

FOR COVID-19 TESTING: TEXT THE WORD "SCREENING" TO (833) RRH-4YOU

SUMMER 2020

RIDGECREST REGIONAL HOSPITAL Connected



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REGIONAL HOSPITAL

DEAR FRIENDS

As I reflect on recent happenings for this issue of our community Connected magazine, it would be hard not to acknowledge that we are living in unprecedented times. Although we have been thrust into riding the mighty wave that is the coronavirus pandemic, as a community we are navigating our way through these uncharted waters together.

I must first acknowledge the incredible effort in recent months of our hospital employees and medical staff - our RRH Heroes. Their dedication and professionalism has surpassed their call of duty and I wholeheartedly thank each and every one of them, and in particular our front-line workers, for their bravery in stepping up and providing this critical level of care for our community.

This new climate has brought with it a new level of care. In following state and county issued guidance, we saw our clinics and services close to in-person visits for routine, elective and non-urgent medical appointments. Our staff and patients quickly and efficiently adopted telehealth visits to ensure a continuum of care. Preparations for surge brought about the installation of our emergency department (ED) surge tent. The tent was successfully incorporated into ED operations and used as an additional patient care area, to isolate patients depending on their symptoms. We have introduced an active screening process for all staff and patients entering our buildings, including temperature checks and visitation restrictions remain in place. Extra sanitary precautions are being taken throughout our facilities with hand sanitizing

stations and social distancing practices, and all staff and patients are required to wear a mask upon entry.

In partnership with Kern County, we were able to provide a robust free COVID-19 testing procedure for the community, for the past two months. This service ended on July, 16 due to new state guidelines, however screening-based testing will continue at the hospital as needed.

Despite all of the change, please rest assured that all of our clinics and outpatient services are open and here to serve you. You do not have to choose between medical care and social distancing, and I urge everyone to not delay necessary treatment and care. Our Emergency Department is open and Urgent Care is accepting walk-ins (those with COVID-like symptoms will require an appointment). Telehealth visits are still an option for those who prefer to keep things virtual. Please call your physician's office if you have any questions or concerns regarding your visit to RRH.

I would like to thank the community for their continued efforts during the pandemic. Your actions have helped keep you, your loved ones and the rest of our community relatively safe. I must however leave you with the reminder that the COVID-19 crisis is not over yet. Please remain diligent in following state, county and local safety guidelines.

With so much going on, please stay "connected" by following us for regular updates on social media, visiting our website at rrh.org and signing up for e-news updates. We will get through this together,



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

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DREAMS BECOME REALITY

2020 is going by so quickly and it is hard to believe that we are already halfway through the year. Despite uncertain times and unique challenges, the RRH Foundation has continued to move forward in a positive direction and yes, dreams have become realities.

On December 31, 2019 the Hospice House campaign officially came to a close having raised over \$420,000.00 towards the purchase of a long-term care and hospice home - making the dream become a reality. The very next day, January 1, 2020, the Foundation was off and running toward its new goal - to assist the hospital in purchasing radiation equipment for the Cancer Center - to make this dream become a reality. A formal launch party was held on January 24, 2020 with over 120 people in attendance. The highlight of the evening was the presentation of the new transport van to the Cancer Center by the Foundation. This van will be used to transport our patients to and from radiation treatments in Palmdale until such time as our hospital can accommodate this service.

There is no argument that 2019 was an amazing year but even with some minor obstacles, 2020 is shaping up to be pretty spectacular as well. The remainder of the year will be busy as well as we are presently in the planning stages of the 4th Annual Wine Gala set for September 19, 2020. This year's event will be slightly different than in the past but just as unique and rewarding.

“I will be forever grateful for having the honor to do this job on a daily basis and not a day goes by that I am not humbled by the generosity and compassion of this community. If you are interested in any of our events or groups I would love to hear from you. Contact the Foundation at (760) 499-3955 or email kimberly.metcalf@rrh.org. ”



KIMBERLY METCALF
RRH Foundation Director



PHOTO ALBUM



 Ridgecrest Regional Hospital

Thank you to our community members who have donated so far! We are accepting the following items for our RRH Heroes...

- homemade reusable face masks
- unused N95 / surgical masks
- gift cards for local restaurants

Thank you to the Ridgecrest Chamber of Commerce for getting our donations box set up so quickly.



 Ridgecrest Regional Hospital

We would like to give a HUGE shoutout to our IS Systems Architect Hoken, who made these awesome mask strap adjusters with his 3D printer at home! They are used so staff do not have to loop the elastic around their ears, which can become painful after a while!



 Ridgecrest Regional Hospital

On behalf of Liberty Ambulance we want to thank State Farm Insurance Company for their generosity in delivering pizza to some of our crews who were on duty today. Through this difficult time, during the coronavirus pandemic, it is amazing to see the community is reaching out in support. THANK YOU STATE FARM INSURANCE.



 Ridgecrest Regional Hospital

A generous member from our community reached out to us and bought 5 dozen donuts for our RRH staff. We delivered donuts to Purchasing, Center Pharmacy, Inpatient Pharmacy, Environmental Services, and Maternal Child. Thank you so much for supporting our RRH employees, it was wonderful seeing their faces cheer up.



 Ridgecrest Regional Hospital

RRH has been blessed with an extremely generous donation of over \$2770 in gift cards for local businesses by the non-profit organization Village Miracle run by Mr. Brian Bartels! This amazing gift has been delivered to our Rural Health Clinic and OPP/Cancer Center who are sharing amongst theirs and other departments throughout the hospital.



 Ridgecrest Regional Hospital

The many wonderful kids at the RRH Emergency Elementary Day Care have drawn pictures to show their appreciation for our staff for National Hospital Week!



 Ridgecrest Regional Hospital

We've had a blast celebrating Hospital Week. All RRH employees were given goodie bags and delicious popcorn from Schroeder's Kettle Corn and Ridgecrest Cinemas. We would like to thank our RRH employees for every single thing they do, every single day!



 Ridgecrest Regional Hospital

As we continue to celebrate EMS Week, we would like to thank EMS professionals for their dedication, and support not only to each other but also to their patients, the community, and their agency. Liberty Ambulance, a service of RRH, is a medical transportation service for 911 Emergency, hospital to hospital and non-emergency transfers that serves Ridgecrest, Kern Valley, Trona, Johannesburg, Randsburg, and Tulare County. PG.3

NEW PROVIDERS

JOINING THE RRH PEDIATRICS TEAM



JENNIFER PRINCE, D.O.
Medical Director, Pediatrics
Pediatrician

Dr. Jennifer Prince, DO grew up in Florida and attended the University of Florida, where she graduated with a Bachelor's Degree in Communication Sciences and Disorders. From there, she attended the University of South Florida and obtained a Master's Degree in Bioethics and Medical Humanities and continued on to attend Medical School at Lake Erie College of Medicine in Bradenton Florida. She graduated medical school in 2011. She went on to complete her residency at the University of Rochester. She has since worked in New York, San Diego, and recently Alaska. She has come to Ridgecrest to continue her passion for community health and wellness.



JANESSA PERALTA, M.D.
Pediatrician

Dr. Janessa Peralta, MD is a Pediatrics Specialist certified by the American Board of Pediatrics with over 23 years of experience in the medical field. She graduated from University Of The Philippines Manila, College Of Medicine with her Doctor of Medicine. She completed Pediatrics Residency Programs at both the University of the Philippines - Philippine General Hospital and the Mount Sinai School of Medicine - Elmhurst Hospital Center, New York.

Dr. Peralta lives by the words, "Health is wealth." That's why her focus is on preventive medicine.



KARISMA EBORA, P.N.P.

Karisma is a Certified Pediatric Nurse Practitioner with Ridgecrest Regional Hospital's Pediatric Rural Health Clinic.

Karisma graduated from Florida International University, in 2019, with a Master of Science in Nursing.

A native Californian, she is a foodie who loves cooking, reading, and traveling with her husband and two daughters.

DR. LAM JOINS THE RRH CHIROPRACTIC CLINIC



GORDON LAM, D.C.
Chiropractor

Dr. Gordon Lam hails from Torrance, CA, where he has practiced since 2001 in a multi-disciplinary outpatient setting. He attended chiropractic school in Los Angeles.

Dr. Lam's family background is firmly rooted in healthcare, where the foundation for his passion to help others began. His father was a general MD, his mother and sister are nurses. One of Dr. Lam's goals is to show patients how to maintain health and well being.

He employs a multi-disciplinary and multi-specialty approach to treating patients, combining various chiropractic techniques, modalities and exercise rehabilitation. He is certified in Activator and Cox Flexion-Distraction (both gentle non-force) techniques, as well as soft tissue Graston technique and functional (aka 'kinesio' style, or therapeutic) taping. He also has a passion to teach patients gentle exercise rehab to regain and restore motion.

WELCOME TO RRRH

NEW PROVIDERS JOINING FROM USC UROLOGY, KECK MEDICINE OF USC



ANDRE BERGER, M.D.

**Assistant Professor of Urology,
Robotic and Laparoscopic Surgery**

Andre Berger, MD, is an assistant professor of urology, at the USC Institute of Urology. Dr. Berger is fellowship trained in advanced robotic and laparoscopic urological surgery.



SUMEET BHANVADIA, M.D.

Assistant Professor of Clinical Urology

Sumeet Bhanvadia, MD, is a specialist in treating urologic cancer including cancers of the bladder, prostate, kidney, testis and penis, as well as in the treatment of complex abdominal reconstructive surgery involving the urinary tract.



INDERBIR GILL, M.D.

**Professor and Chairman, Aresty
Department of Urology**

Inderbir S. Gill, MD, MCh, is an internationally acclaimed innovative surgeon in the field of advanced robotic and laparoscopic surgery for urologic cancers.



JEFFREY LOH-DOYLE, M.D.

Assistant Professor of Clinical Urology

Jeffrey Loh-Doyle, MD, is a specialist in complex surgical reconstruction of the male urinary tract, male urinary incontinence, erectile dysfunction, sexual health, urethral stricture disease and Peyronie's Disease.



MIKE NGUYEN

Associate Professor of Urology

Dr. Nguyen specializes in the treatment of kidney and prostate cancer using the latest robotic and minimally invasive approaches and he has extensive experience with robotic partial nephrectomy and prostatectomy.



SHILO ROSENBERG, M.D.

Assistant Professor of Clinical Urology

Dr. Rosenberg completed the following fellowship programs: male urethral reconstruction, female pelvic floor reconstruction and neuro-urology. He has presented his research at both national and international urological conferences.



ANNE SCHUCKMAN, M.D.

**Assistant Professor Director,
LAC+USC Urologic Oncology**

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.



DANIEL PARK, PA-C

Director of Clinical Urology

Daniel Park is a graduate of the University of Southern California Keck School of Medicine PA Program and where he now serves as Director of Clinical Operations within the Institute and is also Director of the PA Fellowship in Clinical Urology.



UROLOGY SERVICES HAVE ARRIVED AT RRH

RIDGECREST REGIONAL HOSPITAL BEGINS NEW COLLABORATION WITH KECK MEDICINE OF USC BRINGING UROLOGY SERVICES TO RIDGECREST

We are excited to have started a brand new venture in collaboration with Keck Medicine of University of Southern California (USC), bringing urology services to Ridgecrest.

The RRH Urology Clinic, in alliance with USC Urology, officially opened its doors to the first patients on February 20, 2020. RRH can look forward to a regular on campus presence from USC Urology on rotation, ensuring different specialties are addressed.

This collaboration with Keck Medicine of USC will provide RRH patients with access to a world renowned program, ranked No. 4 in the nation for urology by U.S. News and World Report. With the support and coordination of Keck Medicine of USC, RRH Urology will be able to offer patient evaluation and treatment, as well as some surgical procedures. For surgeries that are unable to be performed safely on site, patients will have full access to the surgical services at USC facilities.

“THE COMMUNITY HAS SHOWED THEIR SUPPORT TO HAVE LOCAL UROLOGY COVERAGE AND I AM PLEASED THAT WE ARE ABLE TO PARTNER WITH USC UROLOGY TO PROVIDE THIS SERVICE.”

said RRH President/CEO Jim Suver.

Urology is a surgical specialty which deals with diseases of the male and female urinary tract and the male reproductive organs. RRH Urology services and specialties will include treatment for: Bladder Cancer, Endourology, Kidney Cancer, Male Infertility, Men's Health, Prostate Cancer, Pelvic Medicine and Reconstructive Surgery, Testis Cancer and Urology Preventative Medicine.

The Ridgecrest Urology Clinic will launch with the following USC Urology providers on rotation at RRH:

- ~ Inderbir Gill, MD
- ~ Jeffrey Loh-Doyle, MD
- ~ Mike M. Nguyen, MD
- ~ Sumeet K. Bhanvadia, MD
- ~ Shilo Rosenberg, MD
- ~ Andre Berger, MD
- ~ Anne Schuckman, MD
- ~ Daniel Park, PA-C

"We are excited to announce our rotating presence at Ridgecrest Regional Hospital," said Inderbir S. Gill, MD, chair and distinguished professor of urology at Keck School of Medicine of USC and executive director of USC Urology. "Our physicians treat a broad spectrum of conditions using the most advanced technologies and evidence-based practices, and we look forward to working with the Ridgecrest community in the coming years."

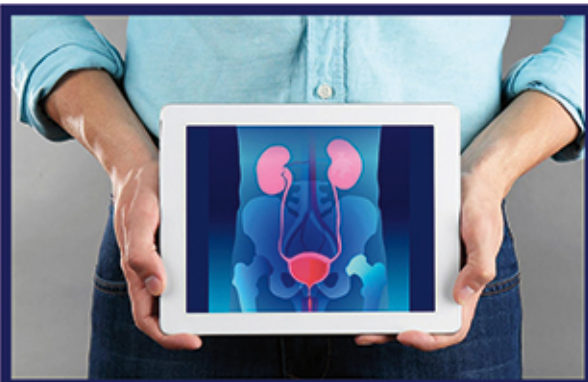
To make an appointment or for more information, please call (760) 463-8930.



in alliance with

Keck Medicine of USC

USC Urology



CREATING CALM

WHY PRACTICING
MINDFULNESS EASES
STRESS, REDUCES PAIN AND
CAN EVEN EXTEND YOUR LIFE

By Dr. Hani Chaabo



Sometimes, the daily challenges of life can become so overwhelming you are at a loss as to how to cope. Intense stress often leads to anxiety and other mental health concerns, but it can also impact your physical health. An integrative approach to stress that's gained traction over the past decade is the practice of mindfulness.

"Mindfulness is really many things. But, the actual definition is basically a quality of attention. And it's a way you pay attention, where you are paying complete attention, on purpose, to the present moment without judgment," says Dr. Hani Chaabo, a family medicine physician at Ridgecrest Regional Hospital's Rural Health Clinic.

While mindfulness and meditation are often referenced interchangeably, Dr. Chaabo differentiates the two—explaining that mindfulness is a way of going about your day, interacting with people, observing yourself. Meditation is more the act of sitting down, closing your eyes, listening to your thoughts, and performing breathing techniques.

BENEFITS OF MINDFULNESS

With approximately 40 years of research on mindfulness in healthcare through an initiative called the Mindfulness Based Stress Reduction Program, a number of health benefits have been identified.

"It's been studied on mental health disorders, chronic pain, headaches, even autoimmune disorders like psoriasis, as well as quality of life related to chronic disease and quality of life related to cancer. It's been shown to be helpful in all of these conditions," states Dr. Chaabo.

Mindfulness is even starting to find its way into national guidelines for treating back pain and chronic pain syndrome. It's been shown to reduce feelings of unpleasantness by approximately 57% and the intensity of pain by about 40%. Dr. Chaabo notes,

“ WHEN YOU COMPARE THAT TO THE CLASSICAL WAYS WE TREAT PAIN WITH NARCOTICS AND NON-NARCOTICS, IT'S IN MANY WAYS MORE EFFECTIVE THAN WHEN YOU TREAT PEOPLE WITH MEDICATIONS. ”

Dr. Chaabo offers an 8 week program through the RHC Stress Reduction Clinic. For more information call (760) 499-3855 or visit rrh.org/stressreductionclinic.





ARE YOU FEELING...

sad?
anxious?
depressed?

RHC TELEMEDICINE CLINIC

IS HERE FOR YOUR MENTAL HEALTH

Times are different but we're still here for you!
Tele-Psychiatry Available for New & Existing Patients -
No Referral Necessary

CALL (760) 499-3863

**WE'RE HERE
PREPARED.**

**WE'RE HERE
READY.**

**WE'RE HERE
FOR YOU!**

Don't let COVID-19 keep you from receiving essential health care. We are still here for you and here for your health. Call our clinics today and schedule an in-person or tele-medicine visit. Our ER and Urgent Care are open.

We have made some noticeable changes to our facilities and processes for the safety of our patients and our employees, but you can count on receiving the same quality of care from our providers that you always have.

[RRH.ORG/APPOINTMENTS](https://rrh.org/appointments) OR TEXT

APPOINTMENT TO 833-RRH-4YOU (774-4968)

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   [RRH.ORG](https://rrh.org)

PG.8

#StillHereForYourHealth



Ridgecrest URGENT CARE CLINIC

WHAT WE'RE DOING TO KEEP YOU SAFE



SCREENING PROCESS

We have an active COVID-19 screening process before staff and patients enter the building.

MASKS

All staff and patients are required to wear masks.



VISITORS

Urgent Care visits are limited to only patients and necessary caregivers.

TEMPERATURE CHECKS

Temperatures are checked on everyone entering the building.



SEPARATE CARE AREAS

Patients with possible COVID-19 symptoms are treated in separate care areas.

HAND WASHING

We practice the proper hand washing technique.



SOCIAL DISTANCING

Proper social distancing is implemented throughout our facilities and practiced amongst staff.

HAND SANITIZER

We have hand sanitizing stations readily available.



COVID-19 SYMPTOMS

People with COVID-19 have had a wide range of symptoms reported – ranging from mild symptoms to severe illness. Symptoms may appear **2-14 days after exposure to the virus**. People with these symptoms may have COVID-19:

- FEVER OR CHILLS
- COUGH
- SHORTNESS OF BREATH OR DIFFICULTY BREATHING
- FATIGUE
- MUSCLE OR BODY ACHES
- HEADACHE
- NEW LOSS OF TASTE OR SMELL
- SORE THROAT
- CONGESTION OR RUNNY NOSE
- NAUSEA OR VOMITING
- DIARRHEA

IF YOU WOULD LIKE TO GET TESTED, TEXT THE WORD **"SCREENING"** TO **(833) RRH-4YOU**

FOR MORE INFORMATION, VISIT WWW.RRH.ORG/CORONAVIRUS



RRH EMERGENCY DAY CARE

RRH PROVIDES EMERGENCY DAY CARE FOR
STAFF DURING THE COVID-19 PANDEMIC

Upon realizing that day cares and schools may be closing due to the COVID - 19 Pandemic, RRH immediately began the process of setting up a day care for RRH employees. With the help of California Department of Social Services, Immanuel Christian Development Center (ICDC) and Immanuel Baptist Church (IBC), RRH provided child care for babies through 5th grade for over 2 months.

"Immanuel graciously allowed us to use their space for our day care at no cost and we can't thank them enough", said Tera Moorehead who was overseeing the RRH Emergency Day Care. "Our CEO, Jim Suver, immediately realized that we may need to provide day care in order for our staff to be able to continue working."

Many staff members who utilized the day care said they didn't know what they would have done if RRH had not provided day care.

The elementary aged children were provided an atmosphere very similar to their school atmosphere with time and assistance in doing homework, crafts, arts, playground time and other activities. The goal was to provide a quality program that was safe and fun.

**“ I CAN'T THANK OUR HOSPITAL LEADERS
ENOUGH IN SEEING A NEED AND ONCE AGAIN
GOING ABOVE AND BEYOND FOR THE RRH
EMPLOYEES AND THEIR FAMILIES. ”**

RRH would like to thank Celia Mills for her guidance and role in setting up the day care and especially would like to thank everyone who stepped-in to help and make sure the day care was a success.



RIDGECREST REGIONAL HOSPITAL CLINICS & SERVICES

You've probably seen and heard the phrase "we've moved" quite a few times in the last few months. In an effort to better serve our community, RRH is relocating certain services and providers to make our campus more efficient and easier to access for all of our patients.

Please download and take a look at our updated map from www.rrh.org/campus and take note of the relocations and new services provided by RRH. As always, visit our website and social media platforms to stay up to date on any changes, closures, and other important updates.



Rural Health Clinic (760) 499-3855 • Southern Sierra Medical Clinic (760) 446-6404 • Trona Clinic (760) 372-4728

All Emergency Services.....9-1-1

Bella Sera.....	(760) 446-3591
Cancer Center.....	(760) 499-3360
Cancer Center Infusions.....	(760) 499-3427
Cardiac Testing & Rehab.....	(760) 499-3772
Cardiovascular Services.....	(760) 499-3277
Center Pharmacy.....	(760) 446-4141
Community Wellness Program.....	(760) 499-3825
*Most community outreach programs are now virtual	
Dental Services.....	(760) 499-3296
Dermatology.....	(760) 446-6404
Foundation.....	(760) 499-3955
Education and Classes.....	(760) 499-3831
*Breastfeeding and CPR suspended until further notice	
Emergency Care Services.....	(760) 446-3551
Family Practice.....	(760) 446-6404
Food & Nutrition Services.....	(760) 499-3781/3783
Gastroenterology.....	(760) 446-0121
Hospice.....	(760) 499-3617
Intensive Care Unit.....	(760) 499-3501
Internal Medicine.....	(760) 446-2984 / (760) 499-3855
Laboratory.....	(760) 499-3576/3590/3422
Maternal Child Services.....	(760) 499-3131
Mental Health Care.....	(760) 499-3863

Mobile Health Unit.....	(760) 499-3853
Mountain View.....	(760) 499-3332
Neurosurgery.....	(760) 499-3296
Occupational Medicine Clinic.....	(760) 499-3580
Orthopedics & Sports Medicine.....	(760) 446-8692
Outpatient Rehabilitation Services.....	(760) 499-3631
Pediatric Rehab and Speech Therapy.....	(760) 499-3632
Pain Management.....	(760) 499-3855
Pediatrics.....	(760) 499-3846
Perinatal Education & Lactation Support.....	(760) 499-3032
Personal Care Services.....	(760) 499-3617
Podiatry.....	(760) 446-0121
Radiology Diagnostic.....	(760) 499-3702
Radiology Womens Imaging.....	(760) 499-3820
Respiratory Therapy.....	(760) 499-3766
Seniors Services.....	(760) 371-1445
Sleep Lab.....	(760) 499-3766
Surgery & Outpatient Services.....	(760) 499-3431
General Surgery, Dr. Tonsekar.....	(760) 446 0121
Transitional Care & Rehab Unit.....	(760) 499-3380
Urgent Care.....	(760) 499-3800
Urology.....	(760) 463-8930
Visiting Nurse Services.....	(760) 499-3617
Women's Health Services.....	(760) 499-3640

MAIN PHONE: (760) 446-3551 - TDD: (760) 446-7505



Ridgecrest
REGIONAL HOSPITAL

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RIDGECREST, CA 93555

   RRH.ORG

DIY CLOTH *Face Mask*

RECOMMENDED BY THE CDC

CDC RECOMMENDS WEARING CLOTH FACE COVERINGS IN PUBLIC SETTINGS WHERE OTHER SOCIAL DISTANCING MEASURES ARE DIFFICULT TO MAINTAIN (E.G., GROCERY STORES AND PHARMACIES), ESPECIALLY IN AREAS OF SIGNIFICANT COMMUNITY-BASED TRANSMISSION.

Stop the Spread

CDC ALSO ADVISES THE USE OF SIMPLE CLOTH FACE COVERINGS TO SLOW THE SPREAD OF THE VIRUS AND HELP PEOPLE WHO MAY HAVE THE VIRUS AND DO NOT KNOW IT FROM TRANSMITTING IT TO OTHERS.

INSTRUCTIONS TO MAKE YOUR OWN CLOTH FACE MASK:

WWW.CDC.GOV/CORONAVIRUS/2019-NCOV/PREVENT-GETTING-SICK/CLOTH-FACE-COVER

