

SPRING 2017

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Ridgecrest
REGIONAL HOSPITAL

DEAR friends

We are already in the 2nd quarter of 2017 and the year is going by too fast. We've had an exciting first quarter at Ridgecrest Regional Hospital (RRH) with the introduction of new services, providers and a new website.

I am pleased to welcome our **new providers**, Dr. Richelle Azores (RHC Pediatrics), Dr. Luigi Cendana (SSMC Pediatrics) and Dr. George Rivello (Podiatry).

The hospital's most recent health needs assessment revealed that cancer treatment is considered the third most significant healthcare issue and service gap for the community. With that in mind, RRH has successfully established a partnership with **UC Davis Cancer Network**. It's the premier cancer network in California and we are delighted they accepted Ridgecrest into the network. The ultimate goal of the partnership is to provide high-quality local cancer care options for Ridgecrest and the surrounding areas.

We also introduced the **Occupational Medicine Clinic** and **Senior Services** to serve our local employers and seniors, respectively. Visit our website www.rrh.org for more information about these services. We've revamped our website with fresh look and the goal of providing up-to-date information about the hospital and health services at your fingertips. We welcome your feedback. Please call 760-499-3910 for any feedback and suggestions.

~ James Suver, President/CEO
Ridgecrest Regional Hospital



CONGRATULATIONS EMPLOYEE OF THE YEAR

Jean Robbins
FOR THE YEAR OF 2016

Jean is a RN Case Manager at RRH.

According to co-workers, there are not enough words to describe what a great asset Jean Robbins is to Ridgecrest Regional Hospital and to the community. Jean is an RN Case Manager who uses a "diverse approach to the individual needs of the patients and their families." She is not only compassionate but knowledgeable and willing to go the extra mile for patients and staff alike. She goes above and beyond every working day and her positive attitude shines through every situation.

RRH is proud and privileged to have Jean on our team and we thank her for her service.

RRH EMPLOYEES OF THE MONTH



DOMINIQUE WALTERS
JANUARY 2017



DEBRA ROGERS
FEBRUARY 2017



VENISSA SAUNDERS
MARCH 2017



STEVEN PRICE
MARCH 2017



SENIOR SERVICES

Ridgecrest Regional Hospital

Senior Services of Ridgecrest Regional Hospital is dedicated to ensuring maximum independence and dignity in a home environment to seniors (60+) and adult disabled residents of the Indian Wells Valley and the Rand District with Kern County. Partially funded through the Kern County Department of Aging this program is a result of the Older Americans Act of 1965.



INTRODUCING THE OCCUPATIONAL MEDICINE *clinic*

Occupational Medicine Clinic at Ridgecrest Regional Hospital provides a central location for all occupational medicine services. Our goal is to help employers keep their workers well and safe.

Anytime you need to see a doctor due to work-related issues, seek out an occupational medicine clinic.

- Drug and alcohol screening for new or continued employment
- Blood borne pathogen screening
- Post-accident screening and testing
- Return to work and fitness for duty exams
- EKGs
- X-rays
- Hearing test
- Flu shots
- Immunizations
- Lab work, including blood testing
- Worker's compensation
- Respiratory surveillance and evaluations
- DOT physical exam / DMV licensing
- HazMat physical exams
- Flight physicals
- Sports physicals
- Pre-employment physicals for employees in various industries such as healthcare, explosive handlers, forklift and crane operators

OUR PROVIDERS



Larry Cosner, M.D.



Susan Hammon, N.P.



Christian Schwartz, P.A.-C.

There are 3 Components to Senior Services

1. Information and Assistance - this program provides free assistance to seniors with identifying programs and services to ensure their needs are met. Some of these services include:

- A. Transportation referrals
- B. Meals on Wheels referrals
- C. Information regarding caregiver support groups
- D. Alzheimer's Disease information, including applications for respite grants.
- E. Assistance completing basic forms.

2. Case Management - basically provides the above services but for an individual who may need extra assistance. These folks require short-term assistance, either on a weekly or monthly basis.

3. Homemakers Program - this program provides non-medical housekeeping services in the home. Examples are light housekeeping, laundry, meal prep, grocery shopping and socialization. Most folks receive

"I recently met with two clients who are with the homemaker program and they described their homemaker as "an angel who is so good to me and I could not be more happier with this service," another one said, "I am so grateful for my homemaker and this program."

~Susan Bodnar



NEW PROVIDERS AT RRH



Luigi Cendana, M.D.
Pediatrician (Board Certified)
760-446-6404

Dr. Cendana was born in West Covina, California, and raised in Jersey City, New Jersey since the age of seven. He earned his undergraduate degree from Rutgers University with concentrations in the fields of nutritional sciences and biochemistry.

Following medical school, he entered pediatric residency at the Children's Hospital at Palms West Hospital in Loxahatchee, Florida. Since completion, he has been serving Palm Beach and Brevard counties in Florida as an outpatient Pediatrician and Pediatric Hospitalist, respectively.

"Well visits are one of my favorite parts in the field of Pediatrics. It provides an opportunity to ask questions regarding overall health, including mental, social and physical health. As a cornerstone, I seek to provide anticipatory guidance during this time to promote good health and to hopefully steer children away from poor choices. It is also during these visits that a relationship built on trust can start to formulate between the physician and the family." says Dr. Cendana

His favorite quote – "Children Are Our Greatest Treasure. They Are Our Future" by Nelson Mandela.

Dr. Rivello specializes in the care of sports injuries, diabetic wound management, and common disorders of the foot and ankle. With an undergraduate degree in Computer Engineering from California State University in Sacramento, Dr. Rivello obtained Doctorate in Podiatric Medicine from California School of Podiatric Medicine in San Francisco Bay Area with honors. He pursued Podiatry residency with Scripps Hospitals in San Diego, and the final year brought him to Sacramento where he trained at Kaiser Permanente.

His approach to treatment begins by engaging with his patients to better understand their concerns to ease their pain.

"Working at Ridgecrest Regional hospital gives me the opportunity to enjoy the slower pace of life, less traffic and pollution, and provide care to an undeserved community deserving of high quality medical and surgical care. I am fortunate to have a lovely wife and two daughters, as well as two dogs which I enjoy very much", he says.



George Rivello, D.P.M.
(Foot & Ankle Surgery)
760-499-3277

Susan Hammon is a Nurse Practitioner at RRH Occupational Medicine Clinic.

Susan has lived here in the valley since 1983. She was born and raised in Ohio, until her family started west. She went to high school in Arizona and Colorado; ergo, she is a HUGE Denver Broncos fan.

Susan worked in Occupational Medicine for thirty years on the China Lake Naval Base prior to coming to Ridgecrest Regional Hospital to initiate our Occupational Medicine Clinic.

Susan is married with three grown children and six grandchildren. At home, she has five dogs (wow!), two horses and two mules. Susan enjoys horseback riding, playing bridge and taking trips to Kennedy Meadows.



Susan Hammon, N.P.
760-499-3580

Dr. Richelle Bautista-Azores is board certified by the American Board of Pediatric. She received her medical education at Far Eastern University-Nicanor Reyes Medical Foundation School of Medicine in Quezon City, Philippines, and completed her residency in Jersey Shore Medical Center in Neptune, New Jersey. Additionally, she completed a fellowship in Developmental and Behavioral Pediatrics at the University of Maryland at Baltimore.

Her specialties include Childhood Developmental and Behavioral Issues including but not limited to: ADHD (inattentive, hyperactive-impulsive, or combine type); Autism Spectrum Disorders; Down Syndrome; Spina Bifida; Congenital and Metabolic Disorders; and Other Neurodevelopmental Disorders.



Richelle Bautista-Azores, M.D.
Pediatrician (board certified)
760-446-6404

PEDIATRICS

corner

Aaaaachoooo

By: Dr. Luigi Cendana

Constant sneezing, congestion, and runny, itchy nose are some of the most common symptoms that pediatricians see during this time of the year. These constellation of symptoms may lead to the diagnosis of allergic rhinitis (commonly known as hay fever.)

Allergic Rhinitis refers to an allergic reaction resulting in inflammation of the nasal mucosa and passageways of the upper respiratory tract. This condition affects between 30 to 60 million people all around the United States, and affects approximately 40% of children.

The aforementioned symptoms can affect one's life dramatically. Imagine sneezing every few seconds while you are out playing tennis or constantly grabbing tissues for your runny nose as you are trying to complete your math homework. As a result, rhinitis is a cause of significant cause of lost work and school days.

There are a few ways to relieve yourself of these symptoms. The primary and most effective method is to avoid the allergen. An allergen is a trigger that the human immune system responds to and generates the symptoms (i.e. runny nose, congestion.) Common allergens may include:

- pollen
- cockroaches
- pets

To elucidate what these allergens are for you, speak with your pediatrician or it may be necessary to seek the consultation of an allergist.

So stop reaching for those tissue boxes, sniffing and crinkling your nose and discuss your symptoms with your local pediatrician, who has the medical toolbox to make this time of the year bearable!



IT'S THAT TIME OF
YEAR AGAIN...

BACK-TO-SCHOOL PHYSICALS

It's already time to start thinking about back-to-school physicals! The American Academy of Pediatrics recommends a **yearly** physical for all school-aged children.

Many summer camps, schools and sports also require sports/camp physicals.

TWO LOCATIONS TO CHOOSE FROM



Rural Health Clinic

760-499-3846

1111 N. China Lake Blvd. Ste. 501

**Southern Sierra Medical
Clinic**

760-446-6404

1041 N. China Lake Blvd.





LEFT TO RIGHT:
Jan Roberts, Gil Cornell,
Betty Phillips, RN
and Eric Wicker, RN

celebrating GENEROSITY & GRATITUDE

The RRH Development Foundation began providing philanthropic support to Ridgecrest Regional Hospital in 2014. Since that time, our generous donors have given \$224,000.

The secret to our success? It's all about our donors! We wish we could share every one of the encouraging comments our donors have made, but here are a few:

"RRH cares greatly for the community it serves. They provide 1st class service to their patients/patrons."

"We have seen the tremendous progress made at RRH due in large part to the leadership of Mr. Suver and would like to help sustain that progress."

"I want to see our hospital grow and be able to offer more to our hardworking community."

"I think the hospital is a great community resource and should be supported."

One of our most amazing donors and grateful patient recognized each of three hospital employees with a leaf on our Tree of Life. Mr. Gil Cornell told us that the team in our Cardiac Rehab department not only saved his life, but gave him a quality of life he had not thought possible. Now that's gratitude and generosity for all to see.

Be a Part of the Good Things Happening at RRH – Make a Gift to RRH Development Foundation.

For more information, please contact Tamara Tilley at (760) 499-3955, by email at tamara.tilley@rrh.org, and check us out of the web at www.rrh.org.



RRH RIBBON RELAYERS

**ANNOUNCE THE KICK OFF
FOR RELAY FOR LIFE 2017
SEPTEMBER 30TH & OCTOBER 1ST**

Relay For Life is a community based fundraising event of the American Cancer Society. Each year, more than 5,000 Relay For Life events take place in over twenty countries. Events are held in local communities, campus universities and in virtual worlds. As the American Cancer Society's most successful fundraiser and the organization's signature event, the mission of Relay For Life is to raise funds to improve cancer survival, decrease the incidence of cancer, and improve the quality of life for cancer patients and their caretakers.

Cancer has touched all of us in some way. And we want to stop this disease in its tracks. We'll spend the next few weeks fundraising for the American Cancer Society. Then, on the day of the event, we'll honor the lives lost to cancer, celebrate survivors, and support the caregivers who so selflessly help others.



**TOGETHER, WE'LL BE A PART OF MAKING A
DIFFERENCE IN THIS IMPORTANT CAUSE.**

Please contact Team Captains Jenifer Griffin or Janice Kern at 760-446-3551 or go to relay.acsevents.org if you would like to be a part of the Ridgecrest Regional Hospital team for Relay 2017.

TEAM CAPTAINS:
Jenifer Griffin (left)
Janice Kern (right)



COMMUNITY GROUPS

OFFERED BY RIDGECREST REGIONAL HOSPITAL

alzheimer's association®

Alzheimer's Caregiver Support Group

A safe place for caregivers, family and friends of persons with dementia to develop a support system, talk through issues and ways of coping and learn about community resources.

Diabetes Support Group

Learn more about diabetes and how it affects your body. Learn how to improve your blood sugar control and new medications being offered and share day-to-day struggles with fellow companions.

Grief Support Group

This group addresses: the 5 stages of grief; growing and developing through tough times; and providing a time to share and heal.

Journey to Happiness Caregivers Support Group

Care giving encompasses a wide range of roles including caring for a chronically ill spouse, disabled family member, friends in the neighborhood, grandparents caring for difficult grandchildren or even care-giving as a career. This Caregiver Support Group will be a place to talk, recharge, smile and learn.

Journey to Happiness Seniors Group

The Journey to Happiness Seniors Group, sponsored by RRH, is a weekly meet up group and is offered to all seniors of the community at no cost. It provides an opportunity for seniors to come together on a journey of maintaining happiness, joy and quality of life.



Silver Sneakers Fitness

RRH OFFERS THE SILVERSNEAKERS PROGRAM, the nation's leading exercise program for active older adults. Have fun and move to the music through a variety of exercises designed to increase muscular strength, range of movement and activities for daily living.

Seniors Gentle Chair Yoga

Gentle chair yoga for seniors helps improve mobility, balance and strength.



FOR MORE INFORMATION, LOCATION AND SCHEDULE FOR EACH OF THESE PROGRAMS, PLEASE VISIT: [HTTP://RRH.ORG/INFO-RESOURCES](http://rrh.org/info-resources) OR CALL (760) 499-3825

Ridgecrest REGIONAL HOSPITAL

RIDGECREST REGIONAL HOSPITAL
1081 N. CHINA LAKE BLVD.
RIDGECREST, CA 93555

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WWW.SQUAREPRINT.COM

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THE ALL NEW RRH.ORG

Welcome to the newly renovated
WWW.RRH.ORG. Our new site includes:

- Patient Portal - Through the online patient portal you may access health records online including vitals, allergies, lab test results, medications and immunization records.
- Online Bill Pay - Through our Online Business Office, you can pay your hospital bill at anytime from the comfort of your home. It's secure, simple & available to you 24/7.
- Online Phone Book - Your one-stop-shop for contact information & location details for billing inquiries, hospital services and providers associated with RRH.

And much more...

VISIT THE NEW CENTER PHARMACY

A SERVICE OF RIDGECREST REGIONAL HOSPITAL

Center Professional Pharmacy has offered fast, friendly service to the IWBV community for over 40 years. Now part of the Ridgecrest Regional Hospital family of healthcare services, Center Pharmacy also supports the Hospital's two Skilled Nursing Facilities, Bella Sera, and the TCRU (Transitional Care and Rehabilitation Unit).

We accept most major prescription insurance plans. Center Pharmacy features a variety of over the counter medications, first aid supplies, and more.

CALL (760) 446-4141 FOR MORE INFORMATION

