

FALL/WINTER 2020

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RIDGECREST REGIONAL HOSPITAL

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UPDATED RRH CAMPUS MAP

   RRH.ORG

DEAR FRIENDS

Despite the challenges of 2020, I am proud to say that Ridgecrest Regional Hospital continues to grow in its ability to provide our rural communities with first-class health care. In recent months, we have seen the devastating closure and reduced operations of our local businesses. Despite this, we have continued to push the envelope at RRH with the services and programs we have continued to expand and make available for our patients.

Back in August, the RRH Cancer Center launched our first lung screening program using low dose computed-tomography (CT) scans in an effort to detect the onset of lung cancer in its earlier stages, which will greatly improve the level of care we are able to provide for our community by increasing survival rates.

In an effort prevent social distancing from becoming social isolation, particularly for our senior population, I am pleased to say that the majority of our community outreach programs are now being offered virtually, helping to keep those members of the community most at risk of isolation more "connected".

We continue to bring new providers to RRH including a new substance and abuse counselor, pediatricians and emergency department physicians. As part of our recruitment efforts, the Bella Sera Skilled Nursing Facility is preparing to welcome its third cohort of students into our Certified Nursing Assistant program this November.

As always, I'd like to continue to thank our community for standing together in the wake of recent events and keeping up with recommended and mandated guidelines from public health officials. Lastly, please remember to help us to help you by getting your annual flu shot early. It really is more important than ever this year, as we continue this fight together...

IT'S FALL!

It seems impossible yet perfectly understandable that 2020 is almost behind us. What an interesting, challenging and almost surreal year. Despite all of the uncertainty, changes in plans, canceling of events, etc., I am again so amazed at what this community does to support and empower itself.

Although we were unable to hold the Women's Health and Wellness Expo we decided to carry on and turn the challenges we were facing into positives by expanding our way of thinking and again, I am pleased with what the Foundation has accomplished so far this year.

With the support of this great community the Foundation has raised just over **\$224,000.00** to date this year alone. With the launch of the Cancer Center campaign in January and the onset of Covid, this community has assumed an even more dedicated role in supporting our hospital which is evident by the donations.

The Butterfly Boutique officially reopened on August 21, 2020 after having been closed for almost six months and not only were our customers happy to see it reopen, so were our volunteers. Most of the volunteers have been with the boutique since it opened over four years ago and because of them, the boutique continues to



KIMBERLY METCALF
RRH Foundation Director

financially support Hospice Services at Ridgecrest Regional Hospital.

The "Gala to Go" is behind us and not only did we sell-out the event, we acquired new donors and supporters despite the fact we were unable to hold the event at a venue. This event also raised **\$32,700.00** for the Cancer Center.

It just goes to show you that not only do we live in an amazing and uplifting community, with a little creativity and flexibility we can turn any obstacle into a positive.

I know I say this often but I would be remiss if I did not once again say that we are all so fortunate to live a community large enough to make a difference yet small enough that we can see the difference we have made. I thank you all not only for contributing to the Foundation and our community, but for making my job so rewarding and fulfilling. *Happy Fall Y'all!*



JAMES A. SUVER, FACHE,
President /Chief Executive Officer

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PHOTO ALBUM



Ridgecrest Regional Hospital

Our hard-working maternal child team were blown away when a patient presented them with this wonderful gift, recognizing all they do! Thank you for making all on B-wing feel very much appreciated!



Ridgecrest Regional Hospital

We would like to thank MOMS Club of Ridgecrest and our Ridgecrest community for their continued donations of masks. We were able to handout masks to our Bella Sera Residents. We really appreciate everything you do!



Ridgecrest Regional Hospital

The hospital presidents of Kern County, including Jim Suver of Ridgecrest Regional Hospital, recently made a powerful and collaborative Public Service Announcement in hopes of encouraging our community to stay safe. By wearing a cloth mask, you can help Keep Kern Open!



Ridgecrest Regional Hospital

RRH would like to give a big shout-out to Jack in the Box for providing 100 meals to our healthcare workers. On Wednesday July 29th, Jack in the box store #3314 from Ridgecrest prepared delicious breakfast and lunch items.



Ridgecrest Regional Hospital

RRH EMS provider Liberty Ambulance arrived on scene at the Stagecoach Fire near Havilah, CA recently. Liberty paramedics and EMTs were on hand for standby support, assisting with any medical conditions arising as a result of the fire.



Ridgecrest Regional Hospital

The Bella Sera knows how to think outside the box and onto the farm for their residents! They held their first annual Bella Sera Traveling Farmer's Market. Walking around with a wonderfully decorated cart, the staff brought fresh veggies and fruit, lemonade, zucchini bread, and more to the residents that were socially distancing in their rooms.



Ridgecrest Regional Hospital

RRH employees participated in #RAABLUe sporting the RAA "Inclusion" t-shirt in support of Ridgecrest Autism Awareness. Thank you Ridgecrest Autism Awareness for continuing to spread awareness and for all your organization does to support the families in our community.



Ridgecrest Regional Hospital

A special thank you to Village Miracles who dropped off bags filled with thoughtful gifts to our RRH Cancer Center patients the other day. These amazing bags contained- Blankets, Masks Amazon gift cards, Amazon Kindle, Fire pads, Activity books Along with many other things our patients can use daily!

NEW PROVIDERS

AT RIDGECREST REGIONAL HOSPITAL



ANNE SCHUCKMAN, M.D.
USC Urology, Keck Medicine of USC
RRH Urology Clinic

Dr. Anne Schuckman graduated from Stanford University, and completed her medical training at the University of Southern California School of Medicine. She completed her residency training at LAC+USC Medical Center and her fellowship in urologic oncology under Dr. Donald Skinner at USC Norris Comprehensive Cancer Center. Dr. Schuckman's areas of interest include testicular cancer, bladder cancer and urinary reconstruction. She performs both open and laparoscopic procedures, including laparoscopic nephrectomy and partial nephrectomy.



JOSEPH CRAMER, M.D.
RRH Pediatrics

Dr. Joseph Grant Cramer is a board-certified pediatrician at the Ridgecrest Regional Hospital Rural Health Pediatrics Clinic. He graduated from the University of Arizona with a Doctor of Medicine.

Dr. Cramer has served the Ridgecrest community since 2013 as a visiting physician. Recently he excitedly became a permanent member of the Rural Health Pediatrics team.

Prior to that, Dr. Cramer served at numerous temporary positions around the western United States including a free clinic in Salt Lake.

THE RRH RURAL HEALTH CLINIC WELCOMES A VETERAN SUBSTANCE ABUSE COUNSELOR



WALTER PATTON
RRH Substance Abuse Counselor

Here at Ridgecrest Regional Hospital, we understand not just the physical stress of our current health and social issues. We also understand the mental and psychological problems of having a limited social life. We know it sometimes seems like a good idea to just go to that place where you can feel numb. We also understand that the feelings come back and we get stuck. That's why we are here for you. Ridgecrest Regional Hospital is that safe place where you can find your truth.

Walter Patton is a California State Certified Substance Use Disorder Counselor II at Ridgecrest Regional Hospital. Walter has worked in the helping field for over 28 years, the last 20 have been in Addiction Counseling. Walter spends his free time trying to reach his goal of achieving 15,000 steps per day in an effort to lose 30 pounds, and is already halfway there!



THE FOLLOWING IS NECESSARY DURING THIS PANDEMIC:



1. **WEAR A MASK** when outside, especially when social distancing cannot be adhered.



2. **SOCIAL DISTANCING** of 6 feet apart.



3. **WASH HANDS OFTEN** with soap and water. If not available use hand sanitizer.



4. **AVOID TOUCHING YOUR FACE.**



5. During the Flu Season, call your medical provider for the **INFLUENZA VACCINE.**



6. **DO NOT MISS WELL-CHILD VISITS** and be up to date with the vaccination schedule.

PEDIATRICS CORNER

A LETTER FROM YOUR RRH PEDIATRICS TEAM

One of the cornerstones of a pediatric practice is the promotion of preventive care. In your well child visits, we survey the health of your child not only in the present moment but also to provide information to maintain or improve the health status of the child's future well-being. This is called anticipatory guidance; we anticipate potential developmental challenges, or health hurdles and provide advice on how to tackle those issues. Therefore, it is in our purview to discuss COVID-19 (SARS-CoV-2) and how it may impact your child and family.

It is important to understand that the coronavirus can be contracted by anyone, including children, and can also be spread from child to child or to child to adult and vice versa. Symptoms of COVID 19 may include fever, shortness of breath, abdominal pain, skin changes and typical upper respiratory symptoms. We acknowledge that having these symptoms, even when mild, may result in need for a parent to stay home for work, a child unable to attend school, need to obtain lab

work, increased visits to your medical home, and hospitalization.

Therefore, we must all take a proactive stance towards prevention. Unlike other diseases, such as measles or polio for which we have an effective vaccine for, we currently do not have a vaccine for COVID-19. However, there are measures that we must undertake to decrease the spread of this virus and its impact on our community.

|| The recommendations on the left are provided to decrease the risk of severe illness of your child and shall not provide a false sense of security. Though not 100% guaranteed. The guidance is based on science, and our desire to keep your child and our community safe. We have a challenging season ahead of us. Let's all do our part! ||

For any questions and further discussion, please feel free to speak with your pediatrician.

Don't Skip on Your Child's Annual **VACCINATIONS**

A lot has changed since the start of the pandemic. Don't let COVID-19 delay your child's vaccination schedule, it is an important part of their overall health. As we enter flu season, it's a good time to get you child's annual flu shot and check they are up to date on all other vaccines. Ridgecrest Regional Hospital has two clinics to provide you with expert pediatricians and family practitioners:

Ridgecrest
PEDiatrics
A Service of Ridgecrest Regional Hospital
760-499-3846

Southern Sierra
MEDICAL CLINIC
A Service of Ridgecrest Regional Hospital
760-446-6404

INTRODUCING RRH'S NEW PAYMENT PLAN PROGRAM

CAREPAYMENT®

OFFERING MANAGEABLE MONTHLY PAYMENTS ON MEDICAL BILLS



Who is CarePayment?

CarePayment is committed to helping people manage their medical expenses. CarePayment is NOT a collection agency and does NOT offer credit cards. Ridgecrest Regional Hospital has partnered with CarePayment to provide a financing option for hospital accounts* that allows you to pay off the amount you currently owe in manageable monthly payments over an extended term - at 0.00% APR. The CarePayment program is voluntary and there is no application required to participate. For more information about CarePayment, please visit <https://learn.carepayment.com/rrh>

Activating Your Account

To activate your CarePayment account and become a CarePayment member, simply make your first payment to CarePayment either by mail, phone, or online. The program is voluntary and there is no application required to participate.

Benefits of a CarePayment Membership

Once your account is activated you will receive a membership card with your member number for your reference. Each month you will receive a statement from CarePayment with your new balance and your minimum monthly payment due. Simply continue to make your minimum monthly payment at 0.00% APR on your initial charges until the amount due on your initial charges is paid in full.

Subject to terms of your CarePayment agreement, you may also choose to add future charges approved by Ridgecrest Regional Hospital to your CarePayment account, with all charges consolidated into one easy-to-read monthly statement. If you add future charges, you may receive additional time to pay off the new balance. The CarePayment program is an open-end line of credit, NOT a credit card.

In addition, CarePayment makes it easy to securely manage your account online. Visit member.carepayment.com to set up your online profile, change your contact preferences, make a payment, go paperless, or review your balance and transaction history.



carepayment®

Example of Monthly Payments:

OPENING BALANCE	MINIMUM MONTHLY PAYMENT
\$500	\$25
\$1,000	\$40
\$2,500	\$100

How does the CarePayment program work?

The CarePayment program is voluntary and there is no application required to participate. Here is how CarePayment works: Ridgecrest Regional Hospital has contracted with CarePayment to make this financing option available to you. Once you have activated your CarePayment account, you will make manageable monthly payments on the amount you owe without added interest (0.00% APR).

Am I required to participate in CarePayment?

Participation in the CarePayment program is voluntary. If you do not wish to take advantage of the CarePayment 0.00% APR line of credit, please contact a representative from Ridgecrest Regional Hospital at **760-499-3057** regarding your amount due.

**(CarePayment for RRH Clinic accounts coming soon!)*



SOURCE: WWW.NIA.NHI.GOV

What is Advanced Care Planning?

Advance care planning is not just about old age. At any age, a medical crisis could leave you too ill to make your own healthcare decisions. Even if you are not sick now, planning for health care in the future is an important step toward making sure you get the medical care you would want, if you are unable to speak for yourself and doctors and family members are making the decisions for you.

Many Americans face questions about medical treatment but may not be capable of making those decisions, for example, in an emergency or at the end of life. This article will explain the types of decisions that may need to be made in such cases and questions you can think about now so you're prepared later. It can help you think about who you would want to make decisions for you if you can't make them yourself. It will also discuss ways you can share your wishes with others. Knowing who you want to make decisions on your behalf and how

you would decide might take some of the burden off family and friends.

Why Advanced Directives are Important

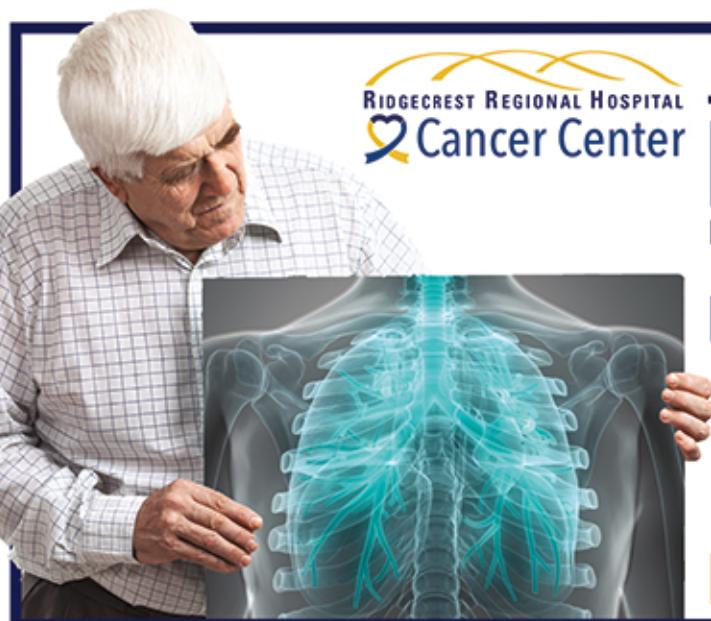
Advance directives are an important part of health care. No one can predict when unexpected medical situations will happen. An advanced directive helps loved ones, and medical personnel make important decisions during a crisis.

An advanced directive is a document to communicate your health care wishes if you are ever unable to speak for yourself. An advanced directive also gives you the ability to designate and individual(s) as your power of attorney which means they can make health care decisions on your behalf if you are unable to do so.

**DOWNLOAD A SAMPLE DIRECTIVE AT
WWW.RRH.ORG/DIRECTIVE**

ADVANCED DIRECTIVES

WHY IT IS IMPORTANT FOR YOU TO HAVE ONE



RIDGECREST REGIONAL HOSPITAL
Cancer Center

JUST BECAUSE YOU CAN'T SEE IT DOESN'T MEAN IT'S NOT THERE

**LUNG CANCER SCREENING IS NOW AVAILABLE AT THE
RIDGECREST REGIONAL HOSPITAL CANCER CENTER**

Consider a lung screening if you meet ALL of these criteria:

- No symptoms of lung cancer.
- Current smoker or has quit in the last 15 years.
- 55-77 years old.
- Smoking history of 1+ pack/day for 30+ years or 2+ packs/day for 15+ years.

DON'T DELAY, CALL (760) 499-3360 TO MAKE AN APPOINTMENT

VIRTUAL WELLNESS

BRINGING HEALTH AND WELLNESS
STRAIGHT TO YOUR HOME

Ridgecrest Regional Hospital

Virtual Wellness

Bringing Health and Wellness Straight to Your Home



We are excited to bring wellness straight to you, in your home. The Virtual Wellness series will be a virtual event on Facebook, which will then be added to the Virtual Wellness page on our website.

Topics will vary each episode as we focus on providing a wide variety of wellness information and tips.

So far, RRH has provided two episodes through the Virtual Wellness series in different topics. These episodes can be watched at www.rrh.org/virtualwellness

EPISODE 1: Heart Healthy Recipes

With Ravneet Sohal, is a Certified Health Coach & Certified Lifestyle Medicine Professional.

Ravneet cooks up a delicious chickpea recipe that is both heart healthy and delicious. The recipe from this episode is included in this issue.

EPISODE 2: Managing Stress in 2020

With Maria Holm, Licensed Clinical Social Worker and Maria Llamas, Licensed Marriage and Family Therapist.

In this episode our therapists discuss mental health and some simple things you can do to help manage stress and emotions in our ever-changing world.



Episode 2
with Maria Holm



Episode 2
& Maria Llamas

CHICKPEA CURRY RECIPE

FROM EPISODE 1



INGREDIENTS

- Olive Oil (2 TABLESPOONS)
- Yellow Onions (2), MINCED
- Garlic Cloves (10), MINCED
- Ginger (1/2 OF A MEDIUM SIZED GINGER ROOT), FINELY CHOPPED
- Ground cumin (4 TEASPOONS)
- Ground Coriander (4 TEASPOONS)
- Salt (1/4 TEASPOON)
- Cayenne Pepper (1 TEASPOON)
- Ground Turmeric (3 TEASPOONS)
- 2 Cans of "no salt" Garbanzo Beans, (RINSED WELL)
- Fresh Cilantro (2/3 CUP), CHOPPED
- 1 Tomato, CHOPPED
- 1/2 Cup of Water
- 1 Green Chili Pepper

DIRECTIONS

- 1: Heat olive oil in a large frying pan over medium heat.
- 2: Add the onions and sautee until browned, lower heat to prevent burning.
- 3: Stir in garlic and ginger, keep stirring until the garlic and onions are fragrant. Add tomatoes. Stir for 3 minutes.
- 4: Add cumin, coriander, salt, cayenne, turmeric and mix well. Add 1/2 cup of water and mix.
- 5: Mix in the rinsed garbanzo beans. Continue to cook and stir until all ingredients are well blended and heated through.
- 6: Stir in the cilantro, reserving 1 tablespoon for garnish.
- 7: Cook chickpeas and stir occasionally until the chickpeas have softened (20-25mins).

PROTECT YOUR HEALTH

THIS SEASON A FLU VACCINE IS MORE IMPORTANT THAN EVER!

Getting a flu vaccine is more important than ever during 2020-2021 to protect yourself, your family and your community from flu. A flu vaccine this season can also help reduce the burden on our healthcare systems responding to the COVID-19 pandemic and save medical resources for care of COVID-19 patients. It's recommended to get your flu vaccine as early as possible into flu season.

FLU PREVENTION TIPS



GET VACCINATED

Vaccination is the first and most important step in preventing the flu. Ridgecrest Regional Hospital clinics are now offering the flu vaccines. Walk-ins are welcome.

AVOID SICK PEOPLE

Avoid the spread of germs by staying away from sick people. This also means avoiding others if you are sick.



COVER YOUR MOUTH

Use a tissue to cover your nose and mouth when coughing or sneezing. If you don't have a tissue, use your sleeve to prevent the spread of germs.



WASH YOUR HANDS

Frequently washing your hands will prevent the spread of germs. Use soap and warm water, or hand sanitizer if water is not available.

GET MODERATE EXERCISE

Moderate exercise, in the long run, strengthens your immune system. After intense workouts, your body is more susceptible to getting sick for a 72-hour window.



GET FRESH AIR

Sharing warm air inside an office or home can lead to getting sick. Take a few minutes occasionally to get some fresh air.



KNOW THE DIFFERENCE BETWEEN THE FLU AND COVID-19 SYMPTOMS

Common symptoms that COVID-19 and flu share include:

- Fever or feeling feverish/chills
- Cough
- Shortness of breath or difficulty breathing
- Fatigue (tiredness)
- Sore throat
- Runny or stuffy nose
- Muscle pain or body aches
- Headache

Differences: Flu

Flu viruses can cause mild to severe illness, including common signs and symptoms already listed.

Differences: COVID-19

Other signs and symptoms of COVID-19, different from flu, may include change in or loss of taste or smell.



LIBERTY AMBULANCE'S

TIPS TO STAY SAFE

THIS HOLIDAY SEASON



COOKING SAFETY TIPS

- 1. Watch what you are cooking:** The leading cause of fires in the kitchen is unattended cooking. Stay in the kitchen when you are frying, grilling, or cooking food on the stop top or broiling food.
- 2. Prevent scalds and burns:** To prevent spills due to overturned appliances containing hot food or liquids, use the back burner when possible, and/or turn pot handles away from the stove's edge.
- 3. Protect children from scalds and burns:** Young children are at high risk of being burned by hot food and liquids. Keep children away from cooking areas by enforcing a "kid-free zone" of 3 feet around the stove.



DRINKING SAFETY TIPS

- 1. Give someone your keys:** Find someone trustworthy who isn't drinking and hand over your keys for the night.
- 2. Take alternate transportation:** Yes, it can be expensive, but taking a cab is safer than driving under the influence. Don't risk it.
- 3. Take the night off from drinking:** Be the designated driver tonight – and then stick to a no-drinking plan. If you and your friends take turns being the DD on different nights, you can drink on most occasions and have a safe ride home. Is the occasional night sober really that bad?



PREPARING YOUR TURKEY

- 1. The safest way to defrost your turkey** is to let it defrost in the fridge a couple days before Thanksgiving. Leaving it on the counter is the most unsafe, since it allows for bacteria to grow.
- 2. If you cook stuffing in your turkey,** make sure the stuffing registers as 165 degrees Fahrenheit to ensure it is cooked. Preferably, cook your stuffing in a casserole dish to avoid bacteria contamination.
- 3. Cook your turkey until a thermometer in the breast or thigh meat registers as 165 degrees Fahrenheit.**

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Ridgecrest Regional Hospital
1081 N. China Lake Blvd.
Ridgecrest, CA 93555

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Let's Fight

TOGETHER AGAINST THE FLU

As flu season collides with the COVID-19 pandemic, do all you can to protect yourself and your community.

Don't Delay!

SCHEDULE YOUR ANNUAL FLU SHOT WITH ONE OF OUR

PRIMARY CARE PROVIDERS


Ridgecrest
DESERT OASIS CLINIC
A Service of Ridgecrest Regional Hospital

(760) 446-2984


Southern Sierra
MEDICAL CLINIC
A Service of Ridgecrest Regional Hospital

(760) 446-6404


Ridgecrest
RURAL HEALTH CLINIC
A Service of Ridgecrest Regional Hospital

(760) 499-3855