



# TODAY

Official News Publication for Loma Linda University Health

November/December 2016

Volume 29, No. 10

## LLU Children's Hospital to open pediatric specialty clinic in Indio

By Briana Pastorino

Loma Linda University Children's Hospital knows that one of the keys to healing is meeting the needs of the communities it serves. LLUCH has served the families in the Coachella Valley for over 23 years by providing high-quality health care services. Soon, many of these needs will be met a little closer to home.

The city of Indio will soon be home to the Loma Linda University Children's Hospital – Indio Outpatient Pavilion, which will house a pediatric specialty clinic, pediatric urgent care and the SAC Health System, offering primary and specialty care to families in the area.

Plans were officially unveiled Nov. 1 for the new building in Indio with a groundbreaking ceremony. City officials, community members, LLUCH patients and hospital leadership attended the event at the site of the new pavilion.

Loma Linda University Health President Richard H. Hart, MD, DrPH, welcomed attendees and shared plans for the new space.

"Today's celebration is a step forward toward providing the best possible health care to children and families in the Coachella Valley," Hart said. "Our hospitals and clinics are where our beliefs are put into action, where our knowledge, our expertise and our compassion come together to restore lives and families."

Hart added that this new outpatient pavilion is a central part of Loma Linda's comprehensive strategy for wholeness. "It is a bold vision. A vision of what is possible when we come together as a community to create the future for our children and their families."

He shared that Loma Linda University Health's longstanding partnership with SAC Health System continues to grow, and announced that the clinic will be joining in on the move to Indio to provide whole-family care to the community.

The SAC Health System has been working with Loma Linda University Health to provide health care to families for more than 56 years in the San Bernardino community.

"Our partnership has always worked so well because the mission of Loma Linda and SAC Health System are perfectly aligned," said Nancy Young, MHES, president and CEO, SAC Health System. "We believe everyone deserves exceptional health care."

Young stated that as the discussion about creating a local health care option for the children of the Coachella Valley grew, she started to see that SAC Health System could help support that goal.

"For a child to be well, their family must be on the same journey," she said. "We are excited to work with your community, and the service organizations currently providing care, so we can

become part of the health care network in the Coachella Valley."

With over 135,000 children living in the region, the Indio Outpatient Pavilion will be a welcome addition to the Coachella Valley.

"The needs of this community are unique and complex," said Scott Perryman, MBA, senior vice president and administrator, LLUCH. "We are honored to bring you the best care this region has to offer right here to Indio where we can serve the highest population of children in the Coachella Valley."

Perryman said that focus groups were conducted with residents and parents of children in this region and revealed the need for a dedicated pediatric urgent care and crucial pediatric specialty services like pulmonology, neurology, cardiology and endocrinology to name a few. "Our plan is to bring you those services in late

2017 with the intention of growing the spectrum of care over time," Perryman stated, "ultimately, making this region a fully integrated partner in our pediatric health network."

With this variety of services, the Indio clinic will be able to accommodate more than 60,000 unique pediatric visits each year. The pavilion will also offer an outpatient pharmacy and retail space.

Loma Linda University Children's Hospital – Indio Outpatient Pavilion will be located near the city's civic center, which is 70 miles east of Loma Linda University Health's central campus.

The renovations of a currently existing building will begin soon in hopes of opening doors to the new pavilion in late 2017. The construction and design teams designated to the project are Hanna Construction and Callison RTKL architects.



A concept rendering of the Loma Linda University Children's Hospital – Indio Outpatient Pavilion that will be located in downtown Indio near the civic center.



Loma Linda University Health leaders, Desert Guild members, and Indio regional elected officials reveal a rendering of the new Outpatient Pavilion. Several hundred people attended the project's November 1 official announcement and launch.

## Many Strengths. One Mission.

LOMA LINDA UNIVERSITY HEALTH : LOMA LINDA UNIVERSITY | SCHOOL OF ALLIED HEALTH PROFESSIONS | SCHOOL OF BEHAVIORAL HEALTH | SCHOOL OF DENTISTRY | SCHOOL OF MEDICINE | SCHOOL OF NURSING | SCHOOL OF PHARMACY | SCHOOL OF PUBLIC HEALTH | SCHOOL OF RELIGION | LOMA LINDA UNIVERSITY MEDICAL CENTER UNIVERSITY HOSPITAL/ADULT SERVICES | LOMA LINDA UNIVERSITY CHILDREN'S HOSPITAL | LOMA LINDA UNIVERSITY MEDICAL CENTER EAST CAMPUS | LOMA LINDA UNIVERSITY BEHAVIORAL MEDICINE CENTER | LOMA LINDA UNIVERSITY SURGICAL HOSPITAL | LOMA LINDA UNIVERSITY MEDICAL CENTER MURRIETA | HIGHLAND SPRINGS MEDICAL PLAZA

# Wil Alexander remembered

## *A trailblazer in whole person care*

By Heather Reifsnyder  
and Richard Schaefer

**W**il Alexander, PhD, died Nov. 16, 2016, at the age of 95. It is “the loss of a friend, the fall of a leader and the end of an era,” describes his colleague in the School of Religion, Professor David Larson, PhD, DMin.

Alexander made whole person care into the model it is today at Loma Linda University Health. Additionally, he was professor, School of Medicine; emeritus professor, School of Religion; and founding director of the Center for Spiritual Life and Wholeness.

“Our friend Wil Alexander is now gone,” says Richard Hart, MD, DrPH, president of Loma Linda University Health. “His impact on this campus has been immeasurable and will continue for generations in the lives of those students, residents, faculty and patients he impacted.

“He was absolute in his commitment to Loma Linda and in his desire that this campus become a model of whole person care, as he so ably defined it. Now it is upon all of us to carry on the incredible tradition he nurtured for so many years.”

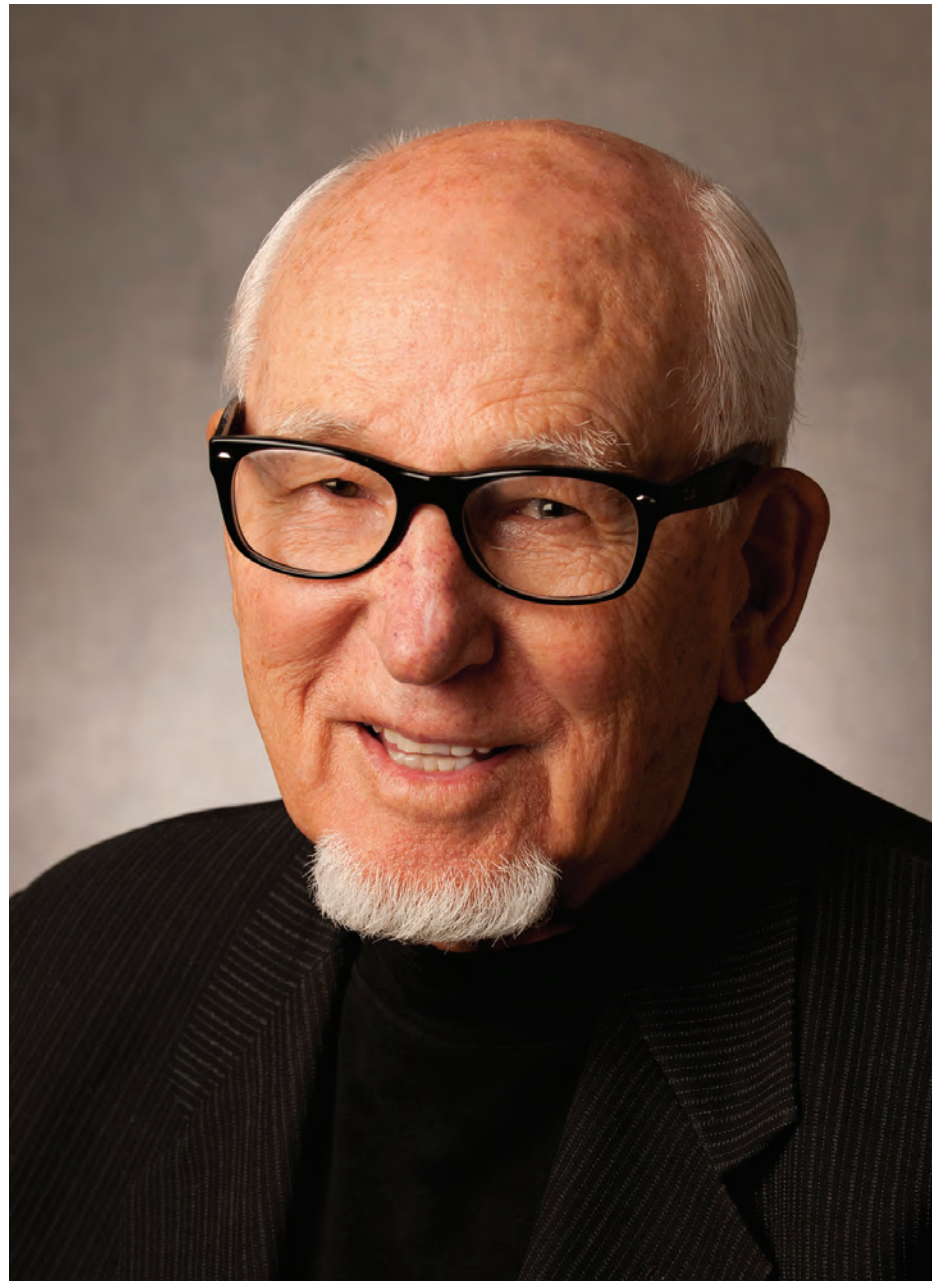
After his ordination into the ministry in Lynwood, California, in 1954, Wil Alexander joined the faculty of Loma Linda University as an associate professor of practical theology. For the next nine years he taught courses in counseling, guidance, evangelism, preaching and speech.

Before rejoining the faculty of Loma Linda University in 1973, he earned two master’s degrees, a doctor of philosophy degree and wore many professional hats: chair of the department of church and ministry, Andrews University Theological Seminary; chair, department of religion, Andrews University; pastor, White Memorial

Church, Los Angeles; and public relations secretary, Southern California Conference of Seventh-day Adventists.

Alexander served as the first dean of the Faculty of Religion at Loma Linda University after the separation

from what is now La Sierra University in 1990. While maintaining a strong relationship with the clinical faculty of the university, he successfully preserved a unified religion faculty as the new dean.



Wil Alexander redefined spiritually-based care, starting with his patient-centered approach that began decades ago and eventually became a model for health care systems worldwide.

As part of the effort to integrate the institutional motto, “To make man whole,” into working practice for students, faculty, staff and administrators, Loma Linda University created a taskforce on spiritual life and wholeness in 1991. As the premise developed, the university appointed Alexander as special assistant to the president for spiritual life and wholeness in 1991.

In 1996, he founded and became director of the Loma Linda University Center for Spiritual Life and Wholeness, a base from which to foster and nurture spiritual life and wholeness in students, health care professionals, their families and their patients. For Alexander, whole person care was all about listening to patients’ stories.

“One of our greatest storytellers has said goodbye for now. Our lives have all been blessed by his presence among us. This organization will move forward greatly influenced by the path he has paved,” says Carla Gober-Park, PhD, MS, MPH, director of the Center for Spiritual Life and Wholeness, and his close friend.

Alexander described his vision for patient care this way:

“I’ve spent a great deal of time in clinical situations where the patient becomes the best teacher. In more recent years, I’ve worked on a series of questions and ways in which to interview patients to help them tell their story. I see most patients as wounded storytellers who, out of pain, fear, emotions and relational things that are happening to them, find themselves actually feeling better having told the story. This helps the physician understand how this all inner-weaves together toward caring for them as whole persons.”

Roger Hadley, MD, dean of the School of Medicine, says: “Wil Alexander was extraordinarily successful in teaching generations of physicians a practical and highly effective way to incorporate spiritual care in the practice of medicine. His influence will be felt for many years.”

Alexander was the author of numerous articles and three books. His distinguished career earned him many awards, including Loma Linda University School of Medicine’s Senior Educator of the Year Award, La Sierra University Alumnus of the Year and the Distinguished Service Award from both Loma Linda University and Loma Linda University Health.

In 2015, the School of Religion created a documentary, “A Certain Kind of Light,” that followed Alexander on patient rounds sharing whole person care and honored his legacy. It screened at Loma Linda University Health earlier this year and has also been shown in a number of national and international film festivals, winning multiple awards.

“Through ‘A Certain Kind of Light,’ we are exposed to a heart that transforms how we see those with whom we have healing encounters,” says Garrett Caldwell, DMin, executive director of public affairs at Loma Linda University Health.

Wil Alexander’s kindness emanated to all whom he met.



The documentary film “A Certain Kind of Light” highlighted the life and philosophy of Wil Alexander, PhD, founding director of the Center for Spiritual Life and Wholeness, and a lifelong proponent of helping physicians connect with their patients on a personal level.

# Surgical Hospital earns prestigious national award for excellence

By Heather Reifsnnyder and Nancy Yuen

Of the approximately 400 academic hospitals in the nation, Loma Linda University Surgical Hospital is one of 29 named a Top Teaching Hospital by The Leapfrog Group.

On Dec. 5, Leapfrog revealed its 2016 Top Hospitals lists, recognizing facilities that meet the group's patient safety, care quality and efficiency standards. This year 115 hospitals were named Top Hospitals.

"This is a recognition of the world-class patient care Surgical Hospital provides, and we are grateful for the recognition," says Kerry Heinrich, CEO, Loma Linda University Medical Center.

Lyndon Edwards, MBA, MHS, senior vice president of adult hospital services, and Marie Hodgkins, MBA, executive director, supplemental staffing network, accepted the award from Leapfrog executives Dec. 6 in Washington, DC.

"I think it is a testament to the teamwork that has always existed at the Surgical Hospital between our physicians, nurses and all of our clinicians," says Edwards. "They are so focused on doing the best job for every patient who comes through the door. This is a symbol of that great work."

Hodgkins says, "This award is a validation of the hard work that the patient care team has done at Surgical Hospital. When Loma Linda opened it in 2009, one of the goals was to set the bar for excellence in patient care,

and this is a validation that our health care team has done that."

The designation of Top Hospital is based on the results of the 2016 Leapfrog Hospital Survey. Performance across many areas of hospital care is considered in establishing the qualifications for the award, including infection rates and a hospital's ability to prevent medication errors.

This outstanding achievement was the result of extraordinary teamwork.

LLU Surgical Hospital provides more than 20,000 outpatient visits each year.

This recognition showcases LLU Surgical Hospital's commitment to patient safety and quality, as Leapfrog Top Hospital Awards are widely acknowledged as one of the most prestigious distinctions a hospital can receive.

"Being acknowledged as a Top Hospital is an incredible feat achieved by less than 3 percent of hospitals

nationwide," says Leah Binder, president and CEO of The Leapfrog Group. "With this honor, Loma Linda University Surgical Hospital has established its commitment to safer and higher quality care. Providing this level of care to patients in Loma Linda requires motivation and drive from every team member. I congratulate the board, staff and clinicians whose efforts made this honor possible."



Loma Linda administrators Marie Hodgkins and Lyndon Edwards (center) hold the Top Teaching Hospital Award after receiving it Dec. 6 in Washington, DC. They are pictured with individuals including Leapfrog's Leah Binder (left) and Laurel Pickering (right).

# School of Medicine receives top national ranking for graduates entering family medicine residencies

By Briana Pastorino

Loma Linda University has been placed in the top 20 of universities for producing the highest percentage of graduates who entered family medicine residency programs as first-year residents according to the American Academy of Family Physicians (AAFP).

Data was collected for the study between 2013 and 2015. This is the 35th national study conducted by the AAFP that reports retrospectively the

percentage of graduates from MD and DO granting medical schools in the United States. School rankings were based on data from the average percentage of graduates who became family medicine residents over the last three years.

Loma Linda University ranks sixth nationally and first in California.

Roger Hadley, MD, dean of LLU School of Medicine, is pleased to see so many medical students select family medicine as a career. "Family medicine is not only a specialty in very high demand," he said, "but it also provides ample opportunity to practice whole person care."

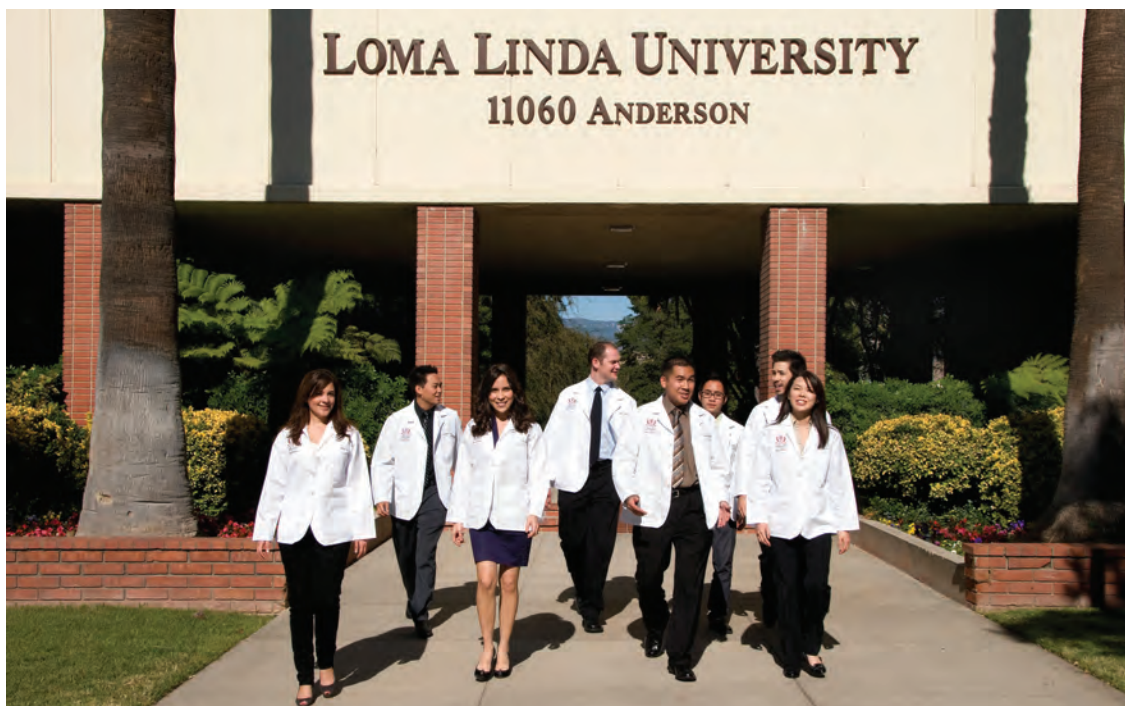
According to Roger D. Woodruff, MD, chair of the department of family medicine at LLU School of Medicine, this status is significant because among the top 20 universities listed, LLU is the only private school.

"This is a demonstration," Woodruff stated, "of the forward thinking model at Loma Linda, which recognizes that the future of medicine is rooted in population health that is directly based on a primary care model of health care delivery. Family medicine is now the pivotal medical specialty in this futuristic health care model."

Wessam Labib, MD, director, medical student education for the department of family medicine, attributes this ranking to LLU's mission-focused students, dedicated faculty and staff, and the resources offered by the university that make it possible for the school to carry a rigorous program.

"In the midst of a changing health care system that calls for an expanding primary care force," Labib said, "we are honored to make a strong contribution to the family medicine field."

Loma Linda University School of Medicine graduates choose to enter family medicine residencies, affirming the whole person model of care taught here.



# Community event focuses on healing

By Briana Pastorino

Emotions were high as the eyes – some dry, others misty – of roughly 900 community members were glued to the screen at Loma Linda University (LLU) Church where the documentary “San Bernardino Strong” was shown.

A documentary about a community wanting to find hope in a time of tragedy, “San Bernardino Strong” takes viewers back to that dreaded day just over one year ago when terror struck San Bernardino. Fourteen lives were lost, 22 were injured and countless others forever changed.

One survivor, Julie Swann-Paez, a 51-year-old wife and mother of three, chose to share her story with the advancement films team.

After being shot multiple times, she was rushed to Loma Linda University Medical Center where she nearly lost her life. After 29 days in the hospital she returned home. She has since had four surgeries, numerous physical therapy sessions, and still she will never be 100 percent.

Through this whole experience, Swann-Paez doesn't want to be considered a victim or a survivor. “I'm a prevailer,” she said after the film during a Q & A session with Randy Roberts, DMin, vice president for spiritual life and mission.

Swann-Paez agreed to be a part of the documentary in hope of bringing something good out of such a horrific event. She welcomed the Loma Linda University Health advancement films team into her life for six months as she went through the physical and emotional recovery process.

Following the film, guests were invited to sign banners of hope that would be sent to those agencies who first responded to the Inland Regional Center on Dec. 2. Additionally, guests had the opportunity to paint Stars of Hope, which will be sent to other victims of tragedy – a practice that Swann-Paez participates in regularly as part of the healing process.

“It's cathartic,” she said as she painted Stars of Hope with her family in the film. “I'm in a good place now, and it's because of gratitude. There are 14 people that never came home from work that day, and I am living in honor of them.”



Loma Linda University Health employee Jennifer Hickok painted a Star of Hope after viewing the film “San Bernardino Strong” with roughly 900 other filmgoers on Dec. 5.



Randy Roberts, vice president for spiritual life and mission, interviews Julie Swann-Paez following the screening of the “San Bernardino Strong” documentary.



President Richard Hart, MD, DrPH, welcomes more than 900 people to the December 5 event at the Loma Linda University Church.



## ‘San Bernardino Strong’ kicks off third season of ‘Life on the Line’

The documentary TV series “Life on the Line,” featuring stories of hope and courage from the Inland Empire, began airing its third season on public television stations across the nation on December 14.

The show's first and second seasons were successful, airing on more than 300 public television stations in over 130 markets in the United States. The new season features stories of strength and resilience – from a triathlete determined to make it to the Paralympic Games to the American physician fighting the Ebola crisis in Liberia.

Narrated by journalist Lisa Ling, “Life on the Line” season three features five half-hour episodes including stories from Loma Linda University Health. The first episode, “San Bernardino Strong,” highlighted the story of Julie Swann-Paez, a survivor of the San Bernardino terrorist attack on Dec. 2, 2015.

“I never thought this is where I would be this year,” Swann-Paez said, “going to doctors appointments, dealing with gunshot wounds caused by terrorists.”

In the midst of this tragedy, hope lives on. It can be seen in the eyes of Swann-Paez who is set on sharing her hope with others. It can be witnessed in the heroic efforts of first responders helping those injured, and is felt in a bond the community formed like never before.

Additional episodes of “Life on the Line” season three will follow the lives of Ebola warriors, Paralympic hopefuls, a cancer patient exploring every life-saving option available, and a look at whole person care.

“It is a privilege to share positive stories of heroic courage, diversity, dedication and innovation in this new season,” said Patricia Kelikani, producer of “Life on the Line.” “With these stories, we hope to inspire viewers across the nation to celebrate the good in people and their resilience.”

For the full schedule, episode previews and more information about the show, visit [lifeontheline.tv](http://lifeontheline.tv).

In the “Life on the Line” season three premiere, “San Bernardino Strong,” Dec. 2, 2015, survivor Julie Swann-Paez spends quality time with her family painting Stars of Hope that will be sent to other individuals who have endured tragedy.

## Allied Health students learn true meaning of service-learning

By Nancy Yuen

During winter quarter, 70 medical radiography students from Loma Linda University School of Allied Health Professions (SAHP) gathered at a mission in downtown San Bernardino. The students, in their

first and second years in the School of Allied Health Professions, prepared and served breakfast and lunch and distributed groceries to the area's homeless.

They also worked in the kitchen, cleaned an alley where the homeless reside and staffed a store, distributing clothing.

This wasn't a day away from classes, according to Brenda Boyd, PhD, program director, medical radiography, SAHP. "During fall and winter quarters," she says, "the students are required to complete 20 hours of service in the community."

During their service-learning assignment, the students leave familiar labs and set aside time spent with imaging equipment, textbooks and journals. Why is investing time in an area so unrelated to the students' program valuable?

"Academic service-learning is intentional," says Boyd. "During their service, our students see firsthand where there is need in the community. As they worked on this project the students really took it over. They owned it. The group also raised \$600 for the mission, which is making a difference in the lives of the people they met."

According to Brenda Spoelstra of the Loma Linda University Institute for Community Partnerships, "Students in service-learning courses stretch their typical university experience when the

community becomes the classroom. This new classroom contains the content and material which forms the basis of their assignments."

The experience doesn't stop when the students leave the service-learning site.

"An element of the academic portion of service-learning is structured critical reflection," says Spoelstra. "As the students reflect on their experience, they better understand their own perceptions and expectations of working in the community. This occurs as they sort through internal purposes of service and reactions to a community they might not be familiar with."

More often than not, the outcome of service-learning brings new perspectives about the importance of service and the community, as it applies to their future career, says Spoelstra.

Before they leave the classroom to serve in the community, the students are asked to write about their expectations and assumptions about the community they will serve. Then, after they have completed the activity, they review their initial responses.

"What the students learn in the community about access to food, resources, housing, education, or health care typically transforms their initial assumptions," Spoelstra reveals. "While they may have studied theories in class or while reading academic articles, their initial writing often gets a fine-tuned revision after they have rolled up their sleeves and served in the community."

"As the students respond to unexpected situations at the service-learning site they experience real-life circumstances that they combine with what they are learning in the classroom."

"In their reflections," says Spoelstra, "students often express an eye-opening experience to the great need within our underserved region and a commitment to on-going community engagement in their own lives."

They also often comment that there is no video, book or lecture that could teach them what they learned in the community.

While service-learning is a part of each of Loma Linda University's programs, the medical radiography students' experiences are common.

At the mission, a student who had served nearly 100 people, including families with babies, wrote: "At first I was disappointed that I had not made any special connections with anyone. Then I understood that I should not have come to this activity expecting something from somebody else just for me. Instead, I learned a lesson from serving them and that is what I needed."

As they completed their 20 hours of service, the students no longer felt out of place at the mission. The experience was so meaningful that they students, working together, have adopted the mission.

This is gratifying to Boyd. "While in health care we have the power," she says, "during their work at the mission, the students experienced what it is like to serve for the sake of serving."

"Our hope," says Spoelstra, "is that as Loma Linda University students participate in service-learning, they become both well-informed health care professionals and service-minded health care professionals concerned with the whole person and the community."



Medical radiography students from the School of Allied Health Professions feed the homeless in San Bernardino as part of a course in service-learning.

This Holiday Season

Give Now.  
Build Hope.

Liam's mom found out he needed a heart transplant when he was born. She did not know if he would make it to his first birthday. The only thing she could do was hope.

Through our Vision 2020 campaign, we are embarking on a journey to give hope, provide cures and save the lives of our tiniest patients by building a new children's hospital tower.

Give today to help us build hope for babies like Liam.

Visit us on the web at [GiveVision2020.org](http://GiveVision2020.org) and make your pledge today.



LOMA LINDA  
UNIVERSITY  
CHILDREN'S  
HOSPITAL

# Law enforcement visits campus for a good cause

By Briana Pastorino

Law enforcement officers from all over southern California came together as a united force for the patients at Loma Linda University Children's Hospital (LLUCH) October 25. The 17th annual Cops for Kids Fly-In welcomed four helicopters, four SWAT vans, numerous squad cars and motorcycles, a police robot, and multiple K-9 units.

The event aimed at giving patients a positive attitude, hope of better things to come and, most importantly, a little cheer.

"We are deeply grateful for law enforcement," said LLU Medical Center CEO Kerry Heinrich, JD. "The impression you make today and the work you do to be here makes a difference in the lives of our kids."

San Bernardino County Sheriff John McMahon thanked his department as well as everyone else for their participation.

"This is the least we can do for the kids," McMahon stated. "This event is a simple way for us to give back, and we enjoy it."

And so did the kids. Patients and their families were able to interact with the various vehicles and talk to law enforcement following the fly-in.

Patient Jayce Sorto-Foranda, 2, from Perris felt at home as he sat in the driver's seat of a SWAT van. His mom, Jasmine Sorto, was happy her son was able to come out for the event.

"This is something kids wouldn't get to otherwise do," Sorto stated. "It's nice to have a break."

Sorto said this was her son's first time out in a while as he has been receiving treatment on the pediatric cardiac unit for some time. "He was excited just to get in the elevator," she laughed.



Law enforcement personnel from throughout Southern California took over the lawn between the University Church and Dental School during the 17th Cops for Kids Fly-In. Children's Hospital patients had the opportunity to inspect equipment and meet these first responders.



## A heartfelt return to Loma Linda

By Briana Pastorino

Megan Colley was just like any other 9-year-old – until she got sick. In June 1999 Colley was diagnosed with stage IV lymphoblastic non-Hodgkin's lymphoma, a rare and aggressive type of cancer.

"I had 16 golfball-sized tumors in my stomach, liver, kidney and pancreas," Colley recalls.

Despite her condition, Colley stayed positive, saying she knew she could fight it. "I remember saying 'just get me a wig.'"

Colley's family was supportive and present during her time at the hospital, but not all the patients around her were so fortunate.

"Our family noticed other kids didn't have the support and attention I did," she remembers. "My parents would bring in food and toys for the other kids, and we noticed how much the extra attention was appreciated."

But the family wanted to do more.

When not at the hospital, Colley would often spend time at work with her dad, Gary Colley, then a police officer for Monterey Park Police Department.

"We started talking and came up with an idea to do something for the kids at the hospital," Colley said.



Former LLUCH patient, Megan Colley (right), and her mom, returned to the hospital on October 25 for the 17th annual Cops for Kids Fly-In. Megan started the event with her family in an effort to benefit kids like her.

Gary got his other police friends together and had the first Cops for Kids Fly-In in December 1999. But another big thing happened that same month... Megan was deemed cancer-free. Her tumors were gone.

"My doctor called me his miracle patient," she said, and in March 2000, she was officially declared in remission.

And although she was no longer being treated at the hospital – aside from

regular checkups to ensure the cancer was gone – the Colley family and law enforcement continued to organize the Cops for Kids Fly-In every year.

"The first couple years we just drove in and brought toys," she remembers, "and while we intended to just do this for the kids on the cancer unit, the turnout every year was so much bigger than we expected that we were able to do it for the whole hospital."

Colley attended many of the fly-ins over the years. While her last attended event was in 2006 when she was 17, the event has carried on almost every year, getting bigger and better with more participation from law enforcement from all over Southern California.

Now, the 27-year-old lives in Arizona with her fiancé, Kurtis Nielsen. Although she is now grown up and her time fighting cancer is a mere memory, it will always be a part of her.

"Loma Linda has shaped me to be the person I am now," she says. "I have compassion for others, and I'm more empathetic to what people are going through."

Knowing what it feels like to be the patient, she says that a positive attitude is key. "It's hard to be positive when you're sick, but events like this and everything else the hospital does to keep their patients' minds off their illnesses helps them. Kids have to stay strong and keep pushing."

# Regional economist says Loma Linda University Health will play a role in Inland Empire rebound

By James Ponder

At a time when many decry the prospects of Southern California's economically depressed Inland Empire, one expert is saying that two bold initiatives on the part of Loma Linda University Health will play pivotal roles in the area's turnaround. John Husing, PhD, chief economist for the Inland Empire, made the remarks at the 2016 Research Affairs Symposium, which was held last month on the university campus.

Although the region has been reeling since the recession of 2007 and the city of San Bernardino's 2012 bankruptcy declaration, Husing anticipates that the new ventures will make a big difference locally within the next few years.

He cited the new emphasis on technology transfer—the business of turning laboratory discoveries into commercial products and services—and the new Loma Linda University Health — San Bernardino project as vital to the rebuilding and recovery of the region's battered economy.

The push for a renewed focus on technology transfer is expected to swing into high gear when a new center opens on the Loma Linda University campus in early December. Called n3EIGHT, LLC, and pronounced "incubate," the new center will bring academic and clinical researchers together with business and corporate leaders to launch new products based on their discoveries.

Michael Samardzija, PhD, JD, associate vice president for research, says the center will benefit humanity by finding new cures and management strategies for a wide variety of diseases and medical disorders. Husing contends it will also bolster the Inland Empire economy.

Loma Linda University Health — San Bernardino, the other initiative Husing cited, serves as a clinical and educational facility in the heart of the San Bernardino inner city. In addition to providing certificate-level training programs at San Manuel Gateway College—which was made possible through a generous gift from the San Manuel Band of Mission Indians as part of the Vision 2020 campaign—the new campus will provide health care for 200,000 people each year.

In noting that Loma Linda University Health pumps more than \$1.3 billion into the Inland Empire economy each year, Husing predicted the organization's financial impact will grow far beyond that in coming years as recent graduates of the college find high-paying health care careers and begin spending their money in local communities. He also said that the new n3EIGHT center will likewise benefit the region by spawning some new companies and attracting others to the area to capitalize on research findings at the university. That in turn will create better-paying jobs that will similarly draw more highly-educated employees to the area.

"What all of you do is so absolutely important to the Inland Empire and its economy," Husing told his Loma Linda audience, "because the one thing that we do not have enough of in this particular region is high-end jobs created by fundamental research that turns into companies that turn into jobs . . ."



John Husing, PhD, speaking at the 2016 Research Affairs Symposium at Loma Linda University Health.

Near the end of his 40-minute speech, Husing said Loma Linda University Health supports the Inland Empire in another important way. After referencing the fears many residents have of disruptions like international terrorism and pandemic diseases, Husing commented on the December 2015 mass shooting in San Bernardino.

"This institution plays an enormous role, I believe, on the psychology of this

particular region," he observed. He then asked where the people who were badly injured in the shooting ended up being treated. "The answer is, at Loma Linda University Medical Center."

After his remarks, Husing entertained questions from the audience.

"Ten years from now," one attendee asked, "what will be the impact of Loma Linda University Health — San Bernardino on the Inland Empire?"

"It depends upon how well the other

institutions of the area work together with Loma Linda," Husing responded. "This is exactly the kind of place we need given the program we're trying to develop to bring people out of poverty into the middle class. To the extent that it becomes a place to help solve the issue of upward mobility, it becomes absolutely at the center of what we need. Could it be hugely important? Absolutely! I suspect it's more on the rest of us than on Loma Linda."

## Food distribution event at Highland Springs Medical Plaza feeds more than 650 families

By Susan Onuma

On Friday, November 18, 650 pre-registered, underserved families in the Beaumont/Banning/Cherry Valley area received groceries at a food distribution event at the Highland Springs Medical Plaza. Loma Linda University Health, Redlands Community Hospital, San Geronio Memorial Hospital and Beaver Medical Group partnered with Side by Side Humanitarian Food Bank to provide holiday food and fresh produce, as well as staples, such as cereal, soup and bread.

Food vouchers were distributed to families through local shelters, community centers, and churches. This food distribution event is an annual event, currently in its fifth year.

Maria Garcia, project manager, Loma Linda University Health, said, "We believe this event is extremely important to underserved families in our community. Those who have volunteered in prior years have shared how blessed they were by giving back and helping those in need."

In the last four years, the number of



Loma Linda University Health at the Highland Springs Medical Plaza partnered with volunteers from Side by Side Humanitarian Food Bank, Beaver Medical Group, Redlands Community Hospital, and San Geronio Memorial Hospital to distribute food to the community

families served at this event has steadily increased. In 2011, the first year of the event, 300 families received food for the holiday. Last year, 583 families were served.

Highland Springs Medical Plaza,

a collaboration between Loma Linda University Health, Redlands Community Hospital, San Geronio Memorial Hospital and Beaver Medical Group, is located at 81 S. Highland Springs Avenue in Beaumont.

# How a bonsai tree helped a Loma Linda University researcher publish his first scientific paper as a senior author

By James Ponder

The connection between a bonsai tree on a Loma Linda University researcher's windowsill and a paper he just published in *eNeuro*, the open-access online journal of the Society for Neuroscience, may not seem obvious at first.

But when you meet Johnny D. Figueroa, PhD, and see the care and attention he lavishes on his miniature tree, the relationship starts to come into focus.

"I love bonsais," Figueroa observes, gazing at the gnarled giant in miniature.

Unlike other plants that can survive a few days without water, bonsais—rooted in very little soil inside a small pot or tray—are completely dependent on their owners for nutrition, hydration, and light.

Figueroa sees an important similarity between bonsais and humans: proper nutrition is essential to both, especially during the early years. With that in mind, the assistant professor at Loma Linda University School of Medicine (LLUSM) entered the research laboratory hoping to trim junk food from the typical American diet the way a master gardener deftly nips unwanted foliage.

Two years ago, he began to investigate the effects of the typical, Western high-fat diet on our ability to respond to stress. The title of the study—"Western high-fat diet consumption during adolescence increases susceptibility to traumatic stress while selectively disrupting hippocampal and ventricular volumes"—will probably never win a blue ribbon from the Country Music Awards, but it does describe the scope and findings of his research.

While psychological trauma and obesity frequently occur together and are both major risk factors for psychiatric disorders, Figueroa—who served as principal investigator on the project—discovered that very few studies have examined how obesity disrupts the brain's ability to cope with stress.

So he and his team designed a series of experiments in which two groups of adolescent rats were fed two distinctly different diets. The first group dined on the typical, Western high-fat diet with 41 percent of calories coming from fat. The control group, on the other hand, ate a balanced rodent diet with fat contributing only 16.5 percent of calories.

They then subjected both groups of rats to a substance known to elevate stress responses in rodents: the scent of cat urine.

The team measured the results of the test in two ways: first, by monitoring both groups of rats for trauma-induced anxiety-like behaviors; and second, by looking for changes in the size of relevant brain structures using magnetic resonance imaging, (MRI).

The results were convincing. In terms of monitoring the rat's behavioral manifestations, Figueroa and his team found increased psychological trauma-induced anxiety-like behaviors in rats that consumed the Western diet when compared to control animals one week after being exposed to the cat urine stress test.

But when it came time to look at changes in the size of brain structures using MRI, the results were downright startling. The team found "significant hippocampal atrophy" and "lateral ventricular enlargement" in rats that ate the high-fat diet. How much? "We found a 20 decrease in the size of their hippocampi," Figueroa explains, "and a 50 percent increase in the size of the lateral ventricles."

He adds that a reduction in size of the hippocampi (there are two of them, one on either side of the brain) is associated with a loss in memory and cognitive function, and that an increase in the size of the lateral ventricles is similarly related to brain dysfunction and disorders such as schizophrenia, bipolar disorder, depression, and even Alzheimer's disease.

The bottom line: Figueroa and his team found exactly what they thought they would find—namely, that eating a high-fat diet during adolescence leads not only to obesity, but more importantly, to a reduction in the brain's ability to recover from stressful events.

Stated more forcefully, adolescent obesity in rats has now been proven to affect



Johnny Figueroa, PhD, assistant professor at Loma Linda University School of Medicine, admires his pet bonsai tree.

mental health during adulthood, particularly during times of stress.

"Yes," Figueroa agrees, "that's exactly what we found."

The "we" he references are Figueroa's collaborators: Priya Kalyan-Masih, Julio David Vega-Torres, Christina Miles, Elizabeth Haddad, Sabrina Rainsbury, Mohsen Baghchechi, and Andre Obenaus. All are affiliated either with the Center for Health Disparities and Molecular Medicine, the department of basic sciences, or the department of pediatrics at LLUSM.

Figueroa and his colleagues worked only with rats, but what about people? Will eating too many burgers, fries, burritos, and shakes lead to mental and psychological decline in humans? Figueroa is convinced the results are applicable to humans.

"We anticipate that this study will inform the path to needed biomarkers and interventions for improving the quality of stress and anxiety management, particularly in a growing overweight and obese population," he concludes.

And with that, he turns to the windowsill to water his bonsai.

The full content of Figueroa's study is available online at <http://dx.doi.org/10.1523/ENEURO.0125-16.2016>





In the first lab held at San Manuel Gateway College, Miguel Ibarra and Angelica Estrada-Tinoco study the intricacies of the human cell.

## Students begin pursuing their dreams as San Manuel Gateway College opens

By Nancy Yuen and Larry Kidder

On September 22—less than two years following the Dec. 10, 2014, groundbreaking—orientation for the first class of students in the San Manuel Gateway College was held. Many of the students had watched the facility rise from a littered vacant lot next to the freeway near downtown San Bernardino.

As classes begin, the students are being introduced to medical terminology and in labs, learning the intricacies of the human cell. These students are graduates of local high schools, and for many, they are the first in their family to pursue a career in health care.

Arwyn Wild, MA, executive director of the college, explains, “One of the main goals of the college pathways is to have viable job opportunities for these local students in the Inland Empire.”

According to Wild, the college will offer a patient care assistant program and certificate programs for medical assistants, medical scribes, pharmacy technicians, dialysis technicians, and community health workers.

At Loma Linda University Health – San Bernardino campus, home of San Manuel Gateway College, students will complete clinical rotations alongside students from Loma Linda University and physicians in specialty training.

Loma Linda University Health is working with the city of San Bernardino and the San Bernardino City Unified School District on this project. The College would not have been possible without a \$10 million gift from the San Manuel Band of Mission

Indians. Additional philanthropic support has provided valuable start-up and scholarship funds.

The San Bernardino campus also houses a SAC Health System clinic, which provides primary and specialty care of all types, using 124 exam and procedure rooms, as well as dental care in 24 operatories. Filling out the space is a large behavioral health area with both private and group counseling rooms, a pharmacy, laboratory,

and vegetarian eatery, Farmacy Fresh Cafe.

Many of the 700 residents in Loma Linda University Health’s specialty training programs are treating low-income patients in the busy clinics, and will interact with the San Manuel Gateway College students who will complete certificate programs each year.

“To my knowledge,” says Richard Hart, MD, DrPH, president, Loma Linda University Health, “Loma Linda

University Health – San Bernardino campus is the only educational model in the nation that will house three separate levels of education in one building. This model has the potential to be an example for low-income areas across the nation.”

Not only will the campus serve as a clinical and educational facility, it has the potential to become the largest outpatient facility of its kind in the United States, providing health care for 200,000 people each year.



### Diversity spotlighted during School of Medicine Hispanic Heritage Vespers

Nearly 40 students and faculty attended the third annual Hispanic Heritage Vespers and Dinner sponsored by the School of Medicine on October 28. Programming included music (above, Laryssa Do Ouro-Rodrigues), presentations on the historic contributions to science, medicine, sports, the arts, government and social justice by Latino/Hispanic men and women, and the importance of mentors for young professionals.

## Baby shower at Children's Hospital highlights Prematurity Awareness Month

By James Ponder

Pausing and celebrating is exactly what happened during Loma Linda event attended by an estimated 70 families, who enjoyed food, camaraderie, games, fun, and most of all, the support of knowing they aren't alone.

A special baby shower, which was held in a waiting room outside the neonatal intensive care unit (NICU) at Loma Linda University Children's Hospital on Tuesday, November 8, called attention to the struggles of families with premature babies.

Chris Huyett, senior development manager for the March of Dimes in the Inland Empire, said her organization joined forces with American Medical Response (AMR) in sponsoring the event, because giving birth to a premature baby can turn what should be a happy, joyful experience into a nightmare.

"Most families in the NICU missed the joy of celebrating the upcoming birth of their baby with families and loved ones," Huyett observed. "They were unexpectedly thrown into a whole new chaotic world. We decided to bring the baby shower to them."

Doug Key, regional director of AMR, agrees. "Normally, our role is to serve families in the moment of crisis," Key noted. "We are delighted to support March of Dimes in creating a few hours for these families to pause and celebrate the birth of their child."

Huyett notes that a family's world is "immediately turned upside down" when a baby is born too early. "All plans and dreams suddenly are changed," she noted, "and the family begins riding an emotional roller coaster, with good days and bad days."

She should know. Twelve years ago, Huyett learned firsthand just how devastating prematurity can be when she returned to the NICU room her son Dutch was sharing with two premature twins.

"I had been told Dutch only had a 25 percent chance of surviving," she recalls, "but it didn't really hit home until I came back to the room one day and there were only two beds. One of the twins didn't make it."

Fortunately, Dutch, 12, and his brother, Blake, 9, who was also born prematurely, are both doing well today, and

Chris has focused her career on helping other families cope with the danger and uncertainty of prematurity.

Jeremy and Erin Fitzgerald lost their first child to prematurity in 2001. Since then, however, they have brought a daughter, Sienna, and son, Shane, into the world.

Erik and Vicki Inderbitzen experienced the turmoil prematurity imposes when their son Connor was born at 24 weeks of life eight years ago.

"He weighed 1 pound, 12 ounces," Vicki remembers. "It was very stressful. I was working in Newport Beach and driving out here every day. One of the hardest things was hearing the beeping monitors and wondering what they meant."

Connor is doing very well today. When asked, the healthy, 52-pound third grader says his favorite subject is math. "Especially multiplication," he adds. His mom says he also loves tennis and running.

Gabriela Campos is facing the difficulties of prematurity right now. Her two-month-old son, Emmett, is currently recovering in the cardiac care unit at LLUCH, but Gabriela says making the commute from her home in Adelanto every day poses logistical challenges.

"I'm used to it now," she says, "coming to see him every day. Fortunately, he's getting better and doing well."

Donna Goff, MD, MS, assistant professor of pediatrics at Loma Linda University School of Medicine, is grateful to the March of Dimes for the hand it extends to premature babies and their families.

"Many of these families need respite from the days of worry and fear in the unfamiliar surroundings in which they find themselves," Goff noted. "We are grateful to March of Dimes for all the research, advocacy, education and support they do to improve the health of babies by preventing birth defects, premature birth and infant mortality."

The March of Dimes says one in 10 babies in the United States is born prematurely, and points out that prematurity is often associated with lifelong health problems, such as cerebral palsy, vision and hearing loss, and learning disabilities. The organization cites a study by the National Center for Health Statistics, which found that 5,197 babies were born prematurely in San Bernardino and Riverside counties in 2014. That averages to 14 premature births per day. Normal gestation is 39 weeks and babies born at 37 weeks or earlier are considered pre-term.



Adnan Cobanoglu, MD

### Loma Linda University Medical Center – Murrieta names Adnan Cobanoglu, MD, director of Cardiothoracic Surgery

By Susan Onuma

Loma Linda University Medical Center – Murrieta (LLUMC-M) announced today that Adnan Cobanoglu, MD has been named its director of cardiothoracic surgery.

Cobanoglu joins LLUMC-M from Case Western Reserve University (CWRU) School of Medicine, Cleveland, OH, where he served as professor of surgery and Chief of the division of cardiac surgery at Case Western Reserve University Hospital (CWRUH).

Prior to his tenure at the Case Western Reserve University Hospital, Cobanoglu was chief of cardiothoracic surgery at Oregon Health Sciences University in Portland for more than 10 years.

During his many years at CWRUH, Cobanoglu also served as surgical director, lung transplantation program, and co-director of the Heart and Vascular Institute.

"We are extremely pleased that Dr. Cobanoglu has accepted this position of leadership at LLUMC – Murrieta," said Trevor Wright, MHA, chief operating officer for Loma Linda University Medical Center. "Cobanoglu brings a wealth of experience that will elevate the level of excellence of our cardiothoracic surgical services."

"I have had the opportunity to work with a number of premier health care institutions," Cobanoglu says, "and I am truly excited to be working for Loma Linda University Medical Center – Murrieta. I wholeheartedly believe in its strategy that includes full integration of the Murrieta facility with the Loma Linda University Health system's vision, quality standards, health care leadership and in its Motto of Making Man Whole."

Cobanoglu is a member of The American Association for Thoracic Surgery, the American College of Cardiology (FACC), and the American College of Chest Physicians, with board certifications from the American Board of Surgery and the American Board of Thoracic Surgery. He also has taken many leadership roles on committees of the Society of Thoracic Surgeons over the last 20 years.



Smiles, gifts, and goodies galore were in abundance at a baby shower sponsored by the March of Dimes and American Medical Response.

# 'Opting out' while providing the best possible care to terminally ill patients

By Nancy Yuen

The city of Loma Linda has been identified by National Geographic as a Blue Zone—a place where the world's longest-lived people reside. It may seem surprising that in this most-desired place where longevity is studied and sought after, there is interest in California's End of Life Option Act.

At Loma Linda University Health, a team of health policy analysts from the Loma Linda University Institute for Health Policy and Leadership and faculty from the School of Religion are contemplating end-of-life issues as they study the implications of the new law. While complying with the law, Loma Linda University Health has chosen to opt out of provisions of the law that assist terminally ill patients in aid-in-dying.

What does the new law for terminally ill patients mean for individuals and families, for caregivers and for Loma Linda University Health? How can health care professionals assure individuals and

families that they are offering the best knowledge and care to those who are terminally ill? What role do insurance companies play?

Even before June 9, 2016, when California's End of Life Option Act took effect, conference rooms and classrooms at Loma Linda University Health were filled to capacity for meetings including Spotlight on Health Policy grand rounds where the law was discussed.

At the most recent such meeting, "Opting out: Loma Linda University Health responds to California's End of Life Act," the A-level amphitheater at Loma Linda University Health's University Hospital was filled to capacity with scores turned away.

Realizing that there would be interest in hearing the information presented by Loma Linda University Health specialists Gina Mohr, MD (palliative care), and Grace Oei, MD (ethics and pediatric critical care), a video was made of the grand rounds. It is available at [religion.llu.edu/bioethics/](http://religion.llu.edu/bioethics/).

The Spotlight on Health Policy was

attended by physicians, nurses and allied health professionals who, during their extensive careers, have journeyed with patients through terminal illnesses. Also in attendance were medical residents and students who may have interacted only briefly with patients who are nearing the end of life.

Loma Linda University Health is a Seventh-day Adventist institution, and Mohr and Oei shared guidelines that would be followed should a patient request information about aid-in-dying. Based on its ethical principles Loma Linda has decided not to participate in providing terminally ill patients with prescriptions for lethal drugs.

While California law states that hospitals, physicians and pharmacists may opt out when such a request is made, they must refer patients to providers who can respond to the request.

In Oregon, where similar legislation (the Death with Dignity Act) was passed Oct. 27, 1997, just a few physicians have opted in. At a major hospital chain in California that will assist patients

who request aid-in-dying, less than one percent of the physicians have opted in. In cases where aid-in-dying medication has been used, the death certificate will state that the disease, not the medication, caused the death.

Mohr emphasized that doctors should reassure their patients who are living with terminal illnesses that medical care will continue—it is never withdrawn. She encouraged caregivers to act with compassion, asking open-ended questions, requesting an ethics consult if needed, and suggesting options to the patient including referral to palliative care.

The grand rounds was attended by Loma Linda faculty, physicians, allied health professionals and students. It was sponsored jointly by the Center for Christian Bioethics and the Center for Palliative Care. "Opting Out: Loma Linda University Health (LLUH) responds to California's End of Life Act," which contains detailed information and a question-and-answer session, may be viewed online: [religion.llu.edu/bioethics/](http://religion.llu.edu/bioethics/).

## Honored for humanitarianism National League for Nursing recognizes Dr. Jan Nick for her dedication to service

By Heather Reifsnyder

Ethical responsibility and moral decency — high ideals indeed. A Loma Linda University School of Nursing professor was honored this fall with an award that celebrates such qualities due to her passion for helping nursing schools around the world enhance their instruction.

The National League for Nursing presented Jan Nick, PhD, RN, with the Lillian Wald Humanitarian Award during its 2016 Education Summit held in September in Orlando. Wald was founder and first president of the National Organization for Public Health Nursing, among other acts of service and activism.

President of the league's Board of Governors Anne Bavier, PhD, RN, said Nick embodies the "highest levels of achievement" in the league's "core values of caring, integrity, diversity and excellence."

"I felt humbled to receive this award from this prestigious organization, the National League for Nursing, which is the oldest nursing organization in the United States," says Nick, who is board certified in obstetrics and academic nursing education. For the league, she helped create the nation's first advanced certification exam for nurse educators.

She has taken this expertise in nurse education around the world.

"International service is my passion, and when one is able to include passion in one's life work, it no longer becomes work. It becomes sheer joy," Nick says.

Her passion and joy have led her to help nursing schools around the globe teach knowledge and skills that are based in evidence and research, in addition to educating and molding students



Jan Nick (center) receives her award from Beverly Malone, PhD, RN (left), CEO of the National League for Nursing, and Anne Bavier, PhD, RN, president of the league's board of governors.

at LLU School of Nursing since 1997.

"Dr. Nick's passion for involvement in international nursing reminds me of the quotation by Warren Wiersbe, 'The secret of a happy life is to delight in duty. When duty becomes delight, then burdens become blessings,'" says Elizabeth Bossert, PhD, RN, dean.

She adds, "It is clear that Dr. Nick has this passion and truly wants to make a difference for nursing in other countries."

Nick's international work has taken her to Cameroon, Mexico, Argentina, Colombia, Dominican Republic, Paraguay, India, the Philippines, Thailand, Japan and Switzerland, in addition to her mentoring of nursing educators from Argentina, China, South Korea, Solomon Islands and the Philippines.

She served as dean of the department of nursing at Saniku Gakuin College in Otaki, Japan, from 2013–16, where she has also taught since 2008.

A Fulbright Scholarship is also on Nick's resume; she spent four months in 2008 at National University of Paraguay teaching the nursing faculty and helping start a new bachelor's degree program in nursing.

To enhance her understanding of how to impact health globally, Nick spent three months in 2016 serving as a health policy intern in Geneva, Switzerland, with the International Council of Nurses.

# Precious babies lost too soon honored at 'A Walk to Remember'

By Heather Reifsnyder

On the day of Oct. 9, "A Walk to Remember" at Loma Linda University Health brought together hundreds of mourning families to recall and honor the brief lives of babies lost in miscarriage, stillbirth or infant death. The annual event includes a memorial service and brief walk in honor of the steps these children never got to take.

These babies "live on in our hearts forever," said Julie Cieslak, RN, bereavement coordinator in the TotalCare Birth Center at Loma Linda University Children's Hospital, in opening remarks at the memorial service portion of the event, which took place at Loma Linda University Church.

She and her husband, Brian, lost their baby daughter named Angel in 1998 and have since become active helping other families facing similar losses. In fact, Julie Cieslak and Leandra McHargue, RN, bereavement coordinator for the neonatal ICU, were the individuals who first dreamed of bringing A Walk to Remember to Loma Linda University Children's Hospital.

Brian Cieslak followed his wife in making remarks, speaking about the right of fathers to grieve the same way society allows mothers to do.

Following prayer, the Kylie Compassion Award was presented. This award — named after baby Kylie Sprague, who died more than 10 years ago — is in its second annual year; it is given to a nurse who goes above and beyond in the TotalCare Birth Center or neonatal care at LLU Children's Hospital.

Nurse Tracy Weatherill received the award for 2016 in honor of the exceptional care she provided to baby Lennon Picco and his father, Chris, during Lennon's brief life in the neonatal ICU.

Through tears, she recounted how much of a privilege it was to care for them. "It truly was one of the most significant moments of my career," she said.

Chris Picco then shared his story. His wife, Ashley, was 24 weeks pregnant in November 2014 when she unexpectedly passed away in her sleep. Baby Lennon was born by emergency C-section, but he had suffered oxygen loss and only lived for a few days.

A musician, Picco took his guitar to the hospital and played songs for baby Lennon for hours on end; Ashley had always said the baby would kick when music was played. A friend videoed Picco playing and singing "Blackbird" by the Beatles and uploaded it to YouTube so that friends and family could share in Lennon's brief life. The emotional clip ended up going viral and has more than 18 million views.

One day after this tape was made, Lennon passed away in his daddy's arms.

Chris Picco said, "My time with Lennon was short, but it changed my life. And it touched many lives, many more than I could ever imagine. I still get messages on a daily basis from people who want to reach out and offer well wishes, prayers, sympathy and to share their own story of loss. It reminds me again of the many things that bring us together, the many things that unite us."

It is difficult to remember the way life as he knew it suddenly ended, Picco shared.

"But," he said, "I don't want to live in



(Top) Members of the West family lead the Walk to Remember procession. They walked to honor the memory of Stacey and Adin. (Bottom) Hundreds of mourning families participated in the annual event, held in October.



Chris Picco shares a song he wrote in honor of Lennon, the infant son he lost.

fear that at any moment something will trigger a memory. So now I choose to take control of how I remember. Instead of reacting to memories of something terrible that happened, I push forward with memories of a beautiful wife and son that I had the privilege of sharing part of my life with. I move forward creating new memories that will honor them, and live my life fully, which also honors them."

One way he is doing this is to release an album with songs about the loss of Ashley and Lennon, which he said he prays will give hope and support to others dealing with loss.

Picco then took up his guitar to play and sing one of the songs the album will contain, about baby Lennon. He dedicated the performance to "those who are remembering and the ones we remember."

The chorus: "All my life I've waited for you, to take your hand and say 'I need you.' Every day, my love is brand new. All my life I've waited for you."

Another way Picco has honored Ashley and Lennon is through the creation of Picco Music Academy, a nonprofit dedicated to making learning music fun and accessible for all ages.

After Picco shared his remembrances, each baby represented at the memorial service was also remembered by name in a slideshow. When their baby's name was projected, family and friends stood to honor the baby, then the mother and father were invited to come to the front and each receive a keepsake.

Moving outside, the service featured a bagpipe rendition of "Amazing Grace" played by Stephen Wilkinson. Released doves in a snow-white flock soared over the large crowd before heading north.

The mourners then also headed north for the walk portion of the event, making a circuit around the lower campus quad. The West family led the procession, in memory of Stacey and Adin. The crowd walked for the steps their babies never got to take.

# Researchers examine how education impacts clergy views of mental health issues in the LGBT community

By James Ponder

Researchers at Loma Linda University School of Allied Health Professions evaluated the role education plays in influencing what members of the clergy think about the mental health of members of the LGBT community.

Citing the June 12 Orlando massacre of 49 gay persons by a gunman motivated by religious ideology, Pamela Perez, PhD, says the topic is timely because hostility can occur when religious beliefs collide with controversial sexual practices.

Perez, who teaches at the school, and two of her colleagues—John Park, PhD, who is completing a postdoctoral internship on the East Coast, and principal investigator Johnny Ramirez-Johnson, EdD, who has subsequently accepted a position at Fuller Theological Seminary—analyzed interviews with 245 senior clergy members in Hidalgo County, Texas. Their findings were published in the January 2016 issue of the *Journal of Religion and Health*.

In the introduction to the paper, Park, Perez, and Ramirez-Johnson note that the legalization of gay marriage and other civil rights for gay people was only achieved after decades of turmoil and upheaval, adding that while many faith-based organizations (FBOs) have become more accepting, many individual clergy members remain conflicted. They also reported that clergy are sometimes untrained in offering adequate help to people regarding sexual orientation issues.

They further cite a 2013 investigation by Bowland et al. in which gays and lesbians expressed appreciation for the value of clergy involvement in their lives and said pastoral care providers should take an active role in guiding those who seek help in “integrating their identity and spiritual formation.”

Perez says conflict over these issues also affects other branches of the healing professions.

“My work as a neuropsychologist brings me into frequent contact with people whose views differ significantly from my own,” she shares, calling her own values biblically-based and conservative. “The question is, ‘How do we remain true to our beliefs, and faithful to the Word of God, without behaving cruelly or becoming abusive to people we differ from?’”

While noting that studies on religion and sexual orientation are rare, the authors say studies examining clergy attitudes on the topic are even rarer. They add that “clergy regularly express indecision as the common theme when it comes to issues dealing with homosexuality.”

The study separated clergy into five educational categories—high school, certificate, bachelor’s degree, master’s degree, and doctoral degree—to find out how the level of education impacts clergy views on the topic.

The study was approved by the Institutional Review Board (IRB) of Loma Linda University (LLU) and its



Pamela Perez, PhD,

counterpart at the University of Texas Rio Grande Valley (UTRGV), formerly known as the University of Texas Pan American. Graduate and undergraduate social work students from UTRGV conducted the interviews and collected the survey data.

After receiving IRB training, the students contacted clergy affiliated with the 301 FBOs listed by the Hidalgo County Assessor’s Office. Altogether,

they conducted 245 complete face-to-face interviews with senior clergy. The participation rate of 81 percent (81%) was much higher than the average of 60 percent (60%). After data cleaning and screening, 231 total participants remained in the dataset for final analyses.

The interviews took an average of 90 minutes as research assistants gathered information on the types of services

provided by each FBO as well as demographic information on the clergy and FBO, intervention practices of the clergy, beliefs and attitudes about sexual orientation, and mental health training and education.

Most of the clergy were Protestant or Catholic and one was Muslim. The study found that among the respondents:

- 12 percent (12%) had a high school degree
- 31 percent (31%) had a certificate only
- 11 percent (11%) had a bachelor’s degree
- 18 percent (18%) had a master’s degree
- 4 percent (4%) had a doctoral degree
- 23 percent (23%) did not disclose their educational level

When asked whether they agreed or disagreed with the statement, “Homosexuals are more psychologically disturbed than heterosexuals,” the clergy responses were categorized by educational level (see chart below).

“Education was the single factor that showed a significant positive relationship with clergy perceptions about psychological disturbance in homosexuals,” the study found. “Overall, clergy with more education appeared to report lower levels of agreement that homosexuals were more psychologically disturbed than heterosexuals compared to those with less education.”

The study also found that “clergy with more education were more likely to engage in mental health referrals than those who received less education.”

Perez observes that sexual orientation issues can be challenging for Christians, who are called to walk between the values of the Gospel and those of society.

“We must be careful not to give the impression that Christians are uninformed, unloving, intolerant, or ill-equipped to deal with the very real difficulties and concerns that those coming to us for help will bring,” she notes. “No matter how difficult or uncomfortable for us personally, God entrusts us as His ambassadors and we have the privilege of representing Him well.”

Perez says the issue goes far beyond mere tolerance.

“Very few things are as black and white as they appear on the surface,” she concludes. “While agreeing to disagree is needed so we can live in peace, understanding and responding in the Spirit is life changing. We need to remember to lift Christ up to the place of God, where He rightfully belongs.”

Education Level	% Strongly Disagree / Disagree	% Strongly Agree / Agree
High School	46	47
Certificate	47	45
Bachelor’s degree	42	44
Master’s degree	75	16
Doctoral degree	67	33

# For Clyde and Kirsty Roggenkamp, early learning leads to big rewards

By James Ponder

**C**lyde Roggenkamp, DDS, MSD, turned the early learning experiences of his life into desirable outcomes.

In the summer of 2016, the associate professor at Loma Linda University School of Dentistry and his wife, Kirsty, made a significant gift to support biomedical research at the school.

The story begins in Takoma Park, Maryland, where Clyde's father was a podiatrist and his mother a registered nurse.

"My first job was at Washington Sanitarium," he remembers, "preparing and distributing food trays to patients."

Fifty-five cents per hour seemed like a great wage to the teenager, but Clyde subtracted hours worked on Sabbath, contributing those earnings to the annual harvest ingathering campaign for world missions at his church. He eventually won the Jasper Wayne stewardship award for his faithfulness.

When he was old enough to drive, Clyde got a part-time job cleaning buses and other transport vehicles for the maintenance department of the General Conference of Seventh-day Adventists. The new job taught him to clean and repair things on a large scale. Those skills would serve him very well in years to come.

During his pre-dental program at Emmanuel Missionary College, Clyde worked in the grounds maintenance and laundry departments. "The money helped with tuition," he says, "but the hands-on experience imparted skills that have served me the rest of my life."

By the time he enrolled in dental school at Loma Linda, Clyde supplemented his resources by vacuuming carpets in the medical center at night and waxing cast gold crowns and making full dentures part-time.

"The pay was only \$1.40 per hour," he recalls, "but the practical knowledge and gained proficiency were invaluable!"

After graduation, Clyde determined to practice dentistry in an area of great need, so he moved to Vermont, the least populous of the United States and the one with the lowest ratio of dentists per members of the general population. But after six years in the Green Mountain State—where he earned enough to make a living, but not to pay his school bills—Clyde enlisted in the U.S. Air Force.

Although he enjoyed Air Force life, his first wife (he and Kirsty have only been married five years) disliked the prospect of moving every three or four years.

"To buy a house and get it all set up, then have to re-sell it due to permanent change-of-station orders, didn't allow enough time for the property to appreciate in value," he reports. Clyde chose to keep the houses and turn them into rental properties. When he retired from the Air Force, he had three rental homes, each of which had significantly appreciated.

Under the terms of the 1031 Tax Exchange, Clyde sold the houses and some Indiana farmland he had inherited. The process allows sellers to defer capital gains taxes so long as monies from the sale of the property are reinvested within a prescribed time frame.

"When I came to Loma Linda as a new faculty member," he adds, "the proceeds were enough to purchase 10 rental apartments near the campus."

The new apartments involved heavy responsibilities. "Some of the apartments were in rough condition," he explains.

Despite Clyde's janitorial and maintenance experience, there were times when it



Kirsty and Clyde Roggenkamp

seemed a bit overwhelming. "I had to continually remind myself not to let it interfere with my real job of teaching at the dental school," he reports.

The former dental student resolved to rent exclusively to dental students and to keep rates as low as possible.

After 15 years of hard work, Clyde's industrious habits paid off in a big way. The apartments had created more than \$1,000,000 in gross receipts over the years, but they had also appreciated in value to approximately that same amount. He and Kirsty evaluated the situation and decided to donate six apartments to the School of Dentistry.

"When it came to supporting the school," Clyde reports, "I wanted to make a contribution that would benefit students." He stipulated that the income be used to purchase an Instron testing machine, a scanning electron microscope, and a micro CT scanner.

"These items of equipment will advance capability for significant research by students and faculty within the dental school," Clyde observes.

According to Tim Sherwin, MS, senior development officer for the school, the gift will help ensure that future generations will have access to the finest in dental technology.

"We are extremely grateful to Clyde and Kirsty Roggenkamp for their generosity," Sherwin states. "Their willingness to share the benefits of Clyde's hard work marks this as a very special gift. They have set an example of faithfulness and accountability."

Looking back, Clyde senses the hand of Providence at work.

"It is inspiring," he concludes, "to perceive divine influence in our lives, leading in certain ways over time. If the mission of the university will be benefited as a result, it is certainly all to the credit and glory of God."

## Pharmacy services at Medical Center realizes significant savings for the organization

By Heather Reifsnyder

Two programs implemented last year by pharmacy services at Loma Linda University Medical Center are cutting costs for the organization.

"Our pharmacy administrators and employees are doing Loma Linda University Health proud by implementing initiatives resulting in significant operational savings," says Beth Elwell, MBA, executive project director for operational excellence, LLU Medical Center. "The savings allow us to better serve the community." Medical Center executive leadership commended a number of pharmacy employees Sept. 29.

For securing savings through the federal government's 340B Drug Pricing Program, the leaders recognized Patricia Hurtado, regulatory specialist, and Renee Elliott, 340B coordinator and pharmacy billing specialist.

For implementing other non-labor cost-saving initiatives that saved Loma Linda University Medical Center \$900,000 in 2015 and will save an expected \$3.2 million by the end of 2016, hospital leaders recognized Antony Gobin, PharmD, MBA, director of affiliate pharmacy services; Michael Campbell, PharmD, MBA, director of children's pharmacy services; Dan Kardasinski, PharmD, director of adult pharmacy services; and Norm Hamada, PharmD, director of clinical pharmacy services.

The pharmacy team is led by Paul Norris, PharmD, executive director of pharmacy services. He is also associate dean for clinical affairs at LLU School of Pharmacy.

For impressive feats in cost savings and for excellent patient care, Elwell concludes, "We are very fortunate to have such a dedicated pharmacy services team."



Loma Linda University Medical Center leaders posed with pharmacy employees Sept. 29, recognizing them for the significant savings they have brought to the organization.

# Pink Runway draws attention to breast reconstruction, cancer prevention and treatment

By James Ponder

One of the biggest takeaways from the 8th annual Pink Runway event on Wednesday, October 19, at the Riverside offices of the Loma Linda University Medical Center department of plastic surgery, was that drinking three cups of green tea per day can reduce the risk of developing breast cancer by 50 percent.

The event highlighted the fact that one in every eight women will develop breast cancer during her lifetime, that men also get it, and that people with no family history of breast cancer can still develop the disease.

Subhas Gupta, MD, CM, PhD, chair and professor in the department of plastic surgery, said that in addition to green tea, other practices promote breast health:

- Decreasing saturated fats can reduce breast cancer risk by almost 20 percent
- Breast feeding for at least 12 months can reduce breast cancer risk by 28 percent
- Maintaining a Vitamin D level of 40 nanograms per milliliter can reduce breast cancer risk by 30 percent
- Exercising moderately to vigorously five times per week for more than 16 weeks has been shown to reduce breast cancer risk
- Consuming more than 100 mgs per day of Omega 3 fatty acids—found in walnuts, flax seed, and fish—can reduce the risk of postmenopausal breast cancer and contribute to increased longevity
- Eating colorful vegetables, especially those with carotenoids, unleashes very powerful antioxidants that kill precursor cancer cells.

On the negative side, Gupta noted that smokers have a 24 percent higher risk of contracting breast cancer than nonsmokers.

The event featured a MythBusters-style panel discussion in which patients joined physicians in taking questions about issues related to breast reconstruction. Key myths dispelled included:

- Women who have had a full mastectomy cannot have breast reconstruction
- Women can only get artificial breast implants if they have had breast reconstruction
- Women must wait several months after a mastectomy in order to have breast reconstruction
- Women who have had chemotherapy or radiation cannot have breast reconstruction
- Beyond a certain age, women are too old to have breast reconstruction.

Each myth was thoroughly debunked as panel members explained the truth about the reconstructive process.

At the end of the evening, five patients celebrated life after surgery with a short stroll down the Pink Runway catwalk.

Harriette Parker, who has now survived 29 years after her initial diagnosis of breast cancer, encouraged women to perform monthly self-exams, to see their doctor every year, and to not allow the disease to define them.

Alison Frable had two radical



Harriette Parker is a role model of grace and determination. Twenty-nine years after being diagnosed with breast cancer, Parker speaks out to encourage others.

mastectomies when she didn't even have breast cancer.

"In August 2010, I decided to visit a genetics counselor to discuss BRCA testing," Frable said of the breast cancer gene test. "My gynecologist made the suggestion after hearing that my sister had been diagnosed with breast cancer at the young age of 34."

Frable, who was then 39, agreed. "Two weeks later, I was shocked to discover that I had actually tested positive," she reported. "I found it difficult to accept."

After experiencing anger, shock, and fear, Frable's mood turned to depression. "I didn't want to have surgery to remove my breasts, but I didn't want to live in fear of cancer either," she reasoned. "It's a very personal and difficult choice to make."

Courageously, Frable chose to undergo a double mastectomy.

"That was the beginning of my healing journey," she said. "I was literally in good surgical hands with both the breast surgeon and plastic surgeon, carefully working together to ensure I would look

and feel my best when my reconstruction process was complete."

Today, Frable is happy, healthy, and at peace with her choice. "Six years ago, I would've never believed I'd feel this confident and content," she said.

"For those of you beginning your own journey," she concluded, "believe that you're the same person you were before you knew; that we're all in this together; that you're not a statistic with numbers set in stone; and most importantly, that you're never alone."

## Participants in No Shave November finally come clean

by Briana Pastorino

The month of No Shave November has come to an end – and clean shaven faces have now become all the rage.

Loma Linda University Health proudly partnered with the San Bernardino Police Department (SBPD) again this year for the awareness month, during which male and female participants skipped shaving in order to raise awareness about cancer prevention, diagnosis and treatment. A celebratory event was held at Loma Linda University Health – San Bernardino Campus Wednesday, Nov. 30.

Richard H. Hart, MD, DrPH, president, Loma Linda University Health, commented on how the medical field and law enforcement coming together makes the world a better place.

"We are together partners in a very real sense," Hart said. "Seeing how law enforcement has come together to raise money for cancer research is a true sign of dedication to the community."

During No Shave November, SBPD as well as Loma Linda employees, students and staff were encouraged to participate in a variety of ways:

- Donate \$40 to enter No Shave November and allow their hair to grow wild and free.
- Make a donation to Loma Linda University Health and help fight cancer in the community.
- Donate \$10 for a commemorative coin.

SBPD Assistant Chief Eric McBride announced at the event that so far over \$17,000 had been raised, which is roughly \$5,000 more than last year. The funds will go to Loma Linda University Cancer Center.

After the program, two barbers from Boom Botz Gentlemen's Parlor, located in Yucaipa, offered free straight cut shaves on site to those men who had participated in the month-long awareness.



Barbers from Boom Botz Gentlemen's Parlor offered free shaves to gentlemen who skipped shaving for a month at the conclusion event for No Shave November. SBPD detective Von Verbanic looked fresh and clean after his straight blade shave.

# The scientist who sends mice into space

By James Ponder

Except for a photograph of a mouse on her computer screen, the scientist who sends mice into space doesn't keep any of the furry rodents inside her office in the Chan Shun Pavilion at Loma Linda University Health. She does, however, have an interesting story to share.

Her name is Xiao Wen Mao, MD, but since that can be challenging for Westerners to pronounce, she introduces herself as Vivien Mao.

Next June, Mao will participate in

an experiment that will send mice into space orbiting the Earth. The furry subjects will take off from Kennedy Space Center in Florida where they will hitch a rocket ride just beyond the stratosphere and into low earth orbit.

The mice will enjoy a 30-day, all-expenses-paid vacation aboard the International Space Station (ISS) thanks to a \$750,000 grant from the National Aeronautics and Space Administration (NASA). When the rodents return, Mao and other investigators will evaluate how they held up under spaceflight conditions.

"My interest is in the eye," she notes.

"Thirty percent of astronauts experience vision problems either during their time on the ISS or after they return to Earth, sometimes for as long as six months later. Scott Kelly returned with blurred vision and other astronauts have reported similar issues. My goal is to study the mechanism that causes these problems."

Mao reports that earlier studies by other researchers have focused on microgravity, the reduction in gravitational forces that results in the weightlessness perceived during spaceflight. She, however, suspects that radiation may also play a role in missions that extend beyond

Earth's orbit and the Van Allen radiation belts, such as astronauts would encounter on a mission to Mars or the moon. Her experiments will study the effects of both microgravity and radiation.

In a previous experiment, Mao exposed mice to proton radiation and observed changes in blood vessels inside their retinas. Proton, the most common radiation in space, is produced primarily during solar flare events. She found that exposure to proton radiation produced a loss of endothelial cells that form a protective lining inside the vessels.

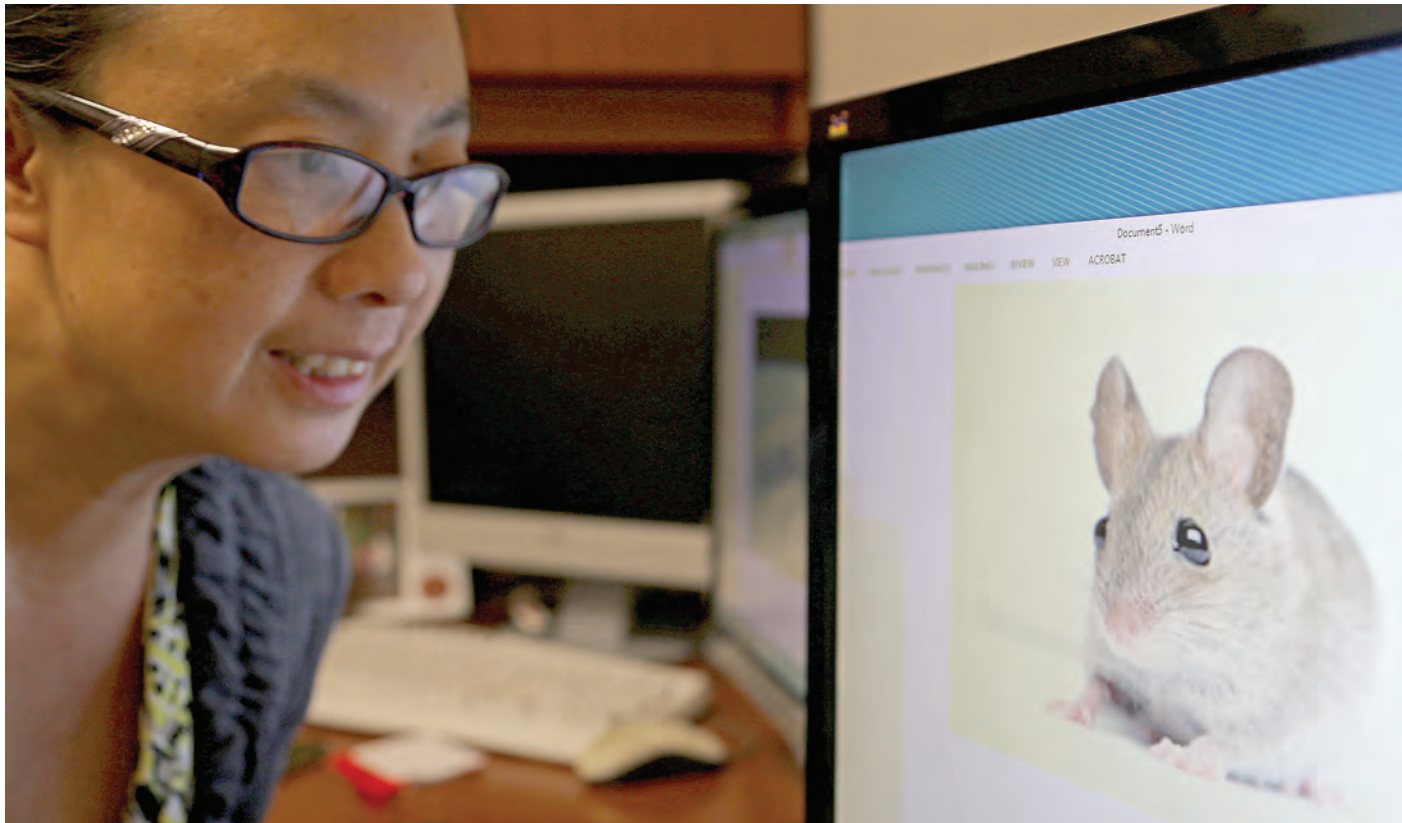
She hopes her findings will lead to new cures or treatments for spaceflight-induced vision problems as well as more Earthbound disorders, such as age-related macular degeneration and retinopathy.

Mao was a practicing physician in Shanghai, China, before coming to Loma Linda University School of Medicine in 1992 to study and conduct research in the department of radiation medicine at the James M. Slater, MD, Proton Treatment and Research Center. She found the field fascinating, and stayed on, joining the faculty in 2003. In 2013, she was appointed associate research professor in the department of basic sciences.

Back here on the blue planet, Mao says her kids find her NASA research intriguing.

"They think it's pretty neat," she reveals.

Xiao Wen Mao, MD, will send a collection of rodents on an upcoming flight of the International Space Station, beyond the stratosphere, to help science understand what happens to astronaut's eyes.



## Pediatric patients get in the 'Spirit' of the season with Fall Festival

By Briana Pastorino

Loma Linda University Children's Hospital (LLUCH) patients were treated to the annual Spirit of Children Fall Festival Thursday, Oct. 13.

As part of their annual Spirit of Children Week, Spirit Stores hosted celebrations in multiple hospitals across the United States and Canada.

LLUCH patients and their family members were treated to an afternoon of games, crafts, costumes and music during the event.

The mission of the program is to make hospitals less scary for kids and their families by providing fun during the fall season and raising funds year round for child life programs within children's hospitals.

"Spirit of Children is a way to give back to the communities we are a part of each season," said Steven Silverstein, president and CEO, Spirit Stores. "With our parties, we bring the magic of the fall season to kids and their parents who otherwise might not have been able to participate. And with the money raised, Spirit of Children helps year round."

Spirit of Children chooses to partner with and support child life departments whose main function is to provide developmental, educational and therapeutic support for children undergoing medical treatment. Trained child life specialists



LLUCH patient Natalie Rodriguez, age 2, shows off her fun-filled smile at the annual Spirit of Children Fall Festival.

help children and their families cope with the many stresses involved when a child is in the hospital. These programs are instrumental to the healing process for children and help kids just be kids in times of fear and discomfort.

Spirit of Children has raised more than \$242,000 for LLUCH over the last six years through donations made to Spirit stores in the Inland Empire.

"For the Spirit Halloween family, this is the time of year to consider the incredible emotional and life-long impact we can make on pediatric patients and their families," reflects Silverstein. "It's inspiring to see so many people come together to deliver strength and smiles to these young patients on Halloween and year-round, helping kids be kids. We know that every dollar makes a difference."



# TODAY

Volume 29, No. 10 | November/December 2016

<p><b>Executive editor</b></p> <p><b>Editor/art direction</b></p>	<p>Garrett Caldwell gcaldwell@llu.edu</p> <p>Larry Becker lrbecker@llu.edu</p>
<p><b>CORRESPONDENTS</b></p>	
<p>Marcus Chapman mjchapman@llu.edu</p> <p>Doug Hackleman, MA dhackleman@llu.edu</p> <p>Chris Clouzet cclouzet@llu.edu</p> <p>Susan Onuma, MBA sonuma@llu.edu</p>	<p>James Ponder jlponder@llu.edu</p> <p>Briana Pastorino bpastorino@llu.edu</p> <p>Heather Reifsnnyder, MA hreifsnnyder@llu.edu</p> <p>Tony Yang, MBA thyang@llu.edu</p> <p>Nancy Yuen, MPW nyuen@llu.edu</p>

**Have a newsworthy story? Visit [news.llu.edu/news](http://news.llu.edu/news), click on the "Submit a story idea" bar, and complete the form to submit your story idea.**

TODAY is a nonprofit publication of Loma Linda University Health, operated under the auspices of the General Conference of Seventh-day Adventists.

Internal campus-based advertising accepted for publication is intended to be a service to the staff, students, and faculty of all Loma Linda University Health entities. No outside advertising is included in this publication. The management, at its sole discretion, reserves the right to refuse, without explanation, any advertisement. The acceptance of advertising in this publication does not represent an endorsement or guarantee of any kind by Loma Linda University Health or any of its entities.

Questions about content, campus-related advertising, and circulation should be directed to TODAY, Office of Public Relations, Welcome Center, 11157 Anderson Street, Loma Linda, California 92354. Phone (909) 558-4111. © 2016 All rights reserved.

[news.llu.edu](http://news.llu.edu) | [facebook.com/lluhealth](https://facebook.com/lluhealth)