

San Joaquin Community Hospital

 Adventist Health

Winter 2012

the health matters



Growing strong together

Help our Capital Campaign co-chairs take cancer care to the next level—page 5

SAFE SALADS

Deliciously yours

FRESH. CRISP. Colorful. Fabulously fruity. Very veggie-licious.

There are plenty of words you might use to describe your favorite salad—but *dangerous* probably isn't one of them. Yet the fresh produce you toss into your salad can be just that if it isn't stored and prepared properly.

Harmful bacteria can lurk on fresh fruits and veggies. These bacteria, which can make you seriously sick, may come from the water or soil used to grow the produce. Or they may find their way onto the produce after harvest, at the grocery store or even in your own kitchen.

If you're now thinking twice about making a salad—don't. Fruits and vegetables are nutritional powerhouses and are key to a healthy diet. Instead, enjoy your salads safely with these pointers from the U.S. Food and Drug Administration.

Learn more about healthy meal planning from The Wellness Center at SJCH. Call 661-869-6580 for more information.

1 When buying fruits and vegetables

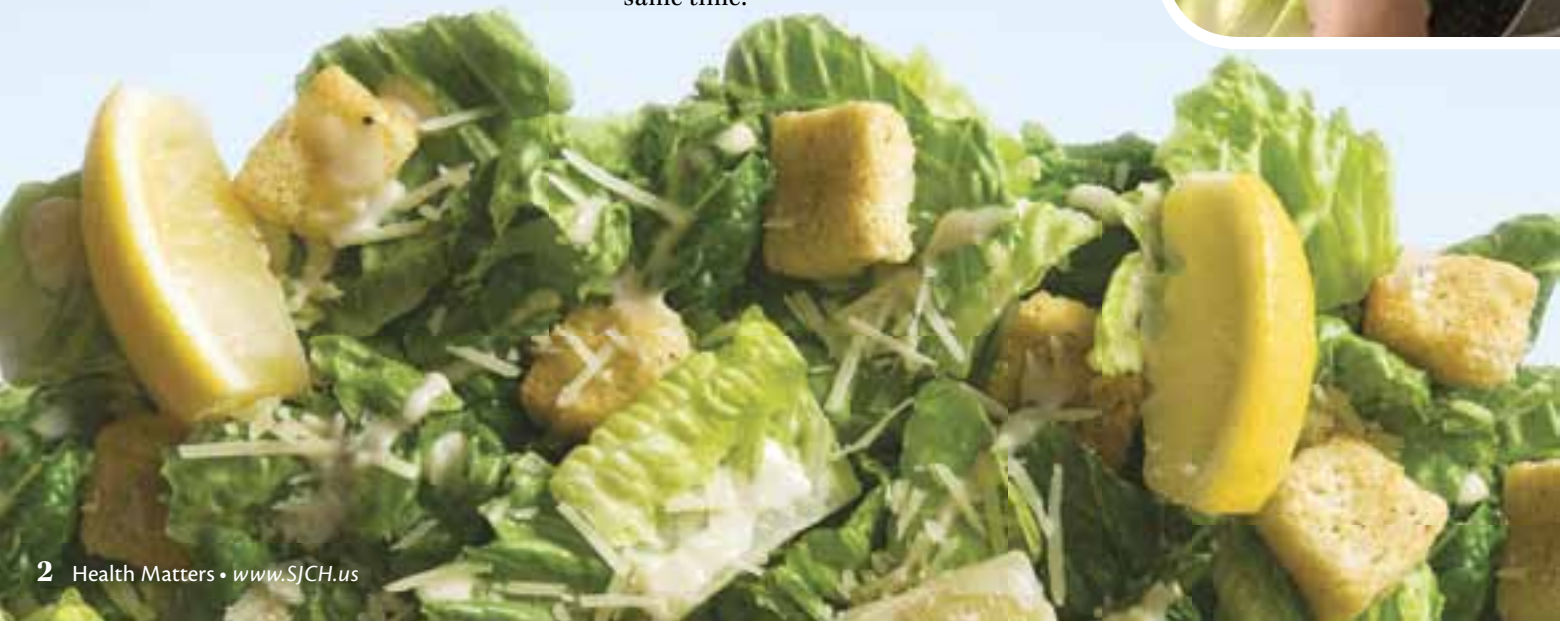
- Be sure precut or prepacked fruits and veggies are refrigerated or stored on ice.
- Choose unblemished produce that is free of bruises.
- Keep meat, fish and poultry bagged separately from produce to avoid cross contamination.

2 When storing fruits and vegetables

- Keep certain perishable produce (such as strawberries, mushrooms and lettuce) and any precut items in the refrigerator.
- Be sure your refrigerator is clean, and keep the temperature set at 40 degrees or below.

3 When preparing fruits and vegetables

- Wash your hands well with soap and water before you start chopping, slicing and dicing.
- Wash produce well under running water just before you prepare it—even if you plan to peel it. You can use a produce brush to help scrub melons, cucumbers and other firm produce. Then wipe them dry with a clean towel to help remove bacteria that may still be present.
- Cut out bruised or other damaged spots.
- Use separate cutting boards and utensils to keep produce away from raw meat, poultry or fish when fixing them at the same time.





San Joaquin Community Hospital (SJCH) now broadcasts prayers that can be heard through the hospital's overhead speakers at 8 a.m. and 8 p.m. every day.

These prayers have been developed by the Mission and Culture Department at SJCH and are meant to be a source of blessing and encouragement for all patients, their friends and families, and SJCH employees.

"Studies have shown that when people are in the hospital, they believe that their spiritual well-being has as much, or more, to do with their recovery as does their medical treatment, and they wished someone would offer to pray with them," said Sandy Johnson, the executive director of Mission and Culture at SJCH.

Visit www.sjch.us/sacredwork to hear the daily prayers.



Scan this code with your smartphone to learn more about our Sacred Work.

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Read about Jocylyn and Tony and their inspiring stories of dramatic, long-term weight-loss. Learn how Bariatric Solutions at SJCH helped them succeed.

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Mr. Chairman, please stand up.

Meet Ron Frazee, the chairman of the SJCH Foundation Board, and find out why he's so dedicated to serving our community.



WINTER 2012 health matters

Information in HEALTH MATTERS comes from a wide range of medical experts. If you have any concerns or questions about specific content that may affect your health, please contact your health care provider. Models may be used in photos and illustrations.

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Help us grow to serve you better

Your support, whether financial or the gift of your time, will enable SJCH to bring the best in cancer care right here to our community. Find out how you can help.

Go to www.sjchgiving.org.

Keeping informed

Cold or flu? Learn how to know the difference, how to prevent these illnesses and how to feel better if you do get sick. **page 4**

Hollywood glamour. Experience the magic at the American Cancer Society of Kern County's "Grand Hollywood Love Stories" gala in February. **page 12**

Heart disease: A woman's issue. You probably know that heart disease affects men, but did you know that it's the No. 1 killer of women in the U.S.? **page 14**

Is it a cold or the flu?

It's important to know the difference

YOU'RE SNEEZING, your nose is stuffed up and you're tired. In other words, you're feeling lousy.

You're considering going to the drugstore to pick up some over-the-counter medicines to help relieve your symptoms. But before you do, you might want to ask yourself, "Do I have a cold or the flu?"

The answer to that question is important because you may want to see your doctor for a prescription medicine if you think you have the flu.

Prescription flu drugs (called antivirals) can reduce the amount of time that you're sick. They may also reduce your risk for potentially dangerous complications from the flu, such as pneumonia. The catch is that these medications work best when taken within the first 48 hours after developing flu symptoms.

Use this chart to help figure out what's ailing you.

Symptom	Cold	Flu
Fever	Rare	Usual, 100-102 degrees—may be higher, especially in young children; lasts 3-4 days
Headache	Rare	Common
General aches, pains	Slight	Usual, often severe
Fatigue, weakness	Sometimes	Usual, lasts up to 3 weeks
Exhaustion	Never	Usual, at the beginning of the illness
Stuffy nose	Common	Sometimes
Sneezing	Usual	Sometimes
Sore throat	Common	Sometimes
Chest discomfort	Mild to moderate	Common
Cough	Common, hacking	Common, can become severe

American Lung Association; Centers for Disease Control and Prevention; U.S. Department of Health and Human Services

The best way to prevent the flu is to get the annual flu vaccine. It's best to get the vaccine in the fall, but getting it in winter still protects you—flu season lasts through May.

Feel better

To treat a cold or the flu:

- ✓ Get plenty of rest, especially when you have a fever. Rest helps your body fight infection.
- ✓ Consume lots of fluids, such as water and clear soups, but avoid alcohol. Fluids help loosen mucus and help prevent dehydration.
- ✓ Gargle with warm salt water to ease a sore throat. Throat sprays and lozenges may also help relieve the pain.
- ✓ Use saline nose drops to help loosen mucus and moisten the tender skin in your nose.
- ✓ Take an analgesic—such as aspirin, acetaminophen or ibuprofen—to help relieve aches and pains and to reduce fever. Never give aspirin to children or teenagers.

American Academy of Family Physicians



Giving & GROWING

You can help us make cancer care blossom in our community

WHEN YOU GIVE......together, we can do anything.

It's a mantra of sorts in Kern County, and it's now also the calling card of the San Joaquin Community Hospital (SJCH) Foundation as it aims to raise \$5 million for The Cancer Center at SJCH. The center itself is a \$36.2 million project slated to open in fall 2012.

The four-story, 60,000-square-foot facility (located directly across the street from SJCH on Chester Avenue) will house radiation oncology, medical oncology and an outpatient surgery center—all under one roof. It will be the *only* comprehensive hospital-based cancer program in Kern County.

To develop the cancer care program, SJCH has entered into a consulting relationship with the University of Texas MD Anderson Cancer Center, which is based in Houston and is ranked No. 1 in cancer care in the nation, according to *U.S. News & World Report's* "Best Hospitals" list.

Nurturing healing

The approach at The Cancer Center at SJCH will be to treat the whole person, as well as the family, knowing that cancer affects a wide circle of loved ones. Among the special amenities that will be available at the center will be a healing garden, acupuncture and massage, and yoga.

The building project is also LEED-certified, meaning that The Cancer Center will be built with recyclable materials and will meet all energy-efficiency standards. Even the materials from the demolition work were recycled and precautions put into place to minimize the level of particulate matter during the teardown.

Studies have shown that 1 in 5 cancer patients leaves Kern County to seek treatment. SJCH hopes to change that by offering the kind of facility, services and care providers normally found outside our city limits.

And that's where the fundraising component steps in—the SJCH Foundation has

Continued on page 6

"Top-quality medical care is near the top of any list of attributes essential for a thriving community."

—Joe MacIvaine, Capital Campaign co-chair and president of Paramount Farming



1. Kevin Burton, SJCH Foundation President and Executive Director, thanks the Cornforth family.



2. Donald Cornforth, MD, his wife, Edna, and their family gave \$1 million to the Capital Campaign.



If you would like to become a part of this vital new center—by giving of your time or with a financial donation—please call the SJCH Foundation at 661-869-6570. You can also email sjchfoundation@ah.org or visit us on the web at www.sjchgiving.org.

Continued from page 5

established a Capital Campaign devoted to raising \$5 million in community donations toward The Cancer Center project.

On Sept. 13, 2011, the Foundation announced a major gift—\$1 million. Donald Cornforth, MD, and his wife, Edna, generously kicked off the campaign with the donation. The lobby of The Cancer Center will be named in their honor as the Cornforth Family Pavilion.

Since then, more and more individuals and businesses are stepping forward to help, including an incredible 77 percent of all SJCH employees (1,612 out of 2,090 hospital employees, which does not include physicians) who have pledged \$501,342 to the giving campaign. In total, gifts and pledges are now more than \$2 million.

CCS—a fundraising and strategic consultant firm based in New York that is working with the SJCH Foundation—compared SJCH with other hospitals similar in size. They determined this to be a significant fundraising accomplishment. Such a high level of support from hospital employees helps generate momentum as staff members begin fundraising in the community, Foundation officials said.

What's next

A team of volunteers, together with members of the SJCH Foundation staff, will now share the vision for The Cancer Center, the culture of SJCH and its Sacred Work Mission with the community. They will also raise awareness about the growing incidence of cancer projected for Kern County as its population continues to expand.

“Kern County and the adjoining valley counties are expected to be the

fastest-growing areas in California for the foreseeable future,” said Joe MacIlvaine, president of Paramount Farming and co-chair of The Cancer Center Capital Campaign committee. “I hope this growth will not only be simple increases in population, but in quality of life as well. Top-quality medical care is near the top of any list of attributes essential for a thriving community.”

As co-chair, together with Chris Frank, MacIlvaine plans to make plenty of visits, spreading the word about The Cancer Center’s potential impact on the quality of life in Kern County. He’ll do this through his many personal contacts and by facilitating opportunities for SJCH staff to further illustrate the need for The Cancer Center.

Though there may be much work ahead for the SJCH Foundation, the Capital Campaign co-chairs and the many other supporters of The Cancer Center, it will be a true labor of love that will be rewarded when the facility’s doors officially open.

“Lots of people are doing lots of things to get this built,” said Frank, currently executive officer of the SJCH Foundation. “I have always been overwhelmed by the generosity of the people who work and live here and their dedication to making home better for them and the next generation.

“The future will always be bright because of the people who choose to make Bakersfield home,” she said. “From the SJCH employees who launched the campaign with historic giving to the Donald Cornforth family and their generous gift of \$1 million, the stage has been set, and as chairs for the campaign, we just have to follow the parade.”

See the story on the back cover to learn more about how the Capital Campaign works.

1. Surrounded by employee campaign ambassadors at SJCH's Employee Christmas Breakfast, Robert J. Beehler, president and CEO, announces the grand total of the Employee Giving Campaign: a record \$501,342!

2. Joe MacIlvaine and Chris Frank are the Capital Campaign co-chairs. MacIlvaine is the president of Paramount Farming, and Frank is executive officer of the SJCH Foundation.

Meet the co-chairs

HEALTH MATTERS caught up with the two recently named co-chairs of The Cancer Center Capital Campaign committee: Chris Frank and Joe MacIlvaine, both known for their longtime community involvement and service. We asked them to share their thoughts about the endeavor to bring a comprehensive, hospital-based cancer center here and what role they'll each play in that undertaking.

A strong partnership

For Joe MacIlvaine, co-chairing The Cancer Center Capital Campaign effort is an extension of his work with San Joaquin Community Hospital (SJCH) on the hospital Governing Board over the past several years.

Referring to The Cancer Center as a natural progression for SJCH, MacIlvaine cited the hospital's continued growth in size and services.

"I've watched and participated in the growth of the hospital and have seen it become one of the premier health care organizations in our community," he said. "The Cancer Center is the next step."

However, in order to reach the goal of \$5 million in donations, a

strong partnership must be forged between SJCH and the residents of Kern County, according to MacIlvaine.

"I see the community involvement in funding the center through the Foundation as an essential part of linking the hospital with the community," he said. "By partially funding this new facility, the community will become a partner in the enterprise and will have the opportunity to hold the administration and board accountable for the ambitious promises we are making about the quality of the facility and the care it will provide to our community."

Co-chair Chris Frank agreed, saying the time has more than come for our community to have access to the highest level of cancer care, right here in our own backyard.

"Bakersfield and Kern County are home, and the wonderful people who make up the fabric of our community deserve the best in health care," Frank said. "They deserve to have the ability to stay with their loved ones, in an environment in which they are comfortable and familiar while battling this terrible disease.

"Too often, families are touched by cancer, and it doesn't just affect

the person with the illness, it affects the entire family and their community of friends. They should not have to battle distance while battling this or any other disease."

Firsthand experience

It's something Frank knows all too well. Eleven years ago, her husband, Larry, was diagnosed with cancer. They chose to leave the area for his treatment.

"We found that we had few options in the diagnosis and treatment and became part of the 1 in 5 that travel outside of the community to seek the best in health care," she said. "The end result is that my husband has been cancer-free for 11 years, and we are thankful every day."

So when the plans to bring a top-notch cancer facility to Bakersfield were first being explored, Frank was on board with the concept right away, knowing it would receive the community support needed to become a reality.

"We have a great philanthropic community that continues to rise to the occasion when a need is identified—it is one of the special characteristics of this area," she said. "We are also blessed with a great many volunteers who have shown interest and dedicated their energies to this campaign and the vision of building this state-of-the-art Cancer Center."

FIGHTING **the** WEIGHT-LOSS battle

FEW BATTLES IN LIFE are as daunting as the fight to lose weight. That's because weight loss—whether 20 pounds or 200 pounds—is a head-to-head clash with your own courage and resilience. It's making the choice every minute of every day to resist temptation and do things that aren't fun, popular or convenient.

It's a fight won in the mind, not the stomach.

This is the story of Tony and Jocelyn.

Despite facing the same obstacles, each chose a different path to the ultimate goal. But in many ways their stories are the same: two people from the same side of town, struggling with the same lifelong insecurities, trying to climb the same mountain.



JOCYLYN'S STORY

SHE'LL NEVER FORGET the embarrassment of that moment. Still just a teenager, Jocelyn Freeman was with her family on their annual outing to Six Flags Magic Mountain. For many, including the Freemans, the climax of the day was a ride on the notorious and exhilarating Batman roller coaster.

Taking her seat—as close to the front as possible, of course—Jocelyn waited anxiously as the attendant passed by each cart to perform his final safety checks. After hours of waiting, the ride was almost ready to launch.

To her horror, when Jocelyn's turn came, her buckle almost wouldn't clip together. Humiliated, she closed her eyes and hoped for the dreadful moment to be over, and with a sharp click, it was.

But the scars from that day didn't disappear as easily.



Choosing to change

It wasn't until nearly a decade later that Jocelyn, then a nursing student weighing more than 320 pounds, made the decision to enter a weight-loss program.

"I said to myself, 'If I'm going to be a nurse, I'm going to have to change myself first,'" Jocelyn said. "I mean, how could I promote a healthy lifestyle to my patients if I wasn't living it?"

Jocelyn was 26 when she walked into San Joaquin Community Hospital's (SJCH) Bariatric Solutions for the first time. Though it was a physician referral that brought her there, it was the inspiration and expertise of the staff that made her stay.

"I remember talking to the director, Sheri [Seal-Bailey], who had lost more than 200 pounds after having a gastric bypass, the same surgery I was about to go through," Jocelyn said. "From that point on, I knew I could do it too."

☐☐ If I'm going to be a nurse, I'm going ☐☐
to have to change myself first.

Cheering on our weight-loss team participants!



1



2



3

1. Dressed in actual cheerleader uniforms, the always-supportive team at Bariatric Solutions hosted a “Field of Dreams” celebration for the success of their patients.

2. Sheri Seal-Bailey, the director of Bariatric Solutions at SJCH, announces some of her patients’ winning stats.

3. Mindi Lowe represents “Team Garcia” as “Team Bariatrics” rallies for its success stories as well as promotes the program for potential patients.

And she did. In fact, not only did Jocelyn lose more than 150 pounds through the weight-loss surgery, she’s kept the weight off for more than five years.

Fantastic support

Jocelyn credits many of the caregivers at Bariatric Solutions for keeping her on track and teaching her what she needed to do to be successful.

“On the first visit, I remember them telling me that weight-loss surgery was a tool and that if I didn’t change my lifestyle, I would gain the weight back,” Jocelyn said. “That hit me really hard. I didn’t want to go through all this pain only to gain the weight back later. With

the support of my family and the caregivers at Bariatric Solutions, I’ve been able to change my life.”

Jocelyn never forgot that day at Magic Mountain—and she’ll never forget the first time she went back after her surgery. Standing at the entrance to the Batman roller coaster, the memories poured back into her mind.

But this time, something was different. As the attendant approached to buckle her in, the anxiety that used to shake her to the core was firmly in the past. In its place, there was simply joy.

“Well,” she finally admits, “maybe there were a few nerves. I thought I might slide out of my harness.”



Help is here

Is your weight-loss journey leading to Bariatric Solutions? We’re here for you.

Call 661-869-6760 or visit www.bariatricsolutions.org to learn more.

TONY'S STORY

FOR HOUSEHOLDS around the world, the holiday season is a joyful time spent with family and friends, rejoicing in a year safely navigated and eagerly anticipating the start of something new.

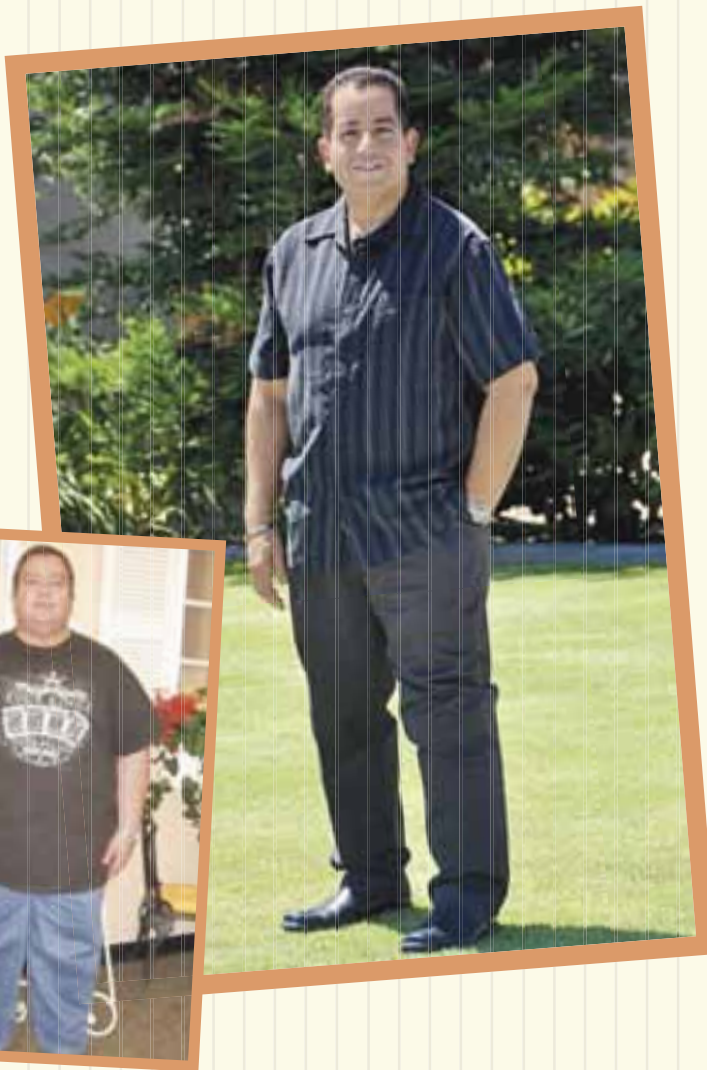
But for Tony Rodriguez, thinking about the future produced only fear—fear that he wouldn't be there for the person who needed him most.

You see, at more than 425 pounds, Tony was slipping into what seemed like insurmountable obesity. Though he hadn't experienced any severe health complications yet, his family knew that day was coming.

"We were sitting around the table having Christmas dinner in 2008," Tony said. "That's when my sister and my parents began sharing concerns about my weight. They were worried about my little sister and who would take care of her when they weren't able to."

At 33, Sabrina Rodriguez has the education level of a 7-year-old, because of complications from lupus, a chronic autoimmune disorder. Handicapped by the disease, along with severe arthritis, she's completely dependent on those around her.

Without mincing words, Tony's parents



Sure, I did this for my own good. But even more, I did this...for my family.



All of the caregivers at Bariatric Solutions have actually gone through one of the weight-loss programs themselves. To learn more about what we offer, call 661-869-6760 or visit www.bariatricsolutions.org.

told him that, as they got older, the burden of providing for his sister would fall on him.

“That’s when they told me I needed to take better care of myself, so that I could take better care of her,” Tony said. “My sister Sylvia, who works at San Joaquin Community Hospital (SJCH), recommended that I look into Bariatric Solutions, the hospital’s weight-loss program.”

In February 2009, Tony entered the program with the intent of having weight-loss surgery. In order to have the procedure, however, he needed to lose 10 percent of his body weight. Working with the Bariatric Solutions team, Tony began using the clinic’s Health Management Resources (HMR) meal-replacement products to accomplish that goal.

Surprising success

That’s when the weight started flying off. In fact, the HMR products proved so effective for Tony that his weight-loss counselor recommended sticking with that approach, rather than moving forward with the more invasive surgical option.

Two years later, Tony reached a major milestone: He’d lost 200 pounds!

Although he’s achieved radical success, Tony makes it a point to continue surrounding himself with people who will hold him accountable.

“I still go to the support groups at Bariatric Solutions every Tuesday,” Tony said. “Throughout my entire journey, the

team has been so helpful. I remember one time I hit a plateau and didn’t lose any weight for weeks. They helped me get through that stage—I couldn’t have done it without them.”

A new life

Like others who’ve lost extreme amounts of weight, Tony knows that the secret is in a lifestyle change, rather than a quick fix.

“Before I lost the weight, I could barely walk down the street without feeling winded,” Tony said. “Now I go to the gym every morning and do at least five miles on the elliptical machine without having any problem. In fact, it’s the best part of my day.”

But for Tony, the battle is far from over. A self-admitted fast-food addict, he faces multiple temptations every morning on his short drive to work. In those moments, he summons strength not from his own journey, but from his little sister he’s dedicated his life to.

“Whenever I feel like I’m going to slip, I think about my little sister and how her struggles are 10 times worse than mine,” Tony said. “Sure, I lost weight for my own good. But even more, I did this for her and for my family, so they can have peace of mind knowing that I’ll be there when she needs me the most.”



Your life can change too—call today

Jocelyn and Tony are just two of the patients whose lives have been changed by the staff at Bariatric Solutions at San Joaquin Community Hospital (SJCH). Unlike with other weight-loss programs, each patient—whether on the surgical track or the meal-replacement track—is medically supervised by licensed professionals.

In fact, all of the caregivers at Bariatric Solutions have actually gone through one or the other of the programs themselves and experienced the same life-changing results as their patients. When Bariatric Solutions staff members share their stories, their struggles and their successes with their patients, they are speaking from the heart as well as the mind.

They’ve been there! And they’ll be there for you too.

What are you waiting for? Win the fight in your mind—and contact Bariatric Solutions today! Call **661-869-6760** or go to www.bariatricsolutions.org.

To see an inspiring message from Bariatric Solutions, scan the code below with your smartphone.





We sure made great strides!

San Joaquin Community Hospital (SJCH) and Quest Imaging, the top-notch radiology facility the hospital partnered with in December 2010, are proud to announce the phenomenal success of the American Cancer Society's (ACS) first Making Strides Against Breast Cancer Walk in Bakersfield.

The 5K walk—held in October 2011—started and ended at Quest. Thanks to the enthusiasm and generosity of Kern County residents, the event earned nearly triple the original fundraising goal!

Once again, SJCH showed the ACS how much we care and how important our Quest For A Cure is!

We had
1,224
walkers

We raised
\$64,527
total



Relive the glamour of old Hollywood

The American Cancer Society of Kern County presents "Grand Hollywood Love Stories" on Saturday, Feb. 11, at the Petroleum Club, 5060 California Ave.

San Joaquin Community Hospital (SJCH) is a proud sponsor of this annual event. The gala honoree, the event chair and other Kern County

leaders will capture the magic of old Hollywood at a glamorous evening up on the 12th floor of the Petroleum Club. Participants will indulge in fabulous foods, bid on auction treasures and enjoy lively music.

Tickets are \$150 per person. For more information and sponsorship opportunities, call **661-327-7827**.

Cancer group addresses Congress

More than 500 American Cancer Society Cancer Action Network (ACS CAN) volunteers and staff from all 50 states and nearly every congressional district gathered in Washington, D.C., from Sept. 25 to 28 for the fifth annual ACS CAN Leadership Summit and Lobby Day.

Cancer patients, survivors, caregivers and their families united

to ask their members of Congress to support funding for cancer research and prevention programs.

San Joaquin Community Hospital (SJCH) was recognized at the event as an ACS partner and the only hospital from California with a commemorative banner displayed at the U.S. Capitol Reflection Pool.



Going gold! SJCH's Annual Report receives international award

The San Joaquin Community Hospital (SJCH) 2010 Annual Report received a Gold Award at the 2011 MarCom Awards. The award category was in "Design (print)/Annual Report."

The 2010 Annual Report cover featured the artwork of Linda Osburn and Mike Barker, both local artists. They were among a group of artists commissioned to create special 3-D hearts for the SJCH Foundation's "A Grand Affair of the Heart" fundraiser, which officially marked the hospital's 100th anniversary. Award-winning photojournalist Felix Adamo photographed the cover art, along with all the other images in the report.

The MarCom Awards is an international creative competition that recognizes outstanding achievement by marketing and communication professionals. Judges look for companies and individuals whose work exceeds a high standard of excellence. More than 6,000 entries from throughout the United States, Canada and several other countries were received. The Gold Award is presented to the entries judged to exceed the industry norm.

"This award is a true honor," said Jarrod McNaughton, vice president of marketing and business development at SJCH. "Our Marketing Department always produces high-quality publications

to share with our community. To be recognized for that by the MarCom Awards, at this competitive level, motivates us to raise the bar even more."

To view the award-winning SJCH 2010 Annual Report, go to www.sjch.us/news-room/annual-reports



or scan the QR code with your smartphone. For more on the services and programs SJCH offers, visit www.sjch.us.



Employees support Toys for Tots drive

When a few good men have to go back for more boxes because a toy drive far exceeds expectations, that's the stuff of true Christmas spirit!

It's also exactly what happened when San Joaquin Community Hospital (SJCH) employees' efforts for the U.S. Marines Toys for Tots toy drive brought in nearly 800 toys!

As wonderful as the response was, the Marines weren't quite ready for it and had to travel back to their offices for additional containers.

Employees and their families were attending the hospital's annual Christmas Breakfast, held in a large event tent set up along Chester Avenue and 28th Street.

The call had gone out to bring a new, unwrapped toy, and SJCH employees more than answered it!

As one grateful, yet overwhelmed, Marine said: "I want SJCH's employees to know that their generosity will touch many hearts this Christmas."

SJCH launches mobile-friendly website

Nearly six months after San Joaquin Community Hospital (SJCH) launched its redesigned website, the hospital has launched a companion mobile-friendly website.

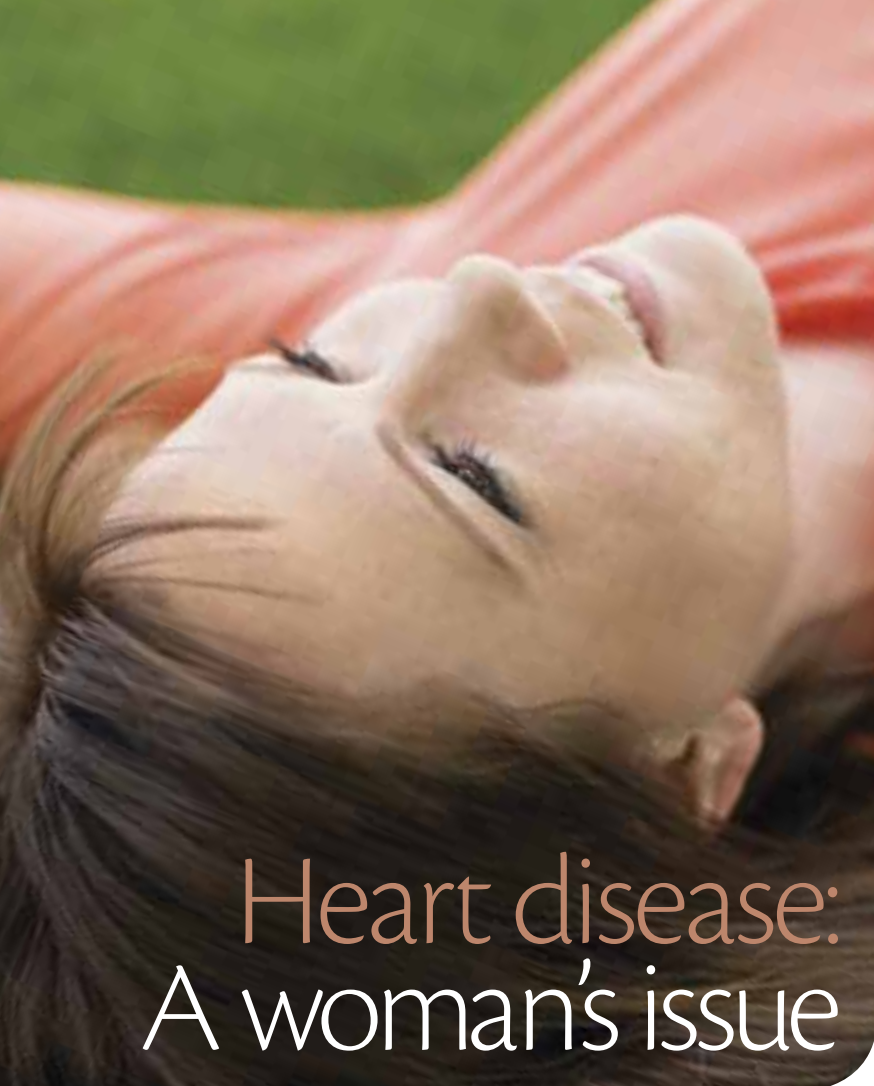
The site, which can be accessed by going to www.sjch.us on a smartphone or tablet (try the QR code at right), provides an easy way to get directions to SJCH or one of its outpatient clinics, find an important phone number or get the latest in health care news.

"We're really excited about our mobile site," said Jarrod McNaughton, vice president of marketing and business development. "At SJCH, we pride ourselves on utilizing advanced technology and groundbreaking treatments to take exceptional care of our patients. However, we also know the importance of bringing hospital information to our community in an attractive and user-friendly way."

The mobile site is just one of

the recent web-based advances the hospital has launched. In conjunction with Krames Staywell, the largest health content provider on the web, SJCH recently rolled out an integrated health library on the hospital's main website. The health library includes access to the latest health information, daily podcasts and health assessment tools. To access the health library, go to www.sjch.us and click "Health Library" at the top of the page.





Heart disease: A woman's issue

Heart disease isn't just for men. Among all American women who die each year, 1 in 4 dies of heart disease. It is the No. 1 killer of U.S. women.

Make it personal

To help reduce your risk of becoming another woman and heart disease statistic:

Control your blood pressure and blood cholesterol levels. Have your blood pressure checked every one to two years and your cholesterol levels tested at least once every five years. Abnormal cholesterol and blood pressure levels, both of which raise the risk for heart disease, can usually be managed through lifestyle changes and medications.

If you're 45 or older, get screened for diabetes. People with diabetes have high blood sugar levels, which can increase the risk of cardiovascular disease. Proper management of blood sugar, however, can help lower that risk.

Maintain a healthy weight. Being overweight is a major risk factor for heart disease. A healthy diet and regular exercise are the best ways to lose extra pounds. Choose foods low in saturated fat and cholesterol, and eat a variety of vegetables, fruits and grains—especially whole grains—daily. And try to get at least 30 minutes of exercise every day.

If you smoke, try hard to quit. Smoking harms your heart and is particularly dangerous if you also take birth control pills. Ask your health care provider for help in quitting.

American Heart Association; U.S. Department of Health and Human Services

"UNTIL I HAD a heart attack myself, I thought heart attacks were for old men."

Unfortunately, just like the 50-something woman who said those words, too many women still believe heart disease is a man's disease.

Yet among all American women who die each year, 1 in 4 dies of heart disease. It is the No. 1 killer of women in this country.



Go Red For Women Luncheon and Workshops

Thursday, Feb. 9

9 a.m. to 2 p.m.

Bakersfield Marriott at the Convention Center
801 Truxtun Ave.

SJCH is a proud sponsor of this event, which will offer lunch, workshops and shopping! Plus an inspirational tale from two former *Biggest Loser* contestants!

For more information, contact Ashley Vorhees at 661-327-1173 or ashley.vorhees@heart.org.

The not-so-glamorous side of smoking

Maybe you started smoking as a teenager because that's what the so-called cool girls did. Or maybe your mom or your sister smoked, and you grew up thinking it was no big deal. Or maybe you turned to cigarettes to help cope with a one-time stressful situation, and you got hooked.

Whatever the reason you began smoking, maybe it's time to finally quit.

A LETHAL DRAG

You probably know that smoking can cause

lung cancer—the leading cancer killer of women.

But you may not know that smoking can also trigger a host of other cancers—such as cancer of the cervix, pancreas, esophagus and stomach—or that it can significantly increase your risk for cardiovascular problems, such as heart disease and stroke.

Smoking also shortens women's lives. On average, women who smoke die 14.5 years earlier than women who don't smoke, reports the Centers for Disease Control and Prevention.



Meet the foundation board chairman

RON FRAZEE knows the meaning of dedication to a good cause.

Though he is now retired, he spent 25 years with the Bakersfield Fire Department, nearly half of them as fire chief.

As a member of the San Joaquin Community Hospital (SJCH) Foundation Board—he is currently its chairman—for the last three-plus years, he continues to be immersed in the community that he and his family call home.

Frazee actively championed The Grossman Burn Center at SJCH. He was the co-chair of the Burn Committee, and with his help, this vital addition to Bakersfield's health care scene continues to exceed all expectations.

HM What is it that motivates you to be associated with SJCH and serve on this board?

RF I have seen the difference that SJCH has made in our community, and I wanted to be part of its positive influence on our community and the citizens we serve.

HM As a former fire chief, you've participated in a great many community programs—why do you think this is that important for people to do?

RF Being involved in our community makes a huge difference in how our community thrives. Everyone has something to add; the trick is to find your niche and go for it. I feel it is important that everyone give back.

HM For the next year, the Foundation is embarking on a rather large endeavor with the launch of the Capital Campaign to raise funds for The Cancer Center at SJCH—how are you feeling about this impending task?

RF The new Cancer Center that SJCH is bringing to Bakersfield and the surrounding communities is of paramount importance. We will be offering essential services to patients at a crucial time in their lives, and the goodness and blessings of God

will accompany us every step of the way. I know in my heart that our community will wholeheartedly embrace this project and fully commit to its success.

HM Tell us about retired life—what are you up to? Are you traveling? New hobbies or interests?

RF Ironically, it seems like I am busier now than ever. Between my wife, my 12-year-old son, the four boards I sit on and my church, my time is well-occupied. I do enjoy restoring antiques; as a matter of fact, I just finished restoring a 1950s theater popcorn machine. We enjoy traveling when our schedules allow it. I wrote most of this from the coast, and we have Jamaica on the calendar, so we are getting in a little travel time.

HM Why do you think Kern County residents respond so well to good causes?

RF I have lived in Kern County (Bakersfield) most of my life. Although I have seen many changes in our community, one thing remains a constant, and that is the caring people who live here. Our community goes out of its way to support a good cause that will enhance the quality of life here in Bakersfield. We have grown into a large city, but we've never lost that small-town feel.

Name

Ron Frazee
Chairman of the San Joaquin
Community Hospital
Foundation Board

Family

I have been married to my wife, Shelly, for more than 13 years. I have three great kids: my daughter Stephanie, 31 (who gave us our first grandbaby, Addie); my son Matt, 20 (who's in the Navy); and my son Zack, 12 (who is a godsend). We have two great dogs—our pointer, Lady, who is 9 years old, and our Yorkie, Ellie, who is 3 months old.

Numbers to Know

Patient Information/
Main Hospital.....661-395-3000
Bariatric Solutions—Surgery.....661-869-6750
Bariatric Solutions—
Meal Replacement.....661-869-6760
Children's Mobile
Immunization Program.....661-869-6740
Foundation.....661-869-6570
Home Care Services.....661-869-6700
Human Resources.....661-869-6600
Job Hotline.....866-744-9313
Patient Billing Office.....661-869-6800
The Wellness Center.....661-869-6580
TTY for the Hearing Impaired..661-323-7629

 www.sjch.us

San Joaquin Community Hospital

 Adventist Health

2615 Chester Ave.
Bakersfield, CA 93301

Nonprofit Org.
U.S. Postage
PAID
Merced, CA
Permit No. 1186



You can find more information about our current Capital Campaign on our website, www.sjch.us.



A capital idea

When you give...to our Capital Campaign

SOMETIMES THE BEST WAY to reach a goal is to set a deadline. That's the idea behind a capital campaign, a fundraising drive with a particular focus and a set time in which to meet it. For the San Joaquin Community Hospital (SJCH) Foundation in 2012, the focus of its Capital Campaign will be The Cancer Center, to be located across the street from the hospital.

The estimated cost of the 60,000-square-foot, state-of-the-art facility is \$36.2 million. Of that amount, the Foundation must raise \$5 million. Thanks to a great kick-off with the Donald Cornforth family's \$1 million donation, plus contributions from 77 percent of all SJCH employees and from local businesses and individuals, more than \$2 million has been raised!

Nearly 1 in 5 cancer patients in Kern County leaves the area for treatment, a major reason to bring cancer care closer to home. The support system of family and friends is recognized as a valuable tool in the fight against cancer. With The Cancer Center at SJCH, that network can now be nearby—because “When you give ... Cancer Care is close to home.”

Join us. If you would like to become a part of this vital new center by giving of your time or with a financial donation, call the SJCH Foundation at **661-869-6570** or email sjchfoundation@ah.org. You can also go to www.sjchgiving.org.