

# SCOPE

*The Magazine of Loma Linda University Health*

WINTER 2015

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VISION  
2020  
REVEALED

**MANY STRENGTHS. ONE MISSION.**

*A Seventh-day Adventist Organization*



LOMA LINDA  
UNIVERSITY  
HEALTH

# In His hands

## Remembering our past and planning for our future

By Dr. Richard H. Hart, president  
Loma Linda University Health

**L**oma Linda University Health is no coincidence. From inauspicious beginnings, the organization has grown and flourished only because of a long succession of miracles — direct acts of Providence, not mere coincidence.

After more than a century, our vision is more clear and focused than ever. Health care in the United States is just starting to move from a disease focus to a wellness focus. That was the philosophy of Loma Linda Sanitarium from its start in 1905.

The organization began as a vision in the mind of Ellen G. White, a forward-thinking leader of what has today become the worldwide Seventh-day Adventist Church with close to 18 million members.

In 1902, Mrs. White counseled Arthur G. Daniells, president of the fledgling Adventist Church: “Brother Daniells, constantly the Lord is keeping Southern California before me as a place where we must establish medical institutions. Every year, this region is visited by many thousands of tourists.” She continued, “Sanitariums must be established in this section of the state.”

Mrs. White went on to suggest that unoccupied properties would “be offered to us at much less than their original cost.” Sure enough, properties that became Paradise Valley Hospital (National City) and Glendale Adventist Medical Center (Glendale) were purchased and opened as sanitariums.

Neither Glendale nor Paradise Valley matched a vivid image Mrs. White had witnessed in her 1901 vision that included beautiful trees forming a shaded canopy. In April 1904, she told the president of the Southern California Conference of Seventh-day Adventists that there was a “sanitarium waiting near Riverside and Redlands.”

Pastor John Burden, helping with the search, reported a 76-acre property with a failed health

resort facility already built, fully furnished, and stocked. The original price of \$110,000 eventually dropped to \$40,000 and, at Mrs. White’s insistence, Pastor Burden secured the option to buy it with \$1,000. In the new Legacy Village (see page 31), a sculpture tells the story in bronze of the moment Mrs. White arrived at Loma Linda for the first time. And the rest is history. ...

Once again, Loma Linda University Health finds itself at a crossroads. New California mandatory seismic regulations, set to take effect in 2020, will ensure that hospitals withstand a major earthquake of catastrophic proportions. We see this as an unprecedented opportunity for us to re-imagine health care for the populations and communities we serve.

Two new towers — both an adult and a children’s tower — will be constructed to not only meet the new seismic requirements, but to create cutting-edge, innovative patient care and treatment facilities.

And once again, Loma Linda University Health looks to Providence for help. The \$1.2 billion Vision 2020 project, already in motion, will not only change the landscape, but it will renew the focus of the organization on its historical heritage of disease prevention and wholeness.

The Vision 2020 Campaign, a \$360-million donor-driven effort of historic proportions — both for Loma Linda University Health and for the worldwide Seventh-day Adventist Church — has already experienced the hand of Providence, with many generous individuals committing their help and support.

Providence, not coincidence. As the organization seeks to fulfill its mission of “continuing the teaching and healing ministry of Jesus Christ,” more miracles will be needed, and we believe they will take place.

“We have nothing to fear for the future, except as we shall forget the way the Lord has led us, and his teaching in our past history.” — E.G. White



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*On the front cover:* A hundred children walked up the aisle and onto the stage during the July 15 Vision 2020 event, each wearing a Children's Hospital lab coat, and each representing \$1 million of the \$100 million commitment by Dennis and Carol Troesh.

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*On the back cover:* A bronze sculpture created by Victor Issa depicts the moment when Ellen G. White, center, told her son, Willie, left, and John Burden, right, that she had seen the Loma Linda property, even though Willie assured her she had never been there before.

[www.llu.edu/news/scope](http://www.llu.edu/news/scope)



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# Vision 2020 revealed:

A bold strategy for the future of Loma Linda University Health

By Jiggs Gallagher

History was made July 15, 2014, at the “big reveal” of Vision 2020: The Campaign for a Whole Tomorrow.

Truly a worldwide event, the reveal attracted more than 2,000 guests to the campus lawn to hear the announcement of the public phase of the six-year campaign. Viewers in all 50 states and dozens of nations around the world also watched the event online and via satellite TV.

Vision 2020 — the largest endeavor in the history of Loma Linda University Health — is a daring \$1.2 billion plan for the future, including a \$360 million philanthropic goal. The highlight of the event was the announcement of a commitment from Dennis and Carol Troesh of Riverside, California, for a bold and substantial gift of \$100 million to help build the new Children’s Hospital tower.

The plan is a step forward to a more comprehensive strategy for the health of our communities and our world, and it is a vision that can only emerge from the unique environment of Loma Linda

University Health.

The plan includes a new medical complex featuring a new adult hospital and an additional tower for the Children’s Hospital (*see page 4 for more information*). New seismic requirements will go into effect Jan. 1, 2020, mandating the replacement of much of the existing clinical facilities.

A new center for research, discovery, and a new Wholeness Institute will also be developed (*page 5*). Architects are currently drafting plans.

Vision 2020 will also enhance educational and research programs, including scholarships, faculty development, research endow-

ments, and new curricular approaches.

A parade of children, aged 3 to 12, heralded the announcement. Many of them present or former patients at the Children’s Hospital, they marched down the center aisle to the stage, each holding a balloon as they were accompanied by parents and caregivers. Some children were in wheelchairs.

“These 100 precious children represent one million dollars each, totaling the pledge made by the Troesh family today of \$100 million,” said Richard Hart, MD, DrPH, president of Loma Linda University Health.

“This is the Lord’s day,” Carol Troesh said, looking out over the assembled crowd under tented awnings in the warm sun. “God is the one who gave us the ability to earn this money. We are happy to return it to His use in this place.” Her husband added,

“We humbly thank you for allowing us

to be part of this wonderful work.”

Hart welcomed the announcement of Vision 2020 by saying it would establish “a new paradigm of education and health care, both locally and throughout the world. It will combine hi-tech with hi-touch, allowing us to redefine what it means to be healthy.”

In addition to the Troeshes’ \$100 million commitment, an additional \$49 million has been pledged or donated to the campaign thus far, noted Rachelle Bussell, senior vice president of advancement at Loma Linda University Health.

“We are pleased to announce that, with today’s gift from the Troeshes, we have commitments of \$149 million toward the philanthropy portion of our goal,” she said, as her words were greeted with a standing ovation from the audience. As of early November, donor commitments have

# VISION

# 2020

## The Campaign for a WHOLE Tomorrow



Richard Hart, MD, DrPH, president of Loma Linda University Health, announces the official start of the Vision 2020 campaign on July 15 during a morning ceremony. Looking on are, from left to right, Lowell Cooper, MDiv, MPH, chair of the Loma Linda University Health Boards of Trustees and general vice president of the Seventh-day Adventist Church, headquartered in Silver Spring, Maryland; Ronald Carter, PhD, provost of Loma Linda University; and Jere and Marian Chrispens, co-chairs of the Vision 2020 campaign steering committee. Vision 2020 leadership had already secured \$149 million in commitments at the time of the announcement. As of early November, commitments have reached \$182 million.

reached \$182 million.

The \$360 million philanthropic drive is a figure six times larger than any previous fundraising target at Loma Linda University Health, and it will be the largest amount ever raised for a project by any entity of the worldwide Seventh-day Adventist Church.

Other funding included in the \$1.2 billion will be \$175 million in California state funding for the Children's Hospital, additional federal funds and some borrowed monies.

Hart said that the administration anticipates breaking ground on the new buildings in about one and a half years, in early 2016.

He said the new construction, much of which will take place immediately to the east (in front) of the existing adult round towers and Children's Hospital, will dramatically change the character of the campus.

For example, "The emergency department entrance will change from Campus Street to Barton Road," he said. And a second multi-story parking garage, in addition

to one just erected last year, will be added to allow greater patient and employee parking.

Roger Hadley, MD, dean of the School of Medicine, recalled how Ellen White, one of the founders of Loma Linda University Health, came to the site in 1905, saying, "This is the very place" where people can become physically, mentally and spiritually whole.

He anticipated an even greater celebration in the year 2020, when Loma Linda University Health will be uniquely positioned to continue as a leader in clinical care, education and research, and offer its unique whole-person care to the world like never before. ☩

The surprise element of the morning was the unveiling of a commitment of \$100 million by Dennis and Carol Troesh of Riverside. Dennis Troesh was owner of Robertson's Ready Mix, Southern California's leading producer of ready-mixed concrete and construction aggregates. They stated, "We can't think of a better place to give our money than Loma Linda University Health."





## A new hospital complex for a whole tomorrow

By Heather Reifsnnyder

**L**oma Linda University Health will practice a redefined vision of health care in a new hospital complex scheduled to open by January 2020, where wholeness of body, mind and spirit will be the goal for each child and adult treated there.

Patients will receive whole-person care on the forward edge of medicine in the state-of-the-art facility, which will house both a children’s hospital tower and an adult tower rising from a shared base of emergency services, surgical suites, and imaging (*see rendering above*).

Keeping pace with the needs of residents in the fast-growing Inland Empire, and new California earthquake construction standards, the new facilities will expand clinical space for patient care and clinician training by almost half over today’s facilities.

But more than space, the new hospitals will offer a true place for healing through compassionate, whole-person care.

Patients and families will feel this care as soon as they are welcomed into the lobby designed to be a healing atmosphere. To help quell the fear of being in a hospital, soothing and well-marked passages will

take patients to the adult and children’s towers, where the rooms will be designed to create a sense of tranquility.

Many patients will feel the support of their loved ones in private rooms large enough to accommodate family members. Adding to feelings of comfort, the space will be designed to minimize noise and lights from monitoring equipment, creating a more homelike environment.

The healing atmosphere will extend to green zones, both indoors and out, that will allow for quiet reflection and offer the benefit of nature’s restorative effects. Tranquil interior spaces will serve as settings for prayer, reflection, and confidential or sensitive conversations.

The surrounding grounds will also support patients and families, where they will find healing gardens, orange trees, art, and a nature trail. The beauty of nature will restore guests who need to relax and community members who want to stay fit.

By the numbers, the adult Medical Center tower will feature 276 beds, each in a private room. The new Children’s Hospital tower will connect via glass walkway with the existing Children’s Hospital, combining

to a total of 359 licensed beds, including a large percentage of private rooms. This will also include 100 neonatal intensive care beds — making this one of the largest neonatal ICUs in the United States.

Patients who need emergency and surgical care can rest assured they will be treated at the only level-1 trauma center for a region equal to 26 percent of California’s land mass. Children and adults will each have their own emergency department, and an entire floor will be devoted to surgery.

This bold new hospital complex will also facilitate Loma Linda University Health’s role as the educator of tomorrow’s world-class health care professionals, with thousands of student and resident physicians to be trained there over many years in the future.

The education, care, and research that take place in the new hospital will not only continue but advance groundbreaking developments in medicine, in wholeness, and in the provision of unparalleled care for children, individuals and families. All of this will be supported and facilitated by Vision 2020, the Campaign for a Whole Tomorrow. ✚

# A new center for research and ideas that transform lives

By Heather Reifsnyder

Imagine a center where innovation happens because the brightest minds have come together in a spirit of inquiry and innovation — a place where ideas and theories are explored, leading to breakthroughs and revelations that change and save lives.

A new \$70 million structure at Loma Linda University Health will be built as part of Vision 2020 to facilitate this kind of collaboration and discovery in research and wholeness.

This new center will be the interdisciplinary hub of the investigation and promotion of wellness and wholeness for the Inland Empire and beyond.

Led by the belief that a state of wholeness is where humans are best empowered to realize their potential, explore and create, Loma Linda University Health is redefining health to include not just physical wellness but also mental well-being, spiritual fulfillment, and positive relationships in healthy communities.

The center will house expert researchers of diverse disciplines — from molecular biologists to psychologists, nutritionists to physicians — in a space where a conver-

sation in the hallway could result in new questions to explore, innovative perspectives on an old problem, or a reconfigured team joining together in a common purpose. This kind of synergy may lead to dramatic new treatment methods and cures for diseases.

New directions in research will be developed and current ones bolstered, leading to discoveries that will help children and adults better survive injuries, beat diseases such as cancer, and prevent illness. This center will create greater eligibility for research funding, which will be further bolstered as the Vision 2020 campaign helps establish new research chairs and endowments, fund new laboratories, offer more student scholarships, and provide robust faculty development opportunities.

The center will also be the heart of wholeness activities and initiatives at Loma Linda University Health. The new Wholeness Institute will be located there and serve as a brain trust, exploring what it means to experience wholeness across all dimensions of life.

The institute will be the campus destination for those wanting to learn about wholeness and disease prevention. Visitors

from all over the world will be able to meet with experts, study in the resource library, attend lectures or retreats, and participate in wellness services such as cooking demonstrations. Furthermore, researchers at the institute will publish books and other resources on topics from nutrition to spiritual wellness.

The Wholeness Institute will also embolden Loma Linda University Health's clinicians, students, alumni, and global partners with the knowledge to take the message of wholeness to every part of the world. (See page 6 for more information about Loma Linda University Health's plans to share wholeness with the world.)

A new executive health program will also be located in the new center, creating a model for health in corporate America.

By creating an epicenter of wholeness as well as connecting all steps of research in a central location — from making a scientific breakthrough to translating it into medical applicability, to testing for clinical effectiveness — Loma Linda University Health will fulfill its strategy to improve the health of our communities and the world, helping to create a “whole tomorrow.”



# Envisioning a 'whole' new way of life

Loma Linda University Health leads the conversation on wholeness

By Courtney Beckwith

Visionaries at Loma Linda University Health are now pioneering the concept of wholeness as the organization redefines what it means to be healthy.

Diverse experts from across Loma Linda University Health have worked to establish a whole person care model and a definition for wholeness, among other action items. The organization now defines wholeness as “Loved by God, growing in health, living with purpose in community.” Carla Gober-Park, PhD, MS, MPH, director of the LLU Center for Spiritual Life and Wholeness, led a cross-organizational team in the creation of this description.

The development of a wholeness strategy falls under Daniel Fontoura, MBA, vice president of wholeness, who is leading the effort to create a system-wide wholeness focus and business plan.

“Whole health includes mental, physical, spiritual, emotional and relational health,” Fontoura says.

Loma Linda University Health President Richard Hart, MD, DrPH, says, “I want Loma Linda to develop a new approach to wholeness and lifestyle issues that is compassionate and accepting of our differences.”

All this will culminate in a new Wholeness Institute now under development at Loma Linda University Health — making Loma Linda the premier destination and resource for knowledge of whole living. The institute will someday be housed in a new center for research and discovery to be built as part of the Vision 2020 campaign (see page 5), which will also

position Loma Linda University Health to carry the wholeness message to new and diverse audiences.

The Wholeness Institute will be the key resource for diverse leaders, audiences and communities on living a whole life that includes all dimensions of wellness and meaning. It will house a brain trust of scientists, educators, thought leaders, health care practitioners, and others who will offer resources and materials about living and sharing wholeness. The facility will include a library, space for lectures and retreats, wellness services, and original books and publications on topics related to different dimensions of wholeness.

In addition to the Wholeness Institute, other changes related to wholeness are forthcoming for the campus and community. Fontoura hopes to see recognizable changes within two years, with incremental

milestones along the way.

The business plan will encompass four domains: wholeness learning, the Loma Linda University Health campus, the surrounding community, and a platform for sharing lifestyle expertise worldwide.

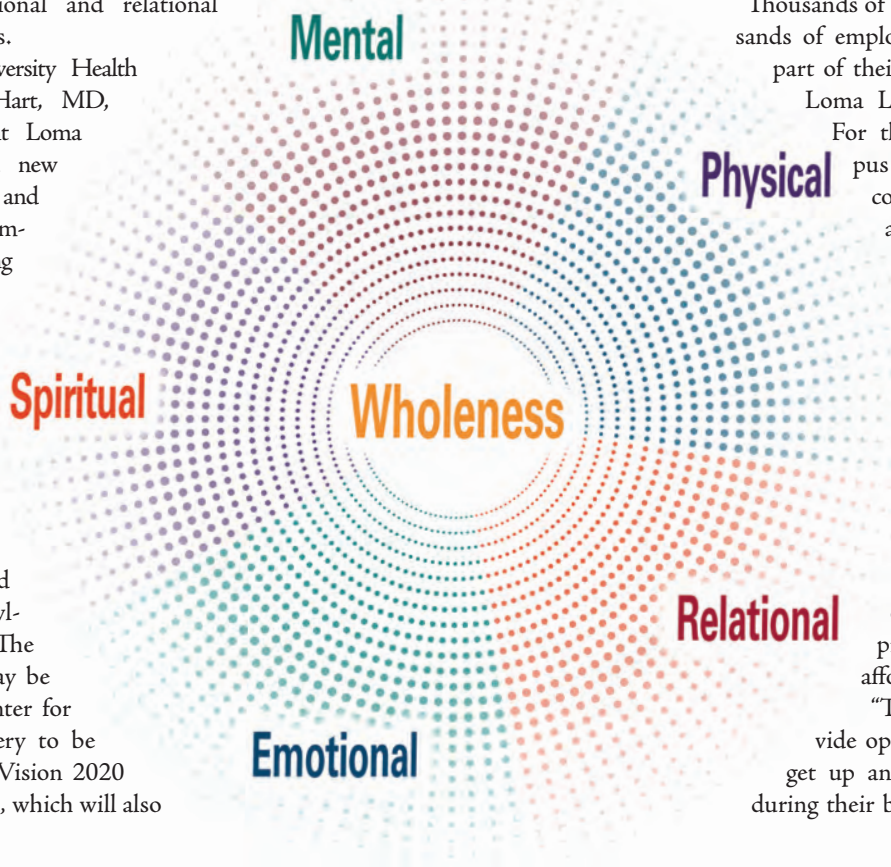
Regarding the education of tomorrow’s health professionals, Fontoura says, “We want to teach our students what wholeness is, and how to apply that multidimensional approach to health in their own lives and the lives of others. We also want to support our faculty in asking the questions and doing the research into what lifestyle practices influence genetic markers for health and longevity.”

Hart explains, “The idea of wholeness has already made a big difference on campus. It is now time for us all to engage and for our students to learn both personal health practices and skills to share with others as they graduate.”

Thousands of students and many thousands of employees spend a significant part of their lives on the campus of Loma Linda University Health.

For the domain of the campus environment, Fontoura’s committee is looking to create ways that make it easy for people to practice healthy lifestyle behaviors. Ideas include increasing the number of bicycle lanes, pedestrian-only streets, and mini-parks on and near campus, reducing vehicular traffic, and working with food vendors and campus-operated restaurants to provide healthier but still affordable meal choices.

“These options will provide opportunities for people to get up and move around campus during their breaks,” Fontoura says. “It





should be a time when they can step back or maybe just get a breath of fresh air and get the blood circulating. Experts now say that ‘sitting is the new smoking,’ in terms of potential health risk.”

The third domain of the plan encompasses reaching out to the community to raise awareness of the need for wholeness. For instance, Fontoura explains, “Right now San Bernardino has the worst ratio of fast food and convenience stores to full-service grocery stores in the state, and that is troubling.

“We are looking to take wholeness to the public by working with local government, business, and not-for-profit leadership in the area to say, ‘Let’s turn this region around and improve its overall health status.’”

Finally, the wholeness committee members are studying how best to share Loma Linda University Health’s expertise and knowledge regarding wholeness, not just for the good of the campus or nearby communities, but for the world at large. Fontoura says they are researching ways to connect outside the immediate two-county region of Riverside and San Bernardino.

“We want to provide congregations, schools, and communities interested in improving their health the tools, assessments, information, and training they need,” Fontoura explains. “Using the Internet, we can provide customized wholeness content to facilitate individuals or groups in achieving their health aspirations.”

For all this and more, Loma Linda University Health is leading the wholeness conversation on the regional, national and international levels, and it has the passion and experience to implement innovative, transformative solutions to health issues in today’s society.

“Recently the General Conference of Seventh-day Adventists has picked up on this initiative as well,” says Rachelle Bussell, senior vice president of advancement, Loma Linda University Health. “We are pleased to see this becoming broadly embraced.” ☩

**INSPIRE  
LIVE IT**

*DILYS: RUNNER, CHEERLEADER, CHAPLAIN*

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

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**LIVE IT**

The wholeness message has been incorporated into “Live It,” a branding campaign begun at Loma Linda University Health in 2013 that features stories and ads with employees, students, and community members who apply the principles of health and wholeness in their lives and work. The campaign has reached into the surrounding community and many national markets, celebrating those who “Live It.” Turn to the next page for the story of a child life assistant at LLU Children’s Hospital who Lives It.

# How does Allison Knudsen LIVE IT?

Staying connected while helping kids be kids

By Larry Kidder

The atmosphere seems chaotic in the playroom on the hematology oncology unit at Loma Linda University Children's Hospital. Two 5-year-olds, IV poles in tow, are glued to a video screen showing the movie "Frozen," singing along with gusto. A teenager, hat covering all but a few wisps of hair left after weeks of chemotherapy, concentrates on a video game of soccer.

In the midst of it all, Allison Knudsen — better known to her colleagues and the kids as "Alli" — is engaged with the activities of all three. She isn't bothered by the apparent chaos; rather, she is part of it.

"I learn about things that interest the kids," she explains. "I know all of the movies they like, and I even grow to like them myself — though the songs in 'Frozen' are wearing a little thin."

Knudsen is a child life assistant, trained to divert kids from the stark realities of blood draws, shots, surgeries, radiation treatments, and chemotherapy. The playroom is a safe haven, where talk and thoughts of daily treatments are off limits and temporarily forgotten.

Loma Linda University Children's Hospital has four playrooms on vari-

ous units. A child life assistant staffs each playroom. Each unit also has a child life specialist who educates young patients in things as seemingly simple as swallowing a pill, helps them cope with an impending surgery, or tends to their normal childhood development in the midst of a hospital stay.

"We work closely with our child life specialists," Knudsen says. "When a child lags behind normal peers, we find fun activities to help her or him develop. In the playroom, when we see children with anxiety, depression or other difficulties, we alert the specialists."

She remembers one boy in particular. "He was worried about having a brain autopsy," she confides. "Our child life specialist educated him that he was about to receive a brain biopsy — not autopsy. I'd be worried about a brain autopsy too!"

Child life specialists and assistants work hard to keep life as normal as possible for the kids. Patients are even expected to attend hospital school — a requirement of the state of California — if they're able. Located on another floor, hospital school provides one more diversion and keeps them scholastically up to date.

Knudsen relishes her job: "I think of it

as equipping kids to be kids."

She does find it heartbreaking when one of her kids succumbs to an illness: "I know it's part of the job, but it still hurts."

She remembers one little girl with a brain tumor. "This child lost most of her motor function," Knudsen recalls. "She couldn't even feed herself." During one play session, the little girl told Knudsen that she wanted to hop on one foot — "like hopscotch" — and she wanted to run again.

"Through a long process of physical therapy and working through the 'hard stuff,' she not only hopped on one foot and ran, but was able to dance." She adds, "I felt blessed to be a part of it."



Knudsen challenges Francisco to a game on the Wii™ that he has never tried before. No problem; he learns quickly and has soon amassed thousands of points. Both are slightly out of breath at the end of the game. ▲ A series of ads, placed across the nation in various media, features individuals at Loma Linda University Health — administrators, employees, students, faculty, and community members — who apply principles of wholeness in their lives. Knudsen is highlighted in this LIVE IT ad. ◀



## CONNECTION LIVE IT

### ALLISON KNUDSEN HELPS KIDS BE KIDS.

As a child life assistant, Allison Knudsen — better known to her patients on the hematology oncology unit simply as "Alli" — creates a safe haven in the playroom for the kids, where conversations about medications, surgeries, and needle sticks are off limits.

Knudsen has been working at Loma Linda University Children’s Hospital for more than three years — first as float child life assistant, and, for the past year, exclusively in the hematology oncology playroom. “I’ve worked with kids of all ages, genders, and cultures,” she details. “It’s a universal norm — every kid plays.”

She balances work with time spent at the beach, hiking, or “doing anything outdoors.” She exercises at the gym, taking classes like step aerobics and “body pump weights” — which she describes as “brutal but necessary” for a healthy body and mind.

Recently married, she considers family a high priority. “Both my husband and I have family in the area. Every week, it seems at least one occasion brings us all together.”

Church is also a priority. “My husband and I are looking for a church in the area to call home,” she reveals. “We’re hoping to find one where we can be involved.”

Through her compassionate connection with her kids at Loma Linda University Children’s Hospital, a rich family life, church, and healthy outdoor activity, Knudsen has found her own way to Live It. ✦



Knudsen, right, hangs out with her good friend, Francisco, age 6. His favorite thing to do in the hematology oncology unit’s playroom is to play video games.

Don’t just talk about it ...

LIVE IT

# Walking is a beautiful thing

Loma Linda University Health employees get moving

By Larry Kidder

Most human beings learn to walk around their first birthday. Some take a little longer, but most people are expert walkers by the age of 3. As children grow, they typically become more active ... for a while, at least.

Then, perhaps due to factors such as computer usage, video games, television, movie watching, riding in cars, eating at restaurants, or just resting after a long day of — well — primarily sitting at work, the number of their steps diminishes as adults.

They are succumbing to “sitting disease,” an actual diagnosis receiving national attention. An ongoing study by the Centers for Disease Control and Prevention (CDC) of about 5,000 individuals per year, known as the National Health and Nutrition Examination Survey — or NHANES — suggests that sitting disease may shorten one’s life.

NHANES surveys found that as many as 70 percent of people sit for six or more hours each day. And up to 35 percent of them spend four or more recreational hours per day as proverbial couch potatoes in front of their televisions or home computers.

The CDC goes on to suggest that if Americans reduced their sitting time to less than three hours a day, they could live as much as two years longer. Just by limiting television viewing to less than two

hours a day, Americans could add 1.4 years to their lives.

One online health newsletter gives suggestions for combatting sitting disease: stand more (set a timer and stand up at least hourly); swap traditional video games for those requiring movement, or — better yet — buy exercise videos; walk while on the phone; obtain a pedometer and count steps (walk a little more each day); and take the stairs instead of the elevator up one floor and down two. And that’s for starters!

The American Heart Association recognizes the following benefits from consistent walking: reduced risk of coronary heart disease; improved blood pressure, sugar levels, and lipid profiles; maintenance of body weight and lowered obesity risk; enhanced well-being; and lowered risk for osteoporosis, breast and colon cancer, and type 2 diabetes.

Loma Linda University Health’s Living Whole employee wellness program, founded in 2006, has promoted walking on a grand scale for some time. Early on, maps with walking routes were created with measured distances and estimated calories burned. More recently, signs have been posted that encourage people to “dare

to stair” — i.e. consider taking the stairs instead of the elevator.

Employees are provided with free pedometers that synchronize with Walking Spree software to track their steps. Through friendly competition and camaraderie, their miles have grown while their health has improved.

Walking is a beautiful — yet simple — activity. But the benefits are far-reaching in helping people live in wholeness and health. ☼



# Kerry Heinrich appointed LLU Medical Center CEO

Administrative team to include Terry Hansen and Kevin J. Lang

By Jiggs Gallagher

**K**erry Heinrich, JD, after two months as interim chief executive officer of Loma Linda University Medical Center and interim administrator of Loma Linda University Children's Hospital, has been named CEO.

Heinrich has had a long association with Loma Linda as an attorney, serving on the legal counsel team. A 23-member search committee — representing hospital, university and physician leadership — recommended Heinrich's appointment.

"After considering a number of strong internal and external candidates from many parts of the nation, he rose to the top as a natural choice," says Richard H. Hart, MD, DrPH, president of Loma Linda University Health. "He has demonstrated during his interim term the type of leadership we need during this critical time in Loma Linda's history."

Heinrich will provide strategic leadership for the six hospitals that together form Loma Linda University Medical Center. In addition, he will serve as executive vice president for hospital affairs of Loma Linda University Health.

"I'm looking forward to the challenges and successes we will have as an organization wholly dedicated to the teaching and

healing ministry of Jesus Christ," Heinrich says. Hart adds that he is delighted to welcome Heinrich to this important leadership role for the future. "Kerry will be a great blessing in this position."

Heinrich received his bachelor's degree from Walla Walla University in Washington. He earned a juris doctor (JD) degree from the University of Oregon's School of Law and has specialized in health care law. During his 30-year career at Loma Linda, Heinrich has conducted contract negotiations, negotiated financial acquisitions, worked on complex corporate restructures, and prepared major initiatives to improve reimbursements for the health care entities.

Joining Heinrich in the leadership of Loma Linda University Medical Center will be Terry Hansen as chief operating officer and Kevin J. Lang, MBA, as chief financial officer.

"Hansen's extensive experience in a variety of settings will serve us well as we begin separate licensure for Children's Hospital, look to recruit talented individuals for several positions and improve our bottom line in order to realize the goals of 'Vision 2020, the campaign for a whole tomorrow,'" says Heinrich.

Hansen has more than 40 years of health care experience, including five years



Kerry Heinrich has been named CEO of Loma Linda University Medical Center.

as chief operating officer at LLU Medical Center from 1995 to 2000. He holds a master's degree in public health from Loma Linda University and a bachelor's degree from Pacific Union College.

"I'm a firm believer in the aims and the mission of Loma Linda University Health," Hansen says. "I look forward to working with my colleagues to take a good thing and make it better."

Lang has served at Loma Linda University Health since July of 2004, currently as CFO and executive vice president for finance and administration, Loma Linda University Health; and president and CEO of Loma Linda University Shared Services. In addition to taking on the additional role of Medical Center CFO, he will now also serve as CFO for entities including LLU Behavioral Medicine Center, Children's Hospital, and LLU Medical Center – Murrieta.

"I could not be more excited to be part of a team with Kerry Heinrich and Terry Hansen," Lang says. ☪



Joining Heinrich on the organization's leadership team are Terry Hansen, MPH, left, as chief operating officer, and Kevin Lang, MBA, right, as chief financial officer.

## Full speed ahead

Prosthetics allow Chilean teenager to run and bike

By Briana Pastorino

When Luciano Araneda Concha first walked through the doors of Loma Linda University Medical Center East

Campus, he was welcomed by a room full of strangers — unfamiliar faces that would be his ray of hope for a new life. He was friendly and upbeat like any ordinary 16-year-old.

Well, why wouldn't he be?

The young man had just arrived in Loma Linda the night prior after traveling more than 7,000 miles from his hometown in Chile, and he had endured much tragedy in his short lifetime.

In 2011, at age 14, Luciano was hit by a train while riding his bike with friends, losing his right arm and leg. He already had no sight in his right eye after falling victim to eye cancer as an infant; and to top it off, his mom was not in his life after she made the decision to leave her family, with Luciano's dad, Mauricio, left to raise his son alone.

Soon after the train accident, Luciano met a pair of Mormon missionaries who were working in his town. He and his father became close with these men, who ended up sharing Luciano's story with friends back home — including an Inland Empire couple.

After learning more about Luciano, the couple decided they wanted to help him get the care and treatment for a prosthetic arm and leg he was not able to get in Chile. They made it financially possible for Luciano and his dad to travel to Loma Linda to meet with the orthotics and prosthetics team at Loma Linda University Medical Center East Campus in hopes of getting, at the very least, a suitable walking leg.

"I could not believe there was a family that wanted to help me," Luciano exclaims. "It is a huge blessing and a grand opportunity to come to Loma Linda."

Because of international travel laws, it took nearly two years of planning and cutting through red tape for Luciano and Mauricio to finally make the trip. They first met with Murray Brandstater, MBBS, PhD, chair of physical medicine and rehabilitation, and Michael Davidson, MPH, clinical manager for orthotics and prosthetics, on January 10 of this year.

After evaluating Luciano, Brandstater and Davidson decided a new walking leg was first and foremost what the young man needed. "He had a working leg, but he needed one that fit better and would allow him to walk with more ease," Davidson says.



LOMA LINDA UNIVERSITY HEALTH

Approximately three weeks later, just prior to celebrating his 17th birthday, Luciano had a chance to try out his new walking leg.

“Within a few days, you would have never known he was walking on a prosthetic,” Davidson says, which led him to think Luciano could run if given an appropriate prosthesis. Luckily, Luciano’s benefactors made that possible.

Another few weeks later, Luciano, unsure at first, gave his new running leg a shot. “After a week he was authentically running,” Davidson boasts of his patient, “and that can typically take up to six weeks or more for most amputees.” With the help of Loma Linda University student intern Kim Petersen, Luciano quickly learned to use the running prosthesis and trained to run a 5K marathon.

Now that Luciano was walking and running confidently, Davidson thought riding a bike could perhaps be an option. “Not only did we want to help him physically, we wanted to improve his wholeness,” Davidson said. “Knowing the root of his issues stemmed from a bike accident, we wanted to bring his recovery full circle.”

Brandstater agreed, but in order to ride a bike, Luciano would need a prosthetic bike arm, which was not in the initial plans. Fortunately, the components to make the arm were donated, and Davidson and his team were able to make Luciano the arm. Not only did Luciano relearn how to ride a bike, but, according to Davidson, after he got

off the bike, “he was even walking better.”

About a week later, Davidson met Luciano on a Friday afternoon to ride some laps in the parking lot at the Loma Linda Market, but to Davidson’s surprise he rode off into the street and ended up pedaling 14 miles through the city. “He was not graceful by any means,” Davidson admits, “but he did it.”

Mauricio was amazed at the progress his son was making. “I am so proud of him for overcoming and still wanting more,” he says.

On April 27, Luciano participated in the Loma Linda University Health PossAbilities Triathlon, which consisted of a 3.1-mile run, 11-mile bike ride and 150-yard swim. “I thought of nothing else except finishing,” he said. “Luckily, I was able to notice the beautiful details such as the way the crowd looked at the participants and showed their support. The most enjoyable part was finishing and feeling that relief of knowing that I reached a goal I thought was unattainable.”

On May 6, Luciano and his father returned home to Chile, along with his walking and running legs, and bike arm. However, he hopes to return to the United States in a year after he finishes high school. “I want to study psychology and to be the best psychologist in the world. I know I can do it if I can go back to the States,” he says.

Because of the couple who made the selfless decision to give back, Luciano and his dad had a place to live in Loma Linda during their four-month journey and had a full-time translator who accompanied them to



Luciano, right, and a teammate run the 3.1-mile course during the PossAbilities Triathlon, held on April 27. He and his father, Mauricio, have returned to Chile, but Luciano plans to come back to the United States in the near future.

their appointments and various outings.

Luciano was beyond thankful. “There are really no words to express how grateful I am to them, not only for the prosthesis but also for their hospitality. I was given not only the opportunity to live a dream and to have hope and believe in myself but also the gift of love that I took with me. They [the couple] are truly people worth admiring. I hope to see them again.” ☪



Luciano, center, owes his newfound agility and ability to compete to Michael Davidson, MPH, right, clinical manager for orthotics and prosthetics. Kim Peterson, a Loma Linda University intern, worked with him to quickly learn to use his running prosthesis — just in time to train for and run a 5k marathon.



In 2011, Luciano was struck by a train while riding his bike with friends. As he recovered after the accident, in which he lost his right arm and leg, friends and family visited him and found ways — some more *loco* than others — to bring a smile to his face.

## New neuro NICU to protect brains of fragile babies

By RaeChelle English

When it became the first Inland Empire hospital to offer a neuro NICU (neonatal intensive care unit) on April 23 of this year, Loma Linda University Children's Hospital opened a place for fragile newborns to grow and thrive while protecting their brains. It is one of only four neuro NICUs in California.

On any given day, the NICU can become home to premature or other at-risk infants. A typical case might be a baby boy who arrives far too early — at just 27 weeks of pregnancy, for example — and is admitted to the NICU. Signs of trouble can easily begin, such as sporadic episodes of abnormal vital signs, but without seizure-like movements.

Neonatologist Andrew Hopper, MD, who co-directs the neuro NICU with pediatric neurologist Andrea Pardo, MD, and neonatologist Raylene Phillips, MD, explains that premature babies can sometimes have subclinical seizures without obvious seizure-like movements. In the past, before the neuro NICU, there was no easy way of knowing if a baby was having subclinical seizures or if the abnormal vital signs were attributed to something else, such as an infection.

Thankfully for at-risk babies, the new neuro NICU at LLU Children's Hospital is equipped with an important monitoring tool called the amplitude-integrated electroencephalograph (aEEG), "a screening tool to see if a baby is having abnormal

electrical brain activity, including seizures," explains Hopper.

The aEEG can quickly show that a baby is indeed having seizure activity in his brain. Through early detection of subclinical seizures, the neuro NICU team is able to prevent more brain injury by starting anti-seizure medication and involving pediatric neurology into the baby's multidisciplinary care.

"In opening the neuro NICU, we are joining a growing movement in neonatology that has begun to acknowledge the detrimental effects of prematurity on brain development," says Phillips. "A unique feature of our neuro NICU is a strong focus on providing neuroprotective care."

The neuro NICU works to create an environment like the one premature babies would experience inside the womb. For a premie, fewer noises, fewer bright lights, more positioning support, and more contact with his or her mother are all vital in optimizing the development of a newborn brain.

A baby's experience in the neuro NICU at LLU Children's Hospital is truly a special one. Phillips notes that a goal for the neuro NICU is that every baby be given family-centered, developmentally appropriate, neuroprotective care.

"With the opening of the neuro NICU at Loma Linda University Children's

Hospital, we are bound to advance the field of neonatal neurology," says Pardo, co-director of the neuro NICU. "This is just one more cutting-edge development in our already state-of-the-art NICU to improve the outcomes of babies." ✦

### About the neuro NICU

- ☑ Incorporated into existing 84-bed NICU
- ☑ Specialized services to neurologically impaired babies, or those at high risk for neurological impairment
- ☑ Diagnosis and treatment of brain injuries and disorders using brain monitoring equipment
- ☑ Multidisciplinary collaboration between neonatologists, pediatric neurologists and neonatal nurses

Two-day-old David Ismael Gomez Rodriguez is monitored in the neuro NICU at Loma Linda University Children's Hospital — the first neuro NICU in the local Inland Empire region and only the fourth in California. ▼





# Farmworker and 500th liver transplant recipient given new years of life

By Larry Kidder

**F**rancisco Munoz, a 52-year-old farmworker from Coachella, was dying when he came to the hospital emergency room in mid-February. Subsequent tests showed that his liver was failing and death was imminent without a new liver.

Fortunately for him, medical professionals at the Loma Linda University Medical Center (LLUMC) Transplantation Institute knew exactly how to save his life. He just happened to become the 500th person to receive a liver transplant at LLUMC in the 21 years since the procedure was first performed here.

A matching liver was found and Munoz underwent surgery on March 1, 2014. On April 7 — a little over a month after his historic surgery — Munoz was preparing to go home.

“He would not have made it otherwise,” says Michael de Vera, MD, his transplant surgeon and director of the LLUMC Transplantation Institute.

“I am very happy to have received a liver,” Munoz smiles, “and I look forward to being home again.” He was especially looking forward to seeing his children.

“Francisco’s survival and positive health



Francisco Munoz, center, of Coachella, the 500th liver transplant patient at Loma Linda University Medical Center, visits with his transplant surgeon, Michael de Vera, MD, right, and Pam Welsh, left, post-liver transplant coordinator. Munoz is preparing to go home after receiving the life saving transplant.

outlook is testament to the quality of care he received,” attests de Vera. “It truly is teamwork — a multidisciplinary effort on the part of the different professionals and departments within the hospital.”

The first liver transplant at LLUMC took place in 1993. Patient No. 500, who underwent rehabilitation following the transplant and continues to be monitored, went home April 8. ☼

## Local communities to benefit from increased health care services at Loma Linda University Medical Center – Murrieta

By Larry Kidder

**L**oma Linda University – Murietta (LLUMC – Murrieta), the most recent addition to Loma Linda University Health’s six hospitals — is becoming a leading health care center in the Murrieta/Temecula region of southwest Riverside County, California, an area identified as among the most medically under-represented communities in the nation.

A growing number of patients and families now turn to LLUMC – Murrieta for health care. The hospital is responding with more offerings.

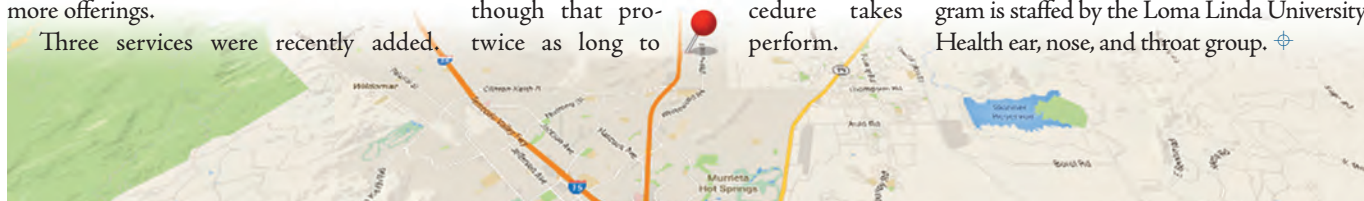
Three services were recently added.

Three-dimensional (3-D) breast mammography and a new hospital-based outpatient breastfeeding center — both first in the area — will improve the health of mothers and babies. Additionally, new specialized surgical equipment will allow ear, nose and throat (ENT) surgeons to offer more options to patients.

The latest Hologic 3-D technology finds nearly 30 percent more breast tumors, reduces the need for call-backs by up to 40 percent, and produces similar radiation to older 2-D technology, even though that procedure takes twice as long to perform.

The new outpatient breastfeeding center will improve the lives of mothers and babies. Studies show that breastfeeding benefits mothers, reducing breast cancer risk. Babies benefit from their mother’s immune system. Two outpatient lactation visits are provided at no additional cost to patients who delivered their children at the hospital.

In addition, ENT surgical services now include thyroid surgery, parathyroid and parotid procedures, and laryngeal surgery — thanks to new equipment. The ENT program is staffed by the Loma Linda University Health ear, nose, and throat group. ☼



# EXSEED connects K-12 with higher education

Ideas and inspiration exchanged about the art of teaching math and science

By Nancy Yuen

In June, 100 kindergarten through 12th grade educators who teach science, technology, engineering and math (STEM), attended a five-day EXSEED (Excellence in STEM Experimental Education) conference at Loma Linda University Health. The teachers were from North America, Jamaica, Curacao, Bonaire, and local public school districts.

Research has shown that if children haven't developed a foundation in math and science by the fifth grade, their ability to be successful in these areas in high school and college is lessened. This affects their chance to pursue fields including medicine and dentistry.

Charles F. McMillan, PhD, director, Los Alamos National Laboratory, and Richard Osborn, PhD, vice president, Western Association of Schools and Colleges, provided keynote addresses. "Many scientists I've met," said McMillan, "remember the name of the teacher who awakened their interest in math or science."

"The brightest minds work at Los Alamos. As science and math teachers, you play an incredible role in the future of our country. Every year Los Alamos needs 100 to 200 PhDs. To help meet this

need I challenge each of you, during your career, to produce two students who will go on to earn a PhD." McMillan holds a PhD in physics from Massachusetts Institute of Technology, and a bachelor's degree in physics and math from Washington Adventist University.

In his keynote, Osborn highlighted the changing ecology of education including the role of faculty, innovation and new settings in which education is taking place.

During workshops, teachers explored iPad integration and 3-D printing in the classroom; the study of sound and light; physics and medicine; and Lego robotics.

"STEM will help bring our schools into the 21st century by being able to compete with things like 3-D printing and collaborative work," said Pamela Forbes, PhD, associate superintendent of education, Southern California Conference of Seventh-day Adventists.

Marilyn Eggers, PhD, EXSEED co-executive director at Loma Linda University Health, encouraged collaboration. "Learn what inspires one another," she said, "so together you can start growing ideas."

"I teach at Kirkland Adventist School in Kirkland, Washington," said Dawn Campanello. "It's a small school. EXSEED was helpful because it provided opportunities for me to meet and network with other Adventist science and math teachers." She and teachers including Michelle Wachter, principal at Mount Ellis Adventist Elementary School in Bozeman, Montana, took home ideas for collaborative projects that can be implemented the first day of class.

EXSEED was envisioned by Richard H. Hart, MD, DrPH, president, Loma Linda University Health, as a way for LLU and Adventist higher education to partner with K-12 science educators. It has evolved to include technology, engineering and math. ✦

During the fourth annual EXSEED conference for K-12 math and science educators at Loma Linda University Health, Ivan Rouse, PhD (far right), chair, physics department, La Sierra University, demonstrates how to use an iPad and a Pasco force sensor to measure the force exerted by a spring as it is stretched. Pictured with him are, from left to right, Anthony Schmidt, physics student at La Sierra University; Dawn Campanello, educator at Kirkland Adventist School; and Monte Saxby, educator at Skagit Adventist Academy.



# Students run youth soccer program

Loma Linda University students teach kids about health and life goals ... and goals on the field, of course

By Nancy Yuen

**I**t's Tuesday night, and practice for the Goal 4 Health youth soccer league has begun on Loma Linda University Drayson Center's sports field. Goals have been set up by 16 physician assistant student volunteers.

As kids arrive, they find their coaches and begin drills. It's almost 100 degrees and a line of players forms in front of a demonstration table where containers hold chilled water mixed with slices of fruit. They sample the various flavors, fresher and healthier than any soda.

Nearby, a speaker from Loma Linda University Health is organizing handouts for parents about how to alleviate stress.

As a Christian soccer program, Goal 4 Health is not a highly competitive league. Judith Romero is a full-time mom whose four children play in the league.

"I'm glad that the league is noncompetitive," she says. "I can be assured my child won't need to go to the emergency room

after the game. My kids do their best, have fun and have made friends."

Another parent, Beatrice Blake, agrees. "The coaches teach the kids in a safe manner that lets them explore the sport." In fact, each year right after Christmas, many of the kids begin asking their parents "Have you signed us up for Goal 4 Health?"

Tina Pruna is director of Loma Linda University Health Community-Academic Partners in Service (CAPS), which manages the league. Determined to continuously improve the program, Pruna's persistence has helped secure two grants. The first, a \$6,500 grant from the U.S. Soccer Foundation, was used to purchase 13 goals to replace makeshift ones parents had created from PVC pipe.

Children's Obesity Fund awarded a \$1,000 grant for healthy living activities. "It's helping us take the program to a higher level," says Pruna. "Parents are given small incentives for participating. We've also pur-

chased FitnessGram, a Cooper Institute software program, that includes statistical reporting tools we're using to assess fitness and activity levels." Tests including the mile run, sit and reach, weight, and BMI are being used across age groups to measure the program's impact on health.

Nearly 100 volunteers and team parents help run the program. "For LLU students, volunteering provides a much-needed break from studies," says Pruna.

Isaac Koh, a medical student, has enjoyed soccer as long as he can remember. "When I was growing up, I didn't have anyone to practice with," he says, "and so I practiced alone, in my backyard. It brings me joy to coach the kids and to see them enjoying the sport together."

Mom Judith Romero is grateful. "Goal 4 Health coaches are LLU students. They tell the kids, 'Do your best. Finish school and then go to college.' In Goal 4 Health, everyone wins." ☕



# A trans-Pacific friendship that empowered two hospitals to thrive

Twentieth anniversary celebration of Sir Run Run Shaw Hospital highlights the beauty of cooperation and exchange with Loma Linda University Health

By James Ponder

Sixty-five hundred miles of open sea proved inadequate to separate the health professionals of Sir Run Run Shaw Hospital (SRRSH) in Hangzhou, China, from their counterparts at Loma Linda University Health during the Chinese hospital's 20th anniversary celebrations held earlier this year in April.

At the event, everyone spoke about the value of working together and how their mutual efforts to improve the quality of life for the 1.39 billion residents of the most populous nation on Earth have transformed them all in ways they never could have imagined.

Richard Hart, MD, DrPH, president of Loma Linda University Health, extolled the value of friendship in establishing and maintaining the unlikely alliance.

"While many aspects of this relationship are remarkable," Hart reflected, "the personal friendships that developed between those who went to work in China and their

counterparts is truly the heart of this partnership. Out of that crucible of cross-cultural exchanges, a modern hospital emerged that has gained international recognition and established a standard for China."

The recognition Hart mentions comes from a variety of sources, but perhaps most notably from Joint Commission International (JCI), the accrediting body that evaluates hospitals for compliance with the highest standards of contemporary health care. JCI accreditation ensures that hospitals offer a safe environment for patients and caregivers, show continuous and sustained improvement, provide excellent outcomes and patient satisfaction, and operate efficiently.

In 2006, Sir Run Run Shaw Hospital became the first JCI-accredited public hospital in China.

Cai Xiujun, MD, who became president of the hospital in 2013, says the Loma Linda/Sir Run Run Shaw collaboration has been enormously impactful in his country.

"This model has greatly been promoted and applied in many Chinese hospitals," Cai shares. "This is very influential. Loma Linda University Health has been very generous in cultivating and training a group of elite clinical, educational and managerial members."

He Chao, MD, who currently serves as secretary of the Communist Party at the hospital, was president of the facility when it first received JCI accreditation.

"Loma Linda University Health has contributed to make SRRSH grow and stand out as the example of integrated Eastern and Western health care in China," he notes. "I am touched that SRRSH takes the lead on health care reform in this country. I am greatly moved by the Loma Linda University Health people who have provided continuous support and selfless care to SRRSH. Our strong collaborative model is unique in China."

*Continued on page 20*



Richard H. Hart, MD, DrPH, president of Loma Linda University Health, addresses the crowd at the 20th anniversary of Sir Run Run Shaw Hospital in April.



From left to right, Zheng Shu, MD, Lady Mona Shaw, and B. Lyn Behrens, MBBS, celebrate the unveiling of a commemorative statue of Sir Run Run Shaw, Lady Shaw's deceased husband, at the 20th anniversary celebrations at Sir Run Run Shaw Hospital in Hangzhou, China. Zheng Shu and Behrens are former deans of Zhejiang University School of Medicine and Loma Linda University School of Medicine, respectively. Behrens is also former president of Loma Linda University Adventist Health Sciences Center. Lady Shaw is chair of the Shaw Group of Companies.

Below, the serene beauty of a Chinese sunset through branches and leaves of bamboo symbolizes the successful completion of the first two decades of Sir Run Run Shaw Hospital. The scene, like the hospital, is located in Hangzhou, China.



Sir Run Run Shaw



The iconic Sir Run Run Shaw Hospital at night

### *A trans-Pacific friendship that allowed two hospitals to thrive ...*

*Continued from page 18*

But if the partnership itself is remarkable, the story of how it came into being is almost legendary.

In the early years of the 20th century, the mother of a boy who would one day become the biggest entertainment mogul in all of Asia and one of the richest men in the world was admitted to an Adventist hospital in Hong Kong for care. Because she was treated with kindness and respect, the boy vowed to express his gratitude in a tangible way once he acquired the means.

Fast-forward to the 1980s, and the octogenarian Sir Run Run Shaw never forgets his childhood oath to thank the health ministry of the Seventh-day Adventist Church for the compassionate care his mother had received so many decades earlier.

Sir Shaw reaches out to the Chinese government and shares his idea. One of his representatives contacts Adventist headquarters in Washington, D.C., where someone engages the leadership of Loma Linda. In 1987, a group of Chinese leaders visits the Inland Empire and presents Sir Shaw's dream. A mere seven years later,

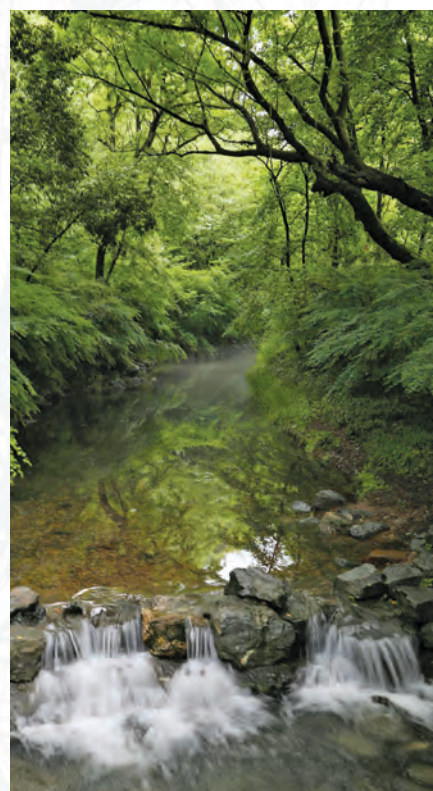
the hospital that bears his name opens to unprecedented international acclaim on May 2, 1994.

People around the world are suddenly considering the possibilities. If Chinese secularists and American Christians can come together for the good of one-seventh of the people on the planet, perhaps the future is brighter than anyone dares to believe. ...

Twenty years later, hundreds of people gather in a small plaza near the center of the SRRSH campus on April 30, 2014. It rained earlier in the day, but right now, the sky is bright and clear. A red cloth covers a larger-than-life bronze statue of the late Sir Run Run Shaw, who passed away three months earlier at the age of 106.

As Drs. Cai, Hart, and He take the podium to reflect on the meaning of his gift to the people of China, an elegant lady stands near the front of the crowd, handkerchief in hand.

Moments later, the red cloth is lifted, revealing the statue. Glimpsing the benevolent likeness of her late husband's face, Lady Mona Shaw averts her eyes and weeps. ☪



The countryside of Hangzhou, China, offers plenty of locations for contemplation. This idyllic scene is from Nine Streams and 18 Gullies, a popular wilderness destination a short drive from Sir Run Run Shaw Hospital.

# Research paves the way for active beam proton therapy at Loma Linda University Medical Center

By James Ponder

**A**ndrew Wroe, PhD, associate professor of radiation medicine at Loma Linda University, is excited about an upcoming innovation at the James M. Slater, MD Proton Treatment and Research Center.

“We’re getting ready for active beam scanning,” he reports.

Wroe says Loma Linda researchers have been monitoring and developing active beam scanning, or ABS, for a long time, but were hampered by technological limitations.

“This center was originally designed to be an ABS facility, but in the 1980s and 1990s, the technology really wasn’t there, so the decision was made to focus on passive beam scattering [PBS] proton delivery and save ABS for the future,” he says. Since then, LLUMC has treated over 18,000 patients, making it the most successful proton center in the world.

About a year ago, Slater Center and Loma Linda University Health officials became encouraged by the progress of ABS research and decided to make it a priority. Plans call for construction to begin in October 2015 and the ABS unit is expected to be fully operational, tested, and ready for use in May 2016. The Slater Center will feature both ABS and

PBS technologies along with a proven track record of treating numerous cancers and other diseases with protons.

Both ABS and PBS technology depend on precisely locating the tumor in the patient’s body and delivering a proton beam to the diseased area with minimal damage to surrounding organs and tissues. In general terms, Wroe explains the differences between them as follows:

### Passive beam scattering:

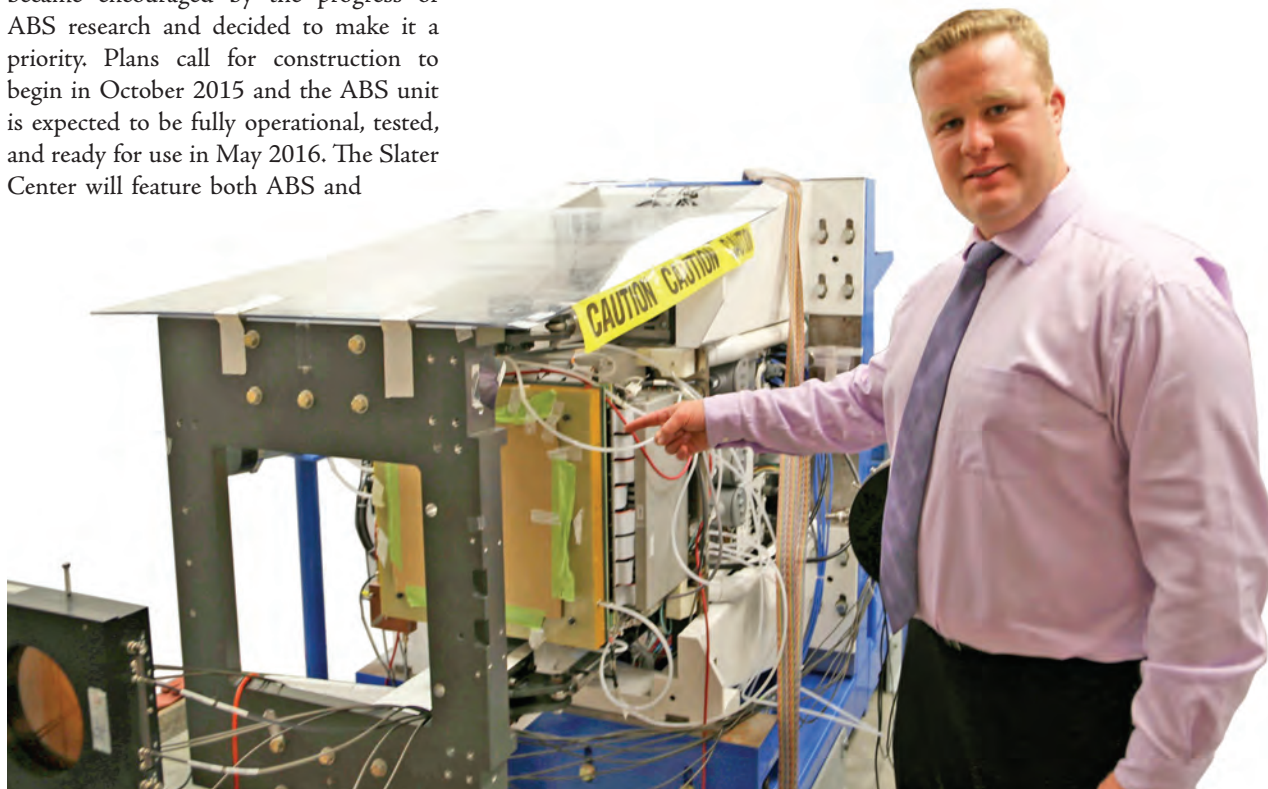
- \* Is the safest method of proton delivery
- \* Excels at treating simpler targets
- \* Provides a sharper treatment beam
- \* Is safer for treating mobile targets

### Active beam scanning:

- \* Excels at treating large targets, and
- \* Can treat more complex targets with fewer beams

“The active beam scanning project is the largest upgrade in the history of proton therapy at Loma Linda University Medical Center,” Wroe concludes. “It’s great that we can start creating ABS plans that will allow clinicians to treat more complex and larger cancers more efficiently. The question of which conditions it will allow us to treat is really one for the physicians to determine as they develop a clinical understanding of the new technology, but I see a large number of targets in the head and neck and along the spine that will benefit from the ABS treatment option.”

According to Andrew Wroe, PhD, associate professor of radiation medicine at Loma Linda University Health, active beam scattering (ABS) technology will allow physicians to treat larger and more complex cancers with greater efficiency and conformity than passive beam scattering (PBS) proton technologies.



## A meditation on laughter

Loma Linda University research shows similarities between meditation and laughter in producing better health

By Heather Reifsnyder and  
Herbert Atienza

**I** just want to turn off my brain, have a good time, and laugh,” people sometimes say. But what they may not realize is that in doing so, they actually engage their whole brains and push their minds into a place similar to the true state of meditation, according to new research from Loma Linda University School of Allied Health Professions.

This brain state may allow for more optimal cognition, sensory perception, and memory, among other potential health benefits.

“We call this being ‘in the zone,’” says lead researcher Lee Berk, DrPH, principal investigator of the study; associate professor, School of Allied Health Professions; and associate research professor, pathology and human anatomy, School of Medicine.

Berk and his team of doctoral physical therapy students measured the spectrum of brain wave activity from 0.1 to 40 Hertz in nine cerebral cortex brain areas for each of 31 human study volunteers. They used digital electroencephalograph technology, or EEG, in making the assessments.

The results showed that humor and its associated mirthful laughter produced the greatest amount of gamma wave activity in the brain. Gamma waves, which have the highest frequency and smallest amplitude of all brain waves, can be found in virtually

every area of the brain and serve as a binding mechanism that helps different parts of the brain function together to improve memory and perception.

“It is a whole-brain experience, and humor holds it in that state, similar to meditation, as shown by EEG measurements,” Berk says. “It’s as if the brain gets a workout in communication with itself because the gamma waves allow multiple areas of the brain to work in synch. This allows for more clear thinking and thought integration.”

During the study, volunteers were randomly asked at predetermined intervals to watch a 10-minute video clip that was either humorous or stressful in nature, while connected to an EEG monitor called the B-Alert 10X System, which measures and records the power spectral density (amount and intensity) of all brain wave frequencies up to 40 Hz.

To the research team’s knowledge, this is one of the first studies to use digital EEG to

compare the positive brain state of humor-associated mirthful laughter to a stressed state.

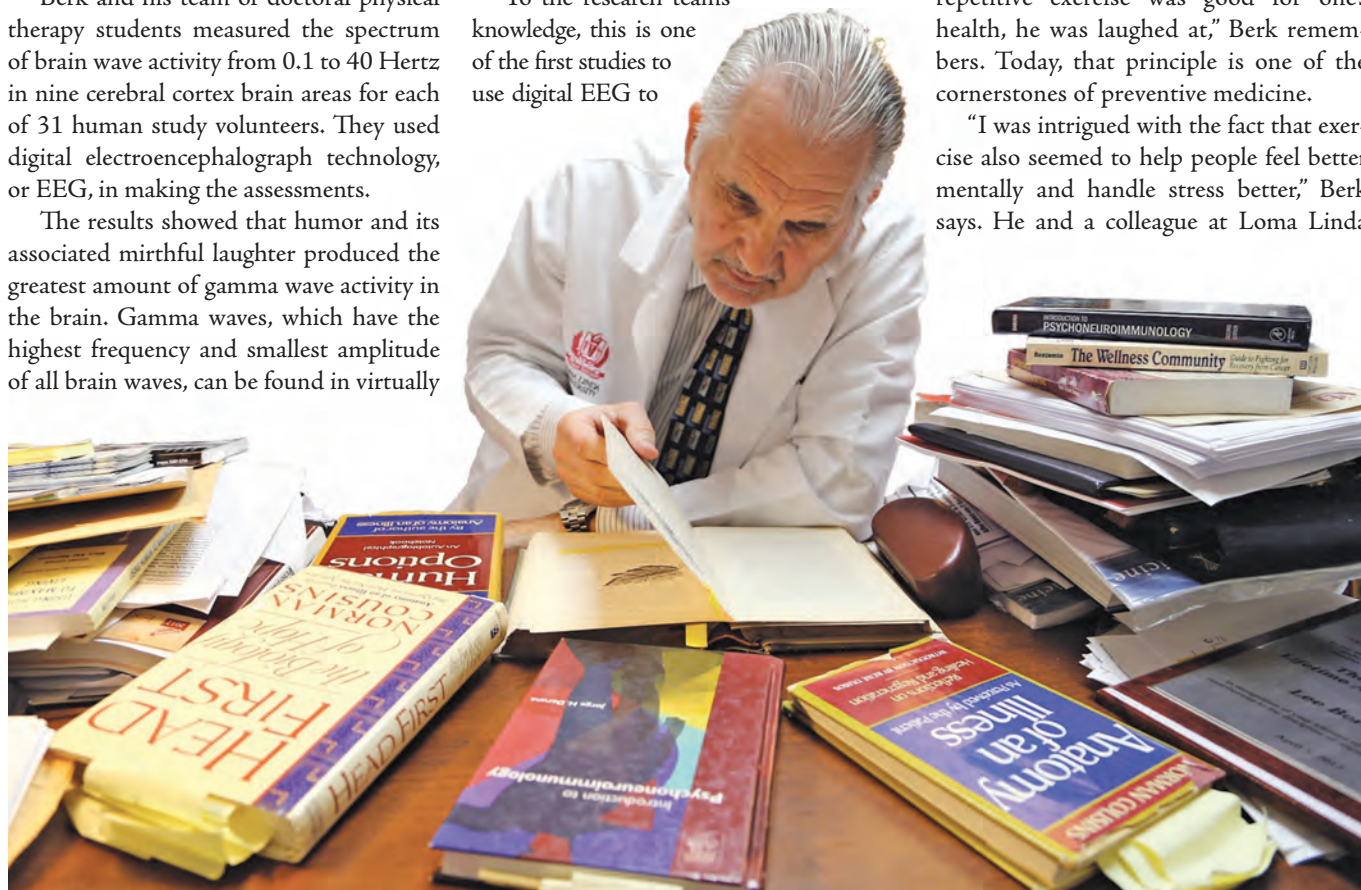
Though Berk has researched the positive benefits of laughter for years, he did not begin to use EEG in his studies until last year. This digital technology has added new dimension to his previous findings that laughter improves bodily health and wholeness — specifically through lowering detrimental stress hormones and improving immune cell activity.

“Laughter may be a good medicine not only for the health of your body but also for your brain cognition,” he says.

Berk’s journey into laughter research began many years ago in the late 1970s. He used to converse on the telephone with Dr. Kenneth Cooper, known as the father of aerobic exercise.

“When he first started reporting that repetitive exercise was good for one’s health, he was laughed at,” Berk remembers. Today, that principle is one of the cornerstones of preventive medicine.

“I was intrigued with the fact that exercise also seemed to help people feel better mentally and handle stress better,” Berk says. He and a colleague at Loma Linda







University Medical Center, Stanley Tan, MD, PhD, designed a study to compare beta endorphins in regular exercisers versus non-exercisers.

“The result of the research was that those who exercised routinely produced endorphins during times of stress, which helped them better cope both psychologically and physiologically,” Berk says.

The work was summarily rejected when submitted to scientific meetings — at first — before gaining acceptance. So how did he transition to studying laughter?

“We began to ask if there were other lifestyle behaviors for wholeness that could produce similar benefits,” Berk says, “and then the light bulb went on — Proverbs 17:22: ‘A merry heart doeth good like a medicine, but a broken spirit drieth the bones.’

“We started pursuing whether laughter, which seemed to be a parallel to exercise, could reduce stress hormones.”

Berk contacted Bill Fry, MD, at Stanford University School of Medicine, who had similar questions. They started with a small pilot study that demonstrated reductions in stress hormones while watching humorous videos.

But things really took off when Berk got a call from celebrated journalist and author Norman Cousins, who credited laughing from Marx Brothers films as one reason

he survived a severe illness with a poor initial prognosis. Genuine belly laughter, for example, helped give him pain-free sleep.

Cousins was invited to write an article in the prestigious *New England Journal of Medicine* about it, and he also wrote the best-seller “Anatomy of an Illness as Perceived by the Patient: Reflections on Healing,” which was made into a television movie.

On the day Cousins called, he told Berk he needed to talk and made plans to come to Loma Linda.

“He sat across the conference table and asked what it would take to research laughter further,” says Berk, who answered that some start-up money for pilot research would be necessary.

Cousins replied: “Who do I write the check to?”

“And that was the beginning,” Berk says.

Up next, Berk plans to research possible therapeutic effects of dark chocolate (at least 70 percent cocoa content). Though it’s thought of mainly as a confection, Berk says, “The bottom line is that chocolate, or more correctly, cocoa, appears to be one of those foods that makes us feel better relative to brain state.”

He is currently conducting an analysis of peer-reviewed literature on cocoa and plans to do EEG studies in the future.

He probably won’t have trouble finding study volunteers. ✦

## Marvelous properties of gamma brain waves

Gamma brain waves are considered the brain’s optimal frequency of function. Found in virtually every part of the brain, they serve as a binding mechanism between all its regions and help to improve memory and perception. Below are some of the benefits, as shown by research from around the world.

### Benefits of increasing gamma brain waves

- ☺ Increased memory recall
- ☺ Increased sensory perception
- ☺ Enhanced perception of reality
- ☺ Increased compassion
- ☺ Better brain synchronicity and processing speed
- ☺ Enhanced learning ability
- ☺ IQ increase
- ☺ More positive thinking, happiness, and calmness (nature’s best antidepressant)
- ☺ Increased focus and concentration (as seen during transcendental experiences)
- ☺ Better energy level
- ☺ Peak physical and mental performance
- ☺ Enhanced mood
- ☺ Stronger feelings of blessings and peace
- ☺ A sense of being “in the zone”

### Behaviors that appear to enhance gamma brain wave activity

- ☺ Advanced, long-term meditation and mindfulness meditation
- ☺ Focusing on compassion and love
- ☺ Frequently experiencing joyful laughter
- ☺ Eating dark chocolate (minimum of 70 percent cocoa)

Lee Berk, DrPH, associate professor at Loma Linda University School of Allied Health Professions, and associate research professor for the School of Medicine, compares insights on positive mental outlook from a 1907 edition of “The Ministry of Healing” by Ellen G. White with contemporary books on the topic. ◀

## Commencement 2014 celebrates a season of milestones

By Heather Reifsnnyder

Loma Linda University graduated its largest-ever number of students during commencement season 2014: 1,500 students representing more than 85 countries. The campus accommodated a conservatively estimated and record group of 17,700 guests spread throughout two Sundays of services for the university's eight schools.

Two other milestones occurred this commencement season. First, the School of Medicine celebrated the 100th anniversary of its first class, which graduated in 1914. This concluded a five-year centennial celebration for the School of Medicine, which began in 2009, 100 years after the school opened.

Second, the School of Pharmacy reached and surpassed the milestone of 500 graduates (page 26).

Among many other touching moments of the celebrations, a father graduating with a degree to begin a second career was surprised during the ceremony when it was announced that a special guest had flown all the way from Japan to be there for him —

his son serving in the U.S. Air Force (facing page). And Loma Linda University celebrated the diversity of graduating students during a special ceremony (facing page).

### What a difference a century makes

The School of Medicine's first class, which graduated in 1914, bears many differences to the class of 2014. But the important things? They haven't changed.

The School of Medicine class of 1914 comprised six students — two women and four men. Receiving that special first diploma was a student named Zoe Nightingale Bulpitt, a relative of famous nurse pioneer Florence Nightingale.

Bulpitt and her classmates chose to study at a fledgling school — still struggling for respect and accreditation — perhaps because they believed the College of Medical Evangelists, as LLU was then known, could offer something other medical schools couldn't: an integration of spirituality with medicine.

They were the smallest class in the history of the School of Medicine.



Members of the medical school class of 1914 along with friends and faculty

The class of 2014 is the biggest in the school's history with 171 graduating physicians — 68 female, 103 male.

Their education was different in many respects from that of the first class — more comprehensive, more integrative of technology, and offering more specialties from which to choose, to name a few.

But what is the same? In short, the mission and purpose behind it all, according to Roger Hadley, MD, dean, LLU School of Medicine.

Members of the class of 2014 during their white-coat ceremony freshmen year, held in August 2010





Left photo: Pedro Martinez, MPH, left, and Sherrefa Burchell give the response to the ceremony's address from Richard Hart, MD, DrPH, president of Loma Linda University. Martinez is president of the Association of Latin American Students at LLU, while Burchell is president of the Black Health Professionals Student Association. Right photo: Graduates from the class of 2014 lead out in song during the Celebrating Diversity service.

“What is similar and still vital to our success and sustainability is the mission to offer health care in an environment in which spirituality is recognized as an important element of health,” he says. “To ignore that is to ignore an inextricably woven part of someone’s being. That is the basis on which we run our school.”

And what about the next century?

Hadley says, “I hope 100 years from now they read this article and say, “They understood it then; we understood it now. We’re now 200 years old, and the mission never changed.”

### Celebrating diversity

A diverse world needs an equally diverse corps of health care professionals. With several programs aimed at increasing the number of students from underrepresented groups, each year Loma Linda University also plans a special send-off for these individuals when they graduate.

For the 16th year, LLU held “Celebrating Diversity,” a consecration service, taking place May 17 at the Campus Hill Seventh-day Adventist Church.

The service recognized graduates from minority and underserved backgrounds, as well as those who became the first in their families to go to graduate school.

“This event celebrates their accomplish-

ments while also commissioning these students to go make a difference in their communities and create opportunities for other underrepresented groups to achieve success within the health professions,” says David Conkerite II, program manager for diversity and inclusion in the office of talent management and diversity at Loma Linda University Health.

More than 100 graduates from the university’s eight schools participated in the service, supported by more than 40 faculty members representing diversity.

“Many students emphasized that they were the first in their family to achieve this rank of education and were extremely honored that LLU had a special service to recognize them,” Conkerite says.

The speaker was Richard Hart, MD, DrPH, president of Loma Linda University Health, who delivered the message “Finding Value in a Debt.”

He shared stories of the years he and his family spent doing health work in Africa, noting the many people he became indebted to throughout their journeys.

Hart charged the students to always remember those who helped them along their ways, and he emphasized that the only way to repay those debts is to serve someone else.

Each student received a consecratory

medallion and a charge by Ronald Carter, PhD, provost of LLU, to go into the world and serve humankind.

### Military son surprises graduating father

In one of graduation’s most tear-worthy moments, a father receiving a diploma for his second career as a physical therapy assistant also received a surprise visit during the ceremony from his son stationed with the U.S. Air Force in Japan.

“I thought it was a big deal to be there for my dad, who had always showed up for every graduation I had and my commissioning into the Air Force,” says Steve Ewing, speaking of his father, Frank Ewing.

Frank was completely surprised.

“Events leading up to the ceremony provided me no clue that Steve would be there for the event. It was enough to know that he was in Japan serving his country,” says the proud father, who himself served the country during his time in the U.S. Army from 1972 to 1974 before he ran an auto service business for 40 years in Murrieta.

During the commencement service for the School of Allied Health Professions physical therapy graduates, the dean, Craig Jackson, JD, MSW, asked Frank Ewing and another veteran, Michael Lapow, to stand and be recognized. Ewing felt honored and

*Continued on next page*



"I couldn't have had a better Father's Day, with both my sons at my side," says graduate Frank Ewing, center, pictured with his sons Brad, left, and Steve, right, the latter of whom surprised him with a visit from Japan.

*Continued from previous page*

then surprised when Jackson asked him to remain standing.

"Dr. Jackson announced that my son was there to help celebrate my graduation," Ewing says. "So much formality, so much respect for the ceremony, and a little fatigue prevented me from making an immediate connection."

After a couple of seconds everything clicked, and he scanned the room for his son.

"When I saw him, I held my finger high, as though to stop the ceremony just long enough for me to run and meet him with a big hug," Ewing remembers.

To add to the emotion, the commencement took place on June 15 — Father's Day.

"I couldn't have had a better Father's Day, with both my sons at my side," Ewing says. "I realize now that each of us are finding our calling, and among us, we have the blessings and direction of God in our path."

### School of Pharmacy surpasses 500 graduates

Since admitting its first students in the fall of 2002, the School of Pharmacy has been steadily growing and, in 2014, reached and surpassed the milestone of 500 graduates — bringing the total number of the school's alumni to 520.

"Our 520 alumni tell a story," says Billy Hughes, PhD, dean of the school, "a story of a shared educational journey guided by committed faculty and clinical preceptors

who enable our students to follow a path of personal growth and live out their commitment to wholeness and mission — the LLU advantage."

Jennifer Pak, the lucky 500th graduate, was feted with a special introduction, gift basket, and \$500 check during the school's commencement service May 25.

"It was a great surprise and a memorable

event for my family and friends," she says.

Pak chose a health care career because she wanted to serve her church through mission service. She got a taste of this kind of outreach last year during a medical mission trip to Honduras with Yorba Linda Seventh-day Adventist Church.

"I had a great experience there," she says. "I would love to go on additional mission trips with my church and other Adventist organizations as well."

Noting her immense gratitude for the education she's received at LLU School of Pharmacy, Pak adds how much she has valued the professors who work to enrich the school and the pharmacy profession.

"That dedication and passion inspired and encouraged me to become a good pharmacist," she says.

Pak's husband, Daniel, also graduated this year from LLU School of Pharmacy — receiving the 499th diploma.

The Paks live in the Loma Linda area and are looking forward to beginning their pharmacy careers. This kind of journey is just what Alumni Director Shastin Rains loves to watch.

"Our alums serve as ambassadors for LLU School of Pharmacy," she says. "It's personally rewarding to help foster alumni connections back to our school." ✦



Five hundredth graduate Jennifer Pak and her husband, Daniel, mark the milestone moment with Billy Hughes, PhD, dean, School of Pharmacy.

## Center for Christian Bioethics leads the way for 30 years

By Nancy Yuen

Questions of biomedical ethics are some of the most hotly debated issues of our times.

For 30 years, the Center for Christian Bioethics at Loma Linda University Health has led and enhanced teaching, research, and service in this and related fields.

It began when, in January 1983, the Loma

Linda University Board approved the establishment of the center. A year later, the center opened under the leadership of its founding director, Jack Provonsha, MD, PhD.

According to Roy Branson, PhD, current director, celebratory events and projects are ongoing in this anniversary year. In late April, the center hosted lectures by medical historian Victoria Sweet, MD,

PhD, author of "God's Hotel: A Doctor, A Hospital, and a Pilgrimage to the Heart of Medicine." Sweet's first lecture, "History of Medicine: On Hildegard of Bingen," drew from her doctoral research, while in her second lecture, "Reflections on God's Hotel," she shared insight and experiences practicing medicine at Laguna Honda Hospital, an almshouse in San Francisco.

In addition, a book containing a collection of essays in honor of Provonsha, titled "Responsible Faith," will be published, edited by David Larson, PhD, professor, LLU School of Religion, who previously directed the center for 15 years.

Original editorials by Provonsha and Larson appear in the current issue of the center's newsletter, UPDATE. An archive of all issues is available on the center's website at [www.llu.edu/central/bioethics](http://www.llu.edu/central/bioethics), which has been enhanced to include the oaths/code of ethics for various health professions and a video archive of past events.

The center has recorded more than 300 bioethics lectures and roundtable conferences. While a majority of those now exist on VHS, progress is being made to digitize them.

A video highlighting the center's history and impact is available at [vimeo.com/60285213](https://vimeo.com/60285213). ☪



Victoria Sweet, MD, PhD, right, gave two lectures in late April as part of an ongoing 30-year celebration of the founding of the Center for Christian Bioethics. With her is Roy Branson, PhD, left, director of the center.

## What attracts Gates Scholars to Loma Linda University?

By Heather Reifsnyder

Loma Linda University is proud to serve as the chosen educational home of several students who bear the distinction of being called Gates Millennium Scholars. Funded by the Bill & Melinda Gates Foundation, the scholars program selects promising young students from across the nation to receive a good-through-graduation scholarship at any college or university of their choice.

Five Gates Scholars studied at LLU School of Public Health in the 2013–2014 academic year: Aaron De Leon, Margarita Diaz, Aunamesha Tanganyikia Henley, Jamie Antwon Murkey (who just graduated), and Rochelle Rose Tuttle.

Given that they could apply their scholarship at any institution of higher education, why would students of this cali-

ber select LLU? De Leon offers one answer.

"LLU does a wonderful job of incorporating its core values in its curriculum," he says. "Some that have stood out to me are compassion, excellence, and humility. The willingness to understand and serve the needs of others has a positive impact that goes beyond the classroom. I am constantly reminded that there's a greater purpose in my life."

When he graduates with his DrPH degree, De Leon would like to work for a nonprofit health care organization to promote and provide education and services that will benefit the community.

Since its inception, the Gates Millennium Scholars program has awarded a total of \$1,096,771 to Loma Linda University through the students who have chosen to apply their scholarships to study at LLU. ☪



Aaron De Leon is one of five Gates Scholars who chose to study in the Loma Linda University School of Public Health over any other public or private college or university during the 2013–2014 school year.

# Alumna uses \$1 million Opus Prize to help women and children of Afghanistan

By Heather Reifsnyder

**W**hat would you do with a million dollars?

Loma Linda University School of Public Health alumna Sakena Yacoobi, MPH, is putting it toward bringing health and social justice to women, girls, and boys in her native Afghanistan. Her work was boosted when she received the \$1 million Opus Prize from Georgetown University's Berkley Center for Religion, Peace & World Affairs last year.

"I was very surprised, happy, and honored. The award has given us stability in funding for the next three years," Yacoobi says, referring to the Afghan Institute of Learning, a nonprofit she founded in 1995 to promote education, health, and cultural services for women and children.

The institute does outreach along numerous lines of programs, and 11 million Afghans have benefited from its programs since 1995. The prize money means that not only can Yacoobi and her team continue the institute's core programs but also add new methods of outreach.

This involves more work with orphan-ages, street children, and women's prison programs. She and her team also do youth outreach, an example of which is

holding interactive symposia on democracy, peace, the rule of law, and elections. These allow young people to exchange ideas and develop their leadership potential.

The prize money will also bolster the institute's health programs, such as holding women's workshops on reproductive health and expectant motherhood.

"Both workshops are in great demand and have greatly improved women's health and dramatically decreased the infant and maternal mortality rates in the areas where we work," Yacoobi says.

Another way she and her team improve women's lives is through literacy training. Two years ago, they piloted a new reading program using mobile phones, which they are now expanding due to its remarkable reduction in the time it takes for a woman to achieve third-grade literacy — from 27 months down to 4 months.

These programs are examples of just some of the programs offered by the Afghan Institute of Learning.

In the 1980s, a young Sakena Yacoobi was sponsored by an American family to earn a master of public health degree. She chose to study

at Loma Linda University and earned her degree in 1988, recalls Richard Hart, MD, DrPH, president of Loma Linda University Health. At the time, he was a professor.

"I became acquainted with Sakena Yacoobi in the classroom," he says. "Bright and energetic, she was determined to make a difference back home."

When she graduated, the times in Afghanistan were too dangerous for her to return. So Yacoobi began offering refugee services in Peshawar, Pakistan, and other cities along the Afghani border.

"We heard from her occasionally as she continued pushing her dreams forward," Hart says.

Eventually, she went underground and returned to Afghanistan to work toward a better future for her home country. Since 9/11 and the fall of the Taliban government, she has been able to operate more freely, though struggle persists. A few years ago, Hart was in Afghanistan and visited Yacoobi at her compound in Kabul. She insisted he stop by her school of nursing.

He recalls, "We walked out into the Afghan winter, with snow on the ground. Near the front gate, she turned to a shipping container with sheets of plastic hanging across the door. She pulled the plastic aside, and there inside sat 24 young Afghan women studying nursing in a shipping container with no heat and only a blackboard up front. With tears in my eyes, I vowed to never again complain about lack of resources."

In 2008, Sakena Yacoobi received an honorary doctorate of humanitarian service from Loma Linda University. ✦

Sakena Yacoobi, MPH, left, works to ensure education for children and women.



# Loma Linda University alumni remembered

## Alumna remembered as God-fearing, intelligent, and mission-focused

By Heather Reifsnnyder

Members of the Loma Linda University Health family were saddened by the untimely death of Teleka Cassandra Patrick, MD, PhD, LLU School of Medicine class of 2013, whose story was followed by the nation after she went missing in December of last year and, tragically, was found drowned this April.

Loma Linda University held a memorial service for Patrick on April 28.

Teleka Patrick made an impression at Loma Linda University before she ever arrived on campus, remembered Henry Lambertson, PsyD, associate dean, student affairs, LLU School of Medicine, as he spoke at the memorial.

A double major in theology and biology at Oakwood University in Alabama, Patrick started an application to LLU School of Medicine. She had an excellent academic record, but then she withdrew the application, requesting the action not be held against her should she reapply. Intrigued, the assistant dean for admissions, Lenoa Edwards, MA, MPH, decided to call Patrick — something she had never done for any other student.

Wrestling with indecision, Patrick shared she had initially withdrawn her application to pursue a graduate degree in theology but was again having second

thoughts and wished to do medicine.

“She had prayed about her decision and felt that this call was a specific answer to prayer,” Edwards says.

Patrick aspired to combine medicine and ministry. At LLU, she earned not only an MD but also a PhD in biochemistry. She found her passion in child psychiatry and was working on her residency at Western Michigan University School of Medicine before she went missing.

Loma Linda University Associate Campus Chaplain Dilys Brooks, MDiv, MA, MS, also spoke at the memorial service, which was just one of several held across the country. Brooks, a former educator, taught Patrick as a child at Linden Seventh-day Adventist School in Laurelton, New York.

Brooks noted that Patrick’s life reflected how she lived in God’s hands, and she encouraged the mourners to remember her by also remaining in God’s hands because Patrick loved Jesus and spent time with Him and the Father daily.

An excerpt from a life sketch of Teleka Patrick written by her family in the memorial program offers a snapshot of what kind of person she was:

Teleka was as beautiful as she was intelligent, and God-fearing. She approached life with passion, determination, and an ever-ready smile. Whenever she encountered obstacles, she faced them head on with a fearlessness that often took our breath away. She strove to be one hundred percent authentic in everything she did and has left a wide circle of coworkers, friends, and family who loved her for it. She loved to laugh and wasn’t afraid to be silly. She created intricate games to keep Tenesha and Eddie [her siblings] occupied, challenging her mom and dad to take God at His word during difficult moments, playing the violin beautifully and passionately, laughing with utter abandon, and always offering encouraging words to everyone she came in contact with.

Loma Linda University honors Teleka Patrick’s memory and offers condolences to her friends and family. ☩

## Alumnus Frank Jobe changed the face of Major League Baseball

By Nancy Yuen

Frank Jobe, School of Medicine class of 1956 and feature of a Scope profile last fall, died March 6, 2014. He was 88. Jobe was renowned for inventing the Tommy John elbow reconstruction surgery, a revolutionary surgical procedure that changed the face of baseball. During the Baseball Hall of Fame weekend in 2013, he was honored for this accomplishment.

Jobe took a special interest in the young people volunteering in the physical therapy department in the Kerlan-Jobe Orthopaedic Clinic, providing references to their schools of choice.

Jobe’s life was celebrated at a memorial service held at Dodger Stadium attended by medical luminaries as well as Dodgers manager Tom Lasorda, former Cy Young Award winner Orel Hershiser, and Tommy John. A longtime team doctor, Jobe was in his 50th season with the Dodger organization at the time of his passing.

On April 21, 2014, the Dodger Stadium home clubhouse training room was named in his honor, and three of his sons — Cameron, Christopher, and Meredith — threw out first pitches when the Dodgers played the Philadelphia Phillies. Jobe is survived by his wife, Beverly, four sons — Christopher, Meredith, Cameron, and Blair, and their spouses — and eight grandchildren. ☩



Teleka Cassandra Patrick, MD, PhD



Frank Jobe, MD

# Loma Linda University Health bids farewell to Ruthita Fike

By Jiggs Gallagher and  
James Ponder

Hundreds of physicians, employees and administrators of Loma Linda University Health joined together June 18 to say goodbye to Ruthita J. Fike, MA, the charismatic and transformational CEO of Loma Linda University Medical Center since 2004. Fike left her position on June 30 after a distinguished career in health care and education.

She came to Loma Linda University Health from Denver, Colorado, where she served as CEO of Porter Adventist and Littleton Adventist hospitals, as well as executive vice president of operations and support services for Centura Health in Englewood, Colorado.

At Loma Linda University Health, she was responsible for day-to-day operations of LLU Medical Center, Children's Hospital, Behavioral Medicine Center, East Campus, and Heart and Surgical Hospital, as well as various signature programs. She oversaw a number of important initiatives during nearly 11 years, including construction of the new LLUMC-Murrieta, acquisition of the Heart and Surgical Hospital, and developing a joint venture with Beaver Medical Group and Redlands Community Hospital to build Highland Springs Medical Plaza in Beaumont.

The Medical Center has been named No. 1 hospital in the Inland Empire region for five years in a row by U.S. News & World Report under her leadership, and two of its specialty programs (urology and gynecology) were named in the Top 50 in the nation as well.

Fike received the 2013 Ludlam Gamble leadership award from the National Health Foundation, and also in 2013 she was recognized as one of "130 Women Hospital and Health System Leaders to Know" by Becker's Hospital Review.

Richard Hart, MD, DrPH, president of Loma Linda University Health, dedicated an issue of his monthly e-newsletter to Fike prior to her departure.

"I want to recognize Ruthita's significant contribution in helping establish what we know as Loma Linda University Health System today," Hart said. "As we prepare to embark on our campus transformation strategy, with plans to build two new hospitals and expanded clinical services, we are forever grateful for the solid foundation she has built."

At the farewell reception, several people were emotional as they lauded her commitment and the strength of the personal relationships she established during her tenure. One administrator presented her with a large trophy with an abstract image of hands lifted up, calling her "a truly inspirational leader."

Other staffers praised Fike's ability to develop leadership abilities in her coworkers, and to help them fulfill LLU Medical Center's mission in the community.

"I am deeply honored by this recognition," Fike said at the farewell, "because it's a testament to the commitment and teamwork of everyone at LLUMC to providing world-class care for our patients."



Ruthita J. Fike, MA

Fike and her husband, Duane, have moved to the Denver area, where they will take stock and plan the next adventures in their life together.

"I am so grateful for the 10 years I have been a part of the Loma Linda family," she concluded at the farewell celebration. "I leave you in God's care." ✦



Duane and Ruthita Fike listen as memories and tributes are shared by colleagues and friends. Fike oversaw day-to-day operations of Loma Linda University Medical Center for 10 years before her retirement in June.



## Legacy Village

The hilltop where a vision became reality will serve as a reminder of God's leading in the history of Loma Linda University Health

By Heather Reifsnyder

The founding vision of Loma Linda University Health is also the story of a specific place: the hilltop that is the namesake of Loma Linda, meaning “beautiful hill” in Spanish.

At the crest of that hill, a park has been created that memorializes Loma Linda's history and God's guidance throughout it. It was this hilltop with its ideal setting for patient healing that Loma Linda University Health co-founder Ellen White saw in a prophetic vision four years prior to the property purchase in 1905.

Since then, the hilltop has been a hub for various phases of education and patient care. It was home to the original Victorian structure that served as the first sanitarium. In 1929, another structure opened to house the new Loma Linda Sanitarium and Hospital, which served patients until 1967. In 1969, that building, now called Nichol Hall, became home to the Schools of Public

Health and Allied Health Professions.

Legacy Village will sit to the east of Nichol Hall. There stand the only remaining buildings on campus original to the 1905 purchase — three wooden cottages that have served through the years as accommodations for patients, students, families, clinics, professors, and offices.

In addition to these historical cottages, Legacy Village will be home to a museum and amphitheater, along with a sculpture by Victor Issa that was unveiled May 24 of this year titled *This Is the Very Place*.

The sculpture depicts the crowning moment of the story of God's leading in the purchase of the Loma Linda property. A man named John Burden had evaluated the land for Ellen White and borrowed \$1,000 to make the purchase, signing the papers May 29, 1905. There were no funds to keep making payments, but White had said money “would come from unexpected sources.”

About two weeks later, on June 12,

1905, White first visited the place.

She and her son, Willie, arrived by express wagon and were met by Burden.

White said, “Willie, I have been here before.” He responded, “No, Mother. You have never been here.”

“Then this is the very place the Lord has shown me, for it is all familiar,” she answered.

And that was how Loma Linda University Health began. “This is the Very Place” sits east of the three cottages, one of which will be moved about 50 feet north and rotated 90 degrees to allow for unobstructed views of the valley and make room for a 1,000-seat amphitheater.

A museum dedicated to Loma Linda history will be built into the hillside, with its roof serving as the amphitheater stage for campus programs. For generations to come, the Beautiful Hill and its Legacy Village will remind students, faculty, guests, and patients of the special history of Loma Linda University Health. ✚

## “This is the Very Place”



“This is the Very Place” recalls the moment Ellen White visited Loma Linda and recognized it as the location she'd seen in a vision. Traveling with her son Willie, she was met by John Burden, who purchased the property.



Unveiling the sculpture are, from left to right, Richard H. Hart, MD, DrPH, president of Loma Linda University Health; Charles White (descendant of Ellen White), and Harold Burden (descendant of John Burden).

## Global health care leaders meet at Loma Linda

By Courtney Beckwith Haas

More than 180 leaders from 33 different Seventh-day Adventist hospitals around the world met at Loma Linda University Health this October to learn from each other at the third annual Global Healthcare Conference.

The response from attendees? “This conference is so wonderful,” says Cenaida Pannefleck, CEO of Antillean Adventist Hospital in Curaçao. “Our hospital is struggling. But I come here and talk to people, and learn that all over the world they are experiencing the same things. It lets me know that we are all in this together.”

According to Cheryl Lake, missions program coordinator for the event, this year’s conference, themed “Embracing the Future,” focused on practical and achievable goals. “We tried to provide skills that they can implement while they are here and then continue to use once they have returned to their hospital sites.”

Deferred mission appointee Olen

Netteburg, MD, serving as medical director at Béré Adventist Hospital in Chad, says, “I enjoyed meeting and interacting with new people, and this year there was plenty of that. I was able to bring a few people with me from Chad who learned about some of the very issues we have been struggling with at our site.”

A popular portion of the conference was

a vespers presentation given by Loma Linda University School of Medicine alumni Gillian Seton, MD, and James Appel, MD, who worked at Cooper Adventist Hospital in Liberia during the Ebola outbreak.

Those attending remained spellbound for more than an hour as Seton and Appel told their stories. The program may be viewed at [www.ahiglobal.org](http://www.ahiglobal.org). ✦



Those attending the third annual Global Healthcare Conference at Loma Linda University take time to gather for a group photo just outside the Centennial Complex, where the meetings and other conference events were held.

## Esteemed local symphony performs outdoor concert at Loma Linda University Health for the community

By Larry Kidder

To ring in the summer, the San Bernardino Symphony Orchestra, the oldest and most highly esteemed orchestra in the Inland Empire, gave an encore performance of its season finale ticketed concert.

The Sunday matinee performance, free and open to the public, and conducted by music director Frank Fetta, took place on the Loma Linda University Health campus mall. Those attending could choose to sit in a chair or on a blanket, shaded by awnings from the afternoon sun. Some brought picnic snacks with them, while others visited several food vendors invited for the occasion.

Following the customary playing and singing of the National Anthem, the orchestra delved into Pyotr Ilyich Tchaikovsky’s Symphony No. 5, a monumental work composed in 1888.

The second half of the performance was dominated by the piano. Internationally known pianist Norman Krieger performed

Sergei Rachmaninoff’s Piano Concerto No. 3, considered by many to be the most difficult piano concerto ever written.

“We are so proud and honored to once again host members of the San Bernardino Symphony Orchestra,” remarked Richard Hart, MD, DrPH, president of Loma Linda

University Health, “as they perform the works of musical masters in Loma Linda.”

He continued, “Our aim at Loma Linda University Health is to encourage and support healing and wholeness for both body and mind. The gift of music certainly plays an important role in reaching that goal.” ✦



Internationally known pianist Norman Krieger joined forces with the San Bernardino Symphony in Sergei Rachmaninoff’s well-known Piano Concerto No. 3.

## Power of Inclusion conference focuses on workplace disabilities

By Larry Kidder

The second annual Power of Inclusion conference, titled “Talent Has No Boundaries,” focused on the talents, skills, and other benefits brought to the workplace by disabled employees.

Events for the 2014 conference began with a 5k Walk/Run/Roll race to benefit PossAbilities, an outreach program for disabled individuals in the surrounding communities, headquartered at Loma Linda University Medical Center East Campus.

A food festival marked the end of the conference, featuring international cuisine and live music.

A host of celebrity and expert speakers filled the time in between. Marlee Matlin, best known for her Academy Award-winning role in the 1986 film “Children of a Lesser

God,” addressed attendees on the conference theme, “Talent Has No Boundaries.”

Tony Melendez, a renowned guitarist born without arms, spoke about “No Boundaries, No Limits, Never Give Up!” Melendez performed for Pope John Paul II during his 1987 visit to Los Angeles.

Other speakers included Samuel Betances, PhD, diversity expert, motivational speaker, and best-selling author; Ginny Thornburgh, director of the Interfaith Initiative at the American Association of People with Disabilities; John Kemp, president and CEO of The Viscardi Center in New York City, headquarters for the Henry Viscardi School for children with severe physical disabilities; and Grace Odums, noted author and strategist for integrating the physically disabled into the workplace. ☛

The second annual Power of Inclusion conference, titled “Talent Has No Boundaries,” featured “Children of a Lesser God” star Marlee Matlin, above, and renowned guitarist Tony Melendez, left, born without arms, who performed for conference attendees. ◀



## Creating the right environment for kids

Healthy Kids in Healthy Communities conference focuses on steps to take

By Larry Kidder

Nearly 300 academic professionals, policy leaders, educators, geographic information systems experts, and child advocates gathered to talk about children at the annual Loma Linda University School of Public Health Homecoming and Healthy People conference. Also attending were faculty, students and community members interested in addressing the needs of children around the world.

The 2014 conference was themed “Healthy Kids in Healthy Communities.” Alumni of the LLU School of Public Health have been returning to their alma mater since 1971 for fellowship and continuing education, and today the conference attracts an even wider audience.

Headlining the event was keynote speaker Jeff Speck, a city planner, urban designer and author of “Walkable City: How Downtown Can Save America, One Step at a Time.” Speck talked about childhood safety and obesity. Of the latter, he said, “We have the first generation of Americans expected to live shorter lives than their parents. Kids born after the year 2000 are expected to become diabetic.” He suggested that better design in towns and cities can help reverse this trend by encouraging more active communities.

Richard Louv, author of “Last Child in the Woods” and “Nature Principle,” discussed the gap between children and nature, with the hope of bringing children out of the virtual and into reality. “Electronic immersion without a force to balance it creates a hole in the boat,” he suggested, “draining our ability to pay attention, think clearly, and be productive and creative.” ☛

City planner Jeff Speck, left, is interviewed by Samuel Soret, PhD, associate dean in the Loma Linda University School of Public Health. ◀



## Scholarships and endowed chairs enrich education for students and honor notable individuals

By James Ponder

### New scholarship allows nursing students to become leaders like Gertrude Haussler and Maxine Darling

The Gertrude Haussler and Maxine Darling Scholarship Fund at Loma Linda University School of Nursing helps graduate students prepare for management and leadership careers.

The two women were longtime friends and roommates. Haussler served as vice president at Loma Linda University Medical Center in the 1980s, while Darling was an operating room nurse. Both women received master's degrees from LLU School of Nursing in 1960.

When Haussler passed away at age 90 in 2012, Darling contacted Marilyn Herrmann, PhD, dean of LLU School of Nursing, to set up the fund.

In a 1982 interview with *Nurse in Action* magazine, Haussler said her appointment as vice president represented a milestone for nurses and women at Loma Linda.

"The nursing profession is not static," she reflected. "Nursing has successfully

weathered many changes and will face more in the future. It is time nurses at LLUMC allow themselves to feel good about nursing and their endeavors to make it better."

When Darling turned 86 in 2012, she wasn't counting on a birthday party, let alone having 150 of her closest friends help her establish the fund, yet Herrmann says that's what happened.

"Jeannie Burgdorff came up with the idea of asking everybody to contribute money instead of gifts," Herrmann reports. "So they threw this great big party for Maxine's birthday and raised \$7,000 for the fund."

Burgdorff, nurse manager of the sterile processing department at LLU Medical Center, says the event turned out well.

"Maxine was shocked," she remembers. "She thought she was only going out for dinner with a couple of friends."

"We are so grateful for the generosity of Ms. Haussler and Ms. Darling in remembering the School of Nursing in such a thoughtful manner," Herrmann observes. "They dedicated decades of their lives to serving the needs of others. By establishing this scholarship, they are paving the way for motivated students to follow in their footsteps."

### George and Denise Kafrouni establish endowed chair at Loma Linda University School of Medicine

From their living room halfway up the San Gabriel Mountains, George and Denise Kafrouni can see Catalina Island, Los Angeles, the South Bay and other Southern California destinations.

They can also see the future of Loma Linda University School of Medicine. "It's all about research," Kafrouni attests.

The couple recently donated \$1.5 million to establish the George and Denise P. Kafrouni Endowed Chair for Education and Research in the department of cardiovascular and thoracic surgery at Loma Linda University School of Medicine.

"Having been the chief of thoracic and cardiovascular surgery at White Memorial Medical Center for 27 years, and presently, assistant professor in the LLU School of Medicine department of cardiovascular and thoracic surgery," Kafrouni explains, "I felt we needed to continue doing more research at Loma Linda. It would be wonderful to come up with some great new ideas to benefit patients and advance the profession."

A 1961 graduate of the School of Medicine at the College of Medical Evangelists, as Loma Linda University was known in those days, Kafrouni took a residency in general surgery and thoracic and cardiovascular surgery at the White Memorial Medical Center campus in Los Angeles.

"I had great professors throughout my training" he says. "Clarence Stafford, Ellsworth Wareham, Lou Smith, Morton Woolley, Sam Fritz, Art Kugel, Wilfred Huse — they were the best!" The Kafrounis hope the new chair will honor Kafrouni's teachers by mentoring promising physicians.

The couple met at Middle East College (now University) in Beirut, Lebanon. Several years later, they met again at White Memorial Church. They were married on June 15, 1961, four days after he received his doctor of medicine.

"We are hoping the endowment will grow," George observes. "We are looking for



Maxine Darling, MS (front row center), with 150 of her closest friends at her 86th birthday in September 2012. Not only did they fete her with a surprise party, they also contributed \$7,000 toward the Gertrude Haussler and Maxine Darling Scholarship Fund at Loma Linda University School of Nursing.



Denise P. Kafrouni signs the agreement creating the George and Denise P. Kafrouni Endowed Chair for Education and Research in the Department of Cardiovascular and Thoracic Surgery at Loma Linda University School of Medicine. Behind her, from left to right, are George Kafrouni, MD; Lowell Cooper, MDiv, MPH, chair of the Boards of Trustees at Loma Linda University Health; Richard H. Hart, MD, DrPH, president of Loma Linda University Health; Anees Razzouk, MD, thoracic and cardiovascular surgeon at LLU Medical Center; and H. Roger Hadley, MD, dean of LLU School of Medicine.

other individuals to support this endowed chair to help education and research at Loma Linda University School of Medicine. It is staggering when you consider how much research has benefited people!"

**Her parents establish the Sherri Rae Rasmussen Scholarship Endowment Fund at Loma Linda University School of Nursing**

**D**r. Nels and Mrs. Loretta Rasmussen recently donated \$50,000 to the Loma Linda University School of Nursing to establish the Sherri Rae Rasmussen Scholarship Endowment Fund to honor their late daughter, an alumna of the school.

After graduating from the School of Nursing in 1977, Rasmussen received a master's degree from the University of California, Los Angeles (UCLA) and

established a solid reputation as a nursing professional at UCLA Medical Center.



A new scholarship fund at Loma Linda University School of Nursing honors 1977 graduate Sherri Rae Rasmussen, MSN. She was director of critical care nursing at Glendale Adventist Medical Center when she was murdered in 1986. The couple established the Rasmussen Scholarship Endowment Fund at Loma Linda University School of Nursing in honor of their late daughter.

In naming her to its list of "60 Who Made a Difference" during its 60th anniversary, the UCLA School of Nursing called Rasmussen "a tireless advocate for patients" and said her "leadership and guidance created an environment in which there was a sense of common purpose, high morale and teamwork."

She later accepted a position as director of critical care nursing at Glendale Adventist Medical Center where, her father recalls, she used to love to pray with her patients.

"Sherri was an unbelievable person," her mother remembers. "Very caring, very kind. She was working on an article about trauma for Nursing Digest at the time of her death."

On November 23, 1985, Rasmussen married John Ruetten. On February 24, 1986, she was brutally murdered at age 29 by Stephanie Lazarus, Ruetten's former girlfriend who was an officer with the Los Angeles Police Department. Lazarus was arrested, tried, and convicted 23 years later when a DNA sample identified her as the killer. She is currently serving a 27-year-to-life sentence for the crime.

Nels, a 1961 graduate of the LLU School of Dentistry, says he and Loretta hope the fund will memorialize their daughter's love for serving God and people as well as assist talented nursing students with limited means to obtain a postgraduate education.

"Sherri was primarily interested in post-graduate work," he reports. "We are hoping it will be used for someone who could not afford training otherwise." ✚

## Gala raises funds allowing Loma Linda University Children's Hospital to make the impossible possible

By RaeChelle English and  
Briana Pastorino

Guests were challenged to dream the impossible at this year's 21st Annual Foundation Gala and Benefit Concert, netting \$635,000 for Loma Linda University Children's Hospital.

Vibrance, hope, and enthusiasm filled the atmosphere as nearly 2,000 people arrived for the "I'm Possible, Making the Impossible Possible" themed event.

"Loma Linda University Children's Hospital wants to inspire the kids we encounter to dream with no boundaries — to make the impossible possible," says Jillian Payne, executive director of LLU Children's Hospital Foundation.

The foundation added a new twist to this year's event with the addition of a benefit concert featuring child singing sensation Jackie Evancho. The night concluded with the 13-year-old classical singer, accompanied by the San Bernardino Symphony. Another special moment was a performance by singer and LLU Children's Hospital patient Hugo

Ramos, who underwent numerous surgeries at the hospital throughout his childhood to repair his cleft palate. "I feel like I'm at home when I visit the hospital," Ramos said in a video shown during the event.

"The critical funds raised through this awesome event will allow the hospital to provide advanced medical care through cutting-edge technology, innovative research, and world-class patient care for pediatric patients and their families," says Payne.

The \$635,000 was raised through silent and live auctions at the event, as well generous corporate and private sponsorships.

"Our deepest appreciation goes out to all those who participated in this year's gala," says Richard H. Hart, MD, DrPH, president of Loma Linda University Health. "Thank you for catching the vision of creating tomorrow's healthy kids and making their lives and futures possible. Because of all the support we have received, Children's Hospital can continue to stretch our capacity to care for children in Southern California and beyond." ✦



Jackie Evancho, accompanied by the San Bernardino Symphony, performs at the first-ever benefit concert during the Loma Linda University Children's Hospital Foundation Gala on March 13.

## Tournament continues in support of proton therapy research, welcomes new golf pro host

By Nancy Yuen

Supporters of the James M. Slater, MD Proton Treatment and Research Center at Loma Linda University Medical Center gathered for the 24th annual Proton Charity Invitational on April 28, 2014, at The Club at Morningside in Rancho Mirage. One hundred twenty-four golfers participated in the event, raising more than \$125,000.

The invitational, which for many years was hosted by late golf legend Ken Venturi, has raised more than \$3.5 million in support of proton research since its inception.

Venturi, who died last year, was honored during this year's event, and new tournament chair and host John Cook, a good friend of Venturi, was introduced. Cook, a noted golfer, had previously served as tournament advisor. The new advisor is PGA professional Jamie Mulligan.

During the day's luncheon, Rachelle Bussell, senior vice president for advancement, brought greetings from Richard

Hart, MD, DrPH, president, Loma Linda University Health, who was in China, and expressed her appreciation. "Your participation as a sponsor, player, volunteer, or member of the Morningside board and staff," she said, "is helping to change and save lives through the proton therapy research conducted by our clinicians and scientists. Thank you."

In the early 1970s, when Venturi's mother was fighting cancer, he met James M. Slater, MD, then head of the radiation oncology section of the department of radiology. Thankful for the care Slater had provided, Venturi said to him, "If I ever can do something for you, let me know." When the Proton Treatment Center was new in 1990, Slater asked Venturi if he would help organize a golf tournament to raise funds and call attention to the new center. Venturi promised he would, and the first tournament was held in 1991. He served as invitational chair and host until his death in 2013. ✦



PGA teaching professional Jamie Mulligan — advisor, Proton Charity Invitational — provides instruction as PGA pro golfer John Cook, tournament chair and host, demonstrates. Pictured, from left to right, are Vickie Bush, Shelley Slater, Jamie Mulligan (seated), John Cook, and Jerry Slater, MD.

# What's Your Plan?

*"The quarterly payments from our deferred gift annuities have been helpful to educate our grandchildren and eventually will help provide a Christian education to students at Loma Linda University Health."*

— Mr. Floyd and Mrs. Patricia Kooreny

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