

# RIDGECREST REGIONAL HOSPITAL Connected



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# DEAR FRIENDS,

As we continue to face our third COVID-19 surge, I want to thank the community who has stuck by us during these challenging times. At Ridgecrest Regional Hospital (RRH), we are deeply grateful to everyone who has done their part in reducing the spread during the pandemic and for letting us continue to serve you, even if it's in a different capacity than before. It is unfortunate that in-person care is limited, and we have to rely heavily on Zoom; however, we are also incredibly grateful for the capabilities of this technology as it is far better than nothing at all.

RRH's caution and care when it comes to COVID-19 are evident through the amazing statistics we've seen. Out of 1,224 skilled-nursing facilities in California, only eight have avoided patient outbreaks. In Kern County, the only facilities to make this list were RRH's Bella Sera Skilled Nursing Facility and Transitional Care & Rehabilitation Unit, serving as a testament to the carefulness and consideration of RRH and our staff.

As you can see, the pandemic has undoubtedly had a wide-reaching impact on the functions and abilities of RRH. In the midst of COVID-19, RRH has remained financially resilient thanks to smart planning and the allocation of built-up financial reserves to help us through these trying times.

In other RRH news, construction design continues on the new emergency department and lab area, which remains a high priority for Ridgecrest. We are also excited to announce that we have successfully recruited Dr. Goldstein, a new OB/GYN, who started at Ridgecrest in October. We are happy to have her as part of our team.

I'd like to extend a big thank you to our staff and all of you in our community. By now, I know we're all tired of COVID, but by working together during this difficult season, we've been able to take life's lemons and make lemonade.

In the meantime, get outside and enjoy the refreshing fall weather. Ridgecrest Regional Hospital will continue to be here for whatever you need in the coming season.



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

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# RIDGECREST REGIONAL HOSPITAL SOCIAL MEDIA PHOTO ALBUM



In October, we celebrated PA Week, which recognizes the PA profession and its contributions to the nation's health. We honored all PAs for their commitment to patients and their communities and all the ways they add value to healthcare!

We especially want to give a big shoutout to our very own PAs:

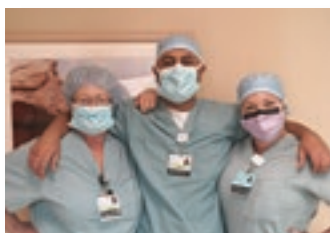
- Christian Schwartz
- David Pritchett
- Kelly Doty
- Chelsea Trask



National Pharmacy Week celebrated the many significant contributions that pharmacists and technicians make to the health of our communities across many different healthcare settings. Thank you for playing a huge part in the wellbeing of our patients!



October was Medical Ultrasound Awareness Month. We are thankful for our extraordinary ultrasound technicians and sonographers!



We celebrated Surgical Tech Week!

RRH would like to thank our Surgical Techs: Ack, Blanca, Kim and Taylor. Their hard work and dedication ensure patient safety in the operating room.



National Health Care Supply Chain Week was the perfect time to recognize the importance of the healthcare supply chain professionals here in our Materials Management department at RRH and honor them for their exceptional contributions to patient care and the innovative ways in which they support their healthcare organizations and communities.



Staff at Bella Sera always find fun activities and special ways to keep our residents happy!

There's a monthly birthday party for residents celebrating their big day during that month, and for fall, a gratitude tree was created, encouraging residents and staff to hang leaves and share what they are thankful for.



Pfizer vaccine boosters rolled out at RRH for eligible healthcare workers!

All COVID-19 vaccines continue to provide significant protection against severe illness, hospitalization and death. The Pfizer COVID-19 boosters are meant to boost immunity that may have waned over time.

# WELCOME

DR. JOANNA NGUYEN

BOARD-CERTIFIED PLASTIC AND RECONSTRUCTIVE SURGEON

## DR. NGUYEN SPECIALIZES IN:

### Reconstructive surgery

- Blepharoplasty
- Breast reduction
- Breast reconstruction
- Breast lift
- Laceration repair
- Lipoma excision
- Fat grafting
- Mole removal
- Skin grafts
- Scar revision

### Cosmetic surgery

- Abdominoplasty
- Breast augmentation
- Breast lift
- Breast implant removal
- Buccal fat pad removal
- Capsulectomy
- Earlobe reduction
- Facial fat grafting
- Gynecomastia surgery
- Labiaplasty
- Liposuction

### Non-invasive surgery

- Microneedling with radio frequency
- BOTOX®
- Filler
- Sculptra®



Ridgecrest Regional Hospital is thrilled to welcome Dr. JoAnna Nguyen to our talented team of providers. Dr. Nguyen is a board-certified plastic and reconstructive surgeon, with expertise in aesthetic surgery of the eyes and face, labiaplasty, breast augmentation and reduction and burn reconstruction. She is also passionate about skincare and has extensive experience with non-surgical treatments, such as lasers, peels and topical treatments.

After completing her undergraduate work at Boston University, Dr. Nguyen attended the University of Miami Miller School of Medicine. She then completed her residency and clinical research fellowship at the University of Southern California (Plastic and Reconstructive Surgery).

During her six years of formal training at USC, Dr. Nguyen operated at premier hospitals on the west coast, including Cedars-Sinai Medical Center, Children's Hospital Los Angeles, LAC-USC Medical Center, Keck Hospital of USC and many more.

Dr. Nguyen maintains privileges at several prominent Los Angeles hospitals, including Cedars-Sinai Medical Center, Hollywood Presbyterian Medical Center and California Hospital Medical Center. She lives with her husband and daughter in Los Angeles. In her free time, she enjoys exercising, cooking, listening to music and traveling.

Plastic and reconstructive services are available at our East Medical Plaza location. For more information, visit [rrh.org](http://rrh.org) or call (760) 463-8930.



# BELLA SERA NURSING HOME RESIDENTS REMAIN COVID-FREE

## HOW THIS HIGH-RISK ELDERLY POPULATION HAS BEEN ABLE TO SUCCESSFULLY AVOID THE VIRUS



Eighteen months into the pandemic, Ridgecrest Regional Hospital's (RRH) senior facilities are among the one percent in California with no resident outbreaks, with the Bella Sera nursing home serving as a prime example of the power of safety protocols in preventing outbreaks.

Being in this one percent was no easy feat and did not happen by accident. Out of 1,224 skilled-nursing facilities in California, only eight have avoided patient outbreaks, including Bella Sera. In Kern County in particular, the only facilities to make the list were Bella Sera and RRH's Transitional Care Unit, serving as a testament to the carefulness and consideration of the RRH staff.

The elderly population is among the most vulnerable when it comes to COVID-19 and its long-term effects. Of the 643,858 COVID-related deaths reported in the United States, 502,863 (about 78 percent) were individuals 65 and over.

"Our elderly population are more susceptible to COVID not only because of the frailty that comes with weakened immune systems as we age, but there are often underlying conditions," explains Bella Sera Administrator Christian Salviejo. As a result, these underlying conditions can often make COVID-19 harder to fight for the demographic.

In order to properly protect its vulnerable population, Bella Sera closed its facility to visitors when the risk of outbreak became apparent. The staff and residents practiced "best infection-prevention practices," such as 14-day quarantines for patient transfers and ensuring staff are fully equipped with full-coverage

personal protective equipment when providing medical care to these individuals.

Bella Sera takes great care in regularly testing its staff and patients.

"It's a lot of work, but we know how important it is to stay on top of things," says Salviejo. In addition to protecting the residents at Bella Sera, the understaffed employees understand they can scarcely afford to put themselves at risk, either. "Being short even one or two people because of illness has an impact on those who remain."

However, that's not to say there have not been positive cases at Bella Sera. Instead, due to their appropriate safety measures, they were able to catch positive cases at their onset and avoid an internal outbreak, therefore forcing the virus to stop at the source and to never get the chance to reach residents.

Currently, 98 percent of residents at Bella Sera have received or agreed to receive the vaccine and over 3/4 of employees have received the vaccine thus far – with that number continuing to grow.

"Our staff works really hard," expresses Salviejo. "It's not easy to work with a mask on all day, especially since there are physical components of the work, but I really appreciate the level of commitment our staff demonstrates at every level – from environmental services to dietary to laundry."

Being a healthcare worker during COVID-19 is no easy feat; be sure to thank your healthcare workers who are looking out for you and your loved ones on a daily basis. You inspire us!

# NOMINATE A RIDGECREST NURSE FOR THE DAISY AWARD®

HONOR THE EXTRAORDINARY  
NURSES IN YOUR LIFE



Ridgecrest Regional Hospital is now a proud participant in the DAISY Award. Nurses are present for some of the best and worst parts of a person's life and have the opportunity to make a powerful difference through kind and compassionate care. The DAISY Award for extraordinary nurses honors these unsung heroes who go above and beyond to provide exceptional care.

The heartwarming award was started in memory of J. Patrick Barnes, a young man diagnosed with the auto-immune disease Idiopathic Thrombocytopenic Purpura (ITP). The award was created to show gratitude to the nurses who cared for him and his family during his final days and has since been adopted by healthcare facilities across the country.

As a participating hospital, individuals can nominate the extraordinary Ridgecrest nurses in their life. Ridgecrest will choose one special nominee to receive the DAISY Award.

Ridgecrest inpatient nurses are eligible to be nominated. The winning recipient will be formally recognized at a ceremony where they will receive a framed certificate, a signature DAISY Award lapel pin and a hand-carved stone sculpture entitled "A Healer's Touch." In addition, the winner's unit/department will also receive Patrick's favorite dessert, cinnamon rolls, in his memory.

Be sure to nominate the special nurse in your life! Nurses spend so much time caring for others; nominating an extraordinary nurse is just one small way to care for them.

**NOMINATING IS SIMPLE!**  
Visit [RRH.ORG/DAISY](https://RRH.ORG/DAISY)  
for more information.

*You can also scan this QR  
code to submit a nomination.*







# GASTROENTEROLOGY

Protecting Your Health – Inside and Out

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Colon Cancer Screening

*Colon cancer screening age is recommended for 45+*



Acid Reflux and Gastritis



Disorders of the Liver and Gall Bladder



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- Stomach Pain
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- Gallstones
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- Waleed W. Shindy, MD
- Sukhpreet S. Walia, MD

**Hours:** Monday – Thursday: 8 a.m. – 5 p.m.

**Phone:** (760) 446-0121 **Location:** 1041 N. China Lake Blvd.

# TREATMENT AND SURGICAL OPTIONS FOR BENIGN PROSTATIC HYPERPLASIA (BPH)



Benign prostatic hyperplasia (BPH) is a very common condition, affecting over 42 million men in the United States. The prostate gets bigger, occluding and blocking the urinary system and causing further health problems.

“Long-term blockage of your urinary system can cause kidney stones, kidney failure, urinary tract infections, bladder stones, really all sorts of bad stuff,” states Dr. Jeffrey Loh-Doyle, an assistant professor of urology at the University of Southern California and a urology specialist at Ridgecrest Regional Hospital. “But we’ve got different techniques, different medications, for whatever your symptoms are.”

## PREVENTION AND DIAGNOSIS

As a urologist, Dr. Loh-Doyle treats all conditions that relate to the urinary system.

“That means we treat all disorders of kidneys, bladder, prostate, urethra, penis, testicles,” he explains. “One of the most common conditions we treat is prostate enlargement.”

There are preventative measures men can take as they get older, such as regular exercise, weight loss, eliminating fatty foods and red meat from their diet and increasing fluid intake.

“Unfortunately, there is a certain inevitability about someone’s prostate getting bigger,” says Dr. Loh-Doyle.

Once men start reaching the age of 40, they may start seeing changes in how they urinate. By the age of 60, almost half of men will show signs of BPH, such as frequency of urination, slow urine stream, dribbling, leakage of urine after they finish or inability to urinate in a public urinal because of “stage fright.” All of these issues can be an indication that the prostate is becoming larger.

Dr. Loh-Doyle recommends that men above the age of 50, or those with a family history of prostate cancer, have a prostate exam as well as a prostate-specific antigen (PSA) blood test to screen for prostate cancer. BPH and prostate cancer can have similar symptoms.

## MEDICATION, SURGICAL OPTIONS

Medications are typically the first line of therapy. These medications either serve to relax the prostate muscle, thus allowing urine to flow efficiently, or work to actually shrink the size of the prostate. There are multiple options available, depending on a patient’s specific goals and symptoms.



“Once medications just stop working, or they just never work enough, we have a discussion with the patient about other options. There are lots of procedures, lots of surgeries, available to treat an enlarged prostate,” assures Dr. Loh-Doyle.

For example, one traditional option involves cutting away prostate tissue. Although such surgery is effective at improving the urine stream, it is not without side effects. Dr. Loh-Doyle lists urine leakage, erectile dysfunction, bleeding and even hospitalization as potential drawbacks.

“Because of that, minimally invasive techniques have been developed,” he explains.

One such minimally invasive technique is UroLift®. Dr. Loh-Doyle sheds light on this procedure.

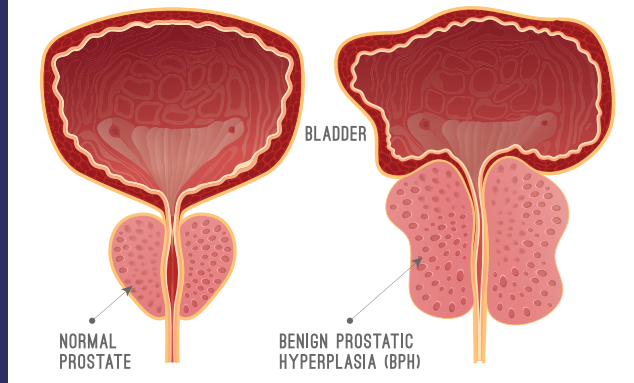
“Think of your prostate like a donut hole ... so, you’re trying to urinate through a donut hole. If your donut hole is too small, that’s going to obviously block the urine from coming out. With UroLift, rather than cutting away part of the donut hole, we’re actually just placing permanent pins or staples into the prostate to basically pry it open. It’s almost acting like a stent.” Most men are candidates for the UroLift procedure, and another advantage is the potential reduction of medication to treat BPH.

“The vast majority of patients we’ve done a UroLift on have had outstanding results. We track their urine scores using objective questionnaires, and what we’ve seen is that there have been mean reductions in several symptom parameters,” Dr. Loh-Doyle sums up. “And it looks like it’s improving urine stream, improving frequency and urgency as well as eliminating dribbling in a lot of our patients.”

In conclusion, Dr. Loh-Doyle emphasizes the importance of treating urological problems.

“If you’re a male or even a female, and you’re not happy with how you urinate now, there are lots of tools in our toolbox to improve quality of life. Don’t be hesitant about asking your regular doctor to refer you to see one of us. You know, we’re all about just trying to make people happier.”

To listen to an in-depth conversation on this topic with Dr. Jeffrey Loh-Doyle, an assistant professor of urology at the University of Southern California and a urology specialist at Ridgecrest Regional Hospital, please visit [rrh.org/podcasts](http://rrh.org/podcasts).



## UROLIFT

UroLift is the only leading enlarged prostate procedure that does not require heating, cutting or destruction of the prostate tissue. The procedure is typically performed as a same-day, outpatient procedure under local anesthesia.<sup>1</sup>

### ADVANTAGES INCLUDE:

- It's safe and effective<sup>2</sup>
- Risk profile better than reported for surgical procedures such as TURP<sup>3</sup>
- Rapid symptom relief,<sup>4</sup> better than reported for medications<sup>5</sup>
- Only leading BPH procedure shown not to cause new and lasting sexual dysfunction<sup>2,5,6</sup>
- Covered by Medicare, national and commercial plans<sup>\*\*</sup>
- Typically no catheter required after treatment<sup>4,6</sup>

### HOW DOES IT WORK?

1. The UroLift Delivery Device is placed through the obstructed urethra to access the enlarged prostate.
2. Small UroLift Implants are permanently placed to lift and hold the enlarged prostate tissue out of the way and increase the opening of the urethra.
3. The UroLift Delivery Device is removed, leaving an open urethra designed to provide symptom relief.

*\*No instances of new, sustained erectile or ejaculatory dysfunction in the L.I.F.T. pivotal study*

*\*\*When medical criteria are met*

<sup>1</sup>Shore, Can J Urol 2014 / <sup>2</sup>Roehrborn, Can J Urol 2017 / <sup>3</sup>Sonksen, EU Urol 2015 / <sup>4</sup>Roehrborn, J Urology 2013 / <sup>5</sup>AUA BPH Guidelines 2003, 2020 / <sup>6</sup>McVary, J Sex Med 2016 / <sup>6</sup>Shore, Can J Urol 2014



**Dr. Jeffrey Loh-Doyle**

Urology specialist at  
Ridgecrest Regional Hospital

# UPCOMING EVENTS

## FOUNDATION EVENTS

### 4TH ANNUAL CHRISTMAS TREE VILLAGE

December 11, 2021, 10 a.m.-4 p.m.

Maturango Room, SpringHill Suites

Visit [rrh.org/foundation](http://rrh.org/foundation) for more information.



### BREAST FRIENDS SUPPORT GROUP

For local breastfeeding women

12-1 p.m., every Thursday

South Education Classroom (above Urgent Care)

Must call to reserve: (760) 499-3032. Limited places available.

### VIRTUAL COMMUNITY BREASTFEEDING CLASS

December 10, 2021, 10 a.m.-12 p.m.

Call (760) 499-3831 or (760) 499-3032 to get class link.



## CHILDBIRTH CLASSES

### Schedule 2022

SESSION	DATES	Due Dates
SESSION I	JAN 4, 11, 18, 25, FEB 1, 8, 15 (From 6:30-8:45 pm)	Babies due in late Feb/early March
SESSION II	FEB 22, MAR 1, 8, THURS 10, 15, THURS 17, 22 (From 6:30-8:45 pm)	Babies due in April/May
SESSION III	APR 5, 12, 19, MAY 3, 10, 17, 24 (From 6:30-8:45 pm)	Babies due in June/July and July
SESSION IV	JUNE 7, 14, THURS 16, 21, 28, JULY 5, 12 (From 6:30-8:45 pm)	Babies due late July thru August
SESSION V	JULY 26, THURS 29; AUG 2, 9, 16, 23, 30 (From 6:30-8:45 pm)	Babies due in September thru late October
SESSION VI	SEPT 6, 13, 20, 27, OCT 4, OCT 11, 18 (From 6:30-8:45 pm)	Babies due in November thru mid-December
SESSION VII	OCT 25, NOV 1, 8, 15, MON 21, 29, DEC 6 (From 6:30-8:45 pm)	Babies due in late December thru mid-February 2023

## LOCATION

♥ Instructed by Lore Ochoa, RN, CCE, IBCLC - Trained & Certified to Teach Childbirth Classes.  
 ♥ Pre-registration is Required - Classes Fill Up Quickly!  
 ♥ Fee of \$35 per person (\$70 a couple)  
 ♥ Time of class: 6:30pm - 8:45pm. Classes are Tuesdays unless otherwise noted.

## TO BE DETERMINED

SIGN UP EARLY - LIMITED SEATINGS ALLOWED IN EACH SESSION

**CALL 760-499-3032**

to Pre-Register & for More Info

(Share this link) - Call to confirm course times/requirements





## ONGOING GROUPS AND PROGRAMS

### CHF SUPPORT GROUP

6 p.m., third Tuesday of the month

Learn more about congestive heart failure – education and tips, eating for a healthy heart, how to monitor signs and symptoms, stress reduction and more. For more information, contact [Ravneet.Sohal@rrh.org](mailto:Ravneet.Sohal@rrh.org) or call (760) 499-3835.

### SILVERSNEAKERS AND GENTLE CHAIR YOGA

8 a.m.-12 p.m., Monday-Thursday

### ROCK STEADY BOXING

Times vary depending on level, Monday-Thursday.

Still meeting in person.

This is a non-contact, boxing-inspired exercise program for those with Parkinson's disease that focuses on balance, muscle power, hand-eye coordination and more.



### TYPE 2 DIABETES SUPPORT GROUP

5:30-6:30 p.m., fourth Thursday of the month

This support group is for those with Type 2 diabetes or loved ones of those with Type 2 diabetes. Learn more about diabetes and how it affects your body, learn problem-solving techniques and share day-to-day struggles.

### DIABETES EMPOWERMENT EDUCATION PROGRAM™ (DEEP™)

This quarterly program is an evidence-based diabetes self-management education program for people with pre-diabetes or diabetes. The program covers what diabetes is, how it can affect your body and how you can make changes to prevent complications from diabetes. For more information, call (760) 499-3825.

### GRIEF SUPPORT GROUP

6-7 p.m., first Tuesday of the month

This group will provide educational information about loss and grief, encourage healthy coping and adapting skills and offer emotional support through mutual sharing.

### ALZHEIMER'S CAREGIVER SUPPORT GROUP

1-2:30 p.m., first Wednesday of the month

The Alzheimer's Association caregiver support group is conducted by trained facilitators and provides 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 more.

### JOURNEY TO HAPPINESS SENIORS GROUP

10-11:30 a.m., every Wednesday

No-cost opportunity for seniors to come together on a journey of maintaining happiness, joy and quality of life.

### JOURNEY TO HAPPINESS CAREGIVER GROUP

6-7:30 p.m., second and fourth Tuesday

This group provides a place for caregivers to talk, recharge, smile and learn.

### STRESS REDUCTION CLINIC

This program covers mindfulness-based behavioral change, self-reflection, finding purpose and lifestyle medicine. Call the Stress Reduction Clinic at (760) 499-3855 or visit [rrh.org/stressreductionclinic](http://rrh.org/stressreductionclinic) for more info or to request an application.



### PROGRAMS ARE BEING HELD VIRTUALLY.

To learn more and sign up for any of these programs, contact (760) 499-3825 or visit [rrh.org/events-calendar](http://rrh.org/events-calendar).



**KIMBERLY METCALF**  
RRH Foundation Director



## Latest News & Updates

### A NOTE FROM THE FOUNDATION DIRECTOR

#### LOOKING TO THE FUTURE

It seems impossible to comprehend that we are almost through 2021. This year has gone by so quickly, and maybe that's because we were so ready to have 2020 behind us that we are literally racing through our lives to make sure we don't miss anything. I must say that despite the race to speed through 2021, from the Foundation's standpoint, this year has been eventful and successful.

As you know, we reached the landmark goal of raising \$1 million in June of this year thanks to this wonderful community. What you don't know is we are well on our way to our next \$1 million – again, thanks to this community and our RRH employee family. As of today, we are now at \$1,075,000 and counting.

Our annual Evening Under the Stars was held on September 25, 2021, and to our great joy, the evening raised over \$50,000 for our Cancer Center. This event was not only a huge success financially, but it was also a celebration of our donors and everything the Foundation has accomplished over the past five years. We enjoyed wonderful gourmet foods curated and prepared by RDK Catering and spectacular entertainment provided by Jessica Fine and Edgardo Peno. We also heard updates and visions for the future from Dr. Everard Hughes, Shantell Utley, Celia Mills and James Suver. This black-tie affair was truly the highlight of our year and reinforced our goals for the future.

Another highlight of 2021 is the progress we are making with regards to the Hospice House. After raising \$430,000 towards this goal, we are pleased to announce that the time has come to move forward, and the work has begun on the house. Although we have no date set, we look to next year and hope that possibly by the summer of 2022 this dream will become a reality.

As always, our Butterfly Boutique continues to raise funds to support our hospice services. Despite being closed at the beginning of this year, 2021 has proved to be successful for our boutique as well. So far in 2021, they have raised \$38,533, and we haven't even hit the holiday season yet. This group of dedicated "butterflies" is made up of all volunteers, and it always amazes me to see their dedication and love for what they do – they are awe-inspiring!

Our Women in Philanthropy (WIP) group is busily working on the planning of our 4th Annual Christmas Tree Village, which will be held on December 11. Mark your calendars, as this year we will be back as an "in-person" event, providing nothing changes. The WIP team is also looking forward to their Valentine Tea Party to be held in February 2022, and they are hopeful that they will once again be able to host the Women's Health and Wellness Expo in April 2022.

This year, more than ever, I am so thankful and grateful to be a part of this great organization and live in this community. I have seen the community come together in ways we never thought possible before 2019. We have joined forces and worked together to better the world we live in, not only through donations made, but through our love of one another and the way we reach out to help where needed. As always, I am so eager to see what the future brings. If you are interested in any of our events or groups, I would love to hear from you.

Thank you,  
Kim Metcalf  
Director, RRH Foundation

**"THINK BEYOND YOUR LIFETIME  
IF YOU WANT TO DO  
SOMETHING TRULY GREAT."  
– WALT DISNEY**





# THE RRH FOUNDATION: GROWTH, GRATITUDE AND CELEBRATING GENEROSITY

## FROM HUMBLE BEGINNINGS

Every hero has an origin story. And while the Ridgecrest Regional Hospital Foundation (RRHF) may not exactly qualify as a “hero,” the good it does and the people who support the cause are nothing short of heroic.

The Foundation began back in 2013, when a team of people wanted to find a way to give to the mission of the hospital.

“It was a time when our community was growing, our hospital was growing, and everyone knew it was just time for the Foundation to be born,” said Kim Metcalf, current executive director of RRHF.

In the beginning, Tamara Tilley stepped up to the challenge and became the first executive director, putting together the structure of the organization and coordinating contributions that augment the delivery of healthcare in our community.

From the start, Tilley was supported in this role by a board, hospital staff, volunteers and members of the community who shared a commitment to the mission. The Development Foundation, as it was first known, received its first gift in January 2015. The rest, as they say, is history, and RRHF continued to grow and gain more support year after year.

Today, the Foundation has raised more than \$1 million. Some of the most notable achievements include raising more than \$430,000 for the first Hospice House – a building that provides a home-like atmosphere and clinical support services for people in need of palliative care. The Foundation also purchased a van to transport cancer patients and pays the continuing costs of maintenance and operations. Mammography equipment, AED machines and numerous other purchases have also been provided by the Foundation.

## GRATITUDE CHANGES EVERYTHING

The guiding principle for the philanthropic efforts of the RRH Foundation can be whittled down to the adopted slogan, “gratitude changes everything.” That campaign began with members of the staff and has subsequently radiated out into the citizens of the community (and beyond).

While the Foundation has had some prominent champions since donations started pouring in during 2015, getting past the \$1 million milestone was the culmination of thousands of contributions.

“Every little bit counts,” said Metcalf, who stepped into the leading role of the Foundation in 2018. “I was not looking for a job, but our Foundation is a cause that I believed in, like everyone did, because it is a mission that improves the lives of our entire community.”

Several donors – including Cosa Geothermal, Peggy Breeden with the Swap Sheet, AltaOne, Mercy Air, Dr. Everard Hughes and wife Mary, Lloyd and Bea Smith and many others – have come through with large gifts year after year. And while some of these generous donors are reluctant to even publicly recognize their gifts, it’s because of them many community members are able to receive specialized care and other vital services.

“Living here, we can feel the difference it makes. And I think the generosity we have experienced at the Foundation is one of the most wonderful aspects of the Ridgecrest community,” said Metcalf.

## CELEBRATING RRH, COMMUNITY AND A GIVING SPIRIT

RRHF doesn’t exist solely to raise money; it also builds awareness in the community about the hospital’s mission and hosts events that give community

## RRH FOUNDATION BOARD

Leslie O’Neill, *Board Chair*  
Rita Read, *Vice Chair, Board of Directors*  
Sarah Bingham, *Treasurer*  
SherylN Brubaker, *Board Member*  
James Long, *Board Member*  
Todd McKinney, *Board Member*  
Gayle Pietrangelo, *Board Member*  
Joanne Stauffer, *Board Member*  
Beverly Wagner, *Board Member*  
Bud Haslam

Want to know more about our  
dedicated RRH Foundation  
Board Members? Visit [RRH.ORG/  
FOUNDATION](http://RRH.ORG/FOUNDATION) to read bios about  
each member.

members an opportunity to see that mission at work. Throughout the year, RRHF hosts the Christmas Tree Village, Women’s Health and Wellness Expo, an annual tea and of course, the signature gala.

“The first year [the gala was held], people were just excited to get dressed up and attend an elegant event,” Metcalf said. “Now we believe this is an important opportunity to showcase the mission of the Foundation and help our donors see the good their gifts do in our community.”

This year, the Foundation had a lot to celebrate – hitting \$1 million in cumulative giving was just part of the equation. To adhere to pandemic-related safety guidelines, the gathering was held outdoors, proof of COVID-19 vaccination or negative test results were required, and luxurious gold, glittery masks were made available to all who entered. Food, wine and atmosphere were as opulent as ever, and guests were still encouraged to dress up for the black-tie affair. Kimberly Parent of RDK Catering spent months planning a gourmet menu that matched the glamorous theme. By the end of the event, Metcalf believed the Foundation had raised approximately \$50,000.

Metcalf said, “Even though our focus is always on the Foundation and its mission, this year we are also celebrating the fact that we live in an amazing community, and we still have opportunities to safely be together.”

For more information on RRHF, call Kim Metcalf at (760) 499-3955, email [Kimberly.Metcalf@rrh.org](mailto:Kimberly.Metcalf@rrh.org) or visit [rrh.org/foundation](http://rrh.org/foundation).



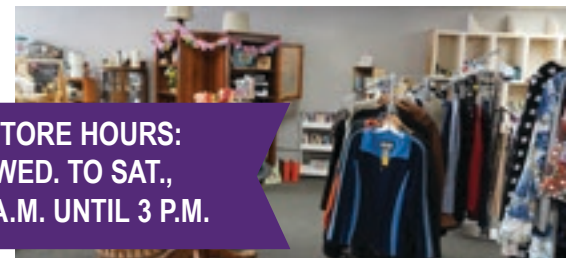
# RRHF 2021 IN PICTURES

## GALA



**BUTTERFLY BOUTIQUE IS OPEN!**

**STORE HOURS:  
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Accepting drop-off donations during store hours.  
Located at 253 N. Balsam St., Ridgecrest. For  
information and donations, please call (760) 371-1134.



## GENEROUS DONATION SUPPORTS HIGH-END TRANSPORTATION

Thanks to the generous donation of a retired couple, the Ridgecrest Regional Hospital Foundation was able to dedicate a new state-of-the-art Critical Care Transport (CCT) unit to RRH's Liberty Ambulance Service.

The Foundation, hospital and Liberty held a dedication ceremony on October 14 to honor Lloyd and Bea Smith, who made a substantial donation that enabled RRH to add the CCT to the Liberty fleet.

Lloyd is a China Lake retiree, and his wife, Bea, is a former nurse at RRH. They have been longtime contributors to the Foundation, but their decision to donate another \$130,000 last year has had a huge impact not only on the hospital, but on the community it serves.

RRH Foundation Executive Director Kim Metcalf said that the couple wanted to make sure that they were able to glean the most community benefit for the donation, and it was ultimately determined that our residents would be best served by placing a new, high-tech critical-care ambulance on the streets to provide advanced healthcare for our patients.



The vehicle enables nurses and paramedics to deliver critical care to patients who are being transported for specialized care or services.

"The ambulance is officially in use, and several members of the Liberty Ambulance crew have received special training in the operation of the vehicle," said Metcalf.

She noted that the Smith's donation is the largest single contribution, to date, to the RRH Foundation.

## THANK YOU TO OUR COMMUNITY PARTNERS

*Thank you to our local businesses and organizations that support the Foundation throughout the year!*





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