

Health Connect



ANTELOPE VALLEY
HOSPITAL

A facility of Antelope Valley Healthcare District

A community newsletter from Antelope Valley Hospital

Winter 2020



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Diamond Donors**

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Message From the CEO

Since we opened in 1955, Antelope Valley Hospital has been providing quality health care to people throughout this community. Today, we serve 220,000 people each year, including 130,000 emergency room patients.

When you or your loved ones need care, Antelope Valley Hospital has always been there for you. We care for anyone who needs it, regardless of their availability to pay. Nobody is ever turned away.

The hospital facilities, however, have become outdated, and to continue providing the care Antelope Valley needs, a new hospital must be constructed. The current hospital does not meet California’s earthquake safety standards and if it is not replaced by 2025, the Antelope Valley Health Care District will have no choice but to close the region’s only local not-for-profit hospital.

Losing Antelope Valley Hospital would have a catastrophic impact on the community. We would lose Antelope Valley’s only designated Level 2 trauma center, forcing critically injured patients to be transported more than 50 miles to Los Angeles during crucial moments that could mean life or death. Antelope Valley Hospital is also the only hospital in the region that provides inpatient mental health services and pediatric care, including an emergency department approved for pediatrics.

The hospital contributes greatly to the health of the community, providing 2,600 local jobs that would be lost if the hospital closes. Our nurses, physicians, emergency room staff and health care professionals deserve better.

Our goal is to preserve, and enhance, all that Antelope Valley Hospital provides by building a new facility with approximately 250 beds. The new hospital will have an increased capacity in the Emergency Room designed specifically to reduce patient wait times and increase patient privacy. A new Antelope Valley Hospital will attract and retain highly trained, talented doctors and nurses and feature state-of-the-art technology and a lifesaving trauma center. Local senior services would be enhanced through better treatment for stroke patients and protected access to our Comprehensive Community Cancer Center & STEMI Receiving Center.

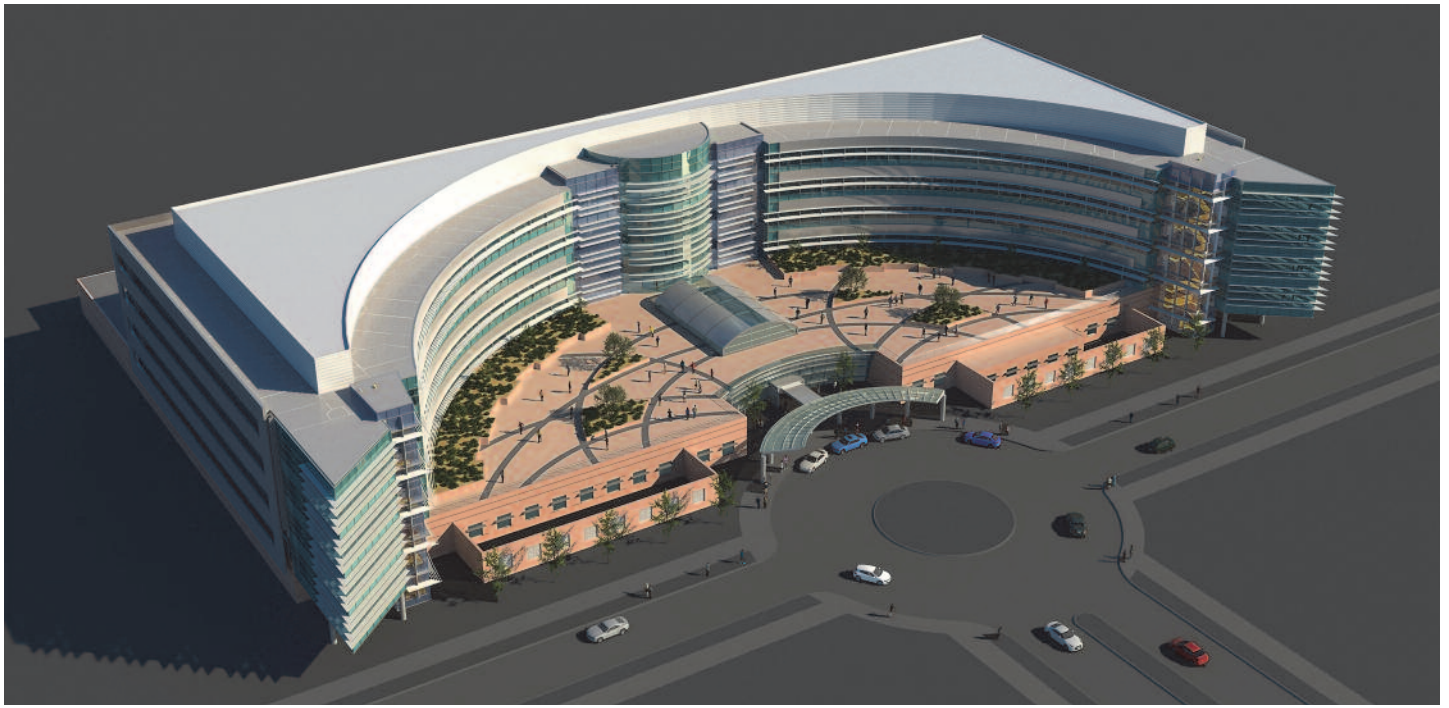
The Antelope Valley Healthcare District Board of Directors recently approved a resolution to ask voters for up to \$350 million to help finance the new

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Cover photo:
Antelope Valley Hospital stroke victims receive a special holiday gift from L.A. Clippers Paul George.



hospital. That initiative will appear on the March 2020 ballot. All costs exceeding this amount will be financed privately and all public spending will be governed by strict audit and accountability provisions.

Throughout the fall, Antelope Valley Hospital staff and leaders engaged the community, detailing the need for a new hospital, what a new hospital will include and how we plan to finance it. We held town hall meetings, participated in community events throughout the Antelope Valley and conducted online outreach to educate residents and seek their opinions on the hospital. This information is available on the special transparency page of our website at <https://new.avhospital.org/> and it will be updated with new information as it becomes available. In the

meantime, we will continue our community education through additional townhalls and online outreach.

We are committed to continuing to be open and clear about our efforts to build a new Antelope Valley Hospital. We are scheduling additional public meetings and continued community outreach. Antelope Valley Hospital has been your hospital for more than 60 years, and we want to be here to serve you for the next 60 years and beyond.

Sincerely,

Edward Mirzabegian
Chief Executive Officer



Hospital Grounds Undergo Facelift

Patients visiting Antelope Valley Hospital will notice an update as they walk up to our entrance. The grass and bushes that lined our walkway have been replaced with desert-friendly bushes and groundcover that are more aligned with the climate of Antelope Valley. This new landscaping requires less watering, making it better for our environment and aiding our conservation efforts.

'Tis the Season of Giving



Cub Scout Pack 614 caroling through the hospital and spreading joy.



Shaggers group continues annual tradition of giving out toys!



Our volunteers join in the annual Christmas parade.



Alpha Charter Guild Donation



Westside Union School District Donation



Community Queens of AV & Rosamund Donation



Delta Specialty Care Donation

Antelope Valley Hospital Celebrates New Class of Diamond Donors

Only 37 percent of the U.S. population is eligible to give blood and less than 10 percent actually do. This startling statistic makes the accomplishments of a small group of Antelope Valley Hospital Blood Donor Center (AVH Blood Donor Center) volunteers all the more impressive.

Twenty-six blood donors are eligible for Diamond Donor status. Reserved for the most dedicated of blood donors, a Diamond Donor has donated approximately 80 pints, or 10 gallons, of blood to the AVH Blood Donor Center. It takes a minimum of 15 years of dedicated donating to reach this status. Antelope Valley Hospital's newest class of Diamond Donors will be honored by CEO Ed Mirzabegian at an upcoming board of directors meeting and treated to dinner with Mirzabegian immediately following.

"Antelope Valley Hospital is so grateful to our Diamond Donors," said Mirzabegian. "More than 250 patients each month rely on lifesaving blood transfusions, which are made possible by the generosity of our dedicated blood donors."

Blood donations can mean the difference between life and death for patients not just at Antelope Valley Hospital, but throughout the world. With the start of a new decade, it's the perfect opportunity to learn more about becoming a blood donor.

Giving blood is safe, easy and only takes about 5-8 minutes. Since all blood collected at the AVH Blood Donor Center stays in the Antelope Valley, your generous donation could be helping a friend, neighbor, co-worker or loved one right here in our community.

There is no shortage for the need of blood donations, but we do have a serious blood donor shortage. Consider becoming an AVH Blood Donor Center volunteer and help close this gap. One day, you might be celebrated as a Diamond Donor.

For more information about the AVH Blood Donor Center, visit avhospital.org or call 661-949-5622.



Potential donors must:

- Be at least 16 years old with written parent/guardian consent
 - ◆ Download Parent/Guardian consent form at avhospital.org/services/blooddonorcenter
 - ◆ Age 17 and older - no parental consent required
- Weigh at least 110 pounds
- Age 16 must weigh at least 120 pounds
- Be in good health (no colds, flu, infections or unstable health conditions)
- Not have given blood in the last 8 weeks
- First time donors must present a picture ID (driver's license or state ID card)
- Eat a meal and drink extra fluids before donating
- Complete a health questionnaire and mini-physical at time of donation



Hours

Tuesday & Thursday: 9 a.m. - 6 p.m.
 Wednesday: 7 a.m. - 4 p.m.
 1st & 3rd Saturdays: 8 a.m. - 1 p.m.

Location

AVH Blood Donor Center
 44105 15th Street West, Suite 305, Lancaster
 The Donor Center is located on the 3rd floor of the Antelope Valley Outpatient Imaging Center.

Stroke Victims and Families Score a Special Holiday Treat

A stroke can happen suddenly and swiftly, forever altering the lives of its victims as well as their families. Los Angeles Clippers all-star Paul George knows that firsthand. He was six years old when his mother suffered a debilitating stroke. He spent his childhood watching her overcome the resulting disabilities. And now, he wants to help others overcome the same challenges.

On Dec. 4, 2019, George hosted a Christmas dinner at Dave & Buster's in Hollywood and invited 10 stroke victims and their families, including three from AV Hospital.

"Our hearts go out to all those affected by stroke. We are extremely thankful to Paul George for giving our stroke patients something to look forward to during the holiday season," said Colleen Littlejohn, Stroke Program Manager. "Our hospital treats more than 800 cases of stroke each year, so we know the impact a stroke can have on a family. We are grateful



Left to right: Melissa's fiancée, Michael; Melissa Reiman and daughter, Rebecca; Paul George; and Santa.

these families had the opportunity to participate in this fun event."

The night began with Santa and George arriving with Santa's bag filled with George's #13 Clippers jerseys, Nike PG3's, Clippers duffle bags, New Era Clippers caps, and Clippers tickets for everyone. Each family also received a VISA gift card to help with the holiday



AVH Life After Stroke: Stroke Support Group

Every third Thursday 3:30 - 4:30 p.m.

Antelope Valley Hospital

5th floor

Conference Room 10

661-949-5854

season. Throughout the evening George played games with party attendees and everyone enjoyed a pizza dinner.

Stroke is the number one cause of long-term disability in the U.S. George understands a stroke survivor's family is often the most important source of long-term support during recovery and rehabilitation. Hosting events like this provides an opportunity for George to connect with these special families and offer an encouraging word. The Palmdale native was born in the Antelope Valley and this is his way of paying it forward.



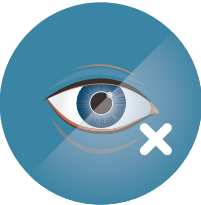
Know the Signs. Be Ready to **BE FAST!**

B



BALANCE Loss
Loss of balance or coordination, headaches or dizziness.

E



EYES Blurred
Trouble seeing in one or both eyes, with blackened or blurred or double vision.

F



FACE Drooping
One side of the face is drooping or numb.

A



ARM Weakness
Weakness in the arm, leg, or face, especially on one side of the body.

S



SPEECH Difficulty
Difficulty speaking or understanding speech.

T



TIME To Call
Seconds count! Call for an ambulance immediately.

Pixel the Therapy Dog Retirement Profile

Volunteers come in all shapes and sizes, and sometimes on four legs. In the fall of 2019, one of our beloved canine volunteers – Pixel – retired after nearly 14 years of fetching laughs, performing tricks and, most importantly, bringing healing to the patients and staff of Antelope Valley Hospital.



Pixel, a 15-year-old Bichon Frise, and her leash holder, Anne, began volunteering at the hospital in 2006 as an activity to do together outside of the home. Pixel quickly became a regular presence on the hospital floor, particularly well-known for her dancing and diverse portfolio of agility tricks.

Aside from her delightful tricks, Pixel brought something extra special to her hospital visits – the uncanny ability to know exactly what a patient needed. For those that were scared, she was a calm companion. For those that were bored, she was a playful partner. And for the staff, she was an unexpected healing tool.

Pixel's presence worked wonders on the patients, helping to distract from pain and fear. From helping nurses to convince a young, post-appendix surgery patient to move from her bed (a requirement for hospital discharge) to comforting a man who had just learned he will lose his vision, Pixel was there to support hospital staff and the healing process.

At the time of her retirement, Pixel served approximately 800 volunteer hours. While the time investment is impressive in and of itself, the physical toll deserves recognition as well. An average hospital visit for one of our pet therapy volunteers requires more than one mile of walking as our pet volunteers are expected to tour the pediatrics department and one other floor on rotation.

Antelope Valley Hospital is thankful for Pixel's 14 years of service to the hospital, its patients and staff, and

we hope her retirement is filled with belly rubs, treats and afternoon cuddles.

If you are interested in becoming a volunteer or signing up your pooch for pet therapy, please visit avhospital.com/about/volunteer or email volunteers@avhospital.org for more information.



Meet Pixel

Birthday: May 15, 2006

Breed: Bichon Frise

Favorite Treat: Cheese

Favorite Activity: Sleeping or jumping through hoops

Favorite Area of the Hospital to Visit: Pediatrics

Fun Fact: Pixel has more than 130 outfits for different seasons and holidays



From left to right: **Betty Biehn**, Nurse Tech; **Gabriela Alvarez**, RN; **Tricia Briones**, RN, Nurse Manager; **Vicki Johnson**, RN, Clinical Nurse, Preceptor; **Essence Ware** (mom), **Amirah Fairley** (baby) and **Jonathan Fairley** (dad).

Region's first baby of the decade born at Antelope Valley Hospital

We were thrilled to welcome the region's first baby of the decade into the world just a few hours after midnight on January 1, 2020. Amirah Fairley was born at 2:01 a.m., weighing 6 pounds, 1 ounce and measuring 19.5 inches long.

Little Amirah was supposed to be born on Christmas Eve, but she missed her due date and surprised her parents on New Year's Eve.

To celebrate the first birth of 2020, the Antelope Valley Hospital Auxiliary showered the new parents and baby with a gift basket that included an infant car seat, stuffed animals, a William Edwards Photography portrait package and many other goodies.

"The Auxiliary is thrilled to once again provide a gift basket to AV Hospital's first mom of the year," said Jackie Davis, director of the Gift Shop and Auxiliary. "The basket is filled with many baby care essentials to celebrate the birth of her new baby. We wish the family well."

Amirah is the first of what's expected to be many births in 2020. Last year, more than 4,100 babies were delivered at the AV Hospital Women's and Infants Pavilion, which is also home to the area's only neonatal intensive care unit.

HOSPITAL HIGHLIGHTS

Country-themed Gala Spurs Big Donation



The Antelope Valley Hospital Foundation’s annual fundraiser, *Lights, Music, Boots & Bling Gala*, was a smashing success. Nearly 500 people attended the gala, held Sept. 14, 2019, at the Antelope Valley Fair and Event Center. Country music singer and special guest **John Michael Montgomery** entertained the crowd.

The gala raised money to assist the hospital in meeting the community’s health care needs.

“We are grateful for the continued support and generosity of our community and donors. Their contributions provide significant support for Antelope Valley Hospital’s programs,” said **Johnny Zamrzla**, Antelope Valley Foundation chairman. “The many helping hands in our foundation are also appreciated, as they continue to guide and support our fundraising needs, allowing Antelope Valley Hospital to continue delivering quality health care in our region.”

The foundation, which was established in 1975, presented Antelope Valley Hospital CEO **Ed Mirzabegian** a check for \$313,204.80 in December, thanks to the generous donations of the community. Proceeds will go to the hospital’s mental health department.

The 2020 Gala is scheduled for Sept. 14, with country music legend **Neal McCoy** headlining the event.

Frosty Fest

More than 600 children and their families gathered together at The Children’s Center of Antelope Valley on December 21 for a festive scene filled with music, games, face painting, food and so much more. The event, known as Frosty Fest, is an annual event hosted by Antelope Valley Hospital and one of many community giving opportunities.

“Antelope Valley Hospital is a proud supporter of The Children’s Center of the Antelope Valley, which provides comprehensive prevention, intervention and treatment services to children who are victims of abuse or at risk of abuse, and their families,” said **Nana Deeb**, Senior Vice President of Operations at Antelope Valley Hospital. “We look forward to hosting Frosty Fest each year and helping bring holiday joy to our community’s at-risk youth.”

Hospital employees and community partners like Fire Station #33, the County of Los Angeles Fire



Department, Antelope Valley Chevy, The Hot Rod Garage, A Special Flair, AVTA Stuff-a-Bus and so many more donated toys, food and decorations to make this year’s Frosty Fest one for the history books.

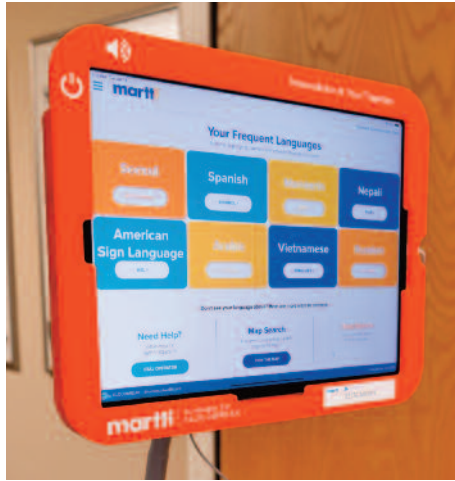
Giving back is a top priority at Antelope Valley Hospital and we are proud to support organizations like The Children’s Center in providing a memorable holiday experience for our community’s youth.

Communications Solutions for all Patients

Communication is one of the most important tools when it comes to treating our patients. Antelope Valley Hospital (AV Hospital) is committed to ensuring all patients are comfortable and heard.

As our patient population's needs change, and to ensure our caring and compassion are effectively conveyed to patients and their families, we recently upgraded the way we communicate with our patients who need interpretation services. AV Hospital teamed up with My Accessible Real-Time Trusted Interpreter, MARTTI, to provide phone and video services to patients and their families with language or hearing barriers.

Using the hospital room phones, patients and their families are able to connect with qualified medically trained interpreters to help effectively and efficiently communicate with our experts. In addition, the

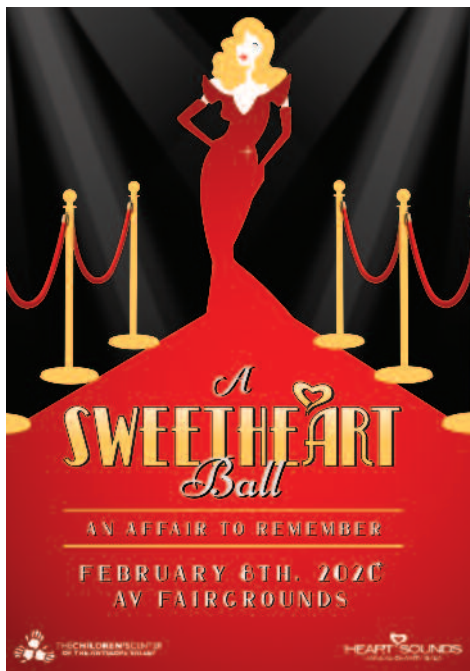


wireless tablet-based technology allows patients to interact face-to-face with their interpreter anywhere in the hospital.

MARTTI lifts barriers and removes any potential delays in communication, allowing our staff to gather more complete patient histories while delivering better treatment and allowing for more productive physician-family interactions.

Join AV Hospital at the Sweetheart Ball Gala

Please join Antelope Valley Hospital in attending The Children's Center of Antelope Valley's 32nd Annual Heartsounds Gala: A Sweetheart Ball. This year's event will take place on February 8 from 5:30 to 11 p.m. at the Antelope Valley Fair Grounds Hunter Pavilion, 2551 W Avenue H, in Lancaster. All proceeds from the event will benefit children and teens affected by trauma in our local community. Tickets begin at \$125. Learn more at <https://ccav.org/heartsounds/>.



HealthConnect is published by the Antelope Valley Hospital marketing department as a service to the community. For inquiries email marketing@avhospital.org.

Antelope Valley Hospital Contact Numbers

Main Number
661-949-5000

Blood Donor Center
661-949-5622

Foundation
661-949-5810

OB Clinic
661-726-6180

Volunteers
661-949-5105

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Information in this publication is intended to educate readers about subjects pertinent to their health. Information should not be considered medical advice or treatment nor should it be used as a substitute for a physician consultation.





**ANTELOPE VALLEY
HOSPITAL**
A facility of Antelope Valley Healthcare District

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U.S POSTAGE
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6th annual

WOMEN'S

HEART FAIR

#HeartMonth

Free

Saturday, February 8, 2020
9 a.m. - noon

**ANTELOPE VALLEY HOSPITAL
COMMUNITY RESOURCE CENTER
44151 15TH STREET WEST, LANCASTER**

Grab a friend or family member and join us for a morning filled with food, fun and facts about heart disease – the #1 killer of women – and how to prevent it.

Antelope Valley Hospital's prominent cardiologist, Dr. Sameh Gadallah, and others will discuss:

- Stress-busting secrets for health and longevity
- How to love your heart and the body it's in
- Easily missed signs of heart disease in women.

Screenings for blood pressure and cholesterol (no fasting required)

Continental breakfast

Hands-only CPR by AMR

Medication review by pharmacists (Bring your medications and vitamins)

Free prize drawings

Goody bags for all attendees

First 50 attendees receive a free gift

