Embracing our community

Summer 2015

The Beauty of Rebirth
With Support From Cedars-Sinai, YWCA Helps Sexual Assault Survivors Heal

“It is not your fault.”

Cathy, who was raped two years ago, felt instant relief when a therapist with the YWCA Greater Los Angeles said these simple words to her. Thus began the healing process for the young mother who, like many others, needed help letting go of the guilt and shame that kept her from immediately reporting her assault.

The crime happened in Cathy’s apartment while her 6-year-old son was at school. She opened the

CONTINUED ON PAGE 2

Chad Monk, a Cedars-Sinai community health educator, has the full attention of fourth-graders at Hobart Boulevard Elementary School as he offers a lesson on healthy food choices.

Nutrition in the Classroom, Healthy Habits at Home
A Cedars-Sinai Program Helps Families Adopt Healthier Lifestyles

At age 10, Matthew Guillermo can prepare a meal of stir-fried fish and vegetables with a salad made of lettuce, strawberries and balsamic vinegar. He also makes yogurt and fruit smoothies — as well as “ladybug,” a snack of apple slices, peanut butter and raisins that resembles the insect but tastes a lot better.

A fourth-grader at Hobart Boulevard Elementary School in Los Angeles, Matthew knows that six Chicken McNuggets contain more grams of fat than a cheeseburger at McDonald’s and that it’s better to order pizza with vegetable toppings than pepperoni or sausage.

He learned all this and more during the Healthy Habits workshops that Cedars-Sinai brings to Hobart and many other schools in underserved Mid-City neighborhoods and surrounding areas. The program provides workshops on nutrition and fitness for elementary and middle school students at more than 40 Los Angeles schools and community sites, and also offers health education for

CONTINUED ON PAGE 7
During some quiet time after school, fourth-grade teacher Christine Cho discusses healthy snacks with her sons, Matthew (left) and Thomas Guillermo.

Nutrition in the Classroom, Healthy Habits at Home

CONTINUED FROM PAGE 1

teachers and parents. The healthy recipes Matthew wants to make never surprise his mother, Christine Cho, who teaches fourth grade at Arlington Heights Elementary School. While her son was enjoying the Cedars-Sinai workshops led by health educator Chad Monk, Christine’s own students were being provided the same lessons by Healthy Habits teacher Carolyn Buenaflo, MPH.

“It was great for her to be able to see firsthand what her son was being taught at his school,” said Buenaflo, associate director of the Healthy Habits program at Cedars-Sinai. “One day we were eating a snack at the end of a workshop — a salad — and she said, ‘Well, I know what Matthew is going to want for dinner tonight.’”

According to Christine, “Matthew would come home very excited to tell me all about the snack he made in class that day, and I’d say, ‘We made that in my class, too.’ And then we’d go to the market to get the ingredients so we could make it at home. He learned a lot. He understands the different food groups and helps me plan meals.”

She added that Matthew’s enthusiasm for healthy food is rubbing off on her 6-year-old son, Thomas, who generally wants whatever his older brother wants. This means both boys are eating more fruit and vegetables and choosing healthy snacks instead of potato chips.

In a couple of years, when Thomas is in second grade, it will be his turn to experience the Healthy Habits program. The core of the program is a 10-week curriculum offered in second grade, with shorter “refresher” courses provided for older students.

Meanwhile, Christine said she reinforces Healthy Habits lessons not only at home but also in her classroom. Many of her students bring healthier snacks and lunches to school as a result of the program, and they speak up when they see someone eating junk food or drinking soda.

Buenaflo is delighted to see the positive impact of the program on Matthew and his family. “Our goal is to fight obesity and related health problems by helping families adopt healthier lifestyles,” she said. “This is one of many examples of how the program influences children, teachers and parents to make positive changes that will lead to better health well into the future.”

Getting Results

A key goal of Cedars-Sinai’s Healthy Habits program is to help children and their families make healthier food choices. And that’s just what they’re doing, according to parents whose children participated in the 10-week Healthy Habits workshop offered in second-grade classrooms. Here’s what a recent parent survey showed about changes in eating habits after the workshop:

- **84% of parents** reported their second-grader made a healthy snack at home.
- **85% of parents** reported their family is eating more fruit.
- **80% of parents** reported their family is eating more vegetables.
- **79% of parents** reported their second-grader is drinking fewer sugary drinks.
- **78% of parents** reported their second-grader is eating less junk food.
Every weekday since 1995, Cecil McLinn has risen at 5 a.m. to make a difference in young people’s lives. As principal of Duke Ellington Continuation High School in South Los Angeles, he strives to help “good kids who deserve a second opportunity” succeed academically and in life. He accomplishes this with support from Cedars-Sinai’s Psychological Trauma Center, which offers the Share and Care art therapy program for at-risk children and teens at 28 schools across Los Angeles.

**Who attends Ellington High?**

Some of our 120 students have been in the juvenile justice system, but they’re not all here because they’ve been in trouble. Some fell behind in school because of illness, family moves or economic troubles. And some got lost on a big campus and just needed more individual attention. Our students also face challenges related to gang violence and substance abuse, among other issues.

**You grew up in South Los Angeles. How does this help you in your role as principal?**

I understand my students’ struggles firsthand. I saw cousins and friends join gangs, deal drugs and go to prison. I immersed myself in school and sports and stayed out of trouble, and I try to help my students do the same. I keep a photo on my desk of one of our graduates in his cap and gown at USC. I often hold up the photo and tell students: “Hang in there. You can do this, too.”

**How has the Share and Care program helped your students?**

It’s been great working with Jonathan Vickburg [a Share and Care counselor and a licensed marriage and family therapist] over the past five years. He has helped our kids rethink a lot of the serious things they might do to hurt themselves or hurt others. They love him.

**Any examples of how students have responded to art therapy?**

Two of our students have discovered a passion for digital photography through the Share and Care program. One, who lives with a foster family because both of her parents are in prison, has gained a lot of confidence and now wants to become a professional photographer. Another has grown up in the midst of gang violence and is determined to be the first in his family to go to college. Photography is helping him see that — even though he’s grown up in a culture of violence — he is his own person.

**Has Share and Care helped students improve academically?**

Definitely. If students are mentally ready to come to school, they’ll learn. Share and Care provides emotional support that enables them to focus on learning and develop the confidence they’ll need when they graduate. If not for Cedars-Sinai, we’d be in a world of hurt.

“I keep a photo on my desk of one of our graduates in his cap and gown at USC. I often hold up the photo and tell students, ‘Hang in there. You can do this, too.’”
For the past five years, Cedars-Sinai has played a major role in Telemundo’s Health and Wellness Fair. The 11th annual Feria de la Salud was presented by Telemundo 52-KVEA and The California Endowment at the Los Angeles Convention Center. For this year’s team of some 500 Cedars-Sinai employees, the event was all about preventing health crises — helping individuals and families who needed immediate attention and thousands at risk for heart disease, diabetes and obesity, among other health problems.

Health screenings provided by Cedars-Sinai’s team at the 11th annual health fair, La Feria de la Salud: Prevenir Es Vivir, on Jan. 25

Emergency Triage

For anyone whose test results showed dangerously high blood pressure, glucose levels or other serious health issues, the professionals in the triage room were prepared to provide immediate help.

3,066 Children and adults received health education regarding dental care, nutrition, fitness and general healthcare.

COACH for Kids and Their Families

A program of the Maxine Dunitz Children’s Health Center, the COACH team provided immunizations, nutrition counseling and dental education, and weighed and measured children to identify those at risk for obesity.
Health Screenings
At the largest and busiest area of the health fair, visitors received screenings for blood pressure, cholesterol, glucose, podiatry needs, weight and body mass index, and team members provided seasonal flu immunizations and pharmacy consultations.

Breast Cancer Screenings
Offered by the Wasserman Breast Cancer Risk Reduction Program: In four private rooms, breast surgeons and nurses provided clinical exams, taught women to perform self-exams and gave referrals for free or low-cost follow-up care as needed. The team also handed out vouchers for free mammograms available just steps away at the Watts Health Foundation’s mammography van.

Blood Donations
The Cedars-Sinai Blood Donor Services program participated for the first time, providing information to help people overcome fears about giving blood and collecting blood from willing donors.

Population Research
Cedars-Sinai researchers handed out questionnaires to learn more about the health needs of the Latino population. Research areas included healthcare access, nutrition, cardiovascular health and reproductive issues.

114
Number of individuals newly registered as donors by the Cedars-Sinai Blood Donor Services program, which collected 84 units of blood during the health fair.

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500
Approximate number of Cedars-Sinai healthcare professionals who participated in the health fair, including physicians, nurses, dietitians, pharmacists, podiatrists, educators, advanced practice nurses, clinical researchers and other healthcare professionals.
Program Updates

Summer Workouts Pay Off Year-Round
The popular Exercise in the Park program attracts several hundred adults each summer. One young working mother, who doesn’t get home from her evening shift until 1 a.m., sets her alarm early so she doesn’t miss the 8:30 a.m. start time. Another participant, Maria de los Angeles Carrillo — a 50-year-old mother of four who has diabetes — has taken part in the program since its launch in 2012. She said losing 20 pounds over that first launch in 2012. She said losing 20 pounds over that first summer motivated her to make exercise part of her life — and she has kept the weight off ever since. From June through August, the hour-long Exercise in the Park sessions are held four days a week in three locations: Vineyard Recreation Center, Queen Anne Recreation Center and Westside Neighborhood Park. The workouts are led by educators in Cedars-Sinaí’s Healthy Habits program, which provides nutrition and fitness education year-round for schoolchildren and parents in the Mid-City and surrounding areas.

Calmer Classrooms
Can the soothing sounds of a singing bowl help students become calmer and more focused in the classroom? A number of Los Angeles teachers planned to try the Tibetan meditation tool after being introduced to it during a daylong conference at Cedars-Sinaí. The event, presented by Cedars-Sinaí’s Psychological Trauma Center, brought together 110 principals, teachers and other staff from 25 Los Angeles schools to explore “Positive Strategies to Address Challenging Student Behavior.” Experiential exercises included making Native American “talking sticks” and passing them around to give each person a chance to speak without interruption. Teachers were encouraged to use this technique in the classroom to ensure that every child’s voice is heard. The educators also beat small drums and other percussion instruments in a spirited jam session — an activity that could be used in the classroom to relieve both teacher and student stress.

Reaching Out to Koreatown
Most of the area residents coming to Cedars-Sinaí’s first free health screening at the Los Angeles Koreatown Senior and Community Center (LAKSCC) were immigrants who speak little or no English. But any unease they felt about communicating their needs and concerns quickly subsided as a team of 16 Korean-speaking nurses built their trust. The nurses gave 110 flu shots, performed 125 blood pressure screenings and provided breast health education at the event. They also made referrals for follow-up care to 16 individuals at risk for hypertension. “We are grateful Cedars-Sinaí is here and excited to be working with the best hospital in the city,” said Moon S. Chung, PhD, LAKSCC vice chair. Logan Williams, associate director of Community Health at Cedars-Sinaí, assured Moon that Cedars-Sinaí would return with more free services to address the health needs of low-income immigrants.

Jewish Wisdom and Wellness
Rabbis, physicians, scholars, musicians, artists and others shared insights related to Judaism, health and healing during the weeklong Jewish Wisdom & Wellness: A Festival of Learning co-hosted by Cedars-Sinaí. The festival featured more than 95 free lectures, workshops and experiential classes.

Grants and Community Giving

March of Dimes Prenatal Program
Educating At-Risk Moms
Women in their third trimester filled prenatal instructor Elsy Tobar’s classroom at Centro Médico MacArthur Park clinic to capacity. One told the group she was “32 weeks and three days” along, allowing Tobar to reinforce the vital message that “every day counts for the baby’s health.” Speaking mostly in Spanish, Tobar led this Saturday morning class, the last of a nine-session curriculum developed by the March of Dimes to improve maternal and child health in underserved communities. Cedars-Sinaí, a longtime partner of the March of Dimes Greater Los Angeles Division, is the official sponsor of the organization’s Becoming a Mom/Comenzando Bien curriculum. The program reaches more than 10,000 pregnant women each year at 30 clinics throughout the city and in surrounding areas.

Support for CPR Training Saving Lives
Thanks to a grant from Cedars-Sinaí, the American Heart Association brought CPR training to parents in low-income, Mid-City neighborhoods. The trainings occurred at 15 schools where the medical center offers Healthy Habits workshops for children. Nearly 300 parents participated in the courses between January and May, with most sessions conducted in Spanish. Each participant received a free CPR Anytime kit containing a DVD in English and Spanish as well as a mannequin for practice. Cedars-Sinaí also provided funds for free CPR training and CPR Anytime kits for students at King Drew Medical Magnet High School.

Care Harbor Health Clinic Helping the Underserved
Cedars-Sinaí is among the organizations partnering with Care Harbor, a Los Angeles-based nonprofit, to offer a free, four-day health clinic at the Los Angeles Sports
The Beauty of Rebirth
CONTINUED FROM PAGE 1

door to a man she trusted as a family friend.

By the time Cathy (not her real name) reached out to one of the YWCA's three rape crisis centers seven months later, her world had fallen apart. “I was a wreck,” she said. “I literally shut down.” She missed so many days at work and so many community college classes that she eventually lost her job and dropped out of school.

Since starting sessions with a YWCA therapist, she has gradually come back to life. Today, Cathy and her son live in a homeless shelter. But she feels safe. She no longer blames herself. And she’s rebuilding her life, doing office work through a temp agency with the hope of landing a full-time job and returning to community college. “I’m a survivor,” she said. “I’m determined to be happy and to thrive as a human being and as a woman.”

Alva Moreno, the YWCA’s director of Sexual Assault Crisis Services, was at her side as she spoke, continuing the emotional support.

The YWCA is one of about two dozen nonprofit community organizations receiving grants from Cedars-Sinai over the past two years to expand free or low-cost mental health services for a broad spectrum of disadvantaged residents across Los Angeles. This support came at a critical time, said Sharon Shelton, senior director of Empowerment Services for the YWCA Greater Los Angeles. Federal funding for the YWCA’s rape crisis centers was eliminated in 2010, and demand for services is on the rise. “With the funding from Cedars-Sinai, we’re able to see women for a longer period of time and we’re able to help more people,” she said.

that encompassed a broad spectrum of Jewish thought, both ancient and modern. The event was part of the second week of learning co-hosted by Cedars-Sinai and the Kalsman Institute on Judaism & Health, a department of the Hebrew Union College-Jewish Institute of Religion. Sessions covered such varied topics as Jewish yoga, healing and spirituality, contemporary issues in bioethics, Zumba for the Jewish soul, caregiving and wrestling with end-of-life decisions. Other presentations pertained to breast cancer survival, Alzheimer’s disease, autism and chronic illness.

Grant Recipients Offer Mental Health Services to Residents Across L.A.

Cedars-Sinai recently gave more than $728,000 in mental health grants to nonprofit organizations across Los Angeles — an extension of the $1.6 million in grants awarded in 2012. The grants help shorten waiting lists, expand treatment options and increase outreach to those in greatest need. The organizations that recently received grants are:

- Alcott Center for Mental Health Services
- Amanecer Community Counseling Services
- Beit T’Shuvah
- Children’s Institute Inc.
- CLARE Foundation
- Didi Hirsch Mental Health Services
- Jewish Family Service of Los Angeles
- Korean American Family Services Inc.
- Los Angeles LGBT Center
- The Maple Counseling Center
- Ocean Park Community Center
- Para Los Niños
- Southern California Counseling Center

CEDARS-SINAI GAVE MORE THAN $728,000 to nonprofit organizations across Los Angeles in FY2015.
Community Events Calendar  (PARTIAL LISTING)

This calendar represents just a sample of the many community events Cedars-Sinai is leading in the greater Los Angeles area. For more information, or to locate an event or activity in your area, call 310-423-9581.

AUGUST
15  WIC Compton Back to School and Family Health Fair
Compton Towne Center
9 a.m. – 1 p.m.
Free, open to the public
At a site adjacent to the Compton Women, Infants and Children (WIC) center, COACH will offer free immunizations, referrals and health education as part of this community health fair.

SEPTEMBER
19  Prostate Cancer Education & Screening Program
Cedars-Sinai Ambulatory Care Center
10 a.m. – 2 p.m.
Free, open to the public
Cedars-Sinai physicians, nurses and staff will provide free prostate cancer screenings and other health tests, including cholesterol, blood glucose and testosterone levels. Call 310-423-9581 to RSVP.

OCTOBER
22  Seasonal Flu/Pneumococcal Immunizations and Blood Pressure Screenings
Pan Pacific Senior Activity Center
9:30 – 10:30 a.m.
Free, open to the public
Cedars-Sinai nurses will provide flu/pneumococcal immunizations, blood pressure screenings, health education and referrals.

NOVEMBER
22  Seasonal Flu/Pneumococcal Immunizations and Blood Pressure Screenings
Second AME Church
9:30 a.m. – noon
Free, open to the public
Cedars-Sinai nurses will provide free flu/pneumococcal immunizations, blood pressure and diabetes screenings, health education and referrals.

MONTHLY

COACH
Jordan Downs Recreation Center
Fourth Friday of each month
9 a.m. – noon
Free, open to the public
COACH provides monthly clinics to help adults eat better, exercise more and lose weight. The COACH team monitors weight, body mass index and blood pressure, while educational talks focus on topics such as diabetes prevention.

West Hollywood Blood Pressure Education and Screening Program for Seniors
Plummer Park
Third Tuesday of each month
10 – 11:30 a.m.
Free, open to the public
Cedars-Sinai nurses provide free screenings for hypertension and diabetes as well as education, counseling and referrals.

Contact Us
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Cedars-Sinai
It’s in our DNA. For more than a century, Cedars-Sinai has demonstrated a deep commitment to improving the community’s health.

As a not-for-profit academic medical center, we provide access to care for those in greatest need, including the uninsured and those with limited means; empower communities to become healthier through hundreds of free prevention programs and services in local schools, homeless shelters and community centers; expand medical knowledge and treatment options through innovative research; and educate the next generation of healthcare professionals.

The driving force behind all these efforts and more is a passion for helping others that extends far beyond the borders of our campus.