new institute and provides clinical leadership at the Children’s Assessment Center. Her particular interest, in addition to the children themselves, is to train more pediatricians in this emerging specialty area.

Caring for abused children, including the long hours of preparation and testifying in court, is a tough professional role to carry, but the rewards come in the relieved faces of abused children as they try to remake their lives.

Child abuse and other forms of childhood trauma are sadly common. According to the National Children’s Alliance, almost half of the American child population has experienced at least one type of trauma, and 16 million have experienced two or more types of trauma.

San Bernardino County is no exception. Here, one child dies each month from abuse injuries, and 80 percent of those deaths are among children ages five and under.

The assessment center’s needs have dramatically increased over the years. In 2014, it was relocated to a county-owned and maintained state-of-the-art facility in San Bernardino.

The Board’s action of promoting RICA to the rank of an institute makes it Loma Linda University Health’s 13th institute. Loma Linda

University Health’s institutes integrate research, education and health-related service, spanning multiple schools and facilities to bring together interdisciplinary scientists, teachers and practitioners. RICA is a collaboration of local law enforcement, various funding agencies, and legal systems with Loma Linda University Children’s Hospital.

RICA houses a variety of educational rotations for Loma Linda students and residents and will serve as a hub for Loma Linda University Health’s three-year child-abuse pediatrics residency fellowship program — one of only several such fellowships in the nation. This fellowship program, accredited by the Accreditation Council for Graduate Medical Education, emphasizes intervention and prevention and provides pediatricians with a variety of patient-care experiences, research opportunities and educational activities.

The new institute is on track to treat more than 1,600 abused children this year — half of whom are under age 5. Approximately 60 percent of cases are for allegations of sexual abuse, and the remainder are allegations of physical abuse, failure to thrive or severe neglect.

“Abuse of children has become an all too familiar story in this county and beyond,” said Richard H. Hart, MD, DrPH, president of Loma Linda University Health. “Loma Linda University Health’s Resiliency Institute for Childhood Adversity will build and grow upon the reputation the Children’s Assessment Center has maintained as a national exemplar in caring for abused children.”

This reputation extends internationally, as well.

Since 2014, a forensic pediatric nurse practitioner consultant for Loma Linda University Children’s Hospital, Mary Jo Vollmer-Sandholm, has organized visits to Loma Linda University Health for multidisciplinary teams in Oslo composed of senior members of law enforcement, government officials and medical and behavior healthcare professionals.

Last October, more than 30 delegates from the Oslo University Hospital Forensic Team and the National Child Advocacy Center in Oslo, Norway, took a weeklong research trip to the Inland Empire in order to learn how Loma Linda University Children’s Hospital and the County of San Bernardino address child abuse and neglect cases.

Vollmer-Sandholm says the cooperative relationship between the two countries has laid the groundwork for information-sharing, policy creation and future child-trauma research.

“By following Loma Linda University Health’s resiliency model, we have learned how to be a more successful, cohesive multidisciplinary team,” Vollmer-Sandholm says. “We seek to protect the children of Norway the best way possible and work hard to create a better future for them.”

PASSION into ACTION, WEEKDAY and WEEKEND

STUDENTS VOLUNTEER TO CONNECT WITH KIDS AND TEENS IN SAN BERNARDINO

BY HEATHER REIFSNYDER

As a nursing student, Laura Naranjo wanted to serve the community while in the midst of her studies.

“If we’re in school because we want to make a difference, we don’t have to wait until we’re done with our education,” she says.

So Naranjo tutored kids as part of the La Escuelita (The Little School) program, helping children with their homework and practicing math and reading skills.

Her volunteer service helped Naranjo understand the bigger connection of nursing within the hospital walls and outreaching in the community — coalescing to show her the importance of the public health aspect of medicine.

Volunteers often speak of the perspective gained through their service. But the decision to serve also has to do with perspective.

For Naranjo, the greatest challenge in volunteering was finding the time to do it.

She had to decide which would make a more lasting impact in life — acing her tests and not volunteering, versus doing good enough on her tests and making a child’s life better.

Volunteers such as herself prioritize what Naranjo describes as “the grand perspective.”

Now, almost three years after graduation, Naranjo works as a nurse at Loma Linda University Medical Center. Looking back, she says volunteering enhanced her school experience and her sense of purpose.

“I felt that my life was balanced,” she said. She continues to volunteer post-graduation

in community events, believing in the importance of “service outside my paycheck.”

Whether via tutoring, teaching a musical instrument, or telling about Christ’s love, Loma Linda University students have abundant choices if they wish to volunteer to help children who live in the neighboring city of San Bernardino.

“There is no one way to serve” is the philosophy behind the variety of volunteer opportunities set up through the university’s Community-Academic Partners in Service (CAPS) program, part of Loma Linda University Health’s Institute for Community Partnerships.

The choices also allow students to find a volunteer outlet that matches their varying schedules, with both weekday and weekend programs, as well as once quarterly and seasonal.

The mission of CAPS is “To connect Loma Linda University students, staff’s and faculty’s passion for service and academics in partnership with the local community in mutually beneficial and sustainable ways.”

This mission manifests in the variety of volunteer programs it coordinates in the local region. In addition to La Escuelita — and the La Escuelita Family Resource Center, serving adults — the programs and events include:

- **Goal 4 Health** — a community soccer league to promote health
- **Community Kids Connection** — tutoring and musical instruction

- **Special Ops** — mentoring at-risk children and teens
- **Kids ROCK!** — Saturday afternoon spiritual programming
- **TIGERS Water Safety** — teaching basic swimming skills and how to identify water dangers
- **Project Hope** — equipping expectant teens with knowledge and skills for parenting
- **Street Medicine** — providing basic medical care on the streets of San Bernardino
- **My Campus** — speed-mentoring for high school students and introduction to various academic programs
- **Robotic Surgery Simulation** — demonstration event for high school students interested in a health profession
- **Summer Gateway Program** — a three-week experience for underrepresented minority high-school students interested in pursuing a healthcare profession

“It’s not just about what students can do for the local community,” says Pablo Ariza, director of the CAPS office. “It is about what service can do in the lives of the students who are serving. Getting to know people from different life circumstances disarms us of misconceptions and fears, thus collapsing the barriers we create between us.”

Laura Naranjo volunteered to tutor children while in nursing school.

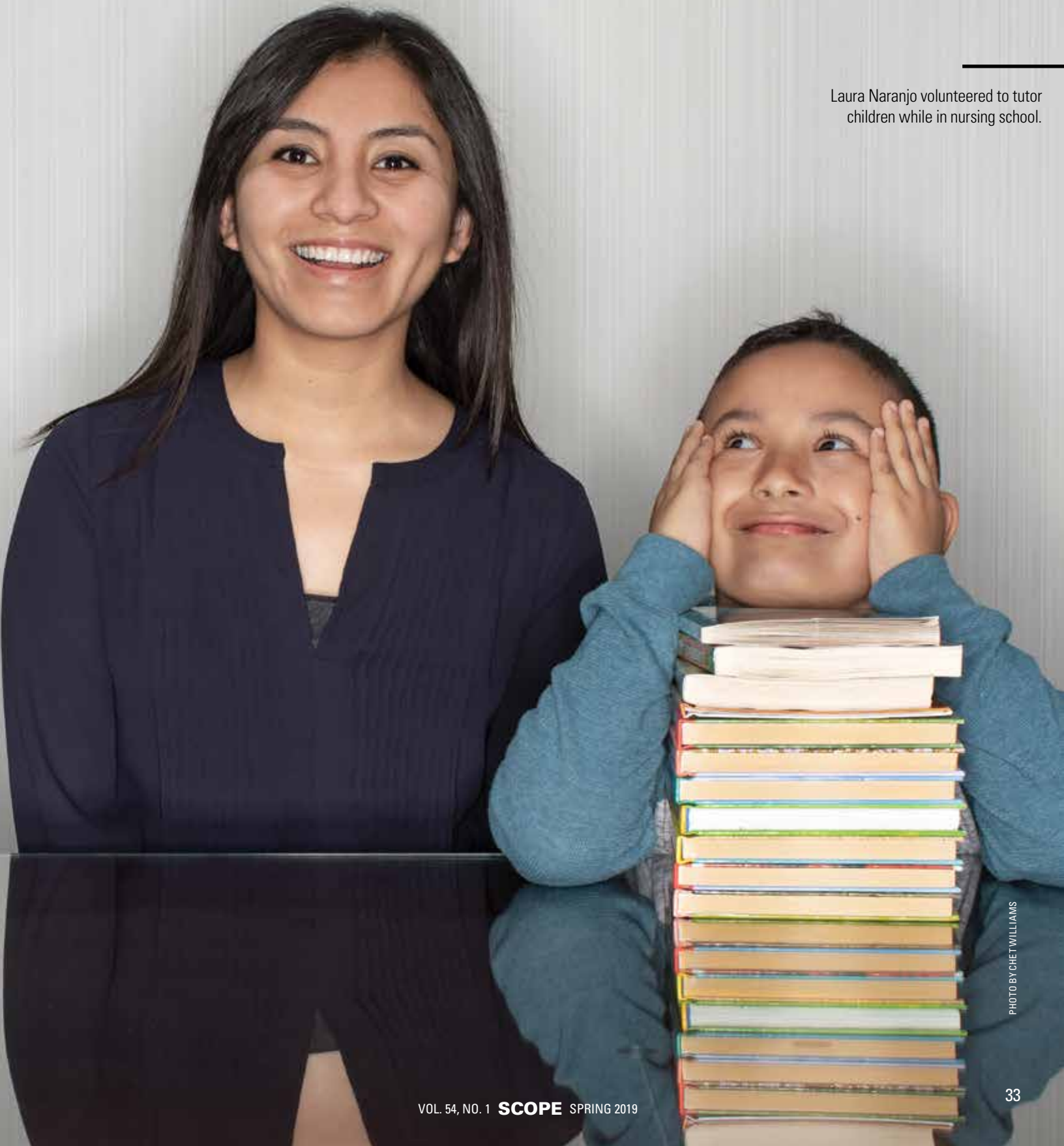


PHOTO BY CHET WILLIAMS



For Heather Wolf, it has always been about helping children. A child life specialist at Loma Linda University Children's Hospital, Wolf educates and supports young patients and their families during their treatments.

"A hospital can be a scary and unknown place," Wolf says. "Child life specialists are there to help alleviate as much of the stress and anxiety as we can."

Wolf has always had a strong desire to work with children, particularly offering them support through vulnerable times. While she never wanted to be a doctor or nurse, Wolf's introduction to the child life field in college offered her the blend of working in a medical field while being able to educate and support children and families.

Child life specialists work with patients that range in age from newborn to 21.

They use a wide range of developmentally appropriate tools and language to help children understand what they are experiencing in the hospital.

"Teaching dolls, pictures, videos, even the language we use are all important to helping children understand step by step what to expect," Wolf says. Distraction can be another useful tool.

"Many treatments, procedures and pokes can induce anxiety or pain," Wolf says. "We can use distraction and relaxation techniques that help the children cope and the medical team to accomplish what they need."

There are 20 full-time and 15 part-time child life specialists on the Loma Linda University Children's Hospital staff. And they play a key role on the healthcare team.

"One of the things I love about working here is that not only do I have other child life

specialists nearby I can call on, I also have the entire pediatric intensive care unit staff for support," Wolf says. "We work together constantly with weekly meetings and daily planning sessions. The collaboration of ideas across the disciplines is the foundation of Loma Linda University Health's vision for whole person care."

Wolf studied child life services at the Loma Linda University School of Behavioral Health. Launched 13 years ago, the program enrolls 10 to 15 students annually and typically has a waiting list. More than 100 have graduated from the program.

"Child life specialists have an ability to engage with children and their families in a warm, appropriate fashion," says Michelle Minyard-Widmann, MS, CCLS, Child Life Specialist program director and assistant professor in the School of Behavioral



PHOTO BY JANELLE RINGER

CHILD LIFE SPECIALISTS MAKE A HOSPITAL SEEM LESS SCARY to the smallest patients

BY LARRY BECKER

Health. “Our ideal students are creative, self-reflective, flexible and able to work in a team setting. This is a career with high levels of burn out, so successful child life specialists learn self-care techniques as well.”

Because the School of Behavioral Health and the Children’s Hospital are located on the same campus, a strong partnership has developed between the two organizations.

“We are able to provide many hands-on clinical opportunities for students, which is a unique component of our program,” says Minyard-Widmann. “Children’s Hospital also offers a fellowship program exclusively to our graduates, where they hire one graduate each summer for a one-year program.”

Wolf says compassion is an additional trait of successful child life specialists. “We walk our patients and their families through

difficult medical experiences. Seeing children who start out timid or overwhelmed, and helping them overcome their fears and their unique challenges is incredible.” Seeing former patients come back to the hospital for a visit has provided some of Wolf’s favorite memories.

Working in the pediatric intensive care unit can also lead to sad, difficult moments for Wolf. Bereavement support is a key piece of her work.

“I feel strongly about creating opportunities for siblings to understand and come to say goodbye,” she says. “Children grieve differently from adults and there is no step-by-step ‘handbook’ on how to navigate all that comes with grief.” Wolf says one way child life specialists can partner with families during those difficult times is helping to

provide legacy items such as handprints and grief books.

For a child life specialist, every day can look so different. One day will be devoted to accompanying patients to surgery, working to distract the child as IVs and anesthesia are begun. Another day can be spent teaching children about their diagnosis, and the medical equipment around them in developmentally appropriate language. The next day might be spent in a hospital playroom.

“The part that sold me on child life, and still drives me, is that the hospital can be such a scary and unknown place. Child life specialists walk with patients and families through hospitalization and all that comes with it and are there to help alleviate as much of that stress and anxiety as we can.”

LOMA LINDA UNIVERSITY HEALTH HOSPITALS RECEIVE RECOGNITION FOR TOP QUALITY



PHOTO COURTESY OF LEAPFROG

Loma Linda University Children’s Hospital was named a Top Children’s Hospital for the second year in a row, and Loma Linda University Medical Center – East Campus received its inaugural recognition as a Top Teaching Hospital by The Leapfrog Group, an independent hospital watchdog organization. The recognitions highlight Loma Linda University Health’s nationally recognized achievements in patient safety and quality.

Among 2,600 hospitals in the country, Children’s Hospital was one of 13 children’s hospitals in the U.S. and one of two hospitals in California to be recognized by The

Leapfrog Group. East Campus was one of 53 Top Teaching Hospitals recognized in the country.

“This designation as a Top Children’s Hospital highlights our consistent commitment to patient safety and quality,” said Scott Perryman, MBA, senior vice president/administrator for Children’s Hospital. “The patient families we serve invest a tremendous amount of trust in the care we provide, and we feel privileged to have received this award. This recognition would not be possible without our committed clinical team of pediatricians, surgeons, subspecialists, nurses and child life specialists doing

all they do to keep the mothers and children of the Inland Empire healing, healthy and happy.”

Performance across many areas of hospital care is considered in establishing the qualifications for the award, including infection rates, maternity care and the hospital’s capacity to prevent medication errors. The rigorous standards are defined in each year’s Top Hospital Methodology.

East Campus earned the Top Teaching Hospital designation by Leapfrog for the first time. It is home to several specialties, including rehabilitation, orthopedics, neurology, neurosurgery and family medicine.

Representatives from Loma Linda University Health accepted the Leapfrog Top Hospital Awards in Washington, D.C. in December.

“In addition to providing top quality care, we pride ourselves on teaching the next generation of clinicians,” said Jonathan Jean-Marie, MHA, vice president/administrator for East Campus. “It is the goal of our faculty to instill excellence, integrity and compassion in the residents and fellows who come to us for their training.”

U.S. NEWS & WORLD REPORT NAMES LOMA LINDA UNIVERSITY MEDICAL CENTER AMONG BEST IN THE RIVERSIDE AND SAN BERNARDINO METRO AREA



Loma Linda University Medical Center (LLUMC) was recognized as a Best Hospital for 2018-19 by U.S. News & World Report.

Ranked as the No. 1 hospital in the Riverside and San Bernardino metro area, LLUMC was also nationally ranked in gynecology and recognized as “high performing” in several other areas.

The annual rankings are designed to assist patients and their doctors in making informed decisions about where to receive care for challenging health conditions or common elective procedures.

“This U.S. News recognition is a testament to our entire team, who every day live out our mission of extending the teaching and healing ministry of Jesus Christ through providing the highest quality care to our patients,” said Kerry Heinrich, JD, CEO of LLUMC. “More importantly, I believe the communities we serve will feel incredible pride in these honors as well. Families across the Inland Empire and from around the world have trusted Loma Linda University Medical Center to be ready when their need is the greatest.”

Four of the Medical Center’s specialties were recognized as high performing, including gastroenterology and gastrointestinal surgery, neurology and neurosurgery, orthopedics and urology.

Three common procedures and conditions treated were also ranked high performing, including abdominal aortic aneurysm repair, congestive heart failure and colon cancer surgery.

U.S. News evaluates more than 4,500 medical centers nationwide in 25 specialties, procedures and conditions. In the 16 specialty areas, 158 hospitals were ranked in at least one specialty. In rankings by state and metro area, U.S. News recognized hospitals as high performing across multiple areas of care.

NRC HEALTH RANKS LOMA LINDA UNIVERSITY MEDICAL CENTER IN THE TOP 100 FOR CONSUMER LOYALTY

Loma Linda University Medical Center (LLUMC) was ranked 33 in the Top 100 for consumer loyalty nationwide and No. 1 in the Inland Empire by National Research Corporation (NRC) Health, recognizing the hospital’s ability to serve and earn the longstanding trust of its patients.

The ranking was part of NRC Health’s presentation to LLUMC for the 2017-2018 NRC Health Consumer Loyalty Award.

“Receiving the loyalty award from our consumers illustrates our team’s devotion to continue the healing ministry of Jesus Christ by providing whole person care,” said Kerry Heinrich, JD, CEO of LLUMC. “From the moment we come in contact with our patients, each employee at the Medical Center serves with dedication and compassion as they support patients facing critical moments in their lives.”

NRC Health evaluated organizations in seven categories: image and branding, engagement,

ability to meet needs, accessibility, motivation of preference, service experience and whether a consumer would recommend the facility.

Hospitals were selected based on results from NRC Health’s Market Insights survey, the largest database of healthcare consumer responses in the country. NRC Health surveys over 310,000 households in the contiguous U.S., measuring their engagement with healthcare brands in their communities.



/ Gallery /

HOMECOMING

2019





3



4



6

1. Food trucks offered variety for Homecoming guests.
2. A panel discussion brought an interdisciplinary perspective to the presentation on suicide and the opioid crisis.
3. Presenters at the Mission Emphasis Breakfast shared stories of their overseas colleagues.
4. Alumni and friends viewed the new Loma Linda University Medical Center and Loma Linda University Children's Hospital towers under construction from the Faculty Medical Office parking structure.
5. The Friday Vespers featured reports from SAC Health System.

6. Members of the Shank family received Global Service Awards from Dr. Hart at the Friday Mission Vespers.
7. The Parade of Flags started Sabbath morning services.
8. Randy Roberts, vice president for spiritual life and mission, shared the Word at Sabbath morning services.
9. Alumni attended the Haystacks meal after Sabbath church services in a dining tent set up on the field at Drayson Center.
10. A musician performs during Saturday night's Loma Linda's Got Talent show.



9



10

GIFT OF SCHOLARSHIP WAS SPARKED BY FRIENDSHIP AND WHOLE PERSON CARE



From left, Jack Liebau, Charlene Liebau, and Ed Allred.

Jack Liebau was facing a crisis. The San Marino, California, resident's prostate cancer test had come back with a concerning score. While he had lived a good life, the 79-year-old attorney was scared. Follow-up would have to happen soon. But Liebau had lots of questions.

Fortunately, he had a long-time friend who could help him find those answers. Ed Allred, MD, a 1964 graduate from the Loma Linda University School of Medicine, became his healthcare advocate.

"Ed got me out to Loma Linda," Liebau recalled. "My biopsy showed the cancer was very aggressive." Allred connected Liebau with urologist Herbert Ruckle, MD, who performed robotic surgery on Liebau's prostate, an approach that allows for treatments more customized to a patient's specific situation.

"Dr. Ruckle did his usual good job, and, based on my current PSA's, I'm cancer free," Liebau said. "I can't speak more highly about Dr. Ruckle, the nurses and the staff."

Liebau and Allred had become friends through a mutual interest in horse racing and have worked together for over 25 years operating racetracks. "You could always trust Ed," Liebau said. When he faced his

health crisis, his trust and friendship with Allred were reassuring factors throughout his treatment and recovery.

Liebau also observed how the approach to the care he received while he was in the hospital seemed to permeate from the physicians throughout the entire team of care providers.

"An organization's culture is something I'm sensitive to because of its similarity with the business world," Liebau

said. "It's not easy to develop or maintain a culture. But Loma Linda University Health's culture of caring carries through from the medical to the entire support staff. It's reflective of a more altruistic pursuit."

Liebau and his wife, Charlene, long-time members of the Episcopal Church, have a history of supporting higher education. Together, they decided to establish an endowed scholarship fund at the Loma Linda University School of Medicine, named in Allred's honor as a way of thanking him for his long-time caring friendship and for the significant role he played in helping Liebau receive treatment at the medical center.

When notified of the scholarship's establishment, Allred said the Liebaus are dear friends. But Allred also pointed to the primary reason the couple was motivated to launch the scholarship.

"Jack and Charlene were incredibly impressed with the professional and kind care they received from everyone they came in contact with at Loma Linda University Health — housekeepers, nurses, physical therapists, physicians," said Allred, who has personally been a strong supporter of Seventh-day Adventist education. "I am beyond grateful they were moved to invest

in my alma mater. Their gift will help train future generations of physicians to provide the same Christ-centered compassionate care they received. I can't think of a more noble cause to support."

"We were struck by Loma Linda University Health's philosophy of treating the whole person, and the importance of integrating care," Charlene said. "We certainly felt that throughout our experience. Our goal in establishing this endowed scholarship is to enable future medical students to attend Loma Linda University and understand this concern for the whole person. We hope to perpetuate the commitment to quality of care."

"We want to help someone who will be a contributor to medicine and society," Jack Liebau said. "We also hope this gift might encourage others to consider financially supporting medical students."

Rubi Perez, a senior in the School of Medicine, is the first recipient of this new scholarship. A Washington native, Perez's parents believed their children should receive the best possible education. Her parents' hard work eventually led to Perez graduating from Walla Walla University and acceptance into the School of Medicine. She is planning to practice family medicine and has a passion for working in underserved communities.

Perez recently sent a letter to the Liebaus and Allred, sharing her family's story and her goals for the future.

"Your scholarship is overwhelmingly generous and a great assistance financially. But that act of generosity also brings me so much encouragement!" Perez wrote. "We run this race together and I am motivated to keep going when I see others, like yourself, contributing and investing so selflessly. I am beyond grateful, and hope to someday help someone else in their own journey!"



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LOMA LINDA
UNIVERSITY
HEALTH

FINAL STEEL BEAM INSTALLED ON NEW LOMA LINDA UNIVERSITY MEDICAL CENTER TOWER

*Topping Off ceremony marks completion of steel
frame for new facilities' construction*

By **SHEANN BRANDON**

Loma Linda University Health celebrated the Topping Off ceremony for its new hospital tower Dec. 11 with several hundred administrators, employees, construction workers and community members watching as the ceremonial final steel beam was put in place.

The topping-off of the tower is the latest milestone toward completion of the new Loma Linda University Medical Center and Loma Linda University Children's Hospital facilities. The two new towers will exceed California's upcoming seismic requirements for hospitals while allowing Loma Linda University Health to meet the growing needs of its community.

"We've planned for a new Loma Linda University Medical Center and new Children's Hospital tower for many years," Kerry Heinrich, JD, CEO of Loma Linda University Medical Center, said in an address to attendees at the ceremony. "While there is still much to do before this project is complete, this Topping Off ceremony brings us one giant leap closer to that reality."

The ceremonial final steel beam was placed on top of the adult tower as part of the helipad ramp. Lifted and then lowered into place by a crane, the beam was traditionally adorned with an evergreen tree on one side and the American flag on the other. Heinrich spoke of the significance of those two items at the ceremony, saying the tree stood as a symbol of hope and prosperity for future occupants, and the flag represented the pride and care invested into the project by those who've worked on its construction.

The 16-story steel frame of the new Medical Center tower is the tallest building in San Bernardino County. Sharing a common pedestal of five stories, it is parallel to the new Children's Hospital tower, which, standing nine stories tall, was topped off in September. Combined, the two towers share approximately 25,000 tons of steel.

Groundbreaking for the new facilities took place in May 2016, with the first piece of steel being placed in December 2017. McCarthy Building

Companies, the general contractor, took on the construction project at its conception. In early November, they began the interior construction phase of the new Children's Hospital tower.

The new Medical Center will house 320 beds for adult patients, while the new children's tower will raise the Children's Hospital capacity to 373 licensed beds. The new facilities will also be a place where nearly 4,500 Loma Linda University students and more than 700 residents will progress in their education. Nearby, the current Medical Center serves nearly half a million patients annually.

Construction of the new facilities was announced in 2014 as a part of Vision 2020 – The Campaign for a Whole Tomorrow, the organization's largest philanthropic endeavor in its 119-year history, which to date has raised more than \$300 million.

To learn more about Vision 2020, visit Luhvision2020.org.



PHOTO BY ANSEL OLIVER



PHOTO BY COSMIN COSMA



PHOTO BY JANELLE RINGER

MEET THE OTHER BETTY CROCKER

School of Public Health alumna focuses on childhood obesity and hunger instead of cookbooks

By **JAMES PONDER**

Unlike her famous namesake, Betty Crocker, MPH, RDN, director of child nutrition services for the Redlands Unified School District, doesn't write cookbooks. She is, however, passionate about feeding hungry children.

The Loma Linda University School of Public Health graduate is on a mission to make sure every child in her jurisdiction — which includes Highland, Loma Linda, Mentone and Redlands — has access to healthy food year-round.

"It was serendipitous that the district selected me to be its director," she says, citing her passions for ending hunger and childhood obesity.

Currently working on a doctorate at the School of Public Health, Crocker lives by the motto: "You cannot teach a hungry child. You have to feed them before they can learn."

Nearly 60 percent of the 21,000 students in the district qualify for free meals courtesy of a federal program, she says. That translates to more than 12,500 children who depend on Crocker to feed them three times a day.

Even so, Crocker became concerned that many youth in the program would fall into the summer nutrition gap.

The gap occurs when low-income children dependent on school meals eat well during the school year, but go hungry in summer; the increased cost for families to feed their child when school is out averages approximately \$300 per month — something many cannot afford. Because these children's brain cells lack necessary nutrients for information recall and retention, they forget much of what they learned the previous school year and fall behind their peers. Crocker says this is also referred to as the summer slide and notes that it can cost districts up to \$1,540 to re-teach one student struggling with summer learning loss.

Searching for a solution, Crocker contacted No Kid Hungry, a charity dedicated to ending child hunger in America. The organization came through with funding, and Crocker launched a summer meals program in 2017. That first year, it provided 11,000 summer meals. The next year, the number swelled to 55,000 meals. "It's an honor to serve these kids," she says. "You never know whom you get to impact or touch." In August, Crocker was named a No Kid Hungry Unsung Hero. She was one of five in the nation to receive this honor in recognition of her summer meals program.

Crocker believes putting public health professionals in charge of feeding hungry children makes sense. "Hunger is one of those invisible things," she says. "Most folks don't see it, but I've studied this and I know the need firsthand. I am able to put systems together to impact the children in my district."

Many of the children Crocker serves are homeless. Since tardiness and absenteeism are rampant among homeless youth, they often arrive too late for breakfast. Crocker and her team are developing a non-perishable breakfast that can be served whenever they show up. "Those kids are not going to go to the classroom hungry," she vows. "Otherwise, the odds would be stacked against them right from the beginning."

Crocker is equally passionate about childhood obesity. Citing environmental and genetic factors as the two main causes, she lists homelessness, food insecurity and a lack of breastfeeding in that first category.

"Many women prefer the convenience of infant formulas," she says, "but breastfeeding is protective against childhood obesity." Genetic factors are harder to combat, but Crocker says obesity often begins in infancy.



PHOTO BY ANSEL OLIVER

Her interest in childhood nutrition stems in part from a secret Crocker's mother kept from her as a child. "My mother was a food-insecure woman," she says. "She would eat broth soup so my siblings and I could have food. But we never knew that."

Crocker insists hunger is often overlooked in discussions about the school-to-prison cycle among poor children. "Nobody's really looking at food insecurity as a correlation, but it's a really big factor," she says.

Again, she shares a personal example. As a child, Crocker ran around with her three cousins, who were from a low-income family and almost always hungry. Their first crime was stealing food.

Tragically, the cousins, who became career criminals, all died within the past few years. Something one of her cousins told her haunts Crocker to this day. "If they would have had those feeding programs when I was in school," he said, "I wouldn't have had to steal food as a child. Things might have been a lot different."

"I dedicate my life and career to them," Crocker says, with a determination that leaves no doubt she will do everything possible to ensure other children avoid a similar fate.

"These kids on the lower end of the socioeconomic strata are the most vulnerable children in our society," she says. "They need our help and support."

ALUMNA'S BOOK HELPS CHILDREN UNDERSTAND ALZHEIMER'S, DEMENTIA

Psychologist seeks to make a lifetime of difference to people in need

By **LARRY BECKER**

Beatrice Tauber Prior, PsyD, a 2004 graduate of Loma Linda University's School of Behavioral Health, recalls sitting in her hairstylist's chair one evening and making the remark that she was unaware of a good book on dementia she could recommend to her clients. An avid reader, Prior often recommends books to her clients at her private psychology practice called Harborside Wellbeing in Lake Norman, North Carolina.

Her stylist suggested "Meet Me Where I Am: An Alzheimer's Care Guide" by Mary Ann Drummond. The title caught Prior's attention, and she purchased the book.

"It's one of the most useful books I have found on maintaining relationships despite the difficulties of the disease," Prior says. At a later visit, Prior thanked her hairstylist for the recommendation, but her hairstylist revealed Drummond was also a client, and that Prior should call and thank her personally.

"I reached out to Mary Ann, and we spent some time together," Prior says. "Eventually she asked if I would be willing to collaborate on a children's book on the topic of dementia." The

two women teamed up with Julia Walther, a gifted illustrator, to create "Grandma and Me: A Kid's Guide for Alzheimer's and Dementia."

"Our goal for the book was to provide the necessary tools for children to maintain positive connections for as long as possible with a loved one living with dementia." Written for children between ages 5 and 9, Prior believes entire families can benefit from reading the story to young children.

"We receive constant feedback that "Grandma and Me" not only helps adults explain a difficult topic to their young child, but the adults also benefit from the tools the book provides," Prior says.

Prior's path to a career in clinical psychology began with a defining moment during her high school days. Sitting in class one morning during her ninth grade year, Prior was stunned when a classmate told her he had plans to commit suicide.

Knowing she needed to do something, Beatrice went to her school's counselors. After Prior related her conversation, the counselors intervened. Several days later that

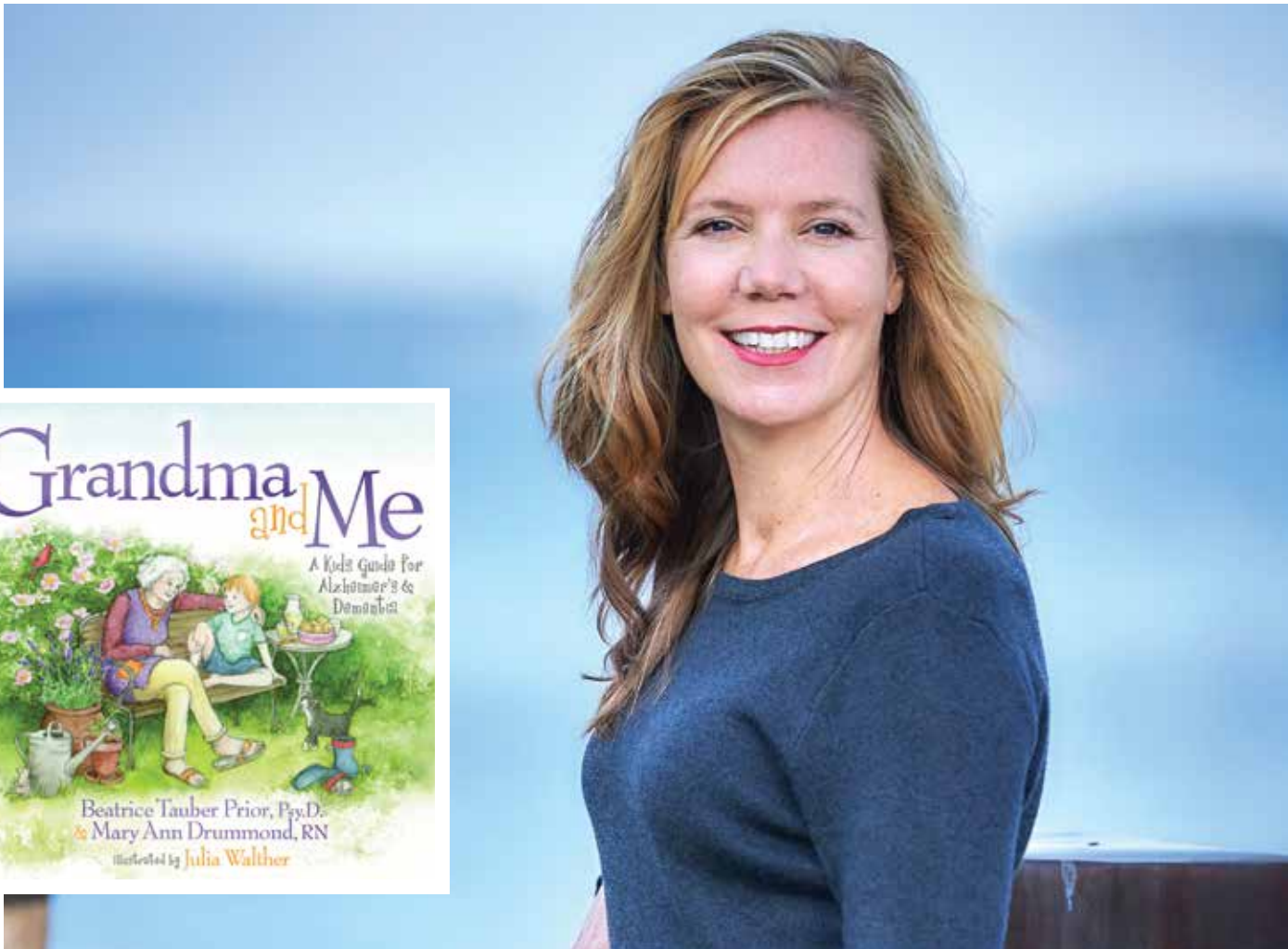
classmate returned to school, and again sat by Prior.

After confirming with her that she was the one who alerted the counselors, Beatrice's classmate shared this unforgettable statement: "I knew it was you because you were the only one who cared enough to do something to help me."

"That moment left an enduring imprint on my mind," Prior recalls. "Our connections with each other can leave lasting positive impressions on each other. I knew at that defining moment that it only takes one caring person to make a lifetime of difference for a person in need." That was the day Prior decided to become a clinical psychologist.

Prior received bachelor's and master's degrees in counseling from Andrews University in Berrien Springs, Michigan, before choosing to come to Loma Linda University for her doctoral studies. Loma Linda offered training in developmental and neuropsychological practice, areas of special interest for Prior.

"As a clinical psychologist I provide whole person integrative care, which is consistent with Loma Linda



University's global mission," Prior said. "Loma Linda University also affirms the values of compassionate, honest, trustworthy and authentic care. These are values that should be central to every psychologist's practice."

Prior's interest in aging and health grew from family members who were role models for healthy aging. She had a grandmother and great aunt who lived to age 96 and 103 respectively.

"They lived a life based on the Seventh-day Adventist health message," Prior said. "They ate what they grew in their gardens, maintained faith in a loving God, exercised daily, and were involved in their community and engaged with family and friends."

Still, other members of Prior's family were diagnosed with progressive illnesses as they aged. Prior took her children to visit with one relative living in a care facility.

"It was rare to see young children visiting the facility," Prior recalled. "My children formed bonds with some of the facility's residents." Prior's experiences with her family combined with her children's ability to interact in loving ways with those living with progressive illnesses eventually provided the inspiration for her to coauthor "Grandma and Me."

Prior and Drummond are collaborating on several additional books for families facing progressive illness, including books on Parkinson's disease and multiple sclerosis. Prior also provides training and seminars across the United States designed to increase successful outcomes in dementia care.

She says feedback and reviews of her first book have been humbling to receive. One of the five-star reviews on Amazon said, "One of the things

I most love about this book is that it affirms the role children provide in relationships and gently teaches families how to be compassionate caregivers to their loved ones."

But readers' personal stories have particularly moved Prior.

"I think the most surprising feedback I received was from a woman who attended one of our book signings. She said 'I do not have dementia, nor is there anyone in my family with dementia. I am buying the book to give to my grandkids so they know how to treat me as I get older. No matter what challenge I may face, my hope is that they treat me the way you recommend in this book — with dignity and grace.'"



PHOTO BY COSMIN COSMA

PARTNERSHIP CONTINUES

The San Manuel Band of Mission Indians gifted Loma Linda University Children's Hospital \$25 million in February at the Annual Children's Hospital Foundation Gala, held at the Riverside Convention Center.

The fifth floor of the new Children's Hospital will be named the San Manuel Maternity Pavilion in honor of this landmark gift — the second largest gift ever given to Loma Linda University Health. This pavilion will allow Children's Hospital to continue as the leader in high-risk birth care in the region, with approximately 50 percent of births at the hospital being high-risk.

Loma Linda University Health's friendship with San Manuel stems from early outreach when sanitarium doctors and students

would ride horses north across the valley to help deliver babies of tribal women, a practice that began over 100 years ago.

Tribal Secretary Ken Ramirez, who presented the gift on behalf of the San Manuel Band of Mission Indians, said the donation — the largest donation San Manuel has ever made — will forge an even stronger partnership with Loma Linda University Health to move the community forward in health and wellness.

"San Manuel is grateful for the compassion shown to our elders by Loma Linda University Health many decades ago," Ramirez said. "We are excited about the new opportunities and lifesaving care that the new Children's Hospital will offer to our shared community and loved ones."



How are you going to leave your **LEGACY?**

● Dr. Roland and Mrs. Priscilla Lonser are leaving their legacy with a gift from their IRA account. Their legacy gift will benefit future students by designating it for scholarship funds, the alumni association and more.

"Everyone gives for different reasons. We benefited from my education at Loma Linda University and wanted to show our appreciation to the school in recognition of what they did for us." – Dr. Roland Lonser

To learn how you can give from your IRA account or about establishing a Planned Gift, visit lulegacy.org or call **909-558-4553**.

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At Loma Linda University Children's Health, we know that one of the keys to healing is meeting the needs of our community. That is why we have a team dedicated to serving the Coachella Valley. Our new outpatient pavilion offers pediatric specialty services conveniently located in Indio, along with SAC Health System, which offers primary and specialty care to families. Loma Linda University Children's Health – Indio is committed to keeping our region's children healthy and happy.

To learn more, please visit LLUCH.org/Indio.

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